

Sports Medicine Professionals

2012 DIRECTORY

For the Australian Capital Territory



ACT Branch



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Sports Medicine Professionals

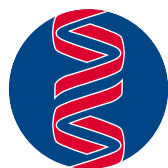
2012 DIRECTORY

For the Australian Capital Territory

DETAILS OF
PROFESSIONALS
WORKING IN THE
SPORTS MEDICINE
FIELD CAN BE FOUND
IN THIS DIRECTORY



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This directory is produced by:

Sports Medicine Australia (ACT Branch)
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 Facsimile: **02 6230 6676**
 Email: **act@sma.org.au**
 Web: **http://act.sma.org.au**

SMA-ACT would like to acknowledge the sponsorship received from The Vikings Group in support of the safer sport program run for the community.

SMA-ACT would like to acknowledge the Triennial Funding received by Sports & Recreation Services ACT.



President's Message

Peter Garbutt, President SMA ACT

Welcome to the 2012 edition of the SMA ACT member's directory. This year sees the largest distribution ever of the members directory. I hope you find this to be a useful resource in finding the right sports medicine team member to assist you. The SMA name behind its members gives you the confidence that you need to choose a practitioner that is right for you.

Education is an important part of SMA's role in the community, and this year has seen more Safer Sport and first aid courses than ever before. 2011 was another big year for SMA ACT, as we continue to work strongly with The Vikings Group as our major sponsor. We regularly utilise their great facilities for educational seminars that we provide for professional and public benefit. This is paralleled by an unprecedented demand for our sports trainers to cover events in and around the ACT. This bears witness to the high quality and dedication displayed by our talented team of sports trainers.

A special thanks to the supporters of SMA ACT in Vikings Group, CIT, Sportsman's Warehouse, Content Group and ACT Sport and Recreation, along with those who support us throughout the year in numerous ways.

An organisation such as SMA is only ever as strong as its members will let it be. It is testament to the hard work of all those that get involved. Thank you to the board members who work tirelessly, the other volunteers within the organisation and of course our team in the office that are the engine room behind our great branch.

As we move steadily forward, I would encourage anyone who is a member to get involved and reap the benefits of an active membership in SMA ACT. To those who aren't members yet, consider the opportunity to get involved with an organisation with a strong community involvement and culture of integrity and learning.

Key Contacts - ACT

Sports Medicine Australia ACT Branch

100 Maitland Street
Hackett ACT 2602

Tel: 02 6247 5115

Fax: 02 6230 6676

Website

<http://act.sma.org.au>

Email

act@sma.org.au

Executive Officer

Mrs Patricia Donoghue
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Safer Sports Courses

Mr Brendan Farnhill
brendan.farnhill@sma.org.au

Coverage Coordinator

Ms Marinda Abbott
marinda.abbott@sma.org.au
coverage@act.sma.org.au

Sports Medicine Australia ACT Branch Board

President

Mr Peter Garbutt
healthcare@enhance.com.au

Vice President

Dr Rob Reid

Secretary

Mrs Jane Haddock

Treasurer

Mr Nathan Kruger

Directors

Mr Ian Butt
Ms Allison Mitchell
Dr Jason Mazanov

Safer Sports Convener

Mrs Jane Haddock

Sports Trainers Convener

Mr Stephen Johnston
Stephen.Johnston@macquarie.com

AIS PhD Candidate

Mr Andrew Dingley

Sports Representative

Mr Clyde Rathbone

State Conference Committee

Mr Brad Hiskins
Mr Paul Fleet
Dr Rob Reid
Mr James Barker
Mrs Patricia Donoghue

Media, PR & Sponsorship Committee

Mr David Pembroke
Mr Stephen Johnston
Mr Clyde Rathbone
Mrs Patricia Donoghue

Key Contacts - National

Sports Medicine Australia National Office

Sports Medicine Australia
PO Box 78
MITCHELL ACT 2911

Website

<http://sma.org.au>

Phone Numbers

Membership (02) 8116 9815
Conference (02) 6230 6671
Media (03) 9674 8703
Publications (03) 9674 8703
Sponsorship (02) 8116 9819
Website (02) 8116 9817

Sports Medicine Australia State Branches

ACT

ACT Sports House
100 Maitland St
HACKETT ACT 2602
Phone: (02) 6247 5115
Fax: (02) 6230 6676
act@sma.org.au
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South Australia

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Victoria

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Fax: (03) 9674 8799
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Tasmania

C/- Victoria Branch

NT

PO Box 2331
DARWIN NT 0801
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QLD

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Phone: (02) 8116 8715
Fax: (02) 8732 1626
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WA

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CLAREMONT WA 6010
Phone: (08) 9285 8033
Fax: (08) 9284 9239
<http://wa.sma.org.au>

Membership - What is the role of Sports Medicine Australia?

