



Gilly Davey

Bio

Gilly Davy works as a full time senior neurological physiotherapist at Rope Neuro Rehabilitation in Auckland. She is the founder and director of MS Get a Head Start and ran her own neurological clinic Connect Neuro Physiotherapy for six years. Gilly graduated in the UK in 2004, and has worked in both public and private health care settings in the UK, Australia and New Zealand. Gilly was proudly awarded the Australian Physiotherapy Association Ipsen special commendation for Achievement in Neurological Physiotherapy in 2015. In 2016 she was then awarded a Honorary Clinical Fellowship for the Australian Catholic University. Gilly is currently completing her masters at AUT on the online delivery of the MS Get a Head Start programme.

Abstract

Navigating Neuro Plastic Principles.

The power of “exercise as medicine” is well known by physiotherapists. There is increasing evidence that suggests that exercise enhances neuroplasticity. However, in neurological rehabilitation ensuring that the principles of neuroplasticity are being met alongside the delivery of a client centred programme can be overwhelming.

This presentation is aimed at providing clinicians with practical strategies to drive neuroplastic change and enhance patient outcomes. Encouraging clinicians to reflect on their current neurorehabilitation delivery and where there may be opportunities to implement new strategies straightaway.

This talk will use Multiple Sclerosis as an example to highlighting the need for increasing rehabilitation access at diagnosis. Discussing the latest evidence based exercise guidelines and what therapists need to know to be promoting a gold standard level in New Zealand. As well as illustrating strategies to optimise neurorehabilitation.