



## **Pure Sports Medicine**

# **SPORT, EXERCISE & MUSCULOSKELETAL MEDICINE**

## **LONDON STUDY DAY**

***#SEMMS2019***

**Date:** Tuesday, 5th March 2019

**Venue:** De Vere Holborn Bars, 138-142 Holborn, London EC1N 2NQ  
(Nearest Tube Station: Chancery Lane/ Farringdon)

**Time:** 9.00am - 5.00pm

# BIOGRAPHIES

**Mr Simon Lambert** MB BS BSc FRCS FRCSEd(Orth)

**Consultant Shoulder & Elbow Surgeon, University College Hospital**



Mr Lambert is a consultant orthopaedic surgeon at University College Hospital, undertaking complex and revision reconstruction of difficult conditions of the shoulder and elbow. His particular interests are in the reconstruction of post-traumatic deformity, neuromuscular disorders of the shoulder and elbow, soft tissue reconstruction for rotator cuff disease and instability of the shoulder and elbow, and complex and revision joint replacement and rehabilitation in the shoulder and elbow. He is helping to develop the shoulder and elbow service at UCLH into the leading tertiary referral centre in London and the South East for the treatment of infection and revision joint replacement in the shoulder and elbow.

During his training, he was invited to two AO Fellowships in Switzerland working under Professors Gerber and Hertel, both shoulder surgeons of international reputation. He was appointed as consultant to the University Hospital of Southampton in 1996, developed the busy orthopaedic trauma service at that hospital, and was awarded the prestigious North American Travelling Fellowship of the European Society for Surgery of the Shoulder and Elbow (ESSSE) in 1998. He was appointed to the staff of the Royal National Orthopaedic Hospital in 2001, working with Mr Ian Bayley, and developed the service into a nationally-regarded centre for specialist shoulder rehabilitation.

He has published over 70 peer-reviewed papers, editorials and reviews, and 15 book chapters, including a revision of the chapters on the shoulder girdle and shoulder joint in Gray's Anatomy, on a wide range of topics related to the shoulder and elbow. He is completing an MD thesis in UCL on fixed-fulcrum total shoulder arthroplasty. His major research interests are on the anatomy of shoulder pain, the anatomy and biomechanics of the shoulder girdle, joint replacement of the shoulder and elbow, including novel prosthetic designs for the elbow in conjunction with colleagues at the Institute of Orthopaedics and Musculoskeletal Medicine at UCL, and the functional outcome of shoulder fractures. He reviews papers for several major orthopaedic journals including the JBJSAm, BJJ, JSES, and Shoulder and Elbow, being on the editorial board of the last.

Mr Lambert is chairman of the Upper Extremity Expert Group of the AO Technical Commission in Switzerland, has convened and chaired Masters' level cadaver-based surgical anatomy courses which he developed for the AO, and has helped in the design of several trauma implants currently in global use.

He has participated in the recent redesign of the revision total shoulder replacement NJR data sets, and been active in the British Elbow and Shoulder Society, as Treasurer, Secretary, Ordinary Council member, and Education Committee member. He is active in ESSSE/SECEC having served on the Website and Rehabilitation committees, and is a founding surgical member of the European Shoulder and Elbow Rehabilitation Society. He enjoys teaching others at all levels of experience about the shoulder and elbow, and give lectures internationally, but values greatly the interaction with colleagues more locally. Mr Lambert consults privately in central and greater London at Princess Grace Hospital and Spire Bushey Hospital respectively.

**Mr Alexander Montgomery** MB ChB MRCS DIPL (Orth Eng) FRCS(Tr & Orth)

**Consultant Spinal Surgeon, Royal London Hospital**



Mr Montgomery is clinical lead for Spinal Surgery at the Royal London Hospital (Barts Health) where he has led the department since 2012, and set up the Spinal Unit at the new Hospital. It is the largest spinal trauma unit in the UK, and covers a population of two million people for elective surgery. Mr Montgomery's team at the Royal London was the first in the UK to use the robotic assisted arm in spinal surgery.

The surgery Mr Montgomery performs involves using microscopes, and minimally invasive techniques. He performs anterior, posterior and lateral minimal access approaches for lumbar surgery, anterior and posterior cervical surgery, and complex deformity cases. He regularly treats city workers, as well as amateur and elite athletes. He has treated Olympic gold medallists, professional boxing champions, international rugby players, team sky cyclists, as well as patients with degenerative and complex conditions.

