



**Orthopaedics SA**  
BONE & JOINT SPECIALISTS

# ORTHO UPDATE



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**SAVE THE DATE**

Our next GP Education Dinner will be held on

Wednesday 25th September  
Adelaide Pavilion

## A MESSAGE FROM THE CHAIR



Welcome to the Orthopaedics SA winter newsletter.

Our practice remains busier than ever, and we thank all of you for your ongoing referrals and support.

The scourge of payroll tax has been a topic of hot debate among our specialists and has surely been a source of stress and confusion for our GP colleagues. We hope for ongoing open discussions with Revenue SA so that fairness and clarity can be established on this critical topic.

At Orthopaedics SA, we pride ourselves on being an approachable and caring group of specialists. As you can see from this edition of the newsletter, we also remain active in educational activities, research, and the latest advances in orthopaedic surgical practice.

As we move into the winter of 2024, my second year as Chairperson of Orthopaedics SA comes to an end, and Mario Penta will be taking over. We all look forward to getting through this frigid weather and continuing to serve your patients.

Dr. Daniel Mandziak

## Dr. Angela Alder-Price Shines at the 2024 Emerging Leaders Forum



"It was a privilege to be invited to this year's Emerging Leaders Forum and to hear directly from the country's leaders in various fields" - Angela Alder-Price

We are thrilled to share that one of our fantastic surgeons, Dr. Angela Alder-Price, played a pivotal role in the 2024 Emerging Leaders Forum, held at the Melbourne Marriott Hotel Docklands. Dr. Alder-Price represented 'Team Born' in the much-anticipated Great Debate, arguing the case that "Leaders are born, not made," alongside her team members Piet Rogers and Omar Khorshid.

This year's ELF brought together a diverse group of delegates from across Australia to engage in a dynamic two-day event featuring interviews, panel discussions, and debates with leading experts in health, technology, finance, and social enterprise. The forum culminated in the Great Debate, where Dr. Alder-Price and her team showcased their exceptional oratory and persuasion skills. After a session filled with compelling arguments and insightful exchanges, 'Team Born' emerged victorious, underscoring their inherent leadership qualities and earning bragging rights until the next forum.

Dr. Alder-Price's participation in the debate not only highlighted her expertise and leadership in the field of orthopaedics but also her commitment to fostering dialogue and development within the professional community. We congratulate her and her team on their well-deserved win and thank all sponsors and participants who made this event a success.

Dr. Angela Alder-Price specialises in shoulder, elbow and hand, focusing on both arthroplasty and key-hole surgery. A Fellow of the Royal Australasian College of Surgeons since 2020, Dr. Alder-Price has furthered her expertise with an Upper Limb fellowship in Victoria and international training in advanced arthroscopic techniques. Her dedication to orthopaedics is enriched by her role as a Senior Clinical Lecturer at The University of Adelaide and her numerous contributions to research in the field.

Now consulting and operating at

### Calvary Central District Hospital

25/37 Jarvis Rd Elizabeth Vale SA 5112



# Orthopaedic Insights: Advancements and Patient Care

Surgeons at our facility continually adopt new techniques to ensure the highest quality of patient care. These advancements are not only beneficial in clinical settings but are also shared broadly to contribute positively to the medical community.

## Endoscopic (Keyhole) Release Under Local Anesthetic for Plantar Fasciitis



Plantar fasciitis (Inflammation of the plantar fascia) is one of the most common causes of heel pain in adults. Whilst most cases respond over time to non-operative measures, a small percentage prove resistant, in which case surgical release of the Plantar Fascia (PF) can prove effective. Recent developments in endoscopic equipment now allows this to occur by key hole placement of the device (see image) under the PF then deploying a blade (see second image) pulling back to release the tight plantar fascia.

Dr. Dracopoulos has now employed this technique for some years. This can be performed under local anesthesia (ankle block) and as a day case.



## For more information on Plantar Fasciitis

**Dr. George Dracopoulos**

MBBS, FRACS (Orth)  
Orthopaedic Surgeon

T (08) 8267 8211 F (08) 8267 2007  
E dracopoulosadmin@orthosa.com.au  
W orthosa.com.au



**Dr. George Awwad**

MBBS, FRACS (Orth), FAOrthA  
Orthopaedic Surgeon

**“An enjoyable evening with colleagues, featuring an informative, insight-driven discussion of arthritis management in a rural setting.”**

Dr. Awwad recently gave an engaging talk to 15 GPs and allied health professionals in the Port Pirie area on "A Team Approach to Managing Arthritis in Port Pirie."

