

Welcome to our New Year's newsletter!

It has been a while since we have updated you via our newsletter. Those of you who follow our social media platforms have been able to keep in the loop with some of our activities. In this extra long newsletter we share the highlights of 2024 as well as a lift of the curtain on what is to come in the New Year.

Staff update

Our team has seen a few changes over the last year, we have welcomed new staff and students and said **goodbye** to others:

Ned, who has worked with us for 6 years as our trusted front of house. **Henry**, who has worked with us for 1 year as our neuro sports therapist. **Tom**, who started as a volunteer and then officially joined our therapy team as a therapy assistant. As a learning and teaching organisation, we are very proud of them all as they are pursuing an academic route, with both Tom and Henry doing their Masters in Physiotherapy. We wish them all good luck and hope to see them back again!

We are very excited to **welcome** some new and some not so new faces!

Dawn, who has joined our paediatric service in September after having helped us out briefly in previous years. **Maddy**, our new graduate physiotherapist, has made a flying start and is working hard to get up to speed with all the services we provide at morrello. Then, last but not least, we are very pleased that we have a new front of house, **Sharon**, who you will see at reception or speak to on the phone.



Technology update

NEUROSKIN



We are very excited that since September 2024 we are the official and only partner in the UK for **KURAGE**, the inventors of the **NeuroSkin technology!**

We have been using the NeuroSkin since November 2023 with a few selected patients at first. It is a medical device that uses AI and neuro muscular electro stimulation to improve the rehabilitation of people with neurological motor disorders such as Stroke, MS, Parkinson's and Spinal Cord Injury.

In the time that we have been using the device, we have seen significant improvements in the patients that have been using it. We were invited to present our findings at the IFESS conference in September and the presentation was well received by the

international audience of clinicians, researchers and professors.

Now our knowledge and experience has grown with the NeuroSkin, we are, for 2025, rolling out assessment clinics with Kurage, in various locations in the UK. There is now also a home user NeuroSkin system available to hire from morrello. If you are interested in discussing whether the NeuroSkin could be beneficial to you or someone you know, contact us to arrange an initial phone call with one of our NeuroSkin trained therapists.

EXOMOTUS M4

We started the year 2024 with being able to trial an exoskeleton robot, the **Fourier Exomotus M4**, which we had on loan from **Thor Assistive Technologies**, the UK distributor for **Fourier Rehab**.

We were so impressed by the reactions of our patients and are very happy to able to continue to offer this treatment to our patients, and hope to continue to see the improvements we have seen with it over the next few years. Please see below for our **Morrello Marvels Update and the Exomotus bursary fundraising efforts made by our patient volunteers**.

We have seen a large number of patients using the Exomotus M4 over the last months and especially in combination with other technology, we have been able to see some great rehabilitation results!

For more information on this gait training robot, contact the clinic or check the morrello website, to see the stories of some of our patients who have been using the Exomotus. They have recorded 9 short videos in which they explain what they feel are the benefits of using this equipment.

ALFESS

In January 2024, **Allard UK** brought a new dropfoot device to the UK market. This device is designed in Sweden and has been on the market in Scandinavia for a few years already. Morrello staff completed trials and expert training with this device in late 2023. From the start of 2024, morrello has been offering this new sleek and easy to operate FES dropfoot system as part of an assessment and trial agreement with **Allard UK**. There are 4 systems at morrello for people to try before making a purchase. Together with **Allard UK**, we will be organising assessment days, so keep an eye out or contact reception if you would like to be considered for a trial period.

ExoPulse Mollii Suit

During 2024, morrello staff have been offering assessments with the **ExoPulse** suit (formerly known as the **Mollii suit**). Morrello is the regional partner of **Ottobock** for this technology and our staff have passed the re-accreditation training. The **ExoPulse** technology is claimed to benefit people who have increased tone or stiffness of their muscles and those who have poor sleep due to cramps or chronic pain. We have had good results with patients living with **MS, Parkinson's** and **HSP**. It may also be of benefit to those struggling with **spasticity** following a **Stroke, ABI** or **SCI**. Following accreditation, we have seen an increase of referrals through **Ottobock** and are planning set dates for assessment days for 2025. With **Ottobock**, we have agreed a one-week free trial of the system at home following a successful assessment.

