

# HOLIDAY ACCIDENTS HAPPEN!

*For some, Christmas is not so merry and it can be challenging to find available medical services over the holiday period, but Hand Works is here to help.*

*With our clinics conveniently located from Duncraig to Mandurah, this allows for close to home treatment for your patients and we offer urgent care for acute injuries on most days at most of our clinics (except on public holidays).*

*A verbal or written referral is all that is needed and we will take care of the rest. You will receive a letter update after the initial consult to keep you informed on your patient's treatment plan.*

*If you would prefer to speak to one of our therapists please call 1300 887 798.*



## STAFF UPDATE

### Welcome to the world Mille!

Congratulations to therapist Renee Skou on the safe arrival of baby Mille.

Renee is settling in to her new role of parenthood and we are excited to have a new baby girl join our Hand Works family!



### Put your hands together for ...

Kate and Kavitaah are our recently promoted Senior Occupational Therapists at Hand Works. Both therapists started their journey with the fellowship program in 2019 and 2020 and have since honed their skills through hundreds of clinical hours, professional development and mentorship of new Fellows.

## CLINICAL CORNER



### What is Ehler's Danlos Syndrome (EDS) and how can Hand Therapy help?

The Ehlers-Danlos Syndromes (EDS) are a group of 13 heritable connective tissue disorders. The conditions are caused by genetic changes that affect connective tissue. Each type of EDS has its own set of features with distinct diagnostic criteria and symptoms. Some features are seen across all types of EDS, including joint hypermobility, skin hyperextensibility and tissue fragility.

Hypermobile EDS (hEDS) is the most common type of EDS by far. hEDS accounts for about 90% of EDS cases and is thought to affect at least 1 in 3,100-5,000 people.

People with EDS often experience frequent injuries such as dislocations/subluxations, tendinopathies, and nerve compression injuries, as a result of their joint laxity and hypermobility. They are also more prone to keloid or hypertrophic scarring due to the changes in the genes that affect the structure and function of collagen and related connective tissue proteins.

EDS is a lifelong condition, and there is no cure. At Hand Works, we are specifically aware of the impact joint hypermobility in the upper limb may have on an individual's daily life, and are trained in assessing injuries and poor movement patterns that may be contributing to patient's pain and reduced function. Management techniques are tailored to individual needs, and involve education, functional retraining along with activity modification, custom splinting and bracing to prevent further injury. Patients are also provided with an individualised upper limb strengthening and stabilisation exercise program to allow them to manage their condition long term.

If you would like further information on how we can help manage your patient with EDS or joint hypermobility spectrum disorder, please contact a therapist on 1300 887 798.

## THUMBS UP FOR HAND THERAPY TEAM BUILDING IN 2023!

Our staff competed in their very own faction carnival, with both physical and mental challenges. The yellow team came out on top but everyone was a winner on the day!



## PROFESSIONAL DEVELOPMENT

Throughout 2023, we have enjoyed our private audience PD's with Assoc. Professor Matthew Lawson-Smith, Orthopaedic Surgeon. Always informative, interactive and a great opportunity to discuss some interesting upper limb cases, current post-operative management strategies and upcoming research.

Thank you Matt, for your generosity of time and sharing of your expertise.



# HAND THERAPY FELLOWSHIP

At Hand Works Occupational Therapy, we are proud to formalise our innovative postgraduate fellowship program in hand therapy. Designed to cater to Occupational Therapists at any stage of their career, our program offers a unique opportunity to enhance expertise and proficiency in the field of hand therapy.

The first in WA, completely run inhouse with our experienced therapist mentors, this is a truly immersive, evidence based program. Guaranteed to achieve measured outcomes and produce the highest skilled hand therapists with a core emphasis on clinical reasoning.

For more information on our fellowship program, please email Suzanne at [practicemanager@handworks.net.au](mailto:practicemanager@handworks.net.au)



*From our Hand Works family to yours, we wish you a wonderful festive season of celebrations with those you love.*

*Thank you for trusting your patients care with us and we look forward to working with you again in 2024!*



**MURDOCH**  
**WEST PERTH**  
**SOUTH PERTH**  
**DUNCRAIG**

**MT LAWLEY**  
**MANDURAH**  
**ROCKINGHAM**