



## Centre for Sports Medicine

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### COURSES

The Centre for Sports Medicine, Rosebank, in conjunction with the South African Sports Medicine Society, holds a series of continued medical education lectures that are given by the resident staff and invited guest lecturers. These are aimed at:

1. Physiotherapists and Biokineticists;
2. Sport Physicians; and
3. Orthopaedic Surgeons.

All participants are credited with CME points.

Ongoing training for orthopaedic residents from the University of the Witwatersrand is conducted on a three-months rotational basis.

At present, due to restriction on registration of overseas graduates, no international fellowship training can be offered. Despite this we have numerous requests throughout the year applying for this training. At present, therefore, all applicants have purely been on an observational basis.



Application has been made to the South African Professional Board for temporary registration of international applicants.

### CENTER ORGANISATION

The Centre for Sports Medicine in Rosebank is supported by the Netcare group of hospitals. It is the largest group of hospitals in South Africa. The Sports Centre is adjacent to the Rosebank Clinic, a Netcare Hospital. There are two orthopaedic surgeons who practice in the group. They are Dr. Mark Ferguson and Dr. Charles Breckon.



Sports injuries account for approximately 80 - 90% of consultations.

Further services include a sports physician and five-member practice of physiotherapists. The normal physiotherapy modalities are employed, as well as extensive use of hydrotherapy. A Biokineticist is present with an isokinetic Kingcom machine and rehabilitation weight training machines.

A gait analysis laboratory with a resident podiatrist is present. A podiatrist is employed mainly for the assessment of gait analysis and for the assessment of lower limb mechanical abnormalities. On site orthotic inserts are manufactured.

## SOUTH AFRICA

## ISAKOS APPROVED TEACHING CENTER



The orthopaedic consulting rooms have access to adjacent plain x-rays and ultrasound services. MRI, CT etc. are available at the Rosebank Clinic.

All surgery is performed in a six-theatre complex in the adjacent Rosebank Clinic. The theatre has two laminar-flow theatres that are used for orthopaedics.

There is a post-operative 10-bed highcare /intensive care ward.

Residents have access to a reading room.

Sessional suites are utilised by sports nutritionists and pathology services.

Hydrotherapy



## LIST OF PARTICIPANTS

Dr Attila Szabo  
Dr Mike Barrow  
Dr Sanjay Desai  
Dr Anant Joshi  
Dr Simon Johnson  
Mr Andrew Leipus

Rehab

