



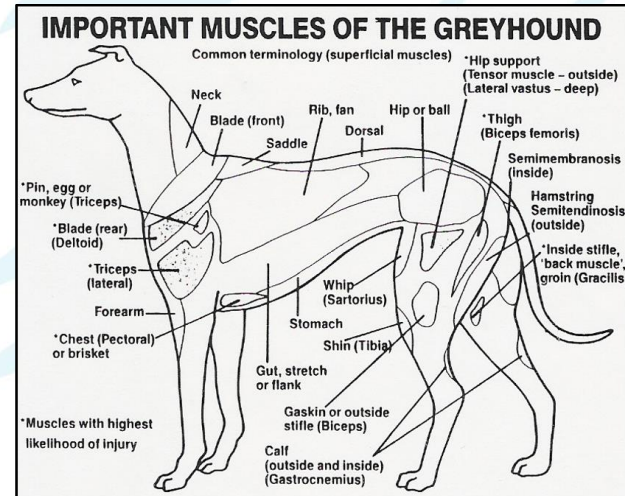
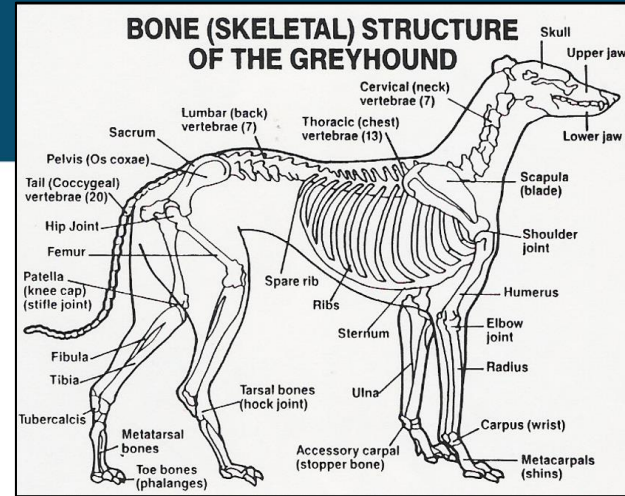
A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW

# INJURED GREYHOUND RECOVERY & REHABILITATION

SETTING NEW STANDARDS.

# COMMON INJURIES

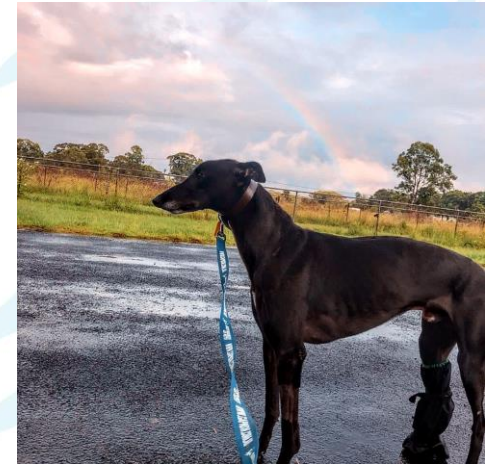
- Fractured hocks
- Fractured metacarpals
- Fractured metatarsals
- Fractured radius and ulna
- Fractured carpal



# USUAL TIMELINE FOR HEALING

Once the fracture has been surgically fixed, bone healing usually follows a regular timeline and patient care is tailored to this:

- 1) Surgery is performed at the earliest convenience after the injury is sustained
- 2) Greyhound is discharged within 3 – 10 days of surgery . Usually with either a protective bandage or with a cast/ splint on
- 3) It is IMPERATIVE to follow the Vet Surgeons instructions regarding
  - Medications that you are required to give
  - When to come back for rechecks
  - How to keep the bandages / cast dry and clean at all time
  - How long STRICT rest is required**Even the best surgery will fail if the instructions are not adhered to**
- 4) Depending on the surgery, the bandages / casts will need to be checked up to weekly  
**If they get wet , please call the Vet straight away**
- 5) Cast may be removed or changed to a splint around 4-5 weeks



