

MAKING Strides



Issue no: 28
2018

Your free, local health
& wellbeing magazine
brought to you by
Horder Healthcare

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HORDERHEALTHCARE

www.horderhealthcare.co.uk

SPECIALIST TREATMENTS

at THE MCINDOE CENTRE

The McIndoe Centre in East Grinstead is home to some of the UK's most esteemed consultant plastic and reconstructive surgeons. Under one roof they form a multidisciplinary team, the largest of its kind in the UK.

As part of Horder Healthcare, we are committed to treating our patients and each other with kindness, respect and dignity resulting in life-changing outcomes. The satisfaction of our patients and the best possible outcomes for them are our priority.

PLASTIC AND RECONSTRUCTIVE SURGERY



ORAL & MAXILLOFACIAL SURGERY



VEIN TREATMENTS



OPHTHALMIC SURGERY



Contact our helpline on
0800 917 4922
info.mcindoe@horder.co.uk
themcindoecentre.co.uk

The McIndoe Centre
HORDER HEALTHCARE

Holtye Road, East Grinstead, RH19 3EB

Sign up to our
FREE INFORMATION EVENTS
Please visit themcindoecentre.co.uk
for more information.

Welcome

As a modern healthcare provider, it is essential to adapt to new challenges, to ensure we continue to grow as an organisation and provide services that advance health for our patients and community.



In recent years, the NHS has focused increasingly on early intervention to keep people healthy and avoid unnecessary hospital admissions. At Horder Healthcare, we are proud to support the Sussex MSK Partnership, an innovative service working with patients and clinicians to improve early intervention and treatment for patients experiencing the full range of musculoskeletal conditions. Last year, as part of the MSK service, our physiotherapists delivered nearly 30,000 1:1 treatment sessions, helping patients remain healthy and active and avoid unnecessary hospital admissions.

The current waiting times for NHS orthopaedic surgery including hip and knee replacements has generated a growing interest in alternatives such as self-pay and private insurance. At The Horder Centre, our specialist orthopaedic hospital, we have recently opened a dedicated wing for private patients. Every patient regardless of how they access our services is treated with outstanding care but with enhanced private facilities we are able to ensure patients who wish to have a faster service can do so in a more tailored setting.

As an independent charity, we support

research and training as part of our wider charitable purpose to support local NHS services. At The McIndoe Centre in East Grinstead, we have established The McIndoe Aesthetic Fellowship Scheme. The fellowship, established in partnership with the Queen Victoria Hospital NHS Foundation Trust, aims to enhance the training of NHS plastic surgeons with a structured introduction to aesthetic surgery. The fellowship is the first of its kind in the UK and we are proud to continue the path of teaching and innovation that was the hallmark of Sir Archibald McIndoe, one of the founders of modern plastic surgery.

Finally, we are delighted to announce that Mr Charles Gallannaugh MS FRCS FRCSE has been appointed as the fourth President of Horder Healthcare. Charles conducted the first hip replacement procedure at The Horder Centre in 1989 when it became a centre specialising in joint replacement surgery. We are delighted that Charles continues to support us with his invaluable experience.

Dr Richard Tyler
CEO, Horder Healthcare

Our locations

Crowborough
Eastbourne
East Grinstead
Seaford

Horder Healthcare

St John's Road
Crowborough
East Sussex
TN6 1XP

Get in touch

t: 01892 665577
f: 01892 662142
e: info@horder.co.uk
w: horderhealthcare.co.uk



@The.Horder.Centre
@The.McIndoe.Centre



@TheHorderCentre
@McIndoeCentre

LATEST NEWS



New private patient suite opens at The Horder Centre

We are pleased to announce the opening of our new suite for private patients at The Horder Centre in Crowborough. The eight-bed Ashdown Suite has been named because of the hospital's location next to the Ashdown Forest. It is situated in a quiet area opposite the Centre's therapeutic garden and gym that has been specially designed to help patients start exercising after joint replacement surgery.

