

Sports and Exercise Symposium 2024

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

Symposium presenters

Professor Rachele Buchbinder AO MBBS (Hons) MSc PhD FRACP FAHMS



Rachele Buchbinder combines rheumatology practice with clinical research. She is an NHMRC Investigator Fellow and Professor and Head of the Musculoskeletal Health and Wiser Health Care Units in the School of Public Health and Preventive Medicine, Monash University.

She is known internationally as a vocal proponent of evidence-based medicine and for her landmark studies, particularly those examining treatments accepted into practice before their proper evaluation.

Her 2021 book, 'Hippocracy, how doctors are betraying their oath', written with orthopaedic surgeon Ian Harris, aims to highlight society's overreliance on medicine for a general audience.

Dr Rob Laird FACP APAM PhD



Rob Laird is a specialist musculoskeletal physiotherapist (as awarded by the Australian College of Physiotherapy) with post graduate qualifications in both musculoskeletal and sports physiotherapy. Rob specializes in the management of persistent spinal pain (back and neck). He works clinically at SuperSpine, and in a mentoring/teaching role at Royal Melbourne Hospital. He also has a role as a clinical panel member for WorkSafe Victoria and as a clinical examiner for the Australian College of Physiotherapists. He was previously at the Austin Hospital, Melbourne, in an advanced practice role in their Neurosurgical clinic for 12 years.

Rob completed a PhD (Monash University) in 2019 on developing assessment and treatment methods using movement sensor technology to measure, monitor and modify movement patterns that are associated with low back pain. He now lectures/teaches on spinal anatomy, lumbar spine management, motor control and spinal imaging at La Trobe University, at the University of Melbourne and at Royal Melbourne Hospital

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Mr Matthew Beard BSc (Hons) BAppSc Grad Cert MSc



After graduating from the South Australian Institute of Technology in 1989, Matthew spent the first 10 years of practice in various inpatient hospital and rehabilitation roles. Since then, he has completed several post graduate qualifications with a clinical interest in rheumatoid arthritis, ankylosing spondylitis, and various spinal disorders.

Matthew and his physiotherapy team are imbedded within the Orthopaedic Spine Service, providing patient assessment and surgical triage across multiple sites. In addition, the group collaborate with researchers at both Universities of South Australia and Tasmania evaluating innovations in outpatient spinal care, specifically their clinical utility, cost benefit and patient satisfaction. Currently he splits his time between the public hospital role and private practice.

Dr Guy Buchanan MBBS FANZCA FFPMANZCA FIPP



Dr Guy Buchanan is a Specialist Anaesthetist and Specialist Pain Medicine Physician. He studied medicine at the University of Sydney graduating in 1990 and then trained in anaesthesia through the Royal Prince Alfred Hospital training programme in Sydney becoming a Fellow of Australian and New Zealand College of Anaesthetists in 2000. He became a Fellow of the Faculty of Pain Medicine Australian and New Zealand College of Anaesthetists in 2016 and Fellow in Interventional Pain Practice from the World Institute of Pain in 2019. He now practices pain medicine full-time in Melbourne. He is currently the Chair of the Australian section of the World Institute of Pain, a member of the Victorian Regional Committee of the Faculty of Pain Medicine, and a member of the Economics Advisory Committee for the Australian Society of Anaesthetists. He uses the classic biopsychosocial pain clinic approach (i.e. interventions, pharmacotherapy, physical therapy, cognitive therapy) in an evidence-informed manner to best serve his patients. His main professional interest is curiosity regarding the complexity of pain homeostasis and how best to serve his patients and community.

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Prof. Ian Harris AM MBBS MMed (Clin Epi) MSc (Hlth Data Sc) PhD



Ian Harris is Professor of Orthopaedic Surgery at UNSW. He is a clinician who specialises in trauma surgery and a researcher with an interest in determining the true effect of many medical interventions, particularly in the field of surgery.

