

THE LATEST IN PHYSICAL THERAPIES,
HAND THERAPY, PODIATRY, AND COMPRESSION



ALLIED

IN THIS EDITION

NEW RESEARCH ON ANKLE
INJURY RETURN-TO-SPORT

TREATING FUNGAL INFECTIONS
WITH CUTIMED SORBACT®

KINESIOLOGY TAPING FOR
LYMPHATIC MANAGEMENT

ISOFORCE FOR MANAGING
STIFF PIP AND IP JOINTS

AUTUMN 2024

SAVE with EOFY Clinic Equipment Deals!

ATO SAVINGS

Instant Asset Write-off per item

Up to \$20,000!

OPC Health can support you with a wide range of clinic equipment to help you deliver the best possible patient experiences.

- Treatment Tables & Chairs
- Electrotherapy & Ultrasound
- Pilates Reformers & Equipment
- Treadmills, Ellipticals & Bikes
- Carts, Trolleys & Stools
- Shockwave & Laser Devices
- Evaluation & Diagnostic
- and much more...

*ASK US
ABOUT EOFY
DEALS!*



Scan Here
to View our
Extensive Range



Our Partners:



General Manager's Message

Wow! The third edition of ALLIED already. This volume is full of some fantastic education and products across many areas of Allied Health.

It amazes me when I look at the content of ALLIED and the development of medical devices now available to us. When I compare the VACOped and VACOcast with the options available previously, the progression is incredible. The Vacuum Technology locking the joint in place, the Range of Motion ability of the VACOped shortening recovery periods and removable rocker sole to allow natural gait. Compare that to either a plaster cast with a post op shoe or an old-style Walker.

Same goes with the Isoforce when you compare that with the old cumbersome outrigger systems from 10-15 years ago. These are easy to use and far more streamlined aiding patient compliance enormously.

Then we have the LymphaTouch and all it brings to reducing swelling and enhancing lymphatic drainage. Now it also has uses aiding post-injury or surgery recovery. You'll find an invitation to watch the webinar covering these topics.

I am really proud of the fact that OPC Health is at the forefront of this Medical Device development and that we are able to share the information with you through publications like ALLIED.

Enjoy the read.

James McQuie
General Manager
OPC Health



OPC Health

For over 40 years, OPC Health has been supporting hospitals and allied health practitioners across Australia.

As part of the OPED Australia group, OPC Health has access to supply partners across the globe. With a specialised network of health professionals across the country, we're ready to support you and your practice with all your healthcare needs.

✉ sales@opchealth.com.au

☎ 1300 672 937

🏠 www.opchealth.com.au



Our mission is to assist human movement, empower independence, and improve quality of life through healthcare products and prosthetic and orthotic services

700+ Agencies	45,000 SKUs	515,000 Units on Hand
---------------	-------------	-----------------------

Our Partners:



Physical Therapies

Physiotherapy, Osteopathy and Myotherapy

As a preferred distribution partner to the Australian Physiotherapy Association, Osteopathy Australia and Myotherapy Association, we can provide a full suite of physical therapy supplies from treatment tables to electrotherapy and everything in between.

- Dry Needling
- Treatment Tables & Stools
- Electrotherapy
- Bracing
- Exercise & Pilates
- General Practice Supplies
- Rehabilitation Equipment
- Tapes & Dressings
- Pain Relief & Massage
- Pillows & Rolls
- Compression Garments



Check out the complete Physical Therapies range online.



Podiatry

OPC Health are a leading supplier of consumables and capital equipment to the podiatry industry in Australia. From full clinic setups, to last minute consumable needs, we can support you with a range of products including:

- Instruments (Reusable & Single Use)
- Podiatry Chairs & Stools
- Clinic Consumables
- Drills & Accessories
- Sterilisation & Cleaning
- Shockwave Therapy
- Bracing & Footwear
- Compression Garments



Check out complete Podiatry range online.



Hand Therapy

As a preferred distribution partner to the Australian Hand Therapy Association, we've been supporting hand therapists for over four decades. We can support you with a range of supplies including:

- Casting & Splinting
- Clinic Supplies
- Wrist, Digit & Hand Bracing
- Thermoplastics & Materials
- Rehabilitation Equipment
- Manipulation & Dexterity
- Prosthetic Devices
- Putty & Exercisers
- Tapes & Bandages



Check out complete Hand Therapy range online.



Compression

As a partner of the Australasian Lymphology Association and a leading supplier of compression solutions, we have consistently supported compression therapy professionals for over four decades. Our extensive catalog of compression related products includes:

- Compression Garments
- Compression Stockings
- Lymphoedema Bandaging
- Vascular Compression Devices
- Compression Wraps
- Compression Pumps
- Lymphoedema Compression Kits
- Compression Accessories



Check out complete Compression range online.