Chief Executive of Horder

Healthcare, Dr Richard Tyler, who officially opened the suite, said: "This new suite will allow private patients an enhanced experience in beautifully refurbished rooms, where they can recover in total comfort."

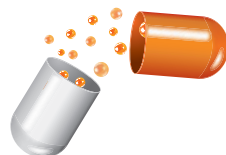
Private patients can choose from over 20 of the UK's leading orthopaedic consultants available at The Horder Centre, which has excellent patient outcomes and is rated "outstanding" by the Care Quality Commission.

ANTIBIOTIC GUARDIANSHIP

Horder Healthcare is proud to pledge its commitment to the universal Antibiotic Guardianship Programme. We are committed to ensuring that the lifelong use of antibiotics in the fight against infections is protected to ensure that surgery and treatment of vulnerable patients can be sustained as we move forward.

The Antibiotic Guardianship Programme is a national campaign from Public Health England to support the government's efforts to reduce inappropriate prescriptions for antibiotics. Unnecessary use drives antibiotic resistance and means they may become less likely to work in the future. The government aims to halve inappropriate prescribing of antibiotics in the UK by 2020.

For more information visit antibioticguardian.com



Pioneering orthopaedic surgeon becomes President of Horder Healthcare

We are delighted to announce that Mr Charles Gallannaugh MS FRCS FRCSE has been appointed as the fourth President of Horder Healthcare.

Charles conducted the first hip replacement procedure at The Horder Centre in 1989 when it became an elective orthopaedic centre specialising in joint replacement surgery. He operated at the hospital until he ceased clinical practice in 2005, following which he was appointed as a Trustee and Director until his retirement earlier this year.

Charles was instrumental in the development of The Horder

Centre, from a residential home for those suffering from chronic rheumatoid arthritis



to a nationally recognised organisation providing outstanding clinical results and

quality of care for patients. Author of 'Another Way - The Horder Centre Sixty Years of Evolution' Charles documented the growth of the Centre and illustrated how an independent hospital can work in partnership with the NHS, yet remain outside the state system, providing very high quality care for patients which is free at point of delivery.

The late Princess Margaret, Countess of Snowdon, was the 3rd President from 1960 until her death in 2002, and until now the post has remained vacant.

Read Charles' profile online at horderhealthcare.co.uk

The Horder Centre highlighted as 'outstanding' in major CQC report

The Horder Centre has been highlighted as 'outstanding' in the Care Quality Commission's first comprehensive review of independent acute hospitals in England. The CQC's 40-page report, published in April 2018, is an analysis of quality and safety of care given by 206 independent hospitals in England.

The Horder Centre was one of 16 (8%) hospitals rated as outstanding and one of only two highlighted at this level in the report.

The report focused on:

- The value of caring that was embedded throughout the organisation and was part of

"The Horder Way" which all staff were asked to sign up to as part of their induction.

- The hospital's therapeutic environment, created after an eight-year refurbishment and redevelopment programme, that aided patient recovery.
- Outstanding practice in surgery including being the first hospital to submit data to the Private Health Information Network (PHIN), an independent not-for-profit organisation that publishes data to help patients make informed decisions.

Free health information events at The Horder Centre

Over the summer we held two extremely successful public information events on muscle and joint health. Our physiotherapy team created a programme of informative presentations as well as taster sessions of classes such as Balance and Flexibility and Tai Chi. The events received excellent feedback from all attendees.

Due to this success we will soon be announcing a series of exciting, free information events on a variety of orthopaedic topics including hip and knee replacement, arthritis and joint pain. These events will be led by consultants and clinical experts, offering expert information and practical advice. If you would like to register your interest for future events please sign up online at horderhealthcare.co.uk or call us on **01892 665577**.

We will then get in touch with you once the events are confirmed to offer you a priority place.

Cosmetic Fellowship first of its kind



Horder Healthcare is a leading provider in its fields and is committed to helping the next generation of consultants. Fellowships offer an excellent opportunity for real-life experience in techniques and procedures that may be otherwise difficult to access in a non-specialised area. The post of aesthetic fellow at The McIndoe Centre represents the first of its kind and has been welcomed by the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS) and British Association of Aesthetic Plastic Surgeons (BAAPS).

