

Caring for your JOINTS

Wakefield Clinic is renowned for its standard of orthopaedic care. Heather Millar reports



CASE STUDY

NAME: Brian Hanson
AGE: 67
JOB: Semi-retired. Previously had a government job visiting remote Indigenous communities to assess infrastructure
LIVES: Christies Beach, Adelaide

Brian Hanson's knee problems began in 1997, when his knee became painful and began locking up. He had arthroscopic surgery, which gave him five years' relief. In 2003, the pain started to recur and Brian underwent another arthroscopy, but this one did not give him the same amount of relief.

Brian's health had deteriorated as a result of his limited mobility. Where once he had taken lengthy daily walks with his wife and dog, now he could manage only five minutes at a time.

"I was aware I would need a knee replacement," says Brian, "so I started asking around for good surgeons. From three different sources I was given Scott Brumby's name, at Wakefield Orthopaedic Clinic."

Brian was pleased to find that he only required a half-knee medial replacement.

The partial knee replacement was performed in January 2005 using a minimally invasive surgical incision enabling faster post-operative recovery.

Brian started daily physio sessions

“One of the worst things about pain such as this is the state that accompanies it – not depression, but a realisation that you cannot do what you once could, like simply bending down. It does affect you”

while still in hospital, and was given an exercise regime to perform at home.

"Gradually I started to walk again," says Brian. "I had eight weeks off work, which is how long it took for me to start feeling good again."

"I've just taken on delivery of the Census, so as you can see, my knee is doing very well!"

"One of the worst things about pain such as this is the state that accompanies it – not depression, but a realisation that you cannot do what you once could, like simply bending down. It does affect you, not being able to do things anymore."

"But I ran to catch a bus the other day, no problem. That was a good feeling."



CASE STUDY

NAME: Dianne Alagich
AGE: 27
JOB: Member of the Australian Women's Football Team (Qantas Matildas) and customs officer at Sydney Airport
LIVES: Sydney for the past year and a half; born in Adelaide

When Dianne Alagich was 16, she played her first game for the Australian Women's Football Team (Qantas Matildas). Her performance lasted just 12 minutes, when she suffered a knee injury.

Like most professional athletes, Dianne has suffered much wear and tear on her muscles and joints since that time.

In 2003, she had an arthroscopy on her knee, which was performed by Dr Richard Clarnette at Wakefield Orthopaedic Clinic.

Then in mid-2005, Dianne suffered another injury – this time, a problem with her calf.

"I thought it was corked, but the pain did not go away," she says. "It felt like I had a tear in my calf, and I was in a lot of pain. It turns out I had ruptured a tendon."

Dr James Ilic – the Matildas' team doctor who also works at Wakefield Sports Clinic – referred her to Dr Rory Montgomery, an orthopaedic surgeon at the Wakefield Orthopaedic Clinic, and she had surgery to clear away the scar tissue.

After a few months of intensive rehab Dianne was able to return to top-level soccer.

Dianne was playing in the Asian Cup and World Cup Qualifiers in Adelaide when we interviewed her. But how were her calf and knee holding up?

"Now it's almost back to normal. Getting back to international football so soon shows how good the surgery was. We've won all our games so far, and my knee is holding up well!" ^{WH}

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Mission

To provide the highest level of orthopaedic health care to our patients and customer service satisfaction to doctors and patients.

Wakefield Orthopaedic Surgeons

Dr Scott Brumby	Dr David Marshall
Dr Christopher Butcher	Dr Rory Montgomery
Dr David Campbell	Dr Richard Pope
Dr Richard Clarnette	Dr Michael Sandow
Dr Andrew Comley	Dr Peter Stavrou
Dr William Duncan	Dr John van Essen
Dr Peter Lewis	

270 Wakefield Street ADELAIDE SA 5000
 P 08 8236 4100 E woc@woc.com.au
 W www.woc.com.au

