



Spring 10



**WELCOME TO The Horder Centre Spring newsletter. Although Spring has been slow coming this year, the Centre has been busier than ever with many new and exciting services now in full bloom.**

We are thrilled to announce that our new Horder Centre Physiotherapy Service has been launched.

Led by our highly qualified team of Chartered Physiotherapists, The Horder Centre Physiotherapy Service offers the most up to date treatments for a wide range of conditions in a superb new private clinic here at the Centre. (See page 3)

The Physiotherapy Service is another fantastic boost to the Centre's offer for patients of all ages, and until the end of May, 2010, patients referred to the Physiotherapy Service can enjoy a 15% discount on treatment.

In our drive to improve accessibility at the Centre, we have also launched our new and completely redesigned website.

The site makes it far easier for users, including GPs, to locate what they are looking for, whether it be the services we offer, details about the consultants who work here, how to book treatment through NHS Choose and Book, or latest news.

The website clearly identifies the core values of The Horder Centre such as our warmth, cleanliness and efficiency, and highlights our unique position here in the Ashdown Forest, where we provide a tranquil setting with modern facilities and plenty of parking.

Our multi-million pound redevelopment programme is starting to take shape and much of the enabling work is now complete for phase 1, to create a new reception and out patient area. We are guided at every stage by our planning team and biodiversity issues to protect local wildlife have caused some minor delays.

As a General Election approaches, the NHS will as usual be a vote-winning battleground for all parties. Whoever is in power after May, there are bound to be new pressures facing us all, but we are confident The Horder Centre is doing all it can to meet new challenges and continue to make a difference to our patients.

I hope to see many of you at our annual fund-raising Spring Fair on May 8 at the Centre.

**Diane Thomas**  
Chief Executive, The Horder Centre

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## New Horder Centre website is launched

**THE HORDER CENTRE has officially unveiled its new website with improved accessibility for users and lots of useful information for prospective patients and GPs.**

Key features of the website include links to information on procedures and services offered at the Centre, details of the Centre's consultants and advice on how to be referred to us, either through the NHS or privately.

Visitors to the site can also follow clear directions on ways to support the centre and how to donate, and catch up on our latest news.

Diane Thomas, Chief Executive of The Horder Centre, said: *"The new site is extremely easy to use and greatly improves visitors' ability to find key*

*information on what we do, and how we make a difference.*

*"The website is a great boost for the Centre in that it offers increased accessibility for both patients and GPs and other health professionals.*

*"We will continue to develop the site in the coming months so look out for new features."*

The Centre's web design partner i-Zimbra has created clear channel buttons on the homepage to direct different groups of visitors such as patients and GPs to the most relevant parts of the website.

The website may be new and improved but our address remains the same - **www.hordercentre.co.uk**

**Why not log on and see for yourself!**

## Waiting times exceeded once again

**THE HORDER CENTRE has maintained its superb record for exceeding the Government's waiting time targets for treatment.**

New figures for January and February this year show the Centre treated an average of 97% of patients - 520 in total - within 18 weeks of referral, well above the Government target of 90%.

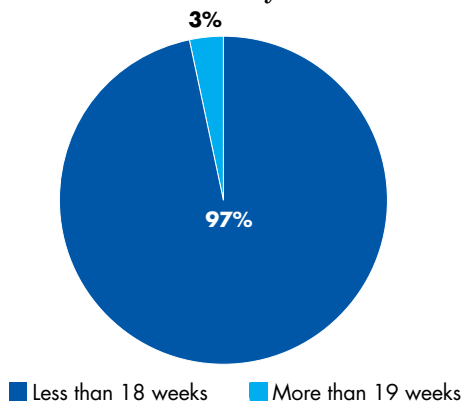
This compares to an average of 94% at the Centre between January and August 2009.

Alison Green, Information Manager at The Horder Centre, said: *"After a very strong performance in 2009, we are thrilled to start 2010 with the same record of greatly exceeding the national minimum waiting time target.*

*"As the Centre's major capital redevelopment programme progresses,*

*we will be delivering many new benefits to patients at the Centre, including improvements to patient accommodation, but we remain fully committed to maintaining our waiting time performance. We see this as a key priority."*

**Average figures for January to February 2010**



## Redevelopment work well under way

**WORK ON THE Centre's multi-million pound redevelopment scheme is progressing well.**

Since the plans were approved by the Local Planning Authority in January, the Centre's team of Consultants have been busy preparing hard and soft landscaping plans, an aboriginal survey and a wildlife management plan.

