



REHAB Plus

"Committed Health Care Professionals"



A Special Advertising Feature

Filling the need for health products for 20 years

REHAB PLUS, a privately-owned Jamaican company, opened its doors to the Jamaican public 20 years ago.

This organisation came into being after its founder, Hope Julal, a registered physiotherapist who had worked in the clinical setting for a number of years, realised how difficult it was to access health-related products and services on the local market. Twenty years ago, many of the products which are readily available today, were scarce and relatively unknown.

Initially, the emphasis was mainly on rehabilitative products and services. As the demands grew, that narrow focus shifted and evolved into a much wider range driven by expanding education and exposure to new possibilities.

SPECIALISED SERVICES

In the early years, the two most widely used services were (i) custom-made spinal bracing for children with scoliosis, combined with a personalised exercise programme, and (ii) pedorthic services (the use of footwear and orthopaedic devices to treat problems of the feet).

Today, along with a wide array of products, the company provides seven specialised medical services which are dispensed on the basis of prescriptions from doctors and referrals from other qualified health professionals.

From the company's inception, the vision was to develop a strong bond with customers by providing quality service with genuine warmth and caring, and to ensure that every employee of the company received training which would put them in good stead for any future undertaking. In other



Pedorthic lab work.

words, to train ambassadors for life!

STATE-OF-THE-ART PRODUCTS

With the passage of time, the needs of the clients mandated that the staff acquire training and expertise in many aspects of health-related services.

Rehab Plus still proudly carries on the tradition of supplying innovative, state-of-the-art professional medical products to doctors and other health professionals, individuals, hospitals, nursing homes, and pharmacies throughout Jamaica. This resolve is combined with the commitment to advance patient care and the quality of life for their valued customers, through their unique services.

Now in its 20th year, the company's credentials include:

■ **1988:** The development of a

comprehensive programme for managing adolescents with scoliosis. (Scoliosis is a curvature of the spine, which gives the appearance of an 'S' or a 'C').

■ **1990:** The provision of a comprehensive Pedorthic department which targets problems of children and athletes, as well as persons suffering from diabetes, arthritis, and many other painful ailments of the feet.

■ **1993:** The training and certification of the company's first orthopaedic shoe technician to enhance the offerings of the Pedorthic department.

• The training and certification of one orthopaedic fitter of surgical appliances.

■ **1996:** The American Board Certification of Jamaica's first pedorthist, a health professional

trained in the art and science of designing and making foot orthotics (in-shoe supports), and utilising footwear to aid in the healing and/or improvement of problems of the feet.

■ **1998:** The introduction of Jamaica's first computerised gait analysis system. This system accurately assesses the pressures on different parts of the feet during walking and standing, thereby guiding the pedorthist or orthotist in the making of foot orthotics and the modification of footwear.

■ **1999:** Commenced outreach programmes geared at providing free assessments to persons with scoliosis, as well as abnormalities of the feet, and hands.

■ **2000:** Certification of two orthopaedic fitters.

PLEASE SEE **HEALTH**, II



Hope Julal

A tribute to a visionary

VISIONARY, FUTURIST, pioneer. All are words that can be used to describe Hope Julal, founder and administrative director of Rehab Plus. Twenty years ago, energetic and full of youthful optimism, Mrs. Julal recognised that there were stumbling blocks in the effective rehabilitation of persons who had sustained trauma or surgery. This was due to the fact that equipment and services used in rehabilitation were not readily available at the local level.

During her early years of working as a physiotherapist, she battled the limitations of the times and by 1987, had turned her innovative ideas into reality. Rehab Plus came into existence as a small facility in Savannah Plaza, designed to cater to the gap in surgical after care and rehabilitation with the appropriate products and services. There was no turning back. A path was steadily and steadfastly hewn to develop the competencies personally, and for the employees to take on the formidable task of serving.

Hope is a calm and peaceful person and emanates a quiet

PLEASE SEE **VISION**, II

HEALTH

CONTINUED FROM I

- The establishment of a department specialising in occupational health through the provision of an industrial physiotherapy approach to work injury prevention programmes.

■ **2001:** Certification of two persons in the management of post-mastectomy patients (persons who have experienced breast surgery).

- The provision of adaptive equipment, namely specialised wheelchairs, tilt tables, custom-made leg braces and other orthopaedic devices.

■ **2002:** The supplying of implants or prostheses for trauma and joint replacements.

■ **2003:** The American Board

Certification of Jamaica's second podiatrist.

■ **2004:** The establishment of a loaner scheme for surgical trauma instruments in some of the island's public and private hospitals.

■ **2007:** The launch of the Scoliosis Club of Jamaica, a support group for children with scoliosis, as well as their families.

