

# Dr Jonathan Herald

MBBS, MSpMed, FRACS (Orth)  
FAOrthA



Orthoclinic  
Orthopaedic Clinic Sydney

P: (02) 9233 3946

F: (02) 9009 0663

E: info@orthoclinic.com.au



- Dr Jonathan Herald is an orthopaedic surgeon who specialises in minimally invasive surgical treatments for shoulder, knee and elbow conditions.
- He has a special interest in sports injuries, work cover and MVA injuries.
- With a Master of Sports Medicine, Dr Herald has treated some of Australia's best-known athletes in the fields of swimming, soccer, NRL, Rugby and cricket.
- With 20 years' surgical experience, he offers the latest in evidence-based, minimally invasive surgical techniques – including patient-specific implants for arthritis.
- Dr Herald also brings his patients the very latest in non-surgical solutions straight from the playing field, such as cryotherapy, cortisone injections and Synvisc.
- Dr Herald was recently a reviewing surgeon (orthopaedics) for the British Medical Journal and is a key opinion leader on [www.VuMedi.com](http://www.VuMedi.com) the international online education centre for surgeons.
- He has also been voted as Australia's Best Doctor (orthopaedics) on the internationally doctor-rated Best Doctor website.

## PROCEDURES & CONDITIONS

- ACL Reconstruction
- Arthritis (Non-surgical & Surgical)
- Arthroscopy (all joints)
- Bursitis
- Cartilage Resurfacing
- Elbow surgery UCL transposition
- Emergency Appointments
- Fractures
- Gait Assessment
- iPain- technology injury treatment
- Knee replacement surgery
- Meniscal Repair
- Nerve Entrapment
- Patellar Tears and Instability
- Patient Specific Implants (for rotator tears AND arthritis)
- Physiotherapy
- Rotator Cuff Injury
- Runner's Knee
- Shin Splints
- Shoulder Replacement
- Shoulder tears, instability
- Sports Injuries (eg SLAP)
- Swimmer's Shoulder
- Tennis Elbow
- Work Cover injuries



GP EDUCATION



SPORTING INJURIES



URGENT REFERRALS



WORK COVER SPECIALIST



KEY OPINION LEADER

## QUALIFICATIONS

Full Member of the Indian Orthopaedic Research Group (IORG)  
2013 The Indian Orthopaedic Research Group

Full Member of the Shoulder and Elbow Society of Australia (SESA)  
2012 The Shoulder and Elbow Society of Australia

Fellow of Australian Orthopaedic Association (FAOrth)  
2011 The Australian Orthopaedic Association

Examiner for Basic Surgical Training Clinical Examination  
2008 Royal Australasian College of Surgeons

Fellowship in Elbow Surgery  
2007 Dr Shawn O'Driscoll Observational and Research Fellowship in Elbow Surgery  
Mayo Clinic, Rochester Minnesota, USA

Fellowship in Shoulder Surgery  
2006 Dr Evan Flatow Observational and Research Fellowship in Shoulder Surgery  
Mt Sinai School of Medicine, New York University, New York, USA

Fellowship in Knee Surgery  
2006 Dr Leo Pinczewski Clinical and Research Fellowship in Knee Surgery  
North Sydney Orthopaedic and Sports Medicine Centre, Sydney, Australia

Fellowship in Sports Medicine  
2006 Dr Daniel Biggs Clinical and Research Fellowship in Shoulder and Knee Surgery  
Central West Orthopaedics and Sports Injuries Centre, Sydney, Australia

Fellow of the Royal Australasian College of Surgeons  
(Orthopaedic Surgery)  
2006 Royal Australasian College of Surgeons

Conjoint Associate Lecturer in Orthopaedic Surgery  
2003 University of New South Wales

American Board Exams  
2003 ECFMG exams

Masters of Sports Medicine  
2000 University of New South Wales

United Kingdom Board Exams  
1999 GMC registration approved

Bachelor of Medicine Bachelor of Surgery  
1996 University of Sydney, Australia

## HOSPITAL APPOINTMENTS

St Lukes Hospital  
18 Roslyn Street, Potts Point, NSW 2011 Australia  
Telephone: 02 9365 0200

Strathfield Private Hospital  
3 Everton Road, Strathfield, NSW 2135 Australia  
Telephone: 02 9745 7444

