

# INJECTION THERAPY IN TENDINOPATHY: ART AND SCIENCE

**SATURDAY 4TH MAY**

**9.30am to 3.30pm**

**Tennis Centre, Melbourne**

Meals and refreshments provided during all breaks

Despite our best intentions, not everyone with tendinopathy will respond to conservative treatments. Clinicians need alternative options like injection therapy. Injections such as steroid and platelet rich plasma continue to be popular for tendinopathy, and there are other emerging injections such as the high-volume injection. This seminar will bring together international, interstate and local clinical and research leaders to tackle challenging questions about the evidence and clinical use of injections for tendinopathy, including:

At what clinical stage should we recommend injections for tendinopathy?

Are steroid injections harmful?

Are PRP injections effective?

Are there differences in the efficacy and safety of injection therapy for different tendinopathies?

What other injection options are available?

This seminar promises to be an exceptional learning opportunity for any clinician who is involved with the management of people with tendinopathy.

**Click the link below to register:**

[injection-therapy-in-tendinopathy-art-and-science](#)

\$320 Eventbrite link

\$220 Early bird prior to April 1st

## TIMETABLE

### SESSION 1: CORTICOSTEROID AND TENDINOPATHY

09.25–09.30	Welcome	
09.30–09.50	Efficacy and safety of corticosteroid injections in tendinopathy	Brooke Coombes, Queensland
09.50–10.10	Corticosteroid is harmful for tendons and we need to limit them meeting each other	John Orchard, Sydney
10.10–10.30	Corticosteroid for plantar heel pain: what is the current evidence?	Glen Whittaker, Melbourne
10.30–10.50	Corticosteroid use for foot tendinopathy - when?, what?, where?, how?	Dean Samaras, Melbourne
10.50–11.20	Questions and discussion	
11.20–11.40	Break	

### SESSION 2: HIGH VOLUME INJECTION AND TENDINOPATHY

11.40–12.00	The evidence context for high-volume injection in Achilles tendinopath	Dylan Morrissey, UK
12.00–12.30	Development of the high-volume injection and use in Achilles tendinopathy and beyond	Otto Chan, UK
12.30–12.40	Efficacy of high-volume injections compared to sham following failure of conservative therapy for Achilles tendinopathy: an NHMRC-funded trial	Peter Malliaras, Melbourne
12.40–12.50	Treating Achilles tendinopathy in real life: lessons from the largest randomised trial in Achilles tendinopathy	Dylan Morrissey, UK
13.00–13.30	Questions and discussion	
13.30–14.10	Lunch	

### SESSION 3: PLATELET RICH PLASMA AND TENDINOPATHY

14.10–14.30	Evidence for the use of PRP for selected tendinopathies	Jane Fitzpatrick, Melbourne
14.30–14.50	PRP and other ultrasound-guided injections for troublesome tendinopathies: the (arty) clinical edge	David Connell, Melbourne
14.50–15.10	The use and abuse of PRP in tendinopathy	Hans Tol, Aspetar
15.10–15.30	Questions and discussion	
15.30	Seminar close	

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### SPEAKER BIOS



#### **Dr Brooke Coombes (Physiotherapist)**

Dr Brooke Coombes is an experienced Musculoskeletal Physiotherapist and lecturer in Physiotherapy at Griffith University, Queensland. She completed her PhD in 2013 at The University of Queensland, publishing several works including a meta-analysis of injection therapies for tendinopathy and a randomised controlled trial investigating corticosteroid injection and physiotherapy for lateral elbow tendinopathy. Her post-doctoral research has used quantitative sensory testing and ultrasound imaging to provide empirical knowledge regarding impairments in pain processing, structural and mechanical properties associated with tendinopathy.



#### **Dr John Orchard (Sports Physician)**

John Orchard is a Sport and Exercise Medicine Physician with a combination career in professional sport and sports administration, clinical sports medicine practice and research. His main area of clinical specialisation is in muscle and tendon injuries of the lower limb. In research, he has an Adjunct Professor appointment through the School of Public Health at the University of Sydney, with general research stream being sports injury epidemiology and prevention. He was the Chief Medical Officer for the 2015 Cricket World Cup and continues to work as the Chief Medical Officer for Cricket Australia.



