

THE LATEST IN PHYSICAL THERAPIES,
HAND THERAPY, PODIATRY, AND COMPRESSION



ALLIED

IN THIS EDITION

EXPLORE RESEARCH ON DRY NEEDLING
FOR CHRONIC LOW BACK PAIN

WHAT IF FLAT FEET WERE...NORMAL?
DEBUNKING A MYTH ABOUT INJURIES

JOIN EXCLUSIVE ORFIT WORKSHOPS
IN SYDNEY AND MELBOURNE

EXPERIENCE MOBIDERM:
THE ULTIMATE CARE SYSTEM FOR
TREATING OEDEMA

WINTER **2024**

Would you like **In-Person Training** for you and your clinical teams?

Did you know that **OPC Health** has a team of experienced Allied Health professionals right around Australia?

We can tailor in-service training for you and your teams on our entire portfolio of products. Whether you want to explore shockwave & laser, selecting the right ankle brace for certain injuries, or understanding how the Lymphatouch is revolutionising oedema management. We can assist!



Scan Here

Simply scan the QR code, and let us know what type of training you would like to request.



On the Cover of ALLIED

Did you know winter sports are accessible to everyone?

Disabled Wintersport Australia (DWA) promotes participation in winter sports with safety and dignity for people with disabilities. DWA reduces barriers so your clients can experience the joy of inclusive winter sports, such as adaptive skiing!



Learn more and empower your clients



Our Partners:



General Manager's Message

Winter is here along with Issue 4 of ALLIED. This volume is full of some fantastic education and products across many of the areas of our business.

Over the past 10 years Dry Needling has become a widely used treatment protocol across many areas of Allied Health. This month we look at a study on the Effectiveness of Dry Needling on Patients with Chronic Lower Back Pain. An interesting read.

We focus on a couple of products for the diabetic foot as well as a range of Footbionic orthotics with special features; the Eco Friendly Sugar Cane based orthotic and the merino wool covered version.

For those with an interest in Upper Limb, we look at the latest treatment protocols for Carpal Tunnel Syndrome along with the dates for the upcoming Orfit Splinting workshops.

For the compression market we take a deep dive into the new Mobiderm range which covers a care system for treating all types of oedema, as well as looking at a few new products in the Compression range.

Rug up and enjoy the read.

James McQuie
General Manager

OPC Health



OPC Health

For over 40 years, OPC Health has been supporting hospitals and allied health practitioners across Australia.

As part of the OPED Australia group, OPC Health has access to supply partners across the globe. With a specialised network of health professionals across the country, we're ready to support you and your practice with all your healthcare needs.

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Our mission is to assist human movement, empower independence, and improve quality of life through healthcare products and prosthetic and orthotic services

Our Partners:

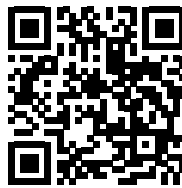


Physical Therapies

Physiotherapy, Osteopathy and Myotherapy

As a preferred distribution partner to the Australian Physiotherapy Association, Osteopathy Australia and Myotherapy Association, we can provide a full suite of physical therapy supplies from treatment tables to electrotherapy and everything in between.

- Dry Needling
- Treatment Tables & Stools
- Electrotherapy
- Bracing
- Exercise & Pilates
- General Practice Supplies
- Rehabilitation Equipment
- Tapes & Dressings
- Pain Relief & Massage
- Pillows & Rolls
- Compression Garments



Check out the complete Physical Therapies range online.



Podiatry

OPC Health are a leading supplier of consumables and capital equipment to the podiatry industry in Australia. From full clinic setups, to last minute consumable needs, we can support you with a range of products including:

- Instruments (Reusable & Single Use)
- Podiatry Chairs & Stools
- Clinic Consumables
- Drills & Accessories
- Sterilisation & Cleaning
- Shockwave Therapy
- Bracing & Footwear
- Compression Garments



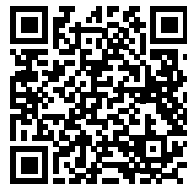
Check out complete Podiatry range online.



