

ACL RECONS IN 7  
YEAR OLD KID

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SQUAT > 45  
DEGREES AND  
KNEE PAIN

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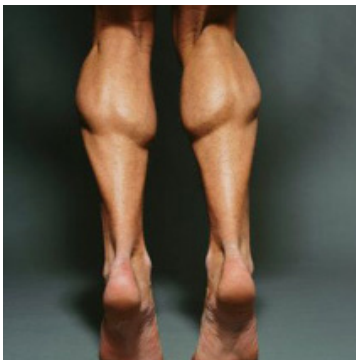
NEWSLETTER FOR MEDICAL STAFF / Issue #05 August 2015 / P: +65 6221 2869 / E: info@orthomedphysio.com



## ACL reconstructive surgery can be performed on children less than 7 years of age

ACL reconstruction surgery can be performed on children as young as 7 years old. One of our patients who recently flew to Sydney for ACL reconstruction is only 7 years of age. It is believed that he is one of the youngest recipients of this surgery. Research suggested that if he delayed the ACL reconstruction until 13 years of age, the likelihood of associated meniscus tear was highly probable. We are excited to be involved in his rehabilitation.

[http://www.leopinczewski.com/library/a6\\_80/documents/19172.pdf](http://www.leopinczewski.com/library/a6_80/documents/19172.pdf)



## Reduced Calf Strength is Linked to ACL Tears

In 2014, researchers from Australia found a link between reduced calf strength and increased force through the ACL on landing. Traditionally there has been a strong connection between reduced hamstring strength and ACL injury, and this recent biomechanical modelling trial recommends calf strengthening in the prevention of ACL tears.

[http://orthomedphysio.com/wp-content/Articles/Elevated%20gastrocnemius%20forces%20compensate%20for%20decreased%20hamstrings%20forces%20during%20the%20weight%20acceptance%20phase%20of%20a%20single%20leg%20jump%20landing\\_implications%20for%20anterior%20cruciate%20ligament%20injury%20risk.pdf](http://orthomedphysio.com/wp-content/Articles/Elevated%20gastrocnemius%20forces%20compensate%20for%20decreased%20hamstrings%20forces%20during%20the%20weight%20acceptance%20phase%20of%20a%20single%20leg%20jump%20landing_implications%20for%20anterior%20cruciate%20ligament%20injury%20risk.pdf)



## Squat > 45 degrees and knee pain

Researches suggested that squatting > 45 degrees produces enormous force behind the knee cap. The sheer force may irreversibly damage the cartilage behind the knee cap. With the emergence of mainstream exercises like crossfit, we have seen an increase in the cases of patella femoral problems presenting in our clinic.

<http://www.asbweb.org/conferences/2006/pdfs/292.pdf>



## Simon Raftery

Head Physiotherapist of Singapore Netball Team

Qualifications:

Bachelor of Science, University of NSW;

Bachelor of Applied Science (Physiotherapy), University of Sydney;

Masters of Health Science (Sports Physiotherapy), University of Sydney;

APA Titled Sports Physiotherapist.

Experience

He has been the Head Physiotherapist with Netball Singapore for five years and prior to that worked for some 14 years in Australia with both professional and amateur sporting teams.

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## David Garrick

Qualifications:

Bachelor Applied Science (Physiotherapy), University of Sydney – 1999

Masters of Health Science (Sports Physiotherapy), University of Sydney – 2008

APA Titled Sports Physiotherapist

Experience:

David has over 16 years experience and specialises in sports, musculoskeletal injuries and post-operative orthopaedic rehabilitation programmes.

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## Ian Gard

Head Physiotherapist Mens Water Polo Australia

Qualifications:

Masters of Health Science (Sports Physiotherapy), University of Sydney;

Bachelor of Applied Science (Physiotherapy), University of Sydney;

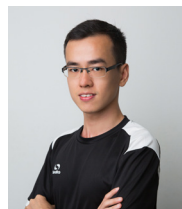
Olympic & APA Sports Physiotherapist

Experience:

Ian is an Australian Olympic & APA Titled Sports Physiotherapist who is currently the Sports Medicine co-ordinator/senior physiotherapist for the Australian Men's Water Polo team.

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## Ng Chuen Thye

Qualifications:

Bachelor of Science in Physiotherapy (Honours), National University of Malaysia

Experience:

Chuen Thye graduated from National University of Malaysia in 2009. He has been working in Singapore for 5 years.

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## Joy Walter

Consultant Sports and Musculoskeletal Physiotherapist (Rugby Specialty)

Qualifications:

Masters of Science (Sports Injury & Therapy), Manchester Metropolitan University

Graduate Diploma (Physiotherapy), NZ School of Physiotherapy Dunedin

Experience:

Joy has over 25 years experience of treating musculoskeletal problems and established several physiotherapy and sport injury clinics in Hong Kong and London and as well as consulting in France.

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