

Docsports

Dr Justin Paoloni

MBBS, BSc(Med), PhD, MSpMed, FACSP

Sports Physician

Exercise, Musculoskeletal and Tendon Specialist

Conjoint Senior Lecturer, University of NSW

Premier Orthopaedics

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Sydney, Australia, 2217

Phone : 9553-9655

Sydney Bone and Joint Clinic

105 Longstaff Ave, Moorebank

Sydney, Australia, 2170

Phone : 9821-2588

1300 1 JOINTS (564687)

QUALIFICATIONS

MBBS	Bachelor of Medicine, Bachelor of Surgery (University of New South Wales)
BSc (Med)	Bachelor of Science (Medicine)
PhD	Doctorate of Philosophy (Clinical Medicine)
MSpMed	Masters of Sports Medicine
FACSP	Fellow of Australasian College of Sports Physicians
FFSEM	Fellow of the Irish College of Sports and Exercise Medicine

My Personal Interest Areas in Sports Medicine

- Tendon injury (rotator cuff, tennis elbow, Achilles, patella)
- Arthritis
- Child and adolescent injury
- Large joint dislocations (shoulder, elbow, knee, ankle)
- Large joint ligament/ tendon injury (shoulder, elbow, wrist, hip, knee, ankle)
- Joint injection and needle drainage
- Biomechanical assessment and orthotic prescription
- Fracture management, including traumatic and stress fractures
- Injury prevention and optimisation strategies for all sports
- Sports team care

Medical Training

- Graduated from the University of New South Wales, Sydney, Australia 1996
- Completed internship and residency at St George Hospital, Sydney, Australia
- Sports Medicine Research Fellow 2000-2004 (Orthopaedic Research Institute)
- Completed Masters of Sports Medicine from the University of New South Wales
- Completed PhD “Clinical studies of nitric oxide donation and tendon healing in chronic tendinopathies” on the management of tendon injuries (Achilles tendon, tennis elbow, and rotator cuff injury)
- Completed four years of specialist training in musculoskeletal medicine, sports injury

management, and medical aspects of sport and exercise and was awarded a Fellowship of the Australasian College of Sports Physicians (FACSP)

SPORTS MEDICINE EXPERIENCE

Qualified Sports Physician consulting at Premier Orthopaedics, Kogarah and at Sydney Bone and Joint Clinic, Moorebank

Conjoint Senior Lecturer in Orthopaedic Sports Medicine, and Sports Team Care at the University of NSW

Continued work in trauma as second-in-charge of Emergency Departments

Co-Medical Director of Brisbane Broncos National Rugby League Club 2005

Medical Director of Prime Minister's XI Cricket Match 2004

Medical Director of Canberra Raiders National Rugby League Club 2003

Medical Director of Wests-Tigers National Rugby League Club 2002

Medical Director of Parramatta Rugby Union Club 2000-2001

Medical Director of Western Suburbs Metropolitan Cup Rugby League Club 1998-1999

Sydney 2000 Olympics Weightlifting Athlete Care Doctor

Sydney 2000 Paralympics Football Athlete Care Doctor

Australian Soccer Team Tour Doctor 2002-2004

Australian Volleyball Team Tour Doctor 2001

Sydney International Athletics Doctor (Interclub, and Elite Series), 2001

Australia Cup Men's Waterpolo Doctor, 2001

AWARDS AND FELLOWSHIPS

Excellence in Research Award 2005

Awarded by the American Orthopaedic Society for Sports Medicine (AOSSM)

Herodicus Society Fellow for Excellence in Research 2004
Awarded by the American Orthopaedic Society for Sports Medicine

2004 Gold Medal in NSW Sports Injuries Committee Awards
David Garlick Memorial Scholarship for Outstanding Research in Science and Medicine in Sport

Sports Medicine Research Fellow, St George Hospital, Kogarah, Sydney 2000-2004

St George Hospital Young Clinical Researcher of the Year 2003

“Best Abstract” American Orthopaedic Society for Sports Medicine Conference 2003

PRESENTATIONS

2006

Invited speaker at American Orthopaedic Society of Sports Medicine (AOSSM) Conference, Pennsylvania

2005

Invited speaker at American Orthopaedic Society of Sports Medicine (AOSSM) Conference, Colorado
Keynote speaker at Sports Medicine Australia NSW Conference
Presented at Sports Medicine Australia National Conference