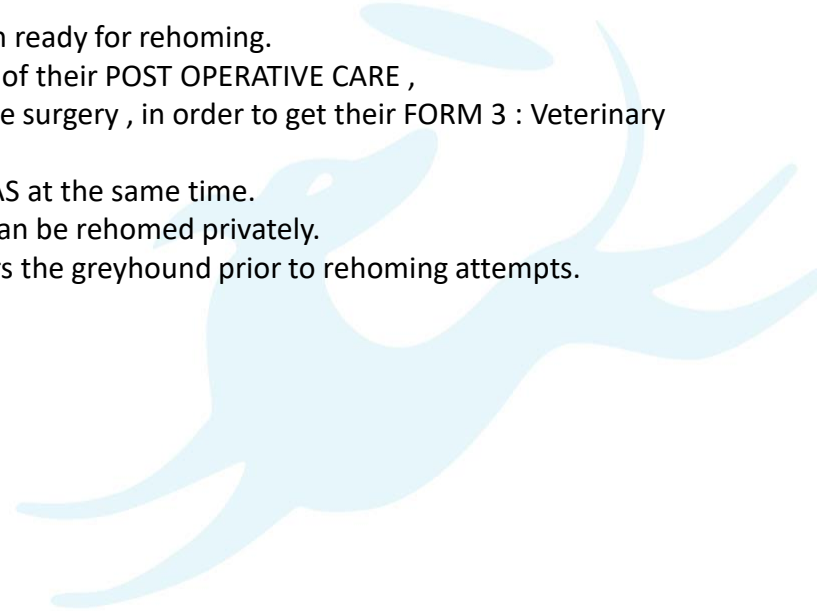
Max

# USUAL TIMELINE FOR HEALING



A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW

- 6) Greyhound has repeat x-rays performed at 8-10 weeks to confirm that the fracture has healed
- While the greyhound is recovering, take the opportunity to get them ready for rehoming.
  - Start with getting them "Pet Ready", then as they coming to the end of their POST OPERATIVE CARE,
  - Book in for their final Vet check, with the surgeon who performed the surgery, in order to get their FORM 3 : Veterinary clearance signed.
  - To streamline everything, book then into to get desexed with the HAS at the same time.
  - Then they can be placed on the pre-assessment list for GAP or they can be rehomed privately.
  - A clearance letter MUST be obtained from the veterinarian who clears the greyhound prior to rehoming attempts.



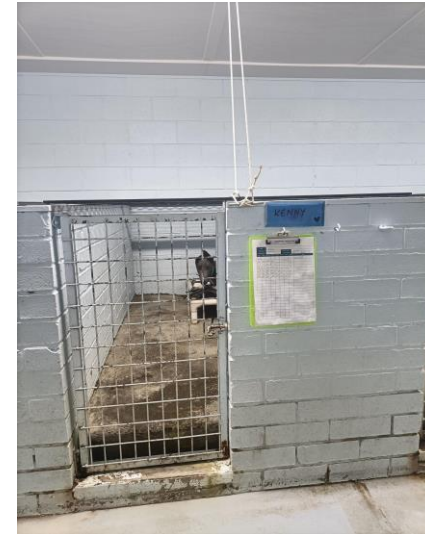
# HOUSING POST SURGERY

Top view of GAP medical Kennels



- Roof is a large screen door
- Hinges towards the back
- Only the back bolted down
- Rope & pulley system to lift lid for cleaning

Front view of GAP medical Kennels



- Cage card and name plate on front
- Raised concrete in case of flooding
- Mechanism for lifting kennel roof

# HOUSING POST SURGERY

## Strict rest means STRICT rest

- Greyhound must be in a run at all times and leash walking for pees and poos only.
- Free running or jumping will destroy the orthopaedic surgery
- Please follow the Veterinary instructions at all times

## Concrete is preferred when there is a bandage

- We need bandages to stay clean and dry
- Spending time on grass can make the bandage dirty, wet and means you need to change it more often
- Daily or even Twice daily bandage checks

## Jumping is a BIG issue

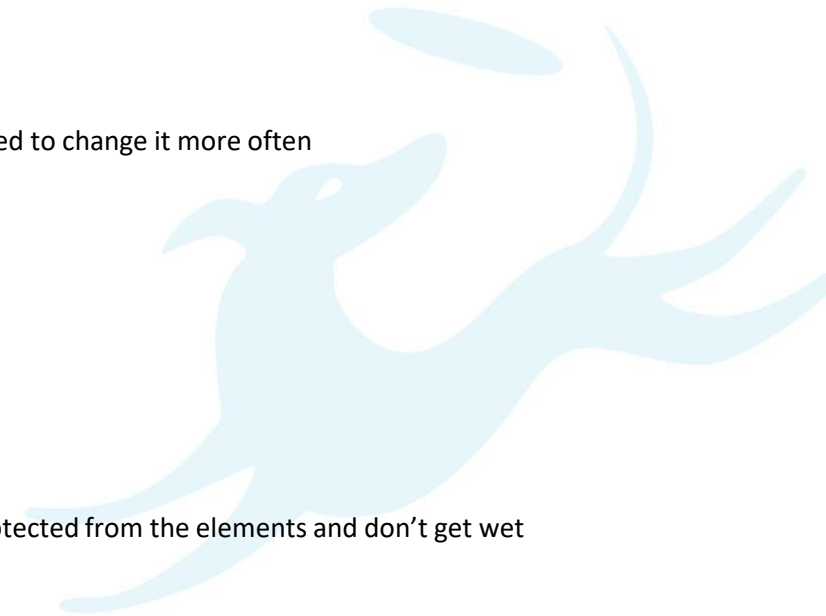
- The greyhound should NOT be able to jump up
- Creating a kennel that doesn't allow the greyhound to jump is easy.
- Just head to Bunnings!

