



Neurosurgery & Spinal Surgery

Philosophy of Care

To provide a one stop service where patients with spinal conditions are offered a holistic management approach. Treatments included at YHY & Associates range from non-surgical pain management to complex spinal instrumentation and are underpinned with patient education.

At YHY & Associates we strive to deliver our care in as comfortable a setting as possible, supporting our patients through difficult and challenging times.

Our focus is on 'well-being'; providing a positive, caring and safe environment.

Areas of Interest

Surgical, Non-Surgical and Pain Management of all adult neuro-orthopaedic spinal conditions including:

- Degeneration
- Tumour
- Infection
- Trauma
- Deformity

Services

We offer a range of treatment pathways and services:

- Surgical consultation, assessment, diagnosis and solutions
- Access to new surgical technologies such as O-Arm imaging and Stealth navigation systems
- Formulation of a patient-centred management plan tailored to patients' individual clinical needs
- Range of interventions from percutaneous targeted injections to complex instrumentation
- Assessment, diagnosis and treatment of pain – optimisation & rationalisation of medication regimens
- Access to adjuvant pain management services and clinical psychology
- Nurse-led patient education sessions - A variety of bespoke programmes for health care professionals and corporate organisations
- Programmes for coaching in correct spinal alignment and functional core conditioning

'It is our privilege to care'



Mr YH Yau

Consultant in Neurosurgery & Spinal Surgery



MBChB FRCS(Ed) FCSIHK DIMCRCS(Ed) DMFRCS(Ed) FRCS(Ed)(Neuro.Surg) FRACS FFPMANZCA

Biography

Mr Yau graduated from Edinburgh University Medical School and undertook higher surgical training in the UK, receiving Specialty Board of Neurosurgery recognition in 2004. His subspeciality training in Spinal Surgery was completed through a Fellowship at the Nottingham AOSpine Reference Centre in the UK.

He moved to Australia in 2007, where he continues to hold his clinical academic appointments as Senior Lecturer and Consultant in Spinal Surgery at the University of Adelaide and Royal Adelaide Hospital Spinal Injuries Unit.

He is a supervisor for the International Spinal Surgery Fellowship training programme and is actively involved in undergraduate teaching and postgraduate training. He is Chair of the Asia-Pacific Education Committee on the AOSpine Asia-Pacific Board & teaches spinal surgeons at principles, advanced and masters levels.

Mr Yau has specialty recognition as a Fellow of the Royal Australasian College of Surgeons in Neurosurgery and is a Fellow of the Faculty of Pain Medicine Australian and New Zealand College of Anaesthetists.

For appointments
please phone Reception

Appointments



tel 08 8223 4055

Fax 088223 3766 info@yhyassociates.com.au

Level 1 Wakefield Clinic,
270 Wakefield Street, Adelaide 5000

www.yhyassociates.com.au

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YHY
& Associates

Neurosurgery & Spinal Surgery

Strength & Conditioning Specialist Services

Matt Jones CSCS

At YHY & Associates we believe that a multi-disciplinary, holistic approach is necessary to effectively manage and treat spinal disorders.

We know that neck and back pain can impact on many areas of our lives and affect simple everyday tasks such as bending, twisting and lifting. It can lead to difficulties with sleeping and independent self care. In addition, pain and postural weakness can compromise our performance at work and disrupt our personal and family lives.

Patients can greatly benefit from Matt's expertise, knowledge and mentorship. His technique provides opportunities for maximising strength and regaining the confidence to move feely in daily life.

Following comprehensive assessment, Matt's sessions will provide practical techniques to aid in the performance of everyday tasks such as driving, lifting, sitting, rising from sleep and other daily challenges to those suffering with neck or back pain.

Matt's range of services at YHY & Associates include:

- > Assessment of posture and movement
- > Tailored treatment programs for WorkCover, MVA, DVA and personal injury insurance claims
- > Spine care for both rehabilitation and performance
- > Access to specialised gym equipment or facilities as appropriate
- > Advice and training in strength and conditioning techniques to assist with:
 - Posture
 - Neck & back pain
 - Core stability
 - Spinal alignment

Areas of Interest

- > Strength Training
- > Conditioning
- > Postural Optimisation
- > Spinal Alignment
- > Exercise Rehabilitation

Services

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Matt Jones Biography



Matt Jones is a Certified Strength & Conditioning Specialist (CSCS) with 20 years experience in Strength & Conditioning (S&C) Coaching. He has a thorough understanding of strength and conditioning and how it can optimise the road to recovery. Matt rehabilitated himself following a severe sporting accident, the result of which was a broken neck requiring metal fixation and a challenging rehabilitation journey.

With his experience and track record in spine exercise rehabilitation, Matt consults in an associate position at YHY.

Many of Matt's clients and athletes have achieved outstanding results. There are a number of successful rehabilitation outcomes and sporting performances including:

- Olympic & Commonwealth Games medals
- World Championship titles and medals
- International Open titles and medals
- State & Australian Championship titles

Matt has also served as S&C Coach for a number of elite sporting programs including two years as Coach for the Australian College of Elite Golf.

Qualifications

- Masters Degree in Sports Coaching (in progress)
- Certified Strength & Conditioning Specialist (CSCS)
National Strength & Conditioning Association (NSCA) USA
- Nationally accredited Strength & Conditioning Coach
Australian Strength & Conditioning Association (ASCA)
- Nationally accredited Weightlifting & Power Sports Coach
Australian Weightlifting Federation (AWF)
- Nationally accredited Massage Therapist

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Specialist Pain Medicine Physician Services

Pain

“Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.”

International Association for the Study of Pain (IASP 2011)

At YHY & Associates, Specialist Pain Medicine Physician Services are integral to our philosophy of holistic care. We offer a range of interventions for patients suffering from pain, optimising care both pre and post operatively. In addition, services are available for patients where surgery is not an option.

We aim to enhance the quality of care offered to our patients and endeavour to improve overall ‘well-being’. Our philosophy embraces a multi-modal approach to pain management. We believe early intervention is key to success to avoid persistent pain states.

Areas of Interest

Pain management of all adult neuro-orthopaedic spinal conditions including treatment pathways for:

- Neck & back pain
- Neuropathic pain
- Medication and alternative pain management strategies
- Psychology of pain
- Interventional pain practices

Services

YHY & Associates offers a range of treatment pathways and services for persistent pain:

- Comprehensive holistic pain assessment
- Rationalisation of medication regimens
- Diagnosis and treatment of pain
- Management of headache and migraine
- Optimisation of peri and post operative pain control, enhancing surgical outcomes
- Patient education and referral to psychological services
- Specialist interventional procedures for spinal pain and headache
- Access to non-pharmaceutical options