Campbelltown Private Hospital  
42 Parkside Crescent, Campbelltown, NSW 2560  
Telephone: 02 4621 9111

Bankstown-Lidcombe Hospital  
70 Eldridge Road, Bankstown, NSW 2200  
Telephone: 02 9722 8000

**ACHIEVEMENTS**

Asian Journal of Arthroscopy  
2017 Guest Editor of 2017 Jan-April Edition

Voted Best Doctor in Australia and New Zealand for Orthopaedic Surgery and Sport Medicine  
2015-2016 Best Doctors

Smith and Nephew Visiting Indian Surgeon Program  
2014 Orthoclinic, Sydney

Smith and Nephew Visiting Indian Surgeon Program  
2013 Orthoclinic, Sydney

Successful Implantation of the first Matchpoint Patient Specific Reverse Total Shoulder Replacement in the World  
2013 Bankstown Hospital, Sydney

Instructional Hip Arthroscopy Course  
2010 The Australian Hip arthroscopy Education and Research Foundation

Training in the Evaluation of Permanent Impairment  
2009 Workcover NSW Edn 3 and AMA 4

Successful Implantation of the first Kinsa RC Rotator Cuff Anchor in Australia  
2007 St Lukes Hospital, Sydney

Training in the Evaluation of Permanent Impairment  
2007 Workcover NSW Edn 2 and AMA 5

Columbia University Basic Microsurgery Course  
2007 Columbia University, New York, USA

Mount Sinai Advanced Elbow Course  
2006 Mount Sinai School of Medicine, New York, USA

AAOS/ASES Shoulder Arthroplasty: Surgical Indications and Techniques Course  
2006 AAOS Orthopaedic Learning Center, USA

Elbow Reconstruction: Arthroscopy, Instability and Arthroplasty Course  
2006 AAOS Orthopaedic Learning Center, USA

FRACS (Orth)  
2006 Royal Australasian College of Surgeons

Paediatric Orthopaedic Training  
2004 Royal Alexandria Hospital for Children

Fluoroscopy Radiation Safety Training Course  
2004 Westmead Hospital Medical Physics Department

Hand Surgery Orthopaedic Training  
2003 Department of Orthopaedic Surgery, St George Campus

Midus Rex course  
2003 Sydney

Orthopaedic Basic Sciences Exam  
2002 Sydney

AO Advanced course  
2000 Melbourne

AO Basic course  
1999 Auckland

Emergency Management of Severe Trauma Course  
1998 Sydney

Sports Medicine Intensive Course for Medical Practitioners  
1996 University of New South Wales

Successful implantation of the first Zimmer Reconstruction Femoral Nail in Australia  
2001 Bankstown Hospital

The Oddbins Prize  
1996 Oct 1st Place in Surgical Grand Rounds, RPAH

Top Scoring Student  
1994 Medical Defence Union Elective Bursaries Competition

Engineering Science Prize  
1989 First place in final year. Sydney Technical High School

