

# Sports and Exercise Symposium 2022

## 'The Great Debate: To operate, or not to operate?'

### Symposium presenters

#### Professor David Hunter



Professor Hunter is a rheumatology clinician researcher whose main research focus is clinical and translational research in osteoarthritis (OA). He is the Florance and Cope Chair of Rheumatology and Professor of Medicine at University of Sydney and Royal North Shore Hospital. He is ranked as the leading expert in the world on osteoarthritis on expertscape.com and is the section editor for UpToDate osteoarthritis. He holds a medical degree and Master of Sports Medicine from the University of New South Wales, a fellowship in Rheumatology at the Royal Australian College of Physicians and earned a Masters of Medical Science (Clinical Epidemiology) from the University of Newcastle and received his PhD from the University of Sydney in 2001. He is an editor for leading international journals in his field, has authored books on osteoarthritis and has over 600 publications in peer reviewed journals. He leads a team dedicated to improving our understanding of osteoarthritis and the quality of life for those who suffer from this prevalent disabling disease.

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#### Professor Tammy Hoffman, OAM FAHMS PhD



Tammy is Professor of Clinical Epidemiology and NHMRC Senior Research Fellow at the Institute for Evidence-Based Health Care, Bond University. Her research spans many aspects of evidence-based practice, shared decision making, and maximising the translation of evidence into practice to assist clinicians, patients, and the public to make informed health decisions. She leads interdisciplinary teams that are undertaking international initiatives in a few main areas. One area is devoted to more closely integrating shared decision making and evidence-based practice so that evidence is translated into practice better, in a more patient-centred way, and in a way that considers the sustainability of health systems. Another area is focussed on improving the reporting, useability, and uptake of effective non-pharmacological interventions.

She is also Co-Director of the Australasian EQUATOR Centre and involved in the development of various reporting guidelines, including the TIDieR (Template for Intervention Description and Replication) checklist and PRISMA 2020. Tammy has over 300 publications, including many in leading journals such as *JAMA*, *BMJ*, *JAMA Internal Medicine*, *PLOS Medicine*, and *BMC Medicine*, and field-leading rehabilitation and health communication journals. She is the lead author of a widely used inter-disciplinary evidence-based practice book (*Evidence-Based Practice across the Health Professions*), with a 4<sup>th</sup> edition publishing in 2023.

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#### **Dr Stephanie Filbay PhD, NHMRC**

Dr Filbay is a physiotherapist, NHMRC Emerging Leadership Fellow, Dame Kate Campbell Fellow and Senior Research Associate in the Department of Physiotherapy at the University of Melbourne. Dr Filbay's research expertise includes evaluating outcomes after ACL injury and developing strategies to improve outcomes for people with ACL injury. She has presented over 50 times including keynotes at national and international conferences, serves on committees for international organisations, supervised more than 20 individuals at various career stages and received numerous awards, scholarships, and grants for her research. She was recently awarded an NHMRC Investigator Grant to fund five years of research aimed at improving outcomes for people with ACL injury and post-traumatic knee osteoarthritis.

Follow her research updates on Twitter: @stephfilbay



#### **Dr Tom Cross**

Dr Tom Cross is a Specialist who has practised Sports Medicine for the past 25 years. During that time, Dr Cross successfully completed 5 years of specialist post-graduate training in Sport & Exercise Medicine and gained fellowship to the ACSEP (Australasian College of Sport & Exercise Physicians). Dr Cross' notable appointments include being Head Doctor of the Sydney Swans Football Club between 2016 - 2020, being Consultant Doctor for Cirque Du Soleil in Sydney between 2012 - 2019, and he continues to provide game day coverage to multiple National Rugby League teams including the Melbourne Storm & Gold Coast Titans.

Dr Cross has significant experience caring for recreational athletes of all ages, musculoskeletal injuries that occur at work or home, elite/professional athletes and also military personnel.

Dr Cross is currently spearheading a research project involving non-surgical healing of the ACL.



#### **Prof. Jonas Bloch Thorlund**

Jonas Bloch Thorlund is a clinical researcher and Professor of Musculoskeletal Health at the University of Southern Denmark (SDU) and head of the Research Unit for Musculoskeletal Function and Physiotherapy at the Department of Sports Science and Clinical Biomechanics. He is also affiliated to the Research Unit for General Practice at SDU. He completed his PhD in 2011 and has a background in sports science.

Professor Thorlund focus on conducting potentially practice changing research to investigate if safer and less invasive treatments such as exercise therapy can substitute or complement invasive treatments like surgery and analgesics for joint injuries and musculoskeletal pain.

He is the principal investigator of Knee Arthroscopy Cohort Southern Denmark – KACS investigating the natural time course of patient perceived pain and function after meniscal surgery. The research from this cohort has led to more than 15 publications including papers in the British Journal of Sports Medicine and BMJ. Professor Thorlund is also the senior investigator on the first randomized trial comparing meniscal surgery to exercise therapy in young adults recently published in the New England Journal of Medicine Evidence journal.

