



sydney
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Newsletter

Summer 2016/17



Sydney Sportsmed Specialists, Level 3, Park House, 187 Macquarie Street, Sydney NSW 2000
www.sportsdoc.com.au info@sportsdoc.com.au +61 2 92310102

Welcome to our Summer Newsletter

Whether you're reading this as a patient or health professional you're probably very aware that advances in sports medicine offer all of us ever-better ways to prevent and treat injuries, and stay well.

It's deeply satisfying to work in a field where we help keep people well and, as a direct result, to live more active and full lives. As in other areas of health care and industry, constant innovations help us improve our patients' physical well-being.

This newsletter introduces new practitioners, shares some of our research and the practice areas in which we specialize. While we work in diverse practice areas we strive to provide the highest level of care, supported by the latest research and our attendance at continuing education events globally.

Congratulations to Dr James Lawrence on completing his specialist training to become a Sport and Exercise Physician, and to Dr Diana Robinson on her *Citation for Distinguished Service* (Ken Crichton Award). She is only the 7th person in the ACSEP and first woman to receive the award in the last 30 years.

Staff News

New Visiting Specialists (profiles on next page)

Dr John Trantalis - Shoulder and Elbow Orthopaedic Surgeon

Dr Jeni Saunders - Sport and Exercise Physician

Staff Changes:

Dr Thomas Longworth has filled the position of Sport and Exercise Physician Registrar (previously Dr James Lawrence).

Emily Smith, Sports Podiatrist, commenced maternity leave with her husband, Sports Podiatrist, Trent Salkavich filling her role.

This year we farewell esteemed colleagues Office Manager Emma Fleming (joined 2010) and Orthopaedic Surgeon Dr Michael Dixon (joined 2005) and thank them for their time and services with us.

Valerie Malone has now taken up the role of Office Manager and receptionists, Veronica Dummett and Annette Spillane have joined the team at SSS.

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*Dr John Trantalos
Orthopaedic Surgeon*

“His professional values are optimum patient care, working in a team environment, teaching, research, ongoing self-education and clinical governance”

Introducing Dr John Trantalos

Dr John Trantalos is an orthopaedic surgeon specialising in shoulder and elbow surgery with an emphasis on advanced techniques in arthroscopic shoulder surgery. He is a Conjoint Lecturer at the *University of New South Wales*.

John has dedicated eighteen months to completing two fellowships in shoulder and elbow surgery, both here in Sydney and at the *University of Calgary*, Canada. During his training, he has also had the opportunity to gain further experience by attending the *Sloan Kettering Clinic* in New York City, and The Mayo Clinic in Rochester, Minnesota.

John is an active participant in *Orthopaedic Outreach*, a recognised organisation committed to providing care to third world nations. He has recently visited the Solomon Islands as part of a team of volunteers where he assessed and treated injuries and conditions affecting the local population.

He currently holds a public hospital appointment at *Concord Hospital* and private hospital appointments at *Kareena Private Hospital* in Caringbah and *Sydney Private Hospital* at Ashfield.

His professional values are optimum patient care, working in a team environment, teaching, research, ongoing self-education and clinical governance.

John has been awarded a *Teaching Excellence Award* by the *Australian Orthopaedic Association* and *Australian Orthopaedic Registrars Association*.

John also runs a “surgical preceptorship” where shoulder and elbow surgeons from around Australia are invited to attend his operating lists to observe his advanced arthroscopic operating techniques to help them develop their own skills. John’s recent article published in the *Journal of Shoulder and Elbow Surgery* entitled “**A systematic review and meta-analysis of clinical and patient-reported outcomes following two procedures for recurrent traumatic anterior instability of the shoulder: Latarjet procedure vs. Bankart repair**” can be accessed [here](#).

Introducing Dr Jeni Saunders

Dr Jeni Saunders is a Sport and Exercise Physician with over 30 years of experience. She has worked with professional rugby league and rugby union teams, as well as elite national amateur teams, including Australian Women’s Hockey, Australian Women’s Volleyball, Australian and Oceania Track and Field teams, Australian Swimming Team and Australian Olympic Teams. She currently works with the *NSWIS* snow sports teams.

Jeni specialises in back injuries, swimming injuries and tendon problems.

For her services to sports medicine, the Commonwealth awarded Dr Saunders the year 2000 Sports Medal.

Jeni is a clinical lecturer at the *University of Sydney* teaching musculoskeletal medicine to medical students. She also runs an ILA (independent learning activity) for students in sports medicine at the *Sydney Medical School Nepean*.

She was an Honorary Secretary to the Australasian College of Sports Physicians for 5 years and Director of Clinical Learning for the UNSW Sports Medicine Program.

She is now enrolled at the *University of Sydney* in order to undertake and complete research on sacroiliac joint incompetence and its clinical recognition and treatment.

Links to Jeni’s article entitled “**An Exploration of Ultrasound-Guided therapeutic Injection of the Dorsal Interosseous Ligaments of the Sacroiliac Joint for Mechanical Dysfunction of the Joint**” can be found [here](#).



*Dr Jeni Saunders
Sport & Exercise Physician*

“Jeni specializes in back injuries, swimming injuries and tendon problems”

Low Back & Pelvic Girdle Pain Congress

Diana Robinson, Jeni Saunders and Ron Muratore (not pictured) attended the 9th *Interdisciplinary World Congress on Low Back and Pelvic Girdle Pain* in Singapore from 31st October to 3rd November.