The presentation focused on the management of hip and knee arthritis in a rural setting, highlighting the importance of weight-bearing X-rays for accurate diagnosis and current evidence-based guidelines for non-operative management.

The discussion also explored technology in joint replacement, fostering a stimulating exchange of ideas among attending health professionals. The attached photo captures Dr. Awwad during his insightful presentation.



**Dr. Awwad's Next Talk : 21st August 2024**

Wednesday 6pm at The Pavilion : Knee and Hip Arthritis

## Orthopaedic Education

Our surgeons are passionate about sharing their knowledge and expertise with local medical colleagues and students to improve patient outcomes. Orthopaedics SA runs a series of CPD accredited educational events for GPs, as well as seminars for physios, podiatrists, and nursing practitioners.

For many years, we have supported medical students through the Medical Students Society at Adelaide University. We've hosted a number of orthopaedic exams, and several of our surgeons hold academic positions at Flinders & Adelaide Universities.

Our specialists regularly speak at professional conferences across Australia and abroad.

# Spotlight on Paediatric Hip Dysplasia



## Advancing Early Diagnosis of Hip Dysplasia: The Role of Portable Hip Ultrasound

Paediatric hip dysplasia is a common presentation and timely diagnosis is crucial. DDH (Developmental dysplasia of the hip) ranges from mild hip instability to complete dislocation and primarily affects newborns and infants. Risk factors include breech presentation at birth, family history, and female gender. Historically, physical examination techniques such as the Barlow and Ortolani tests have been the cornerstone for DDH screening. While these methods remain important, they are subjective and may not detect subtle dysplastic changes early enough.



Paediatric Hip imaging is a specialised service and should only be performed in centres that see high volumes of paediatric hip problems. Portable hip ultrasound has emerged as a valuable complement to clinical exams, providing real-time imaging that enhances diagnostic accuracy.

Dr William Cundy and A/Prof Williams underwent training in the UK in 2022 in paediatric hip sonography. The intensive course was run over 2 days and included teaching material from Dr Reinhart Graf. His Graf method for detecting DDH is used globally and led to improvements in hip dysplasia detection.

### Benefits of Portable Hip Ultrasound

1. New technology has allowed portable ultrasound devices that are compact and can be used in outpatient settings. A/Prof Nicole Williams and Dr William Cundy perform screenings conveniently during routine visits.
2. Portable ultrasound is suitable for visualising hip joint morphology and measure critical parameters like the alpha angle and acetabular coverage.
3. Unlike X-rays, which involve ionising radiation, ultrasound is non-invasive and safe for infants. This makes it suitable for repeated screenings and monitoring without concerns about radiation exposure.

Ongoing research is exploring enhancements in portable ultrasound technology, including AI-assisted image interpretation and the development of more user-friendly handheld devices. These advancements aim to further improve diagnostic accuracy.

By integrating this technology into clinical practice, A/ Prof Williams and Dr William Cundy can enhance their ability to identify and manage DDH effectively, ultimately improving outcomes for infants at risk.



**Dr William Cundy**  
MBBS, FRACS (Orth) Orthopaedic Surgeon

Dr William Cundy is an Orthopaedic Surgeon specialising in adult and paediatric orthopaedics, paediatric spine, and sports injuries. He has a special interest in paediatric fractures, hip dysplasia, sports injury and scoliosis.

