

GLENELG ORTHOPAEDICS



Providing Quality Orthopaedic Care

Dr Gavin Nimon and the team at Glenelg Orthopaedics works towards achieving the best outcome for you, with the aim of providing a quality and individualised experience.

Dr Gavin Nimon is the Head of Shoulder and Elbow Surgery at The Queen Elizabeth Hospital and Orthopaedic Surgeon of Glenelg Orthopaedics. Having graduated from Adelaide University, he trained locally as an Orthopaedic Surgeon before working in the United Kingdom where he visited numerous centres of excellence around Europe developing his specialist skills. Dr Nimon has since returned to Adelaide, continuing his Orthopaedic profession.

Dr Nimon has extensive experience in arthroscopic surgery and further specialises in:

- Shoulder surgery both minimally invasive and replacements
- Elbow, hand and wrist surgery (often performed under local anaesthetic)
- Knee surgery, including knee replacements and sporting injuries



What Makes Glenelg Orthopaedics Different? It is the Quality and Care.

Dr Gavin Nimon prides himself on always being available to patients, should questions or concerns arise. "It is a team approach, with communication at the forefront of everything we do. By keeping everyone involved in the loop ensures we work in the best interest of our patients."



Our Values

- ✓ Attention to detail.
- ✓ Personalised care.
- ✓ Helpful administration to coordinate bookings.
- ✓ A team approach from admin to specialist Anaesthetic Colleagues.
- ✓ Continuous professional development.
- ✓ Applying the latest Orthopaedic techniques.
- ✓ Involved in audits and the Arthroplasty Registry.
- ✓ Active in leadership.

Experience

Dr Nimon completed Orthopaedic Surgical training in 1998, and gained further experience in Edinburgh and then Dumfries & Galloway Royal Infirmary in Scotland before returning to Adelaide.

Having worked as a Specialist Orthopaedic Surgeon since 1999, he has many years of experience from which he draws upon when giving advice.

Professional & Reliable

Availability starts with our friendly and helpful reception staff. Our staff are keen to help, and will always do their best to accommodate an appointment or address any issues that arise. For a patient injured at work (Workcover), the staff at Glenelg Orthopaedics will apply for approval for treatment and surgery. They will also assist you in booking radiology when required. If an urgent appointment is needed, let them know, and they will do their best to accommodate you.



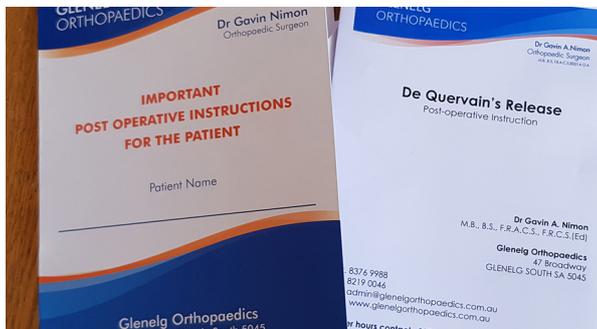
About Glenelg Orthopaedics

Our Services

Orthopaedic Services

Hear at Glenelg Orthopaedics, we treat:

- Shoulder injuries;
- Elbow conditions;
- Hand injuries;
- Wrist conditions;
- Knee injuries; and
- Sporting Injuries.



Patient Information

Information is vital for the patient. Therefore, on the Glenelg Orthopaedic website all the content has been produced by Dr Nimmon. It is written in plain English so you can better understand your condition and treatment options. It also allows you to have a feel for what a consult at Glenelg Orthopaedics is like, with numerous other videos on the site explaining the more common conditions.

We also have Facebook and LinkedIn pages which patients can follow, to be kept up-to-date with the latest in musculoskeletal issues.

For patients undergoing surgery, they all receive an information pack outlining postoperative instructions and emergency contact phone numbers, as well as a follow-up appointment date.

Diagnosis of Conditions

We believe it's important to take a complete approach to assessment, and pride ourselves on making time to take a thorough history from the patient. Not all conditions are straightforward and the correct diagnosis is so important if the patient is offered the most appropriate treatment. This is where Glenelg Orthopaedics stands out.

Dr Nimmon is extremely active in teaching both undergraduate medical students and Orthopaedic Trainee Surgeons and keeps abreast of the Orthopaedic literature to give you the best possible treatment options.

