



# 2025 AOA QLD TRIFECTA EVENT Scientific Program

4 & 5 April 2025 | Queensland University of Technology, Brisbane

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# Welcome

The Australian Orthopaedic Association (AOA) is the peak professional body for orthopaedic surgeons in Australia.

AOA provides high-quality specialist education, training and continuing professional development.

AOA is committed to ensuring the highest possible standard of orthopaedic care and is the leading authority in the provision of orthopaedic information to the community.

AOA actively supports scientific research and orthopaedic humanitarian initiatives in Australia and overseas.



We are excited to welcome you to the 2025 AOA QLD Trifecta Event to be held at QUT in Brisbane, QLD.

**Date** 4 & 5 April 2025  
**Venue** Owen J Wordsworth Room, Level 12, S Block, Gardens Point Road, Gardens Point Campus, Queensland University of Technology (QUT), Brisbane

The 2025 trifecta event program will feature:

- ◆ **QDOG PHO Development Day** (Friday morning) - an event packed with workforce and career insights, clinical pearls, doctor wellbeing and research highlights
- ◆ **AOA Registrar Papers Day** (Friday afternoon)– quality research papers from selected abstracts followed by...
- ◆ a captivating **social networking event** with a special presentation from
- ◆ **Orthopaedic Outreach Director, Paul Pincus**
- ◆ **QORF Collaborative MSK Research Meeting** (Saturday morning) Theme: 'The future of MSK trauma research' with sessions highlighting MSK Injuries and Rehabilitation, Technology in Trauma Care, and Trauma Prevalence and Prevention, including selected presentations from across the MSK research community in Queensland.

We look forward to seeing you all there!

**QORFCC Co-convenors: Ross Crawford and Nadine Forster**  
**QDOG PHO Development Session Convenor: David Bade**  
**AOA Registrar Papers Session Convenor: Michael Lutz**



# Keynote Speakers



**Michele Sterling** is Professor in the RECOVER Injury Centre and Director of the NHMRC Centre of Research Excellence: Better Health Outcomes for Compensable Injury, The University of Queensland, Australia. She is a NHMRC Leadership (L2) Fellow and a Fellow of the Australian College of Physiotherapists. Michele's research focusses on the mechanisms underlying the development of chronic pain injury, predictive algorithms for outcomes and developing effective interventions for musculoskeletal injury and pain. She has over 300 peer-reviewed publications in this area and received >\$40M in funding from the NHMRC, MRFF and industry partners. Michele is a Section Editor of Pain, was chair of the Scientific Program Committee for the World Congress on Pain in Amsterdam, 2024, and sits on the Executive Committee as Secretary of the International Association for the Study of Pain.



**Claudio Pizzolato** is a research leader within the Australian Centre of Precision Health and Technology (PRECISE), and an Associate Professor in the School of Health Science and Social Work, Griffith University. Claudio's research focuses on developing simulation of the human nervous, muscular, and skeletal systems and their interaction, with applications to neuro and musculoskeletal rehabilitation.



**Greg Couzens** is an accomplished orthopaedic surgeon, researcher, and educator, with extensive expertise in hand and upper limb surgery. He holds a medical degree from the University of Queensland, an Orthopaedic Fellowship from the Royal Australian College of Surgeons, and a PhD in wrist biomechanics, awarded by the Queensland University of Technology (QUT). In his clinical practice, Professor Couzens has been based at the Brisbane Hand and Upper Limb Clinic for over 25 years, where he works alongside a team of specialists. Additionally, he holds a teaching and supervisory role at the Princess Alexandra Hospital, contributing to the education of medical professionals and the next generation of surgeons. A passionate researcher, Professor Couzens is an Adjunct Professor at QUT, where his current research focuses on the biomechanics of falls, particularly those that result in wrist injuries. He is also a co-director of the Brisbane Hand and Upper Limb Research Institute, an organization dedicated to conducting clinical studies in collaboration with his colleagues in the clinic. Professor Couzens is the co-founder of a leading medical device company that supplies innovative solutions to healthcare providers both in Australia and internationally.



**Kirsten Vallmuur** is the Chair of Trauma Surveillance and Data Analytics (funded by the Motor Accident Insurance Commission) in a joint position between the Australian Centre for Health Services Innovation ([www.aushsi.org.au](http://www.aushsi.org.au)) and the Jamieson Trauma Institute (<https://metronorth.health.qld.gov.au/jamieson-trauma-institute>). She leads the Jamieson Trauma Institute's Trauma Data Quality and Analytics team. She has expertise in the analysis and understanding of morbidity and mortality data, injury surveillance systems, trauma data linkage, health classifications and injury classifications.



