

ALLIED

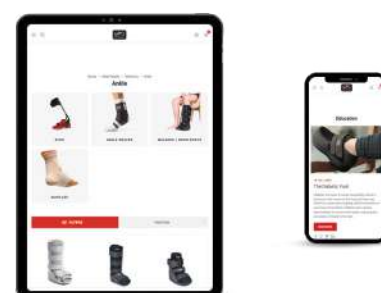
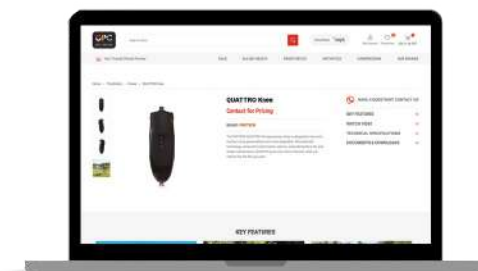
A female tennis player in a red sleeveless top and white skirt is captured in mid-swing, hitting a backhand shot. She is looking up at the ball, which is suspended in the air near the racket head. The background is a clear blue sky and a chain-link fence.

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

SUMMER **2024**

The New OPC Health Website is Now Live!

We are thrilled to announce the launch of our new and improved OPC Health website! From practice supplies to clinic equipment, bracing and compression garments, we've got you covered for all your Allied Health needs.



WHAT'S NEW

- Improved Search Feature
- Responsive Design for All Devices
- New Favourites Lists for Easy Reordering
- Better In-Stock Visibility
- Optimised Product Categorisation
- Prosthetics Portfolio Now Online

Please note:

To access pricing and make purchases, you will require an active OPC Health account. If you are a general public customer, retail pricing and purchasing is available at oapshop.com.au.

General Manager's Message

Welcome to 2024 and our second issue of ALLIED. Hope you have all had a chance to recharge over the Festive Season.

Thank you for all the positive feedback from our first edition. As we said at the time, we want this publication to be as much yours as it ours so we are looking for any feedback or content suggestions you have.

This quarter we look at non-surgical management of ACL ruptures, risk factors associated with De Quervains, an education piece on Antimicrobial Resistance and Antimicrobial Stewardship as well as research on negative pressure treatment for lower extremity oedema.

You'll find information on some new products as well as a few old favourites that are finally back in stock. We've also thrown in a couple of special deals just to pique your interest.

Hope you enjoy the read and be sure to contact us with any thoughts on something you would like to see in future editions.

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.

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

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.



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.



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.



Compression

As the primary 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 - Healing of acute anterior cruciate ligament rupture on MRI and outcomes following non-surgical management with the Cross Bracing Protocol

The study investigated non-surgical treatment (Cross Bracing Protocol) for acute ACL rupture. At 3 months, 90% showed ACL healing on MRI, with better healing linked to improved outcomes (Lysholm Scale, ACLQOL, knee laxity, return to sport). The study suggests CBP promotes ACL healing, but more research and long-term follow-up are needed for clinical guidance.

Filbay, SR, Dowsett, M, Jomaa, MC, Rooney, J, Sabharwal, R, Lucas, P, Heever, AVD, Kazaglis, J, Merlino, J, Moran, M, Allwright, M, Kuah, DEK, Durie, R, Roger, G, Cross, M & Cross, T 2023, 'Healing of acute anterior cruciate ligament rupture on MRI and outcomes following non-surgical management with the Cross Bracing Protocol', British Journal of Sports Medicine.



To read more

EDUCATION - What does Cross Bracing Protocol Involve?

The Cross Bracing Protocol involves immobilisation of the knee at a 90° flexion in a brace for 4 weeks, followed by progressive increases in range-of-motion until brace removal at 12 weeks, along with physiotherapist-supervised rehabilitation.

Should you wish to discuss the benefits of the Cross Bracing Protocol, kindly get in touch with your Sales Representative to coordinate a personalised viewing of the oapl Adjustable Length ROM Knee Brace and Thusane ROM-R Recovery.



oapl
Adjustable
Length ROM
Knee



Thusane
ROM-R
Recovery

BEST SELLERS - Freeze Sleeve

The Freeze Sleeve provides 360° cold or hot therapy, offering relief for muscles and joints in areas like the wrist, elbow, knee, hamstring, calf, and ankle.

Activforce 2 Digital Muscle Tester

Activforce revolutionises patient care with a portable, data-driven system for Muscle Force and Range of Motion testing. The Activforce System includes a dynamometer and inclinometer with adjustable attachments, allowing tests to be configured through the app and reports accessed on the web dashboard. Affordable and effective for optimising physical therapy outcomes.



