

NEWSLETTER

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INTRODUCTION

Welcome to our first newsletter of 2018, bringing you the latest and exciting news from Dorset Orthopaedic.

In this issue we take a look at our renowned Residential Rehabilitation services, our upcoming Catastrophic Injury Conference as well as our recent Case Manager Training Days.

Also within this newsletter we look at the innovative C-Brace as well as a few of our inspiring patients who are using their determination to live their lives to the full.

I do hope you enjoy reading this update and hope that your 2018 has got off to a great start.

David Hills



STRIVE FOR BETTER THE CATASTROPHIC INJURY CONFERENCE

12th and 13th June 2018
Aviator Hotel, Hampshire

We are excited to announce The Catastrophic Injury Conference 2018.

The day will include:

- Talks on advancements in upper limb prosthetic technology including the first Luke Arm vs traditional MYO Technology - a UK exclusive
- Revision surgery - a plastic surgeons perspective
- Outcome measures and clinical justification of rehab packages

- The role of a rehabilitation consultant

- Osseointegration update
- Patient testimonials

The delegate package includes:

- Pre-dinner drinks, a three course evening meal and overnight accommodation on 12th June
- Full day conference with lunch and refreshments on 13th June



After dinner guest speaker:

Alex Brooker - Journalist and TV Presenter

BOOK NOW:

To reserve your place at the Early Bird price of £90, email carrinat@dorset-ortho.com by 30th April 2018.

Please note that after this date each place will be charged at £125.

MEET THE TEAM: MOOSE BAXTER, PROSTHETIST AND MIDLANDS CLINIC MANAGER

With ten years experience as a Prosthetist and Orthotist, Moose joined the Dorset Orthopaedic Midlands Clinic in 2013. Moose began his career working in the NHS after graduating from the University of Strathclyde. After this he spent three years leading a team of Prosthetists supporting injured service people at the Defence Medical Rehabilitation Centre Headley Court.

Moose has specialist experience in the areas of complex high-level upper limb prosthetics, including Targeted Muscle Reinnervation (TMR), a surgical procedure designed to enable arm amputees to use their prosthesis intuitively. In addition, Moose has expertise in osseointegration and multi-limb loss.

For Moose, the most important aspects of his job are the relationships that he builds with his patients. He feels motivated when he knows that a patient trusts him and comes to him for help when taking on a new challenge.

Nothing makes Moose happier than seeing somebody overcome difficulties or do something that they never thought they would be able to do.

When he isn't taking care of his patients, Moose is no stranger to the spotlight, having appeared recently on the TV gameshow Pointless and entering a vehicle in the Red Bull Soapbox Race.



Both days commenced with an introduction to Dorset Orthopaedic by Clinical Services Development Director Matthew Hughes.

Our team of Physiotherapists, Prosthetists and Orthotists discussed an array of topics including advances within the industry and how they can help people suffering from a range of conditions. At the Midlands clinic Prosthetist Dawn Crofts provided a demonstration comparing the traditional hand cast method of casting a socket to that

of the pressure casting system. This was followed by an overview of upper limb solutions from silicone digits to Targeted Muscle Reinnervation (TMR).

Physiotherapist Beth Langley discussed the benefits of Dorset Orthopaedics Residential Rehabilitation programme and later got the audience involved in assessing their own balance and hip alignment.

At the Southern clinic, Orthotists Peter Honeycombe and Kim

CASE MANAGER TRAINING DAYS SOUTHERN & MIDLANDS CLINICS

We recently held successful Case Manager Training Days at both our Midlands clinic in Burton on Trent and our Southern clinic in Ringwood, Hampshire. The days were designed to provide Case Managers with an understanding and an insight into the crucial role of prosthetics and orthotics in the rehabilitation of those who have suffered a catastrophic injury.

Pickering provided an insight into lower limb orthotic technology.

