



## Hobbs Rehabilitation:

### Professional Excellence Award Nomination by Laura Wright

Ten years ago at the age of 26 I had a catastrophic stroke during an operation on my brain tumour. The impact this had on my life was massive... not long before that I was a PE teacher enjoying a healthy active lifestyle, newly married and looking forward to starting a family.

In the weeks and months after my stroke I was met with advice to buy an electric wheelchair, to lessen my ambitions and just accept that speech was simply not a realistic goal for me, that the best we could hope for was maintenance, not progression. Thankfully I found hope in the very talented Lynn, my physiotherapist based where I lived in Buckinghamshire, who gave me the alternative viewpoint that I could take an active role in my own rehabilitation and not be limited by the constraints of others and the limited services they could offer. It became necessary to move to Hampshire to be closer to the support of my parents and after a worrying time searching for specialist neurological services, we found Hobbs Rehabilitation, a new independent practice, and how lucky I was to have found it.

When I first went to Hobbs I didn't want to be in the main gym, I wanted the privacy of a side room and only felt confident interacting with my Physio, Rosie who was friendly, warm and encouraging. I thought how lucky I was to have found someone so refreshingly positive about my future. But it soon became clear that Helen Hobbs and Nicky Ellis, two specialist neurological chartered physiotherapists who set up Hobbs, offer dynamic leadership which attracts a certain type of therapist; they are clinically excellent, want to be at the top of their game and have an infectious can-do attitude.

I have never been met with a "no" when I wanted to try new avenues within my rehabilitation... skiing, driving, even becoming a mum... one of the Physiotherapists, Kate, who had recently had twins made a special trip in to my session with them so that I could practice changing nappies with only one hand... the whole Hobbs ethos is truly patient centred.

When Hobbs South East opened in Liss I started going there as it is much closer to my home. Michelle and the rest of the team are always attending post graduate courses to ensure they are up to date with the latest technologies and treatment techniques - have you tried the Bionic Leg? Or the Litegait? I have and I think many stroke victims would benefit from technology like this. Their forward thinking, pioneering approach is so uplifting.

Hobbs offers a 'one stop shop' which means a whole team of professionals are working together so when I needed a Speech Therapist, Occupational Therapist, Orthotist, they were all accessible providing a seamless, coordinated input as and when I needed it and removing a lot of the stress for my family who would have had to do a lot of the sourcing for me at a difficult and stressful time for all of us.

How times have changed, I am now happy to talk to other patients and can offer them encouragement too; it is a bumpy ride for sure. I lost my driving licence which was a huge blow, but got it back after 3 long years and now do the school runs, gym 2 or 3 times a week, hydrotherapy, Hobbs physiotherapy once a week and am generally getting on with life as an active, busy mum. I have two gorgeous boys who are very much part of the Hobbs family!

My walking has improved massively, my arm is making significant improvements, my speech is something I'm really proud to have conquered and I'm very happy with the successful progress of my rehab which has certainly been progressive rather than maintenance!

I have worked hard and seen a massive improvement in my quality of life, but it is not hard for me to nominate Hobbs Rehabilitation which has grown to a team of over 60 therapists at 8 centres across the south of England. THEY really make a difference...thank you Hobbs!



# Stroke

association

## Life After Stroke Awards

### In Recognition

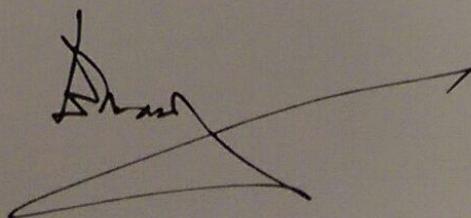
This is to certify that

**Hobbs Rehabilitation**

was nominated for the

Professional Excellence Award

Life After Stroke Awards 2015



HRH The Duke of Kent, President of the Stroke Association