Phase 1 of the scheme involving initial enabling work and improvements to the outpatients area is well under way.

Refurbished treatment rooms are now in use, the outpatient area has been enlarged and new entrance doors for MRI Patients are due to be installed shortly.

Building work on a new access road and improved parking will also start shortly while in the summer, a new physiotherapy gym and a new main reception with coffee lounge will be installed.

Phase 1 of the scheme also includes 16 new en-suite bedrooms on Dufferin ward, work on which will begin in September. A new corridor and lift will be installed in June 2010 to create a new plant room on the lower ground floor and access to Dufferin Suite, including the new bedrooms.

Diane Thomas, Chief Executive of The Horder Centre, said: *"We are delighted that work on the redevelopment scheme is well under way.*

*"We are working hard to keep disruption to a minimum as the work continues, and I would like to thank patients and their relatives for their on-going understanding.*

*"The scheme will deliver major improvements to the Centre, allowing us to maintain and enhance the services we provide well into the future."*

Phase 2 of the scheme, to start in 2011, will include the relocation of Pharmacy to the Dufferin Suite, alterations and improvements to the Centre's diagnostics facilities and the creation of a new admissions and day care lounge, known as the Cilla unit.

# New physiotherapy service launches at The Horder Centre

*Private clinic offers the very latest in physio treatments*

**THE HORDER CENTRE is thrilled to announce the launch of its new Physiotherapy Service, offering the very latest treatments in superb new surroundings.**

The Horder Centre Physiotherapy Service is a brand new and dynamic clinic set up to treat a wide range of musculoskeletal and orthopaedic conditions such as:

- Sports injuries
- Back and neck problems
- Shoulder, arm, wrist or hand problems
- Hip, knee, ankle and foot problems
- Arthritis
- Post operative surgery
- Postural problems
- Muscle and joint problems

Patients who visit the clinic are first assessed by highly qualified physiotherapists to diagnose any issues and are given advice on how to avoid further problems.

A competitively priced and effective treatment plan is then worked out that takes into account lifestyle, leisure activities and general health.

All of our Physiotherapists are Members of the Chartered Society of Physiotherapy (MCSP) and registered with the Health Professions Council (HPC).

The clinic offers a number of leading and affordable treatments including:

- Sports injury rehabilitation
- Joint mobilisation
- Electrotherapy (ultrasound, interferential and Laser)
- Sports and therapeutic massage
- Acupuncture for pain relief
- Spinal core stability retraining, incorporating classwork and 1-1
  - Traditional Pilates
  - Modified Pilates for low back pain
- Exercise class for knee pain associated with arthritis

- Postural education
- Corrective exercise
- Post operative rehabilitation

Karen Planterose, Director of Operations at The Horder Centre, said:

*"The new Physiotherapy Service is a modern and dynamic facility that brings the latest techniques to The Horder Centre, allowing us to treat a wide range of conditions.*

*"As part of our redevelopment programme, the Service will soon offer a superb new physiotherapy gym, which will boost our sports physiotherapy support even further."*

To book an appointment please call our bookings team direct on  
**01892 600815.**

## Put the spring back in your step

...with The Horder Centre Physiotherapy Service

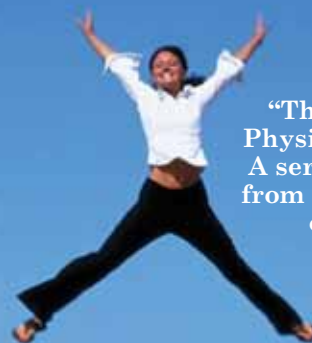
Our affordably priced service offers effective treatment and relief for a wide range of musculoskeletal and orthopaedic conditions.

For more information and to book an appointment please call our bookings team direct on

**01892 600815** or visit  
**[www.hordercentre.co.uk](http://www.hordercentre.co.uk)**

The Horder Centre, St John's Road,  
Crowborough, East Sussex, TN6 1XP

**15%**  
discount until  
the end of  
May 2010



*"The Horder Centre Physiotherapy Service - A service you can trust from a renowned centre of excellence"*

# Rugby stars are back on the ball

**FOR RUGBY STARS Matt Pysden and Steve Clarke, serious injuries threatened to end their playing careers.**

Matt, Captain of Eastbourne Rugby Club, and first team player Steve, both suffered injuries which required surgery and were referred to The Horder Centre for treatment.