## CAREER PATH

- 2016 Asian Journal of Arthroscopy  
Editorial Board Admission
- 2015 Consultant Shoulder Surgeon  
Conmed Linvatec Surgical Key Opinion Leader
- 2014 BMJ article reviewer invitation  
Reviewer in orthopaedics
- 2013 Matchpoint Evaluation Team appointment  
DJO Orthopaedics Matchpoint PSI shoulder research
- 2013 Consultant Shoulder Surgeon  
DJO Orthopaedics Surgical Key Opinion Leader
- 2013 Australian Defence Force Consultant Orthopaedic Surgeon
- 2013 International SOS Consultant Orthopaedic Surgeon
- 2012 Editor of the Journal of Orthopaedic Case Reports
- 2011 Sydney Orthoclinic Shoulder and Elbow Fellowship Trainer  
Australian Orthopaedic Association Accredited Fellowship
- 2011 Consultant Shoulder Surgeon  
Smith and Nephew Surgical Key Opinion Leader
- 2011 Conjoint Lecturer at University of Western Sydney
- 2010 Orthopaedic Surgeon for Pine Gap Medical Clinic
- 2009 Orthopaedic VMO Appointment at Bankstown Hospital
- 2008 Locum Orthopaedic VMO Bankstown Hospital  
From December 2007 to March 2008
- 2007 Fellowship in Elbow Surgery  
Dr Shawn O'Driscoll Observational and Research Fellowship in Elbow Surgery  
Mayo Clinic, Rochester Minnesota, USA
- 2006 Fellowship in Sports Medicine  
Dr Daniel Biggs Clinical and Research Fellowship in Shoulder and Knee Surgery  
Central West Orthopaedics and Sports Injuries Centre, Sydney, Australia
- Locum Orthopaedic VMO Blacktown Hospital  
From January 2006 to July 2006
- Fellowship in Knee Surgery  
Dr Leo Pinczewski Clinical and Research Fellowship in Knee Surgery  
North Sydney Orthopaedic and Sports Medicine Centre, Sydney, Australia
- Fellowship in Shoulder Surgery  
Dr Evan Flatow Observational and Research Fellowship in Shoulder Surgery  
Mt Sinai School of Medicine, New York University, New York, USA
- 2005 Orthopaedic Final year Trainee  
Concord Hospital and The Hills Private Hospital
- 2004 Orthopaedic 3rd year Trainee  
Westmead Children's Hospital and St Vincent's Hospital
- 2003 Orthopaedic 2nd year Trainee  
Prince of Wales Hospital and St George Hospital
- 2003 Conjoint Associate Lecturer at UNSW
- 2002 Orthopaedic 1st year Trainee  
Concord Hospital and Wagga Wagga Hospital
- 2001 Orthopaedic Registrar  
Liverpool Hospital
- 2000 Orthopaedic Registrar  
Bankstown Hospital
- 1999 Orthopaedic Registrar  
Manly Hospital
- 1998 Orthopaedic Registrar  
St Vincent's Hospital
- 1997 Resident Medical Officer  
Royal Prince Alfred Hospital
- 1996 Internship  
Royal Prince Alfred Hospital

## PUBLICATIONS

- Bhatty SM, **Herald J A**, Arthroscopic Stabilisation Techniques for Anterior Shoulder instability. *Asian Journal of Arthroscopy*. 2 (1): , 2017 Jan – April.
- Kakatkar S, **Herald J A**, Patho-anatomy and Patho-mechanics of glenohumeral instability. *Asian Journal of Arthroscopy*. 2 (1): , 2017 Jan – April.
- Herald J A**, Kakatkar S. Tibial Fixation. In: Tapasvi S, Patil S, Shekhar A Eds. *Techniques in ACL Surgery*. 1 st Edn. Jaypee Brothers, 2017.
- Herald J A**, Kakatkar S. *Non-surgical and Surgical Management of the Lateral Patellar Compression Syndrome*. In: Tapasvi S, Eds. *Patellofemoral Instability*. 1 st Edn. Jaypee Brothers, p97-110, 2016.
- Herald J A**, Kakatkar S. Synthetic Grafts in Anterior Cruciate Ligament Reconstruction. *Asian Journal of Arthroscopy*. 1(1);16-19, 2016 April – June.
- Klug RA, **Herald J A**, Hausmann MR. *Minimally Invasive Approaches for Complex Elbow Trauma*  
In: Scuderi GR, Tria AJ Eds. *Minimally Invasive Surgery in Orthopedics*. 2nd Ed. New York: Springer, 2015.
- Subramanya S, **Herald J A**: Autologous Tenocyte Injection – a novel treatment for recalcitrant patella tendinopathy. Submitted AJSM
- Subramanya S, **Herald J A**: Reverse Shoulder Arthroplasty with patient specific glenoid implant positioning guides. *Techniques in Shoulder & Elbow Surgery*. 15(4):p122-129, 2014 Dec
- O’Driscoll S, **Herald J A**: Forearm pain associated with loose radial head prostheses. *Journal of Shoulder & Elbow Surgery*. 21(1):92-7, 2012 Jan
- O’Driscoll S, **Herald J A**: Symptomatic failure of a snap-on bipolar radial head prosthesis. *Journal of Shoulder & Elbow Surgery*. 18(5):e7-11, 2009 Sep-Oct
- Herald J A**, O’Driscoll S: Complete dissociation of a bipolar radial head prosthesis: a case report. *Journal of Shoulder & Elbow Surgery*. 17(6):e22-3, 2008 Nov-Dec
- Herald J A**, Cooper L, Machart F: Tourniquet – induced restriction of the quadriceps muscle mechanism. – Fact or Fiction? *Journal of Bone and Joint Surgery – British Volume*. 84(6):856-7, 2002 Aug
- Herald J A**, Macdessi S, Kirsh G: An unusual cause of groin pain following hip replacement. A case report. *Journal of Bone and Joint Surgery*. 83-A (9): 1392-5, 2001 Sep
- Herald J A**, Young C J, White G H, Solomon M J: Endosurgical treatment of synchronous rectal cancer and abdominal aortic aneurysm, without laparotomy. *SURGERY (Am)*. 124(5): pp. 932-3, 1998 Nov
- Klug RA, **Herald J A**, Hausmann MR. *Minimally Invasive Approaches for Complex Elbow Trauma*  
In: Scuderi GR, Tria AJ Eds. *Minimally Invasive Surgery in Orthopedics*. 1st Ed. New York: Springer, 2009.
- Herald J A**, Garlick D: The clinical accuracy of emergency department doctors in diagnosing acute knee injuries. Masters Thesis UNSW 2000.

