

NEWSMATTERS



EXCITING LEADERSHIP NEWS

We're thrilled to announce that Janine Bouzaglou is stepping in as our new Chairman of the MH&P Board, with Yugeshini Moothan as new Vice-Chairman!

Janine, an Occupational Therapist, has been with MH&P for over a decade and is known for her passion for teaching and mentoring others. Full of energy and new ideas, she eagerly takes on innovative projects that push our services forward. She has been instrumental in developing our specialist OT services and shaping them into high-impact programs. Her warmth, enthusiasm, and knowledge-sharing make her an inspiring leader.

Yugesh, a Physiotherapist, has been with MH&P for 13 years and is known for her incredible compassion and warmth, making everyone around her feel supported and valued. She has a natural ability to build strong industry relationships and remain calm under pressure, no matter the challenge. She has played a vital role in leading our acute hospital teams and oncology rehabilitation services and makes sure that every patient receives not just the best care, but also kindness and reassurance on their journey.

This leadership transition comes as Amy Harrison steps back from her role as Chairman after 23 years at MH&P and seven years in the position. But she's not going anywhere! With her entrepreneurial spirit and passion for growing the practice into exciting new areas, she remains a Director, Shareholder, and leader of our consulting services, while continuing her impactful work with our non-profit organisation Phila Sonke Wellness Initiative.

We're proud to celebrate these three incredible women in leadership and are excited for the future as they continue to inspire, innovate, and shape MH&P RehabMatters in their new roles.

THE WEATHER MIGHT BE TURNING CHILLY, BUT HERE AT MH&P, WE'RE TURNING UP THE HEAT WITH A WHIRLWIND OF EXCITING CHANGES AND REMARKABLE TRANSFORMATIONS.

MEET THE NEW ROSEBANK REHAB TEAM

We deeply appreciate Denisha's dedicated and selfless leadership of our Rehab unit at Netcare Rosebank Hospital over the last two years. As the unit transitions into a new phase, Denisha will channel her innovation and energy into Case Management, sharing her remarkable clinical expertise with various teams and patients. We are thrilled to welcome Pary, a phenomenal, passionate and highly experienced Speech Therapist, as the new unit manager.



MEET CAELA...

A compassionate, driven Speech therapist with a love for self-care, shopping, and a hearty plate of lasagna.



MEET KYLANN...

An Occupational therapist with a big heart, adventure seeker, lover of tea, sunflowers, full moons and the ocean.



MEET MUSA...

A fantastic rehab aide who is caring, hard-working and an all round cool guy.



MEET KELSEY...

A remarkable Occupational Therapist radiating energy, enthusiasm and kindness.



MEET CHUMI...

Our superstar administrator, who loves cooking, listening to music and spending time with her son.



MEET KIM...

A highly dedicated Physio who enjoys crafting, great films and strives to be a mother her children can be proud of.



MEET CARLA...

A vibrant, passionate Physio and a libra of note who brings cheer and warmth to her patients and colleagues.

OUR LATEST SERVICE OFFERINGS



INTRODUCING LSVT BIG® AND LSVT LOUD®

Join our 4-week intensive program led by certified LSVT BIG® and LSVT LOUD® Physiotherapists and Speech therapists. With scientifically proven techniques tailored for Parkinson's and other Neurological conditions, we can help empower movement, restore voice and transform lives.

LSVT BIG® PROGRAM:

Do slow movements hold you back? LSVT BIG® helps you move boldly. We can help you regain mobility, enhance balance, posture, walking speed and stride. In turn, boosting confidence and independence.

LSVT LOUD® PROGRAM:

Struggling to be heard? Take control of your voice with LSVT LOUD®. We can help strengthen vocal loudness and improve speech clarity and breath support for better communication and enhanced social engagement.

Limited spots are available! Give us a call on 011 966 5249 or email admin@mhprehab.co.za to secure your place.



JOIN OUR SUPPORT GROUPS

Calling our incredible cancer fighters, stroke survivors and individuals with persistent pain...

We host dedicated support groups at our out-patient centre on 200 Rivonia Road, Morningside, Johannesburg for individuals navigating cancer, stroke recovery, and persistent pain. We understand that facing health challenges can feel overwhelming, but no one has to go through it alone. At MH&P-RehabMatters, we provide a safe space where you can find understanding, strength, share experiences, and receive encouragement.

If you or a loved one could benefit, we invite you to attend our support groups or help spread the message. Together, we build strength, hope, and community. Reach out to us on 011 966 5249 / admin@mhprehab.co.za learn more and connect.

EXCITING COURSES UP AHEAD

LET'S LEVEL UP TOGETHER!

Join us at Rehabmatters Sandton on 200 Rivonia Road, Morningside, Johannesburg as we explore some exciting topics. Tea and snacks/ light lunch will be provided. Limited spots are available! Please reach out to us at clinical@mhp rehab.co.za to request an application form.