Established in 1963, SMA has a membership of health and science professionals and related organisations involved or interested in sport and physical activity. SMA members work from the grass roots through to the elite levels of sport. As well as the promotion of healthy sport and physical activity, SMA members focus on the prevention, treatment and management of sports injuries. SMA strives to create a safer physical and social environment for all participants in sport and physical activity.

As a multidisciplinary organisation, SMA's greatest achievement is that it draws together the expertise of members from a diverse range of professions. Their contributions and multidisciplinary approach to improving performance and to making sport safer have played an important part in Australia's sporting success. SMA members' shared knowledge and skills will play an equally important part in keeping all Australians active and healthy. SMA members include Dietitians, Doctors, Exercise Scientists, Orthopaedic Surgeons, Physicians, Physiotherapists, Podiatrists, Psychologists, Public Health professionals, Soft Tissue Therapists, Sports Trainers as well as nurses, teachers and parents.

Membership Categories - <http://sma.org.au/members/>

There are several categories of membership at SMA. They have been designed to cater for the needs of different groups. The categories are:

Professional (Full) Membership is available to all people with an appropriate tertiary degree recognised and approved by Sports Medicine Australia National Board. Full members have voting rights and receive a subscription to Sport Health and the Journal of Science and Medicine in Sport.

Recent Graduate Membership is available to anyone who has completed full time study in the last 12 months. Recent Graduate Members receive a subscription to Sport Health, the Journal of Science of Medicine in Sport and are entitled to all SMA Member discounts.

Student Membership is available to anyone who studies full time. Student Members receive a subscription to Sport Health and are entitled to some of the SMA Member discounts.

Associate Membership is available to all people with an interest in sport and sports medicine. Associate members receive a subscription to Sport Health.

Sports Trainer Membership is available to SMA accredited Sports Trainers and Sports First Aiders. Sports Trainer members receive a subscription to Sport Health and the Sports Trainers Digest. Sports Trainer membership can include Professional Indemnity Insurance if required.

Corporate Membership is available to companies that have an interest in the sports medicine or sports science industry. Corporate members receive discounts on advertising and direct marketing opportunities to SMA members.

Club Membership is available to any sporting club from the elite level through to local grass root.

Member Services

Professional Education

Australian Conference of Science and Medicine in Sport (ACSMS).

Held annually in October, the ACSMS is the largest multidisciplinary sports science and sports medicine conference held in the southern hemisphere. It provides an interactive educational forum for the exchange of knowledge and information about research, practices and products in the field.

State professional development courses

SMA state branches provide multi-disciplinary courses, seminars and workshops covering all areas and levels of sports medicine. SMA-ACT branch run an annual conference, South East Regional Conference of Science and Medicine in Sport on the first weekend in February every year. Contact our office for details.

Publications

SMA members receive the following publications and a range of communications from their state branch.

Journal of Science And Medicine in Sport (JSAMS)

Published every two months from 2006, JSAMS is the major refereed research publication on sports science and medicine in Australia. It provides high quality, original research papers to keep members and subscribers informed of developments in sports science and medicine. (Full members only)

Sport Health Magazine

Published quarterly, this magazine is both for members and the general public. It covers topical issues within all areas of sport and physical activity and also the interests and activities of the individual sports science and medicine disciplines.

Sports Trainers Digest (STD)

Published for Sports Trainers, the STD covers topical issues and helps keep trainers up to date on sports medicine and science as it relates to their role in sports safety.

Policies, Position Statements and Guidelines

SMA produces policies and guidelines on issues that are important to the sporting community. These are continually updated and based on review of the latest scientific research.

Other services

Network of professional members, promotion of membership and clinic details through directories, representation and advice, research awards, lobbying governments at all levels, discounts on educational and product resources, subscription services to international journals, member benefits and more.

E-News

Email newsletter sent to members and sports trainers every month with all the latest press releases, discounts and benefits.

