

# Finding the edge – optimising athletic performance symposium

## Presenter Biographies

### Adjunct Professor Craig Purdam (DSc FACP) Specialist Sports and Exercise Physiotherapist\*



Craig Purdam retired from the Australian Institute of Sport in 2017 after 35 years as the Head of Physical Therapies, including a stint as the Deputy Director of Athlete Services for 3 years. Craig has worked as a clinician in elite sport for 40 years and has been a physiotherapist to five Olympic Games (1984-2000) and physiotherapist to the Australian National Men's Basketball team over that period. He has also had other associations with the Australian Athletics, Swimming and Rowing teams. He was awarded the Australian Sports medal in 2000. In 2009 he was appointed an adjunct Professor to the University of Canberra. In 2018 Craig was also appointed to an adjunct Professor position at La Trobe University. His undergraduate qualification was gained in 1975, a postgraduate diploma in Sports in 1992, a Master's in Sports in 2000. He was awarded specialist status in Sports Physiotherapy through Fellowship of the Australian College of Physiotherapists in 2009. In 2018 Craig was awarded an honorary

DSc at LaTrobe University. Craig Purdam's major clinical and research interests are in the fields of tendinopathy, chronic hamstring and calf injuries as well as tissue loading, adaptation and healing mechanisms. He has co-authored over ninety publications across these areas during the period of 1982-2020 and consults regularly to many professional and Olympic sports as well as QAS and Aspetar.

### **Dr Adam Castricum, MBBS FACSEP MSpMed(Res) GAICD Sport and Exercise Physician**



Dr Adam Castricum has been a Fellow of the Australasian College of Sport and Exercise Physicians (ACSEP) since 2008 and worked clinically, heading up the Medical Department at Olympic Park Sports Medicine Centre in Melbourne, until 2021. Adam and his young family have just crossed the ditch on sabbatical for a skichange to take up a post with Dr Sarah Beable at Axis Alpine Sports Medicine Specialists in Queenstown, Aotearoa. Adam completed his Research Masters at Melbourne University in 2008 on exercise induced asthma in elite swimmers. Adam was President of ACSEP from 2016 to 2019 and during this time sat on the Council of Presidents of Medical Colleges (CPMC) where he strongly advocated for equality and diversity in medicine. Adam is an official mentor to indigenous doctors and actively involved in teaching ACSEP Registrars. Adam is a member of the Health

Champions of Change Coalition advocating for gender equality in the medical specialities and in health leadership positions. From 2008-2016, Adam was the Chief Medical Officer for Athletics Australia including the 2012 London and 2016 Rio Olympic Games, and also worked with the Hawthorn Football Club from 2014-2017. Adam is passionate about improving indigenous, regional, and remote health outcomes, doctors' mental health, and ensuring that specialist Sport and Exercise Medical care is accessible to all members of the community.

### **Dr Jill Leckey Performance Nutritionist**



Dr Jill Leckey is the performance nutritionist for the Australian Cycling Team. Jill focuses on providing riders with evidence-based nutrition support to maximise training adaptation, race day nutrition and promote immune function. Jill has a specific interest in carbohydrate and fat metabolism and previously completed a PhD exploring different exercise-nutrient interactions and the effect on substrate metabolism and performance. Jill uses this knowledge in the daily training environment with the Australian Cycling Team and monitors rider responses regularly to various nutritional interventions.

### **Trish Wisbey-Roth, FACP Specialist Sports and Exercise Physiotherapist\***



Trish Wisbey-Roth is a Sydney based Sports Specialist Physio who has worked with a variety of Australian international teams since 1996. Trish was the head physiotherapist for the Australian Women's cycling team for ten years. She worked with both the men and women's teams at the Olympics, World Championships and Commonwealth Games. With the APA, Trish lectures Australia wide and also internationally. To reach wider audiences with her education, Trish started an online education platform called The Physio Accelerator. The goal is to provide clear clinical frameworks and pass on key career lessons that mentor participants towards a career they love.

### **Matt Lancaster, FACP Specialist Sports and Exercise Physiotherapist\***



Matt Lancaster has worked extensively in high performance sport in both the United Kingdom and Australia, holding permanent positions with the English Institute of Sport and UK Athletics before contracting to Athletics Australia from 2010 to 2017. He has attended three Olympic Games as an athletics' team physiotherapist as well as numerous World Championships and Commonwealth Games. Since returning to Australia in 2010 Matt has worked in private practice and in 2020 established the not-for-profit organisation, Participate Tasmania Inc. Matt was awarded the Australian College of Physiotherapists Sports and Exercise Specialisation in 2015.