Matthew Pywell was selected for the Cosmetic Fellowship at The McIndoe Centre. Matthew previously worked in London hospitals and most recently the world-renowned Queen Victoria Hospital and he is due to sit

his FRCS exam in 2019 which is a pre-requisite in the UK to become a plastic surgery consultant.

Matthew said of his fellowship: 'Plastic surgery trainees are required to assist with, or perform one hundred cosmetic cases during their specialist training programme. Due to changes in the NHS, trainees can no longer expect this kind of exposure in NHS hospitals. As the first fellowship of its kind in the UK, The McIndoe Centre has been able to give me training which I otherwise would not have been exposed to. Completing the fellowship within the training programme has also allowed vital experience before the dreaded FRCS exam!

"The fellowship has really opened my eyes into the world of cosmetic surgery, skin cancer and more latterly hand surgery. It is vastly different from the work we undertake in the NHS. I have been involved in a considerable number of diverse cases and learnt how to perform a variety of cosmetic surgery procedures. Spending time with hand and skin cancer specialists has also helped developed my skills in these areas."

Horder physio joins foot & ankle project

We are very proud to announce Horder Healthcare physiotherapist Anne-Marie Pier was successful in her application to join the Committee of the Association of Foot and Ankle Physiotherapists (AFAP) involved specifically in a fundraising project. AFAP was launched in October 2012 by four physiotherapists and gained official charitable status in February 2014. The AFAP charity aims to help,

support and bring together Physiotherapists and Allied Health Professionals (AHPs) who have a special interest or expertise within the Foot and Ankle in order to improve the quality of care, and is therefore run for the benefit of the public. Anne-Marie, having been a member of AFAP for a number of years, said: "Working with the committee provides an excellent opportunity to develop my expertise within

the foot and ankle region and network with other like-minded physiotherapists. It should compliment my role within Horder Healthcare as a lower limb Advanced Practitioner, allowing me to develop the skills I have learned working within the local MSK services. I look forward to improving national awareness of Horder Healthcare and sharing the great work we do as I undertake projects on behalf of AFAP."

Collaboration with landscape architecture company

Horder Healthcare Musculoskeletal Physiotherapist, Claire Powell, collaborated with Huskisson Brown, a landscape and design consultancy, on the national Ebbsfleet Garden City competition for which they were shortlisted to the final five entries. The vision for the new city at Ebbsfleet was innovation, good design, sustainability, community and, most importantly, health.

Claire completed an informal survey of patients at Horder Healthcare regarding their barriers to physical activity and their favourite outdoor spaces. The outcomes were then shared

with the designers, highlighting issues around accessibility. Barriers to using outdoor spaces, for example walking along a seafront, were things like worrying about not enough stopping points for rests. Wheelchair users were worried about inclines and felt the current minimum requirements still felt dangerous and lead to fear and difficulty in using outdoor spaces. All of these findings were incorporated into the design.

For further information on the project please visit healthygardencity.co.uk



PATIENT STORY

Dr Peter Lee

The “cheerfulness” of The Horder Centre team left its mark on retired scientist Dr Peter Lee when he underwent a knee replacement earlier this year.

Dr Lee, 78, who lives near Tunbridge Wells, said: “My experience was absolutely marvellous but the two things that made the most impression were the care and cheerfulness of everybody, even the person who dropped off the newspaper was cheerful, and when people are like that, you can’t help but be the same.”

Dr Lee’s left knee had been causing problems for around 12 years before the pain stopped him walking a couple of months before his operation.

After his wife’s good experience at The Horder Centre where she underwent two knee operations by consultant surgeon Sam Rajaratnam, there was no question of Dr Lee choosing anywhere else (or any other surgeon) when he decided to have his knee replacement through his private health insurance.

Now Dr Lee is following his exercise programme at home and can walk at least half a mile.

He said: “The whole experience was very positive and so was my wife’s. I was very impressed with it all. My recovery couldn’t have been better.”

