

Victorian centre provides world-class care for spinal cord injuries

The Next Step Spinal Cord Injury Recovery Centre (*TNS*) is a not-for-profit recovery and development center based in Melbourne that specialises in treatment for those with neurological disorders, providing transformational treatment to help them regain their quality of life and independence.

Specialists trained in clinical treatment nurture and support the lives of those with debilitating spinal cord injuries through tailored programs and community engagement. The programs on offer derive essential elements of neuroplasticity and neural activation, utilizing state of the art equipment in balance with supportive treatment.

Clients receive consistent, repetitive training that is specific to their needs, re-working the wiring of the mind to be in unison with the body, which helps by aiding the development to achieve optimal function and independence through their world-class recovery programs.

The clinic was launched by Young Australian of the Year awardee Rhiannon Tracey, a diagnosed quadriplegic who built TNS from the ground up with the support of her mother in 2012 and has since gone from strength to strength as one of the best facilities in Australia for people with spinal cord injuries.

Working at the clinic are trainers such as exercise physiologists, facilitators, clinical health specialists, dietitians, acupuncturists, nurses, massage therapists and life coaches, who provide some of the best care and support in Melbourne.

What differentiates the treatment at TNS is an empathetic approach to the transformational journey received by clients, not only has Rhiannon had a personal experience with overcoming the debilitating aspects of quadriplegia but also Mal Scott, The Next Step's second Director.

There are three programs on offer including the *Fast Start Program*, *Lifestyle Program* and *Casual Program*, employing specialized and tailored casual or three, six or twelve month programs.

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