



Hills Family Physio

Sports | Leisure | Lifestyle



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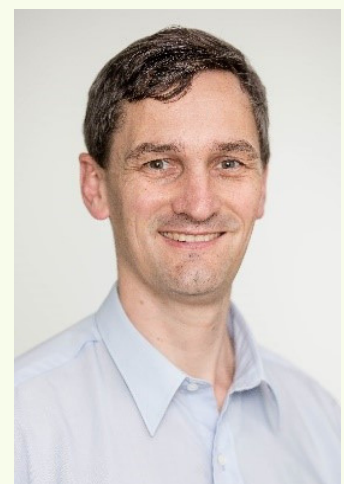
PRACTICE NEWS: INTERVIEW WITH JASON FAIRCLOUGH

I am delighted to continue the practice that was set up by Ms Vanessa Kirkham 16 years ago. She has done an amazing job servicing the community.

The Castle Hills and Northshore is an exciting plan to set up practice with a brand range of health care needs. I have started to settle into the practice and get to know the community over the last eight months. I have had over 20 years clinical experience and have worked across different sectors

including hand specialised care, disability care, as well as sports, pain management and spinal care. In serving the community I have sought to provide services including:

- Specialised Hand Therapy
- Sports coverage
- Handwriting Assessments
- Medicare bulk billing
- National Disability Insurance Scheme services





RESEARCH NEWS: JASON PRESENTS IN CHINA

Jason Fairclough (hand specialised physiotherapist) was invited to China to present a new Australian method for managing complex finger fractures called Early Active Vector Adjustable Skin Traction (EAVAST) in Taiyuan, China. The Chinese Surgical and Research Delegates including Professor Li Yongping from Shanxi Medical University and Dr Xia MeiYu (picture above) as well as International Delegates expressed interest in the

new method.

The technique was developed at Nepean Hospital, NSW Health. EAVAST uses of bolsters and taped traction to relocate difficult finger fractures and allow early motion to prevent stiffness. The NSW Health research team lead by Dr Michael Dowd compared outcomes of traction cases and surgical cases in over 100 patients and determined the effectiveness of the traction technique. Potential cost savings and earlier treatment pathways and return to work and sport are upsides of the technique. The technique also featured on front cover in the IFSSH November E-zine.

*Jason Fairclough
(Practice Principal)
Presents
Breakthrough
Research in Complex
Finger Management
in China
Orthopaedics
Conference in
Taiyuan, China*



THERAPY FOCUS: GETTING ACTIVE WITH ARTHRITIS

Recent research evidence shows that hand therapy is effective in treating thumb arthritis.

Specialised exercises and braces can stabilise the joint and help reduce pain.