

# On Hands and Knees

an active learning module featuring the practical management of hand injuries, CTS, Dupuytren's, wrist pain, acute and chronic knees, practical skills, case studies



## WORKSHOPS AND LEARNING OUTCOMES INCLUDE

### SESSION 1: HANDS DOWN

with Orthopaedic Surgeons Dr Tony Beard and Dr Claudia Gschwind

- Develop a set of rules for managing acute hand injuries
- Implement a care path for hand and wrist injuries

### SESSION 2: ON HANDS AND KNEES – A MULTIDISCIPLINARY APPROACH

with the Allied Health team: Physiotherapist, Hand Physiotherapist, Occupational Therapist, and Dietitian

- Undertake basic strapping techniques in the surgery
- Provide basic exercise and diet plan for people with osteoarthritis

### SESSION 3: KNEES UP

with Orthopaedic Surgeons, Dr David Parker and Dr Alex Nicholls

- Identify the latest trends in managing chronic knee conditions
- Apply practical advice gained from case discussions



#### Parking instructions:

- Enter Westbourne Street from the Pacific Highway
- Take your first left after the TAFE parking driveway into the laneway alongside North Shore Private Hospital signed Loading Dock.
- Take the first driveway on your right towards the boom gates, where a security guard will direct you to your parking bay.

**Please note there are limited parking bays and we cannot supply free parking in Wilson Car Park.**

*It's easy to register*

**Online** <http://www.northshoreprivate.com.au/For-GPs/GP-Education>

**Call** Wendy Bierer, on 0419 201 105

## WHEN

**Saturday 1 June 2019**

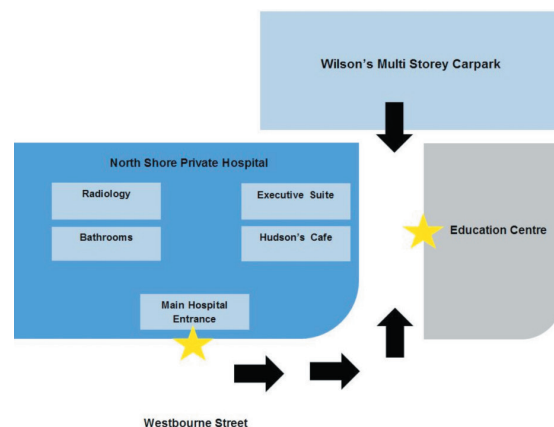
9.30am - 4.30pm

## WHERE

Conference Centre, Ground Floor  
North Shore Private Hospital  
3 Westbourne St. St Leonards NSW 2065

## RSVP

Friday 24 May 2019



The North Shore Private Education Centre is located adjacent to the main building. Please follow the walkway out of the front of the building (marked below in black arrows) around to the right as if heading to the carpark. The entrance to both buildings is marked in yellow. Please note there are no bathrooms in the education centre, please utilise the facilities in the main hospital building.



**North Shore  
Private Hospital**  
Part of Ramsay Health Care