Friday 4 April 2025

QLD PHO Development Day and AOA Registrar Papers Day

QUT - Owen J Wordsworth Room, Level 12, S Block



QLD PHO DEVELOPMENT - Moderated by David Bade

7:30am	Registration desk opens	
8.30am -1.30pm		
8.30am	Registration, tea and coffee	
9.00am	QDOG Welcome	Vivek Shridhar
9.05am	AOA selection update	Rohan Brunello
9.25am	Alternate career pathway - Radiology	Rachele Quested
9.45am	Clinical session - NOF Pearls	Joe Stevens and Will Talbot
10.05am	PHO survey results	Will Talbot and David Bade
10.15am	The realpolitik of speaking up at work: Practical tips for PHO agency and wellbeing	Victoria Lister
10.30am	PHO wellbeing and positive mindset	David Bade

10.35am Morning Tea

11.05am	Alternate career pathway - GP	Josh Hatch
11.25am	Selection interview preparation and approach	Brooke Bullock
11.50pm	Wealth Wellness Part 1: Understanding Biases, Barriers, and Financial Outcomes During Training Years	Peter Hodgson and Daniel James, Walshs
12.05pm	Clinical session - Trauma How to stay out and get out of trouble	Marcus Simonian and Paula Jeffries
12.25pm	PHO - future perspectives in AOA	Alexander Mitrichev
12.35pm	QDOG/QSSCN - PHO Workforce future directions	Vivek Shridhar and Mike Thomas
12.50pm	Q&A / open mic discussion	David Bade

1.30pm Lunch

2.05pm	AOA Orthopaedic Women's Link (OWL)	Ruth Varrall
2.15pm	Practical PHO research	Chris Carty

REGISTRAR FREE PAPER PRESENTATIONS

2.35pm - 6.10pm

WELCOME COCKTAIL FUNCTION (including keynote presentation)

4 6.10pm - 8.30pm

Friday Welcome Cocktail Function  
Keynote presentation  
Paul Pincus

We are delighted to welcome skipper Paul Pincus who will share his story behind Solace, the first time both skipper and yacht competed in the race to Hobart. Sailing to support the humanitarian efforts of Orthopaedic Outreach, Paul and his fellow AOA crewmates John Tuffley and Bill Donnelly raised roughly \$3000 for Outreach!

The crew arrived safely in Hobart on Sunday 29 December with an impressive time of three days, 21 hours, and 16 minutes (just inside the four-day prediction!), placing 44th in Line Honours.

This promises to be a fantastic evening of adventure on the high seas with Paul, places are limited so be sure you are registered to secure your spot.

Friday 4 April 2025

AOA Registrar Free Paper Presentations

QUT - Owen J Wordsworth Room, Level 12, S Block

REGISTRAR FREE PAPER PRESENTATIONS

2.35pm - 6.10pm - Moderated by Michael Lutz

2.45pm	The posterolateral approach to the ankle is a safe technique to address posterior malleolus fractures A 5-year Retrospective Analysis of Shoulder Replacements at Metro North Health Early Experience with Pelvic Ablation, Osteoplasty, Reinforcement and Internal Fixation for Metastatic Osteolytic Lesions	Rory Young Yvana Toh Anthony Truong
	DISCUSSION / Q&A	
3.15pm	Predictors of Secondary Meniscal Pathology Following Anterior Cruciate Ligament Reconstruction: A Single-Centre Cohort Study  The impact of knee alignment on tibial cartilage stress and kinematics following ACL reconstruction in paediatric patients: A finite element (FE) analysis	Edward Yu  Alexander Seeto
	DISCUSSION / Q&A	
3.35pm	Chronic unstable SUFE in the Queensland Population  Risk factors for paediatric meniscal pathology concomitant to anterior cruciate ligament rupture	Shefta Huda Pushkar Khire
	DISCUSSION / Q&A	
3.55PM	Afternoon tea	
4.25pm	Orthopaedic Skills Training: Multi-Trajectory Targeted Drilling Simulation in SawBone Models  Implementing 3D printed models of extremity limb fractures for teaching and primary treatment skills among Junior Medical Officers: a pilot study  Evaluation of Educational YouTube Videos for Fifth Metacarpal Neck Fracture Management	Prince Singh James Wheeler  Daniel Brimm
	DISCUSSION / Q&A	
4.55pm	An Observational Study on Post-Operative Hemoglobin Level in Patients Undergoing Total Hip Replacement with Fracture Neck of Femur with and Without Drain  Medial Buttress Plate Use in Neck of Femur Fracture Fixations: A Systematic Review  Outcomes Following Periacetabular Osteotomy for Acetabular Dysplasia: A Retrospective Cohort Study	Kathit Ghimire  Luke McGarry Helena Franco
	DISCUSSION / Q&A	
5.25pm	Wealth Wellness Part 2: How to Build an \$8M Asset Base Before Retirement	Peter Hodgson and Daniel James - Walshs
5.40pm	Systematic review of the mid to long term effects and safety of Blood Flow Restriction Therapy  Spontaneous Resolution of an Osteochondral Defect Following Septic Arthritis  The impact of high fat diet and sex on carpal tunnel syndrome	Geonhoo Park Benjamin Trigg Hayman Lui
	DISCUSSION / Q&A	