Members Application Form

All members forms, costs and benefits can be obtained from SMA website:

<http://sma.org.au/members/>

Member/Professional Education Program

The ACT Branch of Sport Medicine Australia runs workshops, seminars and courses for health professionals with an interest and working in, areas related to sports medicine and sports science, health promotion and physical activity.

Each year a calendar of events is constructed and publicised by direct mail to members and affiliated organisations as well as via the SMA (ACT Branch) website <http://act.sma.org.au>.

All member/professional education activities are discounted to SMA members. Courses, workshops etc. also carry the relevant QA and CPD for doctors.

The Community Education Program

The “Safer Sport Program” Community Education Program is the principle community education activity conducted by Sports Medicine Australia (ACT Branch).

It is a goal of the Safer Sport Program to reach all participants in the active community, thereby producing greater awareness of prevention of sports injury techniques and immediate injury assessment, management and referral of sporting injuries.

With an increased participation rate in sport and physical activity, a greater Sport Safe culture will ensure a decreased frequency and severity of injuries associated in sport and physical activity at all levels of competition.

SMA (ACT Branch) is committed to the “Safer Sport Program” message by providing nationally accredited courses, school-based courses, community seminars, resource development, sports specific courses and club-based workshops.

Workshops and short courses are tailor made for clubs, schools or recreation centres aimed at coaches, athletics, team managers, parents, teachers, and nurses. Education can focus on one particular sport and it's common injuries or on a wide variety of sports medicine topics.

In order to keep up to date with the latest sports medicine trends, issues and research, SMA (ACT Branch) presents seminars, conferences and workshops for sports trainers, coaches, players, parents and physical education teachers. All seminars and conferences provide participants with the practical skills to prevent and immediately manage common sports injuries.

For more details on the 2012 Community Education Program, visit our website: <http://act.sma.org.au>

Community Professional Development

SMA runs short workshops and seminars throughout the year on a range of topics related to sports medicine. These are designed to assist people interested in sports medicine by providing ongoing education and up to date information on current trends and methods.

SmartTalk is a series of talks which SMA-ACT run in conjunction with the AIS. These talks are free to members and run four times a year.

If you have a topic of interest which you would like to see presented please contact our office via email act@sma.org.au or phone (02) 6247 5115.

Education

Safer Sport Nationally Accredited Courses

CPR (Cardiopulmonary Resuscitation) HLTCPR201A \$50

The Australian Resuscitation Council (ARC) recommend that the CPR component of First Aid be refreshed every 12 months. Fitness Australia enforces this recommendation for all of its members. This course covers the unit of competency required to perform CPR in line with the ARC guidelines.

Sports First Aid (Apply First Aid) HLTFA301B \$150

This is a one day course, Workcover approved and equivalent to a Senior First Aid Course. The course is aimed at equipping parents, coaches, and first aiders to act as the first responder to any first aid emergency. Upon successful completion, a 3 year first aid accreditation will be provided along with a statement of attainments which is available in PDF or printer version to enable participants to maintain a record and forward their accreditation via email.

SMA undertakes all the first aid training at CIT, and has a strong lecture base which provides flexible and tailored learning for any group. Contact our office for further details or send an enquiry to act@sma.org.au

To view free content on this course visit our website <http://act.sma.org.au>

Advanced Resuscitation \$140

This course provides participants with training in advanced first aid resuscitation techniques, life support and management of casualty(s) using Oxygen in resuscitation and oxygen therapy. Advanced Resuscitation has both practical and theoretical elements, where participants demonstrate procedures of techniques used and exhibit the necessary knowledge on administering advanced first aid.

Level One Sport Trainer \$285

The Level 1 Sports Trainer will learn about prevention of injuries and initial sports injury management. ACT Branch runs this course over 21 hours. A prerequisite for this course is a current first aid certificate. For further details and the course outline visit <http://act.sma.org.au> safer sport education.

Level Two Sports Trainer \$285

This course is a progression from the level 1 sports trainers course. It is designed to build upon the skills learnt in the level 1 sports trainers course. Coupled with industry experience, the course also contains modules that aim to improve trainers skills and knowledge of the provision of first aid and sports medicine services. Prerequisite of current first aid, Level 1 and 50 hours practical work with a club or organisation. For further details visit <http://act.sma.org.au> safer sport education.

