

# SPRING INREVIEW 2019

FEATURED SURGEONS | HOSPITAL UPDATES | IMPORTANT DATES



STIRLING HOSPITAL

# OUR SURGEONS

## Featured Surgeons



Phone:  
08 8357 8833

### DR MATTHEW LITTLE

BSc (Physics), MBBS (Honours), FRANZCO

Ophthalmologist

*General Ophthalmology, Medical Retina, Cataract Surgery*

Dr Little completed medical training in South Australia graduating with honours, then Ophthalmology training at the Royal Victorian Eye and Ear Hospital (RVEEH) in Melbourne and a further fellowship year at RVEEH with sub-specialist training in Retinal disorders. Dr Little was also responsible for teaching cataract surgery to junior specialist trainees in Victoria as Chief Registrar.

He was an associate investigator at the Centre for Eye Research Australia (CERA) conducting research trials for macular degeneration, retinal vein occlusion, diabetic retinopathy, cataract surgery and ocular inflammatory disorders. Dr Little works at both Kingswood Eye Centre and Hills Eye Centre. His personal interests include cricket, AFL football and fishing.



Phone:  
08 8363 5233  
0414 482 014

### DR PHIL WORLEY

MBBS FRACS

General Surgeon

*Hernia repair, Colorectal Surgery, Carpal Tunnel and more...*

Dr Worley has special interests in laparoscopic, hernia, colorectal and endoscopy. He has both a public practice (Mt Barker, FMC & Noarlunga) and a private practice (Stirling & St Andrews), Phil was initially trained as a rural GP which enables him to be able to relate to the various issues GP's have when wanting to obtain specialist input for their patients.

Phil's specialities include general surgery, gastrointestinal endoscopy, hernia repair, colorectal surgery, laparoscopic and carpal tunnel surgery.



Phone:  
08 8132 0566

### DR PAUL KNIGHT

B.Sc (Hons Statistics) MBBS FRANZCOG

Gynaecologist

*Endometriosis, Laparoscopic Hysterectomy, Fibroid Surgery and more...*

Dr Paul Knight is a Gynaecologist, Laparoscopic Surgeon, and is a specialist at Advanced Gynaecological Surgery Centre. After training in Canberra and Tasmania, Dr Knight completed advanced specialty training in minimally invasive surgery and urogynaecology at the Queen Elizabeth Hospital.

Dr Knight is able to offer a minimally invasive surgical approach for most gynaecological procedures. He has a special interest in:

- Advanced Laparoscopic procedures such as Laparoscopic Hysterectomy, fibroid surgery (Myomectomy), Laparoscopic Vault Suspension (for vaginal prolapse), division of adhesions and excision of endometriosis
- Management of Uterovaginal prolapse including mesh repair procedures for large or recurrent prolapses
- Hysteroscopic procedures including resection of endometrial polyps and submucous fibroids, Endometrial Ablation (for heavy and / or abnormal menstruation)
- Urodynamics assessment of bladder incontinence and over activity
- Urinary incontinence procedures (Suburethral Slings)

# HOSPITAL NEWS

Welcome of our  
spring quarterly  
update

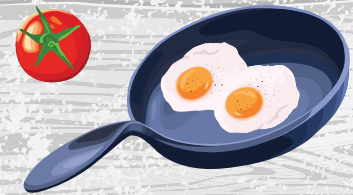
## IMPORTANT DATES

### OFFICIAL DAY SURGERY OPENING



Friday 22nd November  
@ 10.30am  
Stirling Hospital

### PRACTICE MANAGERS BREAKFAST



Friday 29th November  
@ 8.00am  
Stirling Hotel

### XMAS PARTY



Friday 6th December  
from 6.00pm  
Wolf Blass Gallery  
& Museum

### CHRISTMAS CLOSURE

Closed from  
Friday 20th December  
and will reopen  
Monday 6th January 2020

Thank you to all  
of our GPs and  
practice staff for  
your ongoing  
support of  
Stirling Hospital

*Jennie Cameron*  
CEO/Director of Nursing

All RSVPs to Ali Palmer  
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[www.stirlinghospital.org.au](http://www.stirlinghospital.org.au)

“Some of the best  
surgeons choose to  
operate in  
Stirling Hospital”



# FEATURED SERVICE

## Flex Rehabilitation Clinic



### CONTACT DETAILS

Phone: 8361 3355  
[www.flexclinic.com.au](http://www.flexclinic.com.au)

Flex Rehabilitation Clinic (Flex) is one of Adelaide's leading Physiotherapy practices that has been established for over a decade in South Australia, and specifically within the Stirling Hospital for the last 6 years. At Stirling Hospital we currently have two physiotherapists providing musculoskeletal and men's and women's health physiotherapy along with a rehabilitation gym providing Flex FIT and GLA:D classes.

Luke Hamood consults at the practice Mondays, Wednesdays and Fridays from 8.30am to 6pm and Tuesday and Thursdays from 8.15am-1pm. Luke has been trained in the Ridgeway Method of physiotherapy, a holistic methodology of physical management and has a special interest in musculoskeletal and sports physiotherapy, as well as dry needling, Clinical Pilates informed exercise, GLA:D program and muscle energy techniques.

Alycia Scannell consults at Flex Stirling on Mondays from 9.30am to 12.30pm. Alycia is keen to help women and men manage a range of pelvic floor conditions. These include urinary or bowel leakage/dysfunction, prolapse, pelvic floor muscle education and rehabilitation before and after gynaecological, prostate or bowel surgery, pelvic pain and children's bedwetting.

Flex physiotherapist Luke runs the following group classes/programs:

**Flex FIT** classes incorporate a range of low impact exercises which focus on strength, balance, control and stability. Classes are suitable for people of all ages, fitness levels and body types. Classes are small and personalized to ensure individual attention during each session.

**Flex Rehab** classes are small group classes for post-operative total hip and knee joint replacements or injury rehabilitation. Exercises are aimed at regaining optimum function, flexibility and strength through a specific but holistic approach.

**GLA:D Australia Osteoarthritis Program** is an exercise and education program developed for people with hip or knee osteoarthritis symptoms. The 6 week program has seen some outstanding results with many participants reporting a significant reduction in pain and increased joint stability. Bookings are essential for all of our services and private health insurance rebates apply for physiotherapy consults and group classes.

To make a booking, please phone 8361 3355.

For more information on our services please visit our website [www.flexclinic.com.au](http://www.flexclinic.com.au)