## Indoor kennels vs outdoor kennels

- Indoor kennels are best as there are usually less distractions
- Indoor kennels keep the greyhound out of the weather
- Outdoor kennels are a last resort and ONLY if they are small, completely protected from the elements and don't get wet

## Soft bedding is required

- For greyhounds with complex fractures/casts/fixators a soft bed on the floor with a blanket is required
- Trampoline beds with doonas or soft bedding is perfect
- More mobile greyhounds can have a trampoline bed with a blanket



# HOUSING AFTER VETERINARY CLEARANCE

## Softer grass areas are preferred over concrete

- Concrete can put pressure on the greyhound's leg and joints and cause more pain, even though we believe rest on concrete might be best

## Movement is encouraged

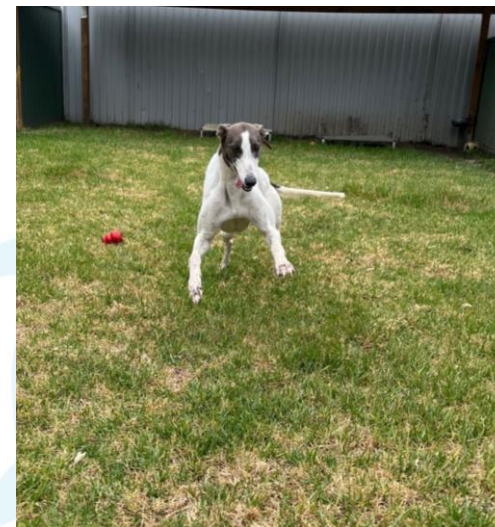
- Large grassed area is no issue once the greyhound is signed off
- Even if there is limping, movement is encouraged to build up muscle that has been lost during recovery from injury

## Indoor kennels overnight are no worry

- The concrete in their indoor kennel overnight is not a concern as they will spend most of their time in here laying down

## Soft bedding is preferred

- A blanket on their trampoline bed is perfect
- They do not need a soft bed on the floor as they can use trampoline beds safely



Olive

It's super important to keep our injured greyhound's kennels clean. Things to consider are:

- Bandages should not be allowed to be soiled
  - The more soiled the bandage, the more changes you need to do
  - Dirty bandages can lead to infections that extend the time in recovery
- In confined spaces, it's harder to move away from waste

The best way to keep your greyhound clean is to:

- Take them on regular toilet walks
- Keep them in a routine
- Poo scoop several times per day
- Use a disinfectant (you probably already have one for your race kennels)
- Use hot water where you can (a hose is fine as well)
- **Make sure to dry the floor before you let your greyhound back in**
- This is to prevent slipping and to prevent bandages getting wet



**Pet Circle**  
**\$29.95**



# WEEKS 1 - 2 - STRICT REST

Short, controlled leash walks for toileting purposes for 5 minutes, 3-4 times per day

The first 2 weeks are usually spent in the veterinary clinic.

Your greyhound requires strict rest which means:

- No jumping in and out of cars/trailers, on and off lounges
- No jumping in the kennel (this can be prevented in a few ways)
- No running or 'zooming'
- SLOW walks only for toileting reasons (demonstration)

Your greyhound will need soft bedding and preferably not a trampoline or raised bed.

There are several easy ways to lift/move your greyhound around for the purpose of vet trips (demonstration)



Asha

# WEEKS 3 - 4 - STRICT REST WITH SHORT WALKS

Short controlled leash walks for toileting purposes for 5 minutes, 3-4 times per day  
1 slow, controlled enrichment walk allowed per day

Around weeks 3-4 we see the cast either off (usually front legs) or about to come off (hind legs).