Mr Montgomery is honorary senior lecturer at Queen Mary University, and has presented across the globe from the USA to Europe and Australasia. He has regularly been faculty for AO Spine Middle East, and chaired a conference on minimal access surgery in Kuwait. He won the best presentation poster at the International Society for Study of the Lumbar Spine, and has featured in Spine News International. He was recently invited to the Rothman Institute in Philadelphia to present two spinal studies in a global symposium. He has had three systematic reviews in spinal surgery accepted for publication this year. Mr Montgomery consults privately in central London at Schoen Clinic London.

**Dr Ajai Seth** MB BS BSc MSc MRCS MRCGP FFSEM(UK)

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Finsbury Square)**



Dr Seth studied medicine at University College London, graduating in 2008. Outside of his private practice and elite sport work, he maintains his passion for his work in the NHS as Physician Lead for the musculoskeletal services at Circle MSK Greenwich, London. He also works as a Consultant in Sport and Exercise Medicine at Headley Court DMRC with the Ministry of Defence.

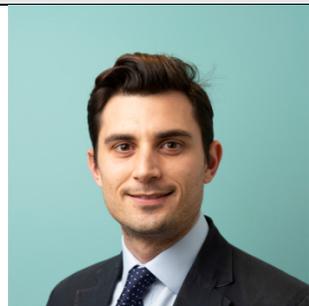
Dr Seth belongs to the following committees: British Association of Sport and Exercise Medicine (BASEM) Executive Committee Member , The Royal Society of Medicine, SEM Council Member, FFSEM, Fellow of the Faculty of Sport and Exercise Medicine. Dr. Seth also has a strong academic interest having published in sports medicine peer reviewed journals, and conducting a Research Fellowship at the University of California, San Francisco. His has presented his research findings internationally.

Dr Seth works with the England Men's Football Development squad, but also for British Athletics, European Tour Golf, Women's Tennis Association (WTA). Dr. Seth also prides himself in working in disability sport, and is currently the Chief Medical Officer for Team GB Wheelchair Tennis and the Tennis Foundation, Britain's largest Tennis Charity. He also has a passion for travel and Expedition Medicine, which has seen him accompany medical, scientific and charity expeditions all around the world. He also has vast experience in treating musculoskeletal injuries from children and adolescents to veteran exercisers, both male and female.

**Dr Anthony Waring** MB ChB MSc MRCP(UK) FFSEM(UK) PGCert MSK Ultrasound

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Wimbledon/ Raynes Park, Kensington)**



Anthony graduated from the University of Birmingham in 2009. He completed Core Medical Training in London and obtained his MRCP in 2014. He completed his Masters in Sport and Exercise Medicine (with Distinction) at Queen Mary, University of London in 2012, obtained his FSEM Intercollegiate Faculty

Diploma in 2016 and completed his PGCert in Musculoskeletal Ultrasound (with Distinction) from the University of Bournemouth in 2017.

Anthony completed Higher Specialist Training in Sport and Exercise Medicine in London, working at Hammersmith Hospital, Charing Cross Hospital, The Royal London Hospital, Royal National Orthopaedic Hospital, Stanmore and the Defence Medical Rehabilitation Centre at Headley Court. He is a Fellow of the Faculty of Sport & Exercise Medicine (UK) and currently holds private clinics at Pure Sports Medicine, Raynes Park and in Community Musculoskeletal Clinics in Westminster.

Anthony has experience of working with team sports (The Football Association, Watford Football Club), Dance Medicine and Endurance Sports (London Marathon and Triathlons). He is currently a Doctor at British Athletics and Fulham Football Club. Anthony is passionate about the non-surgical management of musculoskeletal injuries, osteoarthritis and sporting injuries. He regularly uses Ultrasound as a point of care diagnostic tool. He works with a multidisciplinary team with the aim of optimising health and helping patients return to full function.

**Dr Catherine Lester** MB BCh MSc MRCP(UK) FFSEM(UK) DMH(SA)

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Chancery Lane)**



Dr Catherine Lester completed her medical degree and a postgraduate diploma in mental health in Johannesburg, South Africa. In 2008, Catherine was appointed as a clinical fellow in the emergency department at UCLH NHS trust. She completed a Master's in Sports and Exercise Medicine (SEM) in 2011 at Queen Mary University London. Catherine completed her specialist training in the East of England.

Catherine worked as a sports doctor during the London 2012 Olympics and Paralympics. She has worked across several sports including multi-sports events, athletics, hockey and rugby. She is developing an interest in the benefits of physical activity on mental health and the mental health of athletes.

Catherine currently works at Pure Sports Medicine, Chancery Lane and in a community musculoskeletal NHS clinic. She is the team doctor for Northampton Saints Rugby Club.