### **Alison Low, FACP Specialist Sports and Exercise Physiotherapist\***



Alison Low is a clinical physiotherapist working within the Victorian Institute of Sport and also in private practice (with an interest in shoulders). I have been working with athletics since 2014 in Western Australia and Victoria and have more recently been involved with sailing and cycling. I have travelled with the Australian Athletics team to 3 World Championships, one Commonwealth games and a pre-Olympic Campaign. I completed the 2 year Specialisation Program in 2016 and am about to embark on the journey of facilitating a cohort. I have also previously been involved with the Masters of Sports Physiotherapy Program at Curtin University.

### **Jonah Oliver Performance Psychologist**



Jonah Oliver is one of Australia's leading performance psychologists. Combining his training in sport psychology and neuroscience, Jonah brings a unique, simple and effective approach to facilitating peak performance. Over the past decade he has undergone his own extensive training in Acceptance and Commitment Therapy (ACT), including training with Dr Russ Harris, John Forsyth and Louise McHugh. Jonah has been at the forefront of championing the use of ACT within the fields of corporate and sport psychology. Jonah works with a wide variety of sporting and corporate clients: ranging from professional golfers, Olympic teams, professional soccer, AFL, and NRL teams, elite tennis players, V8 Supercar drivers and the College of Surgeons to name a few. He currently provides executive coaching across Australia to a variety of multinational corporations. Jonah specialises in using ACT to facilitate leadership within the business world, integrating his experience in both sport and business. Currently he is the AIS performance psychology national network lead, as well as leading the performance psychology arm for Athletics and Golf Australia.



**Keren Faulkner, FACP Specialist Sports and Exercise Physiotherapist\***



Keren Faulkner is a Specialist Sports and Exercise Physiotherapist who works for Cycling Australia's para-cycling program. She has worked in the high performance sport system for more than 20 years, spending time with CA, AIS, Gymnastics Australia and Paralympics Australia. Keren has supported Australian teams at 2 Olympic Games, 3 Paralympic Games and 3 Commonwealth Games. She is on the Performance & Healthcare Advisory Group of the Australian Commonwealth Games Association and the Board of Censors for the Australian College of Physiotherapy.

**Dr Andrea Mosler, PhD FACP Specialist Sports and Exercise Physiotherapist\***



Dr Andrea Mosler is a Specialist Sports Physiotherapist and NHMRC Research Fellow at La Trobe University. She is currently working on hip and groin pain, injury prevention, and women in sport research projects. Her PhD investigated the risk factors for hip and groin pain in professional male football players and was conducted while working at Aspetar, Qatar as Senior Physiotherapist and Head of CME/CPD. Prior to that, Andrea worked as a clinician for 18 years at the Australian Institute of Sport, mainly with the sports of water polo and gymnastics. She was also an Australian team physiotherapist at many International sporting events including the 2000, 2004 and 2008 Olympics Games.

### **Rod Whiteley, FACP Specialist Sports and Exercise Physiotherapist\***



Rod Whiteley is a Specialist Sports Physiotherapist working at Aspetar - a sports medicine hospital in Doha, Qatar which cares for the entire country's professional athletes, as well as local recreational athletes, and visiting international players. His PhD was on throwing and shoulder injury, but since moving to the Middle East has done more research on muscle and ACL injury. He's interested in figuring out the determinants of sports physiotherapy outcomes for commonly encountered pathologies.

### **Ryan Carroll, APAM Sports and Exercise Physiotherapist**



Ryan Carroll is an APA Sports & Exercise Physiotherapist working in private practice in the North West of Tasmania and is currently a registrar in the Specialisation program. Ryan has worked at the Youth Olympic Games in 2018 as part of the Australian medical team as well as with Basketball Australia junior and senior teams over the past 7 years.

### **Clare Walsh, APAM Sports and Exercise Physiotherapist**



Clare Walsh is an APA Sports and Exercise physiotherapist and current 2nd year registrar of the ACP. She has been a team physiotherapist at both Winter and Summer Olympic games. Clare has also worked with The Sydney Swans, Australian Women's Water Polo, Australian Paralympic Football (the Pararoos), NSW Cricket and South Sydney Juniors Rugby League representative teams. Clare is currently a sessional tutor at ACU teaching undergraduate second year musculoskeletal physiotherapy and works from the Stadium Sports Physio Clinic in Sydney.