Freeze Sleeve



Activforce 2 Digital
Muscle Tester

Our Partners:



NEW PRODUCT

BIMS™ Digital 5-Position Grip Dynamometers - from \$350.00

- Force is measured using load-cell digital technology that gives more accurate, repeatable, consistent measurements
- No hydraulic oil is used to measure force, eliminating the risk of oil leakage and decalibration
- Resetting of max results is digital; standard hydraulic reset knobs are prone to breaking
- LCD screen makes results easy to read
- Saves time by calculating mean, SD, COV, and other statistics on the device



View online



PHYSICAL THERAPY PRODUCTS

Gel Mate® CLEAR Silicone Gel Sheet for Scar Tissue Management - \$54.00

- Medical grade Gel Mate silicone gel sheets protect and hydrate scars to facilitate healing for softer, flatter scars
- Sheet is 4" x 6" (10 cm x 15 cm)



Dermal Scar Treatment Silicone Gel - \$23.50

Innovative scar treatment with Silicone+ technology, antioxidants, and precise applicator for softer, flattened scars with reduced redness.



Aspen Evergreen SI Belt - 15% off

Enhances back, hip, and leg strength, reducing injury risk. SlickTrack system offers compression, non-slip design aids comfort.



Aspen Lumbar Support - 15% off

Blends inelastic design with elasticity for a tailored fit, offering effective low back pain relief.





RESEARCH - Did you know that “When considering occupational factors, a work-related activity involving repetitive, forceful, or stressful manual work is not an established direct cause of De Quervain’s Tenosynovitis?”

This review aims to evaluate the current literature surrounding the risk factors which were divided into the anatomical, patient, and occupational factors associated with De Quervain’s.

Ramchandani, J, Thakker, A & Tharmaraja, T 2022, ‘Time to Reconsider Occupation Induced De Quervain’s Tenosynovitis: An Updated Review of Risk Factors’, Orthopedic Reviews, vol. 14, no. 4.



DE QUERVAIN’S TENOSYNOVITIS

EDUCATION - What is De Quervain’s Tenosynovitis?

De Quervain’s Tenosynovitis is a common injury marked by pain due to tendon inflammation in the first dorsal compartment and can be diagnosed through clinical tests. Treatment options encompass splinting, corticosteroid injections, and surgery for severe cases. Early recognition and intervention in this degenerative condition lead to favorable patient outcomes.

Allbrook, V 2019, ‘The side of my wrist hurts’ De Quervain’s tenosynovitis’, Australian Journal of General Practice vol. 48, no. 11, pp. 753-756

De Quervain’s Trivia

The Swiss surgeon Fritz de Quervain was the first to describe the inflammation of the tendons of the first dorsal compartment of the wrist, in 1895.

How to treat De Quervain’s Tenosynovitis

Numerous therapy techniques have proven effective in managing De Quervain’s tenosynovitis.



Thermoplastic splint ‘Off the shelf’ splint Taping



Our Partners:



BACK IN STOCK

Med Spec Tripod Wrist Lacer - \$31.50

After overcoming several years of supply chain challenges associated with the Med Spec Tripod Wrist Lacer, we are pleased to announce that we have all sizes back in stock.

Restrains radial-ulnar deviation, controls flexion, features dual lace closure for easy application, adjustable thumb strap, and enhances patient compliance with moisture-evaporating materials.



HAND THERAPY PRODUCTS

Strapit KTape - from \$12.00

Features a low-allergy, latex-free, and zinc-oxide-free adhesive. Available in:

- 50mm x 5m
- 50mm x 31.5m
- 50mm mixed pack of 12
- 100mm x 5m



Strapit Active V2 Tape - from \$13.00

Waterproof, memory fabric deloading tape with low-allergy adhesive for versatile and comfortable use.

Available in:

- 50mm
- 75mm
- 100mm



Strapit Advance KTape - from \$13.00

Premium waterproof and durable KTAPE with strong, sweat-resistant, hypoallergenic adhesive, making it the top choice for performance kinesiology tape in Australia.

Available in:

- 50mm x 5m
- 50mm x 31.5m



Futuro Night Wrist - 10% off

Relieve night hand and wrist pain with cushioning beads, promoting neutral position for comfort and support.



Ryno Lacer II Short - \$40.00

Short thumb spica splint with removable stays, moisture-wicking liner, and memory foam padding for De Quervain’s Tendonitis treatment.



North Coast Mini Vibrator - 20% off

Recommended for scar massage, desensitisation, muscle stimulation, and sensory re-education. Three natural silicone heads massage small muscle areas.



Digiflex Hand Exerciser - 20% off

Enhances finger strength, flexibility, and coordination. Five resistances, use buttons individually or entire unit.