## PRESENTATIONS AT NATIONAL / INTERNATIONAL MEETINGS

Kakatkar S, **Herald J A**: Extensor origin repair using knotless suture anchors for the treatment of recalcitrant lateral epicondylitis. Presentation at 2016 APOA meeting Melbourne 2016

Kakatkar S, **Herald J A**: Extensor origin repair using knotless suture anchors for the treatment of recalcitrant lateral epicondylitis. Accepted for presentation at 2016 ICJR Pan Pacific meeting Hawaii 2016

**Herald J A** : Everything you need to know about lateral epicondylitis. Presented at the BIT 3 rd Annual World Congress of Orthopaedics WCORT South Korea 2016.

Patwardhan A, **Herald J A** : Extensor origin repair using knotless suture anchors for the treatment of recalcitrant lateral epicondylitis. Presented at the 34th Annual Congress of the HKOA 2015.

**Herald J A** Invited Guest Speaker at the 7th Annual IEAAF conference, Chennai India July 2015

**Herald J A** Invited Guest Speaker at the Apollo Cosmic course, Chennai India Feb 2015

Subramanya S, **Herald J A**: Reverse Shoulder Arthroplasty with patient specific glenoid implant positioning guides. Pan Pacific ICJR conference. Hawaii 2014

**Herald J A**, Patwardhan A : Extensor origin repair using knotless suture anchors for the treatment of recalcitrant lateral epicondylitis. Presented at the Biennial SESA Conference 2014.

**Herald J A** Invited Guest Speaker at the Matchpoint Conference : Patient Matched instrumentation for Total and Reverse shoulder arthroplasty. ,VUMEDI, Apr 2014

**Herald J A** Invited Guest Speaker at the Pune Knee course, Pune Apr 2014

**Herald J A** Invited Guest Speaker at the IWSLM congress : New options for Technology related neck and Shoulder pain. ,Concord Medical Education Centre, Feb 2014

**Herald J A** : Common Occupationally induced knee injuries and return to work. Presented at the NSW/ACT AFOEM and ANZSOM scientific meeting. Invited Guest Speaker, Macquarie university, Dec 2013

**Herald J A** Invited Guest Speaker at the DJO Shoulder Arthroplasty cadaver workshop, Melbourne Oct 2013

Subramanya S, **Herald J A**: Autologous Tenocyte Injection – a novel treatment for recalcitrant patella tendinopathy. Presented at 2013

Chung E, **Herald J A** : Comparison of pullout strength and stiffness of curved and straight Bioraptor suture anchors; a cadaver study. Presented at the NSW AOA Branch Conference 2013.

**Herald J A** Invited Guest Speaker at the Indore Arthroscopy and Sports Medicine Update at Choitram Hospital and Research centre, Indore 2012

**Herald J A** Invited Guest Speaker at the Smith and Nephew Shoulder Symposium at Deenanath Mangeshkar Hospital, Pune 2012

**Herald J A**, Drinkwater M, Appleyard R, Negus J: Comparison of Pullout Strength and Stiffness of curved and straight bioraptor suture anchors; A cadaver study. Presented at the 2012 Bi-Annual Shoulder and Elbow Society of Australia Meeting 2012

