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Salerno

15/11/2021

# ***CURRICULUM VITAE***

**MD, MS, PhD, FRCP, FRCS(Orth), FFSEM**

*Professor of Musculoskeletal Disorders*

Chief of Service, Trauma and Orthopaedics

Director, Surgical Services

Consultant Orthopaedic Surgeon

University of Salerno School of Medicine, Surgery and Dentistry  
Salerno, Italy

Honorary Professor of Sport and Exercise Medicine

Centre for Sport and Exercise Medicine

Barts and the London School of Medicine and Dentistry

Queen Mary University of London

London, England

Honorary Professor of Trauma and Orthopaedic Surgery

Keele University Medical School

Keele, England

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## **CURRICULUM VITAE**

**Name**

**Sex**

Male

**Work Address**

**Home Address**

**Place of birth**

**Date of birth**

**Nationality**

**GMC Registration**

**Defence Union**

**National Insurance No.**

## **GENERAL EDUCATION**

Grammar School 'Liceo Classico Umberto I', Napoli, Italia: High School Degree in July 1977, with 60/60.

First Certificate in English and Certificate of Proficiency in English awarded by The British Council Institute, Cambridge, England, respectively in June 1975 and December 1977.

## **ACADEMIC RECORD**

Medical School: "Federico II Medical School", University of Napoli, Napoli, Italy: October 1977 - July 1983.

Doctoral degree in Medicine and Surgery, University of Napoli, 1983, 'Summa cum Laude'

**PhD:** Doctor of Philosophy, University of London, 1992

**MS:** Master of Surgery, University of London, 1994

**MD:** Doctor of Medicine, University of Aberdeen, 1998

## **PROFESSIONAL POSTGRADUATE QUALIFICATIONS**

- **Specialist in Orthopaedics:** awarded by the Italian Ministry of Health, October 1988. This is the postgraduate qualification in Orthopaedic Surgery awarded according to the EU rules. It is recognised by the General Medical Council as a Specialist qualification.

- **Diploma in Sports Medicine:** Society of Apothecaries, London, England, June 1990, and Scottish Royal Colleges Joint Board in Sports Medicine, Edinburgh, Scotland, May 1991.

- **Diploma of Specialist in Sports Medicine:** awarded by the Italian Ministry of Health, October 1991. This is the postgraduate qualification in Sports Medicine awarded according to the EU rules.

- **Chartered Biologist and Membership of the Institute of Biology:** awarded by the Institute of Biology, London, June 1992.

- **FRCS(Orth):** awarded by the Intercollegiate Board of Orthopaedic Surgery of the British Isles in the November 1993 exam, held in Dublin, Ireland

- **Certificate of Completion of Higher Surgical Training in Orthopaedics:** awarded by the Joint Committee on Higher Surgical Training of the Royal Colleges of Surgeons, December 1994.

- **FRCS(Edin):** awarded *ad eundem* in 1995 without exam

- **FRCS(Engl):** awarded *ad eundem* in 2002 without exam

- **FACFAS (Fellow of the American College of Foot and Ankle Surgeons):** *ad honorem*, awarded in 2003

- **FFSEM (Fellow of the Faculty of Sports and Exercise Medicine of the Royal College of Physicians in Ireland and of the Royal College of Surgeons in Ireland):** Founding Fellow, 2003

- **FFSEM (Fellow of the Faculty of Sports and Exercise Medicine Intercollegiate Faculty of Sports and Exercise Medicine of the United Kingdom):** Founding Fellow, 2006
- **FRCP (Fellow of the Royal College of Physicians of London):** awarded without exam for the contributions to Sports and Exercise Medicine in 2012
- **PoMuLTS (Polish Muscles Ligaments and Tendons Society):** *ad honorem*, awardee in 2016

## PRIZES AND AWARDS

- Undergraduate prizes awarded while a medical student at the University of Napoli Federico II, Medical School, Italy:

Biology  
Human Physiology  
General Pathology  
General Surgery  
Forensic Medicine  
Internal Medicine

- Prize winner for the best Orthopaedic Specialisation programme dissertation: **Histochemical and physiological studies in human idiopathic scoliosis**. University of Napoli Federico II, Medical School, Italy. 18 October 1988.

- Prize winner for the best Sports Medicine Specialisation programme dissertation: **High resolution real time ultrasonography in Sports Medicine**. University of Napoli Federico II, Medical School, Italy. 29 October 1991.

- Prize winner for the British Orthopaedic Association, 22nd Instructional Course, Smith and Nephews Richards Research and Travel Award: **Patterns of meniscal tears in anterior cruciate deficient knees in athletes**. Chester, England. 16 January 1993.

The prize money financed a one-week visit to the Department of Orthopaedics and Traumatology of the Centre Hospitalier d'Annecy, Annecy, France (Head of Department Dr. G. Melere). The main interests of the Department are trauma, knee surgery and upper limb surgery. The links for collaborative research projects were thus reinforced. Further projects were planned with French colleagues, namely a prospective study of intramedullary nailing in older patients, and a study on anterior cruciate ligament reconstruction using a modified Jones technique.

- Prize winner for the Asian Federation of Sports Medicine, 2nd Congress, Best Basic Sciences paper: **Effects of pulsed magnetic and electromagnetic fields on experimental *in vivo* acute Achilles tendonitis in the rat**. Manila, Philippines. 24-27 January 1996.

The prize money financed a five day visit to the Section of Paediatric Orthopaedics, Department of Orthopaedics, Catholic Medical Center Medical School, Kangnam St. Mary's Hospital, Seoul (Head of Department: Prof. I.-Y. Ok), one of the teaching hospitals of Seoul. The Department is a tertiary referral centre for paediatric orthopaedics for the whole of South Korea.

- Recipient of the ESSKA (European Society of Surgery of the Knee, Arthroscopy and Orthopaedic Sports Medicine) Travelling Fellowship for 1997: 1<sup>st</sup> June – 26<sup>th</sup> June 1997. This is a Travelling Fellowship to nine centres in the United States of America and Canada, modelled on the ABC Travelling Fellowship.

- Recipient of the ABC Travelling Fellowship to North America for 1998: 16<sup>th</sup> May- 28<sup>th</sup> June 1998. We visited 21 centres in the United States of America and Canada, and took part in the American Orthopaedic Association and in the Canadian Orthopaedic Association 1998 Annual Meetings.

- Recipient of the Aircast-BASM Travelling Fellowship in Sports Medicine for 1999: I visited two centres in Australia (the Melbourne Orthopaedic Group, and the Sydney Sports Medicine Group), spending one week in each centre.



- Godfather for the Patellofemoral Travelling Fellowship: 2<sup>nd</sup> to 17<sup>th</sup> April 2010. I led a group of younger orthopaedic surgeons visiting four centres in the USA, and two in Europe.

**John Joice Award 2017 (ISAKOS)**

The Management of the Long Head of the Biceps in Rotator Cuff Repair: Prospective Cohort Study of High Versus Subpectoral Tenodesis

Edoardo Franceschetti, Stefano Campi Alessio Palumbo, Luca La Verde, Michele Attilio Rosa, Rocco Papalia, Nicola Maffulli, Francesco Franceschi

**Caspari Award 2017 (ISAKOS)**

Individual Shoulder Anatomy and Degenerative Rotator Cuff Tear (Rct): Comparison of Radiographic Parameters of 800 Patients with Rct and 800 Non-Affected

Edoardo Franceschetti, Alessio Palumbo, Michele Paciotti, Luca La Verde, Michele Attilio Rosa, Rocco Papalia, Nicola Maffulli, Francesco Franceschi

**KSSTA Best Paper Award 2018-2019**

Arthroscopic Microfracture vs. Arthroscopic Autologous Matrix-Induced Chondrogenesis for the Treatment of Articular Cartilage Defects of the Talus

Christoph Becher, Michael Alexander Malahias, Moataz Mahmoud Ali, Nicola Maffulli, Hajo Thermann

## **MEMBERSHIP OF LEARNED SOCIETIES**

- ABC (American, British, Canadian) Orthopaedic Club
- Achilles Tendon Study Group (Founding Chairman)
- American Orthopaedic Society for Sports Medicine
- American Orthopaedic Foot and Ankle Society
- Association of Professors of Orthopaedic Surgery
- Brazilian Society of Foot and Ankle Surgery
- British Association of Sports and Exercise Medicine (on the Research Committee since 2005)
- British Medical Association
- British Olympic Association Register of Doctors
- British Orthopaedic Association
- British Orthopaedic Sports Trauma Association (Executive Board Member since 2000; President 2002-2004)
- European College of Sports and Exercise Physicians (Founding Member; Chair of the Research Committee; VicePresident since 2017)
- European Federation of the National Societies for Sports Traumatology (Vice President: 2011-2012; President 2012-2014)
- European Society of Surgery of the Knee, Arthroscopy, and Orthopaedic Sports Medicine (on the Scientific Committee for 2002; on the Scientific Committee for 2010-2014)
- Faculty of Sports and Exercise Medicine (Founding Fellow) of the Royal College of Physicians in Ireland and of the Royal College of Surgeons in Ireland
- Federazione Italiana di Medicina dello Sport (FIMS) (Italian Federation of Sports Medicine)
- Hong Kong Orthopaedic Association
- Institute of Biology
- Institute of Sports and Exercise Medicine (Board Member since 2009; Director since 2010)
- International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine (Board of Directors: 1997-2001; Vice-Chair Scientific Committee 2001-2002; Chair Scientific Committee 2002-2005; Sports Medicine Committee Member since 2009, Chairman 2013-2016; Foot and Ankle Committee member 2017 to present)
- Internet Society of Orthopaedic Surgeons (founding member)

- Italian Society of Muscles, Ligaments, and Tendons (founding member; President 2011-present)
- Magellan Orthopaedic Society
- Royal College of Surgeons of Edinburgh
- Royal College of Surgeons of England
- Royal Society of Medicine (President, Section of Sports and Exercise Medicine: 2011-2012)
- Societa' Italiana di Ortopedia e Traumatologia (SIOT) (Italian Orthopaedics and Traumatology Association)
- Honorary Member, Iranian Society of Knee Surgery, Arthroscopy and Sports Traumatology since 2018
- Honorary Member, Romanian Society of Knee Surgery, Arthroscopy and Sports Traumatology since 2018

## **HONORARY APPOINTMENTS**

- Past Medical Officer to the Campania Regional Athletic Team 1984-1985
- Past Medical Officer to the Italian Veteran Athletic Team 1984-1985
- Past Medical Officer to the University of London Judo Club 1988-1992
- Past Medical Officer to the English Triathlon Association, Junior Squad, 1990-1991
- Medical Officer to the British Olympic Wrestling Association Squad since 1993
- Deputy Medical Advisor to the British Olympic Wrestling Association Squad since 2001
- Orthopaedic Sports Medicine Consultant to the Hong Kong Sports Institute in 1995 and 1996
- Orthopaedic Consultant to the Scottish Judo Association since 1999
- Advisor to the Ministry of Defence on Synopses of Causation for tendinopathy of the upper and lower limb
- Member of the Promotion Committee of the University of Jordan
- Member of the Promotion Committee of the University of Tel Aviv, Israel
- Member of the Promotion Committee of the Hebrew University of Jerusalem, Israel
- Editorial Secretary, British Orthopaedic Association (2005-2007)
- Member of the Sports Medicine Working Group of the London Organising Committee of the Olympic Games and Paralympic Games (2009 to present)
- Fellowship of the Federation Internationale de Medicine du Sport since 2009
- Field of Play Team Leader for Judo and Wrestling, London 2012 Olympic Games
- Lead, Foot and Ankle Surgery Consultants, London 2012 Olympic and Paralympic Games
- Member of the Commission for the evaluation of the quality of research in Italy, 2011-2013

## **VISITING PROFESSORSHIPS**

- Visiting Professor in Orthopaedics and Traumatology, Department of Orthopaedics and Traumatology, Chinese University of Hong Kong, Hong Kong, since February 1999
- Visiting Professor in Orthopaedics and Traumatology, Department of Orthopaedics and Traumatology, University of Napoli Federico II, Italy since November 2002
- Visiting Professor in Orthopaedic Sports Medicine, Department of Sports Science, Manchester Metropolitan University, Alsager Campus, since October 2007
- Visiting Professor in Orthopaedics and Traumatology, Department of Orthopaedics and Traumatology, University of Roma Campus Biomedico, Italy, since October 2007

- Visiting Professor in Traumatology and Orthopaedic Surgery, Keele University Medical School, since December 2008

### **HONORARY PROFESSORSHIPS**

- Honorary Professor of Sport and Exercise Medicine, Queen Mary University of London, Barts and the London School of Medicine and Dentistry, since January 2013

### **LECTURESHIPS**

- Vince Higgins Lecturer to the Australian Sports Physicians Society for 1999. I spent two weeks in Australia, between Melbourne and Sydney, lecturing on various aspects of Sports Medicine and Traumatology.
- Distinguished Lecturer of the Singapore Orthopaedic Association for 2010.

## **PRESENT APPOINTMENT (2015 to date)**

**Professor of Musculoskeletal Disorders, Chief of Service in Orthopaedic and Trauma Surgery, Consultant Orthopaedic Surgeon, University of Salerno School of Medicine and Surgery, Salerno, Italy**

**Director, Surgical Services (including Emergency Surgery, Plastic and Reconstructive Surgery, Day Case Surgery, Abdominal Surgery, Transplant Surgery)**

Since taking up this role, I became Chief of Service of Orthopaedics, Director of the Musculoskeletal Disorders Department (including Trauma and Orthopaedic Surgery, Physical Medicine and Rehabilitation, and Physiotherapy), and Director of the Surgical Services (including Emergency Surgery, Plastic and Reconstructive Surgery, Day Case Surgery, Abdominal Surgery, Transplant Surgery) of the University Hospital.

When I took up the post of Chief of Service of Orthopaedics, I was faced with the issue of abysmally bad management of hip fracture patients. The hospital was among the bottom five in Italy for the time lag between admission and operation, with only 5% such patients receiving treatment within 48 hours. I established an interdisciplinary team to tackle this issue, and over the course of the period October 2016 to the present day we have now risen to being fourth in the whole of Italy, with 84% of patients being operated within 48 hours of admission.

I started as the only academic, and have now raised funds to allow me to establish a basic science laboratory, staffed by a full time basic science research Assistant Professor, who in 2020 has been promoted to Associate Professor. In addition, since December 2018, I have appointed an Associate Professor in Orthopaedic Surgery who shares the academic and teaching work load. We remain one of the most productive institutions in Europe when normalising for the staff at my disposal.

Since 2018, I have been able to start a five year residency programme in Trauma and Orthopaedic Surgery, which now has 10 residents at various stages of training.

Since 2017, I head the PhD research programme in Translational Medicine. The programme is in collaboration with industry, and spans two countries, namely Italy and the UK, with Italian PhD candidates spending a period of up to one year at Keele University under the guidance of Prof. N. Forsyth, and British candidates spending a period of up to one year in Salerno.

Since starting my tenure in Salerno, I have established an academic unit in Trauma and Orthopaedics, working on five separate and interlinked fronts, namely clinical, teaching, training, research, and management. On the clinical side, the surgical output of the unit has more or less decuplicated, with nearly 600 operations performed per year. Of these, at least 25% to one third have been performed by myself. Undergraduate teaching has been performed to medical students, physiotherapy students, and nursing students. In addition, I have supervised undergraduate dissertations in all these streams. All the dissertations of the medical students I supervised have been published in international peer reviewed journals. In 2017, we started the residency programme in Trauma and Orthopaedics. We originally had four residents per year, and in the present academic year we have increased the intake to nine residents. All residents rotate with other units within the region, and have the opportunity to be attached to other units in Italy and abroad. We also started a PhD programme in Translational Medicine, with funding from the university and industrial partners. The programme allows PhD candidates to work abroad, at Keele University School of Medicine, for six months, and in the financing industrial setting for another six years. My managerial duties have been split between the Health Service and the Medical School. I remain the Chairman of the Trauma and Orthopaedic Unit, and have served as Chairperson of the Specialist Surgical Division. On the academic side, I served as the President of the degree course in Physiotherapy, with my line manager being the Dean of Medicine.

My duties as the Professor of Trauma and Orthopaedics involve fund raising for research activities. In addition to industry funding, as specified above, in terms of competitive peer reviewed grants, I have been awarded sizeable funding (close to Euro 500,000) by the European Union as part of the Horizon 2020 programme.

## **PREVIOUS APPOINTMENTS**

Sep 1983 to Jan 1984	Resident in Orthopaedics: Intern in Emergency Surgery	Ospedale Cardarelli, Napoli
Feb 1984 to Sep 1984	Resident in Orthopaedics: Intern in Sports Traumatology	Ospedale C.T.O., Napoli
	Intern in Emergency Surgery	Ospedale Cardarelli, Napoli
Oct 1984 to Sep 1985	Resident in Orthopaedics: Intern in Orthopaedics	First Institute of Orthopaedics, Napoli
	Intern in Emergency Surgery	Ospedale Cardarelli, Napoli
Oct 1985 to Apr 1986	Senior House Officer in Orthopaedics	Bury General Hospital, Bury, Lancs
Apr 1986 to Oct 1986	Resident in Orthopaedics: Intern in Orthopaedics	First Institute of Orthopaedics, Napoli
	Intern in Emergency Surgery	Ospedale Cardarelli, Napoli
Oct 1986 to July 1987	Senior House Officer in Orthopaedics and Accident and Emergency Officer	Pilgrim Hospital, Boston, Lincs
July 1987 to July 1990	Clinical Lecturer in Sports Medicine and Registrar in Orthopaedics	Institute of Child Health, and The Hospital for Sick Children, London
Aug 1990 to Dec 1990	Clinical Research Fellow and Registrar in Orthopaedics	The Hospital for Sick Children, London
Jan 1991 to Nov 1992	Registrar in Orthopaedics and Trauma	Newham General Hospital, London
Dec 1992 to Dec 1994	Senior Registrar and Clinical Lecturer in Orthopaedic Surgery	Aberdeen Hospitals Rotation, Aberdeen
Jan 1995 to Dec 1995	Lecturer in Orthopaedics and Traumatology	Chinese University of Hong Kong
Jan 1996 to Mar 1996	Associate Professor in Orthopaedics and Traumatology	Chinese University of Hong Kong
Apr 1996 to Mar 2001	Senior Lecturer in Orthopaedics	University of Aberdeen Medical School
Mar 2001 to Dec 2008	Professor of Trauma and Orthopaedic Surgery	Keele University Medical School
Dec 2008 to Jan 2013	Professor of Sport and Exercise Medicine	Queen Mary University of London
Jan 2013 to Sep 2015	Professor of Physical Medicine and Rehabilitation	University of Salerno School of Medicine, Surgery and Dentistry



## **PREVIOUS APPOINTMENTS** (details)

1. **September 1983 – January 1984: Resident in Orthopaedics: Intern in Emergency Surgery, Ospedale Cardarelli, Napoli, Italia**, working for Dr. P. Scaglione.

I was introduced to the daily routine of an emergency surgical ward. A wide variety of patients were seen, and practically all branches of surgery were dealt with.

2. **February 1984 - September 1984: Resident in Orthopaedics: Intern in Sports Traumatology, Ospedale C.T.O., Napoli, Italia**, working for Dr. F. Lepore, **Intern in Emergency Surgery, Ospedale Cardarelli, Napoli, Italia**, working for Dr. P. Scaglione.

My duties consisted mainly of assessing patients requiring surgery for sports trauma. When on call, I also covered the orthopaedic wards. Surgically, I dealt with acute uncomplicated cases.

I continued my general surgical training in the busiest hospital of Southern Italy, in a unit where all surgical pathologies were seen.

3. **October 1984 - September 1985: Resident in Orthopaedics: Intern in Orthopaedics, First Clinica Ortopedica, First Medical School, Napoli, Italia**, working for Prof. U. del Torto, and **Intern in Emergency Surgery, Ospedale Cardarelli, Napoli, Italia**, working for Dr. P. Scaglione.

The First Clinica Ortopedica of the First Medical School is a tertiary referral centre. I rotated through the sections of spinal surgery and scoliosis, and of adult orthopaedics. I spent five months at the Karolinska Institute, being involved in several clinical and basic sciences projects.

On the general surgery front, I was exposed to more complicated cases. I gained experience in in- and out-patient management of emergency surgical problems. I regularly assisted in operations covering many branches of surgery, including thyroid, gastric, colonic, pancreatic, biliary cases, and carried out basic neurosurgical, vascular and plastic procedures.

4. **October 1985 - April 1986: Senior House Officer in Orthopaedics and Trauma, Bury General Hospital, Bury, Lancs**, working for Mr. R. Phillips.

My first experience of work in the United Kingdom exposed me to the work of a district general hospital, where a wide variety of problems were treated. By the end of this period, I had performed many emergency manipulations and operations.

5. **April 1986 -October 1986: Resident in Orthopaedics: Intern in Orthopaedics, First Clinica Ortopedica, First Medical School, Napoli, Italia** working for Prof. U. del Torto and Prof. G. Capasso, and **Intern in Emergency Surgery, Ospedale Cardarelli, Napoli, Italia**, working for Dr. P. Scaglione.

Continuing the Orthopaedic residency programme, I rotated through the trauma and the paediatric orthopaedics sections, being allowed to carry out surgery for uncomplicated fractures. On the Emergency surgery side, I performed some laparotomies and thoracotomies under supervision, and focused on aspects of surgery that were more relevant to my future orthopaedic practice. I performed neural sutures, and arterial and venous anastomoses. Also, I gained experience in the initial management of multiply injured patients with head injury.

6. **October 1986 - July 1987: Senior House Officer in Orthopaedics and Accident and Emergency, Pilgrim Hospital, Boston, Lincs**, working for Mr. J.P. Green.

The time spent as a Casualty Officer allowed me to face first hand the problems of medical and surgical emergencies. The period spent at the Pilgrim Hospital gave me a balanced exposure to both Orthopaedics and Trauma. I regularly attended out-patients clinics, and established a clinical trial to study the process of healing in the ruptured Achilles tendon.

**7. July 1987 to July 1990: Clinical Lecturer in Sports Medicine, Institute of Child Health, Respiratory and Anaesthetic Unit, London, working for Dr. P. Helms. Honorary Registrar in Orthopaedics, The Hospital for Sick Children, Department of Orthopaedics, London, working for Mr. J.A. Fixsen.**

I was exposed to the medical, orthopaedic and traumatic problems of highly athletic children. I was granted an Honorary Orthopaedic Registrar position, and I spent 2.5 sessions a week in the Orthopaedic Department, regularly attending the teaching ward rounds, one outpatient clinic, and one operating session per week. I regularly assisted Mr. J.A. Fixsen in the surgical management of dysplasia of the hip, correction of leg length inequality, and congenital talipes. I also regularly attended the specialised paediatric orthopaedic clinics held at the Hospital for Sick Children.

I researched on the effects of intensive training on the musculo-skeletal system of young athletes. I studied the problems of growth, injuries, and the influence of training on strength and flexibility.

During the same period, I also held the position of **Honorary Clinical Assistant in Orthopaedics at the Royal London Trust, Whitechapel**, working for Mr. J.B. King.

I regularly attended the tertiary referral sports injury clinics held at the Royal London Trust. The main pathology seen was knee injuries, but other complex sports-induced pathologies were seen at short notice.

**8. August 1990 to December 1990: Clinical Research Fellow in Orthopaedics and Orthopaedic Registrar. The Hospital for Sick Children, Great Ormond Street, London, working for Mr. J.A. Fixsen, Mr. A.M. Jackson, and Mr. P.J. Webb.**

Research and clinical duties took an equal share of my time. I researched and managed tibial and fibular hemimelia, osteomyelitis, congenital talipes, developmental hip dysplasia, Perthes' disease and limb length discrepancy.

I acted as Senior Orthopaedic Registrar during the absence of the substantive post-holders, attended outpatients clinics, and took an active part in operative work and administration of the department. When on call, I also covered the acute admissions in Queen Elizabeth Hospital for Children in Hackney.

**9. January 1991 to November 1992: Registrar in Orthopaedics and Trauma, Newham General Hospital, Glen Road, London E13 8RU, working for Mr. C.J. Good, Mr. O.A. Jamall, Mr. J.B. King, and Mr. J.K. Klosok.**

A typical inner city hospital, I acquired a sound knowledge of the basic orthopaedic and traumatic operative principles, and applied them practically. In each six-month period, I was exposed to paediatric orthopaedics, joint replacement surgery, knee and arthroscopic surgery, adult spinal surgery, and hand surgery.

I assisted in and carried out most common orthopaedic procedures. When on call, I was responsible for all emergency orthopaedic and traumatic admissions. This position gave me good grounding in general orthopaedic and traumatic surgery, and exposure to several orthopaedic subspecialties.

10. **December 1992 to December 1994: Senior Registrar and Clinical Lecturer in Orthopaedic Surgery, Grampian Health Board and University of Aberdeen Medical School, Polwarth Building, Foresterhill, Aberdeen AB25 2ZD**, working for Mr. R.B. Chesney, Mr. P.H. Gibson, Mr. J.D. Hutchison, Mr. W.L. Ledingham, Prof. R.W. Porter, Mr. T.R. Scotland, Mr. D. Wardlaw. Rotating hospitals: Aberdeen Royal Infirmary, Woodend Hospital and Royal Aberdeen Children Hospital.  
(SAC Number OR16 01)

The Senior Registrar Training rotation is organised so that trainees spend a six month period dealing with trauma followed by a further six months in an elective Orthopaedic subspecialty. I was closely involved in the running of the unit, organising the working practices and the practical teaching of the junior staff.

I was responsible for running the Trauma Unit at Aberdeen Royal Infirmary when rotating there. Aberdeen Royal Infirmary is a Level 1 Trauma Centre with 1034 beds. All surgical specialties are on site. The Orthopaedic Trauma Unit has 72 beds, admits 3500 patients per year, 2500 of which undergo surgery. The heavy workload (an average of 7.7 adult and 2.5 paediatric emergency admissions per day, with six full day trauma lists per week) has given me valuable experience of both conservative and operative management of orthopaedic trauma.

Elective Orthopaedic Surgery is performed at Woodend Hospital, which has 132 elective orthopaedic beds. Three laminar flow theatres allow 3900 operations per year, with nearly 700 total joint replacements performed yearly. The usual workload consisted of 4-6 half-day lists per week. I performed many lower limb joint replacements both alone and under supervision.

11. **January 1995 to December 1995: Lecturer in Orthopaedics and Traumatology, Chinese University of Hong Kong, Prince of Wales Hospital, Hong Kong**, working for Prof. K.M. Chan and Prof. J.C.Y. Cheng

and

12. **January 1996 to March 1996: Associate Professor in Orthopaedics and Traumatology, Chinese University of Hong Kong, Prince of Wales Hospital, Hong Kong**, working for Prof. K.M. Chan and Prof. J.C.Y. Cheng

These positions were undertaken as part of Fellowship training after completing my Higher Surgical Training in the Department of Orthopaedic Surgery, Aberdeen Royal Infirmary and Woodend Hospital.

The Prince of Wales Hospital is the teaching hospital of the Chinese University of Hong Kong. Opened in 1983, it has 1,600 beds, of which approximately 160 are assigned to the Department of Orthopaedics and Traumatology, with an occupancy rate of 96% in the last five years. The pattern of work is slightly different from the United Kingdom, with a 5.5 days working week, and a 1:3.5 on call duty. The heavy trauma workload meant that, when on call, the team on call frequently operated all night, and the following day trauma list was still fully booked. Also, there were no plastic surgeons, so the vascularised bone graft and the local and free flap work was performed by the orthopaedic surgeons.

I worked in the Professorial Sports Trauma Unit for the first six months, in the Professorial Paediatric Orthopaedic Unit the following six months, and in both for the final three months. Prof. K.M. Chan's main interests are sports trauma and arthroscopy, but, given the local practice, a spinal tumour, an anterior cruciate ligament reconstruction and a post-traumatic osteomyelitis were not infrequently dealt with in the same operating list. Prof. Chan performs a large number of shoulder arthroscopies and procedures. I learnt the arthroscopic assisted technique of anterior cruciate reconstruction using the patellar tendon autograft, and basic techniques in shoulder arthroscopy. I have assisted in anterior spinal decompression and instrumented fusion in trauma and tuberculosis. I maintained my knee arthroscopy skills, and

have extended those abilities to the upper limb. Trauma is managed aggressively, and I have become familiar with several implants adapted for the Asian population.