Parkinson's community news

STROLL

Since we had our initial trial with **Stroll** in 2022, we have been working together with the **Stroll** team to spread awareness and trialling the equipment. Several people have had the opportunity to trial as well as hire the device for home use. The **Stroll** headset, allows prescribed / programmed augmented reality exercise programmes or games, to be carried out at home and reviewed remotely by our therapists who can adjust and adapt the exercises to ensure you stay at the top of your game.

If you are interested in **Stroll** and would like to try the device or have already tried it and like to be set up with the device, contact us!



Keep up your exercise with our PD Warrior groups

We are currently providing **PD Warrior** exercise classes at these times:

PD Warrior Classes			
Monday	PD Boost	10am - 11am 11.30am - 12.30pm	Face to face at morrello clinic
Tuesday	Group	10am – 11am	Online
Wednesday	PD Core	11.30am -12.30pm	Face to face at morrello clinic
Thursday	Group	10am-11am	Online
Friday	Group	9.30am – 10.30am	Face to face at Chepstow Palmer Centre

Next to exercise classes, we also host quarterly PD Socials. These events are normally organised on a Saturday and are aimed at bringing our Parkinson’s community together for some exercise and a discussion on topics such as technology, diet, research, fundraising etc. There is also an opportunity to join in the cake baking competition through baking or tasting the various cakes brought in by the morrello **PDW community** members. Keep an eye out for the next date if you fancy joining Jakko, Sarah and Tash for 1.5 hour of physical fun and socialising!




Calling all graduate PDWarriors!!

Start 2025 with a new PDW 10-week challenge!



We are giving our existing and past **PD Warriors** the chance to join the graduate **10-week challenge** from the 20th of January. An email with more information will have been sent on the 13th of December. For more information and or to book in an initial re-assessment to set your **BRAVE goals** with one of our **PD Warrior** specialists before joining the **10 week challenge**, contact the clinic via the usual channels.

Website features

Hire shop

Since the start of 2024, we have a variety of equipment available for hire. These are visible on our website, so if you are looking for specific therapy equipment such as an exercise bike, Lazer guided walking frame, FES equipment or even wheelchair accessible car (WAV) hire for short- or longer-term use, have a look at our website how we can help you! <https://www.morrello.co.uk/hire/>

Stroke Segment

Different Strokes Bursary

Since the start of 2024, we have been working with the **Stroke Charity “Different Strokes”**. They have been developing a **Bursary** to support people after **Stroke** with the cost of private treatments. The registration process for **Different Strokes** was arduous, and after a few months of consultation only a few of the invited private providers of **stroke rehabilitation** around the UK have managed to get through the collaboration process. We are very proud to have been successful **as the only provider in Wales** to have passed this process. During 2024, we have been able to help several people with their **Different Strokes Bursary** applications.

If you think you or anyone you know may be eligible, please contact the clinic or **Different Strokes** directly for more information on how to apply for the **bursary**.

<https://differentstrokes.co.uk/bursary-fund/>



Different Strokes
Reclaiming lives after stroke

BURSARY FUND

We have a bursary available dedicated solely to assist stroke survivors by part-funding their physical rehabilitation.

Intensive Rehabilitation Packages

The team at morrello have a long history and expert knowledge in the provision of **high intensity rehabilitation of stroke**. High intensity programmes use a combination of constrained induced or forced use methods and repetitive practice in Block or Random exercise routines. These are designed to be tasking and bespoke to a patient's presentation. Intensive rehabilitation is indicated for improvement of gait as well as for upper limb (arm and hand) function. The scientific and clinical evidence for intensive rehabilitation after Stroke and other neurological conditions has been building over the last 20 years.

This evidence has always been at the forefront of what we have been providing at morrello since our inception. Several countries, including the UK and Australia, have now started recognising in their national clinical guidance for therapy and rehabilitation after Stroke (and other neurological conditions), that there is **a need to intensify exercise routines for improved outcomes**. The PD Warrior programme which morrello is the licensed provider for in Wales follows the same neuroscience evidence applied to exercise in Parkinson's.