Re-Accreditation

Sports First Aid, Level 1, and Level 2, sports trainer

\$95 one accreditation

\$150 two accreditations at same time

CPR refresher

\$50

Re-accreditation is offered for Sports First Aid, CPR, Level 1 Sports Trainer and Level 2 Sports Trainer. Participants who hold accreditation for first aid with another organisation can apply for their first aid update with Sports Medicine Australia at the above rate.

CPR and first aid courses are available in the workplace or to any group upon request.

Level 2 sports trainers need to undertake 3 professional development sessions to qualify for re-accreditation and should contact our office to discuss.

2012 course dates and times are available via our web site <http://act.sma.org.au> or email enquires act@sma.org.au

*Course prices are subject to change

Safer Sport Workshops

Sports Medicine Workshops

A 1 or 2 hour workshop can be designed to suit the needs of your school or club covering topics such as injury prevention and management.

Sports Medicine Awareness Course (SMAC)

A 2 hour practical workshop covering sports injury management and prevention techniques including warm-up and cool down tips.

Strap Smart – Taping Workshop \$50

This 2 hour practical workshop gives participants the basic skills and knowledge required to tape the ankle, thumb and fingers in order to help prevent sporting injuries.

Pre & Post Massage - Members \$130, Non-Members \$140

Prerequisite Level 1 Sports Trainer

An introduction to sports massage, designed to teach the basic massage techniques, before and after an event. Upon completion, course participants will be able to identify contra indications to massage; execute and know the different strokes and their uses in massage; use correct stance and posture; and safely and confidently execute a basic sports and relaxation massage.

Advanced Taping - Members \$130, Non-Members \$140

This course is a progression on the taping techniques taught in the sports trainer level 1 course. The course is 5 hours long run over 2 nights and techniques taught during the course include, achilles tendon, pelvic, shoulder, plantar fascia, AC joint and Elbow.

Spinal Management - Members \$130, Non-Members \$140

Taught in conjunction with Royal Life Saving Society, this course teaches the first responder how to assess and manage a potential spinal cord injury. Participants are taken through the application of cervical collars, spine boards and head beds. A prerequisite for this course is a Level 1 Sports Trainer qualification or other relevant experience.

Concussion & Head Injury in Sport

Interest in sports concussion has grown widely in the last two decades among parents, first aids, coaches and sports trainers. Significant contributions of evidence-based research have led to a better understanding of this injury. This information has transformed all aspects of concussion management, from on-field evaluation through return-to-play guidelines. The aim of this session is to educate all involved with sport on some of the important issues, outcome of research and treatment protocols.

Don't leave the fate of your athletes, children, self in the hands of others. Educate yourself on this issue and learn the evaluation, management guidelines, and return-to-play recommendations.

Talks can be arranged for any group. Contact our office to enquire act@sma.org.au

Further details, including the link to 2008 Consensus Statement on Concussion in Sport can be found on our website <http://sma.org.au/sma-branches-new/act/resources-and-advice/>

**2012 course dates and times are available via our website <http://act.sma.org.au>
Group booking requests or further information email act@sma.org.au**

Resources

Resources available from SMA-ACT Branch

Smartplay Brochures Warm Up, Drink Up, and Fix Up.

These fact sheets are available to teachers to be used as additional school resources. Smartplay up series fact sheets which are available for students can be ordered from the office and are free of charge with course resources.

These resources can be viewed at: <http://smartplay.com.au> and are also available in Sportsman's Warehouse stores within ACT.

Sport Specific Injury Fact Sheets.

SMA has recently developed a series of injury specific fact sheets outlining the prevention and management of 12 common sports injuries:

Achilles Tendon	Hamstring
Acromioclavicular Joint (AC) injury	Meniscus
Ankle	Quadriceps
Anterior Cruciate Ligament	Eye injuries
Gastrocnemius	Shin Pain
Plantar Fasciitis	Soft tissue



Full range of resources can be viewed on the SMA website:

<http://sma.org.au/resources/policies/injury-fact-sheets/>

First Aid Kits

Sporting first aid kits available for purchase, containing everything you need to provide first aid assistance at a sporting or recreation event. These kits are tailored to your sport requirements. Contact our office for further details.

Sport InjurEdata Project

The SMA-ACT, UC Sport InjurEdata Project will enable collection of high quality data on sports injuries during Sporting events and will provide the capacity for immediate modelling of trends and occurrence rates of injury.