Hand Therapy

As a preferred distribution partner to the Australian Hand Therapy Association, we've been supporting hand therapists for over four decades. We can support you with a range of supplies including:

- Casting & Splinting
- Clinic Supplies
- Wrist, Digit & Hand Bracing
- Thermoplastics & Materials
- Rehabilitation Equipment
- Manipulation & Dexterity
- Prosthetic Devices
- Putty & Exercisers
- Tapes & Bandages



Check out complete Hand Therapy range online.



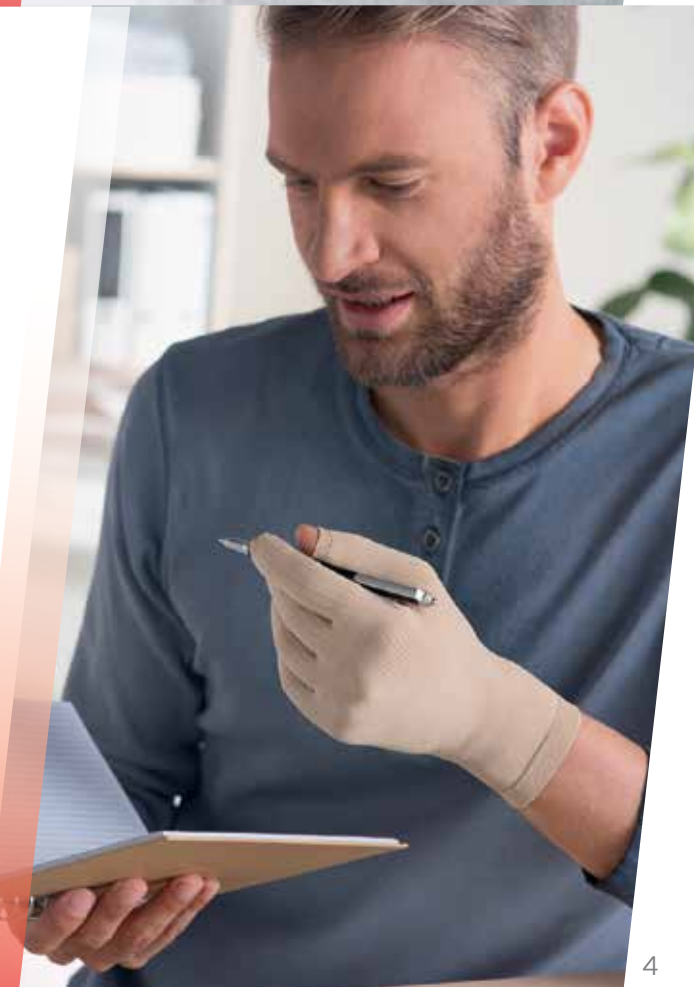
Compression

As a partner of the Australasian Lymphology Association and a leading supplier of compression solutions, we have consistently supported compression therapy professionals for over four decades. Our extensive catalog of compression related products includes:

- Compression Garments
- Compression Stockings
- Lymphoedema Bandaging
- Vascular Compression Devices
- Compression Wraps
- Compression Pumps
- Lymphoedema Compression Kits
- Compression Accessories



Check out complete Compression range online.



PHYSICAL THERAPIES

Physiotherapy • Osteopathy • Myotherapy

RESEARCH - The Effectiveness of Dry Needling in Patients with Chronic Low Back Pain: a Prospective, Randomized, Single-Blinded Study

This study investigated the efficacy of dry needling (DN) for chronic low back pain (CLBP). Research suggests that exercise alone may not be sufficient for long-term improvement of CLBP and that incorporating dry needling (DN) enhances long-term outcomes.

Rajfur, J, Rajfur, K, Kosowski, Ł, Walewicz, K, Dymarek, R, Ptaszkowski, K & Taradaj, J 2022, 'The effectiveness of dry needling in patients with chronic low back pain: a prospective, randomized, single-blinded study', Scientific Reports, vol. 12, no. 1.