#### **Dr Glen Whittaker (Podiatrist)**

Glen Whittaker is a podiatrist who graduated with first class Honours in 2011. His PhD evaluated the comparative effectiveness of foot orthoses and corticosteroid injection for plantar heel pain. Glen is currently an Associate Lecturer in the Discipline of Podiatry at La Trobe University and also consults in private practice.



#### **Dr Dean Samaras (Podiatric Surgeon)**

Dr Dean Samaras is a Fellow of the Australasian College of Podiatric Surgeons (FACPS). He has specialist registration as a podiatric surgeon with AHPRA and is endorsed to prescribe scheduled medicines for conditions relating to the foot and ankle. He is accredited to perform reconstructive surgery at 4 hospitals and consults in both metropolitan and regional Victoria. He adopts modern methods of treating foot and ankle conditions including keyhole surgery and ultrasound guided injection therapy.



#### **Prof Dylan Morrissey (Physiotherapist)**

My overarching career objective is to combine the best of educational, clinical practice and research to develop and deliver high quality evidence based Physiotherapy for patients with sports and musculoskeletal disorders. My job titles are Consultant and Professor of Sports and Musculoskeletal Physiotherapy. More importantly, my roles include Academic Lead for SEM at QMUL, sole clinical NHS consultant in a department with 2000+ musculoskeletal referrals per month, co-management of a Human Performance Laboratory. I have a particular interest in tendinopathy and am four years into a 5 year fellowship with clinical trials as a primary focus.



#### **Dr Otto Chan (Radiologist)**

I have worked in MSK imaging and intervention for over 30 years, with a world renowned group of Sports and Exercise Medicine experts. We have been at the forefront of research and treatment of sports related injuries and pioneered numerous procedures, in particular High Volume Image Guided Injections (HVI) and non operative management. This has led to a huge demand in our services and at present I perform over 100 injections a week on a wide range of MSK problems, using a unique one stop clinic, with cutting edge imaging, intervention and post injection specialist rehab.



#### **Dr Hans Tol (Sports Physician)**

Johannes L Tol is a Sports Medicine Physician at the Amsterdam Medical University Centers (University of Amsterdam), educated as human movement scientist (Free University) and visiting professional at Aspetar Qatar. He is an expert in conducting randomised controlled trials in the field of tendinopathy and regenerative medicine, including platelet rich plasma (3 RCTs completed, 1 ongoing) and cell therapy (published in NEJM and JAMA). His interdisciplinary sports medicine research focusses on acute muscle injuries, degenerative tendinopathy, risk factor identification and prevention of sports-related injuries.



#### **A/Prof Peter Malliaras (Physiotherapist)**

Peter Malliaras is a clinical physiotherapist and researcher from Melbourne, Australia specializing in tendinopathy. In 2006 he completed his PhD in tendinopathy identifying novel risk factors, and since has undertaken post doctoral research in the UK and Australia, and has co-authored over 90 peer review publications. Currently, he is an Associate Professor at Monash University Physiotherapy Department and involved in multiple tendinopathy research projects and groups in Australia and internationally.



#### **A/Prof Jane Fitzpatrick (Sports Physician)**

Jane Fitzpatrick is a Sport and Exercise Medicine Physician in private practice and at the Graeme Clark Institute for Biomedical Engineering, University of Melbourne. Jane is currently the team physician for the Australian Cross Country Ski Team and the Medical Director for the Australian Biathlon Team. Jane Fitzpatrick is an experienced clinician who has seen over 25,000 musculoskeletal patients in private practice over 30 years and understands patient care delivery and translation of clinical research. She has a PhD in the area of Biological management of tendinopathy and is currently researching in tendinopathy and osteoarthritis.



#### **A/Prof David Connell (Radiologist)**

David Connell is a musculoskeletal radiologist and clinical director at Imaging Olympic park. He is an adjunct associate professor in the Faculty of Medicine, Monash University, and also adjunct associate professor in the Faculty of Sports Medicine and Research at La Trobe University, Melbourne. He is recognized as an international authority on muscle and tendon injuries. He has authored 107 publications and has been an invited speaker to major meetings in 19 different countries.