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Welcome to our 14th edition of Inside APC.

With the Christmas season just around the corner, we know that you will be getting busier! So, thanks for taking a few minutes out of your schedule to catch up on all that has been happening in and around APC.

This month we very pleased to introduce you to one of the stalwarts of the Hunter Team, Ann Walker; as well as reporting back on a couple of "launches" that have gone on around Australia – the new Microprocessor Knee called the Genium & StarAmp Global; you will also hear from Gerard Cushan, who was involved with this years 420 km Zoo2Zoo ride.

We hope that you enjoy this latest edition of Inside APC!

Cheers Fiona

PS Please feel free to let us know what you think about "Inside APC" - we love to hear your feedback. Simply send your thoughts or ideas for articles to editor@apcprosthetics.com.au

Team Profile: Ann Walker

APC Prosthetics Hunter

What is new in your life?

I am very fortunate to have reached the stage in where I can kick back, smell the roses and enjoy spending time with my two grandchildren.

What do you get up to outside of work?

I love to travel – My husband and I are planning a trip to Canada and the States, as well as planning an extended caravanning tour of Tasmania. I am also an avid gardener, and love to spend time in my veggie garden.

How long have you been involved in Prosthetics and Orthotics?

I have been working in the Prosthetic/Orthotic industry for the past 22 years.

What do you enjoy about prosthetics?

I enjoy the interaction with our patients.

What do you see the future bringing?

The future of prosthetics is very exciting. There have been tremendous developments in the areas of electronic and bionics with the introduction of the C-leg, Myo-electrics and the iLimb hand. Twenty years ago this technology would have seemed beyond the realms of possibility.



I SUPPORT THE NDIS,
It's time to make every Australian count



TAKE ACTION

www.everyaustraliancounts.com.au

APC Prosthetics presents The Genium™ Bionic Prosthetic System

The whole clinical team from APC Sydney & Hunter headed along to ISPO to see (not simply read about) what this new knee can do for you!



- A new prosthetic technology platform beautifully packaged in a slim line design.
- Powered by the most sophisticated prosthetic software that allows instantaneous response to changes in speed and direction, reducing the need for you to think on your feet!
- Designed to mimic the movements and control of your anatomical knee. It is able to use its highly advanced & sophisticated software to enable you to “act rather than react” while going about your everyday activities. Allowing you to easily step over obstacles, change direction and ascend stairs.

Well, that is what we had heard ... what did we actually see

“The first microprocessor knee that is intuitive to the needs of the client. Finally a microprocessor knee that does not require thinking and caution in it's use”

Richard Curby



The Genium™ will provide superior stability and function for a wider range of AK amputees. However it will also require commitment from the client to training and practice in its use to get the best out of it. It's important to realise that The Genium™ will not walk for you and that some effort is still required from the amputee. Its a lovely piece of technology”

Cathy Howells

“The Genium™ is another quantum leap forward for the above-knee amputees – it is the first knee joint to allow ascent of stairs step over step. While it has a lot of new features, for me it's the consistency in being able to respond to every movement the user makes, like it actually has a “brain” inside the knee that thinks for you faster than you can think for yourself. Also, the extended life of the battery, now to 4-5 days, and the fact it puts itself to sleep when not being used, enables conservation of power & extends its battery life. Though it will take a bit more training to be able to utilise its features.”

David Howells



“The Genium™ in action at ISPO



Experience the next Generation

APC Prosthetics presents The Genium™ Bionic Prosthetic System



"The main point with The Genium™ was the overall safety for our clients. Walking on uneven ground, slopes, or stairs and knowing that foot placement or trigger actions are not critical for safety have impressed me."

Ian Robertson



The knee provides greater safety &

After initially seeing The Genium™ and all the hype around it at Leipzig (conference in Germany) I had been eagerly anticipating it's Australian launch. We always knew it was the next big leap in technology but after seeing it in far more detail at ISPO and a training day at Otto Bock I am even more excited. I had not anticipated the huge range of above-knee clients this knee will benefit not only by increasing their function but dramatically increasing their safety. Really exciting stuff."



