With over 20 years worth of experience in the orthopaedic industry, SPORTSMED·SA Orthopaedic Surgeon Dr Andrew Saies has expanded his practice to the western suburbs of Adelaide, following the opening of our new location at Woodville.

Given our commitment to providing specialist treatment and care in more local areas, Dr Saies, a Shoulder, Hand and Upper Extremity Specialist, spearheaded a move to the state’s west, eager to offer consulting services to a region requiring a greater orthopaedic sub-specialty presence.

A frequent visitor to the west and particularly the coastal suburbs as part of his involvement in the Cruising Yacht Club of South Australia, Dr Saies and the SPORTSMED·SA Hospital and Orthopaedics Board of Directors identified the Port Road corridor as a key location to open a new branch.

As opportunity would have it, a Port Road premises was available within Adelaide Medical Solutions’ modern and innovative facilities at Woodville where we launched the new orthopaedic consulting location in October 2015.

Based at our modern, purpose-built orthopaedic hospital, day surgery and multidisciplinary outpatient clinic at Stepney, Dr Saies is welcoming the challenge of expanding his practice and building new relationships with patients in the local western community.

“I was very pleased to offer my expertise to the western suburbs and show first-hand that SPORTSMED·SA is dedicated to providing specialist services and local access to orthopaedic treatment for the convenience of patients,” he said.

“Patients do not have to travel for expert orthopaedic advice and treatment, and we have already seen local residents respond positively to the proximity of our services.

“By consulting weekly at Woodville I ensure a semi-permanent residency at the location to treat more patients, who have urgent issues and require immediate attention.

“It’s enabled me to create and build upon long-term relationships with patients and continually follow-up on their journey from the first consultation, to surgery at our hospital, to their post-op rehabilitation, to getting back on track and returning to doing what they love.”

Woodville’s launch late last year follows the addition of two new SPORTSMED·SA locations at Victor Harbor and Kurralta Park, which opened in April and May 2015 respectively.

As Woodville continues to grow, Dr Saies is confident the new location can replicate the success of SPORTSMED·SA’s existing orthopaedic branches at Blackwood, Morphett Vale, Stepney, Mount Gambier and Darwin, where he also consults and operates interstate.

“There are a number of challenges in providing visiting and part-time orthopaedic services, but our world-leading and outstanding quality of care and treatment at SPORTSMED·SA has shown we can continue to deliver on that excellence for patients in the west,” he said.

Alongside Dr Saies at Woodville is the latest addition to our orthopaedic team, Dr Shahram Shahrokhi. Dr Shahrokhi joined SPORTSMED·SA in July 2015 and specialises in hip, knee and shoulder surgery.

The pair consults every Tuesday and Thursday with all patients who require any surgical intervention given access to our orthopaedic hospital based at Stepney.

A former visiting medical specialist at the Women’s and Children’s and Royal Adelaide Hospital, Dr Saies specialises in sports injuries, arthroscopy and open surgery of the shoulder, elbow, wrist and hand, nerve injuries and disease, and arthrosis surgery.

Dr Saies provides treatment to private health members, uninsured, Return To Work SA and patients with third party.

For all appointments and enquiries with Dr Saies at SPORTSMED·SA Stepney, Woodville and Darwin, please contact 08 8362 7788.
SPORTSMED·SA Exercise Physiologist. New members of EFM will be able to access active and injury free. That will help members and patients to stay major partnership with EFM Health Clubs.

If an EFM member assessed by the Exercise Physiologist

EFM members will gain access to a personalised service that is unlike anything offered by other gyms and we can refer our patients to EFM knowing they will get the best possible fitness advice and service.

Dr Shahram Shahrokhi is a Hip, Knee and Shoulder Specialist based at our Stepney clinic and orthopaedic hospital with consultations also available at SPORTSMED·SA Norwoodville and the Central Districts Hospital in Elizabeth Vale.

A recent study conducted by orthopaedic surgeons at SPORTSMED·SA and published in the Australian and New Zealand Journal of Surgery has found that a standard aspirin tablet is just as effective and safe as an injection in preventing deep vein thrombosis. Following hip and knee arthroplasty surgery, patients have traditionally been injected with a blood thinner once a day for four weeks to avoid major complications such as deep vein thrombosis which carries with it the potentially fatal risk of pulmonary embolism.