Working with Prof. Cheng in the Paediatric Orthopaedic Unit, I managed both conservatively and operatively a vast number of children's' fractures. The unit also had a steady influx of DDH, talipes, torticollis, scoliosis, and congenital conditions in the upper and lower limb.

I routinely used circular external fixators in the management of complex deformities of the lower limb and of complex trauma, both in adults and in children.

Initially, I received a degree of supervision approximately equivalent to that of a Senior Registrar in the United Kingdom, although I was expected to be able to work unsupervised most of the time. In the last three months of my stay, I was in charge of the Sports Trauma service, and took direct care of the trauma patients admitted when I was on call. Academically, I was free to pursue my interests and develop new ones (see below). I was in charge of supervising three PhD students at various stages of their projects. All of them have produced scientific papers during or just after the period of my supervision.

**13. April 1996 to March 2001: Clinical Senior Lecturer and Consultant Orthopaedic Surgeon, Department of Orthopaedic Surgery, University of Aberdeen Medical School, Aberdeen Royal Hospital NHS Trust, Woodend Hospital Trust, Royal Aberdeen Children Hospital. Head of Department: Prof. James D. Hutchison.**

Approximately 40% of my duties were clinical, 40% were academic, and 20% administrative.

I developed my special interest in deformity correction using Ilizarov techniques, both in children and adults, and the specialist Sports Trauma service in the Grampians. I maintained my Paediatric Orthopaedic interest by working alongside Mr. P.H. Gibson in the Royal Aberdeen Children Hospital, with a special interest in the trauma and neurological aspects of the subspecialty.

In collaboration with the Scottish Institute of Sports Medicine and Sports Sciences, I set up a streamlined system for the medical coverage of Scottish athletes. We also started to develop a training programme for Specialist Registrars in Sports Medicine.

I established a network of scientific collaborations with other Department in the Medical and Science Faculties of Aberdeen University to undertake multifaceted scientific projects.

With the Department of Biomedical Physics, we were funded to study the biomechanics of external fixation using carbon fibre and metallic Ilizarov rings. With the Department of Medical Genetics, we were funded for a project to study of the genetics of talipes equinovarus in Great Britain. In collaboration with the Department of Surgery, we applied for external funding to study the effects of lower limb trauma on muscle metabolism. With the Department of Pathology, we secured external funding to study the cellular and molecular biology of Achilles tendinopathy in humans. With the Department of Mental Health, we received initial funding to study the effects of mental imagery in the recovery from lower limb trauma. With the Rowett Institute, we are actively involved and working on several other grant applications, mainly on apoptosis in musculoskeletal medicine.

From the academic year 1997/1998, I was given the responsibility of teaching Orthopaedics to final year students, and I started a Sports and Exercise Medicine Intercalated BSc degree. With an interdisciplinary group, in the academic year 1998/1999 we have started an undergraduate course in Sports and Exercise Science within the University of Aberdeen.

From the 1999/2000 academic year, I was appointed assessment co-ordinator of Phase III (fourth year) of the medical undergraduate course, and organised the relevant degree exams and re-sits.

I took over the Directorship of the MCh(Orth) course from Prof. Hutchison, actively recruiting students for the course, and revising its curriculum, with a view to developing distance-learning modules. The course has produced high quality students, most of whom have progressed to further surgical training before returning to their countries of origin. The

quality of the work produced was such that most of the essays and dissertation projects produced at least one published article in peer-reviewed journals.

**14. March 2001 to December 2008: Professor and Chair of Trauma and Orthopaedic Surgery, and Consultant Trauma and Orthopaedic Surgeon, Department of Orthopaedic Surgery, Keele University Medical School, University Hospital of North Staffordshire and Harsthill Orthopaedic Surgical Unit.**

In March 2001, I took up this position at Keele University, one of the new Medical Schools in the UK. The Faculty of Medicine started its course in the academic year 2001-2002, and is twinned with Manchester University in a joint venture. The initial intake is 50 students per year, gradually increasing over the course of the next five years to 150 students per year.

The Headship of the Department of Trauma and Orthopaedics, one of the largest in the UK, involved the organisation of the Department along clear management lines, identification of areas of major strength within the original structure, thus ensuring that appropriate research units were formed. I thus established the Orthopaedic Surgical Trial Unit and the Bionics and Gait Analysis Laboratory Unit.

With two Clinical Senior Lecturers, each having independent lines of research and teaching, my efforts were focused in fostering a research atmosphere, during the ongoing inevitable changes from a large District General to a Teaching Hospital setting. I established ties with the Clinical Genetics, General Surgery, Rheumatology, Imaging, and Primary Care Departments. Collaborative research has been started with all these Departments.

From a clinical view point, I implemented the changes necessary to develop subspecialty interests within our setting. When I left this post, 16 full time equivalent Consultant Orthopaedic Surgeons worked in the Department, covering the whole gamut of musculo-skeletal surgery. Five new Consultant Orthopaedic Surgeons were appointed during my tenure. The Department was thus one of the largest in the UK.

In this way, I had the opportunity of further developing my own subspecialty interests of trauma, sports surgery, and the management of degenerative joint disease in younger patients. I also developed a keen interest in minimally invasive techniques in the management of common trauma and orthopaedic ailments, using both conventional and *ad hoc* instruments.

By right or by appointment, I sat on several Committees of the School of Medicine, including the Board of Studies of Anatomy, and the Heads of Departments Council. During my tenure, the Department became one of the most productive in the British Isles, culminating with the publication of more than 60 articles in peer reviewed journals in 2008.

**15. December 2008 to January 2013: Centre Lead and Professor Sports and Exercise Medicine, Queen Mary University of London, Barts and the London School of Medicine and Dentistry, and Consultant Trauma and Orthopaedic Surgeon, Newham University Hospital, London.**

In December 2008, I became Centre Lead and Professor of Sports and Exercise Medicine, Queen Mary University of London, Barts and the London School of Medicine and Dentistry. This is the first time that a Medical School in the British Isles has appointed a Professor in the newly established specialty of Sports and Exercise Medicine.

The Centre of Sports and Exercise Medicine has a long established MSc Course in Sports and Exercise Medicine, with two Clinical Senior Lecturers heavily involved in the running of the course, which now has more than 30 students per year, and a two year waiting list. In addition, we also run the busiest Intercalated BSc degree in the Medical School, with an average of 25 students per year. Since having been appointed, we have formalised the use of the Functional Assessment Laboratory, and I have appointed a Grant Writer and a Trials Manager. Also, I have one Research Assistant, and two Research Facilitators. Two PhD students are also on board.

I have continued to develop my own subspecialty interests of trauma, sports surgery, knee and foot and ankle surgery, and the management of degenerative joint disease in

younger patients. I continued to develop my interest in minimally invasive techniques in the management of common trauma and orthopaedic ailments, using both conventional and *ad hoc* instruments.

During my tenure, the Department became one of the most productive in the British Isles, culminating with the publication of more than 100 peer reviewed articles journals in 2012.

**16. January 2013 to September 2015: Professor of Physical Medicine and Rehabilitation, University of Salerno School of Medicine and Surgery, Salerno, Italy, and Consultant Orthopaedic Surgeon, Hospital G. Fucito, Mercato San Severino, Salerno, Italy**

I returned to Italy, being invited back by the Italian Government within the law of 'Return of the brains'. The Schola Medica Salernitana was the world's first medical school.is the oldest Medical School in the world, having been established in the 9<sup>th</sup> century. The Medical School was disbanded in Napoleonic times, and was re-established in the new millennium.

## VISITS TO SPECIALIST CENTRES

- 1. Department of Orthopaedics and Traumatology, Centre Hospitalier d'Annecy, Annecy, France** (Heads of Department: Dr. G. Melere and Dr. P. Dayez): 1-10 November 1991 and 1-10 March 1993. The main interests of the Department are trauma, knee surgery and upper limb surgery. Projects were planned with the French colleagues, namely a prospective study of intramedullary nailing in older subjects, and a study on the long term results of anterior cruciate ligament reconstruction using a modified Jones technique.
- 2. Department of Orthopaedics and Traumatology, Centre Hospitalier de Macon, Macon, France** (Head of Department: Dr. G.J. Petri): 10-18 December 1993. The Department mainly deals with trauma. The hospital is in the middle of a vast agricultural area, and many road traffic accidents and work-related accidents are treated. Dr. Petri's main interests were intramedullary nailing, and complex post-traumatic upper and lower limb reconstruction.
- 3. Department of Orthopaedics and Traumatology, Ospedale Fatebene Fratelli, Napoli, Italy** (Head of Department: Dr. C. Lombardi) 19-30 October 1994. This hospital was the second centre in the West to adopt Ilizarov's method, with close to 20 years of extensive experience using Ilizarov's philosophy in the management of orthopaedic and traumatic conditions. I took an active part in planning and operating with circular fixators, and worked as an independent assessor in the outpatient clinics. Several projects were planned with this group, investigating the long-term outcome of procedures performed using Ilizarov's technique.
- 4. Department of Orthopaedics, Catholic Medical Center Medical School, Kangnam St. Mary's Hospital, Seoul, South Korea** (Head of Department: Prof. I.-Y. Ok) 10-14 March 1996. This is one of the teaching hospitals of Seoul. The Department deals with a wide variety of Orthopaedic conditions. I took part in the daily routine, especially in teaching the senior residents, and operating on paediatric and knee problems.
- 5. Olympic Park Sports Medicine Centre, Melbourne, Australia** (Head of Department: Prof. P. Brukner) 25-30 October 1999. This is a major Sports Medicine Centre in Australia, and all subspecialties of this discipline are practiced at high level. The Centre is located within Melbourne Olympic Park, and therefore treats high level athletes of a wide variety of sports.
- 6. Clinica Ortopedica della Universita' di Napoli, Napoli, Italy** (Head of Department: Prof. F. Cigala) 10-25 July 2000. This is the largest Academic Department of Southern Italy. All Orthopaedic subspecialties are represented in the Department, which large laboratory spaces. The interests of Prof. Cigala range from complex pelvic osteotomies to the management of congenital problems in children.
- 7. Department of Orthopaedics, Centre Hospitalier de Luxembourg, Luxembourg** (Head of Department: Dr. D. Calmes) 20-30 September 2002. The Centre Hospitalier de Luxembourg is the only public hospital in Luxembourg, with a heavy trauma and elective workload. It was interesting to observe how the National Health Service in a small European country works, and how effective it is.
- 8. Centre of Orthopaedic and Sports Surgery, Bordeaux, France** (Head of Department: Dr. S. Guillo) 13-15 September 2007. This centre has developed and implemented several new minimally invasive techniques in sports and orthopaedic surgery.
- 9. San Francisco's Hospital, Mexico City, Mexico** (Head of Department: Dr. S. Isham) 15-19 January 2008. Dr Isham is a world leader in minimally invasive foot surgery. I was involved in both outpatient and surgical work.
- 10. The Mayo Clinic, Rochester, Minnesota, USA** (Head of Department: Dr. M. Pagnano). 6-11 June 2016. I was involved in both outpatient and surgical work performed in the Department, focusing on joint arthroplasty surgery.

## **CLINICAL EXPERIENCE**

I have accumulated a wide experience in most subspecialties of Trauma and Orthopaedic Surgery.

During my training, I received a broad exposure to accident and elective surgery in units whose special interests included hand surgery, joint replacement, rheumatoid surgery, and adult and paediatric conditions. I gained experience in the whole gamut of techniques encompassing trauma and orthopaedic surgery. The Aberdeen Orthopaedic Senior Registrar rotation provided a comprehensive training programme.

The time spent in Hong Kong as Lecturer first, and as Associate Professor later, exposed me to a wide variety of orthopaedic and traumatic problems, and allowed me to further develop my clinical interests in Paediatric Orthopaedics and Sports Trauma.

As a Senior Lecturer and Consultant, I developed my subspecialty interests in Sports Trauma, Deformity Correction, and the management of degenerative joint disease in younger individuals, maintaining a keen interest in the management of complex trauma. I have continued to develop these skills in the above fields, and am continuing to nurture them as a Professor of Trauma and Orthopaedic Surgery.

### ***Foot and ankle surgery***

I have performed arthroplasties, arthrodeses and fusions for hallux valgus, metatarsalgia and toe deformities. As I have an interest in deformity correction, I see a large number of foot deformities in my specialist clinic. My interest in sports trauma brings many patients with tendinopathies of the foot and ankle, and I have thus developed my ankle arthroscopy skills. Given my interest in tendinopathy, an increasing number of patients is referred to my clinic with foot and ankle problems. A large part of my practice is therefore dedicated to these problems. I am developing minimally invasive procedures for the management of common disorders of the first ray.

### ***Knee surgery and sports surgery***

I am familiar with synthetic and autologous intra- and extra-articular anterior cruciate ligament surgery, also using augmentation devices. I perform knee ligament reconstructions using open or arthroscopic methods, and upper tibial osteotomies. I routinely perform operative ankle and shoulder arthroscopy. I run a secondary and tertiary referral weekly Sports Injury clinic, and take care of a wide range of sports trauma conditions.

### ***Limb lengthening and deformity correction***

With experience in limb lengthening and correction of deformity with both unilateral and circular fixators using callotasis, I have worked in units where such procedures were performed in significant numbers, and have visited centres abroad to learn advanced techniques. In Aberdeen, we set up a two-consultant service for such problems, covering both trauma and elective work. At present, I am actively involved in the management of post-traumatic deformities in adults and in children

### ***Trauma***

I gained considerable experience and had extensive training in the conservative management of fractures, and in the use of various forms of internal fixation. I routinely use monolateral and circular external fixation. I deal with most musculo-skeletal trauma emergencies, and routinely perform most of the range of treatment options available for acute fracture management and for late reconstruction.



### ***Paediatric orthopaedics***

During the period spent training at the Hospital for Sick Children, I assisted in many difficult hip and foot operations. A large number of rare cases were treated, and the busy out-patients clinics gave me an insight in the management of skeletal dysplasias, cerebral palsy, limb length inequality and skeletal deformities. The periods spent working in other paediatric orthopaedic settings allowed a further more balanced exposure to this field. In Hong Kong, I treated pathologies not commonly seen in the West. I established an Ilizarov service for the paediatric population in the Grampians.

### ***Joint arthroplasty surgery***

Instructed in hip and knee arthroplasty, I am familiar with a variety of approaches to the hip joint. I have performed uni- and bi-polar hemi-arthroplasties, and total hip and knee arthroplasties using various uncemented and cemented models. I have had some exposure to shoulder and elbow arthroplasty, but my recent work is focused on the lower limb. Given my interest in the management of Sports Injuries, an increasing number of middle aged athletes is referred with degenerative joint disease, and I am starting to develop a keen interest in hip resurfacing and unicondylar knee replacement. Over the course of the last five years, we have started collaborations to implement computer assisted surgery, culminating with the first large cohort study (250 patients) published from a centre in Southern Italy.

### ***Spinal surgery***

During my training, I have gained experience in surgery of the lumbar spine and of intervertebral disc disease. While at the Hospital for Sick Children, I was taught the basics of modern scoliosis surgery, using the combined anterior and posterior approach. I carried out percutaneous vertebral body biopsies. I have experience in the in- and out-patient management and investigation of acute and chronic low back pain, and some experience in the management of acute spinal trauma as a part of my general trauma experience. I regard stabilisation procedures in trauma and fusion in elective orthopaedics as the field of the experienced Spinal Surgeon.

### ***Hand surgery***

I have been instructed in the management of hand injuries and rheumatoid hand. I have performed acute extensor and flexor tendon repair, internal and external fixation of hand fractures, and simple tendon transfer. I am competent to undertake the acute work and straightforward elective work. I feel that dedicated Hand Surgeons should manage more complex cases.

### ***Special clinical interests***

Given the heavy clinical workload that has characterised the whole of my career, I have developed subspecialty interests in the following areas:

- Complex trauma
- Foot and ankle surgery
- Soft tissue knee surgery
- Sports trauma
- Deformity correction
- Degenerative joint disease in younger individuals, focusing on lower limb joints (hip, knee, ankle)

## **ADMINISTRATIVE AND MANAGEMENT EXPERIENCE**

These skills have been developed both from an academic and a health care aspect.

As a Recognised Teacher of the University of London, I was by right a member of the Academic Board of the Institute of Child Health, London, and of the Board of Studies of Medicine of the University of London. Hence, I sat on various committees and commissions. Similar tasks were undertaken as a Recognised Teacher of the University of Aberdeen and of the Chinese University of Hong Kong.

In the management of the Sports Medicine Laboratory, I ensured that requests for grants for research projects were carried out properly, and that teaching was effectively organised.

I performed administrative Registrar and Senior Registrar duties, organising admissions, waiting lists, out-patient clinics, writing discharge summaries, and liaising with medical, paramedical and administrative staff.

During my Registrar training, I was in charge of audit using software dedicated to Orthopaedics and Trauma, and have presented the data collected and collated to the Confidential Audit in Orthopaedics Meeting.

As a Senior Registrar, I was the Trainee Representative in the Orthopaedic Surgeons Sub-Committee of the Grampians. I attended the Senior Staff meetings, organised the Junior Staff meetings, and acted as a liaison between junior and senior members of staff.

During the same period, I was the British Orthopaedic Trainees Association representative for the Grampians area, and was appointed Trainees' Representative to the Casting Techniques Committee of the BOA in 1993 and 1994.

During my Senior Registrar rotation at the Aberdeen Royal Infirmary, I was responsible for the day-to-day running of the Trauma Unit. I organised:

- a. the operating list with delegation and teaching of the more junior staff, and ensured adequate staffing of the daily fracture clinics;
- b. the on-call rota for the unit, and annual and study leave;
- c. the running of local clinical conferences;
- d. medical undergraduate exams.

Similar duties were undertaken during my tenure as Lecturer and Associate Professor at the Chinese University of Hong Kong, where I was appointed Coordinator of Research in the team led by Prof. Chan. I ensured that higher degree students were properly supervised, and that the technical staff were assigned to duties compatible with their level of expertise and training. I was also in charge of the in-house audit and quality control of the various research projects and grants applied for.

During my stay in Hong Kong, the Hospital authority moved towards a Continuous Quality Improvement management strategy. I attended seminars introducing this concept to medical staff, and was closely involved in the purchasing of new arthroscopic equipment. This involved organising product demonstrations, in-service assessment, and negotiations of costing.

As a Senior Lecturer, I was the Director of the MCh(Orth) of the University of Aberdeen, a one year course aimed mainly at trainees who cannot take the FRCS(Orth) exam. The course is articulated into lectures, tutorials and practicals. The final assessment was by clinical and viva voce exams, and by defense of a dissertation. Since starting as Director, the course graduated 15 candidates.

In my position as Professor of Trauma and Orthopaedic Surgery and Head of the Department of Trauma and Orthopaedic Surgery at Keele University, I was in charge of running the Academic Unit. Two Orthopaedic Clinical Senior Lecturers in Trauma and Orthopaedic Surgery worked with me. Since 2001, I established a Surgical Trial Unit with a Senior Lecturer in Orthopaedic Epidemiology, a Research Co-ordinator, and a Research Nurse. I also restructured the Gait Analysis and the Biomechanics Laboratory. From a clinical service viewpoint, the Department had 16 full time equivalent Consultant Orthopaedic Surgeons, providing a round-the-clock specialist service covering all aspects of Trauma and Orthopaedic Surgery from two hospitals, the North Staffordshire Royal Infirmary and the City General Hospital.

The Centre for Sports and Exercise Medicine at Queen Mary University of London is a unique setup in the UK. Established 30 years ago, it provides education and research in Sport and Exercise Medicine, with an intercalated Bachelor of Sciences degree and a Master of Science degree. I lead a team of 9 individuals, including two Clinical Senior Lecturers, with a high level of research activities. Clinical practice is based at Mile End Hospital and at Newham University Hospital, where Sport and Exercise Medicine is part of the Musculoskeletal Clinical Academic Unit together with Rheumatology and Trauma and Orthopaedics, with more than 25 consultant colleagues involved.

In Salerno, my managerial duties have been split between the Health Service and the Medical School. I remain the Chairman of the Trauma and Orthopaedic Unit, and have served as Chairperson of the Specialist Surgical Division. On the academic side, I served as the President of the degree course in Physiotherapy, with my line manager being the Dean of Medicine.

## **TEACHING EXPERIENCE**

Having a clearly developed interest in under- and post-graduate medical education, I gained practical experience at both levels in Italy, Great Britain and Hong Kong. I am keen to develop less didactic methods of teaching to transfer complex problem solving skills, am especially interested in the role of modern audio-visual methods in this regard, and created a large collection of slides and computer presentations for teaching purposes.

During my Senior Lecturer tenure, I was given responsibility of teaching Orthopaedics to final year students. In the academic year 1997/1998, I started a Sports and Exercise Medicine Intercalated BSc degree within the Medical School. With an interdisciplinary group, in the academic year 1998/1999 we have started an undergraduate course in Sports and Exercise Science within the University of Aberdeen.

I have been the Director of the MCh(Orth) course in Aberdeen from 1996 to 2001.

- August 1988 to July 1990: **Recognised Teacher, University of London, Board of Studies of Medicine**
- December 1992 to December 1994: **Recognised Teacher, University of Aberdeen, Board of Studies of Surgery**
- January 1995 to March 1996: **Recognised Teacher, Chinese University of Hong Kong, Board of Studies of Surgery**
- April 1996 to March 2001: **Recognised Teacher, University of Aberdeen, Board of Studies of Surgery**
- April 1996 to March 2001: **Director, MCh(Orth) Course, University of Aberdeen**
- April 2001 to December 2008: **Appointed Teacher, Keele University, Board of Studies of Surgery**
- December 2008 to December 2012: **Principal Teacher, Queen Mary University of London, Barts and the London School of Medicine and Dentistry, Institute of Health Care**

I regularly deliver formal class lectures to under- and post-graduate students, and regularly undertake clinical teaching and practical instruction to medical students, Senior House Officers and Specialist Registrars attached to the Trauma and Orthopaedics wards, giving formal lectures, tutorials and seminars on a regular basis.

- Bedside and clinical teaching, and tutoring to under- and post-graduate medical students.
- Lecturing in Orthopaedics to under- and post-graduate medical students.
- Lecturing in Sports Biomechanics to post-graduate students.
- Lecturing in Sports Medicine to post-graduate students.
- Lecturing in Sports Traumatology to post-graduate students.

- Lecturing in Sports and Exercise Sciences to under- and post-graduate students.
- Lecturing to nursing and physiotherapy staff.

In each of my posts, I have given many lectures and tutorials to my peers and more junior colleagues.

In Hong Kong, I participated in teaching at all levels for both the Edinburgh College Surgical Fellowship and the local Orthopaedic College Fellowship. I organised mock written and viva exams for the exams' candidates. The department had a well organised Continuing Medical Education Programme for four hours per week, consisting of refresher lectures, research seminars, journal reviews, and audit meetings. I was responsible for organising the Continuing Medical Education Programme one month in each trimester. This resulted in 350 hours of face to face teaching per academic year, with two thirds of this amount dedicated to undergraduate teaching.

As a Senior Lecturer in Aberdeen, I organised and ran the under- and post-graduate teaching, and was in charge of the journal clubs for basic and higher surgical trainees in Trauma and Orthopaedics. I started a monthly Socratic Debate on controversial orthopaedic topics. In these debates, one trainee presented the case for, another against, and a third trainee, generally more advanced, gave a verdict. The debaters were required to provide hand outs for the other trainees, and the exercise gave those preparing for the FRCS(Orth) and the MCh(Orth) a balanced view of the topic discussed. This resulted in 360 hours of face to face teaching per academic year, with two thirds of this amount dedicated to undergraduate teaching.

In Keele, I run a morning trauma round, which translates into a one hour teaching session, and out of hours teaching and journal club sessions. Friday afternoons are dedicated to formal post-graduate teaching, aimed at the Specialist Registrars on the rotation. On Thursday mornings, there is a formal teaching session for the Senior House Officers on the orthopaedic aspects of their Basic Surgical Training rotation. Undergraduate teaching is accomplished through a variety of modes, including one to one teaching in clinics, wards and operating theatre, supervision of research projects, formal class lectures and small group tutorials. Face to face teaching amounted to 360 hours per academic year, with two thirds of this amount dedicated to undergraduate teaching.

The same teaching model has been adopted in London, where I had additional duties as the Centre Lead for the Master of Science in Sports and Exercise Medicine Course, and supervised the Bachelor of Science in Sports and Exercise Medicine Course. The teaching load increased to 400 hours per year, equally split between under- and post-graduate teaching.

In Salerno, my teaching duties exceed the ministerial requirements, and include teaching medical, physiotherapy and nursing students, and face to face teaching and mentoring residents in Trauma and Orthopaedic Surgery. I also give tutorials to PhD students in Translational Medicine, and lecture residents in other specialties (Paediatrics, General Surgery, Anaesthesiology).

## INVITED LECTURES

1. **Overuse injuries in intensively trained young athletes.** *The Chartered Society of Physiotherapy. Annual Congress.* Nottingham, England. 21-24 September 1988.
2. **Histochemical and physiological studies in human idiopathic scoliosis.** *The National Society of Sciences, Letters and Arts. The Academy of Medical and Surgical Sciences of the University of Napoli. Annual Meeting.* Napoli, Italy. 28th April 1989.
3. **The TOYA project - an update.** *Eighth World FINA Medical Congress on Aquatic Sports.* London, England. 11-15 September 1989.
4. **Sports injury clinics. Referral pathways.** *Second International Conference of the British Institute of Sports Coaches,* Lilleshall, England. 12-15 December 1989.
5. **Medical problems in intensively trained young athletes.** *Paediatric Update 1990.* Institute of Child Health, London, England. 6-7 July 1990.

and

**Sports-induced medical problems in young athletes.** *Physical Activity and Health in Man.* Higher School of Oncology and Biomedical Sciences, Villa Durazzo, Santa Margherita Ligure, Genoa, Italy. 13-15 December 1990.

and

**Children in sport: benefits and hazards on growth and development.** *British Association of Sports and Medicine. Advanced Medicine of Physical Exercise and Sport.* London Sports Medicine Institute, London, England. 1-3 March 1991.

6. **Epidemiology of paediatric sports injuries.** *Sports Medicine and Injury Seminar for Podiatrists. British Chiropody Society.* Queen Mary and Westfield College, London, England. 3rd May 1991.
7. **Accessory bones of the foot involvement in sport.** *Sports Medicine and Injury Seminar for Podiatrists. British Chiropody Society.* Queen Mary and Westfield College, London, England. 3rd May 1991.
8. **Internal fixation of fractures: indications and limits.** *AO Course for Operating Theatre Staff.* Newham General Hospital, London, England. 18th October 1991.
9. **Surgical management of sports injuries around the ankle.** *Sports Medicine and Injury Seminar for Podiatrists. British Chiropody Society.* London Independent Hospital, London, England. 12th July 1992.
10. **Management of 'forme fruste' fibular hemimelia.** *First European Congress of Orthopaedics.* Paris, France, 20-23 April 1993.

and

**'Forme fruste' fibular hemimelia.** *Meeting of the Scottish Paediatric Orthopaedic Club.* Stirling Royal Infirmary, Stirling, Scotland, 2nd March 1994.

11. **Internal derangement of the knee in athletes.** *The Fifth International Conference on Sport Injury* Lilleshall Hall, Shropshire 4th July 1993.

12. **Late assessment of congenital talipes equinovarus.** *First Meeting of the Scottish C.T.E.V. Register.* Stirling Royal Infirmary, Stirling, Scotland, 2nd March 1994.
13. **Tips for outpatients Orthopaedic practice for junior doctors.** *The Hong Kong Hospital Doctors Association.* Prince of Wales Hospital, Shatin, Hong Kong, 11th May 1995.
14. **The effects of intensive training on the musculo-skeletal system of elite young athletes.** *Qingdao '95 International Congress on Orthopaedics.* Qingdao University, Qingdao, China, 10th October 1995.

and

**Effects of intensive training on the musculo-skeletal system of elite young athletes.** *15<sup>th</sup> International Jerusalem Symposium on Sports Medicine.* Jerusalem, Israel, 23th-25th March 1999

15. **Monitoring of callotasis limb lengthening.** *Postgraduate Meeting.* Department of Orthopaedics, Catholic Medical Center Medical School, Kangnam St. Mary's Hospital, Seoul, Korea, 13th March 1996.
16. **Health benefits of sports and physical activities in children. A European perspective.** *1997 International Sports Medicine Congress and FIMS-WHO Consensus Symposium on Sports and Children.* Hong Kong Sports Institute, Hong Kong, 11th January 1997.
17. **The shoulder.** *FIMS Team Physicians Development Course.* Hong Kong Sports Institute, Hong Kong, 11th January 1997.
18. **The management of common orthopaedic conditions affecting children in sport.** *Sports Medicine Conference.* Lister Postgraduate Institute, Edinburgh, 28th February 1997.
19. **Intensive training in young athletes.** The Royal Society of Medicine, London, 20th March 1997.

and

**The TOYA Study: a 10-year update.** *Annual Congress of the British Association of Sports and Medicine.* Brighton, 7-10 November 1997.