The renewed vision of Rehab Plus extends to all the Caribbean territories, but the primary call comes from our home base, where the privilege of serving an appreciative public brings truth and meaning to the reprise 'Jamaica Land We Love'.

Rehab Plus stands committed to training and professionalism of the highest order. Our commitment to service is exemplified by the strength of our belief in and respect for the people of Jamaica.



Making a plaster of Paris mold for a spinal brace.

VISION

CONTINUED FROM I

confidence. She has the ability to make each person with whom she interacts feel that they are the most important person in the world. The consummate professional, she is known for upholding the highest moral and ethical standards, and though quite capable of playing 'hard ball', her sense of fairness and justice is evident in everything that she undertakes.

She has led her company and members of staff through years of changing circumstances with respect and humility, so often lacking in service communities today. Mrs. Julal has focused continually on the plight of Jamaicans, trying to make available to them, the best and most appropriate merchandise and services from home and abroad.

BETTERMENT OF CUSTOMERS

Long working hours, few holidays or free weekends have been her *modus operandi* for as long as we can remember. Anyone who knows her will attest to her commitment, generosity (almost to a fault), and compassion. This is all evident in her quest for the betterment of her customers. Her dedication to Rehab Plus and its presence in the marketplace is surpassed only by her own personal belief in the Jamaican people.

Academically, she manages to be the 'perpetual student', and holds a masters degree in public health. She is currently concluding a masters in business administration from the University of Liverpool, in the United Kingdom. She spans a wide range of professional affiliations, has lectured to various academic groups and works tirelessly to educate the young persons, particularly the disabled and the underprivileged. She is married, and has one son and two stepdaughters.

Congratulations Hope Julal! Twenty years is not just an accomplishment; it is a feat, and one for which you can be justly proud. We, your friends in the business community, know your worth even though you do your best to 'speak your truth quietly'. May God's blessings reign upon you abundantly, and may you find the strength to continue to serve your country for many more years to come.

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Choosing your medical compression hosiery

ANTI-EMBOLISM STOCKINGS

ANTI-EMBOLISM stockings are primarily used by persons who are hospitalised or confined to bed. Patients who are not walking benefit from wearing anti-embolism stockings to help lessen the risk of developing a deep vein thrombus or a blood clot.

Persons confined to bed are usually in a horizontal position. Because of this, the circulation of blood is not greatly impacted

by the forces of gravity. There is therefore less tendency for pooling of blood in the feet and lower extremities. Accordingly, a light compression is all that is needed to stimulate blood flow. Anti-embolism stockings achieve this goal with compression strengths between 15 to 18mmHg.

COMPRESSION STOCKINGS/HOSIERY

Compression stockings are primarily worn by persons who are ambulatory. These persons



A Rehab Plus staff member fits a patient with medical stockings.

often spend a great deal of time on their feet. This can result in slowing or pooling of blood in the lower limbs.

A person suffering from a condition resulting in pooling of blood may have venous insufficiency and may be prone to edema or swelling. People who have these problems are likely to find relief from swelling and discomfort by using the appropriate compression strength for their condition.

The effects of gravity and the severity of the problem will determine the level of compression which is prescribed. Compression strength ranges from 20-30 mmHg and may be as high as 60 mmHg.

COMPRESSION HOSIERY STYLES

- Knee high, thigh high, pantyhose.
- Medical Compression Hosiery is worn by men and women.

COMPRESSION STRENGTHS AND THEIR APPLICATIONS

- CLASS I 20-30 mmHg
- Light venous insufficiency, prophylactic treatment during pregnancy, mild varicosities without tendency toward edema, hereditary tendency towards varicose veins.

- CLASS II 30-40 mmHg
- Moderate venous insufficiency, tendencies toward

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Congratulations to

REHAB PLUS

on Celebrating your

20th Anniversary in Business.

Wishing you continued Prosperity and Success.

From

Management and Staff of



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edema, Post-thrombosis, sclero-therapy follow-up, severe varicosities during pregnancy, healed venous ulcer.

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■ After treatment of severe ulcerations, severe tendencies toward edema, Lymphedema, severe chronic venous insufficiency.

CLASS IV 60+ mmHg – Custom-made only

■ Severe post-thrombotic conditions, Elephantiasis, Lymphedema.

CONTRA-INDICATIONS

■ Unreduced edema, open ulcer, arterial circulatory disturbance, weeping dermatosis, acute thrombophlebitis and unresolved phlebothrombosis.

Note: All of the above require prescription before dispensing.



Millicent Blissett, a 20-year veteran at Rehab Plus.