In the afternoon Prosthetist Kevin Shaw shared his knowledge of sockets and how the materials used in an individual's socket can make the world of difference to their quality of life. This was followed by a fascinating update on Osseointegration, with Matthew Hughes explaining the clinical outcomes from the Dorset Orthopaedic patients.

INTERESTED IN OUR NEXT TRAINING DAY?

To register your interest in future Case Manager Training Days, please send your contact details, together with any preferred topics to: sueh@dorset-ortho.com

SPACES GOING FAST



DORSET ORTHOPAEDIC PATIENT BENEFITS FROM THE C-BRACE

One of Dorset Orthopaedics' patients recently received the C-Brace, the ground-breaking leg brace for people living with partial paralysis, spinal injury, post-stroke and post-polio syndrome.

The patient suffered life-changing injuries due to a road accident, including serious damage to his spine which led to him relying on a wheelchair and a fixed leg calliper to get around. As a young man used to an active social life and busy career, it was clear that he would benefit from a more advanced orthotic solution.

After being referred to Dorset Orthopaedic through his Case Manager, the patient was encouraged to try the C-Brace as it offered the strongest chance for him to become more mobile and independent. Following the successful trial, he was able to walk down the aisle at his wedding, and now walks with confidence every day with the help of the C-Brace.

The C-Brace Orthotronic Mobility System is a computer controlled orthosis and an entirely new approach to walking for those who have suffered trauma or a neurological condition involving the lower limbs. It is the first orthosis system to control the entire gait cycle in real time, making much more natural movements possible. Instead of a locked knee brace or a wheelchair, the orthosis gives the user the freedom to participate in daily activities from walking and standing to cycling and sports.

PRODUCT FEATURE: C-BRACE

In this newsletter, we feature the revolutionary leg brace for spinal injury patients called the C-Brace. The C-Brace uses microprocessor technology already featured in prosthetic products such as the Genium or Genium X3, which helps the user to achieve an improved gait pattern. This results in the ability to walk further, smoother and with greater confidence.



The C-Brace measures and responds to the wearer's movements on various terrains and helps to prevent the patient from stumbling and falling over, thus enhancing their overall safety. Each C-Brace is custom made and unique to each person. It can also be adapted to accommodate highly active people seeking to rediscover their pre-injury lifestyle.

Visit our website to see the C-Brace compared with a standard Knee Ankle Foot Orthosis (KAFO).

The C-Brace is provided exclusively in the UK through Dorset Orthopaedic. For more information please contact our team on **0800 433 2239** or email enquiries@dorset-ortho.com

RESIDENTIAL REHABILITATION - SPECIALIST SERVICE



Rehabilitation is an essential and important part of the journey for an amputee. We can offer your client focused attention and the time they need to achieve their goals.

Residential Rehabilitation is a comprehensive and intensive course of interdisciplinary rehabilitation. Our team of Physiotherapists, Prosthetists, Orthotists and Technicians are on-site so all patient needs can be met swiftly and any alterations can be made over the course of their stay.

All residential programmes are tailor made to suit individual needs and are suitable for all levels of mobility. These programmes are offered at both our Southern and Midlands Clinics and can be formulated to increase strength, endurance, improve stability, confidence or help patients to overcome bad habits that they may have adopted over time.

Visit our website
www.dorset-ortho.com

HERE IS WHAT OUR PATIENTS THOUGHT OF OUR RESIDENTIAL REHABILITATION

"It was really lovely to meet everyone last week, I'm so very grateful for my time with Beth and the team - it was priceless!

I wobbled in, extremely lacking in confidence...after two days of a micro-residential stay, I walked back through my front door a changed person, eager to showcase my new evolving confidence.

Beth presented a multi-faceted, intense two day workshop, encompassing workouts, confidence building, massage, gait training, hints and tips, and lots of specifically tailored one to one advice. All of this came with a Prosthetist on hand for added value. Great conversation was an absolute bonus! Time flew and I left with so much more. I can't recommend this service enough! I'm so grateful."

*Mrs Joanne Gregory –
Osseointegration Genium user*

"I just felt it necessary to email to thank you for contributing to an unbelievable transformation in my Mom, KG since her first rehabilitation week on 22nd May this year.