20. **The state of the art of external fixation in humans.** Key note lecture. *External fixator course.* The British Veterinary Orthopaedic Association. Glasgow University Veterinary Medical School, 4th October 1997.
21. **Clinical problems in the young athlete.** *Annual Congress. European College of Sports Science.* Manchester, 17th July 1998.

and

**The adolescent athlete.** *14<sup>th</sup> European League against Rheumatism Congress.* Glasgow, 6-11 June 1999.

22. **The basic sciences of tissue distraction.** *Ilizarov method: intermediate course.* London, 4th September 1998
24. **Epidemiology and management of Achilles tendon injuries.** Chinese University of Hong Kong, 24th February 1999

25. **Achilles tendon ailments: clinical and biological aspects.** *15<sup>th</sup> International Jerusalem Symposium on Sports Medicine.* Jerusalem, Israel, 23<sup>th</sup>-25<sup>th</sup> March 1999  
and

**Achilles tendon ailments: clinical and biological aspects.** *4<sup>th</sup> Congress of the European College of Sports Sciences.* Rome, 14-17 July 1999

and

**Achilles tendon ailments: clinical and biological aspects.** *Vince Higgins Lecture of the Annual Congress of the Australian Association of Sports Physicians.* Sydney, 3 November 1999

26. **Cartilage repair.** *External fixation course.* London, 7 May 1999

27. **Surgical management of tendinopathies.** *Annual Congress of the British Orthopaedic Association.* Glasgow, 14-16 September 1999

and

**Surgical management of tendinopathies.** *Annual Congress of the British Association of Sports and Medicine.* Newcastle upon Tyne, 24 October 1999

and

**Surgical management of tendinopathies.** *5<sup>th</sup> International Olympic Committee Congress of the Sports Sciences.* Sydney, 1-5 November 1999

and

**Surgical management of tendinopathies.** *9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy.* London, 16-20 September 2000.

28. **The diagnosis of anterior cruciate ligament tears.** *5<sup>th</sup> International Olympic Committee Congress of the Sports Sciences.* Sydney, 1-5 November 1999

29. **Osteoporosis and bone mineral accretion in young athletes.** *5<sup>th</sup> International Olympic Committee Congress of the Sports Sciences.* Sydney, 1-5 November 1999

30. **Achilles tendon: the never ending story.** *47<sup>th</sup> Annual Meeting of the American College of Sports Medicine.* Indianapolis, 31 May – 3 June 2000

31. **Achilles tendinopathy: truths, lies, paratruths, myths and fiction.** *2<sup>nd</sup> Congress of the European Federation of Sports Medicine.* Oviedo, Spain, 14-17 November 2001

32. **Osteochondral injuries of the talus.** *Expo 2002, American College of Foot and Ankle Surgeons.* Los Angeles, USA, 19-21 February 2002

33. **Lesions of the Achilles tendon.** *Expo 2002, American College of Foot and Ankle Surgeons.* Los Angeles, USA, 19-21 February 2002

34. **Pathology and diagnosis of tendinopathy.** *6<sup>th</sup> Scandinavian Congress on Medicine and Science in Sports.* Aarhus, Denmark, 21-24 November 2002

35. **Surgery in tendinopathy.** *6<sup>th</sup> Scandinavian Congress on Medicine and Science in Sports.* Aarhus, Denmark, 21-24 November 2002



36. **Intensive training in athletic children: are we doing the right thing?** *The Prince Philip Lecture. The UK Association of Physical Educators.* London, 5 December 2002
  37. **Internet in Orthopaedic Sports Medicine.** *Instructional Course Lecture. ISAKOS Biannual Congress,* Auckland, New Zealand, 12 March 2003
  38. **Randomised controlled trials in Orthopaedic Sports Medicine.** *Instructional Course Lecture. ISAKOS Biannual Congress,* Auckland, New Zealand, 13 March 2003
  39. **Achilles tendon problems: tendinopathy and rupture.** *76<sup>th</sup> Congress of the Japanese Orthopaedic Association.* Kanazawa, Japan, 22-25 May 2003
  40. **Histopathology of overuse tendinopathy.** *76<sup>th</sup> Congress of the Japanese Orthopaedic Association.* Kanazawa, Japan, 22-25 May 2003
  41. **Tendinopathy: clinical aspects.** *7<sup>th</sup> IOC Olympic World Congress.* Athens, Greece, 7-11 October 2003.
  42. **Epidemiological aspects of sports injuries in elite young athletes.** *7<sup>th</sup> IOC Olympic World Congress.* Athens, Greece, 7-11 October 2003.
  43. **Achilles tendon: tendinopathy and rupture.** *Specialist Registrar Training Scheme Core Lectures.* Glasgow, Gartnavel Hospital, Scotland, 17 October 2003.
  44. **Biology of tendon and ligament healing.** *Specialist Registrar Training Scheme Core Lectures.* London, Royal National Orthopaedic Hospital, Middlesex, 31 October 2003.
  45. **Apophyseal injuries of the pelvis and lower extremities.** *7<sup>th</sup> International Conference in Orthopaedics, Biomechanics, Sports Rehabilitation.* Assisi, Italy, 21-23 November 2003.
  46. **Complications of muscle injuries.** *7<sup>th</sup> International Conference in Orthopaedics, Biomechanics, Sports Rehabilitation.* Assisi, Italy, 21-23 November 2003.
  47. **The Achilles tendon.** *2<sup>nd</sup> Oswestry Foot and Ankle Course.* Oswestry, England, 3 December 2003
- and
- The Achilles tendon.** *Midwest Podiatry Conference,* Chicago, Illinois, USA, 25-28 March 2004
  48. **Achilles tendinopathy.** *American Academy of Orthopaedic Surgeons,* Instructional Course Lecture, San Francisco, California, USA, 11-14 March 2004
  49. **Overuse injuries around the knee in young athletes.** *American Academy of Orthopaedic Surgeons,* Instructional Course Lecture, San Francisco, California, USA, 11-14 March 2004
  50. **An update on diagnosis and management of tendinopathy of the lower limb.** *American Orthopaedic Society for Sports Medicine,* San Francisco, California, USA, 13 March 2004
  51. **Percutaneous plating in distal tibial fractures.** *Midwest Podiatry Conference,* Chicago, Illinois, USA, 25-28 March 2004

and

**Percutaneous plating of the distal tibia.** *14<sup>th</sup> Triennial meeting of the Asia Pacific Orthopaedic Association.* Kuala Lumpur, Malaysia, 5-9 September 2004.

52. **Tailor's bunion.** *Midwest Podiatry Conference,* Chicago, Illinois, USA, 25-28 March 2004

53. **Conservative and surgical management of Achilles tendinopathy.** *5<sup>th</sup> Congress of the European Foot and Ankle Society,* Montpellier, France, 29 April – 1 May 2004

54. **Tendinopathies of the upper limb.** *6<sup>th</sup> Instructional Course in Hand Surgery,* British Society for Surgery of the Hand, Manchester, England, 11 May 2004

55. **Recent advances in the management of Achilles tendinopathy.** *19<sup>th</sup> Congress of the German Speaking Society of Sports Traumatology,* Munich, Germany. 18-20 June 2004

and

**Advances in the management of Achilles tendinopathy.** *14<sup>th</sup> Triennial meeting of the Asia Pacific Orthopaedic Association.* Kuala Lumpur, Malaysia, 5-9 September 2004

and

**Advances in the management of Achilles tendinopathy.** *5<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine.* Miami, Florida, USA, 2-7 April 2005

56. **Rational management of Achilles tendon rupture.** *19<sup>th</sup> Congress of the German Speaking Society of Sports Traumatology,* Munich, Germany. 18-20 June 2004

57. **Meniscal and cartilage injuries in the knee in young athletes.** *American Academy of Orthopaedic Surgeons,* Instructional Course Lecture, Washington, DC, USA, 23-27 February 2005

58. **Achilles tendon disorders.** *American Orthopaedic Foot and Ankle Society,* Instructional Course Lecture, Washington, DC, USA, 26 February 2005

59. **Tendinopathy of the lower extremity.** *Tendinopathy from A to Z.* Frankfurt, Germany, 5 March 2005

60. **Randomised controlled trials: the ins and outs.** *5<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine.* Miami, Florida, USA, 2-7 April 2005

61. **Management of Achilles tendon rupture.** *2<sup>nd</sup> Congress of the Polish Society of Sports Traumatology.* Warsaw, Poland, 6-8 October 2005.

62. **Long term effects of sports participation in young elite athletes.** *2<sup>nd</sup> Congress of the Polish Society of Sports Traumatology.* Warsaw, Poland, 6-8 October 2005.

63. **Surgical management of patellar tendinopathy.** *Annual Congress of the Italian Society of Orthopaedics and Traumatology.* Florence, Italy, 9-14 October 2005.

64. **Sports injuries in elite young athletes.** *CISC 2006,* Melbourne, Australia, 9-12 March 2006

65. **The scientific basis of tendon surgery.** *CISC 2006*, Melbourne, Australia, 9-12 March 2006
66. **Arthroscopic management of intra-articular fractures: take home messages.** *ESSKA 2006*, Innsbruck, Austria, 24-27 May 2006
67. **Achilles tendinopathy: basic sciences and surgical management.** *Annual Meeting of the British Orthopaedic Foot and Ankle Society*. Crewe, England, 15 November 2006.
68. **Sports and young athletes: the injury perspective.** *Sports and Exercise Medicine Section Meeting. Royal Society of Medicine*. London, England, 27 November 2006
69. **Tendon problems in athletes: basic science and evidence based.** *Specialty Day, 8<sup>th</sup> EFORT Congress*. Florence, Italy, 11-15 May 2007
70. **Extracorporeal shockwave therapy and surgical management for tendinopathy: basic sciences of tendinopathy.** *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Florence, Italy, 28-31 May 2007
71. **Intraarticular Fractures: Fixation by Arthroscopy.** *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Florence, Italy, 28-31 May 2007
72. **Surgical treatment of muscle injuries: do we have the science to back it up?** *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Florence, Italy, 28-31 May 2007
73. **Evidence Based Approach to Foot and Ankle Injuries in Sports: Achilles tendon injuries.** *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Florence, Italy, 28-31 May 2007
74. **How can we accelerate recovery from tendon injuries in the lower limb?** *American Academic of Orthopaedic Surgeons*. San Francisco, USA, 5-9 March, 2008
75. **Recent trends in Achilles tendon ruptures.** *Congress of the Greek Association of Sports Medicine*. Athens, Greece, 27-30 March 2008
76. **Pathogenesis of tendinopathy.** *International Symposium on Ligaments and Tendons Asia*. Hong Kong, China, 10 April 2008
77. **Tendinopathy.** *5<sup>th</sup> World Congress of Sports Trauma*. Hong Kong, China, 11-13 April 2008
77. **Insertional Achilles Tendinopathy.** *5<sup>th</sup> World Congress of Sports Trauma*. Hong Kong, China, 11-13 April 2008
78. **Tendon problems: when less is more.** *13<sup>th</sup> ESSKA Congress*. Porto, Portugal, 21-24 May 2008.
79. **Achilles tendon pathology.** *5<sup>th</sup> Congress of the Nordic Orthopaedic Federation*. Amsterdam 11-13 June 2008.
80. **Instability around the ankle.** *5<sup>th</sup> Congress of the Nordic Orthopaedic Federation*. Amsterdam 11-13 June 2008.

81. **Groin pain.** *9<sup>th</sup> Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress.* Istanbul, Turkey 14-18 October 2008.
82. **Surgical management of ankle instability: open techniques.** *9<sup>th</sup> Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress.* Istanbul, Turkey 14-18 October 2008.
83. **The adolescent elbow in sport.** *9<sup>th</sup> Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress.* Istanbul, Turkey 14-18 October 2008.
84. **Tendon problems around the ankle.** *Congress of the European Federation of Orthopaedics and Traumatology.* Vienna, Austria, 2-5 June 2009.
85. **Physiopathology of tendinopathy in sports.** *5<sup>th</sup> Brazilian Congress of Sports Traumatology.* Belo Horizonte, Brazil 11-13 June 2009.
86. **Achilles tendinopathy: What are the new trends in treatment and prevention?** *5<sup>th</sup> Brazilian Congress of Sports Traumatology.* Belo Horizonte, Brazil 11-13 June 2009.
87. **Management of patellar instability in adolescents and adults.** *5<sup>th</sup> Brazilian Congress of Sports Traumatology.* Belo Horizonte, Brazil 11-13 June 2009.
88. **Tendinopathy in sports. The future of treatment and prevention.** *5<sup>th</sup> Brazilian Congress of Sports Traumatology.* Belo Horizonte, Brazil 11-13 June 2009.
89. **Achilles tendinopathy.** *Advanced Team Physician Course 2009.* Stanford University, Stanford, California, USA, 20-24 June 2009.
90. **Physiopathology of tendinopathy.** *Advanced Team Physician Course 2009.* Stanford University, Stanford, California, USA, 20-24 June 2009.
91. **Do we need more effective treatments for patellar tendinopathy?** *Advanced Team Physician Course 2009.* Stanford University, Stanford, California, USA, 20-24 June 2009.
92. **Mechanisms of soft tissue injury and repair.** *International Sports Science and Sports Medicine Conference 2009.* Newcastle upon Tyne, England, 20-22 August 2009.
93. **Strategies for staying healthy. Avoiding injury.** *International Sports Science and Sports Medicine Conference 2009.* Newcastle upon Tyne, England, 20-22 August 2009.
94. **Growth and development in young athletes.** *Annual Scientific Conference of the Faculty of Sports and Exercise Medicine in UK.* London, England, 10 September 2009.
95. **Patellar instability.** *British Orthopaedic Association, Annual Congress.* Manchester, England. 15-18 September 2009
96. **Acute and overuse injuries in elite young athletes. The Orthopaedic Surgeon's view point.** *Annual Scientific Conference of the Faculty of Sports and Exercise Medicine in Ireland.* Dublin, Ireland, 18 September 2009.
97. **Patellar tendinopathy.** *ExMex EFORT.* Bologna, Italy, 23 April 2010.
98. **Intensive training in young athletes.** *The Growing Child in High Performance Sport.* Birmingham, 1 May 2010.
99. **Hindfoot endoscopy.** *Annual Congress of the Belgian Society of Orthopaedics and Traumatology.* Ostende, Belgium, 19-21 May 2010.

100. **Achilles tendinopathy.** *11<sup>th</sup> EFORT Congress. Instructional Course Lecture.* Madrid, Spain, 2-5 June 2010.
101. **New frontiers in the management of Achilles tendon pathologies.** *11<sup>th</sup> EFORT Congress. EFOST session.* Madrid, Spain, 2-5 June 2010.
102. **Bicycling and tendon pathologies: biomechanical and biological aspects.** *11<sup>th</sup> EFORT Congress. EFOST session.* Madrid, Spain, 2-5 June 2010.
103. **Neovascularity in tendons: a red herring.** *ESSKA Congress.* Oslo, Norway, 9-12 June 2010.
104. **Achilles Tendinopathy. State of the Art & What the Future Brings.** *Congress of the Singapore Orthopaedic Association.* Singapore, 6-8 October 2010.
105. **Achilles tendon problems.** Congress of the French Society of Orthopaedics and Traumatology (SOFOT). Paris, France. 10 November 2010
106. **Tendon problems. Has the present any future?** 2011 Annual Congress of the Society for Tennis Medicine and Science. San Jose, California, USA. 12-13 February 2011
107. **Surgery for tendinopathy.** Annual Meeting of the American Academy of Orthopaedic Surgeons, Specialty Day. San Diego, USA, 19 February 2011
108. **Tendon problems in cricket.** World Congress of Medicine and Sport in Cricket. Chandigarh, India, 30-31 March 2011
109. **Platelet rich plasma in sport injuries.** World Congress of Medicine and Sport in Cricket. Chandigarh, India, 30-31 March 2011
110. **Achilles tendon problems: from the bed to the bench and back.** International Symposium on Tendinopathy. Taipei, Taiwan, 9 April 2011.
111. **Platelet rich plasma for joint and ligament injuries.** European Federation of Orthopaedic and Trauma. Copenhagen, Denmark, 1 June 2011.
112. **Platelet rich plasma: fad, fiction, or fact?** British Orthopaedic Association Annual Meeting, Dublin, Ireland, 15 September 2011.
113. **Tendon scaffolds in orthopaedic surgery.** Italian Society of Orthopaedics and Traumatology Annual Meeting, Rimini, Italy, 5 October 2011.
114. **Presidential Lecture: Orthopaedic Sports Medicine: what is new and what is true.** Saudi Association of Orthopaedics and Traumatology Annual Meeting, Riyadh, Saudi Arabia, 17 January 2012.
115. **Instructional course 331: Novel approaches to the management of tendinopathy.** Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, USA, 7-10 February 2012.
116. **PRP for Muscle Injury and Tendinopathy: We use it, but... should we?** Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, USA, 7-10 February 2012.

117. **British Sport and Exercise Medicine: a five minute history of a specialty.** British Society for Rheumatology Annual Meeting 2012, Glasgow, 1-3 May 2012.
118. **Taking care of tender tendons.** British Society for Rheumatology Annual Meeting 2012, Glasgow, 1-3 May 2012.
119. **Nanotechnologies in tendon tissue engineering.** American Orthopaedic Society for Sports Medicine. Baltimore, USA, 14 July 2012.
120. **How much is too much? Training of the young athlete.** International Convention on Science, Education and Medicine in Sport. Glasgow, 23 July 2012.
121. **The role of inflammation in tendon injuries.** International Convention on Science, Education and Medicine in Sport. Glasgow, 23 July 2012.
122. **Achilles rupture and tendinopathy – an update.** 9<sup>th</sup> International Congress of the European Foot and Ankle Society. Huis Ter Duin, The Netherlands, 7 September 2012.
123. **New concepts in tendinopathy.** 50<sup>th</sup> Annual Meeting of the Spanish Society of Orthopaedics and Traumatology. Malaga, Spain, 4 October 2012
124. **PRP in clinical practice. An evidence based approach.** Abu Dhabi Advanced Rheumatology Review Course. Abu Dhabi, UAE, 14 October 2012
124. **Percutaneous repair of Achilles tendon tears.** 16<sup>th</sup> Annual Meeting of the Brazilian Society of Foot and Ankle Surgery. Fortaleza, Brazil, 2-4 May 2013.
125. **Tendinopathy: current understanding and treatment.** 9th Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Toronto, Canada, 12-16 May 2013
126. **The role of PRP in Orthopaedic Sports Medicine.** 9th Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Toronto, Canada, 12-16 May 2013
127. **Safety of minimally invasive surgery of the hindfoot.** Annual Congress of European Federation of Orthopaedics and Traumatology. Istanbul, Turkey, 5-8 June 2013
128. **Safety of minimally invasive surgery of the forefoot.** Annual Congress of European Federation of Orthopaedics and Traumatology. Istanbul, Turkey, 5-8 June 2013
129. **PRP in Orthopaedic Sports Medicine.** Arab Health Congress. 10<sup>th</sup> Middle East Orthopaedics Conference. Dubai, United Arab Emirates, 28-30 January 2014
130. **Achilles tendinopathy. Advances and certainties.** Arab Health Congress. 10<sup>th</sup> Middle East Orthopaedics Conference. Dubai, United Arab Emirates, 28-30 January 2014
131. **Ankle instability.** Arab Health Congress. 10<sup>th</sup> Middle East Orthopaedics Conference. Dubai, United Arab Emirates, 28-30 January 2014
132. **Patellar tendon surgery.** 5<sup>th</sup> Advanced Knee Surgery Course. Val d'Isere, France, 2-7 February 2014
133. **Osteochondral lesions of the knee: classification and natural history.** 5<sup>th</sup> Advanced Knee Surgery Course. Val d'Isere, France, 2-7 February 2014

134. **Anterior cruciate ligament reconstruction: hamstrings vs patellar tendon.** 5<sup>th</sup> Advanced Knee Surgery Course. Val d'Isere, France, 2-7 February 2014
135. **Meniscal repair: outside in techniques.** 5<sup>th</sup> Advanced Knee Surgery Course. Val d'Isere, France, 2-6 February 2014
136. **PRP: not all that is new is true.** 5<sup>th</sup> European Meeting on Sports Medicine and Exercise. Florence, Italy, 7 February 2014
137. **An update on tendinopathies and Management of Achilles tendon rupture.** Orthopaedics and Sports Medicine 2014, Hallam Conference Centre, London, 18 February 2014
138. **Arthroscopy in the foot and ankle.** Orthopaedics and Sports Medicine 2014, Hallam Conference Centre, London, 18 February 2014
139. **Chronic Achilles tendon rupture.** Instructional Course Lecture, Annual Meeting of the American Academy of Orthopaedic Surgeons, New Orleans, 11-15 March 2014
140. **Tendon problems in athletes.** Grand Round. Department of Orthopaedic Surgery, Zurich, Switzerland, 31 March 2014
141. **Hindfoot endoscopy.** 36<sup>th</sup> Congress of the Spanish Society of Medicine and Surgery of the Foot and Ankle. Castellfedels, 12-14 June 2014
142. **Tendons: not just a piece of string.** Grand Round. Jefferson University, Department of Orthopaedic Surgery, Philadelphia, USA, 11 September 2014
143. **Stem Cells for augmenting tendon repair.** Naples International Shoulder Congress, Napoli, Italy, 2-3 October 2014
144. **Genetics in Sports Medicine: is it all our parents' fault?** "MEDISPORT 2014: International Forum of Sport Medicine "From Prevention to Care" by Fair-play CONI, Capri, Italy 5-6 October 2014
145. **Physiopathology of tendon disease.** Annual Congress of the Singapore Orthopaedic Association, Singapore, 9-11 October 2014
146. **The failed Bostrom repair.** 50<sup>th</sup> Annual Congress of the Chilean Association of Orthopaedics and Traumatology, Vina del Mar, Chile, 29 October – 1 November 2014
147. **Percutaneous versus open techniques in Achilles tendon tears.** VuMedi The Event, San Francisco, California, USA, 21-23 November 2014
148. **Tendon problems around the knee.** Arab Health 2015. Dubai, United Arab Emirates, 26-29 January 2015
149. **New and True in Orthopaedics and Sports Medicine.** 6<sup>th</sup> National Surgery and Trauma Conference. Edinburgh, 14 March 2015
150. **Tendinopathy. What is the pathology?** Isokinetic Congress. Advances in Football Medicine. London, 11-12 April 2015
151. **Platelet Rich Plasma in Sport: New, But...Does it Really Work?** The Football Association Medical Society. London, 13 April 2015

152. **Complications in medial patello-femoral ligament reconstruction.** ISAKOS Meeting, Lyon, France, 9 June 2015
153. **Extracorporeal Shock Wave Therapy: the ASSERT Study.** 4<sup>th</sup> Annual Podiatric Sports Medicine Conference, London, England 20 June 2015
154. **Minimally invasive Achilles tendinopathy management.** 4<sup>th</sup> International Congress of Foot and Ankle Minimally Invasive Surgery. Barcelona, Spain, 2-4 June 2015
155. **Minimally invasive hallux valgus surgery.** 4<sup>th</sup> International Congress of Foot and Ankle Minimally Invasive Surgery. Barcelona, Spain, 2-4 June 2015
156. **Minimally invasive Achilles tendon rupture management.** 4<sup>th</sup> International Symposium for Trauma Care and Wound Management. OPED International, Munich, Germany, 22 September 2015
157. **PRP: where are we going.** Biomaterials and Regenerative Medicine for the Musculoskeletal System. Bologna, Italy, 24 September 2015
158. **Clinical outcomes of tendinopathy treatment: future directions.** Biologic Treatment for Orthopaedic Injuries Research Symposium. American Academy of Orthopaedic Surgeons. Rosemont, Illinois, USA. 5-7 November 2015
159. **Intensive training in young athletes: too much may well not be too good.** Annual Congress of the British Association of Sports and Exercise Medicine. Cardiff, Wales. 13 November 2015
160. **How I do it: Achilles tendon rupture.** 8<sup>th</sup> Congress of the European Federation of Orthopaedic Sports Traumatology. Turin, Italy. 27-28 November 2015
161. **Muscle injuries: modern guidelines.** Explore the muscle, prevent lesions, possibly treat them. Naples, Italy. 22 January 2016
162. **Failure of surgery of peroneal tendons.** Annual Meeting of the American Academy of Orthopaedic Surgeons, Specialty day: American Orthopaedic Foot and Ankle Society, Orlando, 1-5 March 2016
163. **Portals and arthroscopic anatomy of the ankle joint.** Romanian Society of Arthroscopy and Sports Trauma. Bucharest, Romania, 1 April 2016
164. **Posterior ankle impingement.** Romanian Society of Arthroscopy and Sports Trauma. Bucharest, Romania, 1 April 2016
165. **The anatomy and biomechanics of the medial patellofemoral ligament.** Romanian Society of Arthroscopy and Sports Trauma. Bucharest, Romania, 1 April 2016
166. **Knee ligament injuries after second or third trauma.** 17<sup>th</sup> EFORT Congress. Geneva, Switzerland, 1-3 June 2016
167. **Joint homeostasis: PRP.** 17<sup>th</sup> EFORT Congress. Geneva, Switzerland, 1-3 June 2016
168. **Genetics of sports injuries: the new future.** 1<sup>st</sup> International Congress of the Polish Muscles, Ligaments and Tendons Society, Spala, Poland, 14-16 December 2016
169. **Minimally invasive tendon transfers for sports foot and ankle pathologies.** Master in Ankle Tendon Course. Palo Alto, California, USA 11-12 March 2017



170. **Tendon-derived stem cells: where are we now?** ISAKOS Congress 2017, Pre-Course, Shanghai, China, 3 June 2017
171. **Growth factors and PRP for rotator cuff repair.** ISAKOS Congress 2017, Pre-Course, Shanghai, China, 3 June 2017
172. **Tendinopathy: from the bench to the operating theatre.** SLAOT Congress, Buenos Aires, Argentina, 28-30 June 2017
173. **Tendinopathy: classification and pathology.** *Annual Congress of the Italian Society of Orthopaedics and Traumatology.* Instructional Course Lecture, Palermo, Italy, 20-23 October 2017
174. **Combined anterior cruciate and anterolateral ligament reconstruction.** *Annual Congress of the Emirates Orthopaedic Association.* Dubai, United Arab Emirates, 3-5 May 2018
175. **A few things to avoid in patellar instability management.** *Sixth Annual Congress of the Emirates Orthopaedic Association.* Dubai, United Arab Emirates, 3-5 May 2018
176. **Consequences of gastrocnemius tightness. Indications for lengthening.** *5<sup>th</sup> International Congress of Foot and Ankle Minimally Invasive Surgery.* Marrakesh, Morocco, 21-23 March 2019
177. **The biology of mesenchymal stem cells. What can stem cells do for us?** *2019 GISM Annual Meeting.* Genua, Italy, 4-5 April 2019
178. **When tennis leg is not tennis leg.** *27<sup>th</sup> Isokinetic Medical Group Conference. Football medicine.* London, England, 27-29 April 2019
179. **Open vs. Arthroscopic Techniques in Insertional Achilles Tendinopathy: When and Why?** 12th Biennial ISAKOS Congress, Cancun, Mexico, 12-16 May 2019
180. **Shin pain.** 12th Biennial ISAKOS Congress, Cancun, Mexico, 12-16 May 2019
181. **Achilles Tendinopathy.** 12th Biennial ISAKOS Congress, Cancun, Mexico, 12-16 May 2019
182. **Pain of the Achilles Tendon: Not Always Achilles Tendinopathy.** 12th Biennial ISAKOS Congress, Cancun, Mexico, 12-16 May 2019
183. **Calcaneal Osteotomy: When We Do Not Need to Touch the Tendon.** 12th Biennial ISAKOS Congress, Cancun, Mexico, 12-16 May 2019

## **STUDENT SUPERVISION**

### **Intercalated BSc/BMedSc**

- J. Hanson. Imaging and the anterior cruciate ligament. 1994/1995 (2:1)
- S.W. Waterston. Histochemistry and biochemistry of Achilles tendon ruptures. 1996/1997 (2:1).
- J. Reaper. Epidemiology and basic sciences of Achilles tendon ailments. 1997/1998 (2:1).