## Advancing Paediatric Orthopaedic Care: A/Prof Nicole Williams' Educational Outreach in Indonesia



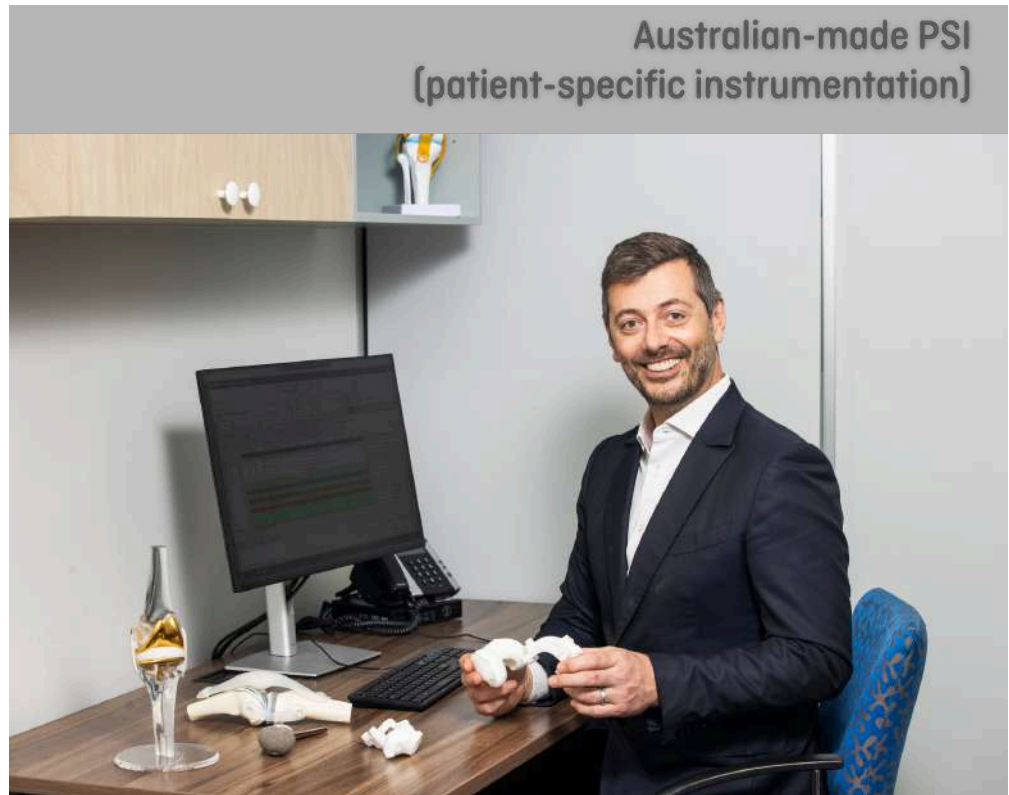
A/Prof Nicole Williams, Medical Unit Head of Orthopaedic Surgery, has just returned from a significant trip to Indonesia, where she visited Padang in West Sumatra and Jakarta. This visit was part of an Australian Paediatric Orthopaedic Education Partnership with Cipto Mangunkusumo Indonesian Hospital, supported by the Australia Indonesian Institute and the Australian Government Department of Foreign Affairs and Training. Together with Dr. Aryadi Kurniawan and Orthopaedic Outreach, they aim to enhance paediatric orthopaedic education and research to support Indonesia's limited paediatric orthopaedic workforce. The trip included lectures, workshops, and meetings with health practitioners focused on paediatric care. Additionally, A/Prof Williams engaged with local students and female orthopaedic registrars, sharing insights into balancing a medical career and motherhood. WCH will host three Indonesian doctors for observerships from July to September 2024, culminating in a Grand Rounds presentation in July.

# Innovative Australian-Made PSI: Personalising Joint Replacements with Dr. Jason Ward

**BMEDSC (HONS), BMED, GRAD CERT  
SPORTS MED,  
FRACS (ORTH) Orthopaedic Surgeon**



A/Prof Nicole Williams has conducted a comprehensive review focusing on the occupational hazards faced by female surgeons, particularly in orthopaedic settings, and their effects on pregnancy and fertility. Highlighting the disproportionately high rates of infertility and pregnancy complications among surgeons, the study reveals the specific risks posed by radiation, surgical smoke, and strenuous physical demands associated with surgical procedures. It also underscores the need for improved workplace accommodations and policies that support female surgeons during their reproductive years, aiming to mitigate these risks and foster a more inclusive and supportive working environment. The research emphasises the importance of reevaluating current safety protocols and introducing more robust health measures to protect female surgeons. By integrating advanced safety technologies and revising surgical procedures, healthcare institutions can enhance the occupational safety for all surgical staff, ensuring that the working conditions do not impede their health and reproductive outcomes. This proactive approach is crucial in maintaining the well-being of female surgeons and by extension, the overall quality of surgical care provided to patients.



**Australian-made PSI  
(patient-specific instrumentation)**

**“Its great that we can now offer our patients a world class treatment option and support Australian based advanced technology manufacturing as well”**

While patient-matched instrumentation has been in use in orthopaedic surgery for around a decade, this is the first time that PSI has been available from an Australian manufacturer. Dr Jason Ward has started working with Australian company Specifica to plan, design and manufacture surgical instruments that are tailored to each patient.