If you would like to share your patient story from one of our hospitals or clinics please do send it to hh.marketing@horder.co.uk

Honey & Mustard Pork Chops

Honey mustard pork chops are simple, delicious, and easy to cook. This is a flavoursome dish packed with protein and a great weeknight meal.

Serves: 2 | Marination time: 24 hrs | Cooking time: 15-20 mins

HOW TO PREPARE

The pork needs to be marinated 24 hours in advance.

1. Mix all the ingredients together, place the pork in a deep tray and cover with the mixture. Refrigerate overnight.
2. Pre-heat an oven to 180°C.
3. Place a frying pan on a medium to high heat and add just a splash of oil. Once hot, place the pork chops in the pan one at a time and cook on one side until golden brown, turn and place the whole pan into the oven to cook for approximately 15-20 minutes until cooked.

INGREDIENTS

- 2 x 6oz pork chop, fat trimmed
- 4 tbsp clear honey
- 2 tsp English mustard
- 4 tsp soft dark brown sugar
- 4g thyme

This dish could be served with mashed potatoes, roasted butternut squash, buttered kale and sweet corn.

For more recipes, please visit our Healthy Living section at horderhealthcare.co.uk

physiotherapy questions

YOUR



Claire Powell, Chartered Physiotherapist, answers your question.



Q I have been told by my GP that the hip pain I have been getting regularly over the last few months is something called 'trochanteric bursitis'. He has advised on rest but I am keen to go skiing. How can I help get rid of this problem before I go and is skiing likely to do any damage?

A Lateral hip pain (LHP) has traditionally been referred to as trochanteric bursitis which means an inflammation of the fluid filled sac on the outside of the hip. Over the last 10 years however, evidence has demonstrated that the bursa is in fact an inconsistent feature of lateral hip pain. Furthermore, studies of lateral hip pain have found no signs of inflammation in the area of the bursa. Researchers have shown that the primary problem is actually with the tendons of the buttock muscles known as Gluteus Medius and Minimus and the condition is therefore now known as a Tendinopathy.

Tendinopathy usually occurs from a sudden increase in activity or load to these tendons. Rest does not cure tendinopathy but the GP is correct to advise caution as exercising to the point or beyond pain is also not helpful. Keeping activities to no or low levels of discomfort are recommended.

It would be advisable to see a physiotherapist who could help identify the underlying cause. Often it is the case that certain muscles that provide stability to the hip joint are not doing their job as well as they could and if these are retrained, this helps to prevent the poor movement pattern.

In terms of whether skiing would cause any damage, this is difficult to say. Skiing will place extra demand on the hip and these glutes muscles that are not working to their normal capacity. If these have not been fully retrained to cope with the demands of the twisting, turning and weight bearing components of skiing, the condition could flare up again which would limit your abilities (and enjoyment!) with skiing.



Anne-Marie Pier, Chartered Physiotherapist, answers your question.

Q I am a 55 year old active walker and recently I have been getting catching pain in my right knee. It never locks or gives way but is often achy at the end of a long day of walking. I don't really want surgery as I still consider myself quite young but my partner is insisting I see a doctor for this. What do you think this might be and could I be doing more damage by not getting it looked at?

A From the symptoms you describe you are likely to be experiencing some early arthritic changes in your knee. This is fairly common and nothing to be concerned about. It is thought that 18% of the population in England aged 45 and over are affected by knee osteoarthritis. Arthritis, or more specifically osteoarthritis, is the medical term for degeneration of the articular cartilage lining the ends of your bones at a joint. Although often associated with aging it does not mean you

are getting old or have to curtail activities such as walking. In fact, quite the opposite; exercise is very beneficial.

In a healthy knee, the cartilage provides a smooth surface between the tibia (your shin bone) and the femur (your thigh bone). This allows the knee to bend and straighten easily and also provides a stable weight bearing surface. In a knee that is affected by arthritis, the cartilage tends to wear out unevenly, becoming rough and thin similar to potholes on a road surface. The 'catching pain' you describe can be an awareness of the decreased smoothness of the joint surface. This can also be compounded by other changes happening in your joint, including the thickening of the bones at the joint surface and thickening of the joint capsule.

