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NEWS AND VIEWS FROM ONE OF THE UK'S LEADING MULTI-DISCIPLINARY REHAB TEAMS



REAL LIVES
Ray Seedat tells his story



PARALYMPIC HOPEFUL
PACE's Jamie Gillespie

NEW CLINIC
PACE clinic opens in the south



"Because we all have mountains to climb"

Richard Lamb, climbing enthusiast

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1. Jonathan Betts from Irwin Mitchell, 2. Jane McLaughlin and Carolyn Hirons, 3. Albert Thomson gave an inspirational speech about his own experiences, 4. David Campbell from Otto Bock, 5. Richard Hirons from Össur

PACE STAGES ADVANCED TECHNOLOGY SEMINAR

Medical and legal professionals from across the Country descended on Manchester in October to attend an advanced technology themed seminar hosted by the team at PACE.

Staged at Manchester's Science and Industry Museum, the early evening seminar explored the complete clinical and legal journey for amputees relating to the use of advanced prosthetic technology.

Run in association with leading personal injury law firm Irwin Mitchell and prosthetic manufacturers Össur UK and Otto Bock, topics discussed included treatment programmes, clinical reasoning, and developments in prosthetic technology.

Contemporary and future prosthetic devices were on show from Össur UK. One of its leading prosthetists, Richard Hirons, impressed the audience with demonstrations of Össur's latest Bionic products – Power Knee, Rheo Knee and the Proprio Foot.

Microprocessor technology for upper limb users was demonstrated by Otto Bock's prosthetist John Mortimer, who offered information on the latest technology for advanced upper extremity prostheses.

Personal Injury Lawyer, Jonathan Betts, who has a particular interest in catastrophic injury claims and represents a number of amputee clients in complex liability cases, addressed the audience.

He emphasised the benefits of early intervention and close co-operation between treating agencies, allowing clients a sufficient rehabilitation period before expert opinions are formed.

PACE's resident therapists, Carolyn Hirons and Jane McLaughlin, talked about the vital role of occupational therapy and physiotherapy within a multi-disciplinary rehabilitation programme. Without such input, the success of prescribing advanced prosthetic technology would be seriously compromised.

Finally, the seminar was wrapped up by Albert Thomson, who has personal experience of the service from PACE. Albert was serving in Iraq with the forces when he was hit

by friendly fire and had to have his leg amputated above the knee. He spoke of his road to recovery and the people who helped him along the way. Albert now runs a business providing amputee casualty simulation in real life training scenarios for the emergency services, as well as providing extras for TV and film.

Following the lectures, delegates enjoyed drinks and canapés and the opportunity to network with the speakers and PACE clients.

PACE plans to stage a similar event during April in the South East.

Interested parties should contact admin@pacerehab.com or call 0845 450 7357 to receive further information.

HELLO AND WELCOME



It has been a long time coming, but we are now finally about to move into our own premises in the South East of England. Whereas we have been providing a restricted level of service from temporary accommodation for a while now, it has always been clear that we need our own permanent facility to deliver services meeting the standard we have set ourselves. I hope that in a few years time, we will be as proud of our team and facility in Chesham as we currently are of the one in South Manchester. The success of it will depend on the team we select and develop, but since some key members are already in place I am very excited about the future. We will of course keep you updated on how it all develops.

There is also plenty of other activity going on. Read on to keep in touch with what we, as well as some of you, have been up to of late. I hope you enjoy.

Toby Carlsson, Director

CLINIC TO OPEN IN THE SOUTH

PACE is to open its eagerly awaited clinic in the South in March 2008, and is now in the position to see patients in the region for initial assessments.

Situated on Anglo Business Park in Chesham, north-west of London, the Clinic is in a prime location for those travelling within the South and is close to rail, air and road links.

PACE prosthetist, Jamie Gillespie, who has to date been seeing clients for report writing services and clinical activity in north-west London, will be heading up the team at the new clinic. Commenting he said: "The Clinic will allow us to extend our capabilities in the South and live out our ethos, which is to put clients first by creating bespoke rehabilitation treatment programmes delivering the best possible outcome following serious injuries."

He added: "The plan is to mirror the service that is provided at our clinic in South Manchester, which has generated very good outcomes – a multi-disciplinary approach to rehabilitation, with a team of experts based under one roof. We are currently recruiting for the team and expect to be operating at full capacity by Spring next year.