2004

American Orthopaedic Society of Sports Medicine (AOSSM) Conference, Quebec City, Canada
Invited speaker at Conference of Medicine in Sport, Barcelona, Spain

2003

American Orthopaedic Society of Sports Medicine (AOSSM) Conference, San Diego, U.S.A,
Invited speaker at Conference of Medicine in Sport, Barcelona, Spain
Australasian College of Sports Physicians Conference, Melbourne, Australia
St George Hospital Clinical Research Symposium, Sydney, Australia

2002

Australasian College of Sports Physicians Conference, Christchurch, New Zealand
Frontiers in Sports Medicine Lectures, St George Hospital, Sydney, Australia

2001

Australasian College of Sports Physicians Conference, Perth, Australia
Invited speaker at the St George Shoulder and Elbow Symposium
Frontiers in Sports Medicine Lectures, St George Hospital, Sydney, Australia

MEDICAL TEACHING

Clinical teaching of medical students in Orthopaedic Sports Medicine, and Sports Team Care

Clinical teaching of Australasian College of Sports Physician registrars

Clinical teaching of Emergency Department registrars in Sports Injury Management

Clinical teaching of Masters of Sports Medicine students

Clinical teaching of general practitioners in Sports Injury Management

PUBLICATIONS

Theses

Paoloni, JA

Clinical studies of topical glyceryl trinitrate treatment in chronic overuse tendinopathies.
University of New South Wales Library, 2003

Papers

Paoloni, JA, Appleyard, RC, Nelson, J, Murrell, GAC

Topical glyceryl trinitrate application in the treatment of chronic supraspinatus tendinopathy: A randomized, double-blind, placebo controlled clinical trial.
American Journal of Sports Medicine, 2005: 33(6); p 8-16.

Paoloni, JA

The use of topically applied nitric oxide as a treatment for lateral epicondylitis in athletes.
International Sportsmed Journal, 2005: 6 (1): 34-41

Paoloni, JA, Appleyard, RC, Nelson, J, Murrell, GAC

Topical glyceryl trinitrate application in the treatment of non-insertional Achilles tendinopathy: A randomized, double-blind, placebo controlled clinical trial.
Journal of Bone and Joint Surgery, 2004: 86A (5), 916-922

Paoloni, JA, Murrell, GAC

Identification of prognostic indicators for patient outcomes in extensor tendinopathy at the elbow.
Scandinavian Journal of Science and Medicine in Sport, 2004 : 14: 163-167

Paoloni, JA, Appleyard, RC, Murrell, GAC

The Orthopaedic Research Institute-Tennis Elbow Testing System : inter-rater and intra-rater reliability testing. Journal of Shoulder and Elbow Surgery, 2004 :13 (1), 72-77.

Paoloni, JA, Appleyard, RC, Nelson, J, Murrell, GAC

Topical nitric oxide application in the treatment of chronic extensor tendinosis at the elbow: A randomized, double-blind, placebo controlled clinical trial.
American Journal of Sports Medicine, 2003: 31 (6,) 915-920.

Paoloni, JA, Appleyard, RC, Murrell, GAC
The Orthopaedic Research Institute-Ankle Strength Testing System: inter-rater and intra-rater reliability testing. Foot and Ankle International, February, 2002: 23 (2), 112-117.

Paoloni, JA, Orchard, J
The use of therapeutic medications in soft tissue injuries.
Medical Journal of Australia, 2005: 183 (7), 384-388

Paoloni, JA, Murrell, GAC

Paoloni, JA, Appleyard, RC, Murrell, GAC
Clinical studies of topical glyceryl trinitrate treatment in chronic overuse tendinopathies.
Submitted to AJSM, September, 2005

MEDICAL JOURNAL REVIEWS

American Journal of Sports Medicine
Sports Medicine
Expert Opinion in Pharmacotherapy

COMMITTEES

NSW Health Shared Scientific Assessment Scheme- Expert Review Panel 2005-
Executive organising committee for Football in Australia Conference, Melbourne, Australia, 2003

PERSONAL SPORTS EXPERIENCE

Qualified Grade 1 tennis coach

Strathfield Amateur League Soccer Club 1990-2006 (278 Senior Games)

Australian Medical World Cup Soccer Team 2003-2005 (15 matches, 1 goal)

Trekked extensively in Australia, South America, Central America, Canada, China, Thailand, the Middle East, and Kyrgyzstan