Research suggests that the symptoms of arthritic joints can be well managed with a combination of conservative measures such as exercise,

over the counter medication such as paracetamol and ibuprofen, pacing and activity modification and weight management to name a few. This essentially means there are plenty of options for you to explore before considering surgery.

With regards to exercising, low impact activities such as walking, cycling and swimming are best as they reduce the amount of stress going through the joint compared to high impact activities such as running, jumping or racket sports. You may also benefit from some specific strengthening and stretching exercises for the muscles around your knee and hip.



Visit horderhealthcare.co.uk to find out more about our physiotherapy services or call **01892 665577** to book an appointment. Please email your physiotherapy questions to info@horder.co.uk

Our brand new selection of Christmas cards for 2018



A Christmas is Coming



B Christmas Post



C Christmas Stag



D Mary, Joseph and Baby Jesus



E Oh Christmas Tree



F Christmas Holly



G Christmas Eve



H Robin on Snowy Post

All cards have the greeting:
**“Wishing you a
Merry Christmas and
a Happy New Year”**

Each year we offer a variety of Christmas cards for sale and with your continued generosity, you really do make a difference to our fundraising efforts. With your help we hope we can

increase our sales and raise even more funds than last year. We offer free postage and packaging - although any donations to cover the cost are greatly appreciated.

1. Select your Christmas cards

Card	No. in pack	Price	No. of packs	Total £
A Christmas is Coming	10	£3.50		
B Christmas Post	10	£3.50		
C Christmas Stag	10	£3.50		
D Mary, Joseph and Baby Jesus	10	£3.50		
E Oh Christmas Tree	10	£3.50		
F Christmas Holly	10	£3.50		
G Christmas Eve	10	£3.50		
H Robin on Snowy Post	10	£3.50		
Please make sure cheques or postal orders are made payable to 'Horder Healthcare' .			Total cost of order	£
Thank you for your order.			Donation for postage & packaging	£
			Total payment	£

2. Your donation

I would like to support Horder Healthcare with a gift of:

£1,000
 £500
 £250
 £100
 £50
 Other £

I enclose a cheque/CAF voucher made payable to **'Horder Healthcare'**

YES, I am a UK taxpayer and consent to Horder Healthcare claiming Gift Aid on this and all my donations in the last four years and from the date of this declaration until I notify Horder Healthcare otherwise. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please sign to confirm:

Date:

3. Your details (PLEASE USE CAPITALS)

Your details are only used for posting your Christmas cards or if we need to contact you about your order.

Name: *Mr/Mrs/Miss/Ms*

Tel:

Address:

Post code:

Email:

Send to: Marketing Department, Horder Healthcare, St. John's Road, Crowborough, East Sussex, TN6 1XP. Alternatively, you can email: fundraising@horder.co.uk or call **01892 665577**.

Visit horderhealthcare.co.uk to purchase Christmas cards online.

To receive marketing communications including Making Strides, please visit horderhealthcare.co.uk/opt-in or email hh.marketing@horder.co.uk

Fundraising & Volunteering

Thank you

We would like to say a big “thank you” to our supporters and donors who helped raise £15,000 for our 2017 appeal. The money raised has been spent on a variety of items for our two specialist hospitals –The Horder Centre in Crowborough and The McIndoe Centre in East Grinstead. We believe the new items will make a big difference to enhance patient experience and wellbeing. The items include:

- A handheld device that illuminates veins making

them easier to see when taking blood

- A machine that is used after knee replacement surgery to allow continuous movement and ensure the best outcome after surgery.
- A kit for measuring blood glucose levels.
- Equipment for The Butterfly Scheme, which provides a system of hospital care for people living with dementia.

Rachel Dixon, Operations Director of Horder Healthcare, said:

“We would like to say a

huge thank you to everyone who supported our annual appeal which allows us to buy patient-focused items and extend our services. We are always so grateful for the donations we receive; every penny goes directly into improving the services we can provide for our patients.”