For the last 10 years or so, I shall be honest, it has been a nightmare and even when the leg was amputated and the infection gone, I never thought she would make the effort to get back on her feet. But now she is a woman on a mission and it's amazing to see! She now has the confidence and determination to move on and it all coincides with her week at your centre. From myself and all the family...thank you!"

*Scott G – Son of a Kenevo user and
Dorset Orthopaedic client*

"After losing my lower right leg in an accident in August 2016 I was in a hurry to start rebuilding my life. Dorset Orthopaedic provided me with the tools to take a huge step forward. The whole experience at Dorset was, and continues to be, both positive and encouraging, with friendly and attentive staff, lots of smiles and laughter and an endless supply of coffee and biscuits. After four days of residential rehab, with Beth as my Physio, I felt like a new man. James provided me with a superb new leg and with the expert guidance and support of both James and Beth I feel motivated and well equipped to tackle the future with confidence and enthusiasm. I'm looking forward to the delivery of my new Harley Davidson Trike! Thank you Dorset Orthopaedic."

Mr K, Dorset Orthopaedic client

SERVICES FOR CASE MANAGERS



Complimentary Rehabilitation Assessment and Letter

- A complimentary clinical consultation with our expert clinicians will be arranged usually within one week of referral from a Case Manager.
- A thorough multi-disciplinary assessment to include where appropriate prosthetics, orthotics and/or physiotherapy will be undertaken to identify each client's immediate rehabilitation needs.
- A letter providing an overview of the assessment, a clear treatment plan and a detailed quotation will be sent to you within 72 hours of the assessment.
- Priority clinic appointments are available for the client once instructed to proceed with treatment.
- Case Managers are always welcome to attend appointments with their clients.

This assessment can form part of a more detailed report at a later date if required.

Case Manager Seminars & Presentations

- Our clinical team are passionate about their specialist work and meet with Case Managers regularly to share their knowledge and to ensure our services are continually meeting their needs.
- We hold regular open days and seminars in our clinics.
- We hold an annual Case Manager and Solicitor conference.
- We are regularly invited to attend internal CPD days with Case Managers.
- We are frequent speakers at conferences across the UK and globally.



Case Manager INA Report

- A complimentary clinical consultation with our expert clinicians will be arranged usually within one week of referral from a Case Manager.
- A full Case Manager INA Report providing full reasoning behind our prosthetic, orthotic and/or physiotherapy rehabilitation recommendations, including a detailed quotation, will be prepared within two weeks of your client's assessment.
- Costs vary depending on the complexity of the report required. Please enquire for further details.



Testimonials

"I find Dorset Orthopaedic and their team to be excellent, helpful, receptive and knowledgeable. They are particularly good at engaging the client and making them feel that there is something out there that can help them, which in turn makes the client more determined to succeed. Dorset Orthopaedic meets targets and will often go the extra mile."

Case Manager Helen Downes, Rehab Jigsaw

"I was very happy with Dorset Orthopaedic and wouldn't hesitate to use them again. For me, the true measure of a supplier comes down to my client's experiences with them. My client has consistently spoken highly of Dorset Orthopaedic and I am very hopeful that he will return to a good level of mobility with their help."

Case Manager Joanne Blackwell, HCML

Our Clinics Locations

Southern Clinic
11 Headlands
Business Park
Salisbury Road
Ringwood
Hampshire
BH24 3PB

Midlands Clinic
Bretby Business
Park
Ashby Road
Burton upon Trent
DE15 0YZ

Satellite Clinics
Harley Street, London
Exmouth, Devon
Glasgow,
Newcastle upon-Tyne,
Altrincham

Contact us

To discuss an initial enquiry or to arrange a clinical assessment please contact our referrals team on: **Tel: 0800 433 2239**
Email: enquiries@dorset-ortho.com
Web: www.dorset-ortho.com

MEET HARMONIE-ROSE

Little Harmonie-Rose from Bath was less than a year old when she first started to learn how to walk but, after catching a rare strain of meningitis, doctors were forced to remove her arms and legs in order to save her life.