**Dr Farrah Jawad** MB BS BSc (Hons) MSc MRCP(UK) FFSEM(UK) DipSEM PGCert

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

## Pure Sports Medicine Clinic (St Paul's)



Dr Farrah Jawad qualified from Barts and the London School of Medicine in 2008, having completed an intercalated BSc in Sport and Exercise Medicine at Queen Mary University of London in 2007. She attained Membership of the Royal College of Physicians in 2012 and went onto enter the Sport and Exercise Medicine Registrar training programme in 2013. She enjoyed a varied and comprehensive training experience, including rotations at the Institute of Sport, Exercise and Health and the Defence Military Rehabilitation Centre at Headley Court.

Farrah has worked in a number of different sports including boxing, athletics and rugby union. She is a Consultant in Sport and Exercise Medicine, currently working at Pure Sports Medicine and Homerton University Hospital.

Farrah completed her MSc in Performing Arts Medicine at University College London in 2016, including a research project on Seasonal Variation in Vitamin D in Dancers at the Royal Ballet. In 2016, she was awarded the Bauerfeind Travelling Fellowship by the Faculty of Sport and Exercise Medicine and subsequently travelled to Birmingham Royal Ballet, Elmhurst Dance School, the University of Wolverhampton, Harkness Center for Dance Injuries in New York and Boston Children's Hospital as a clinical observer. Farrah is particularly interested in musculoskeletal injuries, bone health and tendinopathy.

**Dr James Noake** MB ChB MBS MSc MRCS(Ed) MRCP(UK) FFSEM(UK&I) PGCert MedUS

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Bank)**



Dr James Noake graduated from Birmingham University in 2002. After a year as an anatomy lecturer, he completed his surgical training (Trauma & Orthopaedics) in the Midlands. He completed his Masters in Sport & Exercise Medicine at QMUL, Barts and The London Hospital in 2006. After two years of General

Medicine and Rheumatology training in the Oxford region, he undertook more training in Sports and Exercise (SEM) in the London Deanery. He completed his MRCP and MRCS during this process to formally qualify his breadth of clinical experience. He has also gained a PGC in Medical Ultrasound and uses the imaging modality on a daily basis as an invaluable diagnostic point of care tool.

Dr Noake is a fellow of the UK Faculty of Sport and Exercise Medicine, and has worked at numerous centres of excellence, including the military centre DMRC Headley Court. He has been clinical lead in Orthopaedics and SEM for the Hertfordshire Valleys Clinical Commissioning Group and headed a musculoskeletal interface service in primary care. He also assisted in the development of a multidisciplinary SEM service at Charing Cross. Dr Noake has been involved in elite sports for over nine years. He worked with Women's RFU and spent three years with Esher RFC, before joining London Irish RFC as head doctor in 2012. He has worked with UK Athletics, GB Paralympic squad, the English Institute of Sport, GB and England Disability Football squads, England Hockey, British Gymnastics, GB Basketball and Essex CCC. He has also worked as a medical officer at the UK Schools games and at the London 2012 Olympics and Paralympics in the athletes village Polyclinic, and also as a field-of-play team leader.

Dr Noake is passionate about the non-surgical management of all musculoskeletal and sports related injuries, but has a special interest in osteoarthritis in the active patient; adolescent sports injuries; bone stress injuries; patellofemoral pain; biomechanics; tendinopathy; diagnostic and interventional musculoskeletal ultrasound; novel injection therapies.

**Dr James Thing** MB BS BSc MRCGP FFSEM(UK)

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Canary Wharf)**



Dr James Thing trained at Imperial College School of Medicine before qualifying as a general practitioner. He then completed 4 years of specialist training, becoming a Sport and Exercise Medicine Consultant in 2014. James worked as a Sports Doctor at the Olympics in 2012. He works as the British Athletics Event Lead Doctor, co-ordinating medical care for world class, UK based, Diamond-League athletics events, Anniversary Games and indoor Grand Prix. He works for Harlequins Rugby as their pitch side Doctor.

James enjoys working with all sports people, whether amateur enthusiasts or international athletes. His interests include: 1) Diagnostic musculoskeletal ultrasound and ultrasound guided injections. He has a weekly NHS ultrasound/radiology list at Barts Health. 2) Lower limb tendon disorders including Achilles and Patellar tendinopathy, as well as plantar fasciitis. 3) Non-surgical treatment of osteoarthritis, particularly knee, hip and hand/wrist. 4) Hand, Wrist and Elbow sports injuries. 5) Adhesive capsulitis

(frozen shoulder). 6) Rugby and Athletics Medicine.

James has recently had articles published in the British Medical Journal (BMJ) and has contributed to the development of national guidelines for Exertional Heat Stroke. He is also an Associate Editor of the British Journal of Sport and Exercise Medicine (BJSM).