### **MCh(Orth)**

- U. Chouduri. A modified Burton-Pellegrini procedure for arthritis of the basal joint of the thumb. 1996/1997
- K. Kumar. The Kennedy ligament augmentation device in intra-articular ligament reconstruction of the knee. 1996/1997
- R. Parasa. Radial head fractures in Aberdeen. 1997/1998
- C. Coppola. Interference screw fixation in anterior cruciate ligament reconstruction. 1997/1998
- W. Bruns. An anthropometric study on anterior curvature of the femur in Middle Age, early 20<sup>th</sup> and late 20<sup>th</sup> century bones. 1999/2000

### **MSc**

- M.C. Brown. Nutritional status of elderly patients with fractures of the proximal femur. 1993/1994

### **MD/ChM**

- S. Moir. The use of a new functional brace in the treatment of Colles' fractures. 1994/1997 (Awarded in 1997 with Commendation)
- K. Stewart. Histomorphometry and growth factors in cranio-facial bone distraction. 1995/1998 (Awarded in 1998 with Commendation)
- S. Barker. The genetics of club foot in Great Britain: a study of 600 families. 1998/1999 (Awarded in 2001)
- D. Chesney. Outcome of surgical management of idiopathic talipes equino-varus in Great Britain. 1998/1999 (Awarded in 2001)

### **PhD**

- B. Chan. Effects of bFGF on *in vitro* and *in vivo* tendon healing. 1995/1996 (Awarded in 1997)
- R.C.T. Li. Isokinetic exercise in rehabilitation following anterior cruciate ligament reconstruction. 1995/1996 (Awarded in 1998)
- Q. Li. The effects of electrical stimulation on muscle during and following immobilisation. 1995/1996 (Awarded in 1998)
- E. Yannakis. Folic acid supplementation in hip fracture patients: effects on serum levels of homocystein and vascular accidents. 1996 to 2001

In my present position, I supervise a variable number (at times well into double figures) of Intercalated BSc and MSc students each year. All undertake the relevant Sports and Exercise Medicine Course at the Centre, and produce a dissertation of publication quality at the end of the academic year.

## **STUDENTSHIPS AWARDED**

The Wellcome Trust, Summer Studentship 1997, S.W. Waterston. Cellular studies in Achilles tendon ruptures. The work resulted in S.W. Waterston being awarded the Young Researcher Prize of the Scottish Institute of Sports Medicine and Sports Science 1997

## **EXAMINING EXPERIENCE**

I regularly examine third and fifth year medical students in Orthopaedics and General Surgery, and sit as an external examiner in Orthopaedics and Sports Medicine in the University of Napoli and in the MSc in Sports Medicine Courses held at the London Hospital Medical College and at the University College, London. I am a PhD examiner for the City University of London, for the Royal London Hospital Medical College, and for the University of Aberdeen.

In 2000, I was appointed an Examiner for the MRCS of the Royal College of Surgeons of Edinburgh, and an Examiner for the Intercollegiate Academic Board of Sport and Exercise Medicine.

I am actively examined doctoral theses in the UK, Sweden, and Italy.

## **CONTINUING MEDICAL EDUCATION**

As a Registrar, I started a monthly journal club, where, under the supervision of a Consultant Orthopaedic Surgeon, each orthopaedic trainee presents, discusses and criticises a paper on a given subject.

As a Senior Registrar, I regularly presented, discussed and criticised a paper on a given subject at the monthly journal club organised by one of the Consultant Orthopaedic Surgeons on the rotation.

At Keele, I organised approximately one third, and regularly attend the weekly clinical conferences and post-graduate lectures held in the Academic Department of Orthopaedics one half day per week. The post-graduate teaching generally consists of talks from internal and external lecturers, clinical conferences, workshops, audit and research meetings, and journal clubs.

While in London, I run a four yearly meeting continuing professional development series in Sport and Exercise Medicine, aimed at high level practitioners, from 2008 to the present day.

## **RESEARCH EXPERIENCE**

At the beginning of my career, my research interests were mainly laboratory based. After researching the molecular biology of the rat thyroglobulin gene, I undertook original studies in muscle physiology at the Third Department of Physiology of the Karolinska Institute, and tried to introduce them into Orthopaedics. At the Institute of Child Health, I received sound training in anthropometry and in the principles of epidemiology. I have since set up and completed longitudinal and mixed longitudinal studies, and randomised controlled trials.

My interests in bone and soft tissue imaging resulted in a close collaboration with my Radiologist colleagues, and I am now able to perform and interpret ultrasound scans of many orthopaedic and traumatic conditions of bone and soft tissues. I have also collaborated with Nutrition, Biochemistry, Physiology, Anatomy, Rheumatology, and Statistics Departments, thus strengthening the multi-disciplinary approach to complex problems. At present, I am involved in a series of multi-disciplinary projects, and have set up collaborations with centres outside the United Kingdom.

## **RESEARCH PROJECTS**

### ***Molecular biology, tissue engineering and genetics studies***

#### ***1. Molecular biology of the thyroglobulin gene***

I gained experience in the analysis of the eukaryotic genome, using restriction endonucleases, genomic DNA extraction, Southern blotting and autoradiography techniques. I identified a site at the 5' of the rat thyroglobulin gene which selectively controlled the expression of the gene itself in the cell lines studied.

#### ***2. A genetic analysis of congenital talipes equinovarus in Great Britain***

This is a collaborative study with the Department of Genetics, University of Aberdeen Medical School, and the Departments of Orthopaedics of the Hospital for Sick Children, London, and of the Doncaster Royal Infirmary, Doncaster. We secured funding for two Research Fellows who reviewed 600 families of children with congenital talipes to ascertain the outcome of management, build up pedigrees, and collect saliva samples for future DNA analysis. We have now secured further funding to analyse these samples and try and identify the genes involved in the condition. We are also establishing contacts with other centres abroad to expand our sample basis.

#### ***3. A genetic analysis of protusio acetabuli and developmental dysplasia of the hip***

This is a collaborative study with the Department of Genetics of Keele University. We secured yearly funding for a Research Fellow who identified a group of families where at least two members had this particular form of hip osteoarthritis. The pedigrees of the families were built, we collected blood samples for DNA analysis, and secured funding to analyse these samples and try and identify the genes involved in the condition. We are in the process of studying families with developmental dysplasia of the hip, and of identifying a suitable control group for both these populations. We have studied the polymorphism of vitamin D receptor and of oestrogen receptor in relation to these conditions, and found a significant correlation between vitamin D receptor polymorphism and developmental dysplasia of the hip. Further studies to better characterise these families are under way.

#### **4. *Mechanical strains and musculoskeletal system cell function***

We have a research programme whereby mechanical strain, via the use of magnetic fields, are applied to musculoskeletal system cells (bone, tendon, intervertebral disc) will result in upregulation of cellular function. This is the preliminary phase of a tissue engineering endeavour in the musculoskeletal system. We have been fully funded to tissue-engineer tendons, and to develop optical coherence tomography methods to image the engineered tendons in a non-invasive fashion. Also, I have appointed a Lecturer in Mesenchymal Stem Cell Technology and a Post-Doctoral Fellow in Mesenchymal Stem Cell Research, and am interacting closely with the local Professor of Regenerative Medicine to apply this technology in clinical practice.

### ***Sports medicine and sports trauma***

#### **1. *Imaging***

I am applying high resolution real time ultrasonography to the study of soft tissues traumatic lesions and to the process of bone healing in long bone fractures and following callotasis lengthening. The structures studied include the Achilles tendon, the knee and the elbow. The data on Achilles tendon trauma, on tennis elbow and on knee trauma have been published, as have the data on bone healing following callotasis lengthening.

In Aberdeen, I was part of a multi-disciplinary research group which has secured funding for the purchase and running of a vertical MRI machine, the first of its kind in Scotland.

In my current setting, we are closely collaborating with the Department of Imaging to study the fine ultrasonographic characteristics of tendinopathy in athletic and non-athletic patients.

#### **2. *Clinical and basic sciences studies on tendinopathy***

Surgical and conservative treatment are being investigated. Both basic sciences and clinical studies are being performed in collaboration with some Italian centres and with Hong Kong. Efforts are being made to find an effective alternative to corticosteroids for local injections, and to perform less invasive surgery, especially in the early phases of the condition. Aprotinin is a promising drug in this respect, and percutaneous longitudinal tenotomy has proved to relieve pain in chronic tendinopathy.

In the Department of Orthopaedics of the Chinese University of Hong Kong, we have characterised an *in vitro* model of tendon injury. Preliminary data on the influence of bFGF have been obtained. Further studies at cellular and molecular level are in progress. We are in the process of studying the application of collagen gels to deliver growth factors in tendon injuries.

The study of human tendinopathy was well under way in Aberdeen, has been expanded in Keele University. We have established a very active group to study these problems, using cellular models, and we are in the process of translating basic knowledge into clinical application. I have forged strong links with groups in Australia, Canada, Italy and USA, studying various aspects of tendinopathy and tendon rupture. In Stoke on Trent, I have appointed a Lecturer in Mesenchymal Stem Cell Technology and a Post-Doctoral Fellow in Mesenchymal Stem Cell Research. We are interacting closely with the local Professor of Regenerative Medicine to apply this technology in clinical practice.

#### **3. *Knee arthroscopy***

Data on approximately 3000 arthroscopies have been collected. The data were presented at meetings, and scientific papers published. In athletes, an acute haemarthrosis implies a serious knee derangement, and necessitates arthroscopic assessment by an experienced surgeon. In neglected anterior cruciate ligament tears, there is a high incidence of degenerative meniscal changes.

The project has now taken an international flavour, as, during my stay in Hong Kong, I started retrospective review of the knee and shoulder arthroscopies performed in the Prince of Wales Hospital, and set up a longitudinal data collection study which is still in progress.

We have capitalised on this expertise in Stoke on Trent, where we have conducted a prospective randomised controlled trial on knee arthroscopy, assessing the value of pre-operative MRI in changing knee arthroscopy practice.

#### ***4. Effects of intensive training on the musculo-skeletal system of elite young athletes (TOYA) study***

With a multidisciplinary team of eight scientists, I have followed elite young athletes, practising either of football, gymnastics, swimming, and tennis, the first study of this kind performed in the Western world. Four hundred and fifty-three athletes (age range: 9 to 17 years at the beginning of the study) took part in this mixed longitudinal project.

The data collected in the first two years of the study have been analysed, with special reference to the effect of strength and flexibility as factors determining sports injuries. Follow-up studies of this unique sample of young athletes are being performed.

With my Hong Kong colleagues, I have started a longitudinal study in a middle school for gifted children, half of whom are sports- and the other arts-gifted. The amount of physical education and sports that these children undertake is under strict planning and control. We are now studying the factors determining bone mass in these children.

#### ***5. Immobilization and destabilization in experimental osteoarthritis of the knee in rabbit***

In the Department of Orthopaedics of the Chinese University of Hong Kong, we have established an experimental model in the rabbit knee to study osteoarthritis. Immobilization and destabilization models were compared, and further studies on the role of chondroprotective substances are in progress.

### ***Correction of limb deformities and external fixation***

#### ***1. Studies on limb lengthening***

The first study in this general topic was a clinical evaluation in a highly selected group of 21 patients with congenital limb length discrepancy.

Later, physiological studies focused on isometric strength expression by normal and shortened or lengthened limbs. The radiological appearance of bones during and after lengthening has been studied. Further studies are in progress with some of the Italian centres where Ilizarov techniques have been used for more than a decade, and involve both prospective and retrospective projects, mainly of a clinical nature. The clinical results of such studies have been published, and we plan to audit the use of radiography in the assessment of bone formation. While in Hong Kong, I was involved in the study on the use of double emission X-ray absorptiometry for the same purpose, and we established longitudinal projects in this field.

#### ***2. Intra-epiphyseal human recombinant growth hormone for limb lengthening***

A basic science and clinical study for correction of limb length discrepancy and short stature. The first patient has completed treatment. The problem of administration of the recombinant growth hormone is presently studied in an animal model in collaboration with biomaterial engineers. We are in the process of studying the effects of growth hormone on the cells of the growth plate using cell and molecular biology techniques.

#### ***3. Biomechanics of external fixation in limb lengthening***

Distraction osteogenesis for limb lengthening involves using an external fixator to apply a distraction force across a low-energy osteotomy. Many fixator configurations can be used, and their choice depends more on the experience of the surgeon than on the establishment of a biomechanical environment conducive to optimal new bone formation. This study assessed how strain is distributed in different parts of the system constituted by the fixator and the bone in a cadaveric model. We used computer-modelling of the musculo-skeletal system by finite element analysis method to determine how changes in fixator configuration would affect the biomechanical environment of the osteotomy.

## **Trauma**

### **1. Hip fractures**

This was a prospective study based on clinical, anthropometric and biochemical variables started while I was a Senior Registrar. Approximately 30% of the patients are malnourished, but the rate of post-operative complication was not directly influenced by nutritional status. The patients are now part of a longitudinal study aiming to assess the influence of nutrition on the outcome of surgery for fractures of the proximal femur. We are now in the process of planning an intervention study in such patients. As part of these investigations, morphometric studies were performed on cadaveric femora, and others are in progress. The management of hip fractures lends itself to minimally invasive surgery, and my work in this field has received the West Midlands NHS Innovation Award for Minimally invasive hip screw insertion, Innovative Technology or Device, in April 2005. We are now collaborating with the Department of Engineering of the University of Birmingham to develop new instruments for this procedure.

### **2. The effects of mental imagery on recovery from lower limb trauma**

There is increasing evidence that mental imagery plays a significant role in the management of cancer. With the collaboration of the Department of Mental Health in Aberdeen, we applied these concepts to the recovery following lower limb trauma, and have been funded for a preliminary study. We received funding for a pilot study, and have applied for external funding for a prospective randomised trial.

## **Exercise physiology**

### **1. Muscle physiology**

At the Third Department of Physiology, Karolinska Institute, Stockholm, Sweden, I learnt histochemical and biochemical techniques applied to needle muscle biopsies in humans, and set up an original method for the non-invasive determination of the anaerobic threshold. The method has been published, and has been used in subsequent studies.

I learnt the techniques of needle muscle biopsy, the  $VO_2$ max, OBLA and invasive anaerobic threshold techniques used in the Department. I also studied the histochemical characteristics of the human paravertebral muscles in idiopathic scoliosis. More recently, collaborative studies have been performed with the University of Chichester to investigate sarcopenia in elderly orthopaedic patients.

### **2. Endurance and aerobic power**

I have studied the association between endurance performance and sustained aerobic power using mainly non-invasive tests. Adults, older adults and children have been studied, and the anaerobic threshold has been used as a basis to plan training in long distance runners. Part of the results have been published, and more advanced studies are in progress.

### **3. Sexual hormones metabolism in sedentary and athletic women**

We undertook studies using radiolabelled sexual hormones to study their metabolic clearance rate during exercise to understand the role of exercise in determining hypo-oestrogenic and hypo-progestinic states. Further investigations concerning the study of the hypothalamus-hypophysis-ovary axis and exercise are in progress. The role of high intensity exercise is under study, and the possibility of minimising such hormonal problems using training programmes based on the anaerobic threshold instead of maximal oxygen uptake is under investigation.

### **4. The effects of physical activity in master athletes**

In a collaborative study with the University of Napoli, we have secured funding to study longitudinally the effects of sports activity (mainly endurance exercise) in athletes older than

60. The initial results show that this group of athletes is still training hard, and benefit greatly from continuing training.

***5. The study of exercise and cold adaptation in a rat model***

In a collaborative study with the University of Napoli, we have secured funding to study the effects of exercise and cold adaptation in rats. This is to be viewed in the broader framework of thermogenic control and nutrition exerted by cold and by exercise.

***5. The effects of immobilisation on muscle and tendon metabolism in humans***

Following orthopaedic trauma and orthopaedic surgery, a limb undergoes decreased use. Thus, in a series of collaborative projects with Manchester Metropolitan University and Nottingham University, we used both lower limb disuse and strength training models to study the effects of physical activity on muscle and tendons. The first of such study, a disuse model, has shown that both myofibrillar and tendon protein synthetic rates show progressive decreases during 21 d of disuse. In muscle, this is accompanied by decreased phosphorylation of focal adhesion kinase, with no marked increases in genes for proteolytic enzymes.

***Randomised controlled trials in Trauma and Orthopaedics***

During my career, I was involved either as the principal investigator or as a co-investigator in several randomised controlled studies, including a trial in the use of tourniquet in the management of ankle fractures, two trials on hallux valgus surgery, and one trial on the use of different drugs in the management of patellar tendinopathy. Other randomised controlled trials are still running. Below are the latest ones.

***1. The STARS trial: a prospective randomised study for the surgical management of displaced subcapital fractures of the femoral neck***

I was the co-ordinator for the North East of Scotland of this multi-centre trial covering the whole of Scotland. Recruitment of patients is well under way. We carried out a three-year study to ascertain which treatment modality (reduction and fixation, haemiarthroplasty, or total joint arthroplasty) is the management option of choice. The study has now been completed, and the early analysis of results shows that, in selected patients, total joint replacement is a viable option. Possibly, the least appealing management modality for these patients seems to be reduction and internal fixation.



**2. *The SMAK trial: a randomised controlled trial comparing a standard medial parapatellar approach versus a subvastus approach in total knee replacement***

A total of 232 patients are required for this study, and 197 have already been randomised. The primary outcome measure is the Knee Society Score, which is collected at baseline and at 1, 6, 12 and 52 weeks post-operatively. Other outcome measures include patient based (EuorQol 5D, WOMAC Index), clinical (complications, blood loss, use of analgesia), functional (range of motion) and health economic measures.

**3. *The MRIA trial: A prospective randomised controlled trial evaluating the impact of magnetic resonance imaging on the rate of arthroscopy for mechanical knee problems***

A total of 252 patients were required for this study, and all have been recruited at the pre-operative assessment clinic. Patients were randomly allocated to one of two management policies after they have had their MRI. Firstly, management with MRI report available as a diagnostic tool. The MRI report in this group was used to inform a decision as to whether or not an arthroscopy was carried out on the proposed day of surgery. Secondly, management with the MRI report not available as a diagnostic tool. All patients in this group underwent an arthroscopy on the proposed date of surgery, unless on clinical grounds it was no longer indicated. Follow-up is to be performed at 6 weeks and 6 months following the proposed date for the arthroscopy, irrespective of whether it was carried out. The primary outcome measure for the study is the proportion of arthroscopies (diagnostic or therapeutic) carried out in each arm of the study. Other outcomes include patient based measures (EuroQol 5D, SF-36, Knee Injury and OA Score, patient satisfaction), and clinical (pain, diagnostic confidence, complications) and functional (range of motion, Knee Society Score) measure. The study has shown that, in our region, there are no advantages in performing MRI scans once a patient has been added to the waiting list based on clinical examination.

**4. *Prospective randomised controlled trials in shoulder surgery***

The Orthopaedic Surgical Trial Unit of Keele University has been the co-ordinating centre for several trials in shoulder surgery in collaboration with Italian centres, securing local funding. Two trials have come to fruition. In one, we have shown that there are no advantages in repairing a type II superior labrum anterior and posterior lesion when associated with a rotator cuff tear in patients over 50 years of age. The association of rotator cuff repair and biceps tenotomy provides better clinical outcome compared with repair of the type II SLAP lesion and the rotator cuff.

In another, we have shown that the use of a single- or double-row technique in the repair of a rotator cuff lesion provides comparable clinical outcome at 2 years. A double-row technique produces a mechanically superior construct compared with the single-row method in restoring the anatomical footprint of the rotator cuff, but these mechanical advantages do not translate into superior clinical performance. Double-row techniques are more expensive and time consuming than single-row techniques, and their role is still not clear.

## GRANTS HELD

1. **Non invasive determination of anaerobic threshold.** The Swedish Institute and The Karolinska Institute, Stockholm, Sweden: August 1984 - September 1984 and April 1985 - June 1985, SKr 22,300 (approximate value: GBP 2,200)
2. **Development of non-invasive tests for the assessment of endurance and aerobic power in young and master athletes.** The University of Naples, Italy: June 1984 - June 1992, ItLit 45,000,000 (approximate value: GBP 18,000)
3. **The use of tourniquet in lower limb surgery.** The University of Naples, Italy: September 1985 - February 1991, ItLit 21,500,000 (approximate value: GBP 8,600)
4. **Effects of intensive training on the musculo-skeletal system of elite young athletes (TOYA) study.** The Sports Council of England: July 1987 - July 1990, GBP 976,000
5. **Sexual hormones metabolism in sedentary and athletic women.** The University of Naples, Italy, and the University of Bologna, Italy: January 1988 - December 1988, ItLit 5,300,000 (approximate value: GBP 2,100)
6. **Correction of limb length discrepancy.** The Growth Foundation: August 1990 - December 1990: GBP 6,300
7. **The influence of growth factors in tendon healing.** The Chinese University of Hong Kong: January 1995 - March 1996, HK\$ 436,381 (approximate value: GBP 33,568)
8. **Immobilization and destabilization in experimental osteoarthritis of the knee in rabbit.** The Chinese University of Hong Kong: January 1995 - March 1996, HK\$ 156,800 (approximate value: GBP 12,061)
9. **Establishing an in vivo experimental model of Achilles tendonitis in the rat.** The Chinese University of Hong Kong: January 1995 - March 1996, HK\$ 210,437 (approximate value: GBP 16,437)
10. **The use of flexible intra-medullary fixation in the management of ipsilateral femoral shaft fractures after Austin-Moore hemi-arthroplasty.** The Chinese University of Hong Kong: March 1995 - January 1996, HK\$ 10,480 (approximate value: GBP 804)
11. **Bone health in Chinese children and adolescents.** The Jockey Club, Hong Kong: April 1994-December 1998, HK\$ 1,532,841 (approximate value: GBP 117,910)
12. **An in vivo experimental model of Achilles tendinosis in the rat.** In collaboration with the Department of Orthopaedic Surgery, The University of Naples, Italy: September 1994 - April 1996, ItLt 23,750,000 (approximate value: GBP 9,500)
13. **Monitoring of limb lengthening in children.** The Chinese University of Hong Kong: March 1994 - February 1997, HK\$ 356,121 (approximate value: GBP 27,400)
14. **Effect of growth hormone-impregnated hydroxyapatite on the growth plate.** The Wishbone Trust: January 1997 to 2000, GBP 10,000
15. **Biomechanics of external fixation in limb lengthening.** In collaboration with the Department of Biomedical Physics, University of Aberdeen Medical School. Sir Jules Thorn Charitable Trust: August 1998-July 2000, GBP 52,000
16. **Biomechanics of external fixation in limb lengthening.** Equipment grant from Richards Smith and Nephew: August 1998-July 2000, GBP 9,713.41

17. **Biomechanics of external fixation in limb lengthening.** Equipment grant from DePuy International Ltd: August 1998-July 2000, GBP 4,529
18. **A genetic analysis of congenital talipes equinovarus in the Great Britain.** In collaboration with the Department of Medical Genetics, University of Aberdeen Medical School, the Department of Orthopaedics of the Hospital for Sick Children, London, and the Department of Orthopaedics of the Doncaster Royal Infirmary, Doncaster. Grampian Medical Research Fellowship Scheme and SPARKS (Sports in Aid of Medical Research for Kids): August 1998-July 1999, GBP 78,066.
19. **An audit of post-operative pain in patients undergoing anterior cruciate reconstruction.** Grampian Health Board: October 1998-April 1999, GBP 1,350.
20. **Healing through mental imagery.** Tenovus-Scotland: December 1998-November 1999, GBP 1,440.
21. **Flock of Birds Tracker.** University of Aberdeen Equipment Grant. July 1999, GBP 9,000.
22. **Histology of tendinopathy of the lower limb.** In collaboration with the Department of Orthopaedic Surgery, The University of Naples, Italy: October 1999 – September 2000, ItLt 34,500,000 (approximate value at 1999: GBP 10,500)
23. **Measurement of the functional biomechanics of the musculo-skeletal system using a vertical open bore MRI.** In collaboration with the Departments of Biomedical Physics and Bioengineering, Environmental and Occupational Medicine, Radiology, Rheumatology, of the University of Aberdeen. Joint Research Initiative: June 2000, GBP 1,658,281.
24. **The genetic basis of idiopathic congenital talipes equinovarus.** In collaboration with the Department of Human Genetics of the University of Aberdeen. SPARKS: October 2000-September 2002, GBP 123,187.
25. **Reactive oxygen species and the control of healing in tendinopathies: is there a relationship?** In collaboration with the Antioxidant and DNA Damage Group at the Rowett Research Institute, Aberdeen. ESSKA-dj Research Grant. October 2000-September 2002, US\$ 13,690 (approximate value: GBP 8,600)
26. **In vitro studies on tendon repair and regeneration.** In collaboration with the Department of Pathology, University of Aberdeen. October 2001-September 2002, GBP 8,350
27. **Metastatic disease of the spine.** West Midlands Health Authority. February 2002 to present. GBP 22,000
28. **Implant Fellow.** DePuy-Johnson & Johnson. 2001 to present. ~ £ 35,000 per year (up to 2007, ~ GBP 245,000)
29. **A longitudinal study on the effects of sports activity in master athletes.** In collaboration with the Department of Physiology, University of Napoli. December 2001 to 2005. Euros 170,000 (approximate value: GBP 106,500)
30. **The study of exercise and cold adaptation in a rat model.** In collaboration with the Department of Physiology, University of Napoli. December 2001 to December 2005. Euros 200,000 (approximate value: GBP 125,000)

31. **Randomised controlled trials in shoulder arthroscopy.** In collaboration with the Department of Orthopaedic Surgery of Campus Biomedico University, Rome, Italy. January 2002 to December 2005. Euros 130,000 (approximate value: GBP 90,634).
32. **Quantitative on-line assessment of collagen fibre organisation in connective tissues *in vivo* and during conditioning *in vitro*.** In collaboration with the Biophotonics Group, Cranfield University. Biotechnology and Biological Sciences Research Council. September 2003 to present GBP 179,929
33. **Early foot changes in young adult Type 1 diabetes – a pilot study.** In collaboration with the Clinical Measurements Laboratory, West Midlands Rehabilitation Centre, Birmingham. Diabetes UK. October 2004 to present GBP 9,246
34. **Orthopaedic research in a primary care setting.** Newcastle-under-Lyme PC NHST. January 2004 to present. GBP 10,500
35. **Acceptability of the introduction of a policy of deferring routine elective orthopaedic surgery for patients who are obese or smoke.** Newcastle-under-Lyme PC NHST. GBP 9,040
36. **Development of minimally invasive hip fracture system.** Sportsmed(UK) Ltd. GBP 12,338 per year. 2006 to present. (up to 2007, GBP 24,676)
37. **Can bone marrow derived stem cells differentiate into tendon forming cells?** British Orthopaedic Foot and Ankle Society. 2007 to present. GBP 4,950
38. **Microwave tomography for orthopedic applications.** National Institute of Health, USA. February 2008 to present. US\$ 981,994.
39. **Changes in symptoms and ultrasonographic signs of Achilles tendinopathy during a twelve week course of loaded eccentric training.** Discipline Bridging Initiative, Queen Mary University of London. July 2009 to present. £ 10,000
40. **Enhancing the Student Experience of Research-based Learning and Writing' Project: *Thinking-Writing*:** March, 2010 £4,012
41. **Ethnicity and Cardiovascular Disease Risk Factors in Adolescents: Cross-sectional comparison of British South Asian and British White Males.** *Barts and the London Charity*: April 2010 £19,550
42. **CLRN Contingency Funding.** *Central & Eastern CLRN*: £9,098.00
43. **Extracorporeal Shock Wave Therapy Project: Part 1 Assessment of the Effectiveness of Extracorporeal Shock Wave Therapy (ESWT) for Soft Tissue Injuries (ASSERT): microdialysis Part 2 Assessment of the Effectiveness of Extracorporeal Shock Wave Therapy (ESWT) for Soft Tissue Injuries (ASSERT).** ImpactQM KTA Scheme 3 May 2011 £151,448
44. **Nano-FT3C+: An Innovative Liposome-Based Formulation for Thyroid Hormone Controlled Delivery. An In Vitro Study on Tendinopathic Human Achilles Tendon Tenocytes.** American Orthopaedic Foot and Ankle Society Research Grants Programme. 22 March 2019 US\$ 15,000
45. **P4 FIT. Perspectives For Future Innovation in Tendon Repair.** European Commission Programme H2020. May 2020-April 2024 Euro 522,999.36