CUSTOMER TESTIMONIALS

HAPPY 20TH ANNIVERSARY, REHAB PLUS!

Many customers have benefited from you over the years and I am happy to say that my son and I are two such customers. Congratulations to the management and staff of Rehab Plus and may you have many more successful years.

SHARON AND MIGUEL, PORT ANTONIO



THANKS!

Rehab Plus is an outstanding, reliable company that caters for the professional health care and other basic needs of people. I take great pleasure in congratulating you for your wonderful and excellent service over the years.

WINNIFRED JAMES, ST. ANN



ALL THE BEST

I have been a customer of Rehab Plus for over eight years and have found them to give

PLEASE SEE **WISHES**, VI



Rehab Plus staff at a 2007 health conference in Runaway Bay.

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*On their
20th Anniversary*

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WISHES

CONTINUED FROM V

good service. I like dealing with Rehab Plus and wish them all the best in this their 20th anniversary.

CALVIN MORRIS, KINGSTON



EXCELLENT SERVICE

I have been a customer of Rehab Plus since its inception. They have always provided excellent service, and I find the staff courteous to deal with. Happy 20th anniversary, and I look forward to another 20 years.

JOY TAME, KINGSTON



GOOD SERVICE

I have enjoyed the reliable and good service provided over the years; continue to give the same to your other customers.

CECELIA FRASER, KINGSTON



VALUE FOR YOUR MONEY

The staff offers warm and efficient service, [and are] knowledgeable and reliable. We receive value for our money and can trust the products that are sold. You offer good quality service and are matched by none.

CELIA BROWN, KINGSTON



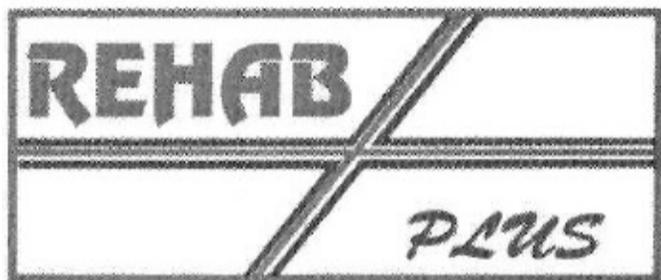
A COMFORTABLE FEELING

Rehab Plus is like a family to me. The staff is like a support



Rehab Plus staff sharing birthday secrets.

Congratulations



*20 Years
of Service*

From

**MACPHERSON MEDICAL INC.
35 Church Street.
Suite 703
Toronto, Ontario Canada**

group. No matter how you think a situation may be great, Rehab Plus makes you feel comfortable. I wish them all the best and I pray that they grow from strength to strength in all their endeavours. Happy 20th anniversary, Rehab Plus!

LUCILLE GOODEN, ST. ANN



THANKS FOR YOUR SUPPORT

Rehab Plus has provided us with things to expand our orthopaedic surgical repertoire in Mandeville, reducing the

number of patients being sent to Kingston for surgeries. Thanks for your continued help and support and we pray you will be able to continue providing excellent service for another 20 years.

**Dr. Kevin Jones,
Consultant orthopaedic
surgeon, Mandeville**



GREAT ENVIRONMENT

The staff of Rehab Plus is very efficient and customer friendly. No matter which department you go to or who is attending to you, patients are treated with the utmost care and respect. It is a great environment, conducive to healing. I wish for Rehab Plus more clients in the future as you are number one in my book. Happy 20th anniversary!

REUBEN BAJJO, PORT ROYAL



VERY PLEASED

Rehab Plus provides excellent and reliable service. I am pleased to be associated with them. Happy 20th anniversary!

**DR. TOE TOE LWIN,
ORTHOPAEDIC SURGEON,
WESTMORELAND**



CONGRATULATIONS ON YOUR 20TH ANNIVERSARY!

It has been a pleasure to work with the staff of Rehab Plus over

Congratulations

REHAB PLUS

on Your

20th Anniversary



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PLEASE SEE **WISHES**, VII

WISHES

CONTINUED FROM VI

the other side of the island, I still have access to your unique services, and the patients I have sent to you have all had success and good reports. Blessings and all the best for years to come.

ANGELLA McINTOSH,
PHYSIOTHERAPIST,
WESTMORELAND



IN TIME OF NEED

Congratulations on your 20th anniversary! Thank you for supplying products and services for my family's every want and need over this difficult period.

DR. A. McINTOSH, KINGSTON



COURTEOUS STAFF

I have been shopping at Rehab Plus for the past four years. There is no other place I would rather shop. The friendly and courteous staff is always willing to welcome you to shop in comfort and satisfaction with an efficient customer service. Rehab Plus is the first trusted place for my supplies.

