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Friday Evening 7pm
Gypsy Rose by Kaisercraft 3-page layout comes with lots of product to do more pages, stamp, chipboard and more. \$55⁰⁰

Saturday 10am
Paper Art Teenage Boy class. 3 great pages with loads of cocoa vanilla embellishments, chipboard and die. \$55⁰⁰

Saturday 2pm
Graphic 45 Floral Shoppe mini album, very easy, gorgeous album can be adapted for lots of papers. \$55⁰⁰

Saturday evening 7pm
Graphic 45 double page layout lots of gorgeous papers and techniques. 2-hour class. \$55⁰⁰

BOOKINGS ESSENTIAL
Shop caters for a wide range... crafters, scrapbooking and makers and mixed-media lovers.
Make and takes throughout Friday and Saturday
Contact Jenny on 0419 432 437

SHOP OPEN TO THE PUBLIC



10AM-5PM
FRI & SAT
10AM-1PM SUN

AUSTRALIAN MEDICAL HISTORY IN ECHUCA

Echuca at the cutting edge with new surgery

HISTORY was made at Echuca Regional Health yesterday with an Australian-first shoulder surgery.

Known as “navigated short-stem reverse shoulder surgery”, the procedure is the least invasive shoulder replacement in Australia to date.

And a major step forward in national orthopaedics as the reconstruction saw Melbourne orthopaedic surgeon Devinder Garewal and his team replace the ball joint with the country’s first “short-stem” prosthesis.

A new bone-preserving prosthesis allowing patients needing shoulder treatment to have further replacements down the line.

Mr Garewal chose to debut the ground-breaking operation right here in Echuca.

Working with an expert team of ERH staff, he guided the 1.5-hour surgery to a successful outcome.

And while it’s a triumph for local and national medicine, Mr Garewal said it would also be life-changing for his 74-year-old Echuca patient.

“This is a person who has had years of shoulder pain and quite severe dysfunction,” he said.

“He could only move his arm about 30 degrees in a forward plane and sideways and he was in constant pain and had difficulty sleeping.

“Now, his pain will decrease drastically.

“And with rehabilitation he should get to a point where he can lift his hand above his head again.”

The complex procedure involved replacing the ball and socket of the shoulder with a prosthetic ball and socket – but in reverse.

Meaning vital “rotator cuff” tendons which help the shoulder to



THE SHOULDER BONE’S CONNECTED TO...: Devinder Garewal screwing a plate to bone to mount the new shoulder joint, assisted by ERH surgical resident Luke Brennan.

move smoothly are no longer needed.

“If your rotator cuff muscles and tendons are still intact, you can have an anatomic shoulder replacement where you replace like for like — so you put the socket where the socket belongs, and the ball where the ball belongs,” Mr Garewal said.

“But once those tendons are gone, you have to do a reverse shoulder replacement, inverting the prostheses. And by putting the socket where the ball belongs, and vice versa, you only have to use an outer muscle of the shoulder, the one that’s called the deltoid, to help you move it.”

It’s a procedure that’s been done thousands of times before.

But this time, with a twist.


The “stem” of the socket prosthesis (which attaches to the bone of the upper arm) is 50mm shorter.

A few centimetres that may seem insignificant.

Continued next page

⚡ This is a person who has had years of shoulder pain and quite severe dysfunction. He could only move his arm about 30 degrees in a forward plane and sideways and he was in constant pain and had difficulty sleeping. Now, his pain will decrease drastically. And with rehabilitation he should get to a point where he can lift his hand above his head again ⚡

Water Based & Seniors' Sessions




	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.00am		Gentle aqua		Water fit			
9.30am						Water fit	
10.00am	Water fit	Gentle aqua	Lo Low	Gentle aqua	Water fit - Deep		
1.30pm		Seniors' chair					
6.30pm	Water fit - Deep		Water fit				

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