

Sport Physicians and Patient Care

Sports Physicians are specialists in the non-surgical management of musculoskeletal injury and the medical management of sport and exercise.

To practice as a Sports Physician a doctor must achieve the academic qualification of a Fellowship of the Australasian College of Sports Physicians. This is indicated by the letters FACSP after a doctor's name.

To become a qualified Sports Physician a doctor must complete a 4 year specialist medical training scheme with the Australasian College of Sports Physicians. Doctors must satisfy all requirements of the specialist training scheme including:

- completing the Part 1 basic sciences examination (anatomy, physiology, and exercise physiology)
- successfully interviewing to be invited to enter the specialist training scheme
- completing four years of full time training in Sports Physician practice
- working as the team doctor of elite professional sporting teams

- completing training modules in research and statistics, sports psychology, and sports physiology
- publishing a clinical research paper in a peer-reviewed medical journal
- completing the Part 2 written specialist examination after 4 years of full-time training
- completing the Part 2 clinical examination where candidates are assessed in patient examination and management by other specialist doctors including Sports Physicians, Orthopaedic Surgeons, and Rehabilitation Physicians

Specific Roles of Sports Physicians in Patient Management

People of all ages suffer musculoskeletal injury through sport, exercise, work, accidents, general overuse and age-related degeneration. Sports Physicians are specialists in the non-surgical management of both musculoskeletal injury and the medical aspects of sport and exercise.

Musculoskeletal Expertise

Early and accurate diagnosis and management of musculoskeletal injury:

- All sporting, occupational, and incidental musculoskeletal injury
- All joints (neck, back, shoulder, elbow, wrist, hand, hip and groin, knee, ankle, foot)

- Joint injury, pain, swelling, arthritis and dislocation
- Muscle injury (muscle tears and trauma)
- Tendon injury (acute tears and chronic tendinopathies)
- Ligament injury (acute tears and overuse injury)
- Bony injury (acute fractures, stress fractures)
- Nerve injury (stingers/burners, nerve entrapment, disc pathology)
- All joint injection or drainage (shoulder, AC joint, elbow, wrist, knee, ankle)
- Tendon sheath injection
- Injury rehabilitation and exercise prescription
- Early and safe return to activity (sport or work)
- Biomechanical assessment and orthotic correction

Expertise in Medical Aspects of Sport and Exercise

- Injury prevention, technique, and training strategies for all sports and exercise
- Head and neck injury and exercise (concussion, headaches, epilepsy)
- Heart conditions and exercise guidelines (collapse, chest pain, shortness of breath, Marfan's syndrome)
- Lung conditions and exercise (cough, asthma, wheeze, shortness of breath, recurrent "stitch")
- Kidney conditions and exercise (blood or protein in urine)

- Gastrointestinal conditions and exercise (heartburn, runner's diarrhoea)
- The female athlete: pregnancy and exercise, menstrual dysfunction, osteoporosis
- Children and exercise
- Obesity and exercise
- The elderly and exercise
- Diabetes and exercise
- Fatigue, iron deficiency, overtraining
- Infection and exercise (glandular fever)
- Fluid and nutrition in athletic training
- Athletic training (altitude, heat, cold, legal supplements)
- Disabled athletes
- Sporting event management, team travel, and sports team care

My Personal Interest Areas in Sports Medicine

- Tendon injury (rotator cuff, tennis elbow, Achilles, patella)
- Arthritis
- Fracture management, including traumatic and stress fractures
- Large joint dislocations (shoulder, elbow, knee, ankle)
- Large joint ligament/ tendon injury (shoulder, elbow, wrist, hip, knee, ankle)
- Joint injection and needle drainage

- Child and adolescent injury
- Biomechanical assessment and orthotic prescription
- Injury prevention and optimisation strategies for all sports
- Sports team care