

# ORTHOPAEDIC SERVICES

Sydney Adventist Hospital is renowned as a leading centre for orthopaedic services. The hospital's years of experience in orthopaedic work, together with the first-class reputation of our orthopaedic surgeons, staff and facilities attract top athletes, as well as patients of all ages. Our goal is to deliver premium orthopaedic care using the latest techniques and advancements to achieve the best possible outcomes and help people return to pain-free, functional lives. Common orthopaedic conditions and treatments include:

## Hip & Knee

- Hip & femur fractures
- Total hip replacement
- Hip resurfacing
- Total knee replacement
- Minimally invasive hip and knee surgery (AMIS)
- Partial knee replacement
- Knee arthroscopy
- Meniscal tears
- ACL tears
- Osteoarthritis

## Foot & Ankle

- Bunions
- Claw, hammer and mallet toes
- Other foot deformities
- Flatfoot
- Fractures
- Diabetic foot problems
- Ingrown toenails

## Shoulder

- Shoulder fractures
- Shoulder instability
- Shoulder joint replacement
- Arthroscopic shoulder decompression
- Bursitis
- Rotator cuff tendonitis
- Clavicle fractures

## Hand, Wrist & Nerve

- Tendonitis
- Arthritis of the wrist & hand
- Carpal tunnel syndrome
- Congenital hand deformities
- Fractures
- Trigger finger and thumb

## Spine

- Discectomy (removal of the intervertebral disc) and decompressions of nerve roots and spinal cord in the neck and lower back
- Spinal fusion surgery in the cervical, thoracic and lumbosacral spine
- Disc replacement surgery
- Correction of spinal deformities such as scoliosis and kyphosis
- Surgical treatment of spinal infections
- Revision spinal surgery

## Trauma

- Fractures
- Paediatric Fractures

## Rheumatoid Arthritis

- Joint Replacements
- Symptom control

## Sports Injuries

- Clavicle fractures
- Shoulder dislocations
- Knee and ankle ligament injuries
- Ankle fractures
- Achilles tendon and calf muscle tears
- Forearm fractures
- Head injuries

## Neuromuscular Disorders

- Back pain
- Hip and knee disorders
- Hand and wrist disorders
- Carpal tunnel syndrome

## Emergency Services

Sydney Adventist Hospital operates the largest private emergency care facility in New South Wales. We offer 24 x 7 Emergency Care for orthopaedic emergencies, with on call orthopaedic surgeons.

## Diagnostic, Allied Health and Support Services

- Diagnostic imaging and interventional services - San Radiology provides a comprehensive range of high-quality orthopaedic imaging examinations including:
  - High-field MRI (3T) – 2 x machines both with Medicare-eligibility
  - ULTRA Low Dose CT (384-slice) with advanced post-processing including 3D and MPR assessment
  - Musculoskeletal ultrasound
  - Low Dose Digital X-Ray including long length imaging of the full spine and lower extremity
  - CT, Ultrasound or Fluoroscopic guided joint aspirations and injections
  - CT guided spinal interventional procedures including facet, perineural and epidural injections
- Northern Nuclear Medicine:
  - Bone scans - for stress or occult fractures, bony metastases, arthritis etc
  - Bone densitometry measurements for diagnosis of osteoporosis
  - PET scans
  - Stress Sesta MIBI myocardial perfusion studies (with exercise, persantin or dobutamine)
  - Lung scans - for pulmonary embolism
  - Gallium scans - for evaluation of occult infection
- Physiotherapy:
  - Assess and treat shoulder, knee, ankle and other joint injuries
  - Assess and treat sports injuries and soft tissue injuries
  - Routine post-operative care
  - Rehabilitation following orthopaedic surgery

- Aquatic physiotherapy
- Group exercise classes
- Casting of fractures including waterproof casting
- Fitting of braces and soft goods for sale
- Pathology – our comprehensive range of pathology services are offered on site

## Tailored and personal rehabilitation at Dalcross Adventist Hospital

Guided by the Dalcross Adventist Hospital rehabilitation team, our rehabilitation programs are individually designed to work towards achievable goals. Your patient will be involved in planning their program and length of stay will be determined by their ability to reach personal goals. Our therapists schedule rehabilitation activities on a daily basis and patient progress and goals are reviewed regularly by our rehabilitation physicians in conjunction with the wider rehabilitation team. Weekly team meetings are held to discuss progress and identify any areas that may need further improvement before discharge.

## Excellence in Medical and Nursing Care

- The San is known for its unique and exceptional care – its part of the fabric of the San. We attract highly skilled and qualified Specialists and Registrars, and they work hand in hand with our very experienced nursing teams.
- Maintaining a high quality of nursing and clinical staff is vital to the care of our patients. The San boasts a very loyal and committed nursing team. The unique care is evidenced by our low staff turnover and our low reliance on agency staff.
- Our orthopaedic patients are supported by access to a dedicated orthopaedic case manager and Pre Admission Clinic.
- Supporting our tremendous nursing staff are the pastoral and counselling teams available for our patients and their carers.

Please see [www.sah.org.au](http://www.sah.org.au) for further information on our services.

For SAH accredited specialists contact Medical Administration on 02 9487 9400 or find a San specialist at [www.sah.org.au/find-a-specialist](http://www.sah.org.au/find-a-specialist)

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