Spring appeal

We are very pleased to announce that we reached our £5,000 target for our 2018 spring appeal. This was achieved through support from individual supporters, corporate partners, grant-making trusts and fundraising events. Thank you to everyone who donated.

The funds raised have gone towards improving the therapy garden and outside spaces for the benefit of our patients.

The therapy garden, created to help patients recover from surgery, is a unique area where patients can use exercise equipment outside and enjoy the benefit of walking on different surfaces





to increase their strength.

To enable patients to keep using the space, our clinical staff have identified the need for some new exercise equipment and we have added some extra shade in the garden, to ensure the comfort of all patients and to maximise the amount of time the space can be used throughout the day. We are also looking to upgrade the amount of landscaping maintenance required for this garden and for the area at the back of the hospital, to provide a pleasant area for patients and visitors to enjoy and to further enhance the therapeutic environment we have created.

Our hard-working volunteers are blooming marvellous!

The Horder Centre was delighted to welcome a 12-strong team of corporate volunteers from Openreach as part of our fundraising Spring Appeal. The current

focus is to improve the outside spaces for patients including our therapeutic gardens which have been purposefully designed to assist recovery after surgery.

The Openreach team kindly spent a day gardening and painting furniture in the gardens which has made a big visual impact. The Centre was also given a generous donation of plants from local Crowborough business, Millbrook Garden Centre, which has added additional colour and scent to enhance the therapeutic environment.

Why we need your support

As a charity, we rely on the generosity and support of our volunteers and loyal donors whose vital contributions enable us to deliver a larger amount of life-changing treatments every year. Donations, whatever their size, play an

important part in enabling us to achieve our charitable aim of advancing health. You can find the donation form on page 13. Thank you to all of our donors and volunteers for your ongoing support.

Read about Horder's fascinating history

To mark The Horder Centre's 60th anniversary in 2014, Charles Gallannaugh, the President of Horder Healthcare and the first surgeon to perform an operation at the hospital, wrote an account of the fascinating history of the organisation in the book, *Another Way - The Horder Centre Sixty Years*

of Evolution, published by AuthorHouse.

You can visit horderhealthcare.co.uk to purchase the book online for £9.95 or ask at reception at either The Horder Centre or The McIndoe Centre.



Tummy Tuck Surgery: All You Need to Know

Abdominoplasty or “tummy tuck” surgery aims to improve the appearance and function of the abdominal wall. Here, Consultant Plastic Surgeon Simon Mackey provides an overview of abdominoplasty.



THE MCINDOE CENTRE, PART OF HORDER HEALTHCARE

WHAT IS A TUMMY TUCK?

Weight loss, pregnancy and abdominal surgery can lead to an abnormal shape to the lower abdomen, scars, loose skin, or stretch marks. During abdominoplasty, excess skin and fat are removed from the lower abdomen. Tightening the skin and the “six-pack” muscles can produce a flatter tummy, define the waistline and improve abdominal wall function.

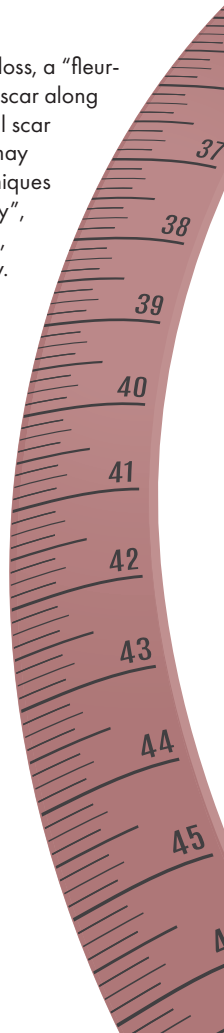
Keeping the scar as low as possible, below the “bikini-line”, an incision is made from hip to hip. For a “full-abdominoplasty” there will also be a scar around the “tummy-button”. Depending on the degree of skin and muscle laxity, any one of a number of different techniques may be most appropriate for you. Sometimes it may be possible to perform a “mini-abdominoplasty” leaving the “tummy-button” alone, and a shorter scar along the

bikini-line. After significant weight loss, a “fleur-de-Lis” abdominoplasty leaving a scar along the “bikini-line”, and also a vertical scar along the centre of the abdomen may provide the best result. Other techniques include “Brazilian-abdominoplasty”, “circumferential-abdominoplasty”, and “melon-slice” abdominoplasty. The precise technique should be tailored to you specifically.