**Herald J A** Invited Guest Speaker at the 7th Congress of APKS and APOA Conference Delhi 2012

**Herald J A** Invited Guest Speaker at The Advanced Shoulder Course at Macquarie University 2012

**Herald J A** Invited Guest Speaker at the 8th Annual Indo European Arthroscopy and Arthroplasty Foundation Conference 2012

**Herald J A** Invited Guest Speaker at The Advanced Shoulder Course at Macquarie University 2011

**Herald J A** Invited Guest Speaker at the 7th Annual Indo European Arthroscopy and Arthroplasty Foundation Conference 2011

**Herald J A**, O'Driscoll S: Forearm Pain Associated with Loose Radial Head Prostheses. Presented at the 7th Biennial AAOS/ASES Shoulder and Elbow Conference 2010

Gilles RM, Rooney J, **Herald J A**, Hutabarat S, Appleyard RC, Hogg MC, Dabirrahmani D: Kinematic Behaviour of Single and Double Bundle ACL repair Techniques  
Poster Presentation at EFORT Congress in Vienna, Austria 2009

**Herald J A**, O'Driscoll S: Forearm Pain Associated with Loose Radial Head Prostheses. Presented at the 2008 Bi-Annual Shoulder and Elbow Society of Australia Meeting 2008

**Herald J A**, O'Driscoll S: Forearm Pain Associated with Loose Radial Head Prostheses. Presented at the 67th AOA ASM Conference in Hobart 2008

**PRESENTATIONS AT NATIONAL / INTERNATIONAL MEETINGS (CONTINUED)**

**Herald J A**, Hutabarat S: Allograft vs. Autograft : It isn't life or death surgery, why risk it with Allograft?  
Presented at the Australian Conference of Science and Medicine in Sport 2007

**Herald J A**, Hutabarat S: Hamstrings vs. Patella Tendon: Can we restore normal knee function and prevent arthritis?  
Presented at the Australian Conference of Science and Medicine in Sport 2007

**Herald J A**, Hutabarat S: The Anatomic Double Bundle ACL reconstruction: Are two bundles better than one?  
Presented at the Australian Conference of Science and Medicine in Sport 2007

**Herald J A**, Rooney J, Hutabarat S: Making the Diagnosis in Sports Injuries  
Workshop at the Australian Conference of Science and Medicine in Sport 2007  
Presented a paper on "Which Test is Best in Shoulder and Elbow Injuries".  
Workshop Convenor

**Herald J A**, Harris I: Outcome of displaced fractures of the distal radius treated by external fixation.  
Presented at the AOA NSW State Branch Meeting November 2002  
Presented at the AORA Annual meeting November 2002.

**Herald J A**, Garlick D: The clinical accuracy of emergency department doctors in diagnosing acute knee injuries.  
Presented at the 2000 pre-Olympic International Congress on Sports Science, Sports Medicine and Physical education –  
Brisbane 7 – 13 Sept 2000.

**Herald J A**, Lucas P, Machart F: Tourniquet induced restriction of the quadriceps muscle mechanism – does it occur?  
Presented at the AOA NSW State Branch Meeting May 1999.

**Herald J A**, Young C J: Endosurgical advances – A case study  
Presented at the Surgical Grand rounds, RPAH, October 1996.

**Herald J A**, Anderson C: The effectiveness of Patient Controlled Anaesthesia (PCA) on post-operative pain in pediatric patients at UCLA Medical Center.  
Presented at UCLA Medical Center, California, USA. 1995.

## CURRENT RESEARCH PROJECTS

Autologous Tenocyte Implantation  
Stem Cell research into treatment of arthritis  
Computer Navigated Shoulder Prostheses

## MEMBERSHIPS

AO Alumni Association  
Australian Society of Orthopaedic Surgeons  
Australian Orthopaedic Association  
Sports Medicine Australia  
Sports Doctors Australia  
The Royal Australasian College of Surgeons  
The Australian Medical Association  
The Fitness Network of Australia  
The Medical Defence Association  
The Sydney University Alumni  
The Sydney University Medical Society  
University of New South Wales Alumni  
The Art Gallery of New South Wales

## MEDICAL REGISTRATION

NSW: MPO 319 805

## MEDICAL REGISTRATION

Team Doctor for Manly-Warringah Rugby Union Club 1999  
Renovating — completed Owner-builder certificate.  
Tennis  
Golf  
Skiing  
Boating