Read More



We want to inform you that the Ottobock elastic support products: EPI Sensa, Genu Sensa, and Manu Sensa are no longer available. If these were your favourites, we are pleased to offer Actimove and OAPL as excellent alternatives.

DISCONTINUED PRODUCT	ALTERNATIVE PRODUCT
Ottobock Elastic Ankle Support	OAPL Elastic Ankle Support
EPI Sensa	Actimove EpiMotion Elbow Support
Genu Sensa	Actimove GenuMotion Knee Support
Manu Sensa	Actimove ManuMotion Wrist Support



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BEST SELLERS

Chattanooga Conductor™ Transmission Gel

Water-based, non-irritating gel for ultrasound and medical procedures.



ActiPro Band 1.5 Dispenser Box

ActiPro Resistance Bands come in dispenser (30 pcs), 1.5m each, with 5 strength levels (Extra Light to Extra Heavy).



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OAPL Headrest Protectors

Disposable OAPL headrest covers protect hygienically, made from hypoallergenic materials.



Our Partners:



WHAT'S NEW IN PHYSICAL THERAPIES?

Actimove Range

Actimove's Motion Range uses gradient medical compression with integrated pressure pads to provide pain relief and promote healing.



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Johnson's Exercise Equipment

Johnson's Health Tech, a global leader in fitness, wellness, and health, offers innovative, high-quality products and is committed to exceptional global citizenship.



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Stealth Range

Stealth treatment tables offer electric Hi-Lo operation, adjustable sections, supportive foam, and durable PVC upholstery for enhanced patient and practitioner comfort.



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PHYSICAL THERAPIES

PODIATRY

RESEARCH - What if Flat Feet Were...Normal? Debunking a Myth About Injuries

For years, flat feet were seen as a ticking time bomb for foot pain and other musculoskeletal problems. However, a new study challenges this belief, showing no link between flat feet and future pain or other musculoskeletal problems.

Moisan, G, Griffiths, I & Chicoine, D 2023, 'Flat feet: deformities or healthy anatomical variants?', British Journal of Sports Medicine, vol. 57, BMJ, no. 24, pp. 1536-1537.



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LATEST GUIDELINES



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EDUCATION - Diabetes Feet Australia Latest Guidelines

Diabetes Feet Australia advises health professionals on the importance of diabetic patients wearing socks with their shoes. These socks should be made of natural fibers to avoid moisture build-up, seamless to prevent irritation, and free from tight cuffs to reduce swelling.

PhysiPod Circulation Socks



Smartknit Seamless Diabetic Crew Socks



PODIATRY SPOTLIGHT

PhysiPod Diabetic Insole

The PhysiPod Diabetic Insole is a podiatrist-designed medical grade insole for diabetic, arthritic, and painful feet. Featuring a tri-laminate construction, it maximizes comfort, support, and protection for at-risk feet with superior design and function. An easy shoe size grid on the base allows for trimming to size. One size fits all.



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PODIATRY SPOTLIGHT

Footbionics Control Orthotic Merino

The Natural Merino wool covered Control model features moisture-wicking, ultra-soft fabric that reduces odors and ensures year-round comfort. It includes moderate density PE/EVA foam for support, a black base for a neutral look, and a charcoal Merino wool top layer. Ideal for dress, work, school, and casual footwear.



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Footbionics Control Orthotic Sugar

The Control Sugar model matches the profile and thickness of the Control model but includes 30% sugarcane-derived ethanol for eco-friendliness. Crafted from single-density EVA foam, it offers good support, excellent moldability, and no fabric cover for customisation. Ideal for various footwear, it supports moderate foot control with a green, sustainable design.



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Ultra42 Cream

ULTRA 42 is a podiatrist-designed, extra strength moisturiser containing 42% urea, 2% salicylic acid, aloe vera, shea butter, cocoa and tea tree.