## **GRANTS APPLIED**

1. **The Genetic Basis of Congenital Talipes Equinovarus: Exploring Causes of Clubfoot in Europe.** In collaboration with the Department of Human Genetics of the University of Aberdeen. Chief Scientist Office of Scottish Executive. GBP 184,233
2. **The genetic basis of congenital talipes equinovarus: candidates genes and a genome wide scan for linkage.** In collaboration with the Department of Human Genetics of the University of Aberdeen. Chief Scientist Office of Scottish Executive. GBP 163,848
3. **Models of best practice: involving older people in defining care routes and outcomes.** In collaboration with the Department of Medicine Management of Keele University. PPP Health Care. GBP 208,693
4. **Improving access and treatment pathways for patients with musculoskeletal disease.** In collaboration with the Department of Rheumatology of Keele University. Service Delivery Organisation NHS Research and Development Programme. GBP 410,753
5. **Proximal humeral fractures: a randomised controlled trial of interventions within cohort evaluations.** This is a six centre trials in response to a HTA bid. GBP 955,500
6. **The effectiveness of rehabilitation for restoring the structure and function of muscles and tendons following plaster-induced immobilisation for bone fracture healing.** In collaboration with the Centre for Biophysical & Clinical Research into Human Movement, Manchester Metropolitan University. Action Research. GBP 68,940
7. **The content and distribution of carnosine in skeletal muscle fibres of older individuals with reduced mobility.** In collaboration with the School of Sport, Exercise and Health Sciences, University College Chichester. Strategic Promotion of Ageing Research Capacity. GBP 40,975
8. **Comparison of sub-vastus and standard medial parapatellar approach for a total knee replacement: seven year outcomes following a randomised controlled trial.** British Orthopaedic Foundation. GBP 122,439
9. **Improving orthopaedic patient outcome through the management of obesity.** British Orthopaedic Foundation. GBP 115,211
10. **A prospective randomised controlled trial of early weight bearing and early mobilisation of the ankle versus traditional management programmes in the management of Achilles tendon ruptures.** British Orthopaedic Foundation. GBP 108,353
11. **Clinically linked lifestyle management policies: their usage, justification and acceptability.** Research for Patient Benefit Grant Programme. GBP 179,679
12. **Improving orthopaedic patient outcome through the management of obesity.** Research for Patient Benefit Grant Programme. GBP 146,640
13. **Comparison of sub-vastus and standard medial parapatellar approach for a total knee replacement: seven year outcomes following a randomised controlled trial.** Research for Patient Benefit Grant Programme. GBP 151,076
14. **The efficacy, and barriers to uptake, of strength training and nutritional supplements to improve the quality of life of older orthopaedic patients.** In collaboration with the Centre for Biophysical & Clinical Research into Human Movement, Manchester Metropolitan University. NDA England, GBP 1,479,263

15. **Are human marrow stromal cells suitable for repair of tendinopathies?** In collaboration with the Institute of Science and Technology in Medicine, Keele University. Medical Research Council, GBP 460,198
16. **STEM-TEN: Injection-based autologous stem cell delivery for tendinopathy cure.** In collaboration with the Institute of Science and Technology in Medicine, Keele University. Big Lottery Fund, GBP 393,955
17. **Young vs. doping: a European network to arrange an innovative prevention campaign to fight doping (drugs abuse) and to exchange good practices or experiences all over the europe (IRIDE).** European Union Health Programme 2008-2013, Euro 1,126,539
18. **Determining the recovery capacity of mesenchymal stem cells from patient populations.** MRC Strategic Grant, Total FEC Amount Requested: £506,910  
Total MRC Contribution: £408,528
19. **Targeted nutritional support after hip fractures: benefits on quality of life, hip function, muscle strength, and immune function.** NIHR HTA. £1,466,955 (of a total cost of 1,833,693)
20. **The Role of Exercise and Diet in disuse atrophy in patients undergoing total knee replacement: A Pilot Study.** NIHR Research for Patient Benefit. £ 249,226 (of total £ 290,465)
21. **Equipment grant for imaging facilities.** The Wellcome Trust £ 550,000.
22. **Developmental Clinical Studies - Efficacy of whole-body vibration for the management of tendinopathy.** MRC £429,942

## **THESES AND DISSERTATIONS**

- 1. Expression and functional state of the rat thyroglobulin gene in normal and transformed cells.**  
Dissertation for the degree of Diploma in Medicine and Surgery. University of Napoli Federico II, Medical School, Italy, 1983
- 2. Histochemical and physiological studies in human idiopathic scoliosis.**  
Dissertation for the Specialist in Orthopaedics degree. University of Napoli Federico II, Medical School, Italy, 1988. Prize winner for the best Orthopaedic Specialisation programme thesis
- 3. High resolution real time ultrasonography in Sports Medicine.**  
Dissertation for the Specialist in Sports Medicine degree. University of Napoli Federico II, Medical School, Italy, 1991. Prize winner for the best Sports Medicine Specialisation programme thesis
- 4. The effects of intensive training on the musculoskeletal system of elite young athletes.**  
Thesis for the Doctor of Philosophy degree. University of London, March 1992
- 5. Lengthening in congenital limb length discrepancy using callotasis: clinical, radiological and physiological studies.**  
Thesis for the Master of Surgery degree. University of London, July 1994
- 6. Achilles tendon ailments: clinical and biological aspects.**  
Thesis for the Doctor of Medicine degree. University of Aberdeen, July 1998

## **OTHER ACADEMIC ACTIVITIES**

- Editor in Chief: CME Orthopaedics 2000-2008.
- Co-editor: European Journal of Sports Traumatology and Related Research 2001-2004
- Section Editor, Sports Traumatology, Journal of Sports Science and Medicine 2006-2013
- Co-Editor in Chief: Asian Journal of Sports Medicine, since 2012
- Editor in Chief: Muscles, Ligaments and Tendons Journal, since 2011
- Co-Editor in Chief: Journal of Orthopaedic Surgery and Research, 2013-2016
- Editor in Chief: Journal of Orthopaedic Surgery and Research, since 2013
  
- Editorial Board Member:
  1. European Journal of Sports Traumatology and Related Research 1994-2002
  2. Bulletin of the Hospital for Joint Diseases Orthopaedic Institute since 1996
  3. Sport, Exercise and Injury 1997-2001
  4. Medscape Orthopaedics and Sports Medicine 1998 – 2010
  5. Sports Medicine and Arthroscopy Review since 1999
  6. Clinical Journal of Sport Medicine since 2000
  7. Arthroscopy 2000-2005
  8. Knee Surgery, Arthroscopy and Sports Traumatology since 2000
  9. British Journal of Sports Medicine 2001-2012
  10. Techniques in Knee Surgery 2002-2010
  11. The Knee since 2005
  12. Surgeon since 2006; Associate Editor since 2010
  13. Journal of Bone and Joint Surgery (British Volume) 2006-2008
  14. Journal of Sports Science and Medicine 2007-2013
  15. Journal of Medical Case Reports (Associate Editor) since 2007
  16. Foot and Ankle Surgery (Associate Editor) 2009-2018
  17. The Open Sports Medicine Journal: Editor in Chief 2008 - 2012
  18. The Open Journal of Sports Medicine since 2009
  19. Asian Journal of Sports Medicine: Editor in Chief since 2010
  20. Journal of Sports Medicine and Physical Fitness since 2010
  21. Muscles, Ligaments and Tendons Journal: Editor in Chief since 2011
  22. Biomed Central Medicine since 2012
  23. Journal of Orthopaedic Surgery and Research: Editor in Chief since 2013
  24. Journal of Orthopaedics and Traumatology: Associate Editor since 2016
  25. Journal of Bone and Joint Surgery Case Connector: Editorial Board Member 2016-2017; Associate Editor 2018-2019
  26. Journal of Bone and Joint Surgery Open Access: Associate Editor since 2019
  27. Foot and Ankle International: Associate Editor since 2018
  
- Guest Editorships:
  1. 'Advances in Italy', Clinical Orthopaedics and Related Research 1994; 308
  2. 'The progress of Orthopaedic Surgery in Italy', Bulletin of the Hospital for Joint Diseases Orthopaedic Institute 1996; 54 (4)
  3. 'Sports injuries in young athletes' Sports, Exercise and Injury 1996; 2 (3)
  4. 'Upper and lower limb tendinopathies' Sports, Exercise and Injury 1997; 3 (3)
  5. 'Orthopaedic Surgery in Scotland' Bulletin of the Hospital for Joint Diseases Orthopaedic Institute 1999; 58 (1)



6. 'Tendon problems in athletes' Sports Medicine and Arthroscopy Review 2000; 8 (1)
7. 'The female athlete' Sports Medicine and Arthroscopy Review 2002; 10 (1)
8. 'The Achilles tendon'. Foot and Ankle Clinics 2005; 10 (2)
9. 'Instability and impingement syndromes'. Foot and Ankle Clinics 2006; 11 (3)
10. 'Advances in tendinopathy'. Disability and Rehabilitation 2008; 30 (20-22)
11. 'The foot and ankle in sport: modern perspectives. Part I' Sports Medicine and Arthroscopy Review 2009; 17 (2)
12. 'The foot and ankle in sport: modern perspectives. Part I' Sports Medicine and Arthroscopy Review 2009; 17 (3)
13. 'Minimally Invasive Surgery in Orthopaedic Surgery'. Orthopedic Clinics of North America 2009; 40 (4)
14. 'Tendons: the new frontier'. Frontiers in Bioscience 2009
15. 'Clinical and Biological Aspects of Rotator Cuff Pathology'. Sports Medicine and Arthroscopy Review 2011; 19 (3)
16. 'Rotator Cuff'. Medicine and Sport Science 2012; 57
17. 'Clinical and Biological Aspects of Rotator Cuff Pathology'. Sports Medicine and Arthroscopy Review 2011; 19 (4)
18. 'Hamstring Injuries'. British Journal of Sports Medicine 2012; 46 (2)
19. 'Platelet Rich Plasma'. Operative Techniques in Orthopaedics 2012; 22 (1)
20. 'Tecniche chirurgiche dei tessuti tendo-legamentosi'. Lo Scalpello 2013; 27 (1)
21. 'ECOSEP Congress 2013'. British Journal of Sports Medicine 2012; 46 (16)
22. 'Extra-articular Endoscopy'. Sports Medicine and Arthroscopy Review 2016; 24 (1)
23. 'Revision Surgery of the Knee'. Sports Medicine and Arthroscopy Review 2017; 25 (1)
24. 'Biological Therapies'. Sports Medicine and Arthroscopy Review 2018; 26 (2)

- Manuscript reviewer:

1. Physical Therapy since 1990
2. British Journal of Sports Medicine since 1993
3. Clinical Orthopaedics and Related Research since 1994
4. Journal of Bone and Mineral Research since 1997
5. Journal of Orthopaedic and Sports Physical Therapy since 1997
6. Journal of the Royal College of Surgeons of Edinburgh since 1997
7. Cell Biology International since 1998
8. American Journal of Physical Medicine & Rehabilitation since 1998
9. The Foot since 1999
10. Surgical Endoscopy since 1999
11. Journal of Sports Sciences since 2000
12. Knee Surgery, Arthroscopy and Sports Traumatology since 2000
13. Journal of Bone and Joint Surgery (American Volume) since 2001
14. Journal of Bone and Joint Surgery (British Volume) since 2001
15. Scandinavian Journal of Medicine and Science in Sport since 2001
16. Journal of Anatomy since 2001
17. American Journal of Sports Medicine since 2001
18. The Lancet since 2002
19. Sports Medicine since 2002
20. Exercise and Sports Sciences Reviews since 2002
21. Medicine and Science in Sports and Exercise since 2002
22. Life Sciences since 2002
23. Physical Therapy in Sports since 2003
24. Journal of Veterinary Medicine since 2003
25. Techniques in Knee Surgery since 2003
26. BioMed Central Paediatrics since 2003

27. [BioMed Central Musculoskeletal Disorders](#) since 2004
28. [Controlled Clinical Trials](#) since 2004
29. [Journal of Sports Sciences and Medicine](#) since 2004
30. [Journal of Biomedical Materials Research](#) since 2004
31. [Foot and Ankle International](#) since 2004
32. [Expert Opinions in Pharmacology](#) since 2005
33. [The Knee](#) since 2005
34. [Archives of Physical Medicine and Rehabilitation](#) since 2005
35. [Comparative Biochemistry and Physiology](#) since 2005
36. [International Journal of Sports Medicine](#) since 2005
37. [Rheumatology](#) since 2005
38. [American Journal of Physical Medicine & Rehabilitation](#) since 2006
39. [BioMed Central Complementary and Alternative Medicine](#) since 2006
40. [Acta Orthopaedica Belgica](#) since 2006
41. [Disability and Rehabilitation](#) since 2006
42. [BioTechniques](#) since 2006
43. [Clinical Physiology and Functional Imaging](#) since 2007
44. [Clinical Anatomy](#) since 2007
45. [International Journal of Medical Robotics and Computer Assisted Surgery](#) since 2007
46. [Canadian Medical Association Journal](#) since 2007
47. [Nature Clinical Practice – Rheumatology](#) since 2007
48. [Journal of Sports Science and Medicine](#) since 2007
49. [Regulatory Peptides](#) since 2007
50. [Annals of the Rheumatic Diseases](#) since 2007
51. [Clinical Chemistry and Laboratory Medicine](#) since 2008
52. [Clinical Medicine: Case Reports](#) since 2008
53. [Arthritis Care & Research](#) since 2008
54. [International Journal of Medical Robotics and Computer Assisted Surgery](#) since 2008
55. [European Journal of Applied Physiology](#) since 2008
56. [Journal of Applied Biomechanics](#) since 2008
57. [European Journal of Pharmacology](#) since 2008
58. [Clinical Biomechanics](#) since 2009
59. [Yonsei Medical Journal](#) since 2009
60. [Annals of Biomedical Engineering](#) since 2009
61. [Neuromodulation](#) since 2009
62. [Mayo Clinic Proceedings](#) since 2010
63. [Journal of Sport Rehabilitation](#) since 2010
64. [Cell Biochemistry and Function](#) since 2011
65. [Journal of Athletic Training](#) since 2011
66. [PLOS One](#) since 2012

#### Grant reviewer

1. Wellcome Trust since 1997
2. The Chief Scientific Officer of Scotland since 1997
3. Scottish Hospitals Endowment Research Fund since 1999
4. Engineering and Physical Sciences Research Council since 1999
5. Action Research since 2000
6. The Royal College of Surgeons of England since 2000
7. Arthritis and Rheumatism Council since 2001
8. Grampian University Trust Endowment Grants since 2002
9. The Home of Rest for Horses since 2005
10. Research into Ageing since 2005
11. South African National Research Foundation since 2005
12. Canadian Institutes of Health Research since 2006

13. National Institute for Health Research since 2006
14. Singapore Medical Research Council since 2007
15. Institut National de la Santé e de la Recherche Médicale of France since 2008
16. The Luxembourg National Research Fund since 2009
17. Swiss National Science Foundation since 2012
18. The Strasbourg Institute for Advanced Study since 2016

- Special Assurance Team Member of the Child Health Specialty Working Group of the NHS Management Executive, Clinical Terms Project in Sports Medicine, since May 1993. A system of main terms and qualifiers has been produced. I identified the terms and qualifiers for assessments, test, scales, special investigations and disability criteria in athletic injuries in children.
- Co-owner of the orthopod (<http://www.mailbase.ac.uk/lists/orthopod/>) limbrecon (<http://www.mailbase.ac.uk/lists/limbrecon/>) sportmedorth (<http://www.mailbase.ac.uk/lists/sportmedorth/>) mailing lists in the period 1998 to 2000. These internet-based mailing lists were respectively dedicated to discussion on Orthopaedics and Traumatology, complicated limb reconstruction discussion, and Orthopaedic Sports Medicine discussion. In 2000, they were the lists were automatised, and were taken over by Orthogate, a non-profit educational Orthopaedic organisation.
- Member of the initial Working Party on Medical Informatics of the Royal College of Surgeons of Edinburgh since its inception (November 1999). The Working Party is now preparing the modules for a Diploma in Medical Informatics, launched in October 2000.
- Specialist Advisor to the Interventional Procedures Advisory Committee of the National Institute of Clinical Excellence on Trauma and Orthopaedic matters since 2002.
- Organiser and Director of the International North Staffordshire Fracture Fixation Course in the period 2003 to 2008.
- Organiser and Co-Director of the Balkan Sports Medicine Course, Thessaloniki, Greece, 2004 to present.
- Organising Committee, International Sports Science and Sports Medicine Conference 2009, Newcastle upon Tyne, England.
- Organiser and Chair, Annual Study Days, Centre for Sports and Exercise Medicine, Queen Mary University of London, 10-11 September 2009.
- Organiser and Chair, Sports and Exercise Medicine to London 2012 ... and beyond, a three monthly series of postgraduate education meetings at the Royal Society of Medicine, London, started in 2009
- Organiser and Chair, Percutaneous and Minimally Invasive Foot and Ankle Surgery, International Cadaver Lab Course, Ecole Européenne de Chirurgie, Paris 6-7 May 2010

## **PEER REVIEWED PUBLICATIONS**

### **Full papers**

1. N. MAFFULLI, G. Capasso, G. Auzino. The needle muscle biopsy: technique and methods. Italian Journal of Sports Traumatology 9: 1-6, 1987
2. N. MAFFULLI, R. Regine, M. Angelillo, G. Capasso, S. Filice. Ultrasound diagnosis of Achilles tendon pathology in runners. British Journal of Sports Medicine 21: 158-162, 1987
3. N. MAFFULLI, B. Sjodin, B. Ekblom. A laboratory method for non invasive anaerobic threshold determination. Journal of Sports Medicine and Physical Fitness 27: 419-423, 1987
4. G. Capasso, N. MAFFULLI, G. Auzino. Interphalangeal asymmetrical V osteotomies. A biomechanical study. Acta Orthopaedica Belgica 54: 447-451, 19882
5. V. Testa, G. Capasso, N. MAFFULLI. Paraesthesia of the anterior aspect of the ankle: An early sign of lumbar spine disorders in sportsmen. Physiotherapy 75: 205-206, 1989
6. N. MAFFULLI, G. Capasso, V. Testa. Glove perforation in elective orthopaedic surgery. Acta Orthopaedica Scandinavica 60: 565-566, 1989
7. G. Capasso, N. MAFFULLI, V. Testa. Ankle taping: support given by different materials. British Journal of Sports Medicine 23: 239-240, 1989
8. N. MAFFULLI, N.P. Dymond, G. Capasso. Ultrasonographic findings in subcutaneous rupture of Achilles tendon. Journal of Sports Medicine and Physical Fitness 29: 365-368, 1989
9. N. MAFFULLI, L. Lepore, C. Francobandiera. Traumatic lesions of some accessory bones of the foot in sports activities. Journal of the American Podiatric Medical Association 80: 86-90, 1990
10. N. MAFFULLI, N.P. Dymond, R. Regine. Surgical repair of ruptured Achilles tendon in sportsmen and sedentary patients: a longitudinal ultrasound assessment. International Journal of Sports Medicine 11: 78-84, 1990
11. N. MAFFULLI. Histochemical and physiological studies in human idiopathic scoliosis. Italian Journal of Orthopaedics and Traumatology 16: 63-73, 1990
12. G. Capasso, N. MAFFULLI. Conservative management of congenital dislocation of the hip: domiciliary treatment. Bulletin of the Hospital of Joint Diseases Orthopaedic Institute 50: 77-83, 1990
13. M. Ciniglio, N. MAFFULLI, M. del Torto. Transitory compression of the posterior interosseous nerve in windsurfers: a clinical and anatomical study. Annals of Sports Medicine 5: 81-84, 1990
14. N. MAFFULLI, R. Regine, F. Carrillo, G. Capasso, S. Minelli. Tennis elbow: an ultrasonographic study in tennis players. British Journal of Sports Medicine 24: 151-155, 1990
15. G. Capasso, N. MAFFULLI, V. Testa. Comparison of intra-articular drugs in gonarthrosis: preliminary experience on 120 patients. Archivio di Ortopedia e Reumatologia (in Italian) 103: 297-303, 1990

16. **N. MAFFULLI**, *G. Capasso, V. Testa*. Glove perforation in pediatric orthopaedic surgery. Journal of Pediatric Orthopaedics 11: 25-27, 1991
17. **N. MAFFULLI**, *F. Maffulli*. Transient entrapment neuropathy of the posterior interosseous nerve in violin players. Journal of Neurology, Neurosurgery and Psychiatry 54: 65-67, 1991
18. **N. MAFFULLI**, *V. Testa, G. Capasso*. Glove perforation in foot surgery. Foot & Ankle 11: 228-230, 1991
19. **N. MAFFULLI**, *E. Pintore, F. Petricciuolo*. Arthroscopic wounds: to suture or not to suture. Acta Orthopaedica Belgica 57: 154-156, 1991
20. **N. MAFFULLI**, *F. Petricciuolo, E. Pintore*. Lateral meniscal cyst: arthroscopic management. Medicine and Science in Sports and Exercise 23: 779-782, 1991
21. **N. MAFFULLI**, *G. Capasso, V. Testa*. Spinal anaesthesia for day case surgery in sportspersons and sedentary patients. Canadian Journal of Sport Sciences 16: 200-203, 1991
22. **N. MAFFULLI**, *V. Testa, A. Lancia, G. Capasso, S. Lombardi*. Indices of sustained aerobic power in young middle distance runners. Medicine and Science in Sports and Exercise 23: 1090-1096, 1991
23. *A.J. Gibbon, N. MAFFULLI, J.A. Fixsen*. Bilateral horizontal pelvic osteotomy in bladder exstrophy. Journal of Bone and Joint Surgery (British Volume) 73-B: 896-898, 1991
24. **N. MAFFULLI**, *J.A. Fixsen*. Fibular hypoplasia with absence of the lateral rays of the foot. Journal of Bone and Joint Surgery (British Volume) 73-B: 1002-1004, 1991
25. **N. MAFFULLI**, *G. Capasso, A. Lancia*. Anaerobic threshold and performance in middle and long distance running. Journal of Sports Medicine and Physical Fitness 31: 332-338, 1991
26. **N. MAFFULLI**, *V. Testa, G. Capasso*. Glove perforation in hand surgery. Journal of Hand Surgery (American Volume) 16-A: 1034-1037, 1991
27. *D. Chan, M.J. Aldridge, N. MAFFULLI, A.M. Davies*. Chronic stress injuries of the elbow in young gymnasts. British Journal of Radiology 64: 1113-1118, 1991
28. **N. MAFFULLI**, *V. Testa*. Competitive marathon training. Journal of Human Movement Studies 20: 229-237, 1991
29. **N. MAFFULLI**, *V. Testa, G. Capasso*. Achilles tendon rupture in athletes: histochemistry of the triceps surae muscle. Journal of Foot Surgery 30: 529-533, 1991
30. *B. Arena, N. MAFFULLI, I. Vocaturo, G. Scognamiglio*. Incidence of glove perforation during caesarean section. Annales Chirurgiae et Gynaecologiae 80: 377-380, 1991
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33. **N. MAFFULLI**, *D. Chan, M.J. Aldridge*. Overuse injuries of the olecranon in young gymnasts. Journal of Bone and Joint Surgery (British Volume) 74-B: 305-308, 1992
34. **N. MAFFULLI**, *G. Capasso, V. Testa, L. Borrelli*. Histochemistry of the triceps surae muscle in idiopathic congenital clubfoot. Foot & Ankle 13: 80-84, 1992
35. **N. MAFFULLI**, *J.A. Fixsen, A.M. Jackson*. Muscular strength in idiopathic haemihypertrophy. Clinical Physiology 12: 135-143, 1992
36. **N. MAFFULLI**, *D. Chan, M.J. Aldridge*. Derangement of the articular surfaces of the elbow in young gymnasts. Journal of Pediatric Orthopaedics 12: 344-350, 1992
37. *G. Capasso*, **N. MAFFULLI**, *V. Testa*. Is it possible to perform a causal treatment in osteoarthritis? Clinical experiences using intra-articular aprotinin. Il Reumatologo (in Italian) 2: 55-58, 1992
38. **N. MAFFULLI**, *R. Regine, F. Carrillo, S. Minelli, T. Beaconsfield*. Ultrasound scan in knee pain in athletes. British Journal of Sports Medicine 26: 93-96, 1992
39. *B. Arena*, **N. MAFFULLI**, *I. Vocaturo, G. Scognamiglio*. Incidence of glove perforation during episiotomy repair. Archives of Gynaecology and Obstetrics 251: 111-114, 1992
40. *G. Capasso*, **N. MAFFULLI**, *V. Testa*. Inter- and intra-tester reliability of radiographic measurements of spondylolisthesis. Acta Orthopaedica Belgica 58: 188-192, 1992
41. *E. Pintore*, **N. MAFFULLI**, *F. Petricciuolo*. Interlocking nailing for fractures of femur and tibia. Injury 23: 381-387, 1992
42. *C.F. Montagnani, B. Arena*, **N. MAFFULLI**. Estradiol and progesterone during exercise in healthy untrained women. Medicine and Science in Sports and Exercise 24: 764-768, 1992
43. *G. Capasso*, **N. MAFFULLI**, *V. Testa, A. Sgambato*. Irritable hip: frequency and diagnostic implications for screening. Minerva Ortopedica (in Italian) 43: 713-716, 1992
44. *T.H. Hughes*, **N. MAFFULLI**, *J.A. Fixsen*. Ultrasonographic appearance of regenerate bone in limb lengthening. Journal of the Royal Society of Medicine 86: 18-21, 1993
45. *A. Baxter-Jones*, **N. MAFFULLI**, *P. Helms*. Low injury rates in elite athletes. Archives of Disease in Childhood 68: 130-132, 1993
46. **N. MAFFULLI**, *R.C. Pattinson, J.A. Fixsen*. Lengthening of congenital limb length discrepancy using callotaxis: the early experience of the Hospital for Sick Children. Annals of the Royal College of Surgeons of England 75: 105-110, 1993
47. **N. MAFFULLI**, *B. Arena*. Menstrual cycle and performance in female athletes. Obstetrics and Gynaecology Today 4: 6-9, 1993
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49. *G. Capasso, N. MAFFULLI, V. Testa, A. Sgambato.* Preliminary results with peritendinous protease inhibitor injections in the management of Achilles tendinitis. Journal of Sports Traumatology and Related Research 15: 37-43, 1993
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51. *P.M. Binfield, N. MAFFULLI, J.B. King.* Patterns of meniscal tears associated with anterior cruciate ligament lesions in athletes. Injury 24: 557-561, 1993
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53. *N. MAFFULLI, P.M. Binfield, J.B. King.* Meniscal tears associated with anterior cruciate ligament deficiency in athletes. International Journal of Orthopaedic Trauma 3: 122-123, 1993
54. *N. MAFFULLI, P.M. Binfield, J.B. King, C.J. Good.* Acute haemarthrosis of the knee in athletes. A prospective study of 106 cases. Journal of Bone and Joint Surgery (British Volume) 75-B: 945-949, 1993
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56. *N. MAFFULLI, V. Testa, G. Capasso.* Post-viral fatigue syndrome. A longitudinal assessment in varsity athletes. Journal of Sports Medicine and Physical Fitness 33: 392-399, 1993
57. *N. MAFFULLI, R. Greco, L. Greco, D. D'Alterio.* Treadmill exercise in Neapolitan children and adolescents. Acta Paediatrica 83: 106-112, 1994
58. *N. MAFFULLI, J.B. King, P. Helms.* Training in elite young athletes (the training of young athletes (TOYA) study): injuries, flexibility and isometric strength. British Journal of Sports Medicine 28: 123-136, 1994
59. *P. Korkia, D.S. Tunstall-Pedoe, N. MAFFULLI.* An epidemiological investigation of training and injury patterns in British triathletes. British Journal of Sports Medicine 28: 191-196, 1994
60. *I. Minty, N. MAFFULLI, T.H. Hughes, D.G. Shaw, J.A. Fixsen.* Radiographic features of limb lengthening in children. Acta Radiologica 35: 555-559, 1994
61. *G. Capasso, V. Testa, N. MAFFULLI, P.R.J. Ames.* Molded arthroplasty and transfer of extensor hallucis brevis tendon: a modification of Keller-Lelievre operation. Clinical Orthopaedics and Related Research 308: 43-49, 1994
62. *U. Nele, N. MAFFULLI, E. Pintore.* Biomechanics of radio-transparent circular external fixators. Clinical Orthopaedics and Related Research 308: 68-72, 1994
63. *N. MAFFULLI, V. Testa, G. Capasso.* Anaerobic threshold determination in master endurance runners. Journal of Sports Medicine and Physical Fitness 34: 242-249, 1994
64. *N. MAFFULLI, A. Thornton.* Ultrasonographic appearance of external callus in long bone fractures. Injury 26: 5-12, 1995

