

Allied Health Community Information Sessions



Our Allied Health team at Muscular Dystrophy Queensland are offering 4 free information sessions hosted by highly skilled and knowledgeable professionals. Each session will provide snapshots of information on each key topic and you will have the opportunity to ask questions.

WHO: All are welcome to attend, whether you live with a neuromuscular condition, are a friend or family member or are health professional wanting to learn more.

HOW: Each session will be offered online via Zoom. These sessions will be recorded if you're unable to make any sessions.

WHEN: 5pm. See session dates below

To register to for each session go to www.mdqld.org.au/community

Program	
Tuesday, 22 March 5pm Managing Pain and Fatigue Joe Nolan, Physiotherapist	Topics to be covered: <ul style="list-style-type: none">• Primary pain• Secondary pain• Management strategies• Fatigue which affects function
Tuesday, 5 April 5pm Safety in the Home Emma Larwill, Occupational Therapist	Topics to be covered: <ul style="list-style-type: none">• Falls prevention• Safety mobilising around the home• Safety with transfers (including aids for all stages around the home, mechanical aids and when to use these)• Accepting help
Tuesday, 19 April 5pm Exercise for Neuromuscular Conditions Lisa Maree Harrison, Senior Physiotherapist	Topics to be covered: <ul style="list-style-type: none">• Rest versus exercise - how much is too much?• What is the goal?• Impact of other health issues• Low impact, safe, fun = hydrotherapy
Tuesday, 3 May 5pm What to look for in a Mobility Aid Janine Anderson, Senior Physiotherapist	Topics to be covered: <ul style="list-style-type: none">• Types of walking aids• Considerations for neuromuscular conditions and upper limb strength• Balance and safety• Indoor vs outdoor aids