ULTRA 42 rejuvenates and replenishes dry and cracked skin and can be used to nourish callous, cracked heels, eczema, psoriasis, dermatitis, wound healing and more.



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PODIATRY

HAND THERAPY

RESEARCH - Carpal Tunnel Syndrome (CTS): the Latest Evidence on Treatments

A new Cochrane review examines treatment options for Carpal Tunnel Syndrome and suggests that steroid injections are a promising option. The evidence indicates that steroid injections likely improve symptoms and hand function for up to three months, potentially enhance nerve conduction, and may improve quality of life at the three-month mark. Additionally, steroid injections may reduce the need for surgery for up to 12 months.



[Read More](#)

Chapman, S. (2023). Carpal tunnel syndrome (CTS): the latest evidence on treatments. Available at: <https://www.evidentlycochrane.net/carpal-tunnel-syndrome/>.

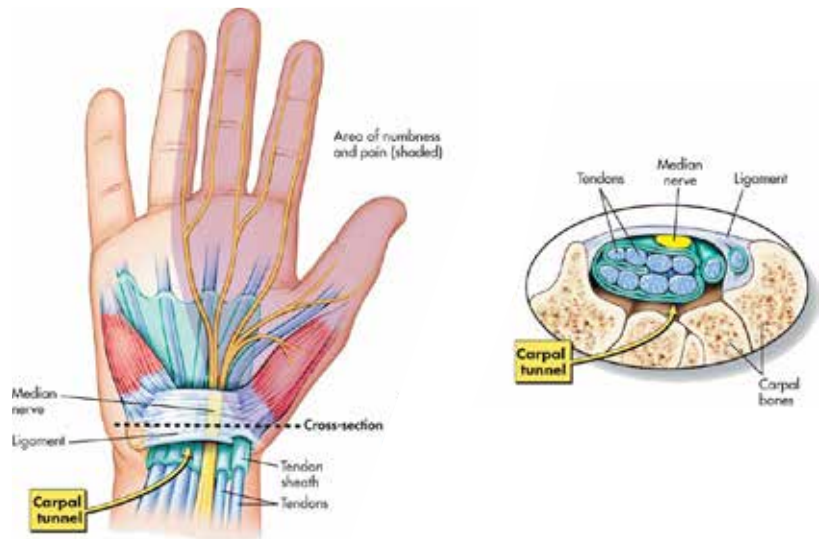
EDUCATION - Did you Know?

Carpal Tunnel Syndrome (CTS) is the most common nerve entrapment syndrome, affecting up to 5% of the population.

Genova, A, Dix, O, Saefan, A, Thakur, M & Hassan, A 2020, 'Carpal tunnel syndrome: A review of literature', Cureus, vol. 12, no. 3.



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EDUCATION
WORKSHOP

ORFIT WORKSHOP

Creative Orthotic Fabrication with Orfit Industries

Presented by Debby Schwartz, this workshop enhances upper extremity orthosis skills through hands-on splint fabrication with Orfit materials.

SYDNEY

12th August 2024
Ottobock Australia Academy

MELBOURNE

13th August 2024
OPC Health



8 CPD Points

[Scan Here for More Information and to Express Your Interest](#)

Our Partners:



BEST SELLERS

OPC GelFlex Wrist

GelFlex Wrist Brace with gel pad eases pain, protects scars, and supports the wrist during recovery.



Push Med Wrist Brace Splint

Push Med Wrist Brace limits wrist movement while allowing hand use—easy one-handed application for comfortable wrist support.



Breathoprene Wrist Splint

The Breathoprene Wrist Splint, redesigned for therapists, offers superior comfort by allowing air flow and wicking away perspiration.



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HAND THERAPY SPOTLIGHT

Thermoskin Thermal Compression Gloves

The new Thermoskin Thermal Compression Gloves replace the Arthritis Gloves, offering textured, fingerless design for grip sensitivity, breathability, and moisture wicking. Anatomically shaped, they provide warmth and even compression for enhanced comfort and functionality.



