



Anglesea Clinic Orthopaedics



**Mr Peter Black, FRCSEd
Consultant Orthopaedic Surgeon**

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What do we offer at Anglesea Clinic Orthopaedics that makes us different?

At ACO we strive to offer convenience, a rapid response to both patients & health professionals, approachability & a no-nonsense attitude towards diagnosis & treatment.

www.aco.org.nz

Our website offers both patients & health care professionals a resource to educate, reinforce information & provide a convenient place to find current updates, rehabilitation guidelines & practice details. This is also a convenient way to contact us.



Super Gold Card Holders Discounts

We have recently negotiated with the Super Gold Card Scheme to offer members generous discounts on both in-patient and outpatient care for those card holders who do not have access to ACC or Private Medical Insurance cover



Southern Cross Affiliated Provider Scheme

At Anglesea Clinic Orthopaedics, we believe that for those with medical insurance, the path to obtaining cover should be both as painless & seamless as possible.

Over 2 years ago we signed up to the Affiliated Provider Scheme, which allows patients to forget about having to obtain prior approval for or dealing with endless bills after joint replacement surgery

This scheme comes into effect on the 1st April 2013



What do we do?

My practice is a lower limb Orthopaedics Surgery practice, focusing on both elective and traumatic problems requiring in-patient, day case & outpatient management.

I have been a Consultant Orthopaedic Surgeon since 2000 having qualified from the University of St. Andrews & University of Wales College of Medicine in 1989. My training was in Yorkshire, England in Leeds & Sheffield & I practiced as a Consultant in Taunton in Somerset for 4 years before emigrating to New Zealand in 2004.

I worked at the Waikato Hospital for 4 years until the end of 2008 entering full-time private practice in 2009. Before leaving the Waikato Hospital, I was head of Department of Orthopaedics. I left public practice to focus my time more on those elective problems I had trained to undertake in the UK during my training & to allow more time to give to sports injuries & their management

My practice provides clinics in more general Orthopaedics in Matamata & Tokoroa where the GP's & Physiotherapists have access to & the convenience of a Specialist visiting their region to assist with the provision of diagnosis & management of Orthopaedic problems. This minimises inconvenience to local patients who may find it difficult to travel to Hamilton

Lower limb joint replacement
Hip replacement
Knee replacement
Ankle replacement

Knee & ankle arthroscopy
Sports & elective keyhole surgery

Knee & ankle ligament reconstruction
ACL reconstruction
Patellar stabilization
Ankle ligament reconstruction
Revision ligament reconstruction

Elective foot & ankle surgery
Tendon injuries & their sequelae
Arthritis surgery
Realignment procedures
Stabilization procedures
Bunion surgery
Lesser toe operations
Achilles tendon surgery

HIP REPLACEMENT UPDATE

Recent updates

KNEE REPLACEMENT SURGERY

We now use patient matched cutting blocks when undertaking total knee replacement surgery. This involves assessing the patient in clinic & undertaking a scoring questionnaire to quantify the patients' subjective level of disability & the objective medial assessment of limitation of function.

The patients if suitable are then booked for surgery & undergo a pre-operative assessment at Southern Cross Hospital at which time we will arrange for them to have the necessary imaging done to allow the manufacture in the USA of cutting blocks that match the morphology of their knee. This process takes 6 weeks to complete & also allows time, should any medical problems be identified to be rectified prior to the operation. The blocks are delivered, sterile, & applied to the bones to minimise alignment errors when making the primary cuts. Watch the video on the link below to see how they work!

<http://www.youtube.com/watch?v=3IHTGMmbriQ>

We are all aware of the problems that have befallen hip replacement surgery and the issues surrounding metal-on-metal bearings. These have now been withdrawn, some because of bearing related failures & some for cup related failures. Suffice to say, the patient perspective of what was hitherto, a fantastically successful procedure has taken a huge knock. As Orthopaedic Surgeons, we owe it to our patients to make sure we keep an eye on what we use & look at our own outcome measures & follow up our patients according to accepted guidelines. We are also at the mercy of implant companies & the data they release. At the time of implantation of the "big ball" metal-on-metal hip replacements, the advice was that these could offer significant long-term benefits for younger patients in terms of reduced failure rates.

We have recalled all our patients with this kind of bearing whether large diameter or not, undertaken blood cobalt & chromium analysis & updated X rays along the way. Those patients in trouble have been further investigated by ultrasound & then referrals for revision made where appropriate.

I now use either a metal on poly bearing hip (good old fashioned stuff) or a ceramicised metal head on a highly cross-linked poly socket which is currently showing the best outcome data on the Australian Joint registry of any bearing couple

Achilles tendon injuries

We have moved away from treating most Achilles tendon injuries surgically. It is recognized that historical non-operative methods of management with prolonged immobilisation can result in an unacceptably high re-rupture rate. Current thinking has moved over the last decade towards functional rehabilitation of these common injuries with a period of cast immobilisation to rest the ankle followed by a careful combination of rehabilitation and splintage to ensure optimal recovery with minimal complication rates.

Occasionally surgery will be required and patients are kept a close eye on by both surgeon & rehabilitation physiotherapists to ensure optimal outcomes are achieved. Advice on recovery & ACC return to work details are provided along the way



Where are we & when are we there?

We run clinics in Hamilton from The Anglesea Clinic Complex.

Out patient clinics are held on Mondays (2 out of 4 weeks) & Fridays

Acute clinics are held on a Wednesday morning at the Emergency Department of the Anglesea Clinic from 9am until 11.30am – see below

Outreach clinics are held in Matamata & Tokoroa on alternating Thursdays

Matamata – Pohlen Hospital outpatients area from 10 am until 4pm

Tokoroa – Swanston Street Clinic (Knight & Gadsden) from 10am until 4pm

Surgery is undertaken at the Southern Cross Hospital, Von Tempsky Street in Hamilton East every Tuesday & 2 out of 4 Mondays



Opening hours

*Monday, Tuesday,
Thursday & Friday
9am – 5pm*

*Wednesday
9am -12pm*

Contact details

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Anglesea Clinic **ORTHOPAEDICS**

- We run an acute clinic on a Wednesday morning for recent injuries & acute referrals. This clinic runs very differently to my usual out patient clinics:
- The ED charges a surcharge to be seen, whether ACC or not
- I review post op patients here who have casts on
- Clinic turnover means the chance for “long” discussions & consultations is not possible
- Investigation, splintage & management decisions and referrals are made
- Appointments are made by contacting the ED directly or through my rooms & booking in a slot for the patient at the next available time
- It is NOT for seeing patients with long-standing problems that need more time & investigation