Now they are well on the road to recovery, with Steve back in regular first team action and Matt hoping to return to the pitch soon.

Matt, 27, had to have his wrist pinned and wired following an injury on the field. The operation was carried out by Consultant James Nicholl at the Horder Centre.

Both players are having on-going physiotherapy from Hannah Cottingham, Physiotherapy Team Lead at the rugby club and Senior Musculoskeletal and Sports Physiotherapist at The Horder Centre.

Matt said: *"My treatment at The Horder Centre was superb and thanks to all the staff my wrist is almost fully recovered. There was some concern I may not play again but I am now looking forward to getting back on the pitch. Having on-going physio has been such an important part of my recovery, and Hannah has been superb."*

Steve, 30, an exercise therapist, suffered a torn ligament in his ankle during a training injury at the rugby club. He underwent a reconstruction operation at The Horder Centre, carried out by Consultant Andrew Skyrme, and like Matt, has on-going physio with Hannah.

Steve has now resumed his position as full back in the club's first team. He said: *"At first I didn't realise how bad my injury was but the ligament was badly torn. Without my treatment at The Horder Centre, and the following physio, I may not have played again, so I am so grateful to all the guys at The Horder Centre."*

Karen Planterose, Director of Operations at The Horder Centre, said: *"To hear that Matt and Steve have made excellent recoveries from serious sporting injury is great news, and highlights*

*the ability of The Horder Centre to treat all ages of patients. We wish Matt, Steve and everyone at the rugby club good luck with the rest of the season."*



Matt Pysden, left, Hannah Cottingham, centre, and Steve Clarke back on the ball



Captain David Owen makes his parachute jump

## High-flying David plans his next jump!

RETIRED ARMY CAPTAIN David Owen, who raised thousands of pounds by making a parachute jump aged 80, is back to his best thanks to The Horder Centre.

Captain Owen made his amazing jump in aid of the Soldiers, Sailors, Airmen and Families Association (SSAFA) and Help for Heroes (H4H) despite suffering with severe pains in his knee.

Soon after the jump, he decided to visit his GP as walking and exercising was becoming harder. He was referred to The Horder Centre where he underwent a full knee replacement.

Now Captain Owen, from Steyning, West Sussex, is looking for new ways to help raise money for the armed forces and has not ruled out a second parachute jump.

He said: *"Before the operation, I had not been able to walk up and down stairs with one foot after the other for 10 years. My knee was becoming more and more painful and although I still managed to complete the parachute jump, I went to my GP for his opinion."*

*"I was advised to visit The Horder Centre. My experience there was amazing. The staff were very friendly and professional. I have already recommended it to others and had no idea I could be treated there under the NHS."*

Captain Owen made a speedy recovery following his surgery thanks to The Horder Centre's physiotherapy team and has returned to normal life, walking on the South Downs and gardening at his holiday house in France.

He said: *"Within three weeks back home I had thrown away my sticks, could walk a mile to the shops and back, and I could walk up and down stairs as naturally as my children, although not quite as fast! I had made a tandem jump to raise money for Help For Heroes a year earlier and now perhaps even at 80 I could make a solo jump."*

So far, Captain Owen's parachute jump has raised a staggering £37,343 and has helped pay for two people carrier cars, donated to two separate SSAFA centres.

Diane Thomas, Chief Executive of The Horder Centre, said: *"Captain Owen's determination to help raise much-needed funds for our armed forces is truly inspiring. We are delighted to have helped him get back to full fitness and hope he continues to stay active, even at 10,000 feet! Helping people like Captain Owen regain their independence is exactly what The Horder Centre strives to achieve."*

# Educational Events currently planned for GPs and other Allied Health Professionals

## 1. Date: Tuesday 27th April 2010

**Topic:** Orthopaedic Masterclass "From Top to Toe"

**Venue:** Deans Place Hotel, Seaford Road, Alfriston, East Sussex, BN26 5TW

**Time:** 7.00pm for 7.30pm with light finger buffet and refreshments provided from 7.00pm

**Presenters:** Mr Jamie Buchanan (*Shoulders*)  
Mrs Lisa Leonard (*Hands, Wrists & Elbows*)  
Mr Andrew Skyrme (*Hips*)  
Mr Andrew Armitage & Mr Sam Rajaratnam (*Knees*)  
Mr Andrew Skyrme (*Foot & Ankle*)  
Consultant Orthopaedic Surgeons together with a Chartered Physiotherapist from The Horder Centre

