

## DR David Eckerman

MBBS FAFRM (RACP)

### Rehabilitation Medicine Consultant



Dr David Eckerman is a senior Rehabilitation Medicine Consultant Physician currently working at Peninsula Private Hospital as Director of Rehabilitation Medicine. He has been working in QLD for the last 12 years after training in Sydney. Dr Eckerman is fully fluent in Spanish.

Rehabilitation Medicine is the area of medicine that deals with the diagnosis, assessment and management of an individual with a disability due to illness, injury and/or post-surgery. It is facilitated by a team of highly skilled professionals including allied health (Physiotherapy, Occupational therapists, Speech therapists, Dietician, Social Worker, exercise physiologists, pharmacist and others) Physicians and Nurses with a holistic approach and a functional view to achieve the best outcome possible in a timely manner.

There are multiple areas where rehabilitation can help your patients return to the best functional level and better quality of life.

The following are only an example of the problems the rehabilitation team deals with:

- **Neurological:** Stroke and Acquired Brain Injuries, Multiple Sclerosis, Parkinson's disease and Parkinsonism, neurodegenerative diseases, Cerebral Palsy, movement disorders and other neurological issues requiring rehabilitation.
- **Musculoskeletal:** Arthritis, Myopathies, tendon and ligamentous injuries and joint injuries, Muscular Dystrophy and others.
- **Orthopaedic:** Post joint replacement and fractures or trauma, spinal surgery.
- **Cardiac:** Post AMI, CABG, valve replacements and other cardiovascular problems.
- **Respiratory:** COPD, post pneumonia, restrictive pulmonary disease and post lung surgery.
- **Geriatric:** Multiple medical issues requiring rehabilitation, post hospital and preventative interventions. Deconditioning and functional decline as well as frailty.

Dr Eckerman's area of interest is Spasticity Management and disorders of muscular tone in particular the therapeutic use of Botulinum Toxin. Botulinum toxin is one of the breakthroughs in the management of tone disorders to prevent and treat contractures caused for example by CVA, brain and spinal injuries. It helps improve functional outcomes, positioning of limbs as well as pain and hygiene of patients. It can be combined with oral medications to decrease tone when required. He also has an interest in rehabilitation of movement disorders like Parkinson's disease and other causes Parkinsonism.

#### Professional organizations:

- Australian Faculty of Rehabilitation Medicine (AFRM) (RACP)
- Rehabilitation Medicine Society of Australia and New Zealand (RMSANZ)
- Australian and New Zealand Society for Geriatric Medicine (ANZSGM)
- American Academy of Physical Medicine and Rehabilitation (AAPMR)
- International Society of Physical and Rehabilitation Medicine (ISPRM)

If you are not sure if a patient needs rehabilitation, please do not hesitate to contact Dr. Eckerman as he is very happy to answer your questions.

**To refer patients to rehabilitation at Peninsula Private Hospital please contact:**

**Peninsula Private Rehabilitation Ward**

**Phone: 07 3883 9308 or**

**Fax: 07 3883 9433.**

**Dr Eckerman can receive referrals via medical objects**

Peninsula Private Hospital

Cnr George St & Florence St, Kippa-Ring QLD 4021 | Phone: 07 3883 9300 | Fax: 07 3283 1871

[www.peninsulaprivate.com.au](http://www.peninsulaprivate.com.au)

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