You can begin to take your greyhound for slightly longer walks including enrichment walks, but they are still on strict rest, so all previous restrictions still apply.

Your greyhound will require lots of mental stimulation:

- Food enrichment
- Scent based
- Enrichment walks



**Dory**

# WEEKS 5 - 6 — SHORT WALKS & SMALL OUTDOOR PEN

## Toilet On Lead

1 slow, controlled enrichment walk allowed per day (10 mins)  
Can have a small pen during the day

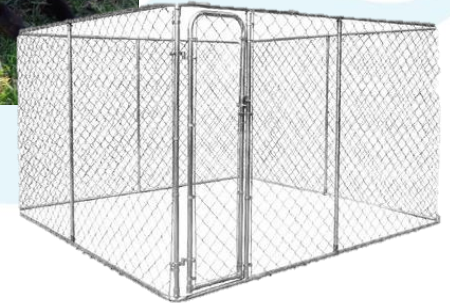
Weeks 5-6 moves the greyhound from strict rest to restricted exercise.

We still don't encourage jumping or running, but you can begin taking the greyhound on more frequent walks and can introduce a small pen that they can spend the day in outside.

Toileting on lead is preferred, but if the greyhound is calm, toileting in a small pen with supervision is OK.



Oreo



# WEEKS 7 - 8 – SHORT WALKS & LARGE OUTDOOR PEN

## Toilet On Lead

2 slow, controlled enrichment walks allowed per day (10 mins)  
Can have larger outdoor pen (smaller colourbond kennel)

Weeks 7-8 sees your greyhound still on restricted exercise, but with more frequent slow, controlled walks to help build up muscle and strength in the injured leg.

This is the perfect time to start doing physiotherapy if you haven't already.

FROM and PROM exercises (discussed a bit later) are perfect not only for helping your greyhound recover, but also help them get used to being handled closely, which can help when it comes to rehoming.

It's also a great time to start introducing pet preparation exercises to help with their retirement and entry into the GAP program – getting "Pet Ready"

- Introduction to other people (on walks or at the vet)
- Encouraging sighting and safe interactions (where possible) with dogs of other breeds and sizes
- Bringing the greyhound inside (where possible) to let them get used to novel objects and sounds



Chace

# WEEKS 8 - 10 — POST OP X-RAYS AND DESEX TO BE COMPLETED

Can toilet off lead  
Can live in outdoor pen, can go for walks  
Monitor for signs of pain / lameness

Weeks 8-10 are when you can book your greyhound in for their repeat radiographs to see if their fracture has healed.

Once the vet has cleared your greyhound, get the 'Veterinary Clearance Form' completed.

Your greyhound can now return to living in their previous pen, including outdoor runs. It is important to remember that once they are moving more, your greyhound will have 'flare ups'.

This is because their body is getting used to having full function on a previous injury and trying to protect itself from going through it again.

Allow your greyhound 'rest days' when this occurs and monitor closely. Consult your veterinarian if you are concerned at all.



Dana

#### IF LIMPING IS NOTICED:

While the bones and muscles continue to heal and reach full strength, there may be the occasional day when there is mild limping. Strict rest for 24 hours and if pain persists, consult the treating veterinary clinic.

On rest days, it is advised to provide mental stimulation such as a snuffle box/mat, [kong](#), bone, [etc](#)

It is advised not to let the greyhound jump in and out of the car or up and down off the lounge or bed. Stairs should be taken slowly, or the greyhound carried up where possible. Homes with little to no stairs are best for greyhounds who have previously fractured a leg.

#### MASSAGE:

Massage is a great way to promote blood flow and assist with healing of the greyhound's leg. To perform a massage on your greyhound, it is advised to first make sure they are comfortable being touched on their bed, and preferably have someone else patting them and offering reassurance the first few times, until they are used to it.

- Have your pet lie on his/her good side. Perform both superficial skin massage and deeper muscle massage. Skin massage around the calf and ankle involves using your fingers loosely on the surface of the skin, applying enough pressure to move the skin relative to the underlying tissues. Muscle massage of the calf involves deeper kneading and pushing of the muscles. Perform massage for 10-15 minutes twice [daily](#)

#### FULL RANGE OF MOTION EXERCISE:

Performing full range of motion exercises helps build up muscle that has been lost during the time the greyhound's leg was in a cast/ bandage. It also helps the joints repair and build up strength again.

- Have your pet lie on his/her good side. Apply a warm compress to hock. Grip the foot with one hand and slowly and gently push the foot up into flexion of all joints; hold for 5 seconds. Slowly pull the foot and push from behind the hock into full extension of the hock; hold for 5 seconds. Repeat this motion 15-20 times twice daily. This exercise should not be performed to the point of pain or resentment.