JOYCELYN CONDAPPA-GRAHAM,
HIGHGATE, ST. MARY



HIGHLY RECOMMENDED

I have been a user of the products and facilities of Rehab

Plus for the past 10 years. The services offered to me have been exceptional for ongoing health care. Additionally, my mother and friends whom I have recommended have benefited from the exceptional warmth and service to sustain mobility and aide recovery. It is with honour and pleasure that I recommend the therapy services offered by Rehab Plus, and also the use of the products that may be needed for any physical disability.

If they don't have it they will source it for you.

PANSI BISNOTT, LIFE OF JAMAICA LIMITED



CONGRATULATIONS!

You have been instrumental over the years in meeting all my family's needs insofar as rehabilitation and therapeutic supplies. In the years following my son's debilitating stroke in 2000, and now as you help me to cope with the inevitable changes in the body of a 'mellowing' older woman in the prime of her life ... you have been a blessing. Thank you.

BESTA J. BURGER



EXEMPLARY SERVICE

It is with great pleasure that we extend the warmest

congratulations to Rehab Plus for a job well done over the past 20 years.

The service they have given to their clients has been exemplary, and they have lead the way in not only providing rehabilitative but educational services as well. The Rehab Plus staff has always acted in a most professional and caring manner and has never hesitated in going the extra mile to ensure that their clients get the products they need.

Please accept our best wishes for your continued success.

SHAUNA SHELTON-WEBSTER,
PHYSIOTHERAPIST

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Visit Rehab Plus today for all of your hosiery & sock needs!

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30th
Anniversary



Actimove Talocast
Functional Ankle Brace



Actimove Eco Arm Sling



Orthoplast Wrist Splint



Actimove Cervical Collar



CleanCast
Cordless Mobility Saw



Diabetes: A global problem

IN JAMAICA, an article relating facts about diabetes, states that "Diabetes and other chronic diseases account for more than fifty per cent of deaths in the country. It is one of the top five reasons for hospital visits in Jamaica".¹

In the United States, "Approximately 11.4 per cent of all African Americans aged 20 years or older have diabetes. Approximately 700,000 Hispanic-Americans have diabetes and don't know it."²

According to **Diabetes UK**, "What makes diabetes so serious is that the condition can affect other parts of the body. By the time diagnosis is made, many people have already started to develop complications of diabetes – namely blindness, kidney failure, heart disease, stroke and nerve damage and neuropathy which can lead to amputations."³

"Of the 16 million Americans with diabetes, 25 per cent will develop foot problems related to the disease. Diabetic foot conditions develop from a combination of causes, including poor circulation and neuropathy."²

THE REHAB PLUS APPROACH TO DIABETIC FOOT PROBLEMS

Education – using dialogue, educational booklets and current literature to inform and instruct clients.

Gait Analysis – for the purpose of determining the components of a person's gait which may need correction as well as to acquire information for making custom foot supports.

Instructions for proper foot care

- Inspect feet daily. Look for blisters, cuts or bruises or skin discoloration.
- Do not cut your toenails if you are unable to manage safely.
- Keep feet dry.
- Support arches if flat-footed or high-arched.
- Do not walk bare-footed.
- Wear socks made especially for persons with diabetes.

Instructions regarding proper footwear include:

- Wear comfortable but supportive shoes with a flexible sole. Do not try to break them in. Shoes should be comfortable from the start.
- Avoid leather sole shoes unless

they can be supplemented with shock-absorbing insoles.

- Avoid shoes with rough inside seams.
- Have your feet measured for good-fitting shoes.
- Inspect shoes daily. Check for small sharp objects, for example tacks, or pins, before putting them on.

Provision of Prescriptive

- Foot orthoses (supports) for flat or high-arched feet. These may be custom-made or customised, and may include fillers for amputated digits

- Appropriate footwear
- Walking casts

At Rehab Plus, persons affected by diabetes are often seen when they are already suffering from the complications of diabetes, namely amputations, Charcot foot and ulcers. With ongoing research in Jamaica, the work of the Diabetes Association of Jamaica and public health programmes, it is hoped that the incidence of this largely lifestyle-related disease (Type 2 Diabetes), will decrease.

REFERENCES

- (1) http://www.jamaicans.com/articles/0304_diabetes.htm. Article. D. Patterson, MPH
- (2) http://www.phc-online.com/diabetic_foot_problems.htm
- (3) <http://www.diabetes.org.uk/join/index.html>



The Jamaica Physiotherapy Association

Congratulates

REHAB PLUS

on

Celebrating 20 Years

of service in the field of Physical Therapy and Orthopaedic Medicine

REHAB PLUS

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*** Celebrating 20 years! ***

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