Sports Injury Management in a High Performance Environment

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History

- NSWIS has been operating since 1996
- Athletes have an annual medical and musculo-skeletal screen.
- The NSWIS screening process initially had a medico-legal focus.
What have we changed?

• Performance based approach.
• Sport specific musculo-skeletal screens.
• Focus on fast-turn around and feedback.
• Medical services seminar designed to provide the latest knowledge to clinicians.
Injury Research

“Shoulder MRI findings in elite level swimmers” Dr Myia Lay Sen, Professor George Murrell, Brent Kirkbride, Dr Donald Kuah, Dr James Linklater

“Shoulder problems and clinical findings in elite level swimmers” Dr Myia Lay Sen, Professor George Murrell, Brent Kirkbride, Dr Donald Kuah, Dr James Linklater

“The effect of humeral torsion on proprioception during shoulder and arm movement in baseball players” Rod Whitely and Roger Adams

“The effectiveness of joint mobilisation after ankle fracture: a randomised controlled trial” Kathryn Refshauge & Ann Moseley

“The use of biomechanics in developing a model to predict performance and injury risk in adolescent female athletes during a longitudinal study” Mark Moresi, Geraldine Naughton, Elizabeth Bradshaw

“In shoe orthotic use while cycling: a biomechanical study” Brendan O’Neill

“The Relationship between Musculoskeletal screening and injuries in Athletes at the NSW Institute of Sport” Maria Romati, Geraldine Naughton, Kenneth Graham

“The effect of external ankle support on ankle and knee joint loading in cutting and landing tasks” - Benedicte Vanwanseele
Where to from here…

• Formation of the Injury Research Group
  – University (U.Syd, ACU)
  – Industry (iMed Imaging)
  – NSWIS (Medical Director, Physiotherapy Coordinators)
Where to from here…

• Evolution to an online database for data entry, analysis and retrieval.
• Feedback the knowledge gained from research into preventative and rehabilitative programmes.
Thank you