



**SUZANNE
CARAGIANIS**

Suzanne Caragianis and Associates

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WELCOME

VANESSA HOLOHAN

Vanessa recently joined our team after a stint looking after Army, Navy & Airforce personnel. Prior to that Vanessa was working at Holden Limited. She has had a wide range of clinical experience working in private practice and with elite athletes at 2004 Olympic Games and 2006 Commonwealth Games.

She remains passionate about occupational injury management & work place assessment. She specialises in treating musculo skeletal injuries of the upper limb, neck, back. She is also keen to treat lower limb injuries.

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BHUTAN MEDICAL MISSIONARY TRIP



I recently had the opportunity to complete a medical missionary trip to Bhutan with Dr Philip Griffin. We worked at the J.W.N.R hospital in Thimphu, the capital of Bhutan. My interest in Bhutan came from my connection with Health Volunteers Organisation, who were seeking physiotherapists to work in Bhutan. I expressed an interest in teaching and assisting in the creation of a hand therapy division. After a year of investigation and planning, we established the country's hand rehabilitation needs and therefore our aims.



Our goals were to increase the local knowledge and understanding of hand and upper limb injuries in Bhutan. We assessed outpatients and discussed surgical and treatment options with the local doctors and therapists. Dr Griffin

operated on 15 complex hand/upper limb injuries and instructed staff on assessment, surgical techniques and postoperative care. I ran two 2-day hand and upper limb courses for local doctors, nurses, physiotherapists and physiotherapy technicians. I expected 25 attendees, but ended up with 113 in total. I also set up a hand therapy clinic in the outpatient physiotherapy department with donations from Rotary Kidman Park, the Australian Hand Therapy Association, Practitioner Suppliers and various OTs and PTs around Australia. I was amazed at the generosity and enthusiasm for the project.



My goals of increasing their understanding of hand and upper limb injuries and building sustainable rehabilitation practices after we left, was achieved. Bhutan is an amazing country with inspirational people. I hope to return and continue my work in 14 months time.





**SUZANNE
CARAGIANIS**



**WELCOME
ALEXANDRA
SMALLMAN**

Alex joined the practice 9 months ago after completing a 4 month internship. She graduated from the University of SA with a Bachelor of Applied Science in Occupational Therapy. Alex has completed advanced training in splinting, post operative & acute hand injuries. She has recently finished a 5 day course on Myofascial Pain & Dry Needling with Andrew Gallagher.

Alex was also instrumental in helping me write my two day Hand and Upper Limb Course for Bhutan.

WEBSITE

Our new website provides a way for patients, doctors and the general public to seek information about the services and facilities offered by Suzanne Caragianis & Associates. Specifically the website provides detailed information about our locations, therapists, services offered, conditions treated and our mission statement.

RESEARCH

Autologous blood Injection in the treatment of chronic CEO tendinopathy

We continue to undertake our prospective clinical study with Dr. Andrew Potter on Autologous Blood Injection for Chronic Common Extensor Origin Tendinopathy. 40 participants have undertaken the injection and subsequent treatment protocol over the last four years. Current results are positive, with 72% of participants experiencing improvement in all pain scores, grip strength and functional use measures. On average, VAS pain scores improved by 32% at 6 months post injection, while maximum grip strength has also improved by 12%.

Given the current success, we are planning on continuing to seek participants for the worthwhile treatment for such a common chronic injury.

Theory of Tendinosis

"It is generally theorised that these tendon injuries occur because there is insufficient opportunity for musculotendinous tissue to adapt to new tension loads place upon it due to inappropriate training methods, improper technique or equipment, poor flexibility and lack of recovery"
Jane Fedorczyk JHT April-June 2006

PROXIMAL INTERPHALANGEAL JOINT INJURIES

It is winter again, so we are seeing a lot of swollen, stiff PIP joint injuries following football or netball accidents. Unfortunately, many are being buddy taped and allowed to move freely before checking joint stability or integrity of the volar plate. If the volar plate is not protected post-dislocation for four weeks, it can lead to chronic instability and sometimes it will progress into a swan neck deformity.

Injuries of the PIP joint are the most common joint injuries in the hand. Injuries range from simple joint sprain to collateral ligament injury or fracture and dislocation.

PIP joint stability is maintained by the volar plate and the proper/accessory collateral ligaments. The secondary –stabilisers include articular surfaces of the phalanges, adjacent capsule and tendinous structures. PIP joint injuries are generally classified into three types:

- Type 1: hyperextension injury with an avulsion of the volar plate;
- Type 2: dorsal dislocation with major split in the collateral ligament complex, including volar plate; and
- Type 3: fracture-dislocation, which can include comminuted fracture involving articular surface.

Type 1 and 2 injuries are usually treated conservatively. The mistake made is to buddy strap for a few days and allow full finger extension as the joint is still vulnerable.

By diagnosing and treating these injuries with a dorsal PIP extension block splint, allowing flexion for 4 weeks immediately post-injury, I see better long-term stability and a quicker recovery.

PRACTICE LOCATIONS & TIMES

**North Adelaide
Specialist Centre**
53 Gover Street
North Adelaide SA 5006
Ph: 8361 9888
Fax: 8361 7193
Mon/Wed/Fri
8.30am - 5.00pm

Daw Park Clinic
638 Goodwood Road
Daw Park SA 5041
Ph: 8277 9667
Fax: 8277 0030
Monday - Friday
8.30am - 5.30pm

**Mawson Lakes
Specialist Centre**
Level 1, 1 Main Street
Mawson Lakes SA 5095
Ph: 8262 9999
Fax: 8359 7865
Mon/Tues/Wed/Thurs
8.30am - 5.00pm

Don't forget we will cater for any emergencies after hours. We have visiting rights at the following private hospitals: Ashford, Flinders Private, Wakefield, St Andrew's, Calvary Hospital and Central Districts Private Hospital.