GP Advisory Service

With a strong focus on a team approach, Dr Nimmon provides an advice line, at all hours, to assist General Practitioners when specialised experience is required. Dr Nimmon also believes that it is vital to keep the General Practitioner (GP) informed as part of the patient treatment journey.

1. Immediately having seen us at Glenelg Orthopaedics, a letter is typed outlining the diagnosis & treatment plan.
2. Copies of all investigations ordered (X-Rays and Blood tests) are sent to the GP.
3. At Surgery, an operation note is typed by Dr Nimmon, which is sent to the GP the following day.

Visit the Glenelg Orthopaedics website, www.glenlegorthopaedics.com.au, for more information on our services, patient information and GP Advisory Services.

Glenelg Orthopaedics - Shoulder Injuries and Surgery

Dr Nimon is Head of Shoulder and Upper Limb Surgery at The Queen Elizabeth Hospital and has many years of experience in treating complex and complicated shoulder problems.

Dr Gavin Nimon specialises in shoulder surgery and has extensive experience in Arthroscopic Surgery. Tendon tears (Rotator Cuff), dislocations (instability), labral tears, AC joint arthritis and cysts can all be treated arthroscopically, all through small 1 cm incisions, which causes less damage to surrounding structures and a better result to the patient.

- Some procedures are best treated open, such as:
- Total Shoulder replacements,
- fractures (bone breaks)
- some stabilisation procedures (Latarjet).

Dr Nimon is an expert in this area as well. A large number of Total shoulder replacements

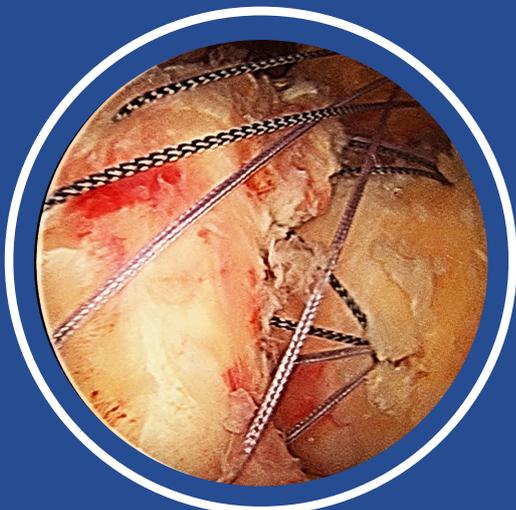
both anatomic and reverse are undertaken by Dr Nimon, meaning you can be reassured that you are in the hands of an expert in the area.

Other shoulder injuries Dr Nimon treats includes:

- Rotator Cuff Disorders
- Impingement (Bursitis)
- AC Joint Arthritis/ Dislocations
- Biceps Tendon Injuries
- Shoulder Dislocations
- Shoulder Replacements
- Fractured Clavicle
- Fractured Shoulder

To learn more about shoulder injuries or surgery, visit the Glenelg Orthopaedics website - www.glenlegorthopaedics.com.au

Under The Microscope With Dr Nimon - Rotator Cuff Tear



Glenelg Orthopaedics - Elbow, Hand and Wrist Conditions

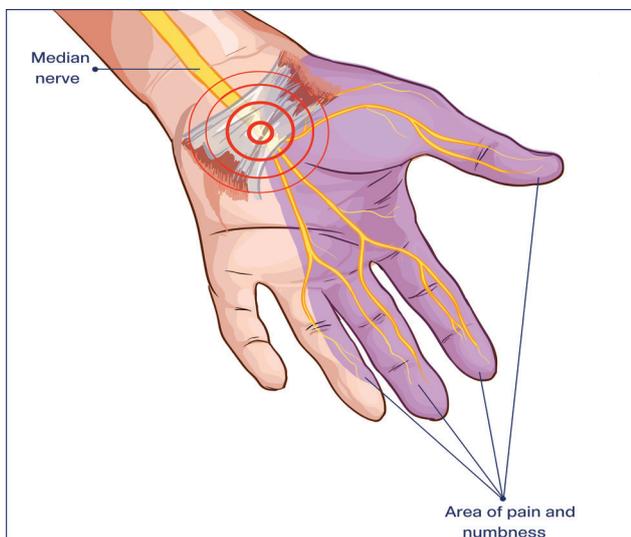
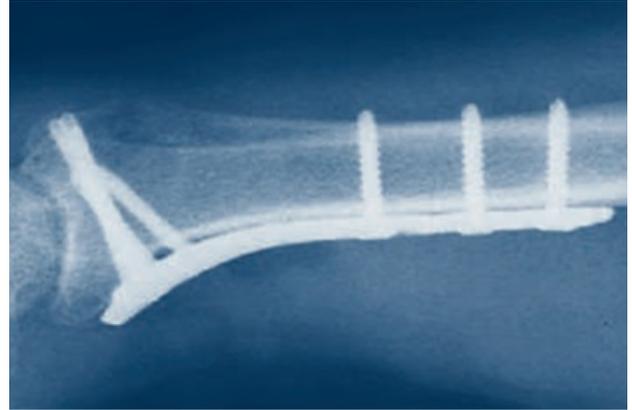
Dr Nimon, Glenelg Orthopaedics, undertakes numerous hand surgical procedures many of which can be offered as totally local anaesthetic procedures for cases such as:

- Carpal and Cubital Tunnel
- DeQuervain's and Trigger fingers
- Ganglion Excisions
- Scaphoid and Wrist fractures
- Wrist, Thumb and Finger arthritis
- Fractured Elbows
- Tendon Ruptures
- Olecranon Bursitis

Local anaesthetic procedures has several advantages, most importantly being a very safe procedure and also reduces costs for those self-funded.

He has a vast experience in the more extensive procedures such as scaphoid fractures, arthritis involving trapezectomies and partial and full wrist fusion, and is the point of call for wrist fractures.

Visit the Glenelg Orthopaedics website, www.glenlegorthopaedics.com.au, for more information.



Area affected by Carpal Tunnel Syndrome

Meet Dr Gavin Nimon, Orthopaedic Surgeon



Dr Gavin Nimon is an Orthopaedic Surgeon with extensive experience in surgery of the shoulder, elbow, wrist, hand and knee.

Having completed training in 1999 in Australia and developing advanced techniques in the United Kingdom and Europe, he has many years of experience, holding the appointment of Head of Shoulder and Upper Limb Surgery at The Queen Elizabeth Hospital, committing large amounts of his time to the treatment of public patients.

He specialises in totally arthroscopic reconstructive and stabilisation procedures to the shoulder including rotator cuff repairs, SLAP repairs, treatment of bursitis and AC joint arthritis.

He also has extensive experience with shoulder and knee replacement surgery and maintains professional excellence by being involved in continuing professional training and audits through professional bodies. He is a Fellow of the Royal Australasian College of Surgeons, the Royal College of Surgeons in Edinburgh as well as the Australian Orthopaedic Association.

Dr Gavin Nimon also holds an academic appointment as Senior Lecturer at the University

of Adelaide, and is actively involved in research and teaching of medical students, junior doctors and orthopaedic trainees.

He holds the position of Supervisor of Orthopaedic trainee surgeons at The Queen Elizabeth Hospital. He has international and local publications and presentations in United Kingdom, USA and Australia and awarded the Bauze Prize for best paper.

Dr Nimon is extensively involved in professional standards and has held appointments on the executive team for the Shoulder and Elbow Society of Australia, Australian Orthopaedic Association (SA Branch) and SA Hand Surgical Society, as well as being a member of the Australian Hand Surgery Society of Australia.

Dr Nimon has a long history of sports medical involvement working with Queen of the South Scottish Football team while in the UK, and for many years for the Glenelg Football Club (SANFL).

Professional Memberships/Appointments:

- Fellow of the Royal Australasian College of Surgeons FRACS
- Fellow of the Royal College of Surgeons (Edinburgh). FRCS(Ed)
- Senior Lecturer at the University of Adelaide
- Head of Upper Limb at The Queen Elizabeth Hospital

When not at work or teaching at the University of Adelaide, Gavin spends his time either with his family (wife and three children) and enjoys playing the guitar and sporting activities including kayaking, surfing and windsurfing.



Where Patient and GP Education is Priority - Glenelg Orthopaedics Website

Our website, www.glenelgorthopaedics.com.au provides a huge amount of information for those wanting to learn more about orthopaedic surgery or specific procedures, our patients and General Practitioners.