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Comfort Cool CMC Restrict

Comfort Cool Thumb CMC Restriction Splint is specifically designed for osteoarthritis and medial subluxation of the thumb CMC joint. This splint supports the thumb CMC joint while allowing full hand function. By far, one of our best sellers - A must buy!



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COMPRESSION

RESEARCH - Adjustable Velcro Compression Devices are More Effective than Inelastic Bandages in Reducing Venous Edema in the Initial Treatment Phase: A Randomized Controlled Trial

A randomized controlled trial was carried out to compare the efficacy and comfort of inelastic (short stretch) bandages (IBs) and adjustable velcro compression devices (AVCDs) in reducing venous leg oedema in the initial treatment phase. Results showed that AVCDs with a resting pressure of around 40 mmHg are more effective in reducing chronic venous oedema than IBs with a resting pressure of around 60 mmHg. AVCDs are effective and well tolerated, not only during maintenance therapy, but also in the initial decongestive treatment phase of patients with venous leg oedema.

Mosti, G, Cavezzi, A, Partsch, H, Urso, S & Campana, F 2015, 'Adjustable Velcro® Compression Devices are More Effective than Inelastic Bandages in Reducing Venous Edema in the Initial Treatment Phase: A Randomized Controlled Trial', *European Journal of Vascular and Endovascular Surgery*, vol. 50, no. 3, pp. 368-374.



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BEST SELLERS

Mobiderm

Mobiderm offers a comprehensive care system for treating oedema, including post-operative oedema, trauma, and lymphoedema. It stimulates lymphatic capillaries, increasing the removal of lymph load and reducing filtration. Mobiderm also prevents rebound by activating initial lymphatic vessels and softens fibrosis.

How it Works?

Mobiderm creates a pressure differential between the supporting zone and the surrounding area, and combined with muscle variation, triggers a shear effect in the subcutaneous tissues.

Benefits

- Washable and reusable
- Cost effective
- Easy to use and highly adaptable

Available in:

- Bandage form
- AutoFit garments
- Standard garments

Applications

- Oedema reduction in decongestive phase of treatment for venous oedema and lymphoedema
- Rapid reduction of oedema post trauma and post-operatively
- Night time garments for chronic oedema clients
- Use at end of day for lymphoedema clients with rebound oedema



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ULTIMATE CARE
OEDEMA

Our Partners:



WHAT'S NEW IN COMPRESSION?

BiFlex Self Adjust Wraps

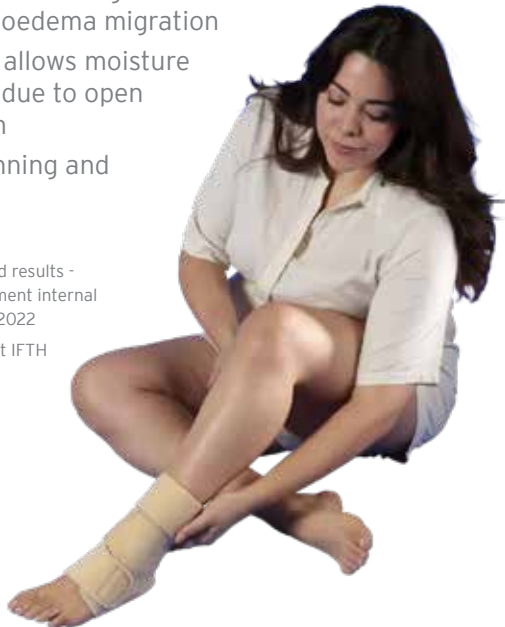
Adjustable compression system for upper and lower limb. Indicated for the management of oedema (venous, lymphatic and caused by injury), chronic venous insufficiency and symptomatic treatment of lipoedema.