Cameron Ward

If you would like to know more about what your clinician thought about this new knee – ask them next time you are in at the clinic!

HOW IT WORKS

■ **Battery:** Lithium ion rechargeable battery powers leg for five days

■ **Knee movement sensor:** Detects movements in knee and forces bearing on the leg

■ **Ankle sensor:** Measures ankle movement



■ **Gyroscope, accelerometer and angle sensor:** Detects position, speed and angle of leg to correct its movement

■ **Hydraulics:** When standing still, valves close, locking knee and allowing leg to bear weight

■ **Carbon fibre frame:** Strong and lightweight, the entire prosthetic weighs just 2.9lb

<http://www.dailymail.co.uk/health/article-2059303/Amputee-Michael-Newbury-fitted-Genium-bionic-limb.html>

Please note: The Genium is NOT available under the NSW PLS.



Zoo2Zoo Ride

Gerard Cushman : Taronga Zoo Sydney
to Western Plains Zoo Dubbo



The Zoo2Zoo ride from Taronga Zoo Sydney to Western Plains Zoo Dubbo (<http://www.zoo2zoo.com/page115470.cfm>) is a ride of 420 kilometres that is to raise both funds for the Black Dog Institute (www.blackdoginstitute.org.au) and also awareness of their important work in the areas of Depression and Bipolar Disorder.

The Zoo2Zoo ride has been going since 2006 when 3 friends decided to put "Dubbo on the map" ... the Charity Edition of the Monopoly map! Since then the ride has grown from the 12 riders that set out in 2006 to over 100 riders in 2011.

This year one of those that joined the ride was Gerard Cushman – a transtibial amputee that got back into riding, seriously, in the last few years. He decided to take on the 420kms ...and this is how it went ...



Gerard Cushman

On Friday October 14 at around 6am I left Sydney's Taronga Zoo with 107 other riders on a three day trek to Dubbo's Western Plains Zoo. The main aim was to have some fun and raise both awareness and funds for the Black Dog Institute. The Black Dog Institute is an educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder. The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.

As we departed from the Zoo a few spits of rain were felt. Was this a sign of inclement weather for the day? A country boy through and through, the first big challenge was getting out of the Sydney traffic! The second challenge that I became more apprehensive about, particularly as we got closer and discussion in the group increased, was the climb up Hawkesbury Road past Yellomundi Regional Park. At one stage I was wondering whether I had bitten off more than I could chew! The first part was steep, but once into the switchbacks, I was able to maintain a good rhythm and arrived at the designated food stop at the lookout. I'm sure that the view is spectacular, but the light rain encountered earlier had turned to fog in the mountains. After refuelling, we continued our journey towards Mount Victoria, but this was cut short as the fog really set in, with the Police calling riders off the road at Medlow Bath.

Another 6am start at Mount Victoria and a heavy fog. With the road very slippery after overnight rain, caution was needed for the ride into Lithgow. After a short break in Lithgow, the fog lifted to reveal a great day for cycling. Lunch at Bathurst was well received and definitely needed for the

climb out of this historic city. Many of the riders, myself included, believe this is the toughest of the climbs on the ride. Through Orange and onto our overnight stop in Molong; a welcome sight after a day that covers about 180 kilometres.

The 115 kilometres from Molong to Dubbo is very relaxing on the final day, as the traffic thins and the countryside becomes more familiar. The breakfast provided by a community group at Cumnock displays the country spirit. A relaxing coffee break in Yeoval, which has interesting road side sculptures of all sorts of creatures on bicycles, which help to celebrate its Mulga Bill Festival each year. A fantastic welcome for the riders was provided by the Dubbo community at the entrance to Western Plains Zoo, which was followed by a BBQ and the swapping of many stories.

Well Done Gerard!

While Gerard got to Dubbo, he is still a little off with his donation goal. For those of you that may want to help out and donate to the Black Dog Institute, simply jump on the link: http://www.everydayhero.com.au/gerard_cushman_4

If you would like to share your story in our newsletter, please email us at: editor@apcprosthetics.com.au



Fun & Games @ APC

New iPad for the APC Kids room.