## 2. Date: Wednesday 19th May 2010

**Topic:** Hip & Knee Arthritis "Clinical diagnoses, treatment options & when to refer"

**Venue:** Little Silver Country Hotel, Ashford Road, Tenterden, Kent, TN30 6SP

**Time:** 7.00pm for 7.30pm with light finger buffet and refreshments provided from 7.00pm

**Presenter:** Mr Oliver Keast-Butler  
Consultant Orthopaedic Surgeon together with a Chartered Physiotherapist from The Horder Centre

## 3. Date: Thursday 24th June 2010

**Topic:** Upper Limb Orthopaedic Treatments & Conditions (full title to be confirmed)

**Venue:** Gravesend, Kent (precise venue to be confirmed)

**Presenters:** Mr Per Anderberg (Shoulders)  
Mr James Nicholl (Hands, Wrists, Elbows)  
Mr Michael Fordyce (Hips)  
Consultant Orthopaedic Surgeons together with a Chartered Physiotherapist from The Horder Centre.

Personal invitations will continue to be sent individually to all GPs and allied health professionals in the areas where these events are being held but, should you require any additional information, then please do not hesitate to contact **Roger Mellhuish, Business Development Manager** on **01892 602995** or by email at: **roger.mellhuish@horder.co.uk**

We hope that you will continue to support The Horder Centre by joining us at these events and look forward to meeting you.

## Who's who in Orthopaedics

The Consultants that work with The Horder Centre include:

### Upper and Lower Limb

Mr Per Anderberg  
Mr James Buchanan  
Mr Paul Skinner

### Lower Limb

Mr Hugh Apthorp  
Mr Andrew Armitage  
Mr Adrian Butler-Manuel  
Mr Michael Fordyce  
Mr Samuel Rajaratnam  
Mr Guy Selmon  
Mr Richard Slack  
Mr Andrew Skyrme  
Mr Sentil Kumar Velayudham  
Mr Oliver Keast-Butler

### Upper Limb

Mrs Lisa Leonard  
Mr James Nicholl  
Mr Mark Pickford



Roger Mellhuish

## Ease of Access to The Horder Centre

THE HORDER CENTRE is in a unique position to be able to adapt and develop services to meet the needs of our customers. We aim to be accessible to all and although we have certain exclusion criteria for surgery based around clinical risk management, we would like to work with you to ensure as few patients as possible fall into these categories.

Exclusion criteria are:

1. A patient with an incapacitating disease that is a constant threat to life.
2. ASA score of 3 unstable or above
3. A patient who has an unstable mental condition and is receiving psychiatric treatment.
4. A patient who is grossly obese with a BMI >40.
5. Any services for people under 18 years of age.

Other medical conditions may cause a delay in admission if further action is



Rachel Ward, Director of Clinical Services

required by either The Horder Centre or the GP i.e. hypertension, unstable diabetes, UTI, positive MRSA screen etc.

Obviously we are happy to see any referrals for outpatient consultation or diagnostics as per our directory of service.

We would also like to help you to ensure your patients are as fit as possible. We are planning to offer services to assist patients to reduce their BMI, such as dietetic advice and use of our state of the art gym that is in phase 1 of our new build.

If there are any other services that you feel would be a benefit, please do not hesitate to contact Rachel Ward with suggestions on **01892 665577**.



## Consultant Focus –

**Lisa Leonard**

*"I became a consultant in 2006 and was appointed to Brighton and Sussex University Hospitals Trust.*

*My specialties are hand, wrist and elbow surgery.*

*I trained in Cambridge and Birmingham, qualifying in 1993. I then worked in Birmingham and Newcastle and as a registrar in Newcastle, Bath and Swindon. My fellowships were in Oxford (hands) and Seattle (trauma).*

*I am a member of the BOA (British Orthopaedic Association), BSSH (British Society for Surgery of the Hand), BORS (British Orthopaedic Research Society), MDU (Medical Defence Union) and the HCSA (Hospital Consultants and Specialists Association).*