**Dr Jonathan Korgaonkar** MB BS BSc MSc MRCP FFSEM(UK) PGCert

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Finsbury Square)**



Jonathan is qualified as a Sport and Exercise Medicine Consultant currently working in the NHS and professional sport. He has extensive experience in musculoskeletal medicine seeing patients of all ages with joint and muscle problems.

He have worked in elite sport for a premier league football club and currently works for the English Institute of Sport and for Pure Sports Medicine. He is also qualified as a GP and have a post graduate certificate in Musculoskeletal Ultrasound and regularly carry out interventional procedures under ultrasound guidance to joints and soft tissues.

Jonathan's areas of interest include Sports Medicine, Exercise Medicine, Musculoskeletal Medicine, Musculoskeletal Ultrasound, Ultrasound-guided injections, Upper Limb, Lower Limb, Spines, Tendinopathy, Extracorporeal shockwave therapy, Osteoarthritis, Exercise Prescription & Exercise Physiology.

**Dr Lorenzo Masci** MB BS MSM FACSP FFSEM(UK)

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Kensington)**



As a Specialist Sports doctor, Dr Lorenzo Masci has undertaken extensive and vigorous specialist training. After completing orthopaedic residency in Australia, he completed a four-year full time specialist Sports Doctor training program with the Australasian College of Sports Physicians. He then moved to London in 2007 to work as a Specialist Sports Doctor in the elite and private setting. He is on the Specialist GMC register for Sports and Exercise Medicine and is recognised by all private insurance companies. Dr Masci works as a specialist sports doctor in various elite sporting environments. He was the lead Sports Doctor for the London Wasps Rugby team. He was the lead Sports Doctor for Wasps Rugby, Melbourne Storm Rugby League and Fulham Football Club. He was a senior Sports Doctor for Tennis Australia from 2001 to 2007.

Dr Masci is actively involved in research in Sports Medicine and Sports Injuries. He completed Masters in Sports Medicine (Research) at the University of Melbourne on low back pain in young active individuals achieving a high distinction. He is currently involved in tendon and diagnostic ultrasound research. He is one of only a handful of doctor to use UTC (Ultrasound Tissue Characterisation) as part of the management of tendon disease, tendinitis and tendinopathy. He is also a lead lecturer for SMUG (Sports Medicine Ultrasound Group). His interests include treatment of tendon disease, Achilles disorders, tennis elbow, shoulder pain, osteoarthritis, and all overuse conditions.

Dr Masci does a monthly specialist tendon clinic with Professor Hakan Alfredson, consultant tendon surgeon and international authority on tendon disease, at Pure Sports Medicine in Chancery Lane.

**Dr Michael Burdon MB BS MSc MRCP FFSEM(UK) PGD(US)**

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Kensington, Chancery Lane)**



Dr Burdon is a Consultant in Sport and Exercise Medicine and previously worked as a GP for many years before he specialised. He has a strong primary care background which enables him to provide expert

specialist care to patients. He is interested in all aspects of sport, exercise and musculoskeletal medicine (MSK).

Dr Burdon has worked for various sporting teams in the past, including professional rugby, British Swimming and British Diving. At present, he also works as a team physician to the England Football Association and GB Hockey. He worked at the London 2012 Olympics covering all aquatic sports.

He is especially interested in shoulder, hip, groin and knee pain. He is a faculty tutor at the Centre of Ultrasound studies, University of Bournemouth. He holds a diploma in ultrasound and teaches others regularly. He is also an approved SEM sonographer by the Faculty of Sport and Exercise Medicine and an examiner on the Bath University MSc course in Sport and Exercise Medicine. He is passionate in providing evidence based care for all patients ensuring that they can make informed choices about their care. He works as a consultant at Pure Sports Medicine and until very recently, acted as Head of Sports Medicine for the company.

**Dr Natasha Beach** MB BS MSc MRCGP FFSEM(UK) DCH DRCOG DFSRH

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Bank)**



Dr Natasha Beach is a Sports and Exercise Medicine Consultant who works on a regular basis in Elite Sport (Harlequins, England Athletics and Hockey) as a team doctor, and at an amateur level at triathlons & marathons. Natasha also works at Pure Sports Medicine in Bank, London three days a week.

In addition to her clinic and elite work, Natasha also works as a Medical Director for a number of events including Tough Mudder, Leeds ITU World Series, London Winter Run and London Landmarks Half Marathon, Adidas City Runs Series, Velo South and Velo Birmingham.

