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TEAM ADDITIONS

We are very pleased to welcome Orthopaedic Surgeon **Dr. David Carmody** who commences consulting at SSS in July on a fortnightly basis. David is a Fellowship trained foot and ankle surgeon who has various practices on the North Shore of Sydney and has a public hospital at Mona Vale Hospital. He also operates on private patients at Castlecrag Private Hospital, The Mater Hospital in Crows Nest and Royal North Shore Private. David has particular interests in the sport and ankle including arthroscopic surgery about the ankle and management of arthritis and traumatic fractures about the ankle. David will be an important addition to our expert team of visiting Orthopaedic Surgeons in Drs Michael Dixon, Simon Tan, Peter Walker and Doron Sher.

STAFF

We would like to welcome a new member of staff onto our reception, **Kathleen McCosker**. Kathleen will be valuable in supporting our office manager Jocelyn in her duties.

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Welcome to the midyear Newsletter for Sydney Sportsmed Specialists where we update you on news about our practice as well as some educational material. Included in this Newsletter is information regarding use of growth factors in the management of "Tennis Elbow". As usual, please do not hesitate to contact any of our specialists if you have any phone enquiries or want some advice about patients.

NEWS AT SYDNEY SPORTSMED SPECIALISTS

We are pleased to report that Doctor Peter Walker has increased his consulting at SSS and is now here on a weekly basis.

Dr. Donald Kuah was the Keynote speaker at the South Eastern Area SMA conference held in Bateman's Bay earlier this year where he delivered 3 educational talks.

Dr. Kuah was also invited to be part of a round table expert seminar on 'Growth Factor Use in Sports Medicine' which was held in Qatar in February this year. This meeting included various world experts and aimed at putting a consensus paper out as well as work on a randomised control study on the use of platelet rich plasma in hamstring injuries.

Dr. Ameer Ibrahim attended a course in Musculo-skeletal Ultrasound held on the Gold Coast earlier this year. This will enable Ameer to assist with some Ultrasound guided aspirations and injections as required.

SPORTS MEDICINE COVERAGE

Dr. Di Robinson, one of our Sports Physicians was again given the enviable task of providing medical services to the popular TV series "So You Think You Can Dance". This involved giving medical care to the top 20 contestants including post show medicals and advice. This was the second year in a row that SSS and Dr. Robinson have been involved in this way.

Our Sports Physicians, **Dr. Donald Kuah** (West Tigers) and **Dr. Ameer Ibrahim** (Sydney Roosters) have again been busy through the winter season providing coverage for these NRL teams. Dr. Ibrahim is the assistant doctor at the Roosters, but takes over as chief medical officer for the month of July whilst John Orchard is away.



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A NEW TREATMENT FOR LATERAL EPICONDYLITIS

Lateral epicondylitis (Tennis Elbow) refers to the pain derived from loading the common extensor origin. It was thought that the pain was due to tendinitis, but this is now seen as inaccurate. The pathology represents overuse of the ECRB tendon at its attachment, with subsequent non inflammatory degenerative change at this site.

The outcome is that the tendon has weakened, making it more prone to further injury. This vicious cycle needs to be broken, by preventing injury, addressing the factors that are contributing to the problem and working on strengthening the affected tendon.

Treatments to date involve reducing the pain of tendinopathy, reducing the load on the tendon and assisting the healing process. Rest, ice and massage will help relieve some of the pain locally. Elbow bracing and change in ergonomics will reduce the load on the tendon.

The breakthrough comes with injecting of blood or blood products around the tendon to help with regeneration of collagen and strengthening the collagen fibres. There are now numerous studies showing that injection of 2-3ml of autologous blood under ultrasound guidance helps with repair of the tendon and subsequent decrease in pain and increase in function. The thought is that platelet derived growth factors (and other growth factors) are released from the blood sample and

help repair collagen. These various growth factors are all found in the alpha granules in platelets. Further to this, Platelet Rich Plasma (PRP) has been shown to have 500% more platelets in concentrated form, and can easily be harvested with a centrifuge in 15-20 min. While other tendon treatments such as corticosteroid injections may provide temporary relief and stop inflammation reduce symptoms, PRP injections potentially heal the tendon over time.

The doctors at Sydney Sportsmed Specialists have successfully treated a number of recalcitrant cases of lateral epicondylitis with these methods. Patients generally return to full activities at 8-12 weeks after injection. Strength work and physiotherapy can begin at 7-10 days. This treatment is widely used in Europe and has been used in the USA since the 1980's. It is also commonly used in tendinopathies involving high Hamstring, Achilles and Patella tendons. Autologous blood injections and Platelet Rich Plasma injections can all be performed at our clinics under ultrasound guidance.

Further reading is available with a review article available online free of charge. Visit:

www.pubmedcentral.nih.gov/articlerender.fcgi?tool=pubmed&pubmedid=19468902

Please call us if you think you or your patient may benefit from this procedure and wish to discuss.