



# WELCOME TO OUR SPRING EDITION

**ORTHOPAEDIC**  
health group

**FROM MR JUSTIN LADE**

Volume 1 / Issue 3

**Thank you to all of our GP's, Physiotherapists & other Allied Health Professionals who are continuing to support us**



Welcome to our spring newsletter. It is certainly nice to be at the end of the coldest Winter in Melbourne for over 20 years!

**SAVE THE DATE**

**GP Education Evening**

Join myself and Mr Shay McLeod, Symmetry Sports Medicine as we present an interactive evening discussing ***"The facts on advances in Hip and Knee Arthroplasty and a combined Physiotherapy and Surgical approach to lateral hip pain"***

Date: Thursday 8th October 2015

Time: 6.30pm registration for 7.00pm Dinner

Venue: Royal Victorian Motor Yacht Club, Nelson's Place Williamstown

Learning outcomes will include:

1. Improve referral processes for surgery by recognising the predictors of positive and negative outcomes of surgery
2. Recognizes the challenges associated with degenerative disease in either the hip or knee
3. Understanding the current physiotherapy research evidence available into the treatment / management of gluteal tendinopathy.

**Pre Registration is easy:**

Email: [info@orthopaedichealthgroup.com.au](mailto:info@orthopaedichealthgroup.com.au)

Phone: Julie on 9885.7773 or Fax: 9885.2123

4 Category 2 QI&CPD points will be awarded

## Website

My website has gone "LIVE" and the address is: [www.justinlade.com.au](http://www.justinlade.com.au).

There are a number of patient information sheets / educational videos available. Referrals can also be made on line. Please feel free to provide me with some feedback on the site.

## Satellite Consulting rooms

I am now also consulting in Williamstown at the Williamstown Specialist Centre.. All appointments / Referrals should be directed to my main rooms in Ashburton on phone 9885.7773, fax: 9885.2123 or via email: [info@orthopaedichealthgroup.com.au](mailto:info@orthopaedichealthgroup.com.au)

**Urgent appointments are available at both locations.**

### Lateral Hip Pain

This is a spectrum of diseases including:

- Trochanteric Bursitis
- Abductor tendinopathy
- Abductor tendonitis
- Abductor tendon partial or full thickness tear.

However, one needs to be wary of referred pain from the lower back or the hip joint itself. The abductor tendons concerned are Gluteus Medius and Gluteus Minimus, the engine room of the hip joint. MRI is much more accurate than ultrasound or X-ray in this setting. In the absence of a significant tendon tear, conservative management to interrupt the cycle of inflammation and pain is the first line of management. Alteration of aggravating activities, walking aids, corticosteroid injections, NSAID's and physiotherapy treatment are conservative however recurrence rates are variable. In the setting of a patient failing conservative measures or when there is significant tendon pathology then I have found new techniques of surgical intervention involving the augmentation of the repair with a LARS ligament to be very successful. However, appropriate rehabilitation is paramount and depending on the complexity of the reconstruction patients can expect to be on crutches from 6-12 weeks.

### Healthy Bones

I recently had the pleasure of presenting to the "**Healthy Bones Group**" - South Eastern Osteoporosis Support Group on the importance of prevention of osteoporosis and osteopenia. It is a silent disease and there are usually no symptoms nor signs until the patient suffers a fracture. Osteopenia is thought to affect 6.3 million Australians while Osteoporosis affects at least 1 million.

The focus of my presentation was on the importance of maintaining an active lifestyle, ensuring a health diet and having sunlight exposure for at least 15-30 minutes per day. We covered supplements and other medications to combat this increasingly prevalent condition. Hip fractures are at least 60% higher in sedentary older patients and research has found that 1 in 5 patients who fracture their hips die within 6 -12 months. Of those who survive, 50% struggle to remain independent in their own homes..



# FRACS

Fellow of the  
Royal Australasian College of Surgeons



### Ask Justin

If you would like to ask me a question or you have a particular topic of interest that you would like me to cover in my newsletters please feel free to contact us on email:

[info@orthopaedichealthgroup.com.au](mailto:info@orthopaedichealthgroup.com.au)



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