

Dr JOHN P BEST

B Med, Dip Sports Med (London), FACSP, FFSEM

Sports Physician

Conjoint Lecturer, University NSW

Sports and Exercise Medicine

ORTHOSPORTS

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CV 2022**Personal Profile**

- John Pierre Best
- Australian Nationality
- Born 8th September 1962, Alexandria, Egypt
- Married to Dr Megan Claire Best (Medical Bioethicist and Palliative Care Doctor) with adult children and grandchildren. Lives in Sydney, Australia
- Christian – bible-based; committed to Christian ministry
- Interests
 - sports and physical training;
 - Mediterranean and European culture
 - religious art;
 - backgammon;
 - theology, world religions and belief systems;
 - country and western music;
 - lifestyle management, health and well-being, men's health
- Languages – English and French
- Medical Registration held in Australia; AHPRA MED0001123697
- AVANT (Indemnity) BEST AA010
- Medical Specialties held in Australia and Ireland

Clinical Medicine and Qualifications

- Bachelor of Medicine, University of Newcastle, Australia, 1984
- Intern of the Year, St George Hospital, Australia, 1985
- Accident and Emergency, Orthopaedics, Rehabilitation Medicine, 1986-1989
- Postgraduate Diploma of Sports Medicine, Royal London Hospital, London Hospital Medical College, University of London 1989-1990
- Fellow Australasian College of Sports and Exercise Physicians (FACSEP) 1992
- Fellow Faculty of Sports and Exercise Medicine Ireland, 2006
- Consultant Sports Physician, Sydney, Australia, 1991
 - Eastern Suburbs Sports Medicine Centre 1991-2004
 - Orthosports Randwick 1991- Current
- Sports Medicine Consultant, Department of Defence, 1991
- Workplace Injury Consultant (1992-1995)
 - Blayney Abbatoirs (Meat Industry) Blayney, NSW, Australia
 - Consultant – Sports Doctor Advisory Services
- Clinical Supervisor and Examiner ACSEP; 1993-Current
- Consultant PGA (Golf) 1994 - Current
- Awarded Australian Sports Medal for Services to Rugby Union, 2000 (Governor-General of Australia and Prime Minister Mr John Howard)
- Conjoint Lecturer (Sports Medicine), University of NSW, Australia, 2002- Current
- Sports Physician, PURE Sports Medicine Group, London, UK 2004-2006
- Sports Medicine and Sports Injury Medico-Legal Expert (not medical malpractice)
- Graduate Diploma of Bible and Ministry, Sydney Missionary and Bible College, Croydon, NSW. Completed 2006.
- Awarded “Community Leader Medal” NSW Police, 2012
- Awarded 2017 Clinical Supervisors Award, Australasian College of Sports and Exercise Physicians

Relevant Positions (chronologically)

- Team Physician, Eastern Suburbs Rugby Club, Sydney, 1991 – 1994
- Team Physician, Australian Rugby Team (The Wallabies), 1994 – 1999 (Over 80 matches, incl Rugby World Cups 1995 and 1999)
- IRB Medical Advisory Committee Representative, ARU 1999 - Current
- IRB Anti-Doping Advisory Committee Representative, ARU 1999 - 2001
- Medical Director, Australian Rugby (ARU), 2000 – 2001
- Medical Director, Southern Hemisphere U -21 Championships, Sydney, 2001
- Sports Medicine Consultant, High Performance Unit, Australian Rugby 2002 – 2003 and Member, Australian Wallabies RWC 2003 Task Force
- Medical Director, Rugby World Cup 2003 (2002 - Nov 2003)
 - >150 staff and governmental responsibility
- Non-Executive Director, Pure Sports Medicine, UK (2003-2004)
- Sports Medicine Consultant, Pure Sports Medicine (Current)
 - Football
 - English Premier League
 - Fulham Football Club
 - Charlton Athletic Football Club;
 - Australian Football Association
 - Rugby
 - Australian Rugby Union
 - WASPS, Bath and Leicester Rugby
 - Tongan Rugby Union
 - Medical Director, Golden Oldies, Sydney 2010
 - Rugby League
 - Harlequins (London) Broncos Rugby League
 - Golf – IMG “Young Guns” Program
- Team Physician, Southern Hemisphere Rugby Team, IRB Tsunami Charity Match, Feb 2005
- Medical Consultant, Australian Football Association 2004-Current
- Medical Director, International Golden Oldies Rugby Festival, Sydney, 2010.
- Medical Examiner ACSEP – 1996 to Current

