

Kerry Goodyear

We welcomed Kerry to the practice in September last year. With a wealth of experience in the medical industry, she has been a great addition to our reception team. We wish her well in her upcoming netball season.

Julie Law

After trekking in Tasmania over the Christmas break, Jules heads off to the Six Foot Track over Easter. Jules' son Sam has almost completed his Bachelor of Education at Macquarie University and Hannah is launching into a Bachelor of Advanced Science at UNSW.

Natasha O'Kane

Natasha's love for Irish Football and Camogie continues. She recently represented NSW at the Australasian championships in Sydney, where NSW won the camogie. Also playing Gaelic football for the Cormac Mc Anallens in the local Sydney competition her team remained undefeated last season.

Sarah Hornery

Sarah took time off over Christmas to attend the SONS medical conference in Niseko, Japan. It gave her the opportunity to test out the amazing powder snow and enjoy a great ski holiday. Congratulations also to her daughter Emily who recently won the Salenger prize for Dux of School.

St Vincent's SportsMed

St Vincent's SportsMed sponsored the Knox City to Surf Team in 2013. With over 80 participants, the team raised significant funds for I-India. I-India is a charity that provides funds, education and skills for street children in India.



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if you are interested in finding out more about our procedures or information regarding many sports or orthopaedic conditions.

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The Future of Sports Orthopaedics an interview with Dr. Simon Tan



Dr. Simon Tan is a Sports Orthopaedic Surgeon specialising in shoulder and knee reconstruction at St Vincent's SportsMed.

Where do you see the future of Sports Orthopaedic Surgery heading?

No doubt in my mind, it will be in the area of accelerated biological healing.

What do you mean by accelerated biological healing?

It's the use of the patient's own stem cells to help and accelerate the bodies healing process.

Can you explain what this involves?

A stem cell is a type of cell found in our own body, which can be extracted from abdominal fat. Approximately 150-200 grams of fat cells are extracted from a patient's abdomen and spun by a centrifuge. The stromal vascular fraction (SVF) is derived after the centrifugation process. These stem cells are then injected

into the body's area of need to assist with local healing. These stem cells (or precursor cells) can stimulate the growth of other cell populations such as cartilage.

How do you see this technology being applied?

This technology has potentially very impressive implications. It is currently being used in early to moderate arthritis where there has been a demonstrated benefit in pain relief and return of joint function.

Are there studies as yet to support stem cell therapy?

There are some excellent animal studies, but to date, we are lacking robust human studies. St Vincent's SportsMed is currently involved in a trial assessing stem cell therapy.

If the study results are positive, where do you see stem cell therapy heading?

It will enable us to accelerate healing across our entire practice. In terms of surgery, it will accelerate postoperative healing in knee ligament reconstructions as well as shoulder labral and rotator cuff repairs. For patients with arthritis, it will give symptom relief and possibly even delay joint replacement.

If this technology is successful, it has wide reaching implications. It's a very exciting opportunity to be involved in this developing field of accelerated healing.

The 2014 SportsMed Team

Welcome to the new look SportsMed team for 2014

Dr. Maja Markovic

Dr. Markovic is a sports physician with a wealth of experience in the management of sporting injuries. Currently team doctor for Australian Junior Women's Basketball, she will travel to China and Fiji with the Gems this year. An avid sportswoman herself, Maja is an elite skier and keen hiker. This September she will hike the 200km Haute Alpine route from Charmonix to Zermatt. We wish her all the best.

Dr. Warren Kuo

Dr. Kuo is a Sports Orthopaedic surgeon, who treats shoulder, knee and elbow injuries. He has recently increased his sessions at St Vincent's SportsMed and will be providing Sports Orthopaedic services for the Australian Defence Force. He will also continue to operate at both St Vincent's Private Hospital as well as Nepean Private Hospital. Dr. Kuo currently supervises the St Vincent's SportsMed Fellowship program, which offers an AOA approved fellowship position in Sports Orthopaedic surgery.

Dr. Angus Bathgate

Dr. Angus Bathgate is a Sports Physician who has recently returned to St Vincent's SportsMed after spending 4 years in Canberra as team doctor with the Super 14 ACT Brumbies.

His new position as team doctor for the Australian Rugby Union team, the Wallabies, means he is now back in Sydney and has consulting sessions available each week to see sporting injuries. Keep an eye out for him running the sideline as the Wallabies take on France in June and then New Zealand for the Bledisloe Cup in August.

Dr. Scott Burne

Dr. Burne has recently increased his time at St Vincent's SportsMed in order to cater for those requiring procedures such as PRP (Platelet rich plasma) injections as well as Compartment pressure testing and joint injections with joint fluid substitutes (Synvisc/Durolane). Dr. Burne also plays an integral role in teaching at St Vincent's SportsMed and is the supervisor of our medical student program, which hosts students from the University of Notre Dame. Later this year, Dr. Burne will travel to China as a team doctor for the Youth Olympics and to Spain as team doctor for Australian water polo.

Dr. Simon Tan

Dr. Tan is the founder of St Vincent's SportsMed and is involved on many levels. He continues his AOA position as head of Orthopaedic training at St Vincent's Hospital and works with Dr. Warren Kuo as supervisor of the St Vincent's SportsMed Orthopaedic Fellowship. His interest in the area of stem cell research continues, with studies currently underway. His areas of expertise include knee and shoulder surgery, including shoulder joint replacement.

Research and Education



The St Vincent's SportsMed fellowship has a new fellow, Dr. Matt Yalizis. Having completed his final Orthopaedic Examinations last year, Dr. Yalizis is spending 6 months with Dr. Kuo and Dr. Tan, training in the area of Sports Orthopaedic Surgery.

Dr. Tan and Dr. Kuo have been invited again to teach Arthroscopic Shoulder Surgery in Shanghai later this year. After a successful trip in 2011, they will host a further 15 Asia Pacific surgeons instructing a Masters course in Advanced Arthroscopic Shoulder Surgery.

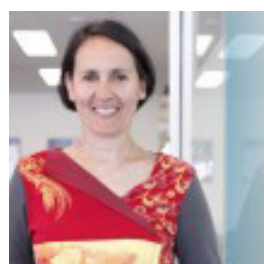
Dr. Tan was recently awarded an Associate Professorship due to his ongoing clinical research with the University of Tasmania.

This year Dr. Tan, Dr. Burne and Dr. Bathgate continue their research into Stem cell therapy and its advantages in the treatment of injuries and healing. They have several research projects underway.

Dr. Kuo is embarking on a study into intraoperative anaesthesia and analgesia to improve post-operative pain levels in shoulder surgery.

Dr. Kuo recently attended the International Congress for Joint Reconstruction. With international speakers from the Mayo Clinic USA, Canada, France and New Zealand, discussions included all aspects of joint surgery from joint replacement to arthroscopy. Latest techniques were discussed including reverse shoulder replacement, stem cell therapy and platelet therapies.

Dr. Kuo will also attend the Royal Australian College of Surgeons meeting in May this year.



Dr. Maja Markovic



Dr. Warren Kuo



Dr. Angus Bathgate



Dr. Scott Burne



Dr. Simon Tan



specialises in:

- Sports Medicine
- Work related injuries
- Orthopaedic Trauma
- Knee Ligament Reconstruction
- LARS Ligament
- Arthroscopy
- Meniscal/Cartilage Repairs
- Shoulder Reconstruction
- Shoulder Joint replacement surgery
- Compartment Pressure Testing
- PRP:Platelet Rich Plasma Therapy

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