

UPDATE ON KNEE INJURIES

Treatment and prevention for paediatric, adolescent and adult patients



OVERVIEW

With a return to community and professional sport post pandemic, the incidence of knee injuries is once again on the rise. Short- and longer-term outcomes following knee injuries especially in younger patients have a significant impact on the individual and the greater community. We will discuss the initial assessment as well as non-surgical and surgical management of the more common knee injuries across all age groups as well as a collaboration to prevent knee injury/re-injury. An update will be provided on advances in orthopaedic surgery and physiotherapy techniques to help get our athletes back on the park playing the sport they love.

TOPICS | SPEAKERS

Mr Jonathan Robin, Orthopaedic Surgeon
Epworth Eastern, Epworth Freemasons & Epworth Richmond

Mr Jonathan Robin is a fellowship trained, Melbourne based Orthopaedic Surgeon with national and international experience. Jonathan has a subspecialist expertise in knee and hip surgery and has completed two international knee fellowships in Bristol (UK) and Lyon (France). In particular, Mr Robin has developed a special interest in treating patients with complex patellofemoral instability problems, sports knee injuries and arthritis. Jonathan also manages patients with hip arthritis and continues to treat patients with this debilitating condition. Mr Robin is actively involved in student teaching and has many ongoing research projects.

Emily Neal, Senior Orthopaedic Physiotherapist
Epworth Eastern

Emily is responsible for the post-operative physiotherapy management of orthopaedic patients in the acute setting. She also works in private practice running group physiotherapy exercise classes for a wide range of clients. She has a Bachelor in Applied Science (Human Movement) from RMIT, and a Bachelor in Physiotherapy from Charles Sturt University. She has worked regionally at Albury Base Hospital from 2008-2010, and has been at Epworth (at both Eastern and Richmond locations) since 2010.

Her special interests are working with patients with knee and hip osteoarthritis, especially in the acute post-operative setting; and the benefits of group physiotherapy exercise sessions for patients with a variety of musculoskeletal conditions. Emily will be presenting on the physiotherapist role in managing knee injuries, rehabilitation and injury prevention.

LEARNING OUTCOMES

1. Identify the different types of knee injuries across all age groups and outline the management principles from first aid to specialist referral.
2. Recognise the impact of knee injuries to the individual and greater community.
3. Recognise the role of GP, physiotherapy and the orthopaedic surgeon collaborating together to obtain best outcome for our patients.

EVENT DETAILS

When: Wednesday 15th of June 2022

Time: 6.45pm-8.30pm

On-site Event:
Epworth Eastern, 1 Arnold St,
Box Hill VIC 3128

Program:
6.45pm: Arrival & Registration
7.00pm: Presentation
8.00pm: Q&A panel
8.30pm: Meeting close

RACGP: 3 CPD Activity points

REGISTRATION:

REGISTER HERE or visit
<https://www.epworth.org.au/or-gps>

- First name and surname
- Email address
- RACGP number
- General Practice name
- General Practice suburb and postcode

Enquiries:
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