65. **N. MAFFULLI, J.A. Fixsen.** Muscular strength following callotaxis limb lengthening. Journal of Pediatric Orthopaedics 15: 212-216, 1995
66. **A. Baxter-Jones, P. Helms, N. MAFFULLI, J.C. Baines-Preece, M. Preece.** Growth and development of male gymnasts, swimmers, soccer and tennis players: a longitudinal study. Annals of Human Biology 22: 381-394, 1995
67. **D.S. Urquhart, G.R. McLatchie, N. MAFFULLI, J.D. Hutchison.** Quality adjusted sporting years: a method of outcome measurement. Sports Exercise and Injury 2: 43-45, 1996
68. **G. Pagnotta, N. MAFFULLI, S. Aureli, E. Maggi, M. Mariani, K.M.H. Yip.** Antenatal sonographic diagnosis of club foot: a six year experience. Journal of Foot and Ankle Surgery 35: 67-71, 1996
69. **V. Testa, N. MAFFULLI, G. Capasso, G. Bifulco** Percutaneous longitudinal tenotomy in chronic Achilles tendonitis. Bulletin of the Hospital for Joint Diseases 54: 241-244, 1996
70. **N. MAFFULLI, J.A. Fixsen.** Management of forme fruste fibular hemimelia. Journal of Pediatric Orthopaedics (Part B) 5: 17-19, 1996
71. **N. MAFFULLI, C. Lombardi, L. Matarazzo, U. Nele, G. Pagnotta, J.A. Fixsen.** A review of 240 patients undergoing distraction osteogenesis for congenital, post-traumatic or post-infective lower limb length discrepancy. Journal of the American College of Surgeons 182: 394-402, 1996
72. **R.C.T. Li, Y. Wu, N. MAFFULLI, K.M. Chan, J. Chan.** Eccentric and concentric isokinetic knee flexion and extension: a reliability study using the Cybex 6000 dynamometer. British Journal of Sports Medicine 30: 156-160, 1996
73. **R.C.T. Li, N. MAFFULLI, Y.C. Hsu, K.M. Chan.** Isokinetic strength of the quadriceps and hamstrings and functional ability of anterior cruciate deficient knee in recreational athletes. British Journal of Sports Medicine 30: 161-164, 1996
74. **N. MAFFULLI, R. Porter, S. D'Costa, P. Smail, S.P. Robins, F. Smith.** Limb lengthening by intra-epiphyseal administration of growth hormone. Italian Journal of Orthopaedics and Traumatology 22: 261-267, 1996
75. **N. MAFFULLI, R.C. Bundoc, K.M. Chan, J.C.Y. Cheng.** Paediatric sports injuries in Hong Kong: a seven year survey. British Journal of Sports Medicine 30: 218-221, 1996
76. **T.W. Dougall, R. Duthie, N. MAFFULLI, J.D. Hutchison.** Antibiotic prophylaxis. Theory and reality in orthopaedics. Journal of the Royal College of Surgeons of Edinburgh 41: 321-322, 1996
77. **N. MAFFULLI, K.M.H. Yip, J.E. Cowman, K.M. Chan.** Ender's nailing for ipsilateral femoral shaft fractures after Austin-Moore hemiarthroplasty. Journal of Trauma 42: 20-26, 1997
78. **N. MAFFULLI, K.M. Chan, R.C. Bundoc, J.C.Y. Cheng.** Knee arthroscopy in Chinese children and adolescents: an eight-year prospective study. Arthroscopy 13: 18-23, 1997
79. **N. MAFFULLI, M.G. Kenward, A.S. Irwin, R.W. Porter.** Assessment of late results of surgery in talipes equino-varus: a reliability study. European Journal of Pediatrics 156: 317-319, 1997



80. *E. Lee, N. MAFFULLI, C.K. Li, K.M. Chan.* Pulsed magnetic and electromagnetic fields in experimental Achilles tendonitis in the rat: a prospective randomised study. Archives of Physical Medicine and Rehabilitation 78: 399-404, 1997
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86. *B. Chan, K.M. Chan, N. MAFFULLI, S. Webb, K.K.H. Lee.* Effect of basic fibroblast growth factor. An *in vitro* study of tendon healing. Clinical Orthopaedics and Related Research 342: 239-247, 1997
87. *N. MAFFULLI, V. Testa, G. Capasso, F. Bifulco, P.M. Binfield.* Results of percutaneous longitudinal tenotomy in Achilles tendinopathy in middle- and long-distance runners. American Journal of Sports Medicine 25: 835-840, 1997
88. *J.S. Moir, A.G. Sutherland, N. MAFFULLI.* International orthopaedic journals: a 15-year review. Journal of Bone and Joint Surgery (British Volume) 80: 6-7, 1998
89. *S.H. Yung, C.Y. Lam, K.Y. Choi, K.W. Ng, N. MAFFULLI, J.C.Y. Cheng.* Percutaneous intramedullary Kirschner wiring for displaced diaphyseal forearm fractures in children. Journal of Bone and Joint Surgery (British Volume) 80: 91-94, 1998
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91. *N. MAFFULLI, A.S. Irwin, M.G. Kenward, F. Smith, R.W. Porter.* Achilles tendon rupture and sciatica: a possible correlation. British Journal of Sports Medicine 32: 174-177, 1998
92. *J.C.Y. Cheng, S.S.S.F. Leung, W.T.K. Lee, J.T.F. Lau, N. MAFFULLI, A.Y.K. Cheung, K.M. Chan.* Determinants of axial and peripheral bone mass in Chinese adolescents. Archives of Disease in Childhood 78: 524-530, 1998
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95. *J. N'Dow, K. N'Dow, N. MAFFULLI, G. Page.* The suspected scaphoid fracture. How useful is a unit policy? Bulletin of the Hospital for Joint Diseases 57: 93-95, 1998
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98. *K.J. Stewart, B. Weyand, R.J. van't Hof<sup>†</sup>, S.A. White, G.O. Lvoff, N. MAFFULLI, M.D. Poole.* A quantitative analysis of the effect of insulin-like growth factor-1 infusion during mandibular distraction osteogenesis in rabbits. British Journal of Plastic Surgery 52: 343-350, 1999
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100. *N. MAFFULLI, J.C.Y. Cheng, A. Sher, B.K.W. Ng, E. Ng.* Bone mineralisation at the callotasis site after completion of lengthening. Bone 25: 333-338, 1999
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*Joint Surgery (British and American Volumes), Clinical Orthopaedics and Related Research and Acta Orthopaedica Scandinavica. Journal of Bone and Joint Surgery (British Volume) 82: 9-10, 2000*

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## PAPERS IN PRESS

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- F. Franceschi, E. Franceschetti, A. Palumbo, B. Zampogna, M. Paciotti, **N. MAFFULLI**, R. Papalia, V. Denaro. Individual shoulder anatomy and degenerative rotator cuff tear. Comparison of radiographic parameters of 800 patients with rotator cuff tear and 800 non affected. Knee Surgery Sports Traumatology Arthroscopy 24 (Suppl 1): S208, 2016
- A.L. Godoy-Santos, T. Diniz-Fernandes, V. Capellozzi, W. Teodoro, M.C. Santos, P. Pontin, C. Pereira, **N. MAFFULLI**. Posterior tibial tendinopathy: Correlation between MMP 1 and 8 polymorphism and changes in composition. Foot and Ankle Surgery 22 (suppl 1): 22, 2016

## **ORAL PRESENTATIONS AND PROCEEDINGS**

- F. Lepore, B. Migliore, G. Carlini, L. Lepore, N. MAFFULLI.* Technical aspects of goggles presently in use in some swimming pools. Proceedings of the 4th World Congress of Ergoophthalmology, 14 May 1985, 301-304, Sorrento, Italy
- F. Lepore, B. Migliore, G. Carlini, L. Lepore, N. MAFFULLI.* Ocular problems in Italian swimmers. Proceedings of the 4th World Congress of Ergoophthalmology, 14 May 1985, 305-309, Sorrento, Italy
- N. MAFFULLI, P. Helms.** Sports injuries in intensively trained young athletes. The first year of the T.O.Y.A. Study. Proceeding of the 1989 International Congress of The British Institute of Sports Coaches 'The Growing Child in Competitive Sport'. G. Cooke (ed.) 81-88, 1990
- N. MAFFULLI, P. Helms.** Injuries in elite young athletes. British Paediatric Association 62nd Annual Meeting. British Paediatric Rheumatology Group
- J.A. Fixsen, N. MAFFULLI, A.J. Gibbon.* Bilateral horizontal pelvic osteotomy in bladder exstrophy. European Pediatric Orthopaedic Society. 18th March 1991, Paris, France
- N. MAFFULLI, P. Helms.** Two year prevalence of musculoskeletal injuries in elite young athletes. British Paediatric Association 63rd Annual Meeting. British Paediatric Rheumatology Group. 16-19 April 1991, University of Warwick
- N. MAFFULLI, T. Hughes, J.A. Fixsen.** Ultrasonographic appearance of regenerate bone in limb lengthening. Royal Society of Medicine. Section of Orthopaedics. 4th February 1992, London
- N. MAFFULLI, P.M. Binfield, J.B. King.** Patterns of meniscal tears in anterior cruciate deficient knees. Annual Congress. British Association of Sports and Medicine. 27th September 1992, Lilleshall Hall, Shropshire
- P. Korkia-Kenward, D.S. Tunstall-Pedoe, N. MAFFULLI.* Training and injury patterns in triathletes. Annual Congress. British Association of Sports and Medicine. 27th September 1992, Lilleshall, Shropshire
- N. MAFFULLI, P.M. Binfield, J.B. King, C.J. Good.** Acute knee haemarthrosis: a prospective study in athletes. Royal Society of Medicine. Section of Orthopaedics. 6th April 1993, London
- A.S. Irwin, N. MAFFULLI, R.W. Porter, F. Smith.* Tendo Achillis rupture and prolapsed intervertebral disc. A possible association? North of Scotland Orthopaedic Association. 14 May 1994, Aberdeen
- A.D.G. Baxter-Jones, P. Helms, N. MAFFULLI, M. Preece.* Growth and development of male athletes. British Paediatric Association 67th Annual Meeting. British Paediatric Endocrinology Group. 21-24 March 1995, University of York
- N. MAFFULLI, R. Porter, S. D'Costa, P. Smail, S.P. Robins, F. Smith.** Limb lengthening by intra-epiphyseal administration of growth hormone. International Congress on Orthopaedics. 9-14 October 1995, Qingdao, China
- B.P. Chan, K.M. Chan, N. MAFFULLI, S. Webb, K.K.H. Lee.* The effects of basic fibroblast growth factor (bFGF) on patellar tendon fibroblasts. A preliminary study on tendon healing. 5th International Conference on Physiological Chemistry and Nutrition in Exercise and Training. 12-16 October 1995, Beijing, China
- K.M. Chan, B. Chan, N. MAFFULLI.* The effect of basic fibroblast growth factor in tendon healing. An in vitro model. 2<sup>nd</sup> World Congress on Sports Trauma, 16-20 June 1996, Orlando, Florida.
- N. MAFFULLI, J.C.Y. Cheng, A. Sher, T.P. Lam.** Different patterns of bone mineral accretion in callotaxis lengthening of the lower limb. Western Pacific Orthopaedic Association 11th Triennial Congress. 12-14 November 1995, Hong Kong
- J.C.Y. Cheng, N. MAFFULLI, A. Sher, T.P. Lam.* Can we predict the bone mineral accretion in callotaxis lengthening? Annual Meeting of the Pediatric Orthopaedic Society of North America. 14-17 May 1997, Banff, Alberta, Canada

- N. MAFFULLI, C.K. Li, K.M. Chan.** Healing of the patellar tendon donor site after removal of the central third. A biomechanical and biochemical comparison between 'closed' and 'open' procedure. Western Pacific Orthopaedic Association 11th Triennial Congress. 12-14 November 1995, Hong Kong
- N. MAFFULLI, K.M.H. Yip, J.E. Cowman, K.M. Chan.** Ender nailing for ipsilateral femoral fractures after Austin-Moore hemiarthroplasty for femoral neck. Hong Kong Orthopaedic Association 15th Annual Congress. 15-16 November 1995, Hong Kong
- E.E.H. Chen, N. MAFFULLI, P.M. Binfield, K.M. Chan.* Analysis of knee injury pattern: comparing sports injury with non-sports injury. Hong Kong Orthopaedic Association 15th Annual Congress. 15-16 November 1995, Hong Kong
- N. MAFFULLI, E.W.C. Lee, K.M. Chan.** Effects of pulsed magnetic and electromagnetic fields on experimental *in vivo* acute Achilles tendonitis in the rat. Asian Federation of Sports Medicine 2nd Congress, 24-27 January 1996, Manila, Philippines
- N. MAFFULLI, Y. Wu, R.C.T. Li, K.M. Chan, J.L.C. Chan.** Relationship between isokinetic concentric and eccentric contraction modes in the knee flexor and extensor muscle groups. Asian Federation of Sports Medicine 2nd Congress, 24-27 January 1996, Manila, Philippines
- N. MAFFULLI, K.M. Chan, R. Bundoc, J.C.Y. Cheng.** Knee arthroscopy in Chinese children and adolescents: a seven year prospective study. Asian Federation of Sports Medicine 2nd Congress, 24-27 January 1996, Manila, Philippines
- N. MAFFULLI, K.M. Chan, R. Bundoc, C.K. Li, J.C.Y. Cheng.** Paediatric sports injuries in Hong Kong: a seven year prospective study. Asian Federation of Sports Medicine 2nd Congress, 24-27 January 1996, Manila, Philippines
- N. MAFFULLI, V. Testa, G. Capasso.** Short term results of percutaneous longitudinal tenotomy in Achilles tendonitis in middle and long distance runners. 2<sup>nd</sup> World Congress on Sports Trauma, 16-20 June 1996, Orlando, Florida
- S.W. Waterston, J. Reaper, A.K. MacFarland, S.W. Ewen, N. MAFFULLI.* Characterisation of wound healing response using an *in vitro* model of tendon healing. 8<sup>th</sup> ESSKA Congress, 29 April – 2 May 1998, Nice, France
- S.W. Waterston, J. Reaper, A.K. MacFarland, S.W. Ewen, N. MAFFULLI.* Characterisation of wound healing response using an *in vitro* model of tendon healing. 2<sup>nd</sup> International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Congress, 30 April - 3 June 1999, Washington, USA
- K.J. Stewart, B. Weyand, R. J. van 't Hof, S. A. White, G. O. Lvoff, N. MAFFULLI, M. D. Poole.* A histomorphometric analysis of IGF-1 infusion during mandibular distraction osteogenesis in rabbits. European Conference of Scientists and Plastic Surgeons, 9-10 October 1998, London, England
- S. Rose, J. Bruce, N. MAFFULLI.* Orthopaedic information on the Internet: the patients' experience. The 3rd Annual World Conference on the Internet in Medicine (MEDNET 98) 16-19 November 1998, London, England
- N. MAFFULLI, S. Rose, J. Bruce, N. MAFFULLI.** Information about knee injuries on the Internet. Third World Congress on Orthopaedic Sports Trauma. Western Pacific Orthopaedic Association, Gold Coast, Australia, 10-13 April 2000
- N. MAFFULLI, J.C.Y. Cheng, A. Sher, T.P. Lam.** Bone mineral content and bone mineral density at the callotasis site after completion of lengthening: a longitudinal study. Fourth Congress of the European Federation of Orthopaedics and Traumatology, Bruxelles, Belgium, 3-8 June 1999
- D. Chesney, S. Barker, L. Sharp, N. MAFFULLI.* Variation in management and outcome in 215 Scottish children with idiopathic talipes equinovarus. 19<sup>th</sup> Meeting of the European Pediatric Orthopaedic Society. Milan, Italy, 5-8 April 2000
- S. Barker, D. Chesney, Z. Miedzybrodzka, L. Sharp, N. Haites, N. MAFFULLI.* Epidemiological and genetic factors in idiopathic CTEV: a cousin control study. 19<sup>th</sup> Meeting of the European Pediatric Orthopaedic Society. Milan, Italy, 5-8 April 2000
- D. Chesney, S. Barker, L. Sharp, N. Haites, N. MAFFULLI.* Seasonal variation in the incidence of CTEV in the UK population. 19<sup>th</sup> Meeting of the European Pediatric Orthopaedic Society. Milan, Italy, 5-8 April 2000

- N. MAFFULLI**, C. Tallon, S.W.B. Ewen. From tendinopathy to rupture: is there a gradient? Third Biannual Meeting of the Magellan Orthopaedic Society. Gold Coast, Queensland, Australia, 7-9 April 2000
- N. MAFFULLI**, R. Bleakney, F. Gilbert. Enforced detraining following intramedullary nailing of the lower limb produces architectural changes in the quadriceps. Third Biennial Meeting of the Magellan Orthopaedic Society. Gold Coast, Queensland, Australia, 7-9 April 2000
- L.L.K. Fu, **N. MAFFULLI**, K.M. Chan. Intra-articular hyaluronic acid following immobilization for 6 weeks in rabbits may enhance recovery from degenerative joint disease. Third Biennial Meeting of the Magellan Orthopaedic Society. Gold Coast, Queensland, Australia, 7-9 April 2000
- N. MAFFULLI**, C. Tallon, S.W.B. Ewen. Histology of Achilles tendon rupture and tendinopathy: is there a gradient? Third Biennial Meeting of the Magellan Orthopaedic Society. Gold Coast, Queensland, Australia, 7-9 April 2000
- N. MAFFULLI**, F. Benazzo, M. Mosconi, G. Zanoni. Ultrastructural features and studies of surgical outcome for Achilles tendinopathy. Third World Congress on Orthopaedic Sports Trauma. Western Pacific Orthopaedic Association, Gold Coast, Australia, 10-13 April 2000
- N. MAFFULLI**. Patellar tendinopathy: clinical and biological aspects. Third World Congress on Orthopaedic Sports Trauma. Western Pacific Orthopaedic Association, Gold Coast, Australia, 10-13 April 2000
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- S.M. Kumta, **N. MAFFULLI**. Local flap coverage for soft tissue defects following open repair of Achilles tendon rupture. Third World Congress on Orthopaedic Sports Trauma. Western Pacific Orthopaedic Association, Gold Coast, Australia, 10-13 April 2000
- N. MAFFULLI**, V. Barrass, S.W.B. Ewen. Histology of Achilles tendon ruptures. A comparison with unruptured tendons. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- N. MAFFULLI**. Apophyseal injuries of the pelvis and lower extremities. 7<sup>th</sup> International Conference in Orthopaedics, Biomechanics, Sports Rehabilitation. Assisi, Italy, 21-23 November 2003. Abstract Book: 29.
- N. MAFFULLI**. Complications of muscle injuries. 7<sup>th</sup> International Conference in Orthopaedics, Biomechanics, Sports Rehabilitation. Assisi, Italy, 21-23 November 2003. Abstract Book: 51.
- A.D. Toms, **N. MAFFULLI**, A.McMurtrie, F. Oliva. Percutaneous plating of distal tibial fractures. Annual Congress of the British Orthopaedic Association. Manchester, England, 15-17 September 2004.
- M.K. Sayana, B.J. Davis, B. Kapoor, A. Rahmatalla, **N. MAFFULLI**. Fracture strain and stability following additional diaphyseal interlocking screw in tibial nailing. A biomechanical study. Annual Scientific Meeting of the British Trauma Society. Athens, Greece, 12-15 October 2005.
- N. MAFFULLI**, W.B. Leadbetter. Free gracilis tendon graft in chronic tears of the Achilles tendon. American Academic of Orthopaedic Surgeons. Chicago, USA, 22-26 March, 2006.
- S. Bridgman, P.J.R. Richards, G. Walley, G. Mackenzie, D. Clement, D. Griffiths, P. Croft, I. McCall, **N. MAFFULLI**. Does magnetic resonance imaging (MRI) reduce arthroscopy rates in patients awaiting knee arthroscopy? A randomised controlled trial. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- G. Walley, S. Bridgman, D. Clement, D. Griffiths, G. MacKenzie, **N. MAFFULLI**. Sub-vastus versus medial parapatellar arthrotomy for total knee replacement (SMAK). Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006

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G. Walley, S. Bridgman, G. MacKenzie, D.J. Clement, D. Griffiths, **N. MAFFULLI**. Sub-vastus approach versus the medial parapatellar approach in primary total knee: a controlled trial. 7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Osaka, Japan, 5-9 April 2009

**N. MAFFULLI**, V. Testa, G. Capasso, S. Ewen, A. Sullo, F. Bennazzo, J.B. King. Similar histopathological picture in males with Achilles and patellar tendinopathy. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006

M. Magra, S. Hughes, A. El Haj, **N. MAFFULLI**. A close look at the human tendon: basic biology; gene, protein, and electrophysiological expression of ion channels. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006

B. Kapoor, C. Dunlop, C. Wynne-Jones, A.A. Fryer, R.C. Strange, **N. MAFFULLI**. Vitamin D and oestrogen receptor polymorphisms in developmental dysplasia of the hip and primary protrusio acetabuli. Annual Congress of the British Orthopaedic Association. Glasgow, Scotland, 26-29 September 2006.

J.D. Rompe, B. Nafe, J. Furia, **N. MAFFULLI**. Eccentric loading, shock wave treatment, or a wait-and-see policy for tendinopathy of the main body of tendo Achillis: a randomized controlled trial. American Academy of Orthopaedic Surgeons. San Diego, California, USA, 14-18 February 2007.

M. Deighan, A. Neville, **N. MAFFULLI**, N. Gleeson, J. Cheng. Normalized knee peak torque for differences in body size in 12/13 year olds. 6<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Florence, Italy, 28-31 May 2007

M. Magra, S. Hughes, A. El Haj, **N. MAFFULLI**. Ion channels in human tenocytes. 7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Florence, Italy, 28-31 May 2007

J.D. Rompe, B. Nafe, J. Furia, **N. MAFFULLI**. Non-invasive treatment options for the management of recalcitrant chronic Achilles tendinopathy. 6<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Florence, Italy, 28-31 May 2007

F. Franceschi, U.G. Longo, L. Ruzzini, F. Battistoni, S. Morini, G. Dicuonzo, **N. MAFFULLI**, V. Denaro. Circulating substance P levels and shoulder joint contracture after arthroscopic repair of the rotator cuff. International Symposium on Ligaments and Tendons. Stanford, California, USA. 1 March 2008

F. Franceschi, U.G. Longo, L. Ruzzini, G. Rizzello, A. Marinozzi, **N. MAFFULLI**, V. Denaro. Single row or double row suture anchor repair for rotator cuff tears? A randomised controlled trial. American Academic of Orthopaedic Surgeons. San Francisco, USA, 5-9 March, 2008

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F. Franceschi, U.G. Longo, L. Ruzzini, G. Rizzello, A. Marinozzi, **N. MAFFULLI**, V. Denaro. Clinical results of arthroscopic rotator cuff repair of rotator cuff tears associated with Type II SLAP lesions. *American Academic of Orthopaedic Surgeons*. San Francisco, USA, 5-9 March, 2008

**N. MAFFULLI**, M. Ronga, E. Karousou, D. Vigetti, A. Passi. Gene expression and protein analysis in human Achilles tendon rupture: a comparison between ruptured and macroscopically healthy areas. *American Orthopaedic Foot and Ankle Society at the American Academic of Orthopaedic Surgeons*. San Francisco, USA, 5-9 March, 2008

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M. Ronga, E. Karousou, D. Vigetti, A. Passi, **N. MAFFULLI**. Gene expression and protein analysis in human Achilles tendon rupture. *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Osaka, Japan, 5-9 April 2009

F. Franceschi, U.G. Longo, L. Ruzzini, G. Rizzello, **N. MAFFULLI**, V. Denaro. Simultaneous arthroscopic implantation of autologous chondrocytes and high tibial osteotomy for chondral defects in the varus knee. *5<sup>th</sup> World Congress of Sports Trauma*. Hong Kong, China, 11-13 April 2008

F. Franceschi, U.G. Longo, L. Ruzzini, G. Rizzello, **N. MAFFULLI**, V. Denaro. The Roman Bridge: a "double pulley - suture bridges" technique for rotator cuff repair. *5<sup>th</sup> World Congress of Sports Trauma*. Hong Kong, China, 11-13 April 2008

F. Franceschi, U.G. Longo, L. Ruzzini, F. Battistoni, S. Morini, G. Dicunzio, **N. MAFFULLI**, V. Denaro. Circulating substance P levels and shoulder joint contracture after arthroscopic repair of the rotator cuff. *5<sup>th</sup> World Congress of Sports Trauma*. Hong Kong, China, 11-13 April 2008

I. Starks, S. Cooke, **N. MAFFULLI**, P. Roberts. Changing antibiotic prophylaxis for femoral neck fracture surgery reduces post operative infection with *Clostridium difficile*. *British Trauma Society Annual Clinical Meeting, Nottingham*, 4-5 October 2007

I. Starks, G. Ayub, G. Walley, J. Orendi, P. Roberts, **N. MAFFULLI**. Reduced duration of cephalosporin prophylaxis for femoral neck fracture surgery is associated with a lower rate of *Clostridium difficile*-associated disease. *AOUK Annual Meeting, Alton Towers*, 4 November 2007

I. Starks, G. Ayub, G. Walley, J. Orendi, P. Roberts, **N. MAFFULLI**. Reduced duration of cephalosporin prophylaxis for femoral neck fracture surgery is associated with a lower rate of *Clostridium difficile*-associated disease. *European Hip Society*, Madrid, Spain, 11-13 June 2008

F. Oliva, A. Grasso, **N. MAFFULLI**. Gene expression in calcific tendinopathy of human rotator cuff. *Congress of the European Society for Surgery of the Shoulder and Elbow*, Brugge, Belgium, 17-20 September 2008

A. Grasso, F. Oliva, **N. MAFFULLI**. Gene expression in calcific tendinopathy of human rotator cuff. *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Osaka, Japan, 5-9 April 2009

P. Bagnaninchi, Y. Yang, G.D. Maffulli, R. Wang, A. El Haj, **N. MAFFULLI**. Polarization sensitive optical coherence tomography evaluation of intratendinous changes in ruptured and tendinopathic Achilles tendons. *International Symposium of Ligament and Tendons*, Las Vegas, USA, 21 February 2009

F. Franceschi, U.G. Longo, L. Ruzzini, **N. MAFFULLI**, V. Denaro. Is it useful to restore the footprint with a double row suture anchor repair for rotator cuff tears? *Annual Meeting of the American Academy of Orthopaedic Surgeons*, Las Vegas, USA, 25-28 February 2009

F. Franceschi, U.G. Longo, L. Ruzzini, G. Rizzello, **N. MAFFULLI**, V. Denaro. How to manage a patient over 50 with a type 2 SLAP lesion and a rotator cuff tear? *Annual Meeting of the American Academy of Orthopaedic Surgeons*, Las Vegas, USA, 25-28 February 2009

F. Franceschi, U.G. Longo, L. Ruzzini, G. Rizzello, R. Papalia, **N. MAFFULLI**, V. Denaro. How to manage a type 2 SLAP lesion when associated with a rotator cuff tear in patients over 50 with? *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Osaka, Japan, 5-9 April 2009

J.D. Rompe, J. Furia, **N. MAFFULLI**. Insertional Achilles tendinopathy: eccentric loading versus radial shock wave treatment. *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Osaka, Japan, 5-9 April 2009