#### SHORT REHABILITATION BASED WALKS can be done in place of enrichment [walks](#)

- Mark a straight line on the ground (physically or in your mind) and attempt to get the greyhound to walk that line like a [tightrope](#)
- If the greyhound is not using their back leg properly, take a step back and encourage them to [weight-bare](#). This could be brief or extended to have them standing, depending on how comfortable the greyhound is
- You can also add in figure eights that require the greyhound to navigate corners using the leg they are [favouring](#)

#### SWIMMING is a brilliant exercise that can be done to assist in rehabilitation

- There are a few hydrotherapy centres around Sydney and surrounds, including K9 Swim in Freemans Reach, that provide packages that track the greyhound's progress
- GAP Western Sydney Adoption Centre has a hydrotherapy pool and all adopters and foster carers who take on a previously injured greyhound can access this pool. Please call staff for more information on this service



Nate



Boof

We send these to our foster carers and more junior members of staff to follow. Your greyhound's time in rehabilitation is great for beginning 'pet preparation' if you are wanting to put them through the GAP program.

# PHYSIOTHERAPY

The greyhound can begin physiotherapy **ONLY** when advised by the Veterinary surgeon

It may be with or without a bandage on. This comes in the form of:

- Short, slow, controlled walks focused on using the injured leg
- Massage
- Full range of motion exercise
- Hydrotherapy - Basic swimming can be performed onsite from 6 weeks post surgery
- More intense hydrotherapy is performed at K9 Swim in Freemans Reach post the greyhound's sign off from injury
- Obstacle courses designed to encourage movement of the injured limb
- Balance exercises



Olive

# VETERINARY CLEARANCE FORM

## GREYHOUND CARE SCHEME FORM 3: VETERINARY CLEARANCE FOR REHOMING FORM



### PART A: GREYHOUND DETAILS

NAME OF GREYHOUND:

MICROCHIP #

PRESENTING INJURY:

### PART B: VETERINARY PRACTICE DETAILS

STAMP OR FILL IN HERE:

- I am the responsible veterinarian
- I confirm that the greyhound [detailed above] was examined by me and has successfully completed its treatment and rehabilitation program
- I have reviewed the pre and post treatment radiographs where applicable [for the injury eligible under the NSW Greyhound Care Scheme] and I deem the dog fit for rehoming

Additionally, I have provided [where applicable]:

- Post operative discharge letter and / or instructions
- Information for a prospective adopter / foster carer to manage chronic conditions

\_\_\_\_\_  
VET NAME

\_\_\_\_\_  
VET SIGNATURE

\_\_\_\_\_  
DATE



## Full (Active) Range of Motion (FROM)

Refers to movement on or around the joints controlled by one's own muscles

A greyhound undergoing physiotherapy can be encouraged to perform FROM exercises by:

- Walking over small jumps
- Walking up and down stairs
- Weaving in and around cones
- Swimming unassisted during hydrotherapy/otherwise

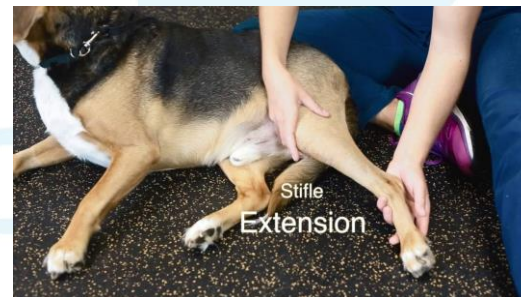


## Passive Range of Motion (PROM)

Refers to movement on or around the joints controlled by someone else (eg a physiotherapist).

You can perform PROM exercises on a greyhound to assist in building up the strength in the injured leg, or to assist the other limbs that have been overcompensating during the greyhound's recovery.

