



SPORTSMED • SA

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SPORTSMED-SA

Lab-based research is conducted as part of the attachment to the University of Adelaide Department of Orthopaedic Surgery and Trauma at the Royal Adelaide Hospital. The biomechanics laboratory of the Department of Orthopaedic Surgery and Trauma Surgery is used for this work.

Previous work in the biomechanical laboratories has included measurement of the tensile strength properties of the anterior cruciate ligament, as well as the measurement of hoop strain in the menisci and other related biomechanical research. This work has been carried out on human cadaver knees, which have become difficult to access, and bovine joints. There have also been animal studies done in conjunction with the Institute of Medical and Veterinary Science.

There are approximately 220 total hip replacements, 110 unicompartamental knee replacements, 750 total knee arthroplasties (including revisions), 800 knee reconstructions, 80 osteotomies, and 2700 arthroscopies performed by the surgeons at SPORTSMED-SA each year. Some foot and ankle surgery is also performed. Two surgeons are dedicated to upper limb procedures, including joint replacement.

Over a period of 12 months, the entire SPORTSMED-SA Clinic, including the 17 physiotherapists, 7 sports physicians and 4 podiatrists treat approximately 100,000 patients with additional services that include a dietician guidance, massage and hydrotherapy. The clinic is complemented by a further 200 employees, including theatre and nursing staff members.



Research Personnel

In addition to the clinic's principal practitioners and research fellows, 4th year medical students from the University of Adelaide and Flinders University, who are rostered to the clinic for six-week electives, conduct research. These students work on simple clinical research programs. A number of short-term visitors (6-12 weeks) have, over the years, contributed to the research program. The clinic has a steady flow of interstate and overseas visiting professionals.

SPORTSMED-SA is a Sports Medicine Clinic located 2 kilometres from the Adelaide city centre. Stepney is a purpose built facility, with medical, physiotherapy, podiatry, orthopaedic, day surgery and special services divisions. In addition there is a conference and library facility, and a 45-bed orthopaedic hospital with 4 operating theatres.

There are presently 9 orthopaedic surgeons in the clinic. Currently five surgeons are dedicated to working in the lower limb subdivision, and two are in the upper limb subdivision. One surgeon is involved in both. There is also a visiting spinal surgeon available on a sessional basis.



The orthopaedic workload consists of upper and lower limb surgery, covering all ages from pediatric to geriatric, but with a heavy emphasis on sports injuries.

At present, approximately 6,000 operations are performed per year by the present 8 surgeons with the emphasis on arthroscopic surgery (including reconstructions), but also including joint replacements and other related forms of open surgery. Half of these procedures are day surgery.