- Medical Officer, Australian Open Golf (PGA) 2014, 2016
- National Rugby League (NRL) Medical Panel Member 2016 – current
- NRL Independent Concussion Doctor - current
- Co-Founder of ICFAR (Injury Clinic for Asylum Seekers and Refugees) 2018, in Western Sydney - current
- Member ACSEP CPD (Continuing Professional Development) committee – 2015-2022

Research, Publications and Presentations

- (not comprehensive)

- 2022 Orthopaedic Updates, GP Education – Orthosports Group – “Non-Operative Management of Knee Osteo-Arthritis”
- 2021 Orthopaedic Updates – Orthosports Group – “Injury Patterns During COVID”
- 2019 Orthopaedic and Sports Medicine Updates, UNSW, Primary Multi-Directional Shoulder Instability in the Adolescent
- 2020 -2021 Aspen Healthcare GP Educational Video series
 - Non-operative treatment of Hip and Knee osteoarthritis
 - Assessment of the Acutely Injured Knee
 - An update on Concussion
 - An approach to the stiffening painful shoulder
 - Tendinopathy – what is it and how do we manage it?
 - Assessing the Irritable Hip Joint
- Orthopaedic and Sports Medicine Updates, UNSW, November 2018, Assessment of Frailty and It’s Exercise Interventions.
- “Assessment of Common Shoulder and Elbow Disorders” SESMA (Sports and Exercise medicine Students Association), Sydney University, June 2018
- “Exercise Prescription for Older Athletes” Orthopaedic Updates, UNSW, November 2017
- “Non-operative Management of GHJoint Osteoarthritis” Orthopaedic and Sports Medicine Updates, UNSW, November 2016

- 'Resistance Training and Shoulder Injuries', Sports Medicine and Orthopaedic Updates, UNSW, November 2015
- 'Management of Knee OA, Sporting Knee Injuries and Shoulder Instability' Orthosports Group GP Seminars, Randwick, 2013-2019
- "Approach to Common Shoulder and Elbow Disorders", UNSW Exercise Physiology Students, August 2012-2014.
- 'Upper Hamstring Tendinopathy" Sports Medicine and Orthopaedic Updates, UNSW, November 2014
- 'Sports, drugs and health- a comment on recent controversies and a reviewing of PES (performance enhancing supplements)' August 2013, Orthosports Sports Medicine Updates, Concord, August 2013
- 'Examination of the Shoulder' ACSP Shoulder Conference, Olympic Park, Homebush, March 2013
- "When is the hip the hip?", ACSP 27TH National Conference, Coolum, QLD, Australia. November 2012
- "Return to Play after Knee Injury' Orthosports Physiotherapy Seminar, Clancy Auditorium, UNSW, November 2012
- "An Approach to the Stiff, Painful Shoulder", NSW Sports Physiotherapy Group, Homebush, 13th September, 2012
- "Approach to Common Shoulder and Elbow Disorders", UNSW Exercise Physiology Students, August 2012.
- "Pathomechanics of Pectoralis Major Ruptures", Sports Medicine Updates, Orthosports, May 2012
- "Care of Elite Sporting Teams", OPHKC, Homebush, March 2012.
- "Functional Assessment of the Hip Girdle", ACSP Registrars, Feb 2012.
- "Incidence of chronic disease and lipid profile in veteran rugby athletes." Climstein M, Walsh J, Best J, et al (2011) Int Jnl biol and med sciences 1(1),41-45:issn 1307-7457
- "Management of Stress Fractures", Orthosports Updates, UNSW, October 2011.
- DVD "The Mens' Series", Health and Wellbeing Discussion, Foxtel Studios, Ryde, 15th May 2010