[Rear Leg Passive Range of Motion | TPLO | TTA | Dog Surgery - Bing video](#)



## THINGS YOU CAN DO WITH THE GCS DOGS

### **Slow, controlled walks**

#### What you will need:

- Treat pouch
- Tasty treats or peanut butter
- Lead
- Martingale collar or harness

(Best to use a martingale to reduce the chance of the greyhound slipping their collar and a harness can be useful if a dog is very strong on lead)

#### How to make it controlled:

1. Hold the greyhound on a short but loose leash
2. Try to keep them as close to you as possible by using their name or treats to get them to look up at you
3. When they look up, say 'look' and praise when they do so (this is called checking in)
4. If you are finding it difficult, peanut butter on a spoon or flat plate can help to slow them down (hold it just in front of their nose)
5. If the greyhound is only halfway through their recovery, keep walks to a maximum of 5 minutes
6. If the greyhound is towards the end of their recovery, their walks can be up to 10 minutes



Tip: if you are struggling to get the greyhound to use their injured leg, stop and take a step back. This should make them step back on that leg to balance themselves. A line of vet wrap on the floor is helpful as a guide for a straight line

## How to perform a basic massage:

- Use your thumb to provide the main pressure
- Rub in circles around and on the joints
- Rub your thumb longways up and down the leg
- Be sure to monitor the greyhound for signs of pain or stress – stop immediately if concerned
- The greyhound should be lying down, comfortable and massage should only be performed in a quiet and safe area
- Ensure the greyhound you wish to massage is comfortable being handled closely on a bed/blanket before performing a full massage
- Try to stick to massaging on the parts of the greyhound that are injured or overworked (ie their limbs, not their spine or neck) unless confident with your technique



## Massage can help to promote:

- Relaxation
- Healthy blood flow
- Relief from pain
- Improved joint flexibility
- A healthy immune response

# PHYSIOTHERAPY AT HOME



A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW



- Stimulates the natural mechanism of movement in joints
- Doesn't just target symptoms but the joints themselves
- Contains an anti-inflammatory component
- Easily put straight into the greyhound's meal once daily



Dose	21kg – 30kg	31+
Loading	6 scoops	8 scoops
Maintenance	3 scoops	4 scoops

	20kg – 30kg	31kg – 40kg	41kg – 50kg
Maintenance	1.5mL	2mL	2.5mL

# WOUND CARE / BANDAGING



A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW

- Successful surgery is only half the battle
- Post operative care can make or break the outcome
- Wound care and bandaging are the most important parts of caring for your greyhound post operatively
- Proper wound care can prevent infection, prevent a longer recovery process and lessen the bandage changes required post operatively
- The Veterinary Hospital will need to recheck wounds and replace bandages regularly
- Please make sure you take your greyhound back for these rechecks as advised by the Veterinary hospital
- It is important that you ensure that your greyhound has lots of bedding/padding in their kennel during strict rest periods

# EXTERNAL FIXATORS

- Occasionally with a very challenging fracture , your greyhound may need an external fixator
- This is a metal scaffold that holds the bones together so that they can heal
- They are fragile and require **A LOT** of care and attention post operatively
- Your vet will do the all changes, however please take extra special care of these patients at all times



# ENRICHMENT

- While recovering, greyhounds can become extremely frustrated and have pent up energy that they just can't get rid of!
- In this time, we need to stimulate their minds to hopefully prevent chewing of bandages, destruction of bedding/housing and any other undesirable behaviours



Dynamo

Enrichment is important to ensuring your dog is mentally stimulated and can be a vital tool in helping your greyhound be happier and more relaxed when left alone. There are many types of enrichment and you may find your greyhound likes one type over another- the fun part is trying lots of enrichment options and finding which one they like the best! There's a lot of enrichment options out there that you can buy or why not try your hand at a DIY toy?!

It is important that you ensure the enrichment you give your greyhound is safe and will not cause any injuries, foreign bodies or upset stomachs. If you have any questions please feel free to get in touch with us on any of the contact details on our business card provided.

Here are some of our favourite enrichment ideas that have been proven successful with our greyhounds:

## TOYS

Soft toys, squeaky toys, chew toys, rope toys, soccer balls, tennis balls... the list goes on!

Having a variety of toys can keep your dog's world interesting. You may choose to have 10 or more toys which you can keep on rotation so your dog doesn't get bored.

You may find that your dog has a favourite type of toy, e.g. it might be squeaky toys so you may just have a variety of squeaky toys.



If you find that your dog is not interested in toys, you may want to try other types of enrichment.

## KONGS

What you will need:

- 🐾 Natural peanut butter
- 🐾 A kong in the appropriate size for your greyhound
- 🐾 Dog kibble



### Method:

1. In a large bowl mix kibble with peanut butter. You will only need around a tablespoon of peanut butter- enough to coat the biscuits to make them enticing.
2. Fill kong to the top with kibble/peanut butter mix.
3. Seal the opening of the kong with more peanut butter
4. You may give the kong as is or freeze it for later for a cooling treat or to make it last longer.

**NOTE:** Ensure the peanut is completely natural and free from added sugar, sugar alternatives or any other added nasties.