PHYSICAL THERAPIES

Physiotherapy • Osteopathy • Myotherapy

RESEARCH - Ankle-GO: New Standard for Ankle Injury Rehabilitation

In a significant leap forward for ankle injury rehabilitation, a recent study by Picot et al 2024 developed the Ankle-GO, a novel clinical composite score that could transform how physiotherapists assess and predict patients' return to sport (RTS) outcomes post-lateral ankle sprain (LAS).

Ankle-GO is the first objective score to help in the decision-making of the RTS after LAS. At 2 months, patients with an Ankle-GO score <8 points are unlikely to RTS at the same preinjury level.

Picot, B, Lopes, R, Rauline, G, Fourchet, F, & Hardy, A 2023, 'Development and Validation of the Ankle-GO Score for Discriminating and Predicting Return-to-Sport Outcomes After Lateral Ankle Sprain', Sports Health: A Multidisciplinary Approach, SAGE Publishing.



[Read more](#)

Orthelligent Screening Mat

The Orthelligent Screening Mat is designed to streamline the completion of performance-based outcome measures on patients. The mat features markings for essential tests which allows patients to perform various exercises that evaluate their knee and ankle function.



[Watch live demonstration](#)

CODE	SIZE
ORTP-01-1	2m x 2.8m

BEST SELLERS - ASO Ankle Brace

After three years of supply issues for the #1 Ankle brace in Australia, the ASO (with stays) is back to normal availability.

White and Black are Available Now!



ASO Ankle brace



[View online](#)



Now Endorsed by the Australian Physiotherapy Association

VACOped - The OPED VACOped is a dynamic orthosis that immobilises the foot and ankle, offering adjustable range of motion and shortening recovery time.

VACOcast - The OPED VACOcast is a fixed flexion orthopedic fracture boot designed and engineered to assist in fast recovery and provide optimal comfort.

VACOped by OPED



VACOcast by OPED



[Request an in-clinic fitting demonstration or in-service](#)

Our Partners:



ACTIPRO

SPORTS STRAPPING TAPE

Introducing ACTIPRO Sports Tape, a high-quality, rigid strapping tape designed for premium support. Featuring new and improved design and cheaper per/m than the previous OPC Premium Sports Tape!

CODE	SIZE	MEASUREMENT
APSST12	Drum 24	12.5mm x 13.7m
APSST25	Drum 12	25mm x 13.7m
APSST38	Drum 8	38mm x 13.7m
APSST50	Drum 6	50mm x 13.7m



PODIATRY

RESEARCH - Cutimed Sorbact®: The easy way to treat fungal infections in skin folds

The most common treatment strategy for fungal infections and intertrigo in skin folds is topical antifungal creams and ointments. They leave greasy and sticky residues on the skin that can cause irritation and may also cause other side effects as well as risk of resistance development.

Cutimed Sorbact® Ribbon Gauze offers a solution for easy treatment of fungal infections and intertrigo in skin folds. No creams or ointments are needed.

More than 30 years of clinical experience have demonstrated the efficient, well tolerated and simple use of Cutimed Sorbact® Ribbon Gauze for the treatment of fungal infections and intertrigo in skin folds.

Johansson A, Ljungh Å, et al. 2009. Open study on the topical treatment of interdigital fungal infections in diabetic patients. J Wound Care. 18(11):470, 472-473.



To read more

Cutimed Sorbact® Ribbon Gauze

Offers a solution for easy treatment of fungal infection in skin folds (intertrigo). Prevents skin-to-skin contact, no creams or ointments are needed.

CODE	SIZE	UOM
72166-09	1cm x 50cm	Box of 20
72166-11	2cm x 50cm	Box of 20
72167-07	5cm x 200cm	Box of 10
72165-39	10cm x 200cm	Box of 10

CUTIMED SORBACT®



EDUCATION - OPED Webinar

Modern “to go Orthosis” for Total Contact Offloading in the Management of DFUs - transferring Guidelines into Practice

In practice, two-thirds of uncomplicated ulcers fail to heal within five months, despite evidence showing they could all heal within 6-8 weeks. It takes just five minutes per patient to make a difference. Find out how with this insightful webinar!



Request webinar recordings



WHATS NEW IN PODIATRY? - Carbon Footplates

Fillauer Thermoformable Composite Insoles

A completely flat insole that can be heat moulded and is suitable for permanent external shoe modification. Each pack comes with 2x insoles. Available in two different stiffnesses: Flexible (1.5mm) & Rigid (2.5mm).



[View online](#)



FILLAUER THERMOFORMABLE COMPOSITION INSOLES

Allard Carbon Footplate

These insoles protect the MTP joints by reducing the ROM in the forefoot, re-distributing the pressure in the forefoot, and facilitating rollover. With a 7-10mm pitch, these footplates mirror the shoe's silhouette for a more comfortable fit. With a 1.5mm thickness, this footplate is a moderate stiffness. May need to be trimmed with a grinder/Dremel to fit desired shoe shape.



