



# Inside APC...

Issue No: 3 - February 2009

"eNewsletter from APC Prosthetics"



## Welcome to our February newsletter featuring Cosmetics.

*Welcome to our third newsletter. I hope you enjoyed an insight into Richard Curby, one of APC founding partners and his thoughts on what's new in upper prosthetics.*

*This newsletter introduces David Bradley or "Mr B" as he is affectionately known at APC. In 10 years Mr B has become our chief technician and a valued member of Team APC. He is constantly striving to not only maintain but to increase the quality and range of services we can provide to our clients and his most recent focus on improving cosmetics.*

*On a different note I am extremely proud to announce that Ms Amy Emons one of our Clinical Prosthetists has been awarded Best Short Paper titled "Heterotopic ossification in the amputee population" at the recent ISPO 2008 Annual Scientific Meeting in Adelaide. I personally found her presentation fascinating from a professional perspective; I also know how much time she spent on researching and preparing this paper including collaboration with her peers overseas. Congratulations Amy on this outstanding achievement.*

**David Howells APC Prosthetics**

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### Inside This Issue

Team Profile: David Bradley

Focus Technology: Cosmetic Covers

Topic: Super Skin

News:

\* Amy receives Award

\* Northmead's New Entrance.

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## Team Profile – David Bradley

### What is new in your life?

I'm just back from Ireland after spending a very cold Christmas with my family. It was great to catch up with relatives and friends, as well as my nieces and 6 month old nephew Sean who I got to meet for the first time.

Before all that I spent most of last year preparing my girlfriend for her driving test. She passed first time so we will just have to find something new to fight about!

### What do you get up to outside of work?

Being Irish I like to get out to some of the Irish pubs to hear some live music or I'm happy enough going out for dinner or a movie. I also enjoy getting to the gym a couple of times a week and occasionally playing some tennis or getting out on the bike.

### How long have you been involved in Prosthetics and Orthotics?

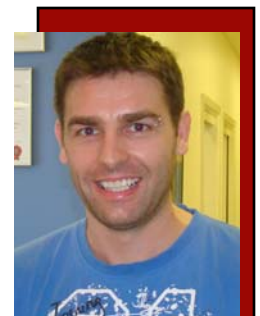
I started working at IDS in Dublin Ireland in 1995, where they trained me on the job. In 1999, I started at APC Prosthetics as their very first employee. In 2000 my 1 year visa had run out so I returned to Ireland for 6 months while a new visa was being arranged. From June 2000 I have been working at APC fulltime – hard to believe it is getting up to 10 years now!

### What do you enjoy about prosthetics?

Probably the wide variety and the challenging type's prosthetic limbs we fabricate. Every day is different when you are working with prosthetics – great for us technicians as we never get bored, from the cast all the way through to the finished product.

### What do you see the future bringing?

I have only been working in this industry for the past 13 years but in that time I have seen a lot of amazing new products like the CLEG knee, ILIMB hand, and PROPRIO foot. I think in the next 5 to 10 years prosthetics will change dramatically for the better in both lower and upper limb prosthetics.



## Technology Focus: "Cosmetic Covers"

Achieving a natural looking cosmetic cover on a prosthesis can be a highly individualized and challenging process. Body shape, skin colour and pigmentation vary greatly between each person. Also, each patient has different requirements and expectations when it comes to the appearance of their prosthesis.

These days most prostheses are covered with medium density foam, which is shaped to the desired contours. Finally, cosmetic stockings are applied over this cover. Unfortunately, this method has considerable limitations in terms of customizing the cosmetic cover as exact skin colour matching and detailing are not possible.

Recent developments and the application of materials such as silicone and polyurethane now allow life-like cosmetic finishes. These materials can be employed to achieve the desired look and can also improve the function and longevity of the prosthesis. There are many different ways to customize a cosmetic cover and the level of detail can be determined by each patient to match their requirements. This can range from Super-Skins with colour matching and detailing (such as freckles and hair) over extremely durable PVC covers, to high-end silicone covers with acrylic nails and high resolution skin pigmentation.

Many of our patients who chose a customized cosmetic cover found that it enhanced their quality of life, as they are now less apprehensive about "showing off" their prosthesis. They feel more comfortable wearing skirts or shorts, which also increased their overall comfort levels in the sometimes hot Australian climate.

If you would like to learn more about cosmetic finishing options, please talk with your Prosthetist at your next visit to APC prosthetics.



## Super skin – The patient's choice.

David Bradley talks about the latest development in cosmesis.



Many patients, especially younger patients who are starting to get into the social scene, can sometimes feel self-conscious about the appearance of their prosthetic limbs. They may feel insecure about wearing shorts or skirts in public which in summer months can be quite restrictive.

As a result of this feedback from patients, we have spent a lot of time researching one of the newest developments in cosmesis, which is very effective in mimicking the appearance of a real limb and enables patients to feel at ease with their prosthesis.

I was fortunate enough to spend some time in Melbourne learning the skills to be able to introduce this product into the APC range.

To achieve a life like finish, the limb is spray-coated with a special liquid polyurethane plastic which is called a Super Skin coating. The applied coating is stretchable, splash water repellent, UV resistant and is more dirt resistant – making the end product more durable.

The super skin coating is specially matched to the patient's skin colour, using different colour tones to create the right pigment and add freckles, veins and even hair.

This product is fast becoming a popular choice with patients who have been very pleased with the results. If you would like more information about the Super Skin, feel free to ask for a product demo leg and we are more than happy to talk you through the process.

# Latest News



## Amy honored at ISPO 2008 Annual Scientific Meeting in Adelaide

Amy Emons Clinical Prosthetist at APC Prosthetics Northmead recently received the Best Short Paper Award for her presentation titled "*Heterotopic ossification in the amputee population*"

Congratulations Amy!



## Slide on in to APC

Next time you visit APC Prosthetics at Northmead you will notice we have recently installed new automatic sliding doors to the entrance.

We know this will make entry to the APC practice easier than ever before.



## **"Changed your Contact Details?"**

If you have changed address or telephone number please contact APC Prosthetics so we can update our records.

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