- “How to Live Well – Body Mind Spirit” – Men’s health talks, 1995-current
- Preventing Burnout, Maintaining Health and Well-Being
 - Through 2010-Current
 - St Thomas North Sydney Mens Dinner
 - Oxygen Pastors Conference, Sydney
 - Gymea Baptist Mens Convention
 - CBF Lawyers Seminar, Sydney
 - RPAH Staff
 - Various Smaller Mens Events at various churches
- “An Approach to the Irritable Hip” Eastern Suburbs Division of General Practice, 13th May 2010
- “Health, Well-Being and Preventing Burnout”, Invited Speaker, Georges’ River Regional Conference, Anglican Church, Rathane, NSW, 12th May 2010
- McIntosh, A. S., P. McCrory, C. F. Finch, J. P. Best et al. *Does Padded Headgear Prevent Head Injury in Rugby Union Football?* Med. Sci. Sports Exerc., Vol. 41, No. 2, pp. 306–313, 2009.
- “An Approach to the Irritable Hip” Orthosports Annual Physiotherapy Seminar, 7th November 2009
- “Physical Activity in the Senior Years”, Probus Group, Sydney, 17th August 2009
- “Improving our Health as Men”, Men’s Health Seminar, Moss Vale, 15th July, 2009
- “Evidence-based approach to the stiff, painful shoulder”, Invited speaker NSW Public Hospital Outpatients Physiotherapy Conference, 31st October 2008
- “Hydrodilatation for Adhesive Capsulitis”, UNSW, Orthosports Physiotherapy Seminar, 20th September 2008.
- “Physical Activity and Health Promotion”, Invited Speaker, 28th August, 2008. Public Lecture, Randwick Libraries.
- “High Performance Athletic Care – Promoting Safety and Enhancing Performance”, General Studies Course, UNSW, Sydney, Australia, 23rd May 2008.
- “Ankle Impingement”, Invited Speaker, ACSP Lower Limb Conference, 1st March, 2008, Sydney.

- “Rugby Injuries and World Cups”, *Rugby Injuries Seminar*, Orthosports Group and Prince of Wales Private Hospital, Sydney, September 2007
- Orthosports Lecture Series – ACSP Registrars, General Practitioners, Sports Physiotherapists and Personal Trainers, 2007 Programme
 - Approach to the stiff painful shoulder
 - Assessing and Managing Shin Pain in Sport
 - Exercise Prescription for Health and Fitness
 - Injection Techniques for Shoulder Disorders
 - Approach to the Irritable Hip
 - Tennis Elbow – prevention tools
- “Health, Well-Being and Preventing Burnout”, Invited Speaker, Wollongong Regional Conference, Anglican Church, Nowra, NSW, 25th August 2007
- “High Performance Athletic Care – Promoting Safety and Enhancing Performance”, General Studies Course, UNSW, Sydney, Australia, 23rd May 2007
- “Rugby Injuries, World Cups and France”, Invited Speaker, Medical Francophone Society, Alliance Francaise, Sydney, May 9, 2007
- “Approach to the Assessment of Shoulder Pain” Invited Speaker, ACSP Upper Limb Conference, Homebush, Sydney 3rd March 2007
- “Sports Medicine Workshops – Shoulder and Knee Problems” NSW Rural Doctors Network, Summer Conference, Coffs Harbour NSW 24th February 2007
- “Exercise Prescription for Adults” Invited Speaker, ACSP Registrars’ Conference, Sydney Academy of Sports, Narrabeen 10th February 2007
- “Facts and safety tips for rugby union players” 2006, Australasian College of Sports Physicians website
- “The Rugby World Cup 2003 Injury Surveillance Project”. ACSP Annual Conference, 17th November 2006 Wellington, New Zealand.
- “Physical Activity for Health Promotion”. 16th September 2006, Heart-Warming Program, POWH / Randwick Town Hall, Sydney, Australia.
- “High Performance Athletic Care – Promoting Safety and Enhancing Performance”, General Studies Course, UNSW, Sydney, Australia, 27th May 2006
- “Management of the First Episode of Anterior Glenohumeral Joint Instability”, RFU Medical Conference, 9th January 2006, Twickenham, London (Invited Speaker)