[View online](#)



ALLARD CARBON FOOTPLATE

Thuasne Sprystep Carbon Footplate

The carbon core is surrounded by a composite material that is trimmable with scissors. A pitched footplate designed to fit shoes with a height profile less than approx. 15mm. An integrated toe rocker supports the roll over into the 3rd and 4th rocker of stance.



[View online](#)



THUASNE SPRYSTEP CARBON FOOTPLATE

COMPRESSION

Research - Kinesiology Taping reduces lymphedema of the upper extremity in women after breast cancer treatment: a pilot study

Secondary lymphedema affects approximately 40% of women treated for breast cancer and is recognized as a major problem associated with the therapy of malignant tumors. The aim of the study was to assess the effects of Kinesiology Taping applications on the extent of lymphedema of the upper extremity in women post cancer treatment.

In conclusion, Kinesiology Taping applications are an effective method of early-stage edema management. Kinesiology Taping may be a safe new therapeutic option in patients who are contraindicated for the use of other methods.

Malicka I, Rosseger A, Hanuszkiewicz J, WońIEWSKI M. Kinesiology Taping reduces lymphedema of the upper extremity in women after breast cancer treatment: a pilot study. Prz Menopauzalny. 2014 Sep;13(4):221-6. doi: 10.5114/pm.2014.44997. Epub 2014 Sep 9. PMID: 26327858; PMCID: PMC4520367.



Read more

EDUCATION

LymphaTouch Webinar

Injury or Postoperative Swelling Treatment with LymphaTouch.

Delve into the research evidence supporting LymphaTouch treatments, discussing their efficacy in reducing swelling and promoting lymphatic drainage. Additionally, explore the optimal timing for using LymphaTouch treatment post-injury or surgery to enhance recovery, and learn from practical examples of LymphaTouch treatments for swelling.



OPED Webinar

Managing VTE Prevention and Oedema with Intermittent Impulse Compression.

Hip & Knee Arthroplasty: Lower your complication rate by a simple measure. Think it's impossible? Check out the webinar!



Request webinar recordings



WHAT'S NEW IN COMPRESSION?

For lymphoedema therapists, we're offering a **5%** discount on the NEW Kinesiology tape cutters from Strapit. And with each purchase, you'll receive a free roll of 5cm x 5M Ktape valued at **\$13.45** ex GST!

\$90.00

CODE	DESCRIPTION
SITC-BUNDLE	Strapit K Tape Cutter Bundle

Special offer from 1st April until 31st December 2024



Our Partners:



TREND COLOURS 2024/25

Let yourself grow with colourful compression garments from Juzo. Be inspired by the 6 new trendy colours for compression stockings and sleeves - based on gorgeous flowers and bright leaves!



Wild Red



Sunny Yellow



Endless Green



Beautiful Blue



Lovely Rose



Powerful Pink

Trend Colours are available as a solid colour or in a Batik pattern* (in black or white) for garments with pressure levels 1 - 3!

Circular knit garments are available as compression stockings and pantyhose for Juzo Inspiration (including Vision pattern) and Juzo Soft (also available as sleeves).

The Trend Colours are also available in a flat knit version for all compression garments for Juzo Expert and Juzo Expert Strong.

*Batik Collection only for leg and arm products except Juzo Expert Strong and Vision pattern.

➤ Please place your orders for new trend colour garments with sales@opchealth.com.au or through Jenny Sayle (Juzo Customer Care) jsayle@opchealth.com.au

HAND THERAPY

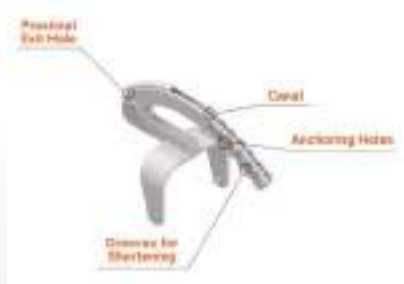
EDUCATION - Isoforce

Isoforce is a unique outrigger system specifically designed to address stiff proximal interphalangeal (PIP) and interphalangeal (IP) joints. It can be used for the creation of dynamic and static progressive orthoses.

View the Isoforce IFU, Technical Data Sheet, and step-by-step fabrication guides for both Isoforce Static and Isoforce Dynamic, all conveniently accessible under the "Documents & Downloads" section, please scan the QR code.



To read more



Dynamic orthosis with Isoforce



Dynamic orthosis with Isoforce

BEST SELLERS - Orficast™ Tape - 10% off

Orficast™ Thermoplastic Tape with its 1.8mm thickness is ideal for simple finger splints, thumb splints and supportive bandage wraps.

Choose from 3cm and 6cm widths in 3M rolls, available in either black, blue and orange.