Jeni presented her research on "*A comparison of PRP hypertonic glucose injections in the treatment of mechanical SIJ incompetence*". Dr Robinson and Dr Saunders were co-authors in a paper presented at the conference on "*The Use of SPECT CT scans in the diagnosis of Sacroiliac Joint Insufficiency*"

Dr Diana Robinson and Dr Jeni Saunders are both dedicated practitioners in the area of low back and pelvic/SIJ dysfunction and are our experts in treating these difficult and debilitating conditions. They work closely with specialist physiotherapists who are highly trained in these types of conditions to help their patients recover through manual techniques and exercise based rehabilitation and return to full activity.

On occasion where conservative treatment fails, Platelet Rich Plasma injections can be used in the treatment of Sacroiliac Joint Dysfunction. This can now be done at the rooms using ultrasound guidance by Dr Jeni Saunders and Dr Diana Robinson.



Dr Diana Robinson and Dr Jeni Saunders Oct/Nov 2016 low back and pelvic girdle pain congress – Singapore

Introducing Dr Thomas Longworth



Dr Tom Longworth joined our team this year and has filled the position of Sport and Exercise Physician Registrar at our practice.

Tom has recently been appointed the inaugural *Dr Ken Crichton NRL Fellowship* in honor of the late Dr Ken Crichton, a long-time rugby league doctor and Sport and Exercise Physician who passed away last year.

As part of this special medical fellowship, Tom will spend the 2017 season with the *Sydney Roosters* under the supervision of Chief Medical Officer, Dr Ameer Ibrahim in addition to continuing his time at SSS.

Dr Crichton was much loved by all of the SSS family and it is a fitting memory of such a respected and devoted physician.

Congratulations to Dr James Lawrence

After successfully attaining his specialist qualifications as Sport and Exercise Physician last year, Dr James Lawrence was appointed to the position of Chief Medical Officer for the Hyundai A-League team *Sydney FC* this year, as well as Consultant to the *Sydney Dance Company* and *Bangarra Dance Theatre*.

His article entitled "*Risk Determinants of Acute Mountain Sickness and Summit Success on a 6-Day Ascent of Mount Kilimanjaro (5895 m)*" has been published in the *Official Journal of the Wilderness Medical Society* and can be accessed [here](#).



Latest Practice Update

Please note that Compartment pressure testing is now offered at SSS by Dr Ron Muratore who is one of the most experienced practitioners performing this testing.

Donald Kuah is a coauthor in a paper recently accepted for publication in the Clinical Journal of Sports Medicine titled “**Depression, anxiety and alcohol use in elite rugby league players**”. Donald is also currently the principle investigator in a phase 1 (safety)/phase 2 (efficacy) trial looking at the use of allogeneic stem cells (Progenza) in osteoarthritic knees. This study is known as the STEP trial and also has Drs Diana Robinson and Tom Longworth involved in the research. Allogeneic refers to the cells coming from someone else other than the person being treated. Please note that the recruitment phase of this trial has been completed.

Donald was also a coauthor in this study published in 2015 in Stem Cells International- “**Alterations in the Secretome of Clinically Relevant Preparations of Adipose-Derived Mesenchymal Stem Cells Cocultured with Hyaluronan**” which can be accessed [here](#).

Donald Kuah, Ameer Ibrahim and Jeni Saunders recently attended the *BioBridge Foundation Conference* in Venice, Italy that focused on regenerative medicine. Jeni was an invited speaker, presenting her research on the use of PRP injections in sacroiliac joint problems.

Donald was one of three invited expert panelists at the November 2016 *Sports Medicine Australia NSW Conference* to discuss the topic of rotator cuff tears in the shoulder.



Dr Ameer Ibrahim, Dr Jeni Saunders & Dr Donald Kuah
Sept 2016 regenerative medicine conference – Venice, Italy

List of services

Our practitioners are leaders in their fields at providing comprehensive assessments and treatments such as:

- Cortisone injections
- Platelet Rich Plasma injections
- Synvisc/Durolane (Hyaluronic Acid) injections
- Prolotherapy, Traumeel & Glucose injections
- Stem Cell Treatments with Cryopreservation
- In rooms ultrasound for guided injections
- Compartment Pressure Testing
- Video Gait Analysis & foot assessment
- Functional Orthotics & footwear advice
- Assessment for standing desks in the workplace

Full Staff Listing	
Dr Donald Kuah	Sport and Exercise Physician - Director
Dr Ameer Ibrahim	Sport and Exercise Physician - Director
Dr Diana Robinson	Sport and Exercise Physician
Dr Ron Muratore	Sport and Exercise Physician
Dr James Lawrence	Sport and Exercise Physician
Dr Jeni Saunders	Sport and Exercise Physician
Dr Thomas Longworth	Sport and Exercise Medicine Registrar
Dr Peter Walker	Hip & Knee Orthopaedic Surgeon
Dr John Trantalis	Shoulder & Elbow Orthopaedic Surgeon
Dr David Carmody	Foot, Ankle & Knee Orthopaedic Surgeon
Emily Smith	Sports Podiatrist
Trent Salkavich	Sports Podiatrist



Level 3, Park House
187 Macquarie Street
Sydney NSW 2000

Website:
www.sportsdoc.com.au

Phone:
+61 2 9231 0102

Fax:
+61 2 9231 0103

E-mail:
info@sportsdoc.com.au