- U.G. Longo, F. Franceschi, L. Ruzzini, G. Ruzzini, **N. MAFFULLI**, V. Denaro. Histopathology of the supraspinatus tendon in rotator cuff tears. *7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Osaka, Japan, 5-9 April 2009
- F. Forriol, U.G. Longo, E. Alvarez, S. Campi, P. Ripalda, **N. MAFFULLI**, V. Denaro. Osteochondral allografts preserved under different conditions. Effect of the temperature and cryopreservation with dimethyl sulfoxide. An experimental study in sheep. *11<sup>th</sup> EFORT Congress*. Madrid, Spain, 2-5 June 2010.
- L. Ruzzini, U.G. Longo, F. Franceschi, **N. MAFFULLI**, V. Denaro. Effects of dihydrotestosterone on cultured human tenocytes from intact supraspinatus tendon. *Annual Meeting of the American Academy of Orthopaedic Surgeons*, San Diego, USA, 15-19 February 2011
- F. Franceschi, R. Papalia, A. Del Buono, A. Palumbo, S. Vasta, **N. MAFFULLI**, V. Denaro. Which repair for partial rotator cuff tears? *Annual Meeting of the American Academy of Orthopaedic Surgeons*, San Diego, USA, 15-19 February 2011
- R. Castricini, U.G. Longo, M. De Benedetto, N. Panfoli, P. Pirani, R. Zini, **N. MAFFULLI**, V. Denaro. Platelet-rich fibrin matrix augmentation for arthroscopic rotator cuff repair: a randomised controlled trial. *Annual Meeting of the American Academy of Orthopaedic Surgeons*, San Diego, USA, 15-19 February 2011
- C. Nery, F. Raduan, A. Del Buono, I.D. Asaumi, M. Cohen, **N. MAFFULLI**. Arthroscopic-assisted Broström-Gould for chronic ankle instability: a long term follow-up. *Annual Meeting of the American Academy of Orthopaedic Surgeons*, San Francisco, USA, 7-10 February 2012
- L. Osti, R. Papalia, A. Del Buono, F. Barca, **N. MAFFULLI**, V. Denaro. Arthroscopic treatment of the arthritic ankle of the soccer player at the end of his career: is it worth? *World Sports Trauma Congress*, London, England, 17-20 October 2012
- R. Papalia, F. Franceschi, B. Zampogna, S. Carni, L. Diaz, S. Vasta, **N. MAFFULLI**, V. Denaro. Utilization of PRP in Orthopaedic practice: clinical and biological analysis of therapeutic effectiveness. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- P. Rocco, F. Franceschi, G. Rizzello, A. Del Buono, S. Vasta, B. Zampogna, **N. MAFFULLI**, V. Denaro. Anteromedial portal versus transtibial drilling techniques in ACL reconstruction: what is the clinical and radiographic relevance? *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, A. Del Buono, **N. MAFFULLI**, V. Denaro. Early efficacy of pulsed electromagnetic fields in the management of rotator cuff tear. A randomized controlled trial. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- F. Franceschi, R. Papalia, S. Vasta, B. Zampogna, A. Del Buono, A. Palumbo, S. D'Adamio, **N. MAFFULLI**, V. Denaro. Accelerated rehabilitation after rotator cuff repair: does double row repair lower the risk for re-tear? *Annual Meeting of the American Academy of Orthopaedic Surgeons*. Chicago, USA, 19-23 March 2013
- R. Papalia, F. Franceschi, G. Rizzello, A. Del Buono, E. Franceschetti, S. Vasta, B. Zampogna, **N. MAFFULLI**, V. Denaro. Anteromedial vs transtibial portal in ACL reconstruction: clinical and radiographic relevance. *Annual Meeting of the American Academy of Orthopaedic Surgeons*. Chicago, USA, 19-23 March 2013
- F. Franceschi, R. Papalia, A. Del Buono, A. Palumbo, S. Campi, S. Vasta, B. Zampogna, E. Franceschetti, **N. MAFFULLI**, V. Denaro. Are platelet rich plasma injections effective after arthroscopic rotator cuff tear repair. *9<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Toronto, Canada, 12-16 May 2013
- F. Franceschi, R. Papalia, A. Del Buono, E. Franceschetti, A. Palumbo, S. Vasta, B. Zampogna, S. D'Adamio, **N. MAFFULLI**, V. Denaro. Accelerated rehabilitation after rotator cuff repair: does double row repair lower the risk for re-tear? *9<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Toronto, Canada, 12-16 May 2013
- M. Ronga, F. Oliva, U.G. Longo, **N. MAFFULLI**. Isolated medial patellar femoral ligament reconstruction for recurrent patella dislocation: a prospective cohort study. *9<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Toronto, Canada, 12-16 May 2013



- J.P. Furia, J.D. Rompe, A. Cacchio, **N. MAFFULLI**. Low energy radial extracorporeal shock wave therapy as a treatment for chronic patella tendinopathy. *9th Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Toronto, Canada, 12-16 May 2013
- F. Franceschi, R. Papalia, E. Franceschetti, B. Zampogna, S. Vasta, A. Palumbo, M. Paciotti, **N. MAFFULLI**, V. Denaro. Are platelet rich plasma injections effective after arthroscopic rotator cuff tear repair? *Annual Meeting of the American Academy of Orthopaedic Surgeons*, New Orleans, 11-15 March 2014
- F. Franceschi, R. Papalia, E. Franceschetti, S. Campi, A. Palumbo, B. Zampogna, S. Vasta, **N. MAFFULLI**, V. Denaro. Management of the long head of the biceps in rotator cuff repair: high versus subpectoral tenodesis. *Annual Meeting of the American Academy of Orthopaedic Surgeons*, New Orleans, 11-15 March 2014
- L. Osti, A. Del Buono, **N. MAFFULLI**. Pulsed electromagnetic fields after microfractures to the knee: a five year follow up study. *10th Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Lyon, France, 7-11 June 2015
- F. Franceschi, R. Papalia, E. Franceschetti, S. Campi, B. Zampogna, S. Vasta, **N. MAFFULLI**, V. Denaro. Does post-operative PRP injection increase healing rate after rotator cuff repair? *10th Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Lyon, France, 7-11 June 2015
- F. Franceschi, R. Papalia, L.A. Diaz Balzani, A. Tecame, A. Lanotte, **N. MAFFULLI**, V. Denaro. Arthroscopic treatment for frozen shoulder in Hashimoto thyroiditis. A pilot study. *10th Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. Lyon, France, 7-11 June 2015
- A. D'Addona, D. Somma, S. Formisano, A. Leonardì, D. Rosa, **N. MAFFULLI**. Heat shock produce pro-inflammatory cytokines in human tenocytes. *Biologic Treatment for Orthopaedic Injuries Research Symposium*. American Academy of Orthopaedic Surgeons. Rosemont, Illinois, USA. 5-7 November 2015
- F. Franceschi, E. Franceschetti, A. Palumbo, B. Zampogna, M. Paciotti, G. Torre, **N. MAFFULLI**, R. Papalia, V. Denaro. Does the release of transverse ligament improve the result of high arthroscopic tenodesis? *Annual Meeting of the American Academy of Orthopaedic Surgeons*, Orlando, USA, 1-5 March 2016
- R. Papalia, F. Franceschi, A. Tecame, E. Franceschetti, S. Vasta, B. Zampogna, L.A. Diaz Balzani, **N. MAFFULLI**, V. Denaro. Comparing PRP versus high molecular weight hyaluronic acid injections for end career athletes. *Annual Meeting of the American Academy of Orthopaedic Surgeons*, Orlando, USA, 1-5 March 2016
- E. Franceschetti, A. Palumbo, M. Paciotti, L. La Verde, M.A. Rosa, R. Papalia, **N. MAFFULLI**, F. Franceschi. The management of the long head of the biceps in rotator cuff repair: prospective cohort study of high vs. subpectoral tenodesis. *11th Biennial ISAKOS Congress*, Shanghai, China, 4-8 June 2017
- E. Franceschetti, A. Palumbo, M. Paciotti, L. La Verde, M.A. Rosa, **N. MAFFULLI**, R. Papalia, F. Franceschi. Individual shoulder anatomy and degenerative rotator cuff tear: comparison of radiographic parameters of 800 patients with RCT and 800 non affected. *11th Biennial ISAKOS Congress*, Shanghai, China, 4-8 June 2017

## **POSTER PRESENTATIONS**

- N. MAFFULLI, J.A. Fixsen.** Missing lateral toes of the foot: more than catches the eye. First Congress of the European Federation of Orthopaedics and Traumatology, 20-23 April 1993, Paris, France
- P.M. Binfield, N. MAFFULLI, J.B. King.* Patterns of meniscal tears in anterior cruciate deficient knees in athletes. First European Congress of Orthopaedics, 20-23 April 1993, Paris, France
- N. MAFFULLI, P.M. Binfield, J.B. King.** Ganglion of the anterior cruciate ligament in athletes. First European Congress of Orthopaedics, 20-23 April 1993, Paris, France
- A.S. Irwin, N. MAFFULLI, F. Smith, R.W. Porter.* Achilles tendon rupture and prolapsed intervertebral disc. A possible association. Spring Meeting. British Orthopaedic Association. 13-15 April 1994, London, England
- B. Chan, K.M. Chan, K. Lee, N. MAFFULLI, S. Webb.* The effect of basic fibroblast growth factor (bFGF) on tendon healing. An *in vitro* study. Western Pacific Orthopaedic Association 11th Triennial Congress. 12-14 November 1995, Hong Kong
- E.W.C. Lee, N. MAFFULLI, K.M. Chan.* Effects of pulsed magnetic and electromagnetic fields on experimental *in vivo* acute Achilles tendonitis in the rat. Western Pacific Orthopaedic Association 11th Triennial Congress. 12-14 November 1995, Hong Kong
- P.M. Binfield, N. MAFFULLI, J.B. King.* Arthroscopy in children and adolescents: an eleven year longitudinal study. Third Congress of the European Federation of Orthopaedics and Traumatology, 24-27 April 1997, Barcelona, Spain
- N. MAFFULLI, P.M. Binfield, J.B. King.** Articular cartilage in the symptomatic anterior cruciate ligament deficient knee. Third Congress of the European Federation of Orthopaedics and Traumatology, 24-27 April 1997, Barcelona, Spain
- S.W. Waterston, J. Squair, N. MAFFULLI.* The incidence of Achilles tendon rupture in Scotland. 8<sup>th</sup> ESSKA Congress, 29 April – 2 May 1998, Nice, France
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- S.W. Waterston, J. Squair, N. MAFFULLI.* The incidence of Achilles tendon rupture in Scotland. 2<sup>nd</sup> ISAKOS Congress, 30 April - 3 June 1999, Washington, USA
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- S.W. Waterston, J. Squair, J. Reaper, J. Douglas, N. MAFFULLI.* Changing incidence of Achilles tendon rupture in Scotland. Fourth Congress of the European Federation of Orthopaedics and Traumatology, 3-8 June 1999, Bruxelles, Belgium
- N. MAFFULLI, J.C.Y. Cheng, S.S.S.F. Leung, W.T.K. Lee, J.T.F. Lau.** Determinants of axial and peripheral bone mass in Chinese adolescents. Fourth Congress of the European Federation of Orthopaedics and Traumatology, 3-8 June 1999, Bruxelles, Belgium
- A. Sabboubeh, P.A. Banaszkiwicz, I. McLeod, N. MAFFULLI.* Multiple intramedullary nailing of long bone fractures. Fourth Congress of the European Federation of Orthopaedics and Traumatology, 3-8 June 1999, Bruxelles, Belgium
- P.A. Banaszkiwicz, A. Sabboubeh, I. McLeod, N. MAFFULLI.* Exchange nailing for lower limb fractures: not the end to all problems. Fourth Congress of the European Federation of Orthopaedics and Traumatology, 3-8 June 1999, Bruxelles, Belgium
- S. Barker, M.R. Downing, D.J. Chesney, M.F. MacNicol, N. MAFFULLI.* Computer analysed digital photography: a novel approach in the assessment of calf volume in CTEV. 19<sup>th</sup> Meeting of the European Pediatric Orthopaedic Society. Milan, Italy, 5-8 April 2000.
- S. Rose, J. Bruce, N. MAFFULLI.* Information about knee injuries on the Internet. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.

- A.S. *Panni, M. Tartarone, G. Milano, N. MAFFULLI*. Absorbable screw fixation in anterior cruciate ligament reconstruction. A clinical, MRI and CT scan evaluation. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
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- A.S. *Panni, M. Tartarone, G. Milano, N. MAFFULLI*. Absorbable screw fixation in anterior cruciate ligament reconstruction. A clinical, MRI and CT scan evaluation. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
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- A.S. *Panni, M. Tartarone, G. Milano, N. MAFFULLI*. Absorbable screw fixation in anterior cruciate ligament reconstruction. A clinical, MRI and CT scan evaluation. 10<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Rome, Italy, 23-27 April 2002.
- A.S. *Panni, M. Tartarone, A.A. Patricola, N. MAFFULLI*. Arthroscopic treatment of tibial plateau fractures. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
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- A.S. *Panni, M. Tartarone, A.A. Patricola, N. MAFFULLI*. Arthroscopic treatment of tibial plateau fractures. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- A.S. *Panni, M. Tartarone, N. MAFFULLI*. Patellar tendinopathy in athletes. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
- C. *Tallon, N.MAFFULLI, K.M. Khan, B.D. Coleman*. Studies of surgical outcome after Achilles tendinopathy: clinical significance of methodological deficiencies and guidelines for future studies. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
- D. *Das, N.MAFFULLI*. Surgical management of tennis elbow. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
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- D. *Das, N.MAFFULLI*. Surgical management of tennis elbow. A comparative study of two techniques. *ISAKOS Biannual Congress*, Auckland, New Zealand, 10-14 March 2003.
- E. *Pintore, V. Barra, R. Pintore, N.MAFFULLI*. Peroneus brevis tendon transfer in neglected subcutaneous tears of the Achilles tendon. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
- R. *Bleakney, N. MAFFULLI*. Enforced detraining following intramedullary nailing of the lower limb produces architectural changes in the quadriceps. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
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- R. *Bleakney, N. MAFFULLI*. Enforced detraining due to intramedullary nailing induces changes to the intramuscular architecture of the quadriceps. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
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- R. *Bleakney, N. MAFFULLI*. Enforced detraining due to intramedullary nailing induces changes to the intramuscular architecture of the quadriceps. Meeting of the American Academy of Orthopaedic Surgeons, Dallas, USA, 13-17 February 2002.
- N. *MAFFULLI, V. Barrass, S.W.B. Ewen*. Histology of Achilles tendon ruptures. A comparison with unruptured tendons. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
- N. *MAFFULLI, J.A. Reaper, S.W. Waterston, R. Ahya*. ABO blood groups and Achilles tendon rupture in the Grampian Region, Scotland. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.

- A.M. Nevill, J.C.Y. Cheng, S.S.S.F. Leung, **N. MAFFULLI**, W.T.K. Lee, J.T.F. Lau, K.M. Chan. Developmental changes in axial and peripheral bone mass in Chinese adolescents. A multilevel analysis. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
- L.L.K. Fu, **N. MAFFULLI**, K.M. Chan. Intra-articular hyaluronic acid favours recovery of articular cartilage lesions of the knee following immobilization for 6 weeks in rabbits. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
- F. Benazzo, **N. MAFFULLI**, M. Mosconi, G. Zanon. Ultrastructural features of Achilles tendinopathy in athletes. 9<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. London, England, 16-20 September 2000.
- D. Chesney, S. Barker, Z. Miedzybrodzka, N. Haites, **N. MAFFULLI**. Facial features in children with idiopathic congenital talipes equino-varus. British Orthopaedic Association and Japanese Orthopaedic Association Combined Meeting. London, England, 3-6 October 2000
- W. Bruns, M. Bruce, G. Prescott, **N. MAFFULLI**. Investigation of the anterior femoral curvature in regard to the use of optimal fitting femoral nails. Deutscher Orthopaedekongress 2000. Wiesbaden, Germany, 11-15 October 2000
- F. Benazzo, **N. MAFFULLI**, M. Mosconi, G. Zanon. Ultrastructural features of Achilles tendinopathy in athletes. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- N. MAFFULLI**, J. Repaer, S.W. Waterston, R. Ahya. ABO blood groups and Achilles tendon rupture in the Grampian region, Scotland. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- C. Tallon, **N. MAFFULLI**, K.M. Khan, B.D. Coleman. Studies of surgical outcome after Achilles tendinopathy: clinical significance of methodological deficiencies and guidelines for future studies. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- D. Das, **N. MAFFULLI**. Surgical management of tennis elbow. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- S. Kumta, **N. MAFFULLI**. Local flap coverage for soft tissue defects following open repair of Achilles tendon rupture. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
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- S. Kumta, **N. MAFFULLI**. Local flap coverage for soft tissue defects following open repair of Achilles tendon rupture. Meeting of the American Academy of Orthopaedic Surgeons, Dallas, USA, 13-17 February 2002.
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- S. Kumta, **N. MAFFULLI**. Local flap coverage for soft tissue defects following open repair of Achilles tendon rupture. ISAKOS Biannual Congress, Auckland, New Zealand, 10-14 March 2003.
- A. Schiavone-Panni, M. Tartatone, **N. MAFFULLI**. Patellar tendinopathy in athletes. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- C. Tallon, **N. MAFFULLI**, K.M. Khan, B.D. Coleman. Studies of surgical outcome after Achilles tendinopathy: clinical significance of methodological deficiencies and guidelines for future studies. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- E. Pintore, V. Barra, R. Pintore, **N. MAFFULLI**. Peroneus brevis tendon transfer in neglected subcutaneous tears of the Achilles tendon. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.

- S. Rose, J. Bruce, **N. MAFFULLI**. Information about knee injuries on the Internet: the patients' experience. 3<sup>rd</sup> Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. Montreux, Switzerland, 14-18 May 2001.
- D. Clement, G Walley, S.A. Bridgman, **N. MAFFULLI**. Orthopaedic trials, tribulations and triumphs. Experiences of conducting orthopaedic randomised controlled trials. 10<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Rome, Italy, 23-27 April 2002.
- N. MAFFULLI**, I.C. Kurta, Y. Wappel, L. Ying, J. Lau, R. Holtby. Evaluation of a patellofemoral rating scale. 10<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Rome, Italy, 23-27 April 2002.
- I.C. Kurta, M. Dove, A.A. Rahmatalla, C.H. Wynn-Jones, G. MacKenzie, **N. MAFFULLI**. Movement analysis in unilateral, single shoulder disease using Fastrack 3-D tracking system. 10<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Rome, Italy, 23-27 April 2002.
- N. MAFFULLI**, S.W. Waterston, S.W.B. Ewen. Ruptured Achilles tendons show increased lectin stainability. 10<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Rome, Italy, 23-27 April 2002.
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- N. MAFFULLI**, S.W. Waterston, S.W.B. Ewen. Ruptured Achilles tendons show increased lectin stainability. *ISAKOS Biannual Congress*, Auckland, New Zealand, 10-14 March 2003.
- S.A. Bridgman, D. Clement, M. Gillett, G Walley, I. Phair, **N. MAFFULLI**. National survey of current practice in use of mechanical supports in the treatment of severe ankle sprains in the United Kingdom. 10<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Rome, Italy, 23-27 April 2002.
- J Wong, V. Barrass, **N. MAFFULLI**. Quantitative review of operative and non-operative management of Achilles tendon ruptures. 10<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Rome, Italy, 23-27 April 2002.
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- J Wong, V. Barrass, **N. MAFFULLI**. Quantitative review of operative and non-operative management of Achilles tendon ruptures. *ISAKOS Biannual Congress*, Auckland, New Zealand, 10-14 March 2003.
- W.J Leach, **N. MAFFULLI**, J.B. King. Incomplete tears of the anterior cruciate ligament in athletes. *ISAKOS Biannual Congress*, Auckland, New Zealand, 10-14 March 2003.
- A. Coutts, A. MacGregor, J. Gibson, **N. MAFFULLI**. Clinical and functional results of open operative repair for Achilles tendon rupture in a non-specialist surgical unit: a long term outcome study. *ISAKOS Biannual Congress*, Auckland, New Zealand, 10-14 March 2003.
- D.R. Johnston, A. Baker, C. Rose, T.R. Scotland, **N. MAFFULLI**. Long term outcome of MacIntosh reconstruction of chronic anterior cruciate ligament insufficiency using fascia lata. *ISAKOS Biannual Congress*, Auckland, New Zealand, 10-14 March 2003.
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- D.R. Johnston, A. Baker, C. Rose, T.R. Scotland, **N. MAFFULLI**. Long term outcome of MacIntosh reconstruction of chronic anterior cruciate ligament insufficiency using fascia lata. 11<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Athens, Greece, 5-8 May 2004.
- B. Kapoor, D.J. Clement, A. Kirkley, **N. MAFFULLI**. Current practice in the management of anterior cruciate ligament injuries in the UK. 11<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Athens, Greece, 5-8 May 2004.
- N. MAFFULLI**, V. Testa, G. Capasso, S.W.B. Ewen, A. Sullo, F. Benazzo, J.B. King. Tendinopathic Achilles and patellar tendons present a similar histopathological picture. 11<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Athens, Greece, 5-8 May 2004.

- N. MAFFULLI**, C. Tallon, J. Wong, K.P. Lim, R. Bleakney. No adverse effect of early weight bearing following open repair of acute tears of the Achilles tendon. 11<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Athens, Greece, 5-8 May 2004.
- A. Grieve, A.D. Baxter-Jones, **N. MAFFULLI**. Long-term sport involvement does not lead to significantly greater incidence of sporting injuries in elite young athletes. 11<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Athens, Greece, 5-8 May 2004.
- D. Rosa, **N. MAFFULLI**, P. Leopardi, G. Di Vico, M Di Costanzo. Surgical treatment of neglected rupture of the tendon of quadriceps femoris. 11<sup>th</sup> Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Athens, Greece, 5-8 May 2004.
- A.D. Ebinesan, B.S. Sarai, G. Walley, **N. MAFFULLI**. Total knee arthroplasty: good agreement of clinical severity scores between patients and consultants. Annual Scientific Meeting of the British Association of Surgery of the Knee. Newcastle upon Tyne, 18-19 March 2005.
- B. Kapoor, G. Walley, D.J. Clement, A. Kirkley, **N. MAFFULLI**. Current practice in the management of anterior cruciate ligament injuries in the UK. Annual Scientific Meeting of the British Association of Surgery of the Knee. Newcastle upon Tyne, 18-19 March 2005.
- M.K. Sayana, **N. MAFFULLI**, V. Testa, G. Capasso, S.W.B. Ewen, A. Sullo, J.B. King. Similar histopathological picture in males with Achilles and patellar tendinopathy. Annual Scientific Meeting of the British Association of Surgery of the Knee. Newcastle upon Tyne, 18-19 March 2005.
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- M.K. Sayana, **N. MAFFULLI**, V. Testa, G. Capasso, S.W.B. Ewen, A. Sullo, J.B. King. Similar histopathological picture in males with Achilles and patellar tendinopathy. Annual Scientific Meeting of the British Orthopaedic Research Society. Stanmore, Middx, 4-5 July 2005.
- M. Magra, A. El Haj, **N. MAFFULLI**. Ion channels expression on human tenocytes. Annual Scientific Meeting of the British Orthopaedic Research Society. Stanmore, Middx, 4-5 July 2005.
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- M. Magra, A. El Haj, **N. MAFFULLI**. Ion channels in human tenocytes. Annual Congress of the British Orthopaedic Association. Glasgow, Scotland, 26-29 September 2006.
- N. MAFFULLI**, W.B. Leadbetter. Free gracilis tendon graft in neglected tears of the Achilles tendon. Annual Scientific Meeting of the British Orthopaedic Foot Surgery Society. Oxford, 17-19 November, 2005.
- B.S. Sarai, A.D. Ebinesan, G. Walley, D. Miller, D. McBride, **N. MAFFULLI**. Conservative, open or percutaneous repair for acute rupture of the Achilles tendon. Annual Scientific Meeting of the British Orthopaedic Foot Surgery Society. Oxford, 17-19 November, 2005.
- B. Datta, R. Salleh, **N. MAFFULLI**, M. Neil, A. Butler, W. Walsh. Mechanical properties of human flexor hallucis longus, peroneus brevis and tendo Achillis tendons. Orthopaedic Research Society, Chicago, USA, 19-22 March, 2006.
- G. Walley, E.B. Ahmed, **N. MAFFULLI**, S. Bridgman, J Orendi. MRSA is not always caught in hospital. American Academic of Orthopaedic Surgeons. Chicago, USA, 22-26 March, 2006.
- M.J. Tallon, R.C. Harris, **N. MAFFULLI**, M. Tarnopolsky. In vivo sarcopenic related changes of carnosine in human skeletal muscle fibres. American Academic of Orthopaedic Surgeons. Chicago, USA, 22-26 March, 2006.
- B. Kapoor, G. Walley, D. Clement, A. Kirkley, **N. MAFFULLI**. Current practice in the management of anterior cruciate ligament injuries in the UK. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006

- A. Ebinesan, B. Sarai, G. Walley, S. Bridgman, **N. MAFFULLI**. Total knee arthroplasty: Good agreement of clinical severity scores between patients and consultants. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- M. Deighan, A. Nevill, **N. MAFFULLI**, N. Gleeson, J.C.Y. Cheng. Normalised knee peak torque for differences in body size in 12/13 year old children. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- M. Tallon, R. Harris, **N. MAFFULLI**, M. Tarnopolsky. Carnosine, associated metabolites and enzyme activities of human skeletal muscle fibres from elderly subjects with osteoarthritis and young moderately active subjects. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
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- N. MAFFULLI**, V. Testa, G. Capasso, A. Sullo. Calcific insertional Achilles tendinopathy: Reattachment with bone anchors. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- N. MAFFULLI**, W.B. Leadbetter. Free gracilis tendon graft in neglected tears of the Achilles tendon. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- B. Sarai, A. Ebinesan, G. Walley, D. McBride, D. Miller, **N. MAFFULLI**. Conservative, open or percutaneous repair for acute rupture of the Achilles tendon. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- N. MAFFULLI**, V. Testa, G. Capasso, F. Oliva, A. Sullo, F. Benazzo, R. Regine, J.B. King. Surgery for chronic Achilles tendinopathy yields worse results in sedentary patients. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- Y. Li, C. Bestwick, L. Bestwick, **N. MAFFULLI**, R. Aspden. Phenotype drift in human tenocytes in culture. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- N. MAFFULLI**, N.A. Ferran, F. Oliva, V. Testa. Recurrent peroneal tendon subluxation. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- N. MAFFULLI**, C. Tallon, J. Wong, K.P. Lim, R. Bleakney. No adverse effect of early weight bearing following open repair of acute tears of the Achilles tendon. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- B. Datta, A. Turner, **N. MAFFULLI**, W. Walsh. Mechanical properties of human Flexor Hallucis longus, Peroneus Brevis and tendo Achilles tendons. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006
- P. Bagnaninchi, Y. Yang, **N. MAFFULLI**, R. Wang, A. El Haj. Three-dimensional culture of tenocytes in uniaxial microchannels for tendon engineering. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006

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and

*P. Bagnaninchi, Y. Yang, N. MAFFULLI, R. Wang, A. El Haj.* Three-dimensional culture of tenocytes in uniaxial microchannels for tendon engineering. Congress of the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. 7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Florence, Italy, 28-31 May 2007

*F. Oliva, U. Tarantino, N. MAFFULLI.* Immunohistochemical localisation of calcitonin gene-related peptide and substance P in the rat knee cartilage at birth. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006

*A. Grieve, A. Baxter-Jones, N. MAFFULLI.* Long-term sport involvement does not lead to significantly greater incidence of sporting injuries in elite young athletes. Congress of the European Society of Surgery of the Knee and Arthroscopy 2006, Innsbruck, Austria, 24-27 May 2006

*N. MAFFULLI, B. Datta, A. Turner, M. Neil, W.R. Walsh.* Mechanical properties of human flexor hallucis longus, peroneus brevis, and tendo Achillis tendons. Annual Congress of the British Orthopaedic Association. Glasgow, Scotland, 26-29 September 2006.