*I like to work at the Horder Centre because they offer an excellent and efficient service and manage to maintain a friendly and personal touch for each patient.*

*I am married to Andrew who is a Respiratory and Acute Medicine Consultant in Hastings. We have three young children who keep us busy. I enjoy cycling, jogging and playing squash. Andrew is an excellent cook (lucky me!) and musician.*

*We live in Eastbourne which we love as we are so close to the seaside and the beautiful Downs."*



## 'Viewpoint'

...Update from our Medical Advisory Committee Chairman

## Minimally Invasive Joint Replacement – Does this enhance postoperative recovery?

**IN RECENT YEARS there have been moves to perform joint replacement surgery through smaller incisions in the hope that by creating less soft tissue trauma the healing process will be faster, postoperative pain reduced and hospital stay shortened. This, of course, appears to be a logical conclusion.**

The amount of soft tissue dissection involved around joint replacement surgery has inevitably lessened with the passage of time as the techniques for performing the surgery and the equipment involved have improved. Companies have developed specialist equipment in order to introduce joint replacements through smaller incisions. Unfortunately, this has been associated

with an increased complication rate mainly from component mal position. We can still, however, use much smaller incisions than were used in the past thus creating less soft tissue trauma.

An incision of <10cm for a hip replacement is considered to be the benchmark for minimally invasive surgery. This artificial constraint, however, can prove difficult in large patients and the result is overstretching of the soft tissues, in particular the skin which can be damaged by excessive retraction. A sensible approach, therefore, is to make the incision as small as possible without (a) restricting vision and hence component position and (b) over retraction of the soft tissues.

By these means combined with more rapid mobilisation and improved anaesthetic techniques, the average length of stay after joint replacement is decreasing and should continue to do so. At The Horder Centre we are currently attempting to reduce the average length of stay from four nights to three. Ultimately, it may be possible to achieve an average length of stay of just two nights.

**Michael JF Fordyce FRCS**  
**Consultant Orthopaedic Surgeon**

# All aboard as Gerald steams back to his best

**TRAIN ENTHUSIAST Gerald Highgate is steaming along following a hip replacement operation at The Horder Centre.**

Gerald, 70, went to see his GP when the pain in his right hip worsened. He was unable to play golf or walk any distance without severe discomfort. He was even unable to board the trains at the Eastbourne Miniature Steam Railway, a favourite pastime with his family. His GP referred him to The Horder Centre where he had a successful hip replacement operation.

Gerald, a retired carpenter from Hailsham, said: *"Before the operation I was in a great deal of pain, and was unable to move around very well. I was forced to play less and less golf.*

*"Climbing onto things like the trains at the miniature railway was impossible.*

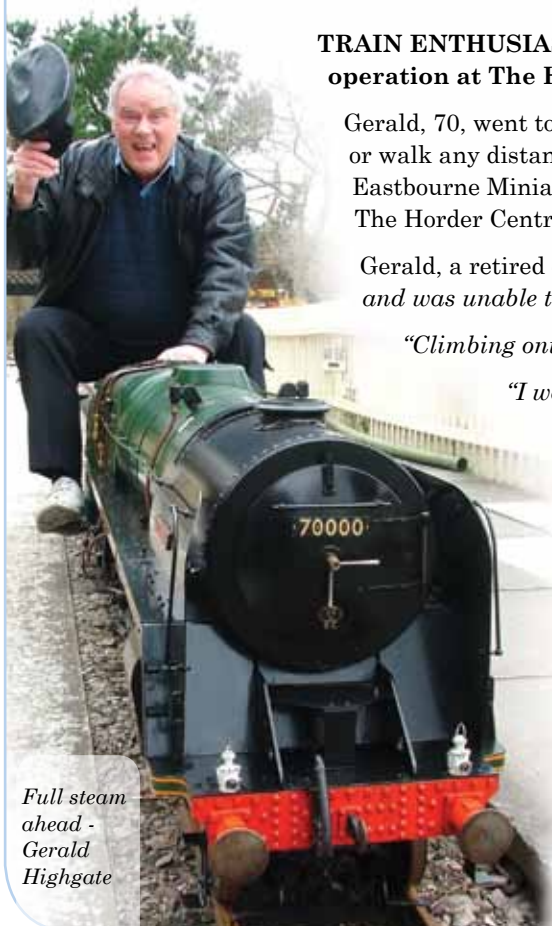
*"I went to my GP and he referred me to The Horder Centre which I admit I was not aware I could visit under the NHS. The treatment I received there was superb.*

*"All the staff were so friendly, the food was great and the whole place was spotlessly clean. I cannot recommend it enough. I had a very happy stay there and could not find fault anywhere."*

Gerald, who during his career worked at the homes of various celebrities including Chris Evans, is now back to his best.