It’s often possible to combine abdominoplasty with other operations such as liposuction, or breast enlargement, reduction or lift. Combination surgery can mean fewer anaesthetics and shorter total recovery.

WHO ARE THE BEST CANDIDATES FOR ABDOMINOPLASTY?

The best candidates are ladies or men who have excess skin or an abnormal shape in the lower abdomen. You should ideally be at, or close to your ideal weight before proceeding. You should be medically well, and a non-smoker. Taking steroids and blood-thinners



may make you unsuitable for this type of surgery – but this should be discussed with your surgeon.

WILL I LOSE WEIGHT WITH A TUMMY TUCK?

To get the best results from abdominoplasty, you should be close to your ideal weight before proceeding with surgery. The only way to get rid of the fat that lies within your abdominal cavity is through weight-loss. This fat can make the tummy bulge even after abdominoplasty, and cannot be directly removed with any form of surgery. Losing a lot of weight after an abdominoplasty can lead to loosening of the skin and abdominal muscles.

Although you may lose several kilograms of abdominal fat and skin with an abdominoplasty, a tummy-tuck should not be regarded as a “weight-loss procedure”.

WHAT IS THE RECOVERY PERIOD LIKE?

In general, you will be in hospital for 1-2 nights following surgery. Wounds are closed with “dissolving” stitches and dressed with paper tapes. It may be necessary to have surgical drains for 1-2 days. You will be relatively mobile within 2-3 days. I encourage you to take 2-3 weeks off work and driving. I would normally expect a return to normal activities within 6-12 weeks following surgery. A compression garment is worn for 6 weeks to reduce post-operative swelling.

Any surgical procedure can be painful, but good pain-relief and use of long-acting local anaesthetics make it manageable. Tightness can be uncomfortable particularly after re-positioning the abdominal muscles, but this



improves in the weeks following surgery.

It is important to attend any post-operative check-ups arranged by your surgeon, as these are important for optimizing the outcome of surgery.

ANY OTHER ADVICE?

Your operation needs to be specifically tailored to you. Surgeons should arrange to see you at least twice prior to surgery, to allow ample opportunity to review your past medical history, discuss the limitations and complications of surgery, and to complete the consent process.

As safety is the key priority with this type of treatment, I would recommend that you check that your surgeon is on the GMC’s Specialist Register for Plastic Surgery, and is ideally a full member of BAPRAS (the British Association of Plastic Reconstructive & Aesthetic Surgeons), or BAAPS (the British Association of Aesthetic Plastic Surgeons).



Mr Simon Mackey is a Consultant Plastic and Reconstructive Surgeon at The McIndoe Centre in East Grinstead. Please call **0800 917 4922** or visit

themcindoecentre.co.uk for further information or to arrange a consultation.

My shoulder is painful – is it “impingement”?

By Mr Hagen Jähnich, Consultant Orthopaedic Surgeon FRCS (Tr & Orth)

Shoulder pain is a very common problem and can hit any age group. However “impingement” is most common, but not exclusive, in the age group of 40 to 60. **But what is impingement?**



Impingement means that during use of the shoulder something catches and leads to referred pain (pain felt in another part of the body other than its source), typically into the side of the shoulder. But pain can also refer down the arm and up the neck. Impingement is a symptom, not a diagnosis! There can be many causes of impingement. This article describes a number of them.

The impingement pain may not originate in the shoulder at all. It can be referred from the neck, even the gall bladder or the heart and may be a sign of a slipped disc in the neck.

