

Adelaide Hand & Upper Limb Physiotherapy



Helen Burfield has over 30 years experience as a Physiotherapist and completed her Post Graduate Diploma in Hand and Upper Limb Rehabilitation in 1997. She is a principal physiotherapist at Adelaide Sports Physiotherapy.

Helen is a full member and past president of the Australian Hand Therapy Association and a member of the Australian Physiotherapy Association.



Adelaide Hand & Upper Limb
Physiotherapy



Helen Burfield

Hand and Upper Limb Physiotherapist

B.App.Sc. (Physiotherapy) Post Grad.Dip. Upper Limb and Hand Rehabilitation

70 South Terrace Adelaide SA 5000 **T** 8211 8002 **F** 8231 3969
439 Fullarton Road Highgate SA 5063 **T** 8271 8622

E hburfield@sasmc.com.au

W www.sasmc.com.au to book online





At Adelaide Hand and Upper Limb Physiotherapy we treat all conditions of the upper quadrant.

This includes neck, upper back, shoulder, elbow, wrist and hand conditions.

Conditions treated

- Hand:**
- ▶ fractures
 - ▶ trigger finger
 - ▶ mallet finger
 - ▶ tendon injuries / repairs
 - ▶ arthritis base of thumb or hand
 - ▶ carpal tunnel or other nerve compressions
- Wrist:**
- ▶ De Quervain's tenosynovitis
 - ▶ Scaphoid fractures
 - ▶ instabilities (scapho-lunate, mid carpal)
 - ▶ other carpal, radial or ulna fractures
 - ▶ TFCC injury / surgery
- Elbow:**
- ▶ tennis elbow (extensor tendinosis)
 - ▶ golfer's elbow (flexor tendinosis)
 - ▶ arthritis
 - ▶ instability
 - ▶ fractures
 - ▶ ulnar nerve compression
- Shoulder:**
- ▶ arthritis
 - ▶ Impingement / bursitis
 - ▶ Instability
 - ▶ Rotator cuff injury / repair
 - ▶ fractures
 - ▶ A/C joint injuries
- Cervical and Thoracic**
- ▶ cervical dysfunction
 - ▶ thoracic outlet syndrome
 - ▶ whiplash
 - ▶ headaches

Our treatment always consists of a thorough assessment of the problem, devising an appropriate treatment plan along with hands on treatment.

Treatment may include:

- ▶ Hands on treatment, muscle releases, stretches, mobilisation, trigger point therapy, electrotherapy or dry needling.
- ▶ Exercise prescription for stretching, strengthening and stability including an exercise plan for home, our gym, your gym or pool.
- ▶ Wound care, scar management, sensory re-education and desensitisation.
- ▶ Splints, braces or orthoses will be provided as needed. These may be custom made from thermoplastic, neoprene, lycra or leather or prefabricated splints.
- ▶ Ergonomic advice for work or home office / computer as well as advice on activities of daily living and devices available to assist.