- The Rugby World Cup 2003 Injury Surveillance Project. Best J, McIntosh A, Savage T. *Br J Sports Med*, 2005;39:812-817.
- “Stress fractures of the great toe”. Pitsis G, Best J, Sullivan M. *Clin Jnl Sp Med*, 2005
- “Profiling and Screening athletes for Safety and Performance”. English Institute of Sport, Research Conference, 29 September 2005 (Invited Speaker)
- “Injury Surveillance and the Epidemiology in Sport-Promoting Safety and to Performance”. Faculty of Science and Medicine in Sport; Royal College of Physicians and Royal College of Surgeons, Ireland; 23-25 September 2005, Dublin, Ireland (Invited Speaker)
- “Glenohumeral Instability in Sport”. Faculty of Science and Medicine in Sport; Royal College of Physicians and Royal College of Surgeons, Ireland; 23-25 September 2005, Dublin, Ireland (Invited Speaker)
- “Preventing Fatigue and Underperformance in Triathlon” Inaugural Coaches’ Conference, British Triathlon Association, 5 November 2005, Crystal Palace, London, UK (Invited Speaker)
- Pure Sports Medicine, External CPD Program, 2004-2006
 - Spondylolysis in Sporting Populations
 - Approaching Anterior Glenohumeral Shoulder Instability
 - Overuse Lower Limb Injuries in Marathon Runners
 - Screening and Profiling Athletes for Performance and Safety
- “An Approach to shoulder Impingement” Sports Medicine Courses, DVD Publication, UNSW. JPBEST, 2004
- “Medical Services for a Large Sporting Event – Rugby World Cup 2003”. Sports Medicine Courses, DVD publication, UNSW. J P Best, 2004
- “ High Performance Living : from the Field to the Office to the Home.” Annual Partners Conference, Mallesons Stephens Jaques 25th October 2004, Canberra, Australia
- “ High Performance Living : from the Field to the Office to the Home.” Staff Health Seminar, Blake Dawson Waldron 10th June 2004, Sydney, Australia
- “The Surgical Management of Rotator Cuff Tears and Instability in Elite Footballers.” Goldberg J, Best J, et al al. *BJSM* 2003 37:179-181.

- “Preventing Rugby Injuries.” Monash University, Melbourne, 2003. Finch C, Best, J. et al 2003.
- “Medical Services RWC 2003”. Sports Health, Vol 21; Iss 3; Nov 2003. JPBEST
- “Rugby Headgear Study”. McIntosh AS, McCrory P, Finch C, Chalmers D, Best JP (2003). Jnl of Science and Medicine in Sport 6 (3): 357-360
- “The Effectiveness of Headgear in Rugby”, Co Investigator, School of Safety Science, UNSW, (IRB funded) - current research
- “Injury surveillance across playing levels in Rugby.” Sports Medicine Courses, UNSW/ ARU/ NSW Sporting Injuries Committee - current research
- “Medical Services Program-Rugby World Cup 2003” International Conference on the Science and Practice of Rugby, October, 2003, Brisbane, Australia (invited speaker and member of organizing committee)
- “Making Rugby Safer-from Grass Roots to Elite Levels”, September 2003, Sports Medicine Australia, National Conference, Canberra, Australia (invited speaker)
- “Risk Management and Safety Promotion in Rugby”, International Rugby Summit, October 2003, Sydney, Australia (invited speaker)
- “A prospective Study of Injuries to Elite Australian Rugby Players”. Bathgate A, Best J, et al. BJSM, August 2002; 36:265-269.
- “Repetition of an unusual stress fracture in an anorexic man: A case report”. Jnl Orth Surg 2002;10(2):210-212. Myers S., Best J., et al
- “Medical Science Considerations and Player Burnout in Rugby” International Rugby Board, Player Welfare Summit, September, 2002, Dublin, Ireland (invited speaker and conference committee organiser)
- “The Role of the Team Physician” International Rugby Summit, Twickenham, London, UK. November 2002 (invited speaker)
- “Preventing Player Burnout in Rugby” International Rugby Summit, Twickenham, London, UK. November 2002 (invited speaker)
- “Rotator Cuff Tears in Elite Rugby Players” Australasian College of Sports Physicians, National Conference, October 2002, Gold Coast, Australia

Hospital Appointments

- Prince of Wales Private Hospital, Sydney
- St Luke's Private, Potts Point, Sydney

Websites

- www.orthosports.com.au