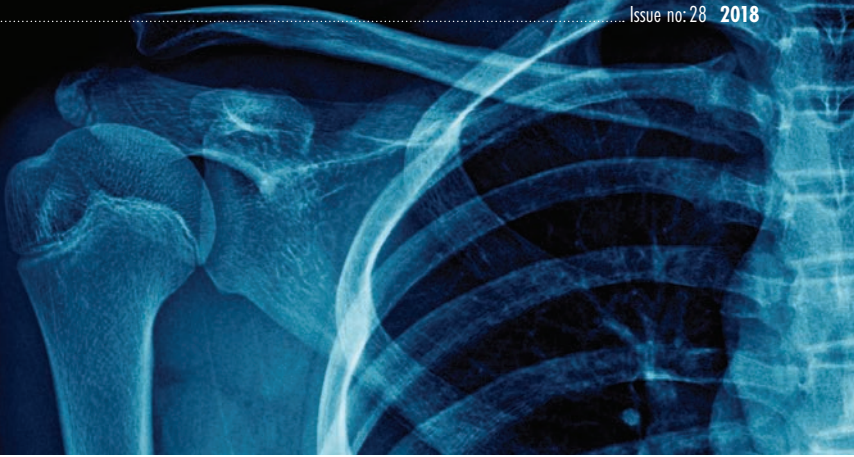
There may be no structural reason for such symptoms and simple muscle imbalance or poor posture are common causes. This is corrected by good physiotherapy and self help, like participating in Pilates.

If treatment after two months does not show any improvement then a formal assessment is required. Local

and national guidelines suggest your GP should organise an X-ray of your shoulder. As long as the X-ray is normal, the trained Therapist, the GP or the Shoulder Specialist may try a single injection with steroids.

An X-ray may identify calcium around the shoulder or bony spurs pressing onto the tendons of the shoulder. One could see early arthritis and many other problems. Calcium in the tendon can burst and irritate the shoulder. This leads to severe pain. A steroid injection, with or without image guidance, may settle things down again. But larger amounts of calcium may need to be removed by keyhole surgery (arthroscopy).

Bony spurs tend to form at the under surface of the tip of the shoulder (the acromion). Physiotherapy and injections are again the start of the management. But when symptoms persist or if there is concern for the



rotator cuff tendon, then keyhole surgery could be the answer. Furthermore, there may be arthritis in the ACJ (Acromio-Clavicular Joint, the joint between collar bone and shoulder blade). It may lead to localised pain but also to impingement.

Often though, it is an incidental finding.

Most X-rays will show some arthritis

in the ACJ. However, if it is not the cause of symptoms then it should not be treated.

In my practice, I have seen many patients with persistent impingement, who in fact did not have impingement at all. The most common misdiagnosis is that of an idiopathic adhesive capsulitis

(also known as a “frozen shoulder”). Stiffness should be the give away but may initially not be obvious. In the early phases of a “frozen shoulder” there may be no stiffness at all and it is the pain that simulates impingement. Frozen shoulders

“The impingement pain may not originate in the shoulder at all. It can be referred from the neck, even the gall bladder or the heart...”

may resolve spontaneously with time, however, if established, and severe, they may need keyhole surgery to improve matters.

Unfortunately, there are occasionally more sinister reasons for shoulder pain. This is the reason why one should not ignore such problems.

It may not necessarily be a tumour/cancer or similar but can be a tearing or torn tendon, which, if left untreated, may not be repairable in the future. A shoulder specialist would be best placed to either reassure or diagnose

the underlying problem correctly.

Many treatments are now available.

Physiotherapy may

be appropriate if a tear has been present for a long time and is not repairable. Surgical options range from the above keyhole operations to joint replacements to address all sorts of causes of shoulder pain.

Mr Hagen Jähnich is a Consultant Orthopaedic Surgeon at The Horder Centre in Crowborough. If you suffer from shoulder pain please speak to your GP and if you require further treatment you can be referred as a private or NHS patient to The Horder Centre. Please visit horderhealthcare.co.uk or for further information.



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