PODIATRY

RESEARCH - Did you know that “using bacterial-binding wound dressings that act in a physical manner (for example, DACC-coated dressings) as an alternative approach to preventing and/or treating infection in both acute and hard-to-heal wounds does not exacerbate AMR and supports AMS?”

Rippon, MG, Rogers, AA & Ousey, K 2021, 'Antimicrobial stewardship strategies in wound care: evidence to support the use of dialkylcarbamoyl chloride (DACC)-coated wound dressings', Journal of Wound Care, vol. 30, no. 4, pp. 284-296.



To read more

EDUCATION - What is Antimicrobial Resistance (AMR) and Antimicrobial Stewardship (AMS)?

Antimicrobial Resistance (AMR) occurs when microbes no longer respond to medicines, posing challenges in treating infections and increasing the risks of severe illness and mortality. Contributing factors include overuse of medicines and inadequate access to sanitation. Antimicrobial Stewardship (AMS) is crucial in the fight against AMR, with specialised dressings as potential tools to reduce antibiotic usage in wound management. AMS promotes antibiotic alternatives in managing wound infections across healthcare settings.

Fleming-Dutra, KE, Hersh, AL & Shapiro, DJ 2016, 'Prevalence of Inappropriate Antibiotic Prescriptions Among US Ambulatory Care Visits, 2010-2011', JAMA, vol. 315, no. 17, p. 1864.

What OPC Health Offers?

OPC Health offers a wide range of top-quality wound care products from industry leaders. With over 20 years of experience, our team is ready to assist you in using these products effectively.

Smith+Nephew

essity

convatec
— forever caring —

Mölnlycke®

Our Partners:



BACK IN STOCK

Susol Wound Management Packs - \$194.00

The Susol Wound Management Pack is now available and provides the ideal solution for the mobile practitioner requiring wound management instrumentation on the go.

Kit Includes:

- Disposable No.3 Scalpel Handle with No.15 Blade
- P/H Iris Scissors Fine Point Curved 12cm
- Adson Dissecting Forceps Serrated 13cm
- Micro Curette Double Ended with Hole
- Wound Depth Gauge



Box of
- 10 -

Product Code: WOUNDPACK

PODIATRY PRODUCT

Bailey Susol Sterile Podiatry Sets - \$155.00

Bailey Susol sterile podiatry sets offer precision and hygiene, enhancing podiatric procedures with sterile, reliable instruments for optimal patient care.

Kit Includes:

- General Purpose Nipper
- Blacks File
- Scalpel Handle No3
- Plastic Handled Dressing Scissor
- Double Sided Disposable Foot Dresser (Fine and Medium)



Box of
- 10 -

Product Code: BA-BSDP-01A



COMPRESSION

RESEARCH - Did you know that “the perioperative and posttraumatic swelling at the lower extremity can be positively affected by the Negative Pressure Treatment within the first days? The preoperative duration until surgical intervention was decreased. The postoperative stage of wound and soft tissue swelling was reduced.”



Find out more

Negative pressure treatment for pre- and postoperative lower extremity edema | LymphaTouch® n.d., viewed 6 December 2023, <<https://lymphatouch.com/reference/negative-pressure-treatment-for-pre-and-postoperative-lower-extremity-edema/>>.

LYMPHA TOUCH

EDUCATION

LymphaTouch is a medical device with clinically proven benefits in a variety of therapeutic areas. The versatile tool supports manual therapy, enabling an effective solution for rehabilitation.

It is used worldwide by physiotherapists, lymphoedema therapists, OTs, chiropractors, massage therapists, nurses, and doctors.

LymphaTouch aids in the following:

- Oedema management
- Scar therapy
- Suitable for sensitive clients due to its pleasant lifting effect
- Soft tissue mobilisation
- Pain Management

BEST SELLERS - Juzo Classic Seamless Range

Juzo Classic Seamless range is a very popular range with lymphoedema therapists. It is a seamless flat-knit garment that has thin stable fabric and is smooth, comfortable and breathable.

The special high-tech knitting technique offers ribbed channels in the fingers/toes and wrist area to aid lymph flow. The borders at the fingers/toes and top are particularly soft and flexible.

Available in many different styles:

- HDA gauntlet
- CGA sleeve
- AGO sleeve with knitted-on glove
- FT/FTM shorts (women/men)
- BT leggings
- HFA glove
- AGA sleeve with knitted-on gauntlet
- ZE toe portion
- CT capri pants



Find out more

The shorts, capri and leggings are particularly popular with lipoedema clients as they offer compression in the panty section and the seamless soft fabric is very comfortable on their sensitive skin.

