



Anglesea Clinic Orthopaedics



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We lead, others follow

Issue 3

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.

The Anglesea Clinic offers a purpose-built, modern medical facility in the centre of Hamilton allowing investigation & diagnosis of a wide variety of conditions. We are proud to be part of that facility which allows easy parking & ground floor accessibility to our rooms. We are located in the Imaging Centre with disabled parking outside the front door.

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

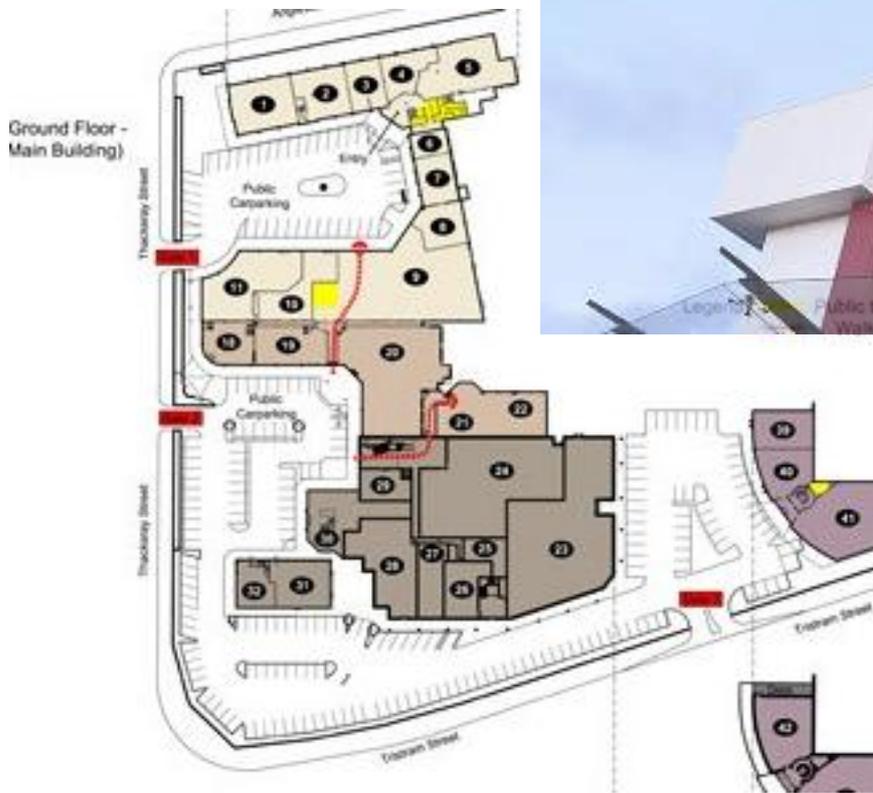
We have recently negotiated with the Super Gold Card Scheme to offer members generous discounts on both in-patient and outpatient care for those card holders who do not have access to ACC or Private Medical Insurance cover



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





How do you get hold of us? Where are we?

To refer patients, on-line, email, Healthlink, faxed, posted or Pathlab options are available.

1. To refer on-line, go to www.aco.org.nz & use the "Contact Us" section to refer your patients. Patients can also self-refer before seeing their healthcare provider here.

2. Emailed referrals to reception@aco.org.nz

3. Healthlink to angcorrh

4. Fax to 079576093

5. Post to PO Box 11084, Hillcrest, Hamilton 3251

6. Drop the referral into the Pathlab box & it'll get to us

Alternatively call us on 079576094 if it's URGENT.

I will try to see all URGENT appointments on the following Wednesday's fracture/plaster clinic. Please remember that this is for URGENT cases only

Referral should include as much accurate & current information as possible. A minimum standard would be; **Name, contact address, telephone & mobile number, DoB, NHI, Relevant co-morbidities, imaging undertaken so far & ACC details** (previous claims relevant to this claim would be appreciated).

I will triage ALL referral as soon as I get them & request any imaging I think is appropriate BEFORE I see the patient to minimise appointments & delays.

Interested in observing clinics or surgery to maintain skills or updates for CPD?

Contact my rooms for a chat

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

Recent updates



INTERNAL BRACING FOR ANKLE RECONSTRUCTION

In a New Zealand first, we recently introduced a technique of reinforcing ankle ligament reconstruction developed by Scottish surgeon Gordon McKay, which allows a more rapid rehabilitation & recovery for the patient whilst protecting the repair. Formerly, a period of immobilisation would require an overnight stay with a period of partial weight bearing. Subsequent use of a moonboot & then a brace could result in some stiffness. This advance protects the repair in the way that a car's safety belt works whilst allowing the patient to weight bear early, start their rehabilitation within a week or so from surgery & have the surgery performed as a daystay. The brace is placed in an isometric position allowing free range of movement of the ankle but limiting anterior translation or inversion while the ligament reconstruction matures, eventually becoming incorporated into the reconstructed ligament. Return to sport is usually within 3 months but depends on the sport & the patient's recovery.

INSERTIONAL ACHILLES TENDON SURGERY



In another first, we have recently introduce a technique, borrowed from our shoulder surgeon colleagues, to allow, confidently, significant detachment & then subsequent reattachment of the Achilles tendon. This affords the ability to remove calcification, within and around the tendon or to aggressively treat Hagalund's deformities & bursitis whilst minimizing the amount of post-op immobilisation & then subsequently move forwards, confidently, with a rapid rehab plan. Immobilisation allows the wound to settle before a moonboot-based rehab

REVISION ACL RECONSTRUCTION

We have recently secured a reliable source of allograft Tibialis Posterior tendon grafts to use for revision ACL reconstructions. Although it sounds gruesome to use tendons from dead people, these grafts are treated like any other implant & thoroughly sterilized before they are deep frozen & transported from the USA to New Zealand. This reliably gives an 8 to 9mm graft that provides similar strength to that of a hamstrings tendon graft & which can be handled in the same way. Rehabilitation does not require any special precautions & progresses in the same way that a primary hamstrings graft would be done. This is a particularly useful technique for failed ACL reconstructions in women as they have a tendency to run into more problems with PFJ pain post patellar tendon grafting & for those whose jobs require them to kneel a lot.

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 outpatient's area from 10 am until 4pm

Tokoroa – Tokoroa Hospital 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

www.aco.org.nz

Opening hours

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

*Wednesday
9am -12pm*

Contact details

Email: reception@aco.org.nz

Website: www.aco.org.nz

Telephone: [079576094](tel:079576094)

Fax: [079576093](tel:079576093)

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*