



SEPNZ & SMNZ proudly present in association with 
A Nationwide
ROADSHOW JULY 2018
Sports Physiotherapy and Sports Medicine



Supporting Speakers

Dr Angela Cadogan

Angela is a New Zealand Board Registered Physiotherapy Specialist (Musculoskeletal) who is based in Christchurch, New Zealand. Fuelled by her interest in shoulder pain in the throwing shoulder while working for NZ Cricket (2000-2009), Angela completed a PhD in Musculoskeletal Diagnostics from AUT University, Auckland, New Zealand (2012) with a sub-specialty in shoulder pain. She now works in private practice as a clinical consultant specialising in the diagnosis and management of shoulder conditions. She helped establish the Non-Surgical Shoulder Service in the Orthopaedic Department for the Canterbury District Health Board (Christchurch, NZ), where she also works in a diagnostic triage role, and is the clinical and research assistant for a local orthopaedic surgeon. While no longer working with sports teams Angela continues working in a consultancy role providing second opinions on sporting, and other shoulder conditions.

Tamsin Chittock

Originally from England, Tamsin did her postgraduate study in New Zealand and never left. She has worked across high performance sport and private sports medicine, building the Motus health network with her husband over the last 20 years. She spent the first 10 years predominantly working with Rowing NZ through an exciting time which saw the sport become the power house of world rowing it is now. Today she has a more diverse role across sports, supporting Christchurch based athletes working in a performance health model. This role has enabled her to be a member of the kayaking team leading into the Rio Olympics, a part of the exciting Paralympic programme and latterly support the world class throwing group based in Christchurch. Her philosophy around physiotherapy is one of optimising movement for performance and enjoying the challenge and team thought that the high performance environment gives.

Mr Simon McMahon

Simon is an Orthopaedic Surgeon from Dunedin working in both the public and private sectors. He has been in practice for 24 years. Most of the non emergency patients he sees have shoulder problems covering the full spectrum of shoulder disorders including sports injuries. He is always very interested in improving both surgical and rehabilitative management of these patients and is very much looking forward to the road show.

Dr Tony Page

Tony is a Christchurch based Sport and Exercise Medicine Physician and is currently the All Blacks team doctor. Tony splits his year between consulting at the recently opened Forte Sports Clinic and travelling with the All Blacks. He has worked in a number of countries and roles, commencing practice in Cape Town, followed by stints in Canada, Australia and New Zealand, where he has lived for 30 years. After working as a GP for 14 years he completed Sports Physician training in Christchurch and at Olympic Park in Melbourne. He has previously been team doctor for Collingwood AFL, Canterbury and Crusaders Rugby Union teams, Canterbury Rams and many others. Medical interests are wide but include paediatric sports medicine, contact sports injury, athlete team care and endurance exercise medicine.

Dr Deb Robinson

Deb is a sports physician, now practicing in Tauranga, having previously worked at Sportsmed in Christchurch for over 20 years. Having been involved with elite teams for many years (Crusaders, All Blacks, Silver Ferns and Black Ferns) Deb is now becoming more involved with medical education, especially pitch side medicine and sports concussion, and governance, with her recent appointment to the World Rugby Council. Deb's areas of special interest in clinical medicine include children and adolescents, acute injury management and sport concussion.

Dr Gisela Sole

Gisela is Senior Lecturer at the School of Physiotherapy, University of Otago. Her research into shoulder disorders started with a published case report in 2003, and followed with a number of systematic reviews relating to shoulder disorders and series of experimental shoulder pain studies with Dr Craig Wassinger. She has returned 'to the patient' by currently exploring the inclusion of psychologically-informed physiotherapy and pain education as part of management for rotator cuff related pain. The presentation will provide a synopsis of clinical implications of this research.

Mr Bruce Twaddle

Bruce Twaddle is an Orthopaedic Surgeon with a special interest in sports surgery and injuries and management of orthopaedic trauma. He is a product of the University of Auckland Medical School and the NZOA Orthopaedic Program. His sports surgery interest began with an elective at the 1984 Olympic Games in LA and has continued since with sub-specialty training in the UK, USA and Canada and involvement with multiple professional teams. He is a member of the UniSports group based in Auckland in New Zealand's first multi-disciplinary sports medicine clinic. He also works at Forte Sports in Christchurch and sees patients in Wanaka, Central Otago. He has a major interest in tendon injury and recovery, management of stress fractures and surgical treatment of knee, shoulder, ankle and elbow injuries. Bruce spent three years as the Professor of Orthopaedics and Sports Medicine at the University of Washington in Seattle, setting up and being part of the largest sports medicine clinic on the Pacific North West. He has multiple teaching and research interests and accolades, including being on the faculty of the IOC sports medicine diploma.