He is active again and has slashed his golf handicap from 28 to 20. He said: *"The difference after the operation is amazing. I can walk with no problems, climb onto the trains again and cycle. And as my golf handicap has improved I am taking the odd prize and pounds off my mates."*

Diane Thomas, Chief Executive of The Horder Centre, said: *"Mr Highgate's story is another excellent example of how The Horder Centre helps our patients regain their independence and quality of life, which is a real tribute to our staff."*



Full steam ahead - Gerald Highgate

Save the date and book your place

## Golf Day

Monday 13th September



**Our Annual Charity Golf Day will take place at the East Sussex National Golf Resort on Monday 13th September.**

**The day includes breakfast, a friendly round of 18-holes of golf followed by a 2 course supper. Teams will be 4-ball and entries are welcome from teams or solo players.**

If you would like to attend this year's event, or find out more information, please complete and return the slip below and further details will be sent out to you. Alternatively please contact **Angela Reynolds**, our Events Coordinator on **01892 665577** or at **angela.reynolds@horder.co.uk**

Please note the closing date for entries is **Friday 29th July 2010.**

### GOLF DAY REPLY SLIP

I/We would like to take part in this year's Golf Day  I would like to find out more about this year's Golf

Name \_\_\_\_\_ No of players \_\_\_\_\_

Contact Address \_\_\_\_\_

Postcode \_\_\_\_\_

Daytime Telephone \_\_\_\_\_ Email \_\_\_\_\_

Please send this slip to **Angela Reynolds, Events Coordinator at The Horder Centre, St John's Road, Crowborough, East Sussex TN6 1XP.**

# Musculoskeletal Study Afternoon

GPS FROM Sussex and Kent gathered at The Horder Centre for some hands-on practical experience in the examination, diagnosis and treatment of various musculoskeletal conditions.



The successful musculoskeletal study afternoon was hosted by the Centre to give GPs the chance to work with consultant surgeons and see the latest techniques first hand.

Consultants Jamie Buchanan, James Nicholl, Senthil Velayudham, Sam Rajaratnam and Andrew Skyrme led a number of sessions which looked in detail at key joints and how they can be affected.

Chartered Physiotherapist Debra Stork held a session on how physiotherapy is also used to treat musculoskeletal conditions.

Feedback from the study afternoon was excellent with GPs who took part saying they valued the opportunity to work closely with consultants.

The event also allowed attendees to tour the Centre and see how the multi-million pound redevelopment is taking shape.

Diane Thomas, Chief Executive of The Horder Centre, said: "We were thrilled to welcome so many GPs to the Centre. I would like to thank all the consultants who spent time with attendees for what was clearly a very worthwhile afternoon. I am sure we will be repeating the event in the future."

## DIRECTORY OF SERVICES

SERVICE	SERVICE ID
Adult Anterior Cruciate Ligament Reconstruction	208561
Adult Foot & Ankle	207443
Adult Hand & Wrist	207425
Adult Hip Replacement	207445
Adult Hip Resurfacing	205876
Adult Hip Revisions	208565
Adult Knee – General	4267053
Adult Knee Replacement	207449
Adult Knee Revisions	208550
Adult Removal of Fixation Device	208566
Adult Shoulder & Elbow	207431
Adult Spinal Procedures	207437
General Adult – Rheumatology	147649
General Adult – Neurology	Service Not Yet Added

### PLEASE NOTE:

For "Adult Arthroscopies" please use "Adult Knee – General"

4267053

### Exclusions:

1. A patient with an incapacitating disease that is a constant threat to life.
2. A patient who has a current and significantly unstable psychiatric disorder.
3. A patient who is grossly obese with a BMI > 40.
4. Any services for people under 18 years of age.
5. An inappropriate referral e.g. with an HRG code (such as those for gynaecology) for which The Horder Centre cannot provide a service.
6. Any patient with an ASA score of 3 (who is unstable), or higher than 3 (whether stable or unstable).