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#### **Mr Nigel Hartnett, BSc MB ChB FRACS (Orth) FAOrthA**



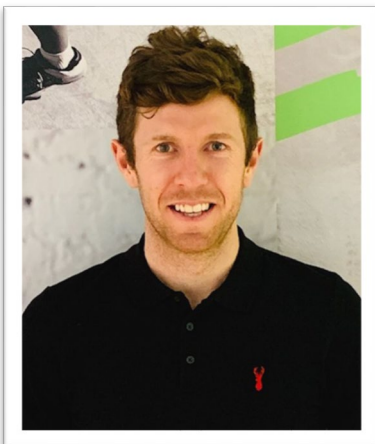
Nigel Hartnett is a specialist knee surgeon practicing in Melbourne, Australia. Nigel is an active member of the Royal Australasian College of Surgeons, Australian Orthopaedic Association, International Society for Arthroscopy Knee and Orthopaedic Surgery, American Academy of Orthopaedic Surgeons, Asia Pacific Knee Arthroscopy Sports Medicine Society, and the European Society for Sports Traumatology, Knee Surgery and Arthroscopy. Nigel serves on a number of national and state hospital committees promoting the provision of evidence-based treatment for patients, and to standardise the provision of in-hospital treatment protocols.

Nigel's special interests lie in the treatment of patella instability, the painful knee replacement, revision knee joint replacement, and the treatment of ACL injuries. Nigel's focus is on the promotion of non-surgical measures for knee conditions, utilising surgery only when required or as a last resort. Nigel works closely with all treating clinicians of the patient's team utilising best practice and current evidence to ensure that the patient is fully informed of all treatment options and to enable the patient to return to their normal work and leisure activities.



#### **Associate Professor Joanne Kemp, PT PHD**

Associate Professor Joanne Kemp is a Principal Research Fellow at the Latrobe Sport and Exercise Medicine Research Centre, Latrobe University, Australia. She is also a Sport & Exercise Physiotherapist of 30 years' experience. She has many years' experience working with elite and recreational athletes with hip pain. She has a particular interest in non-surgical, exercise-based interventions that can slow the progression and reduce the symptoms associated with hip pain and hip osteoarthritis.



#### **Dr Josh Heerey, PhD**

Dr Josh Heerey is a physiotherapist and Hip Osteoarthritis Research and Development Lead at La Trobe University's Sport and Exercise Medicine Research Centre in Melbourne, Australia. Dr Heerey obtained his PhD in 2021, with his research program focusing on understanding the relationship between hip joint imaging findings and pain, and risk factors for development of early hip osteoarthritis in football players. He has published numerous articles examining the diagnosis and treatment of intra-articular hip conditions and is a current member of the International Hip-Related Pain Research Network and Young Athlete's Hip Research Collaboration, which are multi-disciplinary international research teams created to improve the care of people living with hip and groin conditions.

Dr Heerey works clinically at Lifecare Prahran Sports Medicine Clinic. He has a particular interest in the management of longstanding hip and groin conditions.

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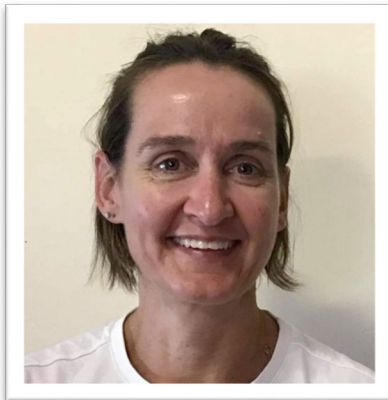
### Symposium presenters



#### **Dr Rintje Agricola**

Rintje Agricola studied Medicine at the Erasmus University Rotterdam. At the same University, he received his PhD (cum laude / with honor). His PhD at the department of orthopaedic surgery concerned the role of morphological risk factors in the development of hip osteoarthritis. He primarily focused on the relationship between femoroacetabular impingement (FAI) syndrome and osteoarthritis. He also studied how FAI hip morphology develops in adolescent boys. Finally, he was involved in studies on the definition of FAI syndrome.

During his PhD, he did a fellowship at the Nuffield department of orthopaedics, rheumatology and musculoskeletal sciences at the University of Oxford. After his PhD he went to Doha, Qatar, for a fellowship at the Aspetar orthopaedics and sports medicine hospital on the development of FAI morphology in youth football players. He is a consultant orthopaedic surgeon. Besides his clinical training, he is a post-doctoral researcher on the young adult hip and hip osteoarthritis.



#### **Bernadette Petzel, M Sports Physio, B Physio.** MACP, APA Titled Sports and Exercise Physiotherapist

Bernadette Petzel MACP is an APA Sports and Exercise Physiotherapist and a registrar undertaking the Specialist Sports and Exercise Physiotherapy training program through the Australian College of Physiotherapists. She is currently working at the New South Wales Institute of Sport as a senior sports physiotherapist, working with the Women's Water Polo and Athletics sports programs. Bernadette also works in a private practice one day per week. She previously worked with the Australian Defence Force for 15 years. She has been an Australian team physiotherapist at both the Commonwealth Games and during multiple Paralympic Games.



#### **Michelle Istria, M Sports Physio, BSc (hons) Physio** MACP, APA Titled Sports and Exercise Physiotherapist

Michelle is an APA titled Sports and Exercise Physiotherapist, and registrar in the Australian College of Physiotherapy Specialisation Program. Michelle has 25 years of experience working in elite sport, working in the UK in professional Rugby (league and union), the Birmingham Royal Ballet, and travelling overseas with Cirque du Soleil for 10 years. She is now based in Brisbane, where she worked in NBL Basketball for 5 years and currently works with the Opals National Basketball team. Michelle also works in private practice and with the QAS diving and gymnastics programs.