Orficast™ More - 10% off

Orficast More at 3mm thickness, is the perfect option for crafting small to medium-sized wrist splints, elbow splints, and other supportive devices. Its increased thickness provides added strength and durability. Choose from 6cm and 15cm widths in 3M rolls, available in either black, orange or blue.

➤ Get in touch with your local OPC Health Territory Manager to arrange a demonstration!



Free Orthotic
Solution Booklet

Download your free Orthotic Solutions Booklet

Join the thousands of hand therapists globally who utilise Orficast and Orficast More for orthotic fabrication.

HAND THERAPY SPOTLIGHTS

Cotton Stockinette Liners (2-Ply)

Pack of 10 soft, thin ribbed cotton liners with finished edges for hands and forearms. Absorbs moisture, keeps skin cool, dry, and odor-free. Washable, reusable, with thumb spica or thumb hole.

CODE	COLOUR	TYPE
NC12530	Natural	Thumb Hole only
NC12530-B	Black	Thumb Hole only
NC12531	Natural	with Thumb Spica
NC12531-B	Black	with Thumb Spica



OAPL Tennis Elbow Strap - 15% off

Effectively restricts the full contraction of forearm muscles when the fist is clenched, thereby alleviating the pain associated with repetitive strain injuries such as tennis or golf elbow.

CODE	SIZE
46007	Small
46008	Medium
46009	Large



Allard Selection Ulnar Deviation - 15% off

Designed to manage and correct ulnar deviation, improving finger joint alignment, extension, strength, and hand function while reducing pain and stiffness.

CODE - LEFT	CODE - RIGHT	SIZE
352181010	352182010	X Small
352181011	352182011	Small
352181012	352182012	Medium
352181013	352182013	Large



Orfit Eco Black NS - 10% off

Rigid, stretchable, memory-retaining thermoplastic with non-stick coating. Ideal for large splints, orthoses, and anti-spasticity splints. Easy to trim and smooth edges.

Available in 2.4mm and 3.2mm thicknesses.

Non & mini perforation.

45 x 60cm and 60 x 90cm.



[View Online](#)



HAND THERAPY

HAND THERAPY SPOTLIGHTS - Orfit Multifit NS - 10% off

Orfit Multifit NS achieves an ideal balance of flexibility and resistance, maintaining its shape even with increased muscle tone. It easily conforms to fingers, hands, and wrists, and can be adjusted with heat. Its non-stick coating allows for molding over bandages and cotton linings in post-surgical scenarios.



[View Online](#)

Features:

- Exceptional rigidity
- Moderate resistance to stretching and a balanced drape
- Absence of memory effect
- Coated surface for non-stick properties

Available in 2.4mm and 3.2mm sizes, in black or pearl white, and features micro-perforated, non-perforated, and macro-perforated options.



Orfilight NS - 10% off

Orfilight NS offers the benefits of Orfilight, with 20-30% less weight than other thermoplastics, and patient comfort without the discolouration. The non-stick coating ensures further dirt repelling properties, making this a good choice to manufacture splints for the active client. Designed for lightweight and comfortable splints.



[View Online](#)

Features:

- Excellent stretch, moderate elasticity
- Maximum stretch without tearing
- Moderate memory
- Soft velvet surface touch and easy-to-trim edges
- Non-stick coating

Available in **1.6mm**, **2.5mm**, and **3.2mm** sizes, in natural, atomic blue or black, with micro-perforated, mini-perforated, and non-perforated options, in sheet sizes of 45cm x 60cm.



Our Partners:



Contact Us

Register for an account with OPC Health to access wholesale pricing and FREE shipping for all online orders!



Free Shipping



Get in touch with our helpful sales team from around the country.



Stay up to date with OPC Health Education & Events



OPC Health (Head Office)

26-32 Clayton Rd,
Clayton VIC 3168
T: 1300 672 937
E: sales@opchealth.com.au

OPC Health (SA)

31 Dunorlan Rd,
Edwardstown SA 5039
T: 1300 672 937
E: salessa@opchealth.com.au

OPC Health (NSW)

Unit 3/55-57 Newton Rd,
Wetherill Park NSW 2164
T: 1300 672 937
E: salesnsw@opchealth.com.au

Our Agencies

700+
Agencies

45,000
SKUs

515,000
Units on Hand



OUR LOCATIONS

OPC Health (Head Office)
26-32 Clayton Rd,
Clayton Vic 3168
T: 1300 672 937
E: sales@opchealth.com.au

OPC Health (SA)
31 Dunorlan Rd,
Edwardstown SA 5039
T: 1300 672 937
E: salessa@opchealth.com.au

OPC Health (NSW)
Unit 3/55-57 Newton Rd,
Wetherill Park NSW 2164
T: 1300 672 937
E: salesnsw@opchealth.com.au

Visit our website at opchealth.com.au