Dr Jason Ward performs technology-assisted knee and hip replacements. He may use robotics to assist with joint replacement procedures, or use patient-matched instrumentation: 3D printed surgical instruments that are designed specifically for a patient’s unique anatomy.

A patient’s individual knee alignment is unique, some would say as unique as a fingerprint. Personalising knee alignment is important to give the best functional outcome and a ‘natural feel’ knee for patients undergoing knee replacement surgery.

After making a decision for surgery, Dr Ward will refer patients for CT and EOS scans to look at their lower limb alignment. This information is sent to Specifica and the planning phase commences. A three-dimensional surgical treatment plan is developed by Dr Ward and the medical scientists, producing personalised instrumentation based on the patient’s individual anatomical alignment.

The PSI is manufactured using 3D printing technology in Australia, reducing both the time taken for manufacture and shipping, and the cost of the instruments. Dr Ward is pleased to support advanced medical manufacturing in Australia and enjoys direct interaction with Australian medical scientists to support this growing industry.

## Now consulting at Memorial Medical Centre

Level 1, 1 Kermode St North Adelaide



**Dr Saleem Hussenbocus**

An expert in Oncology, Hip & Knee replacement, Dr. Hussenbocus prioritises patients to ensure the best care and treatment



# THE MOST COMPREHENSIVE RANGE OF EXPERT ORTHOPAEDIC CARE IN SA.



## Spine

Dr William Cundy (paed).  
Dr Yu Chao Lee  
Dr Aaron Stevenson

## Shoulder

Dr Angela Alder-Price  
Dr Jonathan Cabot  
Dr David Hermann  
Dr Meng Ling  
Dr Mario Penta  
Dr Aman Sood  
Dr Peter Viiret  
Dr Jason Ward  
Dr Darren Waters

## Hip

Dr George Awwad  
Dr Philip Brook  
Dr Jonathan Cabot  
Dr William Cundy  
Dr Saleem Hussencocus  
Dr Mark Inglis  
Dr Meng Ling

Dr Daniel Mandziak  
Dr Mario Penta  
Dr Anthony Samson  
Dr Peter Viiret  
Dr Jason Ward  
Dr Darren Waters

## Elbow

Dr Angela Alder-Price  
Dr Meng Ling  
Dr Aman Sood

## Knee

Dr George Awwad  
Dr Philip Brook  
Dr Jonathan Cabot  
Dr William Cundy  
Dr Saleem Hussencocus  
Dr Mark Inglis  
Dr Meng Ling  
Dr Matthew Liptak  
Dr Daniel Mandziak

Dr Mario Penta  
Dr Anthony Samson  
Dr Aman Sood  
Dr Peter Viiret  
Dr Brian Wallace  
Dr Jason Ward  
Dr Darren Waters  
Dr Justin Webb

## Wrist

Dr Angela Alder-Price  
Dr Jonathan Cabot  
Dr Meng Ling  
Dr Aman Sood

## Ankle

Dr Jonathan Cabot  
Dr George Dracopoulos  
Dr David Hermann  
Dr Mark Inglis  
Dr Meng Ling  
Dr Peter Viiret  
Dr Jason Ward  
Dr Darren Waters  
Dr William Cundy (paed)

## Foot

Dr William Cundy (paed).  
Dr George Dracopoulos  
Dr Mario Penta  
Dr Jason Ward

## Hand

Dr Angela Alder-Price  
Dr Aman Sood

## Sports Injuries

Dr George Awwad  
Dr Jonathan Cabot  
Dr William Cundy (paed)  
Dr David Hermann  
Dr Mark Inglis  
Dr Meng Ling  
Dr Matthew Liptak  
Dr Daniel Mandziak

Dr Mario Penta  
Dr Anthony Samson  
Dr Aman Sood  
Dr Peter Viiret  
Dr Brian Wallace  
Dr Jason Ward  
Dr Darren Waters  
Dr Justin Webb

## Paediatrics

Dr Philip Brook  
Dr William Cundy (paed).  
Dr David Hermann  
Dr Peter Viiret  
A/Prof Nicole Williams

Website: [orthosa.com.au](http://orthosa.com.au)

Fax number: (08) 8267 2007



**CALL 8267 8267**  
To speak to our specialist team



**Opening Hours**  
9:00am-5:00pm -Monday to Friday



**Estimate of Cost**  
Will be advised when booking