



Central West Gippsland  
Division of General Practice



Heads, Shoulders, Knees and GPs

Sports Medicine Conference 2011

# Acknowledgement

- GPA South Gippsland and Central West Gippsland Division of General Practice acknowledges the elders of the Bunurong people, the traditional custodians of land on which we are meeting today.

# Welcome



Linda Giddy

Chair

General Practice Alliance South Gippsland

# Housekeeping

In case of emergency

Toilets

Folders

Questions

Assistance? See one of the division staff

# Overview of the day

**930-1030 Dr Greg Shuttleworth –Senior Medical Officer,  
Emergency Department  
West Gippsland Hospital**

Revision of anatomy

**1030 Morning tea**

**1045-1215 Dr Karen Holzer – Sports Physician**

Relationship between function and injury and the management of  
common overuse injuries

# Overview of the day

**1215 – 1pm LUNCH**

**1-2            Christine Ferguson – Senior Physiotherapist and Educator  
                         Gippsland Southern Health Service**

Exercise prescription: What, Where, When and How

**2-3            Francis Sullivan -        Radiographer and Sonographer  
   South Gippsland Radiology**

Imaging options in sports medicine

# Overview of the day

**3pm Afternoon Tea**

**315 – 445pm**

**Associate Professor, Paul McCrory –  
Neurologist and Sports Physician  
Box Hill Hospital**

Head Injuries

**445pm**

**Closure by Acting CEO Central West Division of general Practice,  
Marg Bogart**

**630pm**

**Children's Dinner**

**7pm**

**Main Meal with Craig Amy's Band playing**

# Dr Greg Shuttleworth



**Senior Medical Officer**, Emergency Department  
West Gippsland Hospital, Warragul.

Former GP in Korumburra

A big interest in **Sports Medicine and AFL football:**

Masters Degree in Sports Medicine - UNSW 2003

Gippsland Power Under 18s (2002-2006)

Brisbane Lions (2003-2008)

Essendon (2009)

Collingwood Football Club (2010-2011)

# Short presentation from our sponsor



Mundi Pharma

# Morning Tea

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10 min break

# Dr Karen Holzer



Experienced **Sports Physician** - recreational and elite athletes

Team Doctor for all levels of sporting teams, from the domestic through to State, National and International level

**Australian Team Doctor** at numerous world championships, Commonwealth and Olympic Games

PhD and Post Doctorate in Exercise Induced Asthma

In Charge of Airways Management for the Australian Olympic team in **Beijing 2008**.

# Lunch



45 mins

# Short Presentation from our sponsor



Abbott Pharmaceuticals

# Christine Ferguson



Senior Physiotherapist / Educator **Gippsland Southern Health Service**

Post Grad Musculoskeletal

**Karate** Practitioner and Teacher (35 years) Australian Karate Team Member (10 consecutive years - past) National Karate Coach (past) National Coordinating Coach (past)

**Keen downhill skier** (despite a knee reconstruction)

Reluctant but regular swimmer and novice Yoga Practitioner

[CLICK TO PLAY](#)

# Francis Sullivan



## South Gippsland Radiology

**Queensland:** The Royal Brisbane Hospital and Nambour Hospital, Southern X-Ray - Maryborough and Hervey Bay

**United Kingdom:** Atkinson Morley's Hospital (London)  
Neuroradiology and Neurosurgical Research Units  
Director of the Department for 9 years

Masters degree in Diagnostic Ultrasound - University of London

Post Graduate Degree in Sub Atomic Physics - Imperial College of Science.

Memberships: Australian Institute of Radiography and Australian Sonographers Association

# Afternoon Tea

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10 mins

# Ass Prof Paul McCrory



**Neurologist and Sports Physician** - Box Hill Hospital

Specialty training in internal medicine, neurology and sports & exercise medicine

Hyperbaric and diving Medicine from the Royal Adelaide Hospital

PhD on the topic of concussive brain injury - University of Melbourne

**Associate Professor and NH & MRC Research Fellow** (Florey Neuroscience Institutes) as well as at the **Centre for Health, Exercise and Sports Medicine** (University of Melbourne)

He has published 3 books and over 300 papers, mostly on sports related head injury.

Club doctor Collingwood Football Club 5 Years

Consultant to the IOC, FIFA, the International Rugby Board and the UK Horse Racing Association on medical policy matters.

# Conference close



Central West Gippsland  
Division of General Practice

Marg Bogart

Acting CEO

Central West Gippsland

Division of General Practice

# Final Housekeeping

Children's dinner at 6.30pm in Recreation room

Canapé's and pre dinner drinks in this room from 6.30pm

Official conference dinner commencing at 7.00pm

Adult Supervisors will be with children undertaking craft activities while adults are enjoying their dinner



# Enjoy your evening!

