

Jana Nel

Occupational Therapist
Private Practice Owner

📞 079 885 3960 📱 📧 jananelot@gmail.com



ABOUT JANA



Jana is a passionate Occupational therapist who obtained her Occupational therapy honors degree from the University of Pretoria in 2016. After her community service year at Mamelodi hospital she got married and moved to Durban in 2018 where she started her career in private practice. She is married to Jaco, has one beautiful baby boy Daniël and two dogs. She loves to spend time with family and friends. Jana Nel has a special interest in upper limb rehabilitation and furthered her studies by completing a Post graduate diploma in Hand therapy at the University of Pretoria in 2019.

Jana Nel also worked in a physical rehabilitation facility in Ballito, where she gained experience in treating patients with orthopedic injuries, neurological conditions such as strokes, traumatic brain injuries, dementia, parkinson's, etc. as well as post COVID - 19 rehabilitation.

In 2021 Jana moved back to her home town - Pretoria and opened her Occupational therapy practice in Faerie Glen. The practice currently has rooms available in Faerie Glen and is excited to start seeing patients in the Blissful Cleft Village in Constantia Park.

At Jana Nel Occupational therapy we are passionate about helping patients of all ages and conditions. From paediatric and school readiness to hand therapy and physical conditions.

We believe that each patient should be given the opportunity to reach their full potential and want to equip them and their families to be in control of their own rehabilitation journey.

Jana and Amber are enthusiastic to be part of the Blissful Clift Village and to contribute towards therapy and awareness of cleft-affected families.

SCOPE OF PRACTICE



Peadiatrics:

- School Readiness Assessments and School Therapy Programmes
- Gross Motor Development
- Fine Motor Development
- Self-care and Social Skills
- Physical Disabilities and Nuerological Conditions
- Developmental Milestones Assesment and Therapy

Adults:

- Hand Therapy and Upper Limb Rehabilitation
- Spinal Cord Rehabilitation and Ergonomics
- Work Hardening
- Rehabilitation for Neurological and Pain Conditions
- Visual Rehabilitation
- Functional Capacity Evaluations
- Maternal Wellness