He has published on 400 papers and achieved grant funding worth over \$60M. He has written two books on over treatment and medicalisation that call for a more scientific approach to the way we treat people.

Dr Sue Mayes AM



Dr Sue Mayes AM is Australian Ballet's Director of Artistic Health and has been their Principal Physiotherapist since 1997. Sue also consults for national and international professional sports.

Sue was appointed Adjunct Research Fellow at La Trobe University following completion of her PhD in 2017 and received their Distinguished Alumni Award in 2018. She has published on ballet-related topics and is currently researching joint health, and mental fatigue through the partnership between The Australian Ballet and La Trobe University. Sue has been invited to speak at international conferences and lectures throughout Australia and Europe.

Sue was awarded an Order of Australia in 2020.

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Mr Daniel Goldbloom MBBS FRACS FAOrthA



Daniel is an Australian trained Orthopaedic Surgeon with subspecialty fellowship training in all aspects of foot and ankle surgery.

Privately he is based at Malvern MSK in inner Melbourne. He currently holds a public consultant post at Peninsula Health where he enjoys teaching and being involved in complex cases.

Since completing general orthopaedic training with the Royal Australian College of Surgeons in 2011 he went on to completed Foot and Ankle fellowships with the Prince of Wales Hospital in Sydney and The Robert Jones Agnes Hunt Orthopaedic Hospital in Oswestry, United Kingdom, as well a limb reconstruction fellowship at Royal Liverpool Hospital.

Dr Jeremy Lewis PhD FCSP



Jeremy Lewis is a Consultant Physiotherapist and Professor of Musculoskeletal Research (University of Hertfordshire, UK). He has been awarded a Fellowship of the Chartered Society of Physiotherapy. He assesses & treats people with complex shoulder problems. Jeremy has also trained as an MSK sonographer (Postgraduate Certificate in Diagnostic Imaging-Ultrasound, University of Leeds, UK), & performs ultrasound guided shoulder injections as part of the rehabilitation process if required and appropriate. He also has completed; MSc (Musculoskeletal Physiotherapy), & Postgraduate Diplomas in; Manipulative Physiotherapy (Melbourne), Sports Physiotherapy (Curtin), & Biomechanics (Scotland), as well as MSc studies in injection therapy for soft tissues & joints. Jeremy has taught shoulder workshops internationally & has also been invited to present keynote lectures at many international conferences. His main areas of research interest are rotator cuff related shoulder pain, frozen shoulder, injection therapy, & exercise therapy

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Dr Sarah Warby PhD B.Phys. (Hons)



Dr Sarah Warby is a Melbourne based shoulder physiotherapist and researcher who works as part of the Melbourne Shoulder Group with Lyn Watson, Simon Balster, Ross Lenssen and colleagues. Sarah also coordinates shoulder research with Mr. Greg Hoy and holds an adjunct position at La Trobe University.

Sarah has a passion for both researching and treating a range of shoulder conditions, though particularly posterior and multidirectional instability. In conjunction with the Melbourne Shoulder Group, Sarah's current research involves investigating brain structure and function in patients with multidirectional instability using functional MRI scans.

Adjunct Assoc. Professor Greg Hoy FRACS FAOrthA FACSP



Greg Hoy is the current chairman of the Melbourne Orthopaedic Group, past president of the Victorian Hand Society (VHSS) and Victorian Shoulder Elbow Society (VSES), as well as past president of the Australian Shoulder Elbow Society (ASES).

Greg has 30 years experience in treating sports men and women in a multitude of sports.

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Lauren Gradwell B.Phys M.Sports Physio PhD MCAP



Lauren is a titled sports and exercise physiotherapist with 16 years of clinical experience. She has worked with a wide variety of sports including soccer, netball, cricket and baseball.

Lauren has recently completed a masters of research in patellofemoral pain and is currently a registrar with the college in the specialisation training program.

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