The National Institute for Health and Care Excellence (NICE) recommends repetitive task practice as the primary rehabilitation approach for people who have some upper limb movement after a stroke. This is in preference to other approaches, including Bobath therapy. [↗](#)



Bobath therapy, also known as neurodevelopmental therapy (NDT), is a physical rehabilitation technique that aims to improve motor control and function. However, some research suggests that Bobath therapy is not superior to other approaches for stroke rehabilitation. [↗](#)

NICE's guidance on stroke and transient ischemic attack (TIA) covers the diagnosis and acute management of stroke and TIA in the 48 hours after the onset of symptoms. NICE also provides information on making decisions about care, prescribing medicines, and professional guidelines. [↗](#)

This recognition by the UK national advisory centre NICE, indicates that current evidence warrants a shift in treatment concepts used for neurological rehabilitation. Where the dominant Stroke Rehabilitation approach was the Bobath approach in from the 1960's to the 1990's, this treatment concept has now been overtaken by more effective approaches and treatment methods. The new guidance in the UK and Australia as well as in other European countries now advises against this treatment method. Some of the morrello staff will have been trained in the Bobath concept in their long careers, however, all have updated and developed specialist knowledge and experience with more current treatment approaches over many years.

High Intensity Upper-Limb Rehabilitation programme

We continue to deliver our successful high intensity upper limb rehabilitation programmes at morrello. These are led by our **clinical specialist Sarah** and supported by other members of our team. We currently have a waiting list for this service.

This programme involves over 90 hours of therapy delivered over a 3-to-4-week period with between 4 or 5 hours of treatment a day.

If you are interested in attending this programme, please contact clinic reception or speak directly with Sarah to see how you could benefit from our flagship service.



Paediatric Services

We are very pleased that **Dawn** has joined **Renée** in our specialist paediatric service, **morrello mini**. She has a vast experience in the treatment of children and young people with **Cerebral Palsy** and other neurological conditions as well as specialist skills for the treatment of babies at risk of having a neurological condition such as **Cerebral Palsy**. With **Dawn** joining our team we have more availability to see new paediatric patients.

We offer regular sessions as well as **INTENSIVE THERAPY BLOCKS** of 5-10 sessions to boost your child's physical skills.

The **morrello mini therapists** continue to increase their skill set, especially in regards to technology such as robotic therapy equipment. Watch this space!

Renée and **Dawn** are also both qualified **NISE-stim therapists** (see below for more information), for the treatment of children with **Spina Bifida, SCI, CP, Erb's Palsy, SMA** and other neurological conditions.



Contact us if you would like to discuss therapy options for your child.

Conferences and courses

We have over the past year presented our work at various national and international conferences and hosted a range of courses.

PD Warrior Level 1 and 2



At the start of the year, we hosted **the PD Warrior level 1 and 2 course** at morrello for healthcare professionals. The morrello team are **level 5 instructors** and delivered this course in Wales for the first time in many years, Jakko also travelled up to Dublin to deliver the same course at the Mater University Hospital.

Collaborative training with Strolll

Our **Parkinson's Specialist Sarah** presented at the **Parkinson's UK Cymru Day** in September. She teamed up with Occupational Therapist Emma from Strolll to give people the opportunity to try the Strolll software with augmentative reality glasses. There was great feedback from the attendees on the presentation and the Strolll device.



SIA Training days

Morrello organised a series of training days together with the **Spinal Injuries Association (SIA)** aimed at carers, therapists and casemanagers. This training was a refresher for some but completely new for others who are just starting out in the complex world of spinal cord injury rehabilitation.

International Neuro Physiotherapy Conference - London

Morrello had a trade stand at the **International Neuro Physiotherapy Conference** in May held at Heathrow. This two-day event was jam packed with the latest developments in neuro physiotherapy, and we took away many new fresh ideas for the treatment of our patients. It was also an opportunity to review our **FND service** with the presentation of the results from the **Physio4FMD** research trials by **Dr Glen Nielsen**.



IFESS - Bath

International FES Society conference, which was hosted at Bath University this year, this was the first time this conference was held in the UK.

Jakko was asked to deliver a main stage presentation on the early results of the **NeuroSkin** trials and especially on the collaboration with the engineers from **Kurage**.

NISE-stim



In September morrello mini hosted the NISE stim course, which stands for **Non Invasive Spinal Electrical stimulation**. It was run by **Gerti Motivalli** (specialist in USA) for 14 course participants coming from all over the UK as well as 4 international participants. Both **Dawn and Renée** are **certified** to assess and set your child up with the **NISE-Stim** for home use and/or use during treatment sessions. If you are interested in **NISE-Stim** for your child or know of someone who might benefit from it, contact the clinic. The paediatric team will be very happy to help.

EUPPT – Switzerland

Renée was one of the members of the scientific committee for the 3rd **European Paediatric Physiotherapist Conference** in Zurich. At this conference, she was representing therapists from the UK as well as delivering a presentation together with the **Quality of Life Team** of the scientific committee. This conference was a great opportunity for Renée to share knowledge and network with specialist paediatric physiotherapists from all over Europe. This helps us to continue to develop and deliver high quality evidence based therapy at morrello.