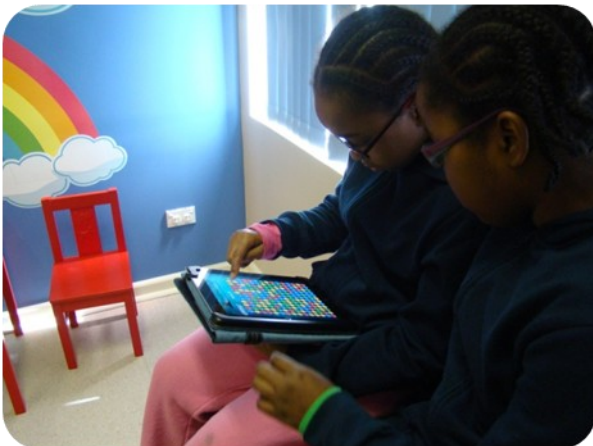
There has been a recent new edition to the kids room at APC Prosthetics courtesy of Shane Bushell and The Amputee Association.

For those that don't already know Shane he is a 39 year old who was involved in a horrific workplace accident which left him with bilateral hip disarticulations and a wrist disarticulation. With so much lost, Shane is a remarkable man who has done far better than anyone including his Prosthetist, could ever have imagined. This is due to his strength, determination, perseverance and above all else his positive attitude.

Shane recently made a huge donation to The Amputee Association of funds raised whilst doing work safety talks for Caltex at the refinery in Kernel. Shane wanted some of this money to go towards amputee children and in particular an iPad for the Kids room at APC Prosthetics.



Shane Bushell presenting the donation to Dave Rothwell & Ken Gower from The Amputee Association of NSW and Cameron Ward, APC Prosthetics



Cameron using the new iPad while having her new prosthesis fitted with her sister Taylor.

We have recently received the iPad, installed a number of games and children's activities on it and have it waiting at reception. The idea behind it is that either amputee children who have an appointment or children of parents who have an appointment can use the iPad whilst they are here.

We all know these appointments can take longer than expected and it has already proved a great way of keeping the younger ones (and sometimes mum and dad!) entertained.

A big thank you to Shane and The Amputee Association of NSW for their generous contribution to the APC Kids room and the enjoyment of children visiting APC Prosthetics.

Christmas – New Year Break

*As the festive season is drawing near we would like to advise that we will be closed from
Thursday 22nd December, 2011*

*& Will Re-Open On
Monday 9th January, 2012*

We Wish You a Merry Christmas & A Happy New Year.

The Management & Staff @ APC Prosthetics






StarAmp Global launched in Melbourne on Thursday October 28th

StarAmp Global is bringing the world of athletes, motivational speakers, & businesses together to inspire, support & develop one another.

With hugs all round from the man-on-the-mic & in front of the new adventure, Don Elgin.



Don Elgin & David Howells



Jack Swift & David Howells

Being a big supporter of the new adventure and having made Don's legs for "years", Dave Howells headed to the launch & caught up with some of the "talent" ... Jack Swift ... You will be seeing him sprinting on the world stage in London next year at the 2012 Paralympics along with ...

Hannah MacDougall ... Who is aiming to be cycling round the velodrome in London ...



Hanna MacDougall & David Howells

To find out more about this new & exciting adventure from some of our past & present Paralympic athletes, jump on to www.starampglobal.com and see where they will take you!

Save the date for the Kids Teen Camp



**Calling all Teens with an Amputation
we are heading back to Cobbitty, NSW!**

Make sure that if you are aged between 12- 19 that you keep the 9-11th of March 2012 marked out to join in at the activities & events that will be the "Amputee Youth Camp" of the year!

**9th - 11th March 2012
Teen Ranch, Cobbitty
(near Camden, Western Sydney.)**

**For more information & application forms visit
www.amputeesnsw.org.au**

Or phone 02 9890 0949 or Toll free 1800 810 969

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