



Hills Family Physio

Sports | Leisure | Lifestyle



IN THIS ISSUE

Practice News: Interview
with Jason Fairclough

Research News:
Traction Gaining Traction

Therapy Focus:
Stabilising the Wrists

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PRACTICE NEWS:

Hills Family Physio (HFP) has had an exciting time since our last Newsletter.

HFP sponsored and attended the Special Children's Christmas Day and provided graded exercise balls to the kids (and carers).

It was a fantastic event with Helicopter Rides, Performances and Superheroes and kids, families and sponsors had a great time.

HFP was granted National Disability Support Provider Registration this year and is now providing a much needed disability support service for the community - especially with hand splinting.

In other news the practice joined the local Sydney Hills Business Chamber developed a facebook and Linked-In profile and is starting to post youtube videos of services and products.





HFP's Leon (Business Manager) and Jason (Practice Principal) join in the fun and sponsor the Sydney Special Children's Christmas Day held at Rosehill Racecourse on 5th December 2017.

HFP handed out toys to the kids, and spoke with families and sponsors about its' services.

HFP is an NDIS Provider specialising in hand therapy, exercise and mobility assistance.



RESEARCH NEWS: TRACTION GAINING TRACTION

The practice received correspondence from Daniel Harte, Occupational Therapist and published researcher at Craigavon Base Hospital, Portadown, Northern Ireland.

' Hi Jason

Hope you are well.....

I have had some great success trying out your traction splints for phalangeal fractures.

I..

Many thanks Daniel Harte'

The adoption of the traction technique in the United Kingdom's National Healthcare System (NHS) comes as a welcome surprise to the research team and its supporting institutions - Sydney University, NSW Health (Nepean Hospital), and St John of God Healthcare.

It is great to see uptake of new treatment methods and hear that patients are benefiting from the innovation and research being conducted in Australia.

Jason Fairclough,
Researcher
Early Active Vector Adjustable Skin
Traction (EAVAST)



THE THERAPY FOCUS: STABILISING THE WRIST

Recent research evidence shows that stabilising exercises are important in treating wrist injuries.

Our practice has found rock tape strapping, and use of variable load exercises to be useful in sporting wrist injury recovery.