ICNR - Spain

The **International Conference on Neuro Rehabilitation** is held in a different country every year and the morrello team was asked to deliver a workshop and several expert panel presentations. The audience consists mainly of researchers and engineers in the field of rehabilitation technology with a smaller proportion of clinically active delegates.

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The morrello workshop and case studies were well received and gave rise to some great discussions with delegates. Sam and Sarah had opportunity to check out the latest developments and technology to enhance our rehabilitation in the future so watch this space.



Morrello supports

Morrello has been supporting various events throughout the year, including **David Kilbride's Try-athlon** at the clinic which took place over the month of May. David took on this challenge with his son and friend with the support of Jakko and Henry to raise awareness and funds for **FND** (Functional Neurological Disorder).



As regular supporters of the **Cairns Cup**, the disability Golf equivalent of the Ryder Cup, morrello financed the travel fees for one player of Team Europe to be able to play in Michigan USA. The next Cairns Cup will be hosted at the **Celtic Manor in Wales in 2026** and morrello will be playing a big supportive role at this event.



We supported Horatio's Garden's beautiful Christmas Carol concert at Llandaff Cathedral, raising money for this great cause. **Horatio's Garden** has been a haven at Llandough Hospital for many people who now use our services.

We have also provided and hosted a variety of free training opportunities, including supervising and training **Physiotherapy Masters students** who are specialising in Neuro Rehabilitation.

Morrello is of course a big supporter of the **Morrello Marvels** by providing therapist time for projects like the Exomotus M4 Fundraiser as well as financial support for their various events.

Morrello Marvels CIC

The Marvels have been busy throughout the year with fundraising activities. A special thanks goes out to the **NFU Ladies Monmouthshire** who raised an amazing amount by selling their fantastic recipe book: Bake and transform Lives with Morrello. The funds raised are used to support people with acquired brain injury and spinal cord injury transition from specialist rehabilitation to a community setting.

The most recent Marvels event was the **Santa Ride and Social**, which was really well attended with beautiful weather!



EXOMOTUS M4 fundraiser

The **Marvels volunteers** have been working hard to campaign to raise awareness and funds to cover the cost of the hire and maintenance of an **exoskeleton rehabilitation robot**, the **Fourier Exomotus M4**. 8 Marvels volunteers and service users have trialled the robot and have found it very beneficial and would like it to be available at no extra cost to everyone who could benefit from it. Sophie Shuttleworth, the morrello Marvels Media Manager has been on BBC Wales talking about the fundraiser and Andy Williams, one of the Marvels volunteers and his wife Sharon have featured in BBC Points West.

Exomotus M4 Fundraiser



more info



Exomotus info Morrello Marvels



morrello
MARVELS
Community Interest Company

donate



Localgiving Exomotus fundraiser

If you would like more information on the Exomotus M4 go to the morrello website:

<https://www.morrello.co.uk/2024/09/02/exomotus-m4-robot/>

Or if you would like to donate, visit:

<https://localgiving.org/fundraising/exomotus-robot>

We will keep you posted on how the fundraising efforts are going!



Newsletter



Services update

Latest on morrello service developments

Since the start of 2024 we changed our payment policy and are requesting payment prior to the commencement of treatment sessions. This makes administration clearer for you as well as for us and will continue to give you the opportunity to pay for a block of sessions in advance so that you don't have to worry about paying every single time. Please contact our administration team if you would like to set up block payment.

We would also like to remind you of our sickness and 48 hr cancellation policy. During the winter period, we appreciate that there is a rise in cancellations due to people feeling unwell. Our cancellation policy is in place to ensure that we can continue to run our business safely and sustainably.

For more information visit our website: <https://www.morrello.co.uk/2024/11/26/sick-patient-relative-process/>

New Year Opening

The clinic has reopened again on the 2nd of January after a well deserved Christmas break for all our staff. We're all re-energised again to help you set and achieve your therapy goals for the New Year!

Thanks for reading our morrello newsletter. Keep an eye out for our social media posts or blog posts on the morrello website for news, updates and information on the latest developments in Neuro rehabilitation. Remember to subscribe to our mailing list over on our website if you would prefer to receive correspondence via email.

That's it from us for now,

We wish you a Happy New Year and look forward to seeing you soon!

The morrello team



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