



Welcome to the 2007 mid year newsletter from Orthosports. We hope you are all having a good year. This newsletter is to bring you up-to-date with some of the many developments in orthopaedics and in the Orthosports practice over the last 12 months.

Our website continues to go from strength to strength providing a valuable resource for you and your patients. Two universities now utilise our website as their official Orthopaedic resource.

www.orthosports.com.au

has descriptions of surgical procedures, the indications and possible complications (with illustrations and videos) of the more common procedures such as arthroscopy and joint replacement. We believe this allows your patients to make a better informed decision on whether to proceed with surgery and to help reduce their anxiety. There is a password protected education section for GP's, physiotherapists and medical students which contains a number of lectures given by our surgeons over many years.

Please contact our practice manager for access to this password protected area.

Ongoing Education at Orthosports

Orthosports continues to provide an ongoing educational service for many health care providers. We believe that up-to-date, meaningful knowledge

ultimately improves patient care and are pleased to remain involved in providing educational information to a number of groups through various formats.

The groups include:

- General Practitioners (our lectures and seminars are supported by the NSW College of General Practitioners and local divisions of general practice)
- Sports Physicians and Sports Medicine Registrars-through the Australasian College of Sports Physicians
- Physiotherapy groups – including 'in-house' ongoing education
- Personal Trainers and Sports Coaches

The formats range from International Conference Presentations to clinically based 'round table' seminars.

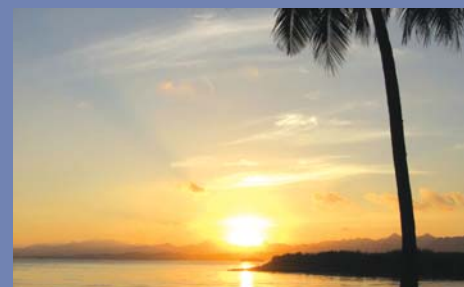
We are committed to strengthening our working relationships with our referring clinicians so please contact us to join our educational programs by emailing us at Office@Orthosports.com.au or visiting www.orthosports.com.au/gp_lectures_2007.

WHAT'S INSIDE

Clinical Professor of Orthopaedics appointed.

What tests to order for Knee and Hip pain?

Orthopaedic Outreach Charity - Fiji



Orthosports remains one of the largest group Orthopaedic practices in NSW. Being a subspecialist practice enables us to deliver expert care and keep up-to-date with the latest advances throughout the world, giving our patients the highest standard of Orthopaedic care. We have rooms at Macquarie Street, Randwick, Burwood and Hurstville and operate in a number of private and public hospitals throughout Sydney.

Within Orthosports we have sports and rehabilitation physicians, physiotherapists and radiology facilities on site to minimise travel time for patients.



Prof. Warwick Bruce

CLINICAL PROFESSORSHIP

Warwick Bruce has recently been awarded a Clinical Professorship through the University of Sydney.

This has been earned by his efforts in Orthopaedic research, peer reviewed publications, education and prosthesis design.

This appointment reaffirms his commitment to the treatment of patients in the public and private sector. This is typical of the dedication seen in all the Orthosports surgeons striving to achieve the best results for their patients.

Can't tell alignment



Correct AP Knee



Not enough Femur



Good AP Pelvis



What tests to order for Knee and Hip pain?

Peter Walker and Doron Sher

Arrange a plain Xray

Xrays provide a lot of useful information in both the younger and the older patient. It is a better test than an MRI for looking for arthritis for most patients. You will never be criticized for ordering an Xray and may miss an obvious diagnosis if you do not get one.

Make sure you order the correct views

When requesting an XRay you should make sure it is of decent quality and provides the views that will be needed for treatment decisions to be made. If a patient arrives with a poor quality XRay we often ask them have more views performed. Understandably they can be upset by this.

What are the correct views?

KNEE

- Weight Bearing AP (AP WB usually suffices)
- Lateral (Lat)
- Skyline Patella (Pat)
- Notch view (Notch)

If you don't request the patella view it is often not done. Many people have anterior knee pain and will therefore need this area XRayed.

(AP WB, Lat, Pat, Notch)

HIP – AP PELVIS

This should automatically be centred over the pelvis but often the XRay is centred over the umbilicus. This means that the hips and certainly the tops of the femur can hardly be seen.

AP

LATERAL of the hip involved

(AP Pelvis, AP/Lat Hip)

Other Tests

Ultrasounds provide little or no extra information for most large joints and cost the patient time and money unnecessarily.

CT scans are not usually helpful except in trauma (and some other special circumstances). Generally speaking these are best ordered by the surgeon. CT does show arthritis but it is not much more useful than a plain XRay.

Bone scans can help to localize pain but need to be arranged after a careful clinical examination with detailed information provided on the request form. They are helpful in avascular necrosis but this is better seen on a MRI scan.

MRIs are useful in both the hip and the knee looking for soft tissue disorders (not for arthritis) such as meniscal tears, labral tears, chondral injuries and ligament injuries.

If a patient has an obvious clinical diagnosis they do not require an MRI. Having the test is quite expensive and will delay their surgery unnecessarily. Unfortunately many patients now expect to have an MRI to confirm their diagnosis, even when one is not required.

Infection

If you think a joint is infected (especially a joint replacement) the C-Reactive Protein (CRP) is a good test to order. Any possibly infected joint replacement should be seen by the surgeon urgently.

ORTHOPAEDIC OUTREACH

Andreas Loeffler and **Doron Sher** have both travelled to Fiji this year as part a volunteer organisation of Orthopaedic surgeons.

There are two main aims of the Orthopaedic Outreach charity.

