

## SITE PROFILE



# Full Circle Hand Therapy (Previously Janet Dindler Physiotherapy)

207 Fullarton Road, Eastwood SA 5063

Ph: (08) 8271 8007 Fax: (08) 8373 3702

[www.fullcirclehandtherapy.com.au](http://www.fullcirclehandtherapy.com.au)

Full Circle Hand Therapy is the new name in 2018 as FCHT but was Janet Dindler Physio for many years before now!

We are continuing to provide hand therapy services within a private physiotherapy clinic where we ensure that through cross referrals, a holistic approach is taken to managing musculoskeletal injuries. Our referral base includes local GP's, sports medicine doctors, surgeons, allied health practitioners and members of the community who know and trust our service. The diversity of our practice ensures we are kept on our toes clinically, and constantly stretching our clinical knowledge to ensure the best outcomes for our

patients.

Together, Janet and Charlotte are managing the trials and challenges of 2018, and balancing these with the high's! Private practice is ever challenging, but also exciting and a great way to learn a whole new set of skills.

Favourite hand therapy things:

The new printed splint material from Manosplint is one of our favourite things – certainly keeping our younger clients entertained!

The AHTA Google Groups – keeping us all connected and sharing knowledge to problem solve as a group. Fantastic!

Flexbars & eccentric strengthening,

the ongoing research supporting the eccentric movement for overuse injuries continues to grow.

Orfit Tubes – loving these little clear little tubes for hand based extension outriggers for a long time. Keeping things low profile, light & looking like our work comes from outer space.

**Things that have changed in my time (Janet)**

1. I predate thermoplastics and the early ones did not have a memory and just stretched to become ineffective if reheated.

2. Flexor tendons: There used to be many of them but were 2-strand repairs and not to be moved actively for 6 weeks. Kleinert's traction with

| NAME           | QUALIFICATIONS                      | LIKES   | DISLIKES  |
|----------------|-------------------------------------|---|---|
| Charlotte Nash | B.App.Sci (OT)<br>AHT<br>CHT (USA). | Close working relationship with our team of Physios within the practice to ensure we are treating the whole person. Being able to encourage people to attend hydrotherapy is fantastic too!<br><br>Nifty and innovative braces/splints/ gadgets that help our patients - wrist widgets, push braces, capener splints, so ingenious and functional<br><br>Meeting everyone in Adelaide and exploring a new city. Seeing everyone at the SIG meetings has been great! | I'm still scared of our sewing machine, it's amazing - but I think I will need to see a hand therapist by the end of the year!<br><br>Thermosplastic that thinks it is actually chewing gum = splinting nightmare<br><br>Paperwork - whether it's online or actual paper. It's all painful! |
| Janet Dindler  | AUA Dip Phys<br>AHTA Life Member    |   | Moving heavy industrial sewing machine  |

hooks glued to nails, fishing line and rubber bands, to allow tendon glide by active extension against the resistance of the band to the limit set by the splint, followed by passive flexion by the rubber band on relaxation of active extension. The splint was in wrist flexion. Active motion protocols are bliss by comparison.

3. Neuroplasticity and the use of mirrors. A whole exciting new frontier for the painful or nerve damaged

hand.

4. PIP joint replacements are now mostly satisfactory in outcome but I remember early ones that hyperextended and stayed there, never to flex again!

Janet Dindler: Things that have gone that I miss

1. A thermoplastic called Caraform that was sold in a long roll a foot wide and was very thin and had gauze in it which made it absolutely rigid

when cold. Great for very small finger splints(DIY Oval 8's) and a thumb CMC splint that I designed using a rolled piece of Caraform but could never make satisfactorily from any other material.

2. Stellate Ganglion blocks for hot red shiny CRPS/RSD. I think they really helped a lot of my patients in the early stages of CRPS, which we called Reflex Sympathetic Dystrophy. Not so effective for the "woody" cooler hands.

What I will miss having sold my practice is patients and their stories.

'Keep calm and carry on!' has been our motto for 2018 - it has been a tumultuous start to the year here, with Charlotte's daughter, Zoë, being diagnosed with Leukaemia just as they relocated from Brisbane & embarked on running a private practice. We wanted to take the opportunity to say thank you to the hand therapy community – the support everyone has provided, the kind words, thoughts and long distance hugs has been amazing. As a practice, we continue to ensure that every patient is 'in good hands' when they see us, by providing excellent care and therapy and continuing to service the community that has supported us.



Above left: Charlotte Nash (left) and Janet Dindler (right) of Full Circle Hand Therapy  
Below l-r: Flexbar, Manosplint and Orfit Tubes

