

# Gleneig Orthopaedics

Providing Quality Orthopaedic Care

Phone 8376 9988



## Orthopaedic Update

Thankyou for taking the time to read our latest update. I have just returned from the Shoulder and Elbow Society closed meeting, which I co-convended. It was an enjoyable 4 days in Darwin attended by 90 specialist Upper Limb surgeons from around Australia, and with several invited International guests from differing countries.

It was pleasing to be able to review the current thoughts and techniques, and

confirm my own management regime.

Patient management is always forefront in our minds and it's pleasing to see how much thought and care professionals put into any difficult medical problem. In all areas of medicine, it is always useful to discuss cases and share information.

This is the main aim of this pamphlet, to be able to share new knowledge and be available if you need advice.

## Treat the patient like the family

A consultation is a special event for a patient. It's vital to give them time to discuss their problem. A little extra time put can help allay their worries.

## Sports Medicine

General Practise is such a wide discipline, that it is impossible to keep abreast of the latest theories and treatment regimes in Sports Injuries.

Dr. Marc Cesana  
Gleneig Sports Medicine

Available for advice and treatment, with aim of supplementing the treatment provide by the GP.



**FRACS**

Fellow of the  
Royal Australasian College of Surgeons

# Ease of access is important to all patients- parking is essential



Orthopaedic patients by definition often have mobility issues be it due to lower limb incapacity or upper limb, affectation to driving. Easy access makes a difference to whether a patient attends for treatment.



Glenelg Orthopaedics motto is to place patients first ( "Providing Quaiity Care" ) This starts from the initial appointment by providing care in convenient places , with good parking. We now consult in Glenelg, Mawson Lakes and in the Fleurieu.

At Glenelg Orthopaedics we believe access to quality care is important. As such we are pleased to announce the provision of services in the Fleurieu Peninsula.

Gavin Nimon now consults from Mill House Medical Centre, 5 Goolwa Road, Middleton and is available on a regular basis for consultation. Parking is adequately provided for in a brand new car park out the front and for those cases that may require surgical intervention, Gavin is accredited to undertake private surgical procedures at the South Coast District Hospital in Victor Harbor.

He has also commenced consulting in Torrens Park near the Mitcham Shopping Centre at Pro Health Care 105 Belair Road. For advice regrading orthopaedic issues Gavin is available via the General Practitioner Advice Line on 0437 918 552, otherwise please ring our rooms for an appointment 08 8376 9988

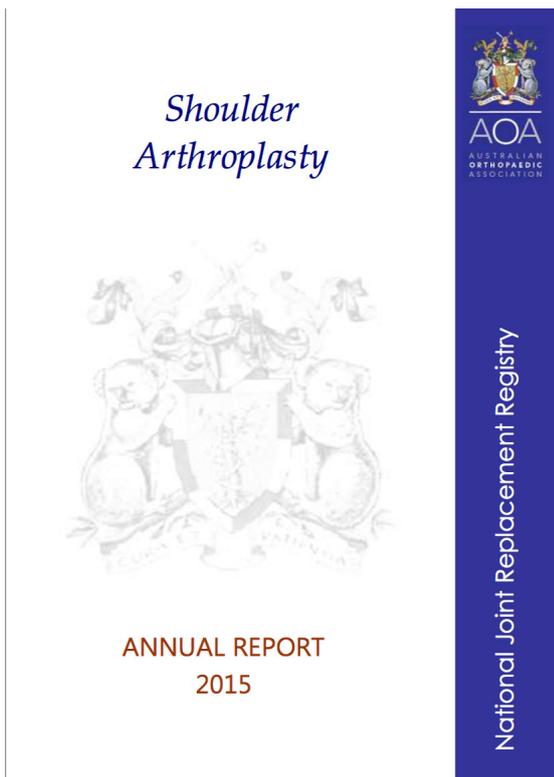




## National Joint Replacement Registry

The Australian Orthopaedic National Joint Replacement Register is one of the most comprehensive arthroplasty registers in the world and has for the last eight years included data on shoulder replacements. Glenelg Orthopaedics can provide services in both knee and shoulder replacement surgery and regularly refers to nationwide data to identify appropriately performing implants and as such are proud that implants we use at Glenelg Orthopaedics are recognised to have low revision rates with adequate longevity of follow up.

Shoulder replacements are a relatively new comer to the Joint Replacement Register and therefore we would always advise that shoulder replacements should always be undertaken as a last resort, as the data is still evolving. Interestingly, reverse shoulder replacements undertaken for those with fractures in the elderly and with rotator cuff deficiency are performing equally as well as standard shoulder replacements, which adds this surgical procedure upon the list of reliable and suitable procedures to be undertaken in your patients. As Head of Shoulder, Upper Limb and Hand Surgery at The Queen Elizabeth Hospital, Gavin Nimon has extensive experience with such procedures and can advise your patients appropriately.



## Plaster is no longer main option for splinting

### Exos Splints- reusable and removable

In any medical practice one is always presented with equipment or medical treatment options promoted by representatives of the medical industry. In Glenelg Orthopaedics we always take a cynical view of new and potentially untested materials, however one such prosthesis has caught our eye and has turned out to be a windfall for those being treated for fractures. Exos splints, which are heated in a convection oven and mould to the patient's limb, are a godsend for those patients requiring



The days of plaster of Paris progressed to those of fibreglass and then the waterproof fibreglass and whilst these splints still have a role for those with unusually shaped limbs or fractures that are so unstable that extensive plaster fixation is required, in the majority of patients they can be treated with Exos splints which are relatively cheap and in many cases have a rebate component provided by the health insurer and which are removable, comfortable and adjustable for day to day use. At Glenelg Orthopaedics we are proud to be able to provide such a service and offer such to those patients we believe are appropriate. This averts the requirement to seek the advice of an upper limb therapist for thermoplastic splints and allows an Exos splint to be fitted on the day of consultation. For those patients requiring such, please do not hesitate to contact us so we can discuss the options.

# GLENELG ORTHOPAEDICS

Dr Gavin A. Nimon  
Orthopaedic Surgeon  
M.B. B.S. F.R.A.C.S.(ED) F.A.O.A

GP Advice Line  
0437918552

"We believe it's important to be available to help. It does not matter if it's a patient of mine or not, I am always available to offer advice or recommend a treatment plan. Do not hesitate to call me should the need arise."



**Medical treatment is a team effort, that's why there is  
always a friend available to give advice.**



Dr Gavin Nimon also works teaching at the University of Adelaide and holds the title of Senior Clinical Lecturer. "It's important to train and educate both for the future of our profession, but also it keeps us on our toes also. I never know what the next intriguing question will be from the students who are always keen to learn more."

## Providing Quality Care.

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Pro Health Care  
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For all Appointments ring 8376 9988