PACE is currently taking referrals for clients in the South, those interested in attending the Clinic in Chesham or referring a patient to the facility should contact the team at PACE on 0845 450 7357 or visit the website at www.pacerehab.com



Jamie pre-training

PARALYMPIC HOPEFUL

A number of PACE clients attended trials for the GB Adaptive Rowing team during August including PACE's own amputee prosthetist Jamie Gillespie.

Adaptive rowing, although an established sport for limb users, makes its debut at the Paralympic Games in Beijing during 2008. With a history of sporting achievements including participation in the 1996 Paralympic Games in Atlanta as a sprinter, Jamie understands the work required to earn himself a seat in the boat as a member of the GB team. Having worn a prosthesis for 13 years as a result of a motorcycle accident, Jamie has actively taken a leading role both personally and

professionally within the prosthetic community.

'After several years of sporting inactivity, I have a great deal of work to do both physically and also technically to reach the

"I hope that this will be the start of many years of competitive rowing"

standard required. My sights are set beyond Beijing, and I hope that this will be the start of many years of competitive rowing. I train with Marlow Rowing Club in Buckinghamshire and the Club has provided me with excellent support. I really look forward to my time on the water at weekends as well as squad training sessions

during the week," said Jamie.

Unlike many competitive events for limb users, adaptive rowing – as long as you are using the right technique - generates very little impact forces on the prosthesis and residual limb. A specialised prosthesis for adaptive rowing is required for both above and below the knee athletes incorporating innovative design and use of appropriate materials.

He continued: 'Following Beijing, I can see an increasing number of limb wearers looking more closely at adaptive rowing. This in turn will hopefully lead to a stronger GB squad in the future.'

Your PACE will keep you posted on Jamie's progress.



PACE TRAVELS TO CANADA FOR INTERNATIONAL PROSTHETIC CONFERENCE

Earlier in the year, members of the team at PACE travelled to Vancouver for the International Society of Prosthetics and Orthotics World Conference.

PACE co-founder and consultant in rehabilitation medicine, Dr Ernest Van Ross, prosthetist Toby Carlsson and physiotherapist Carolyn Hirons attended the ISPO World Congress during August which attracted over 2,000 delegates.

Staged at the famous sea front exhibition centre, a large and

varied programme of seminars, instructional courses and current research was presented. It was a great opportunity for the experts at PACE to learn about new innovations in the field of rehabilitation, share experiences and consolidate good practice.

Alongside her physiotherapy peers from Scotland and the Netherlands PACE's resident physio, Carolyn, presented her findings for 'Strategies for Falls Prevention'. Research demonstrates that the implementation of a thorough

assessment process, with multi-disciplinary interventions including exercise, home modification and managing the fear of falls, can

It was a great opportunity for the experts at PACE

significantly reduce the rate of falls and their impact.

Studies show that 20% – 53% of amputees experience at least one fall a year. But it's not just the older amputee who can fall, younger people with impairment

can also suffer from falls often resulting in activity avoidance and reduced independence.

Commenting on the experience Carolyn said: "We all found the visit very useful and returned with some new ideas for advanced prosthetic solutions for both upper and lower limb, including tips relating to running techniques and rehabilitation management."

All clinicians at PACE are members of ISPO.

UPPER LIMB TEAM EXTENDS EXPERTISE

As part of PACE's continuous professional development programme for its clinicians, Carolyn Hirons and PACE's occupational therapist, Jane McClaughlin, attended a three-day seminar - 'Rehabilitation of the upper limb amputee and limb deficient child'.

Held at the University Hospital of South Manchester, the course, aimed at occupational therapists and physiotherapists, addressed key subjects such as psychological input, medical aspects and pain. Jane McClaughlin said: "It was a great

seminar. We have lots of new ideas on how we are going to expand and develop the occupational therapy services at PACE."

As Jane's upper limb prosthetic case load expands, she is also taking on the role as a specialist case manager. For some, rehabilitation needs are complex, particularly when psychological distress becomes a barrier to the patient participating fully. Acting as a key worker, Jane will co-ordinate and implement interventions with different agencies, allowing the client to experience a smooth

treatment process, with the best possible outcome. The function of in house case management has developed in response to some clients receiving most of their rehabilitation input from the team at PACE. In such cases, it has proven very efficient to appoint a team member as case manager as it is easy for an in house clinician to keep up with a client's progress and changing needs.