SMA – ACT & UC partnership in Sports InjurEdata project couples high level research and analysis skills with an existing sports coverage network allowing a high quality data collection. Combining rigorous research and analysis, to provide evidence for safer participation and better injury prevention outcomes for ACT sport.

Sport InjurEdata Project using the software Record Pro, will create the first regional electronic sports injury surveillance and reporting system of its kind. This system will collect data on sports injuries during events and will provide immediate modeling of trends and occurrence rates of injury across sports and venues. SMA-ACT Sports Trainers using this system will log injury and treatment data in real time on site via a menu prompt system to maximise quality of data recorded. This project is supported by ACT Government, and aligned to Initiative 1.1 of the ACT Sport & Recreation ACTIVE2020 Plan. Sports injuries are expensive and a detrimental to participants health. Injuries mean more sidelined players, lengthy rehabilitation and often poor team performance. It is crucial not to underestimate the importance of sport safety and the integral role Sport safety personnel (including sports trainers & sports first aiders) play in keeping sport safe, with injury recording a vital link in this process.



Sports Coverage

Sports First Aid Coverage

Do you need medical coverage at an upcoming sporting event?

Sports First Aid Coverage is a specialised service provided by Sports Medicine Australia for event personnel. As an event organiser you are well aware of your legal liability and duty of care to both the participants and spectators. By having a dedicated team of professionals on hand, you can minimise risks and provide medical and first-aid treatment the moment an injury occurs. Our service is tailored to your event requirements and if necessary we can provide a team which includes doctors, nurses or just first aiders. Our first aiders have their own insurance and need to have a prerequisites of a level 1 sports trainers accreditation ensuring that your event has the best possible care and skilled personnel to meet any first aid emergency. All attending personnel have current CPR qualifications, are highly visible and can be mobile on foot, in car, on motor bike or in a boat if required.

SMA provides cover for a vast array of events ranging from small one off local events to mass participation events of a national and international standard.

Let Sports Medicine Australia organise our fully qualified personnel to attend your next event.

Medical coverage application forms are available on our website <http://act.sma.org.au> or email coverage@act.sma.org.au and we will send a registration form to you.

Application forms should be lodged at least four weeks prior to your event. Administration fee may be incurred if less than 4 weeks notice is given.

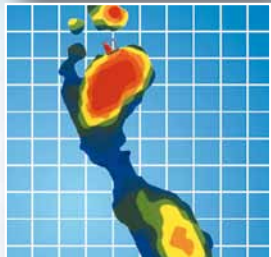
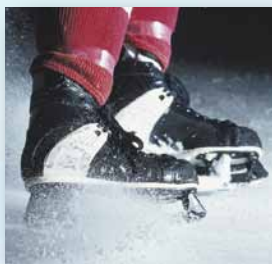
Once your application is received SMA will then arrange the appropriate personnel to attend your event and send you a confirmation outlining all the appropriate details of the attending person.



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Suite 18, Corinna Chambers 36-38 Corinna Street Woden ACT 2606

6282 5466



5883 www.symagi.com

www.thefootclinic.com.au

Sports Medicine Professionals

2012 DIRECTORY

For the Australian Capital Territory

MEMBERSHIP DIRECTORY LISTINGS

Find a professional working in the Sports Medicine Field.





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(02) 6241 6060

Platypus Centre 4/4 Riley Close, Ngunnawal ACT 2913
Fax: (02) 6241 6070 Email: healthcare@enhance.com.au

Membership Categories

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Orthopaedic Surgeons	20
Optometrists	20
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Pilates Practitioner	20
Physiotherapists	
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Sports Medicine Australia (ACT Branch) makes every attempt to ensure that information contained in this directory is correct at the time of printing.

If any members details are incorrect or there have been any changes to contact details, please fill in and return the current details form which can be found on page 28 and return to Sports Medicine Australia (ACT Branch) so the relevant changes can be included in the next issue.

Soft copy of this directory is available via our website <http://act.sma.org.au>

Extra copies of this directory are available from Sportsman's Warehouse stores within Canberra and surrounding NSW stores.