7.30am	Registration open	
7.55am	Welcome - Acknowledgement of Country	Professor Ross Crawford
<b>MSK Injuries and Rehabilitation - Moderated by Professor Nadine Foster</b>		
8.00am	KEYNOTE: Compensable musculoskeletal injury and rehabilitation	Professor Michele Sterling
8.20am	Influencing outcomes whiplash: Utilising WhipPredict, value-based healthcare and stress-inoculation within a novel stratified, bundled-care program	Katie Mackenzie and Nick Kendrick
8.30am	Evaluation of an occupational therapy-led rapid access service fast tracking patients from emergency direct to advanced hand therapy	Kylie Bebel
8.37am	Skin inflammatory cytokine gene expression in chronic whiplash-associated disorder: a cross-sectional study	Dr Scott Farrell
8.44am	Adenosine, Lidocaine and Magnesium (ALM) therapy augments joint tissue healing following early and delayed experimental anterior cruciate ligament rupture and reconstruction	Dr Jodie Morris
8.51am	WorkCover Queensland injury and claims trends – a 10 year snapshot	Matthew Bannan
9.10am	Dual fixation of pubic symphysis diastasis injuries in pelvic trauma using a memory staple and plate fixation combination	Dr Kazuhiko Udagawa
<b>Queensland Orthopaedic Research Fund</b>		
9.20am	Connecting MSK Research: QLD MSK Network & 2025 QORF Grant Opportunities	Professor Peter Steadman
<b>QORF grant recipient presentations - Moderated by Professor Peter Steadman</b>		
9.25am	RIOT: Recycling in Orthopaedic Theatres	Dr Susie Lee
9.29am	Reconstruction: A Neuromusculoskeletal - Finite Element Modeling Approach for Surgical Optimization	Dr Ayda Karimi Dastgerdi
9.33am	Comparison of intramedullary screw fixation verses dorsal plating for displaced extra-articular metacarpal fractures: A randomised control trial	Dr Luke McCarron
9.37am	Investigating Shoulder Pathology and Biceps Activity in an Older Population	Dr Brendan Diplock
9.41am	Biochemical analysis of CoCr in Patients who have undergone a Hinged Total Knee Replacement with a Metal-on-Metal component	Dr Robert Dewar
<b>Technology in Trauma Care - Moderated by Professor Chris Carty</b>		
9.45am	KEYNOTE: Non-invasive multimodal rehabilitation for recovery of sensorimotor function after spinal cord injury	Dr Claudio Pizzolato

10.05am	EPIC-Tech: Engineers and Physiotherapists Interdisciplinary Collaboration with Technology	Dr Alejandro Melendez-Calderon
<b>10.15am</b>	<b>Morning tea and e-posters</b>	
10.50am	An analysis of non-technical skills in Total Knee and Hip Arthroplasty surgeries with the Mako Robotic System	Jasper Vermeulen
11.00am	Robots and Injury: How They Help and How Future Designs Prevent Harm	Dr Alan Burden
11.10am	Technology-enhanced, group-based (TEG) model of hand therapy management versus usual care following carpal tunnel release surgery: a feasibility and pilot randomised controlled trial	Emma Taylor
11.17am	KEYNOTE: Anatomy in Motion - 4DMR	Professor Greg Couzens
<b>Trauma Prevalence and Prevention - Moderated by Dr Alejandro Melendez-Calderon</b>		
11.27am	KEYNOTE: Trauma prevalence, patterns and prevention: Insights and opportunities	Professor Kirsten Vallmuur
11.47am	Infections After Trauma: Today's Challenges and Tomorrow's Innovations	Professor Andrej Trampuz
11.57pm	Automated Vehicles in Injury Prevention	Professor Ronald Schroeter
12.07pm	Establishment of a Practice-Wide ACL Injury Registry – Evaluating the Epidemic	Dr Jon Anderson
12.14pm	Risk factors for paediatric meniscal pathology concomitant to anterior cruciate ligament rupture	Dr Pushkar Khire
12.21pm	Quantifying the Burden of Injury: Patient Reported Outcome Measures (Proms) Following Paediatric Anterior Cruciate Ligament Rupture	Kylie Bradford
12.28pm	Research Capacity and Culture Among Australian Hand Therapists and Orthopaedic Surgeons: A Cross-Sectional Survey	Luke McCarron
12.35pm	Closing address	Dr Philip Dalton
<b>12.40pm</b>	<b>Lunch and e-posters</b>	
13.40pm	Event end	

**Thank you to the 2025 Trifecta Event convenors:**  
Professor Ross Crawford, QORFCC Chair  
Professor Nadine Foster, Queensland Health Representative

**Convening committee:** QORF Board Chair Peter Steadman, QUT Representative Ahmed Sewify, Griffith University Representative Christopher Carty, AOA QLD Scientific Secretary Michael Lutz, AOA QLD Registrar Representative Thomas Crookes, QORF Board Director Philip Dalton, QORF Board Director Greg Couzens, QDOG Representative David Bade.





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