In wake of the ordeal, Harmonie-Rose's family started their 'Hope 4 Hermonie' campaign to fundraise in order to obtain a pair of prosthetic legs that were more suitable than the NHS ones that she had been supplied with. Nearly 2,000 people from the Bath community supported the campaign, raising more than £240,000 for the cause.

Using some of this money, the family were able to buy Harmonie-Rose's new legs, supplied by Dorset Orthopaedic. Harmonie-Rose was fitted with her new legs in the summer of 2017 which feature a colourful, bespoke unicorn design chosen by the youngster as she believes that these magical characters can help in her efforts to walk again. The new legs also have a much snugger fit than her previous prostheses which has helped

to make all the difference to the youngster in regards to comfort.

Just over two weeks after her fitting, the family captured on video the moment Harmonie-Rose took her first unaided steps in the living room of her family home. The video has been viewed over 19,000 times since it was posted on Facebook.

Now three years old, Harmonie-Rose is fascinated by her new found height and has even been able to walk to her first day at nursery. As her confidence continues to grow, her family hope that she will be even stronger and walking for longer periods by the time she starts school next September.

Harmonie-Rose will need new prosthetic legs every six to nine months, which the funds raised will help to cover. These will be simple straight legs until Harmonie-Rose feels ready to progress to jointed prosthetics with a knee.



CASE STUDY: ABOVE KNEE AMPUTEE

More than three years ago, this patient was involved in a serious road accident that caused life-changing injuries. Whilst he may never fully resume the lifestyle he enjoyed before the crash, he is focused on reaching his goals of walking, driving and travelling independently with the help of his Case Manager, Helen from Rehab Jigsaw and Dorset Orthopaedics' expert team.

Already a below the knee amputee on the left side due to a previous accident, the patient was determined to not let his mobility problems hold him back. He was busy working part time as a self-employed IT professional and becoming fitter by going on long walks with his wife and their dog.

Sadly, this independent way of life was cut short in April 2014 when the trailer came off of a lorry that was speeding on a winding road, hitting the patient, who was travelling behind in a car. The impact caused his leg to be amputated even further to above the knee. His right shoulder was also severely injured and to this day causes him serious pain and requires further surgery. In addition to his physical injuries, the patient continues to be plagued

by intense psychological trauma. Despite attempts at rehabilitation, the patient initially had difficulties getting around and primarily used a wheelchair for day-to-day tasks.

He first visited Dorset Orthopaedic two years after the crash, following a referral by his Case Manager, Helen, who has over 30 years' experience working in rehabilitation.

"I chose Dorset Orthopaedic for its professional, experienced clinicians and patient-focused approach"
Helen

The patient's Prosthetist Moose Baxter supplied him with advanced, microprocessor-controlled prostheses, the C-Leg 4 and the Triton Smart Ankle. As part of Dorset Orthopaedics' seamless service, he

was provided temporary products on loan whilst his were ordered so that his rehabilitation could start without delay. "The C-Leg is brilliant," he says "I live in a very hilly area and so you need a leg that has stability and gives you balance. I feel so much more confident when I walk on slopes."

In addition to these state-of-the-art prostheses, the patient spent four separate weeks with Dorset Orthopaedic Physiotherapist, Beth Langley as part of the clinic's signature Residential Rehabilitation programme. His treatment concentrated on improving his core stability and strength, improving his range of movement and strengthening his left leg, as well as breaking down scar tissue. He also benefitted from hydrotherapy, massage, Functional Electrical Stimulation and gait training on his prosthesis.

"It was fantastic," says the patient. "Following my accident, I hadn't walked for 30 months but at the end of my first day of rehab, Beth helped me to find the strength to get up and walk a few steps. She's an absolute star."