Membership Listings

Australia's National Sports Anti-Doping Authority

Unit 6, 5 Tennant Street
Fyshwick ACT 2609
Tel: 13 000 ASADA (13 000 27232)
Email: asada@asada.gov.au

Chiropractors

Mr Peter Garbutt



Enhance Healthcare
Suite 10, 141 Flemington Road
Mitchell ACT 2911
Tel: 02 6241 6060 (W)
Fax: 02 6253 9549
Mobile: 0403 117 457
Email: healthcare@enhance.com.au

Mr Benjamin Muir

Compass Healthcare
Forey Shopping Centre
2/43 Kesteven Street
Forey ACT 2615
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Mobile: 0438 007 545
Web: compasshealthcare.com.au
Email: ben@compasshealthcare.com.au

Peak Corporation Pty Ltd

Unit 9, Level 1, Swimming Australia Building
7 Beissel Street Belconnen ACT 2617
Tel: 02 6251 8999
Fax: 02 6251 9900
Email: info@peakcorporation.com.au

Dr Andrew Mitchell

Dr Michele Martin

Dental Surgeons / Dentists

Dr Michael Ryan

Comprehensive Dental Care
213 Crawford Street
Queanbeyan NSW 2620
Tel: 02 6297 1303 (W)
Fax: 02 6297 6128
Mobile: 0410 404 920

Dr Neil Cheesman

Look Good - Feel Good Dentistry
Unit 9 Deakin Sport Therapy Centre
Deakin ACT 2600
Tel: 02 6282 7711
Fax: 02 6282 7730
Email: allsmiles@grapevine.net.au

Dietitians - Sport

Dr Liz Broad

Sports Dietitian
Mobile Practice
Mobile: 0410 078 146
Email: lizbroad@aapt.net.au

Ms Courtney Dinnerville



Peak Health Diet & Nutrition
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Unit 9, Level 1, Swimming Australia Building
7 Beissel Street Belconnen ACT 2617
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Membership Listings

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Prof. David Pyne

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Ms Kirra Rankin



Capital Hydrotherapy
8/2 King Street
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Email: kirra@capitalhydrotherapy.com.au
www.capitalhydrotherapy.com.au
Also available at Kings Majura Park & Kings Deakin

Mr Ben Wisbey

Fitsense Australia
Unit 8/37 Kesteven Street,
Florey ACT 2615
Tel: 1300 88 58 40
Email: info@fitsense.com.au

Mr Charan Walia

Garran Exercise and Rehabilitation
60 Garran Place, Garran ACT 2605
Tel: 02 6281 1411
Fax: 02 6281 1766
Email: gym@chroniccarecentre.com.au

Health & Fitness Pre & Post Natal Care

Ms Michelle Wells

a'bloom personal training
PO Box 8027
Rivett ACT 2611
Tel: 1300 785 216
Email: info@abloom.com.au
web: abloom.com.au
We shape happy, healthy Mums

Massage Therapists

Mr Andrew Ferrari

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Isabella Plains ACT 2905
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Email: 1massage@tpg.com.au

John E Cocks

T/A ACT Massage Solution
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Mr Stan O'Toole

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Email: info@peakcorporation.com.au

Medical Practitioners

Dr J.K. Azoury

The Crawford Street Clinic
150 Crawford Street
Queanbeyan NSW 2620
Tel: 02 6297 3311 (W)
Email: john.azoury@crawmancom.au

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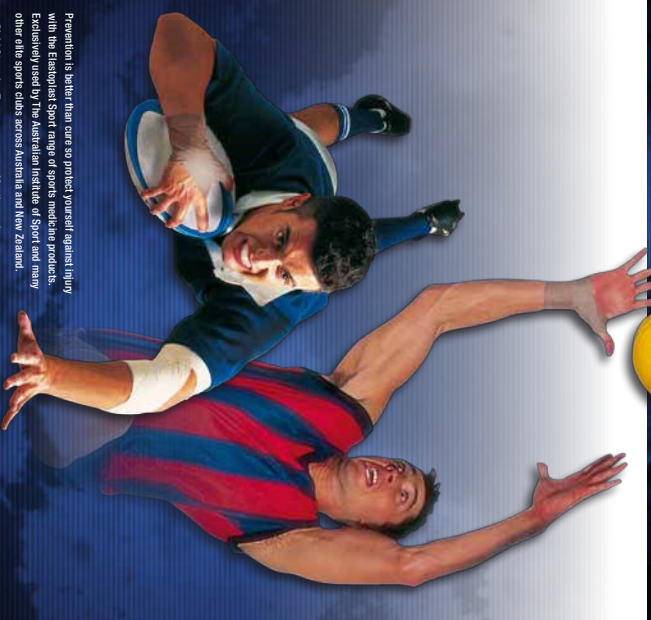
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