The additional benefits of the Glenelg Orthopaedics website include:

- All information written by Dr Nimon and very specific and targeted;
- The language kept to plain English;
- Supplemented by videos, featuring Dr Nimon explaining conditions;
- Website pages are updated continuously to give you the latest information;
- Blogs to inform you on the latest developments in Orthopaedics;
- Supported by LinkedIn, Facebook and Youtube channels;
- GP educational videos produced in response to GP requests.

Visit our site:
www.glenelgorthopaedics.com.au





Orthopaedic Care Close at Hand

Convenience is important when seeking medical treatment

We all have busy lives, and heading to Adelaide for orthopaedic consultations and surgery may eat into a busy schedule. Dr Nimon from Glenelg Orthopaedics prides himself on the ability to offer convenience to patients both for their consultations and their operations. Being available starts with being accessible and that's why we consult from these locations:-



Glenelg South Head Office

Conveniently located at:-
47 Broadway, Glenelg South, SA, 5045.

Our head office offers convenient parking, with access to plaster and splint facilities. It also offers a physio service for initial follow-up appointments to set the rehab off.



Mawson Lakes Medical Centre

Conveniently located at:-
Shop 12,
The Promenade Shopping Centre
Mawson Lakes, SA, 5095.

For easy access to Orthopaedic Services in the Northern suburbs. Consulting most Thursday mornings.



Glenelg South Head Office

Conveniently located at:-
5 Goolwa Road
Middleton, SA, 5213.

Consulting in the Fleurieu on Thursday afternoons. This medical centre offers comfort in modern premises with plenty of parking at the front door.

For patients located in Mt. Compass and surrounding areas, we are pleased to announce that we will be consulting on a regular basis from Mt. Compass Medical Centre as of the 14th June, 2018. For appointments, please contact our main office number on 08 8376 9988.

Surgical Services at Various Locations - Surgery Relies On A Team

Surgery is a complex specialty, and requires a well-trained surgeon, who has the patients best interests foremost and focuses on producing the best outcome, supported by an able and experienced anaesthetist, assistant, and scrub team (scrub nurse, scout, anaesthetic nurse) along with experienced recovery staff and ward nurses. Dr Nimon has found that the following fulfills his desires for all of the above.



Ashford Hospital

Ashford Hospital not only provides a quality team, but also has HDU and ICU facilities, with cardiothoracic, vascular and general surgical support for the higher risk patients.

Located near:
Keswick at 55 Anzac Highway, Ashford SA 5035



Glenelg Community Hospital

Known for the personalised care and exceptional nursing staff, Glenelg Community offers a full contingent of surgical options for most patients.

Located at:
5 Farrell St, Glenelg South and with easy parking.



South Coast District Hospital (Victor)

Located at the "capital" of the Fleurieu, the South Coast District Hospital provides a full experience for the patients from the south of South Australia, and is close at home for those in the Fleurieu.

Located at:
56-63 Bay Rd, Victor Harbor.



Visit the Glenelg Orthopaedics website, www.glenlegorthopaedics.com.au, to view contact details for each of the locations.

Workcover Injuries



An injury can occur at home or at work. Both of which Dr Nimon, Glenelg Orthopaedics, can provide treatment. We have experience in work place injuries and can seek approval for treatment when required.

Glenelg Orthopaedics regularly treats patients with work related injuries and are well experienced in treating them.

The process can be daunting for the person who suffers their first workplace injury and consequently Dr Nimon has a page dedicated to navigating the Workcover (Return to Work SA) process on the Glenelg Orthopaedics website.

When attending to be assessed, the most important information to provide us with is the claim number. The claim number allows us to seek payment for services and investigations required.

Advantages of having your work related injuries treated at Glenelg Orthopaedics are:-

- ✓ Our Staff will liaise with Case Manager, when seeking approval for intervention
- ✓ Our Staff can advise you of steps required, along the way
- ✓ Dr Nimon will provide you with appropriate certificates, and can provide reports to the Case Manager
- ✓ We treat multiple injuries and aim to give you the best possible outcome.



Visit the Glenelg Orthopaedics website, www.glenlegorthopaedics.com.au, for more information.

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“It’s all about the Patient”

Contact Us:

47 Broadway
Glenelg South,
Adelaide, Australia.
www.glenelgorthopaedics.com.au

Landline : (+61)8 8376 9988
Fax : (+61)8 8219 0046
Email : admin@glenelgorthopaedics.com.au