VESTIBULAR ASSESSMENT & REHAB FOR PHYSIOTHERAPISTS



05/09/2025



8:00 - 16:00



R 1,800

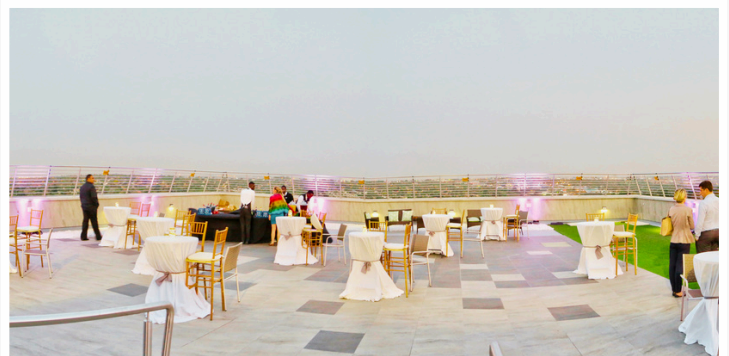
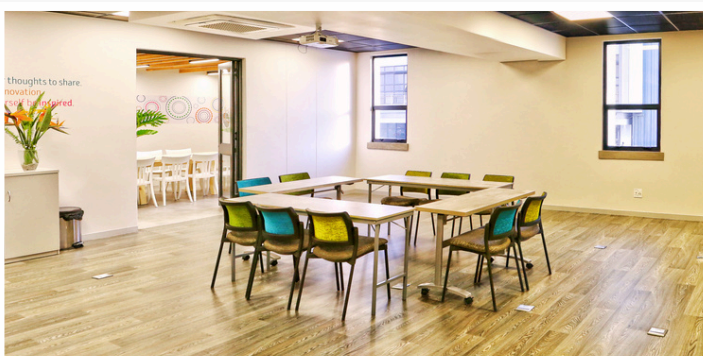


8 CPD points
applied for

VENUE FOR HIRE IN SANDTON

AN AFFORDABLE LOCATION TO RUN COURSES, JOURNAL CLUBS AND OTHER EVENTS...

We can help elevate your event with our versatile, upscale venue available for hire on 200 Rivonia Road in Sandton. Please contact us on 011 966 5249 or send an email to marketing@mhp rehab.co.za for more information.



HEALING IS A JOURNEY, NOT A RACE

MEET ANN BROWNBRIDGE ...

A 33 year old woman with Transverse myelitis, a rare neurological disorder caused by inflammation of the spinal cord. It often results in a sudden onset of symptoms like muscle weakness, pain, and bladder dysfunction and can be triggered by various factors, including infections and autoimmune diseases. It can progress over hours or days.



One January morning, as I started my usual work routine, nothing seemed out of the ordinary at first. But gradually, a strange sensation took hold, and I knew I needed to sit down at my desk. Within

twenty minutes, I lost feeling in my legs entirely. Trying to stand proved impossible. Thankfully, my husband, who works alongside me, and my colleagues rushed to help, carrying me to the car and driving straight to the emergency room.

The following week was a whirlwind of MRI scans, lumbar punctures, blood tests, and various scans, leading to the diagnosis of Transverse Myelitis—a condition I had never heard of before. As an active 33-year-old with an 18-month-old baby, the thought of losing the use of my legs was devastating.

From the moment I entered the hospital, physiotherapy became a part of my daily routine. Even putting weight on my legs was excruciating at first. We started slowly,

with exercises in bed, then moving to a chair. Simply sitting up felt like a monumental task. By the time I left the hospital for the rehabilitation ward at Rosebank, I had progressed to standing with the aid of a walker, which felt like a significant milestone. At that stage, I couldn't have imagined that within four weeks, I would be walking around the hospital with crutches, standing unassisted, and even picking things up from the floor.

Therapy played a key role in this progress. Physiotherapy sessions focused on gradually building strength and endurance, starting with simple movements and progressing to more challenging tasks. Occupational therapy helped me adapt to daily activities and regain independence, making each step forward more manageable.

Just two months ago, the idea of walking again seemed impossible. Yet, working with incredible physiotherapists and occupational therapists, I've witnessed steady progress every week. As I sit here now, still at Rosebank, I know there's a long road ahead, but with each step forward, my future looks brighter and more hopeful.' - Ann Brownbridge

ANN'S REHAB JOURNEY AT MH&P...



Morningside Mediclinic Hospital Unit

Ann was hospitalized in January 2025 with limited sensation and movement in her lower limbs. Intensive therapy helped her regain movement and strength, allowing her to independently transfer to a chair and stand with assistance, marking a significant milestone.



Netcare Rosebank Neuro Medical Unit

Ann was transferred to our rehab facility in February 2025 and joined a rigorous rehab program for three months. During this period, our therapists helped her regain her ability to walk, run, climb stairs, and hold her baby once again!



Sandton Out-Patient Unit

In May 2025, Ann transitioned to out-patient therapy at our flagship center in Sandton. Her aim is to resume running, and our dedicated team of therapists will be working with her to achieve this goal, running by her side every step of the way, right to the finish line.

CONTRIBUTE TO OUR WELLNESS INITIATIVE



RESTORE. REVIVE. RECOVER TOGETHER

In isiZulu, the word 'Phila' means to be in good health and the word 'Sonke' speaks to the idea of togetherness. Phila Sonke Wellness Initiative focuses on good health and togetherness because, together, we can help each other recover and live better.

In South Africa there are 3 million people living with physical disabilities who have no medical aid cover, no access to rehabilitation services and no hope for recovery. Our non-profit organization funds healthcare initiatives in Soweto that promote community wellness and provides access to rehabilitation services to help people live the most productive and dignified lives they can. Donations to support this work would be enormously appreciated.

DONATE BY EFT:

Phila Sonke Wellness Initiative, Investec Private Bank,
Account number: 10012043898, Branch code: 580105.

Donations are tax deductible. Send proof of donation to directors@philasonke.org for confirmation of donation received and to request a section 18A tax certificate.

DONATE VIA SNAPSCAN



ARE YOU UP FOR OUR CHALLENGE ?

STAND A CHANCE TO WIN A FEGO VOUCHER WORTH R250!

HOW TO ENTER?...

1. Follow us on Instagram and Facebook.
 2. Like + Comment + Share our pinned posts of the Cancer Heroes support group.
- The winner will be selected on 30 September 2025.



[mhp_rehabmatters](https://www.instagram.com/mhp_rehabmatters)



[MH&P Rehab](https://www.facebook.com/MH&PRehab)