REAL LIVES

RAY'S STORY

'ITS BEEN A TRAUMATIC ROLLERCOASTER' – THAT'S HOW RAY SEEDAT DESCRIBES THE LAST FEW YEARS OF HIS LIFE.



Forty-year-old night club manager from Bradford, Ray, had a bad fall at work in September 2004 that left him in hospital for over two months. "We had a wedding on in the Club on a Saturday and we needed some extra tables for the guests so I climbed into the lock-up in the roof where they were stored. I tripped over some loose cabling, lost my balance and took an 8ft drop to the floor. My legs took the brunt of the fall", he recalls.

Ray was rushed into Bradford Royal Infirmary where he spent the next month in an orthopaedic unit. He had catastrophic injuries to both his legs, including compound fractures to the tibia and fibula on the left, and a fracture to the calcaneus on the right side.

For the next two years, Ray underwent a total of 13 operations in a bid to re-build and correct the injuries in his legs. Commenting he said: "It was agonising, years of operations including plastic surgery, at one time I think I had 21 pins going through my left leg."

In early 2007, doctors discussed below the knee amputation with Ray as a means of providing improved long term function and mobility. He accepted the advice and agreed to surgery. Commenting he said: "I had seen it coming to be honest, it was kind of inevitable, although I have to say the realisation was very traumatic."

Ray underwent the operation in July of this year. Shortly before his operation he was assigned a case manager, Liz Haunch. Liz had been in touch with the team at

"I can do more than I have been able to for years"

PACE and made an appointment for him to meet with them as soon as possible post op.

Ray's prosthetist Jamie commented: "Having the opportunity to meet with Ray and his family so early after surgery is an ideal situation. All disciplines within the team have an important

part to play in helping Ray back onto his feet in as short a period of time as possible. Correctly timed compression therapy assisted in preparing Ray's limb prior to him receiving his first prosthesis within a few weeks of surgery. Making full use of a temporary socket connected to a highly functional prosthetic foot, Ray has rapidly progressed to walking with the use of two walking sticks."

He continues: "Replacement sockets are provided within days of casting as the limb continues to mature. Maintaining comfort is priority during this important period of rehabilitation. Specialist physiotherapy support from PACE, working in close cooperation with local NHS physiotherapists is allowing Ray to continue to improve on his new limb. As regularly occurs with trauma amputees, Ray's amputated leg may well become his stronger limb because of the injuries to his other foot. He is currently working with PACE's orthotist to improve support and comfort to the right foot. Early support from the PACE counselor has also played a vital role in helping Ray come to terms with this new chapter to his life."

Liz, Ray's case manager said: "Having PACE involved has meant that his progress has been remarkable, and he has been able to stay motivated and enthusiastic about his rehabilitation'.

Ray is very positive about the future. "Things are looking up, he says. Pre-amputation I had no movement in my ankle, I am learning how to use my prosthesis with the help of the team at PACE and the difference is unbelievable. I can do more than I have been able to for years. I still have a long way to go but the future is looking brighter than it has done in a long time."

ABOUT PACE

PACE puts clients at the heart of their own rehabilitation programmes by bringing all the relevant specialists to them.

The company currently offers the following clinical services:

- * Rehabilitation medical services
- * Prosthetics
- * Orthotics

- * Physiotherapy
- * Counselling & hypnosis
- * Occupational therapy
- * Interdisciplinary consultation with other specialties including plastic surgery, orthopaedic surgery and vascular surgery
- * Specialist investigation including X-Ray, MRI scanning, blood and tissue testing

PACE receives many referrals from the legal profession and provides reports and medico-legal services within their fields of expertise:

- * (Multi – disciplinary) Immediate needs assessments and costed treatment plans
- * Expert witness services
- * Quantum reports

WANT TO KNOW MORE ABOUT PACE?

Please go to www.pacerehab.com for further information. If you would like an information pack or to arrange a visit to the centre please contact us on 0845 450 7357 or email info@pacerehab.com

WOULD YOU LIKE TO CONTRIBUTE TO YOUR PACE?

PACE is always keen to hear your views, if there are any subject matters you would like to see covered in the next issue of Your PACE or if indeed you would like to submit an article for inclusion please contact Emma Bates on 0161 486 9102 or email the editorial team on emma@souter-rcm.co.uk