## BONES

Beef brisket or beef knuckle bones are recommended for the size and shape of a greyhound's mouth. You can give bones fresh or frozen and they are a great option to help keep your greyhound's teeth nice and clean!

## SNUFFLE MATS

A snuffle mat consists of pieces of fabric tied to a rubber mat. They can be easily purchased online or there are lots of great tutorials on making your own! You hide treats under the pieces of fabric and your greyhound uses their nose to find the treats.



## SNUFFLE BOXES

Greyhounds love snuffle boxes as they need to use their sense of smell to find the treats and are rewarded with delicious treats at the end. Snuffle boxes are a great form of enrichment if you find your greyhound needs more mental stimulation or enrichment that lasts longer.

### What you will need:

- 🐾 Cardboard box, plastic tub or large bowl
- 🐾 Your greyhound's favourite treats broken up into small pieces
- 🐾 Plastic balls or scrunched up pieces of paper

### Method:

1. Line the bottom of the tub with broken up pieces of treats
2. Place balls or paper into the tub, covering the treats enough so that your greyhound will need to move the balls or paper out of the way to find the treats

## TOILET ROLL TUBES

### What you will need:

- 🐾 Toilet rolls
- 🐾 Your greyhound's favourite treats

### Method:

1. Fold down one end of the toilet roll
2. Fill the toilet roll with some treats
3. Fold down the other end of the toilet roll so the treats cannot fall out

**NOTE:** You can use old paper towel or foil rolls instead! Simply cut them to the size you want or leave them as is for a more difficult enrichment.



A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW

## LICK MATS

A lick mat is a rubber mat with holes in it that you fill with peanut butter.

What you will need:

- 🐾 A lick mat (you can buy these from many shops that sell pet toys)
- 🐾 Natural peanut butter

### Method:

1. Smear peanut butter over the lick mat to fill the holes
2. Give as is or freeze for later

### NOTE:

It is recommended that you do not leave your greyhound unsupervised with a lick mat in case they decide to chew on it or eat it.



## EGG CARTONS (OR OTHER CARDBOARD BOXES)

What you will need:

- 🐾 Egg carton
  - 🐾 Your greyhound's favourite treats
- Optional:
- 🐾 Scrunched up pieces of paper

### Method:

1. Place pieces of treats in the egg carton
2. Close the lid and give to greyhound

### OPTIONAL:

3. To make it more difficult for the more advanced greyhound, place pieces of scrunched up paper on top of the treats before closing the lid



## WATER BOTTLE TOYS

Often wonder what to do with old water or soft drink bottles?

Why not sew a piece of fabric around them to create a fun toy for your greyhound?! Chewing is a great outlet for anxious dogs and this is a cheap way to provide them with a fun toy for them to chew on. Giving your greyhound a water bottle on its own can be dangerous as they may cut their mouths on the sharp plastic or swallow pieces of the bottle. Wrapping them in fabric will combat this and give them a fun and inventive new toy that they will love!

# AMPUTATION



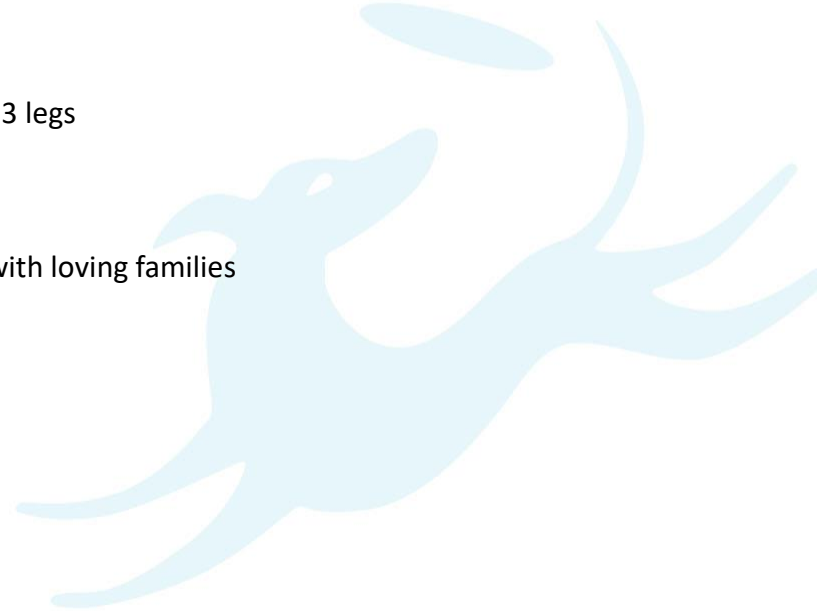
A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW

Amputation can be an intimidating option when your greyhound is injured

There is a misconception that greyhounds with 3 legs don't live happily with 3 legs

They do! - And they are easy to rehome

We deal with many amputee Greyhounds at GAP and they are all in homes with loving families



# AMPUTATION



A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW

<b>NAME</b>	<b>BARRY</b>
<b>NEW HOME DATA</b>	Foster care for 28days, before going straight into adoption home 27/8/2021



# AMPUTATION

NAME	NICK
RECOVERY TIME	4 weeks – rest and physio – licking of wound only complication
NEW HOME DATA	Adopted by foster carer after 2 months in home. Living in a home with a Labrador.



# AMPUTATION

NAME	HOBART
RECOVERY TIME	10 days – recovery uneventful

"Hobart" is only one example of why we amputate as opposed to trying to repair. If there is not enough viable bone to 'put things back together', the less painful option with the highest success rate, is amputation.

Hobart had to have his leg amputated and 10 days later he was considered 'recovered'.

When confronted by the option of having to perform an amputation , remember that your greyhound can still be rehomed, and just like human amputees , they can live a wonderful life and a recovery from amputation is quite easy to do at home.





<b>NAME</b>	<b>ELLIOT</b>
<b>RECOVERY TIME</b>	2 weeks
<b>NEW HOME DATA</b>	Adopted easily to a house with no stairs



<b>NAME</b>	<b>ACORN</b>
<b>RECOVERY TIME</b>	4 weeks – rest and physio – uneventful recovery
<b>NEW HOME DATA</b>	Adopted by owners who own another GAP greyhound.



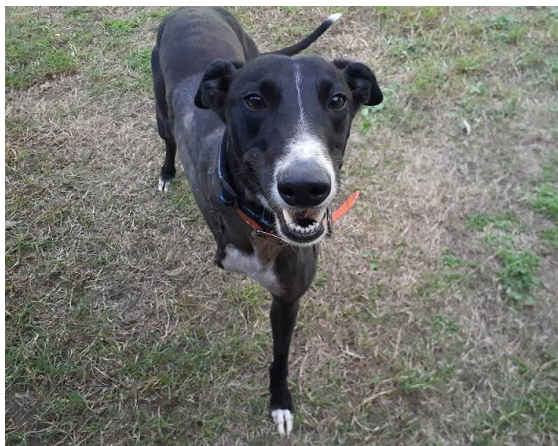
<b>NAME</b>	<b>PEBBLES</b>
<b>NEW HOME DATA</b>	Adopted by vet nurse



NAME	BLISS
NEW HOME DATA	Adopted to a house with no stairs



NAME	ERIK
RECOVERY TIME	20 days



NAME	EILEEN
RECOVERY TIME	11 days – recovery uneventful
NEW HOME DATA	Recently entered a foster home.





# FINAL CONSIDERATIONS AND MYTHS



A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW

Greyhounds who have previously been injured or have had an amputation are harder to rehome

## **Incorrect:**

- They are actually easier to rehome as we find the previous injuries tug at the heart strings of adopters
- This has been proven in pounds, shelters and rescues with all types of animals, not only greyhounds
- Due to the close handling they receive during recovery, previously injured greyhounds are generally more used to being touched by people and are more tolerant

Greyhounds who have experienced fractures will never fully recover

## **Incorrect:**

- Greyhounds who have proper post operative care can fully recover and lead long and happy lives
- Some greyhounds do have complications requiring longer care, however they can still recover completely
- If the greyhound does not recover completely for any reason, there are other options, other than euthanasia

# THANK YOU FOR YOUR TIME!



A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW

Thank you so much for listening to me discuss greyhounds and injury care.

Having a great working relationship with your Veterinary Hospital is the best way to ensure success with your greyhounds injury.

If you find you still have questions or need advice regarding your greyhound's care, I work Monday – Friday at our Londonderry Greyhound Adoption Centre.

You can reach me on 8324 7667 with any questions regarding post op care.

Alternatively, you can email [vets@grnsw.com.au](mailto:vets@grnsw.com.au) and I can call you back when I am in the office.





**A NOT-FOR-PROFIT INITIATIVE  
BY GREYHOUND RACING NSW**

**SETTING NEW STANDARDS.  
[www.GAPNSW.COM.AU](http://www.GAPNSW.COM.AU)**