- Firstly, by facilitating several surgical tours each year to these nations, a large number of patients are able to be treated.
- Secondly, visits focus on the education of local doctors so that eventually they are able to offer the same high standard of surgery to their own people. Doctors from several of these countries are able to complete a diploma program in orthopaedic surgery.

We hope to train new doctors and nurses as well as sustaining current health workers so that they can continue to practice in their home countries where their skills are most urgently needed.

The hospitals are incredibly under resourced and the local surgeons do a wonderful job with the resources they have available to them. We have set up 'telemedicine' links so that the surgeons can email xrays to us for advice.

Further trips are planned in the next few months and years to continue this important work.



The operating theatres



The team

CITY

Level 2 187 Macquarie St,
Sydney 2001
Tel 9233 2883

CONCORD

47-49 Burwood Rd, Concord 2137
Tel 9744 2666

HURSTVILLE

2 Pearl St, Hurstville 2220
Tel 9580 6066

RANDWICK

160 Belmore Rd, Randwick 2031
Tel 9399 5333

SPORTS PHYSICIANS

DR JOHN BEST B.MED, DIP
Sports Med(London), F.A.C.S.P.

DR HUGH HAZARD M.B.B.S.
Grad.Dip.Sp.Science, F.A.C.S.P.

DR MEL CUSI M.B.B.S.

DR ANGUS BATHGATE M.B.B.S.

DR PAUL ANNETT
M.B.B.S. (Hons) F.A.C.S.P.
Conjoint lecturer UNSW

DR KAREN SOO
B.Sc. (Med) Hons, M.B., B.S.
(Hons Class I), F.A.C.S.P.



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ORTHOPAEDIC SURGEONS AND THEIR INTERESTS

PROF WARWICK BRUCE – HIP AND KNEE

M.B.B.S. (Syd) 1979, F.R.A.C.S., F.I.C.S., F.A. Orth A. Fellowships in Sports medicine and reconstructive hip and knee surgery. Traveling fellow in USA in joint replacement surgery. He consults at our Concord and Hurstville rooms and operates at Hurstville Community Hospital, Canada Bay Hospital and Concord Hospitals. He has published and written extensively and has been on the design team for hip and knee replacements.

DR JEROME GOLDBERG – SHOULDER

M.B.B.S. (Syd) 1981, F.R.A.C.S., (Orth), 1988, F.A. Orth A. Fellowship at the New York Orthopaedic Hospital. Special interests include arthroscopic instability and rotator cuff surgery. He consults at our Concord, Hurstville and Randwick rooms and operates at Hurstville Community Hospital, Canada Bay Hospital and Prince of Wales Private Hospital.

DR ANDREAS LOEFLER – SPINE, TRAUMA, HIP AND KNEE

M.B.B.S. (1984), F.R.A.C.S., (Orth), B.S.C. Anzac travelling fellowship of the Australian Orthopaedic Association. He consults at our Hurstville and Randwick rooms and operates at Hurstville Community Hospital, Prince of Wales Private and Public Hospitals.

DR JOHN NEGRINE – ADULT FOOT AND ANKLE

M.B.B.S. (Syd) 1984, F.R.A.C.S., (Orth). Sydney Orthopaedic trained. US accredited Fellowship in foot and ankle surgery at Baylor University Medical Centre, Dallas Texas 1994. Member Australian, American and European Foot and Ankle Societies. He consults at our Concord, Hurstville and Randwick rooms and operates at Prince of Wales Private Hospital, Canada Bay Private Hospital and Hurstville Community Hospital.

DR RODNEY PATTINSON – PAEDIATRICS

M.B.B.S. (1983) F.R.A.C.S., (Orth). Fellowship at the Hospital for sick children in London and Princess Margaret Rose Hospital in Edinburgh. He also operates on adults with hip and knee conditions. He consults at our Concord, Hurstville and Randwick rooms and operates at Canada Bay Hospital and Sydney Children's Hospital and St George Hospital.

DR IVAN POPOFF – SHOULDER, KNEE AND ELBOW

BPhEd(1987), MBChB(1991), F.R.A.C.S., (Orth). Fellowship in Sports Medicine, shoulder and knee surgery, Dalhousie University, Halifax NS Canada. He consults at all the Orthosports rooms and operates at Hurstville Community, Prince of Wales Private and Canada Bay Private Hospital,.

DR DORON SHER – KNEE, SHOULDER AND ELBOW

M.B.B.S., MBIomedE, F.R.A.C.S., (Orth). Fellowships in upper and lower limb surgery. Sports Medicine Knee and Shoulder Surgery-Canada, Elbow surgery-Mayo Clinic, Upper Limb Surgery-New York. He consults at our Randwick, Concord and City rooms and operates at Prince of Wales Private, Concord Public and Canada Bay Private Hospitals.

DR ALLEN TURNBULL – HIP AND KNEE

M.B.B.S., (1980) F.R.A.C.S., (Orth)1988. Fellowship in joint replacement surgery. Interest in sporting injuries involving the knee and joint replacement. He consults at our Hurstville room. He operates at Hurstville Community Hospital, Kareena and St George Private Hospitals and St George Public Hospital.

DR PETER WALKER – HIP AND KNEE

M.B.B.S., Hons (1990) F.R.A.C.S., (Orth). Awarded Zimmer travelling fellowship. Two accredited fellowships in hip and knee surgery in Boston and Toronto. He consults at our City, Concord and Randwick rooms and operates at Canada Bay Hospital, Prince of Wales Private, Concord and Canterbury Public Hospitals.

DR CRAIG WALLER – HIP AND KNEE

M.B.B.S., Hons (NSW) 1982 M.B.B.S., F.R.A.C.S., (Orth)1989. He was awarded the University medal and graduate prize in surgery. He consults at our Burwood and Randwick rooms and operates at Canada Bay Hospital and Prince of Wales Private Hospital.