

SPORT CLINIC

Pinehaven Orthopaedic and Arthroplasty Institute offer a Multi-disciplinary team approach to sport injuries.

Immediate availability of assessment and treatment by a physiotherapist. Thereafter—referral and access to Orthopaedic Surgeons, Biokineticist, Orthotists and Occupational Therapy services at one localized Centre as needed.

Available services include:

- * Radiology
- * Strapping
- * Splinting
- * Rehabilitation
- * Conditioning

No unnecessary waiting period. (*Terms and conditions apply*)

Medical aid tariffs charged.

Pinehaven Sports clinic

Monday afternoon—14h00—16h00 (Last assessment 16h00—open till 18h00).

Walk in, no appointment necessary on Mondays

Strapping Clinic

Friday afternoons
13h00—15h00

Walk in, no appointment needed

Physiotherapy treatment available during the week by appointment.

Monday to Thursday 07h00—18h00
Fridays 07h00—15h00

**CONTACT:
SPORT CLINIC
APPOINTMENTS: 011 662 1133**



CONTACT DETAILS OF DIFFERENT PRACTICES

Dr. PJ Botha

Tel: 011 692 4300

Email: botort@absamail.co.za

Dr. A Cloete

Tel: 010 110 0885

Email: orthocloete@mwbbiz.co.za

Dr. H Roodt

Tel: 011 953 3826

Email: drroodtrekeninge@outlook.com

Smit, Thorius & Odendaal, Inc.

Occupational—& Physiotherapists

Tel: 011 662 1133

Email: salomediedericks@storehab.co.za

ALL MEDICAL AIDS ACCEPTED
WE ARE CONTRACTED IN



Pinehaven Orthopaedic & Arthroplasty
Institute

SPORT BROCHURE

Dr. PJ Botha

Consulting days: Tuesdays, Wednesdays and Fridays

Dr. AAM Cloete

Consulting days : Monday and Thursdays

DR H Roodt

Consulting days: Monday afternoons and Wednesday mornings.

Smit, Thorius and Odendaal Occupational and Physiotherapists

Consulting days: Every day

Marissa Nel & Associates Medical Orthotists Prosthetists

Consulting days: Every day

Eugene Janse van Rensburg Biokineticist

By appointment

PURPOSE OF SERVICE

As a comprehensive approach we do not only focus on your painful joint or limb, it means we focus on your whole life. We start with a comprehensive understanding of your health issues, lifestyle, and activity goals. All of these factors shape the appropriate approach for you.

Sport medicine

Sport medicine is a branch of medicine that deals with physical fitness, diagnosing, treatment and prevention of injuries related to sports and exercise.

The **main objective** is **prevention** of damage to the human body mostly caused by: inactivity, trauma and injury, sedentary habits and/or decreased mobility.

Secondary objectives

- ◆ Detection of disorders,
- ◆ Functional evaluation,
- ◆ Maintenance of fitness,
- ◆ Management of pain (acute and chronic)
- ◆ Injury prevention
- ◆ Psychological counseling and guidance
- ◆ Evaluation of training programs
- ◆ The use of assistive devices in recovery
- ◆ Correct training program
- ◆ Prevention of ageing
- ◆ Health education
- ◆ Treating Musculoskeletal and neurological problems
- ◆ Prevention of obesity
- ◆ Cardiac health

Our Sports medicine team consists of:

- **Orthopaedic Specialists**
- **Physiotherapists**
- **Biokineticist**
- **Orthotists**
- **Occupational therapist**

Injury in sport can be caused by many factors, environmental (ex. terrain), physiological (ex. muscle strength) or psychological (ex. mental factors).

Orthopedic specialist

Orthopedic surgeons diagnose and treat injuries and conditions of the musculoskeletal system, which include bones, joints, nerves and other connective tissues, including ligaments, tendons and muscles.

Physiotherapist

Physiotherapists have the education and experience to work with patients from all walks of life. We use physical activity to establish long term wellness, improved daily performance, and recovery from injury or chronic pain issues. The physiotherapist brings dynamics to the warming up, conditioning, muscle activation as well as the recovery of the patients. The overriding objective of the physiotherapist extends beyond the recovery of the player into the broader concepts of restoration of physical health and the prevention of a similar occurrence. The emphasis is not only on the acute phase of rehabilitation, but assessing any underlying biomechanical factors that can influence recovery.

Biokineticist

Biokineticist closely works with health promotion, the maintenance of physical abilities and final phase rehabilitation. The not only work with patients with chronic conditions, but also for individuals with orthopedic conditions needing final phase treatment. Athletes that want to improve sport performance, and for the general population seeking to improve wellbeing through physical activity. The uniqueness of Biokinetics is that the prescribed exercise program is individually designed and monitored closely.

Orthotists / Prosthetists

Marissa Nel & Associates is a full service orthotic and prosthetic facility, we endeavour to deliver the highest quality orthotic and prosthetic care to the physically challenged communities we serve. As a team we build, maintain and foster relationships that are founded on integrity, transparency and mutual trust. In all our activities we strive to ensure that the principles of excellent patient care and compassion are adhered to. We pride ourselves in using the latest Technology to manufacture Orthotic splints, Artificial limbs, Breast prosthesis, Custom Insoles, Compression stockings and Mobility devices.

Some of the latest Technology that we offer;

- * **The Amfit Orthotic Fabrication System is used for manufacturing of Orthotic Inserts (Insoles)**
- * **The Modular Socket System is used for manufacturing of Artificial Limbs**

Occupational therapists

Occupational therapy helps patients complete everyday tasks in new ways. The goal of occupational therapy is to support our patients in achieving their highest possible functional performance in all aspects of their life, including work, self-care and leisure. Occupational Therapists will assist in splinting for support and rehabilitation purposes e.g. tennis elbow splint to reduce traction forces on the tendon to reduce pain in activity.