

At NSW Spine Specialists, Dr Brian Hsu and Dr Bisham Singh care for Orthopaedic spinal conditions in both adults and children.

We now have clinics at Norwest, Chatswood, Liverpool, Campbelltown, Penrith, Macquarie University Hospital and Taree.

Our Doctors perform surgery at:

- North Shore Private Hospital
- Norwest Private Hospital
- Westmead Private Hospital
- Macquarie University Hospital
- Westmead Children's Hospital

NEWS

Dr Hsu is no longer consulting at Homebush and now has a clinic at Macquarie University.

Both Dr Hsu and Dr Singh are also performing surgery at Macquarie University Hospital.

Our Norwest rooms are even easier to get to with the opening of the light rail station just across the road. Alight at the Norwest stop.



Top: Hitika, Jacqui & Therese

Below: Allison, Mary & Dr Hsu. Mary is one of our lovely patients who always spoils us with her beautiful baking!

MEET OUR ADMIN TEAM

Our administration team is led by Jacqui whom many of you would have either spoken to over the phone or met in clinic.

Assisting Jacqui we have Allison, Hitika and Sally as well as Therese in Accounts. As you can imagine we run a very busy practice with two Spine Surgeons, but the team endeavours to assist you as soon as possible with any queries.

We can be reached on 1300 975 800 or email at: info@nswspinespecialists.com.au.

Bookings can also be requested via our website: <https://www.nswspinespecialists.com.au/request-an-appointment.php>

Meet & Greet

Both Dr Hsu and Dr Singh like to stay in touch with the GPs who refer to them and regularly visit local practices to meet with them.

NSWSS also holds GP seminars. Our first this year held by Dr Singh at Campbelltown with Dr Dave, Chris Hughes (Exercise Physiologist) and IMed radiologist Dr Dinesh Yadav.

Dr Singh presented the latest global findings in spine, as well as educating the GPs how to understand their patients issues when presenting with different symptoms such as back pain.

Recently Dr Singh also presented to over 90 GPs at a Westmead Private Hospital event.

<https://www.facebook.com/westmeadprivatehospital/photos/a.1026925420699890/2668002169925532/?type=3&theater>

SPINE EXERCISES

The exercise sequence below will create movement in your spine in a discreet way, so you could even do them while seated on a plane.

Any time you are seated for long periods of time try these exercises to improve mobility and flexibility through the spinal column.

Not only will you be working on mobility and flexibility, you are working on creating a connection between your mind and your body!

In a seated position, with your feet flat on the floor, feel the weight of your feet against the floor underneath you and see if you can balance the weight on both feet. Let your hands rest gently on your knees. Rock back and forth in your pelvis, rolling behind your sitting bones and in front of your sitting bones. Go back and forth between these two positions four times, resting after your last one.

Move your belly back, toward the seat behind you, and then forward, toward the seat in front of you. Go back and forth between those two positions four times, resting in centre after the last one.

Move the top parts of your chest back, toward the seat behind you and forward, toward the seat in front of you, using your shoulders. Go back and forth between these two positions four times, resting in centre on the last one.

Finally, let your entire spine become round towards the seat in front of you, rolling the spine as far forward as is comfortable then expand your spine backwards, rolling your shoulders back as far as is comfortable. Go back and forth between these two movements four times. If you find an area that is harder to isolate, go slowly.



Paediatric Scoliosis Patients

Scoliosis is a condition where the spine or back bone is curved sideways instead of appearing in a straight line.

The most common type of scoliosis is adolescent idiopathic scoliosis which occurs after age 10 and is seen more frequently in girls than boys.

Scoliosis can occur at any age. Watch this video where Dr Hsu demonstrates an examination of a patient for scoliosis

<https://youtu.be/CnQWL3gLDws>

At NSW Spine Specialists it is our aim to provide the best family centred care to our young patients with scoliosis. This includes offering individualised support to parents and siblings as well the patient.

Our young scoliosis patients have described feeling isolated and self-conscious. We offer patients additional support by connecting them with support groups such as curvy girls and offering them the opportunity to talk to other young people who have had the same experience, to help normalise their situation and encourage them through their journey.

Our practice nurses provide pre-operative education to the whole family to empower parents when making difficult decisions around their child's care.

There are a number of ways to treat paediatric scoliosis and not all patients will need surgery. However, if surgery is indicated our holistic approach to care means that we endeavour to book surgery around school holidays, exams or other important events. As we recognise the need for young people to continue to lead their normal lives.