DVT involves a blood clot forming in the deep veins of the leg which has the capacity to block blood vessels and cause major and potentially life-threatening concerns such as a pulmonary embolism, where the clot can obstruct the main artery to the lungs and stop blood flow.

Research performed at SPORTSMED·SA though has revealed patients only require injections in hospital and after returning home can experience the same preventative effects by ingesting a daily aspirin tablet. Orthopedic Surgeon Dr Adrian Bause led the SPORTSMED·SA team responsible for reporting on the ground-breaking discovery. The team included Dr David Martin and Dr Greg Keeve, who along with Dr Bause reviewed patients treated by all SPORTSMED·SA hip and knee surgeons over the previous 10 years.

“Patients no longer have to have injections when they go home – that used to be the traditional way of preventing blood clots after hip and knee replacements,” Dr Bause said.

“Our data recorded from 9,035 joint replacements performed over the previous 10 years shows that our method of injections in hospital and daily aspirin tablets after going home is just as effective and importantly very safe for the patient. We looked at rates of DVT and other major health risks in all patients, and found that our method’s results were amongst the best ever recorded in literature anywhere in the world.

“Key indicators showed it’s safe and that it reduces the risks of complications.”

The SPORTSMED·SA team hope their aspirin method becomes the norm for post-op arthroplasty treatment given the number of benefits for patients.
SPORTSMED-SA Orthopaedics recently performed the first robotic-assisted partial knee replacement in South Australia at our private hospital based at Stepney.

Created by Blue Belt Technologies, the Navio Surgical System provides orthopaedic surgeons with accurate and precise robotic guidance when operating on the knee and inserting an implant.

The ground-breaking technology offers patients suffering with knee pain as a result of osteoarthritis the potential to experience far greater benefits than traditional unicompartmental (partial) surgery. While the benefits can not be guaranteed they can include reduced pain, quicker rehabilitation and recovery, improved knee mechanics, lower risk of complications and a short hospital stay.

The Navio system is also patient and procedure specific, and as a result is only available to a subset of specialised patients who are deemed suitable for a partial joint replacement.

SPORTSMED-SA was the first orthopaedic hospital in South Australia to utilise the innovative equipment when our Hip and Knee Specialist, Dr Tony Spriggins, successfully operated on a patient in late November 2015.

Dr Spriggins, who has consulted and operated for over 25 years at SPORTSMED-SA, said it was rewarding to see our orthopaedic and hospital team lead the way in patient care and treatment innovation by offering the revolutionary procedure.

“At SPORTSMED-SA Hospital and Orthopaedics we endeavour to remain at the forefront of medical innovation so we can deliver on our commitment to providing quality and modern orthopaedic treatment and care to our patients,” Dr Spriggins said.

“It is imperative we achieve the best patient outcomes and reduce the risks of complications in surgery, and the Navio Surgical System is another component that allows us to continue to do so.

“It has the potential to help patients recover in a timelier manner, avoid the extended hospital visit and get back on their feet quicker, which is a scenario appreciated by most in this busy day and age.

“The landmark procedure was a success and the patient has since recovered well. The final result was a well-aligned implant with great ligament balance post-operatively.

Surgeons can also map the patient’s anatomy without the need for a pre-operative CT scan to plan and prepare the final position of the implant ensuring a greater chance of a successful patient outcome.

“There are just as many benefits for the surgeon as there are for the patient,” Dr Spriggins said.

“The implant inserted into the knee is a standard well-performing joint replacement and it is anticipated that the long-term performance of the implant will be improved by the optimal targeting and positioning the Navio instrument affords the surgeon.

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“The landmark procedure was a success and the patient has since recovered well. The final result was a well-aligned implant with great ligament balance post-operatively.

“Eventually we expect to see more and more orthopaedic specialists and hospitals beyond SPORTSMED-SA implement the new technology - it’s certainly the way of the future for partial joint replacement surgery.”

The Navio Surgical System is now available at our Stepney hospital. Dr Spriggins along with fellow hip and knee specialist, Dr Rob Wallace, are trained to utilise the Navio Surgical System.

If you would like more information about the Navio Surgical System or wish to make an appointment for one of your patients with Dr Spriggins or Dr Wallace, please contact the SPORTSMED-SA orthopaedic team on 08 8362 7788.