



## Cabrini. For your total orthopaedic care.

As one of Victoria's largest private providers, Cabrini continues to be a leader in comprehensive orthopaedic care. At Cabrini, we offer rapid diagnosis, treatment including surgery, rehabilitation and prevention.

Our team understands every case is different and requires a coordinated and individualised approach based on personal circumstances.

Cabrini's orthopaedic surgeons, allied health practitioners and nursing staff, will provide you with the guidance and support needed, and engage with your GP and all other health professionals involved in your care to ensure the best outcome possible.

### What does orthopaedics include?

Orthopaedics focuses on injuries and diseases of the body's musculoskeletal system, including bones, joints, ligaments, tendons, muscles, and nerves, which in turn allows you to move, work, and be active.

### What does orthopaedic surgery at Cabrini offer?

Orthopaedic surgery commenced at Cabrini in the mid-1970s. The volume of orthopaedic surgery has grown steadily since, with our specialists performing more than 1500 joint replacements each year. We have a high standard of infection prevention, state-of-the-art operating theatres, dedicated orthopaedic wards, onsite radiology services and a range of rehabilitation programs that can be accessed at home or while in hospital.

Cabrini specialists are experts in their field and will be with you every step of the way. With a total of 38 surgeons operating at Malvern and Brighton, we offer a full and comprehensive range of orthopaedic services.

### Joint replacement surgery

Your orthopaedic surgeon may suggest joint replacement surgery for your hip or knee as an option if other more conservative treatments, such as medication and physiotherapy, have failed. You may still be experiencing pain and have limited mobility, especially if you have arthritis of the joint, an injury or other debilitating condition.

Joint replacement surgery, followed by an exercise recovery program, can restore quality of life, allowing people to enjoy walking, cycling, swimming and golf as well as their normal daily activities.



## Preadmission service

You will be contacted by our nursing preadmission service prior to your admission, who will answer your questions and cover a variety of topics including:

- How to prepare for surgery
- Day of surgery admission
- What to expect during and after your hospital stay

## Enhanced Home Orthopaedic Program

At Cabrini, we can offer you an Enhanced Home Orthopaedic Program (eHOP) following your joint replacement, designed to support your transition to home successfully.

Our inpatient healthcare team will support you to mobilise early and safely, manage pain, and regain your confidence walking as soon as possible to prepare you for home. Most patients who utilise this program can return home from hospital after two to three days.

## Injury management

Cabrini Malvern has an emergency department, which is open 24 hours a day, seven days a week for both adults and children.

Covering such a broad range of orthopaedics specialities, Cabrini offers a highly-skilled and specialised emergency service to manage injuries, including both sporting and trauma based, which can commonly include fractures and soft tissue injuries.

Cabrini's Alan, Ada and Eva Selwyn Emergency Department is staffed by skilled and senior medical specialists who are supported by on-call orthopaedic surgeons. You will be seen by a consultant, in the most prompt timeframe possible. There is also a dedicated operating theatre for emergency surgery, which ensures surgery for your injury is performed as soon as possible.

There is medical imaging onsite and conveniently located within the emergency department, to allow for quick diagnosis and treatment of injuries.

## Find a Cabrini specialist

For a comprehensive list of our orthopaedic surgeons, please visit [www.cabrini.com.au/orthopaedics](http://www.cabrini.com.au/orthopaedics)

Alternatively, you can visit [www.cabrini.com.au/find-a-doctor](http://www.cabrini.com.au/find-a-doctor) to search for a particular specialist.

## Orthopaedic surgery

Hip	Knee	Foot and ankle	Shoulder	Hand, wrist and elbow	Paediatric orthopaedic
Hip joint replacement – anterior, posterior and revision	Knee replacement – total, partial and revision	Fractures of the foot and ankle	Shoulder reconstruction	Carpal tunnel surgery	Children's fractures
Hip arthroscopy	Knee arthroscopy	Bunion surgery	Shoulder arthroscopy	Trigger finger and thumb	Children's sporting injuries
	Ligament reconstruction for ACL injuries	Ankle reconstruction	Rotator cuff repairs	Arthritis of the hand	Scoliosis surgery
	Patellar surgery	Ankle replacement	Shoulder dislocation and instability	Ganglion surgery	Hip dysplasia
	Osteotomy of the knee	Big toe arthritis	Frozen shoulder	Dupuytren's release	
	Sporting injuries of the knee	Morton's neuroma	Sporting injuries of the shoulder	Fractures of arm, wrist and hand	
		Sporting injuries of the foot and ankle		Sporting injuries of the arm, wrist, elbow and hand	

For further information about orthopaedics at Cabrini, please visit [www.cabrini.com.au/orthopaedics](http://www.cabrini.com.au/orthopaedics) or talk to your GP.