Whilst his treatment is still ongoing, the patient has dedicated himself to his rehabilitation. "I know that I can't walk as far as I used to and I have accepted that I never will," he

says "it's a case of doing as much as I can, when I can." He has lost weight, which has improved his health as well as his body image. When he is able to, he practices walking on his prosthesis, and is capable of walking up to 15 metres with regular rest stops. This excellent progress from being wheelchair dependent to mobilising in this way is a direct result of the high-performing prosthesis and the intensive rehabilitation programme, not to mention the patient's tenacious attitude.

The impact of this accident has been devastating but the patient still has hope for the future. He says: "I would like to get a small hydrotherapy pool so I can get fitter and stronger, and get back to doing shooting outdoors as that was one of my favourite sports." One day he hopes to drive a car again, although he suffers from PTSD which currently makes driving a daunting concept.

Case Manager Helen said: "I find Dorset Orthopaedic and their team to be excellent, helpful, receptive and knowledgeable. They are particularly good at engaging the client and making them feel that there is something out there that can help them, which in turn makes the client more determined to succeed. Dorset Orthopaedic meets targets and will often go the extra mile."

MEET ALEX PATERSON: ABOVE ELBOW TMR PATIENT

At the age of 17, Alex Paterson's life was changed forever when a motorbike accident led to the amputation of his arm. 40 years after his accident, Alex underwent Targeted Muscle Reinnervation (TMR) which allowed him to use his mind to control his prosthesis. He is now looking forward to undergoing Osseointegration to help his limb feel even more a part of him.

After his accident at the age of 17, Alex adapted his life to ensure that his limb loss did not prevent him from living the way he wanted to.

After 40 years of experiencing phantom pain, Alex underwent Targeted Muscle Reinnervation (TMR), a pioneering medical procedure which connects a patient post-surgery to a computer using a contact array of pins, where newly 'innervated' muscles are taught to communicate with the brain. This has allowed Alex to use his mind to control his artificial limb, helping to replace the one he lost. Since this operation, Alex has been able to come off painkillers, which he states has been a major boost to his physical and mental health.

Shortly after Alex underwent TMR he discovered that the Royal Free Hospital and Dorset Orthopaedic were looking to start a pioneering service known as Osseointegration or Skeletal Fixation. This procedure will see a titanium rod implanted into the shaft of a bone in Alex's shoulder, protruding enough to attach his prosthetic arm. This operation is designed to make the limb feel as much a part of the patient as possible, mimicking a more natural movement. Alex jumped at this opportunity saying that "It will not only make my arm more efficient – the comfort factor is going to be enormous."



Alex hopes that these pioneering treatments could offer fellow amputees the opportunity to live fuller, happier lives with enhanced mobility and function and the removal of phantom pain.

Today, Alex is a dad-of-three and grandfather-of-five who has earned the nickname of the Bionic Man after the fictional 1970s TV series, although his family prefer Captain Armless.

He remains positive about the future as well as the advancement in prosthetics that is changing his life for the better.

"My new limb is so much more a part of me, it's pretty mind-boggling really and that is only going to get better."

Alex Paterson

BOOK YOUR PLACE AT THE STRIVE FOR BETTER CONFERENCE 2018.

Spaces are going fast for our Strive for Better Catastrophic Injury Conference 2018.

To reserve your place at the Early Bird price of £90, email carrinat@dorset-ortho.com by Monday 30th April 2018.

Price includes 3 course meal, overnight accommodation and the the full 1 day conference.



Our Clinics Locations

Southern Clinic
11 Headlands
Business Park
Salisbury Road
Ringwood
Hampshire
BH24 3PB

Midlands Clinic
Bretby Business Park
Ashby Road
Burton upon Trent
DE15 0YZ

Satellite Clinics
Harley Street, London
Exmouth
Devon
Glasgow
Newcastle upon Tyne
Altrincham

Contact us

To discuss an initial enquiry or to arrange a clinical assessment please contact our legal team on: **Tel: 0800 433 2239**
Email: enquiries@dorset-ortho.com www.dorset-ortho.com