*N. MAFFULLI, M.J. Tallon, R.C. Harris, M. Tarnopolsky.* Carnosine, taurine and enzyme activities of human skeletal muscle fibres from elderly subjects with osteoarthritis and young moderately active subjects. Annual Congress of the British Orthopaedic Association. Glasgow, Scotland, 26-29 September 2006.

*N. MAFFULLI, L. Sharp, Z.M. Miedzybrodzka, A.H. Cardy, J. Inglis, L. Madrigal, S. Barker, D. Chesney.* The C677T polymorphism in the methylenetetrahydrofolate reductase gene (MTHFR), maternal use of folic acid supplements and risk of isolated clubfoot: a case-parent triad analysis. Annual Congress of the British Orthopaedic Association. Glasgow, Scotland, 26-29 September 2006.

*A. Saxena, N. MAFFULLI, A. Li, A. Nguyenhas.* Wound complications from surgeries pertaining to the Achilles tendon: an analysis of 219 patients. 7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Florence, Italy, 28-31 May 2007

*N. MAFFULLI, V. Testa, G. Capasso, J.B. King.* Surgery for chronic Achilles tendinopathy yields worse results in sedentary patients. 7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Florence, Italy, 28-31 May 2007

*M. Tallon, R. Harris, M. Tarnopolski, N. MAFFULLI.* Carnosine in muscle. 7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Florence, Italy, 28-31 May 2007

*Y. Li, R. Aspden, C. Bestwick, L. Bestwick, N. MAFFULLI.* Phenotypic drift in human tenocyte culture. 7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Florence, Italy, 28-31 May 2007

*N. MAFFULLI, M. Ronga, E. Karousou, D. Vigetti, A. Passi.* Gene expression and protein analysis in human Achilles tendon rupture: a comparison between ruptured and macroscopically healthy areas. 54<sup>th</sup> Annual Meeting of the Orthopaedic Research Society. San Francisco, California, USA, 2-5 March 2008

*F. Franceschi, U.G. Longo, L. Ruzzini, F. Battistoni, S. Morini, G. Dicuonzo, N. MAFFULLI, V. Denaro.* Shoulder joint contracture and circulating substance P levels after arthroscopic repair of the rotator cuff. 54<sup>th</sup> Annual Meeting of the Orthopaedic Research Society. San Francisco, California, USA, 2-5 March 2008

*P.O. Bagnaninchi, D. Churmakov, M. Bonesi, C. Phelan, N. MAFFULLI, A.J. ElHaj.* Characterization of tendon collagen orientation and crimp pattern by non invasive polarization sensitive optical coherence tomography. 54<sup>th</sup> Annual Meeting of the Orthopaedic Research Society. San Francisco, California, USA, 2-5 March 2008



- U.G. Longo, F. Franceschi, L. Ruzzini, C. Rabitti, **N. MAFFULLI**, V. Denaro. Light microscopic histology of ruptures of the long head of the biceps. International Symposium on Ligaments and Tendons. Hong Kong, China, 9-13 April 2008
- U.G. Longo, F. Franceschi, L. Ruzzini, C. Rabitti, S. Morini, **N. MAFFULLI**, F. Forriol, V. Denaro. Light microscopic histology of supraspinatus tendon ruptures. International Symposium on Ligaments and Tendons Hong Kong, China, 9-13 April 2008
- U.G. Longo, F. Franceschi, L. Ruzzini, C. Rabitti, S. Morini, **N. MAFFULLI**, V. Denaro. Histopathology of the supraspinatus tendon in rotator cuff tears. International Symposium on Ligaments and Tendons Hong Kong, China, 9-13 April 2008
- F. Oliva, A. Grasso, **N. MAFFULLI**. Gene expression and protein analysis in calcific tendinopathy of human rotator cuff. International Symposium of Ligament and Tendons, Las Vegas, USA, 21 February 2009
- F. Oliva, U. Tarantino, M. Celi, **N. MAFFULLI**. Transglutaminase expression in mice tendons and human supraspinatus tendon ruptures. International Symposium of Ligament and Tendons, Las Vegas, USA, 21 February 2009
- U.G. Longo, F. Spiezia, F. Franceschi, F. Forriol, **N. MAFFULLI**, V. Denaro. Influence of fasting plasma glucose levels in the pathogenesis of rotator cuff tears. International Symposium of Ligament and Tendons, Las Vegas, USA, 21 February 2009
- F. Franceschi, U.G. Longo, L. Ruzzini, G. Rizzello, **N. MAFFULLI**, V. Denaro. Arthroscopic salvage of failed arthroscopic Bankart repair. A prospective study with a minimum follow-up of 4 years. 7<sup>th</sup> Biennial meeting of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. Osaka, Japan, 5-9 April 2009
- V. Denaro, U.G. Longo, R. Papalia, A. Di Martino, **N. MAFFULLI**, L. Denaro. Eosinophilic granuloma of the pediatric cervical spine. EUROSPINE 2009, Warsaw, Poland, 21-24 October 2009
- K. Divani, O. Chan, T. Crisp, N. Padhiar, **N. MAFFULLI**, R. Twycross-Lewis, D Morrissey. The site of maximum neovascularisation correlates with the site of pain in recalcitrant mid-tendon Achilles tendinopathy. International Symposium on Ligaments and Tendons Hong Kong, China, 5-6 February 2010
- L. Osti, R. Papalia, A. Del Buono, **N. MAFFULLI**, V. Denaro. Can PEMFs reduce postoperative pain and capsulitis after arthroscopic rotator cuff repair. Knee Surgery Sports Traumatology Arthroscopy 20 (Supplement 1): S109, 2012. *15th ESSKA Congress*, Geneva, Switzerland, 2-5 May 2012.
- F. Franceschi, R. Papalia, S. Vasta, A. Palumbo, **N. MAFFULLI**, V. Denaro. Intratester and intertester reliability of the cuffmeter: new device for rotator cuff thickness measurement. Knee Surgery Sports Traumatology Arthroscopy 20 (Supplement 1): S121, 2012. *15th ESSKA Congress*, Geneva, Switzerland, 2-5 May 2012.
- L. Osti, R. Papalia, A. Del Buono, **N. MAFFULLI**, V. Denaro. Do microfractures influence recovery after rotator cuff repair? A randomized controller study. Knee Surgery Sports Traumatology Arthroscopy 20 (Supplement 1): S127, 2012. *15th ESSKA Congress*, Geneva, Switzerland, 2-5 May 2012.
- F. Franceschi, R. Papalia, A. Del Buono, G. Rizzello, **N. MAFFULLI**, V. Denaro. Glenohumeral osteoarthritis after arthroscopic Bankart repair for anterior instability. Knee Surgery Sports Traumatology Arthroscopy 20 (Supplement 1): S127-128, 2012. *15th ESSKA Congress*, Geneva, Switzerland, 2-5 May 2012.
- F. Franceschi, R. Papalia, A. Del Buono, G. Rizzello, **N. MAFFULLI**, V. Denaro. Two stage procedure in anterior cruciate ligament revision surgery. A 5 year prospective study. Knee Surgery Sports Traumatology Arthroscopy 20 (Supplement 1): S227, 2012. *15th ESSKA Congress*, Geneva, Switzerland, 2-5 May 2012.
- M. Alam, C. Zorzi, V. Iacono, V. Madonna, D. Rosa, **MAFFULLI**. Combined PCL and PLC reconstruction in chronic posterolateral instability. Knee Surgery Sports Traumatology Arthroscopy 20 (Supplement 1): S235-236, 2012. *15th ESSKA Congress*, Geneva, Switzerland, 2-5 May 2012.

- F. Franceschi, R. Papalia, E. Franceschetti, A. Palumbo, V. Denaro, **N. MAFFULLI**. Platelet rich plasma injection after rotator cuff tear repair. *Knee Surgery Sports Traumatology Arthroscopy* 20 (Supplement 1): S351-352, 2012. *15th ESSKA Congress*, Geneva, Switzerland, 2-5 May 2012.
- L. Osti, R. Papalia, F. Barca, A. Del Buono, **N. MAFFULLI**, V. Denaro. Arthroscopic treatment of the arthritic ankle of the soccer player at the end of his career: is it worth it? *Knee Surgery Sports Traumatology Arthroscopy* 20 (Supplement 1): S365, 2012. *15th ESSKA Congress*, Geneva, Switzerland, 2-5 May 2012.
- A. Edge, K. Silbernagel, O. Mei-Dan, **N. MAFFULLI**, M.R. Carmont. Functional outcome of percutaneous Achilles repair: early reduction in limitation. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, A. Del Buono, F. Barca, **N. MAFFULLI**, V. Denaro. Arthroscopic treatment of anterolateral ankle impingement in football players. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- R. Papalia, F. Franceschi, E. Franceschetti, S. Carni, B. Zampogna, A. Tecame, **N. MAFFULLI**, V. Denaro. Are platelet rich plasma injections effective after arthroscopic rotator cuff tear repair? *World Sports Trauma Congress*, London, England, 17-20 October 2012
- R. Papalia, F. Franceschi, S. Carni, B. Zampogna, L. Diaz, A. Tecame, **N. MAFFULLI**, V. Denaro. Intra-articular injections for degenerative cartilage lesions of the knee: Platelet rich plasma vs hyaluronic acid. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, R. Papalia, A. Del Buono, **N. MAFFULLI**, V. Denaro. Is the age of 40 a real limit for ACL reconstruction in football players? *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, A. Del Buono, **N. MAFFULLI**, V. Denaro. Arthroscopic all inside reinsertion of anterior meniscal root with all-inside simplified technique: 4 case reports in soccer players. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, F. Soldati, A. Cheli, **N. MAFFULLI**. Return to play in a soccer player after ACL two stage revision with bone grafting and HTO: a case report. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, F. Soldati, A. Cheli, **N. MAFFULLI**. The role of CT 3D for complex ACL revision with abnormal tunnel widening: criteria and planning for one vs two stage revision and alternative technique for bone grafting. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, R. Papalia, A. Del Buono, **N. MAFFULLI**, V. Denaro. Can hyaluronic acid affect the functional outcome of microfracture of medial femoral condyle associated with medial meniscal tear: a prospective medium term study in athletes. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- M. Loppini, U.G. Longo, A. Berton, A. Marinozzi, **N. MAFFULLI**, V. Denaro. The FIFA 11+ program for the prevention of injuries in basketball: a cluster randomized controlled trial. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, F. Soldati, A. Cheli, **N. MAFFULLI**. Massive non traumatic rotator cuff tear in athletes under 30: 2 case report. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, R. Papalia, A. Del Buono, **N. MAFFULLI**, V. Denaro. Microfracture at the footprint in arthroscopic rotator cuff repair: a prospective study, 2-year follow-up. *World Sports Trauma Congress*, London, England, 17-20 October 2012
- L. Osti, M. Buda, A. Cheli, F. Soldati, A. Del Buono, **N. MAFFULLI**. Transtibial vs anteromedial tunnel ACL reconstruction in soccer players: any correlation between clinical and radiographic results? *Isokinetic Congress. Advances in Football Medicine*. London, 11-12 April 2015
- A. D'Addona, D. Somma, S. Formisano, D. Rosa, **N. MAFFULLI**. Heat shock induces the expression of pro-inflammatory cytokines in human Achilles tendon tenocytes. *International Symposium on Ligaments and Tendons XV*, Orlando, USA, 4 March 2016



## **COURSES AND CONGRESSES ATTENDED**

I attend the meetings of the British Orthopaedic Association at least annually since 1991. I have attended the meetings of the Scottish Orthopaedic Club and of the North of Scotland Orthopaedic Society in the period 1993-1994 and 1996-2001, the congresses of the European Federation of National Associations of Orthopaedics since 1993, the congresses of the European Society of Surgery of the Knee and Arthroscopy since 1994, the International Sports Medicine Course of the Israeli Orthopaedic Sports Medicine Course from 1997 to 2002, the **Annual Meeting**, American Academy of Orthopaedic Surgeons since 1998, and the congresses of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine since 1997.

**Advanced sports medicine course.** *British Association of Sports Medicine*, 12-14 October 1987, Lilleshall, England

**Radiology protection course.** *Bloomsbury Health Authority*, 12 February 1991, London, England

**Basic AO course on internal fixation.** *The Royal College of Surgeons of England*, 2-5 July 1991, London, England

**Dynamic axial fixation.** *The Institute of Orthopaedics*, 18-20 September 1991, Oswestry, Shropshire, England

**21st Instructional Course.** *British Orthopaedic Association*, 11-12 January 1992, London, England

**Symposium on locking nailing.** *The Royal College of Surgeons of England*, 31 July-2 August 1992, London, England

**Annual Congress.** *British Association of Sports and Medicine*. 27 September 1992, Lilleshall, Shropshire, England

**Orthofix Advanced Orthopaedic Seminar.** *Orthofix srl*, 26-27 October 1992, Verona, Italy

**22nd Instructional Course.** *British Orthopaedic Association*, 16-17 January 1993, Chester, England

**Advanced Life Trauma Support Provider Course.** *Royal College of Surgeons of England*, 21-23 March 1993, Peterborough, England. Recertification on 1-3 December 1997, London, England. Invited to become an Instructor

**Basic Science in Orthopaedics and Trauma.** *University of Leicester, Department of Orthopaedic Surgery*, 11-15 October 1993, Leicester, England

**Bone and Joint Radiology.** *Royal College of Radiologists*, 3-5 November 1993, London, England

**Ilizarov Course.** *ASAMI*. 27-30 June 1994, Selsdon Park, Surrey, England

**Annual Meeting.** *Malaysian Orthopaedic Association*. 14-16 April 1995, Delima, Pulau Langkawi, Malaysia

**Combined Congress of the International Arthroscopy Association and the International Society of the Knee.** *International Arthroscopy Association and International Society of the Knee*. 27-31 May 1995, Hong Kong

**Sports Medicine 2000.** *Department of Orthopaedic Sports Medicine, Karolinska Hospital*, 6-8 June 1995, Stockholm, Sweden

**International Congress on Orthopaedics.** *Qingdao University Medical School*. 9-14 October 1995, Qingdao, China

**5th International Conference on Physiological Chemistry and Nutrition in Exercise and Training.** *Federation Internationale de Medicine du Sport*. 12-16 October 1995, Beijing, China

**New frontiers in AO development.** *AO Alumni Association*. 11-12 November 1995, Shatin, Hong Kong

**Western Pacific Orthopaedic Association 11th Triennial Congress.** *Western Pacific Orthopaedic Association*. 12-14 November 1995, Hong Kong

**15th Annual Congress.** *Hong Kong Orthopaedic Association*. 15-16 November 1995, Hong Kong

**2nd Congress.** *Asian Federation of Sports Medicine.* 24-27 January 1996, Manila, Philippines

**Second World Congress of Orthopaedic Sports Trauma.** *American Orthopaedic Sports Medicine Association.* 16-20 June 1996, Orlando, Florida

**Advanced Paediatric Life Support Course.** *Advanced Life Support Group.* 11-13 October 1996, Aberdeen, Scotland.

**Limb Reconstruction Course.** *Limb Reconstruction Service, University of Sheffield.* 11-13 November 1996, Sheffield, England

**Iizarov Faculty Training Day.** Royal College of Surgeons of England. 5 December 1996, London, England

**111<sup>th</sup> Annual Meeting.** American Orthopaedic Association, 3-6 June 1998, Asheville, USA

**53<sup>rd</sup> Annual Meeting.** Canadian Orthopaedic Association, 20-23 June 1998, Ottawa, Canada

**Nottingham Shoulder Course.** The Nottingham Shoulder and Elbow Unit, 25-26 November 1998, Nottingham

**Arthroscopy and Reconstructive Surgery 1999.** 9-16 January 1999, Sun Valley, Idaho, USA

**15<sup>th</sup> International Jerusalem Symposium on Sports Medicine.** 23-25 March 1999, Jerusalem, Israel

**Annual Congress of the British Association of Sports and Medicine.** 24 October 1999, Newcastle upon Tyne

**5<sup>th</sup> International Olympic Committee Congress of Sports Sciences.** 1-5 November 1999, Sydney, Australia

**Training the trainers.** 18-19 November 1999, Aberdeen

**Sports Medicine of the Foot and Ankle.** 31 January - 4 February 2000, Sun Valley, Idaho, USA

**Third Biannual Meeting.** *Magellan Orthopaedic Society.* 7-9 April 2000, Gold Coast, Queensland, Australia

**Third World Congress on Orthopaedic Sports Trauma.** *Western Pacific Orthopaedic Association.* 10-13 April 2000, Gold Coast, Queensland, Australia

**47<sup>th</sup> Annual Meeting.** American College of Sports Medicine. 31 May – 3 June 2000, Indianapolis, USA

**Fourth Biannual Meeting.** *Magellan Orthopaedic Society.* 2-6 April 2002, Gargonza, Italy.

**Expo 2002.** *American College of Foot and Ankle Surgeons.* 19-21 February 2002, Los Angeles, USA,

**The Flexors of the Foot and Ankle.** *UKADIS.* 13-15 November 2002, Harrogate, England. I also organised this course

**7<sup>th</sup> International Olympic Committee Congress of Sports Sciences.** 7-11 October 2003, Athens, Greece

**19<sup>th</sup> Congress of the German Speaking Orthopaedic Sports Traumatology Society.** 18-20 June 2004, Munich, Germany

**Equal Opportunities Workshop.** 25 June 2004, Walsgrave Hospital, Coventry

**5<sup>th</sup> Amsterdam Foot and Ankle Course.** 26-27 May 2005, Amsterdam, The Netherlands

**The injured foot.** 8-10 June 2005, Bristol, England

**Surgery of the shoulder and elbow.** 25-27 November 2007, San Patrignano, Italy

**AO Course for Consultants.** 2-4 April 2008, Coventry, England

**Seminari Di Aggiornamento In Ortopedie E Medicina Fisica E Riabilitativa.** 14th May 2009, Cittadella Universitaria Monserrato, Cagliari, Italy.

**4th E.C.O.S.E.P. Sports Rehabilitation Course.** 16-17 May 2009, Tesseloniki, Greece.

**13th Congresso Brasileiro De Artrosopia** (Na qualidade de palestrante)11-13 June 2009 Minascentro Belorizonte, Brazil.

**5th Congresso Brasileiro De Traumatologia Sportiva** (Na qualidade de palestrante)11-13 June 2009 Minascentro Belorizonte, Brazil.

**An introduction to research regulations.** 19th June 2009, St Bartholomew's Hospital, London, England.

**Internationa Olympic Commette, Sport Medicine Course.** 20-24 June 2009, Stanford University California, USA.

**Sport Science And Sport Medicine Conference 2009.** 20-22 August 2009, Newcastle Upon Tyne, England.

**British Orthopaedic Association, Annual congress.** 15-15 September 2009, Manchester, England.

**Faculty Of Sport And Exercise Medicine. 6th Annual Scientific Conference** 18th September 2009, Royal College of Surgeon, Dublin, Ireland.

**Annual Congress 2009 British Association Of The Sport And Exercise Medicine.** October 2009, Carlton Hotel, North bridge, Edimburgh.

**19th Congress Internazionale Sociatà Italiana Artrosopia.** 1-3 October 2009, Roma.

**Simposi Della Fondazione Mario Boni, Scienza e Clinica dell'Apparto Locomotore, La Funzione Fonte Di Salute.** 2nd October 2009, Pavia, Italy.

**6th European Sport Medicine Congress.** 14-18 October 2009, Antalya, Turkey.

**British orthopaedic Foot and Ankle Society Annual Scientific Meeting.** 4-6 November 2009, Beaumont state, Old Windsor

**Symposio De Chirurgia De Piede Y Tobillo (Ponente).** 26-27 November 2009, Hospital Universitario Barcelona Clinic.

**Postgraduate Institute Of Medical Education And Research Candigarh.** 1st December 2009 (**Lecturer**) "Tendinopathies".

**1st Asian Meeting Focussed On Sport Medicine And Crickett.** 2nd December 2009, Punjab Crickett Association stadium Mohali, India.

**12th Congress of Asian Federation Of Sport Medicine. Knee Arthroscopy Course. (certificate of appreciation)** 3-4 December 2009, Guru Nanak Deo University, Amristar, India.

**Faculty Of Sport And Exercise Medicine. SEM Update Conference.** 10th December 2009, Royal College of Physician, London.

**Faculty Of Sport And Exercise Medicine.** 8th December 2009. Diploma of Sport And Exercise Medicine Examination held at Royal college of Surgeons, Edimburgh.

**Sport And Exercise Medicine For London 2012.** 11th December 2009. Hamsring injuries and hip pathologies. Chandos Hause, The Royal Society of Medicine. London

**1st International Congress Of Iranian Society Of Knee Surgery, Arthroscopy And Sport Traumatology.** 19-22 January 2010, Kish Island, Iran.

**Tendon Biology and Healing Conference.** 30th January 2010, The Cambridge Medical Center.

**Asia Medical Specialist, Achilles Tendon Problems, More Than Meets The Eye.** Hong Kong, 4th February 2010.

**10<sup>th</sup> International Symposium on Ligaments and Tendons.** 5-6 February 2010, Hong Kong.

**11<sup>th</sup> International Symposium on Ligaments and Tendons.** 14 January 2011, Long Beach, USA.

**12<sup>th</sup> International Symposium on Ligaments and Tendons.** 3 February 2012, San Francisco, USA.

**1<sup>st</sup> Summer Camp ECOSEP, EFOST, ISMuLT.** 26-31 August 2013, Kalamata, Greece.

**2<sup>nd</sup> Summer Camp ECOSEP, EFOST, ISMuLT.** 25-30 August 2014, Kalamata, Greece.

**14<sup>th</sup> International Symposium on Ligaments and Tendons.** 27 March 2015, Las Vegas, USA.

**Isokinetic Congress. Advances in Football Medicine.** 11-12 April 2015, London, England

## **CAREER PLANS**

As a medical student, I started research work in Molecular Biology that provided me with a sound training in basic sciences and gave me a vision of the problems connected with research. This helped me greatly when I decided to apply these analytical methods to Trauma and Orthopaedic Surgery.

After graduation, I developed a strong interest in the physiopathological aspects of sports trauma, a consequence of my athletic involvement. The periods spent at the Karolinska Institute taught me a more applied approach to the physiological bases of musculoskeletal disease, inducing me to carry out work on these aspects, while still training in clinical Orthopaedics.

In 1987, I was appointed Clinical Lecturer in Sports Medicine at the Institute of Child Health and Registrar in Orthopaedics at the Hospital for Sick Children. Since then, I applied basic observations to orthopaedic and traumatic conditions, being awarded the degree of Doctor of Philosophy by the University of London in March 1992 for the research in this field.

My interest in Paediatric Orthopaedics was born in that environment, and prompted me to continue to perform research with that department while working in other units. The degree of Master of Surgery was awarded by the University of London for the clinical and basic sciences research on limb lengthening while working at the Hospital for Sick Children.

In January 1991, I returned to full time clinical training as an Orthopaedic Registrar in the North East Thames Region, where I was exposed to a variety of traumatic and orthopaedic conditions that gave me the grounding to deal with more complex cases.

Senior Registrar training started in December 1992 in Aberdeen, where I rotated through the busy hospitals of the region, completing my Higher Surgical Training. In Scotland, a greatly increased exposure to complex surgical and management problems allowed me to take on the workload that a Consultant Orthopaedic Surgeon would be facing.

1995 and part of 1996 were spent in Hong Kong, initially as a Lecturer, and then as an Associate Professor. The clinical, scientific and human aspects of my stay abroad greatly helped my maturation.

My past training and present working experience allow me a good insight in the purely basic and the more applied aspects of Trauma and Orthopaedics. My interest in education, both at under- and post-graduate level, is clearly defined. I am keen to develop less didactic methods of teaching in trying to transmit complex problem solving skills, and am especially interested in the role of modern audio-visual methods in this regard.

In Stoke on Trent, as the Chair in Trauma and Orthopaedic Surgery, I have managed the changes required in the transition of the Department from being purely service oriented to one retaining a strong service commitment whilst developing as an academic unit. I established collaborations with other departments, and established a Surgical Trial Unit which completed high scientific impact randomised controlled trials in several aspects of Orthopaedics and Trauma Surgery.

In London, I have been the Chair in Sports and Exercise Medicine and Chief of Service for this newly recognised specialty in the British Isles. The Centre for Sports and Exercise Medicine is the only such Academic Centre in the UK, and there I continued to pursue musculoskeletal research within a University Medical School where there is no academic orthopaedics. I managed and led both the clinical and academic affairs of the Centre, and integrated them with the service provisions of Orthopaedics and Trauma. During my appointment as a Chair, I secured appropriate funding. From a staff of five, by the London Olympics the Centre for Sports and Exercise Medicine employed a total 11 members of staff on the academic side, and four on the clinical side. We have always had a high clinical workload, but we maintained a high academic output, and between 2010 and 2012 we published more than 200 scientific articles in high impact peer reviewed journals.

In 2013, I returned to Italy, with a Ministerial Decree using the Return of the Brains law. The University of Salerno School of Medicine and Surgery is a new reality in the Italian Medical School scene, and has acquitted itself extremely well in the 2013 VQR (Valuation of Quality of Research) exercise, coming to rank 3<sup>rd</sup> of the small universities in Italy. In Salerno, I immediately established links with other academic units, and we secured competitive



funding for tissue engineering of tendons. We are now working with Chemical Engineers to this purpose, while trying to set up a clinical academic unit in Orthopaedics. Since starting my tenure in Salerno, I have established an academic unit in Trauma and Orthopaedics, working on five separate and interlinked fronts, namely clinical, teaching, training, research, and management. On the clinical side, the surgical output of the unit has more or less decuplicated, with nearly 600 operations performed per year. Of these, at least 25% to one third have been performed by myself. Undergraduate teaching has been performed to medical students, physiotherapy students, and nursing students. In addition, I have supervised undergraduate dissertations in all these streams. All the dissertations of the medical students I supervised have been published in international peer reviewed journals. In 2017, we started the residency programme in Trauma and Orthopaedics. We originally had four residents per year, and in the present academic year we have increased the intake to nine residents. All residents rotate with other units within the region, and have the opportunity to be attached to other units in Italy and abroad. We also started a PhD programme in Translational Medicine, with funding from the university and industrial partners. The programme allows PhD candidates to work abroad, at Keele University School of Medicine, for six months, and in the financing industrial setting for another six years. My managerial duties have been split between the Health Service and the Medical School. I remain the Chairman of the Trauma and Orthopaedic Unit, and have served as Chairperson of the Specialist Surgical Division. On the academic side, I served as the President of the degree course in Physiotherapy, with my line manager being the Dean of Medicine. My duties as the Professor of Trauma and Orthopaedics have involved fund raising. In terms of competitive peer reviewed grants, I have been awarded sizeable funding (close to Euro 500,000) by the European Union as part of the Horizon 2020 programme.

I am determined to pursue my interests in a dynamic, forward thinking unit in the vibrant atmosphere engendered by a rapidly evolving setting.

## **EXTERNAL INTERESTS<sup>1</sup>**

Languages: Italian and English. Intermediate knowledge of Spanish and French.

Semiotics: I have a strong interest in language as a communication means, and have been reading about semiotics since I was in high school.

Music: I take a keen interest in all branches of music, and greatly enjoy listening to pianoforte compositions, especially of the Romantic period.

Reading: I am particularly attracted by modern Italian, American and English literature.

Cinema: as a high school pupil, I was in charge of the cinema critics column of the school magazine. Since then, I have enjoyed modern Italian and French films.

Cooking: my speciality is Southern Italian dishes.

Sports: middle and long distance running, Olympic style wrestling, sambo wrestling, judo. First as an athlete, later as a coach, and now as a doctor and researcher, I have developed a very strong interest in the above sports.

As a medical student, I won the Regional Amateur Championships in 800 and 1500 meters running in 1982 and 1983, qualifying for the national finals.

I represented my Medical School in the Italian University Olympic Freestyle Wrestling Championships in 1979 and 1980, finishing third. I also won the British Open Sambo Wrestling Championships in 1987 and 1989, and the South East Open Sambo Wrestling Championships in 1988 and 1989. I represented England at the World Trials Sambo Wrestling Championships in 1988, finishing third, and at the European Sambo Wrestling Championships in 1989, finishing fourth. I represented the University of London in judo competitions, both in Great Britain and in continental Europe.

I hold a black belt in judo (first dan), a black belt in sambo wrestling, and an orange belt in Shotokan karate.

I taught advanced and basic judo, Olympic freestyle wrestling in local clubs, and Olympic freestyle wrestling to international standard.

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