Our Partners:



NEW PRODUCT

LymphaTouch Pro

LymphaTouch has just launched a new model - the LymphaTouch Pro! This model has been designed with professionals in mind to withstand heavy use in a clinical setting. It can achieve 400mmHg and includes many ready-to-use treatment programmes.



Find out more



COMING SOON

Mobiderm

Mobiderm is a versatile care system for treating oedema, effective for various types. It stimulates lymphatic vessels, reducing swelling, and offers benefits like easy use and cost-effectiveness. Unlike traditional compression, it stimulates initial lymphatics, removing lymph load. Its unique mechanism involves creating a pressure differential and utilizing muscle volume variation.



COMPRESSION PRODUCTS

Oedema can develop in a hand or arm post injury such as a sprain or ligament tear and post operatively from surgeries for conditions such as carpal tunnel and ORIF. If oedema is present and prolonged it can reduce mobilisation of the hand and wrist and slow recovery. Applying compression to the limb can help reduce the oedema and therefore improve recovery.

OPC Health has a range of products available to help:

- Juzo PrimeScar long glove
- TheraFirm Ease sleeve
- TheraFirm Ease glove
- Classic seamless glove
- Juzo Signature print series
- Bella Lite sleeve
- Bella Lite glove



COMPRESSION

NEW FROM THERAFIRM

Ease Lymphoedema Sleeve and Gloves

- Super soft, breathable fabric
- Ultra stretchy yarns for ease of don/doffing
- Moisture wicking fibres for coolness and breathability
- True graduated compression
- Available in 20-30mmHg in black and sand

from **\$39⁰⁰**



CoreSport Compression Arm Sleeve

- True graduated compression for better circulation and added support
- Comfort top that stays in place
- Moisture-wicking and anti-microbial fibres
- Stretchy yarns to conform to arm without losing shape
- Available in 15-20mmHg in black and white

from **\$29⁰⁰**



TheraSport Recovery and Performance Leg sleeve

- True graduated compression to improve circulation, reduce fatigue and speed post-workout recovery
- Non-binding 1 inch comfort band
- High tech moisture wicking fibres
- Footless design to wear with any socks
- Recovery sleeves are available in CCL1
- Performance sleeves are available in CCL2
- Both available in 5 colours

from **\$35⁰⁰**



Our Partners:



Contact Us

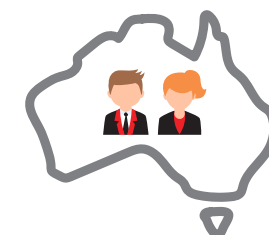
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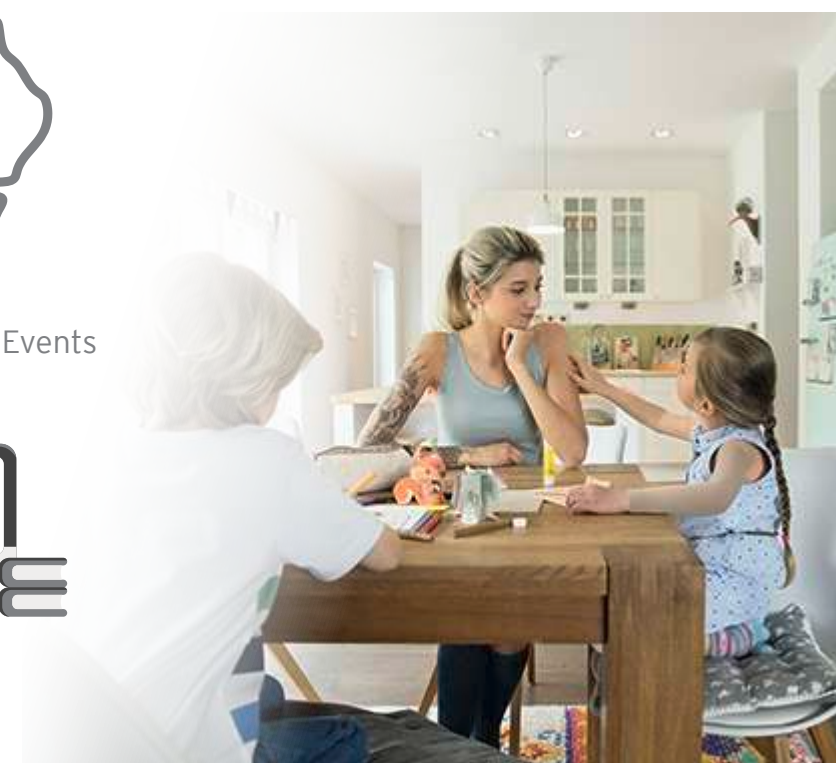
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