Features:

- Ensure a pressure level minimum of 20 - 40mmHg for lower limb and of 20 - 30mmHg for upper limb and the fitting reproductivity*
- Complete covering of the limb to avoid oedema migration
- Material allows moisture transfer due to open cell foam
- Easy donning and doffing

* Test protocol and results - pressure adjustment internal R&D November 2022

** Breathability test IFTH January 2023



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Mobiderm Standard Glove

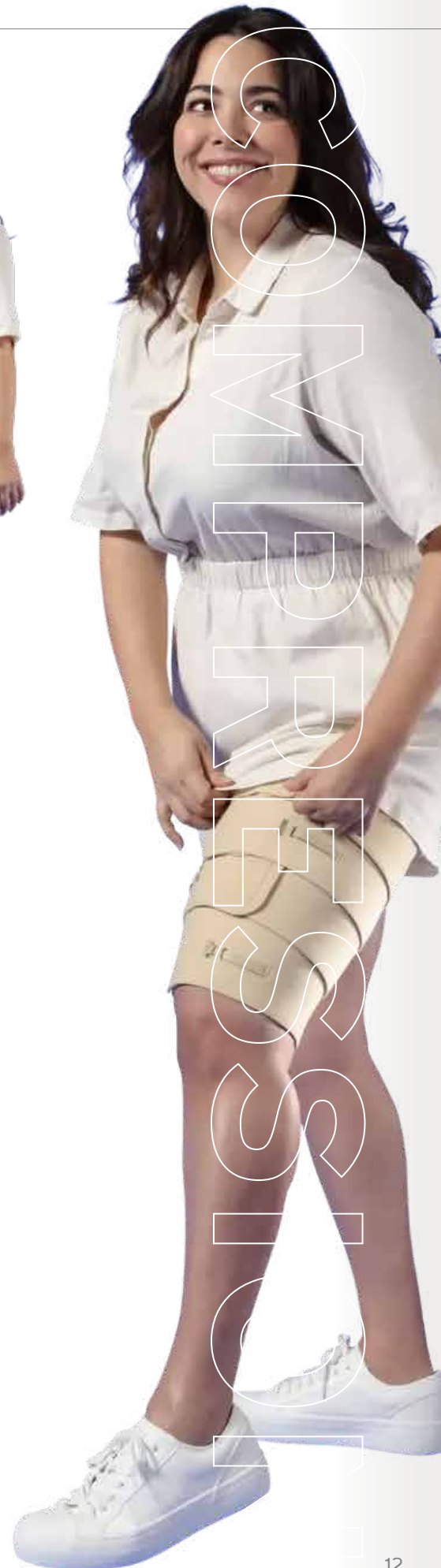
Ideal for hand and finger oedema, featuring a soft Mobiderm lining with 5mm foam cubes for gentle massaging.

Features:

- Softens fibrotic oedema
- Stimulates lymphatic drainage
- Reduce and soften scar tissue



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COMPRESSION

WHAT'S NEW IN COMPRESSION?

Juzo Sensation

Juzo Sensation Lipoedema compression garments are specifically designed to effectively manage lipoedema related symptoms. The Sensation provides the utmost comfort, helping to support and shape, lessen pain, and improve mobility.

Available in Lipoedema shorts, capris and pantyhose.

Features:

- Micro massage technology
- Medical grade compression 15 - 20mmHg
- High rise waist band
- Sizes Small to Extra Large Plus
- Machine wash and dry



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Juzo ScarPrime Seamless Long Glove

The innovative 3D seamless knitted fabric is breathable and comfortable, with particularly soft edges at the wrist and finger stubs to prevent rolling up of the edges. This glove is designed for scar treatment but can also be used for mild oedema and as a laying garment with a sleeve for lymphoedema.

Features:

- Available in beige and black
- Sizes 0 to 6
- 20 - 23mmHg
- Seamless technology
- Innovative microfibre knit
- Breathable
- Lengthwise structure
- 3D comfort zones
- Reduced pressure at the finger borders
- Reduced pressure at the borders



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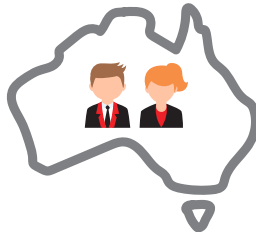
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