Natasha's areas of interest include: Acute Injuries, Trauma, Concussion, Musculoskeletal Medicine, Sports Medicine, Paediatric Sports Medicine, Sports Injuries, Rugby, Hockey, Triathlon, Racket Sports, Athletics, OCR's, Cycling, Ice Skating.

**Dr Rick Seah** MB BS MSc MAcadMEd MRCGP FFSEM(UK) DCH DSEM(GB&I)

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

**Pure Sports Medicine Clinic (Canary Wharf)**



Rick graduated from Guy's & St Thomas' Hospitals Medical School, King's College London in 1999. He obtained a master's degree (with distinction) from University College London and FSEM intercollegiate faculty diploma in 2005. Prior to medical school, Rick completed his early education in Singapore and subsequently studied at Marlborough College, Wiltshire.

He has trained in various NHS teaching hospitals within the UK. Senior house officer postings include the Oxford John Radcliffe, Hammersmith, Northwick Park and Central Middlesex Hospitals. He was an honorary SEM research fellow at the Olympic Medical Institute (OMI) and University of Southampton in 2005, carrying out clinical research to determine levels of endogenous hGH-markers in injured athletes. Rick is an accredited specialist in SEM, having completed the London Deanery 4-year 'run-through' higher specialty training rotation and working an extra year as a senior registrar. Specialty registrar postings include the Royal London, Whittington, University College, Homerton, St Mary's and Charing Cross Hospitals; Royal National Orthopaedic Hospital Stanmore and the Defence Medical Rehabilitation Centre at Headley Court. He is listed on the General Medical Council's specialist register and is a Fellow of the Faculty of Sport & Exercise Medicine.

Rick worked as a sports physician at the English Institute of Sport (EIS) from 2011 to 2015, treating international GB athletes at their elite multi-sport clinics in University College Hospital, Institute of Sport, Exercise & Health (ISEH) and Lee Valley Athletics Centre. Within this role, he was the team doctor for British Fencing and British Canoe Slalom. He was also the chief medical officer for British Wheelchair Tennis (2013-2015). Rick was a sports medicine doctor at the London 2012 Olympic & Paralympic Games. He previously worked with Chelsea FC Academy as part of his SpR training (2009-2010). He was a medical officer at the 2015 World Artistic Gymnastic Championships, 2010 World Wheelchair Basketball Championships, 2010 UK School Games, 2009 Special Olympics, England Athletics age-group championships, London Marathon, London Triathlon, Blenheim Triathlon and the Abu Dhabi International Triathlon (2010-2014). He was a member of the Wembley National Stadium event medical team (2007-2009) and an expedition medical officer on a month-long expedition to the Sinai Peninsula, Egypt in 2001.

**Dr Stephen Thompson** MB ChB BSc MSc MCEM FFSEM(UK) PGCert

**Consultant In Sport, Exercise & Musculoskeletal Medicine**

## Pure Sports Medicine Clinic (St Paul's)



Stephen graduated from Edinburgh University in 2009. Whilst at Edinburgh University, he also completed a Bachelor of Science Degree in Sport & Exercise Sciences. He then trained as an Emergency Medicine Registrar in Manchester, during which time he gained Membership to the College of Emergency Medicine and also completed a Masters Degree in Sport and Exercise Medicine at the University of Bath. Stephen then moved on to complete his training in Sport & Exercise Medicine in the East Midlands. In the process, he has gained membership into the Faculty of Sport and Exercise Medicine and recognition onto the Specialist Register for Sport & Exercise Medicine.

Stephen currently works as a Consultant in Sport, Exercise and Musculoskeletal Medicine. He currently holds private clinics at Pure Sports Medicine, St Paul's (London). He is also the Club Doctor at Brentford Football Club and works as an Consultant in community NHS musculoskeletal and chronic pain clinics in Surrey Heath.

Stephen has worked with many teams and individuals in the elite sport setting. He was the Chief Medical Officer at the World Gymnastics Championships in Glasgow, 2015; Field of Play Team Leader in the London Olympics in 2012 and 2014 Commonwealth Games in Glasgow; GB Short Track Speed Skating team physician; British gymnastics age group team and event physician; England Football Association development squad team physician; Nottingham Forest Football Club first team match day and academy doctor; Tournament doctor for the Lawn Tennis Association; Aston Villa Ladies FC team doctor; Chelsea FC Academy medical officer; England U20 RFU medical officer; Medical officer for UK School Games. Stephen enjoys treating musculoskeletal and sport-related injuries in both children and adults. He has a keen interest in injuries related to most sports, including football, rugby, racket sports, golf, running and cycling. However, he is also passionate about treating those with musculoskeletal problems in the general population; including osteoarthritis.