

Dr Jonathan Herald

MBBS, MSpMed, FRACS (Orth)
FAOrthA



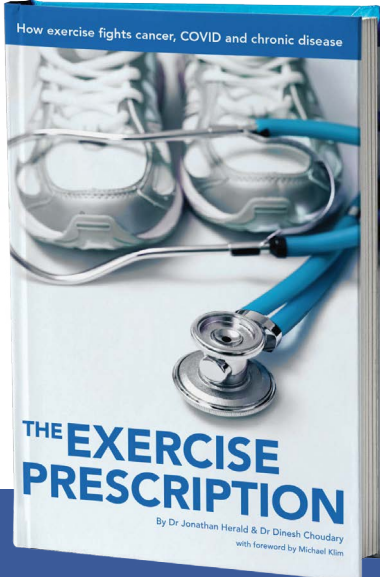
Orthoclinic
Orthopaedic Clinic Sydney

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- Dr Jonathan Herald is an orthopaedic surgeon who specialises in minimally invasive surgical treatments for shoulder, knee, elbow and worker injury.
- With a Master of Sports Medicine, Dr Herald has treated some of Australia's best-known athletes.
- In October 2021 he teamed up with six-time Olympic medallist Michael Klim and some of Australia's key opinion leaders in the nascent field of "exercise medicine" - with the launch of his new book *The Exercise Prescription*, co-authored with Dr Dinesh Choudary.
- All proceeds from the book will go to setting up a new rehab pilot program for cancer patients at St Vincent's Public Hospital in 2022, which is now underway.
- Dr Herald obtained his medical degree from Sydney University in 1996, his Masters of Sports Medicine in 2000 and further trained at the Mt Sinai School of Medicine New York (Shoulders in 2006) and at the Mayo Clinic in elbow surgery (2007).
- Dr Herald has been a reviewing surgeon (orthopaedics) for the *British Medical Journal*.

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
- Patellar Tears and Instability
- Rotator Cuff Injury
- Runner's Knee
- Shin Splints
- Shoulder Replacement
- Shoulder tears, instability
- Sports Injuries (eg SLAP)
- Tennis Elbow
- Work Cover injuries



Dr Herald teams up with six-time Olympic medallist Michael Klim and St Vincent's Hospital Sydney cancer patients in the **Exercise Prescription**.





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

East Sydney Private Hospital

75 Crown St Woolloomooloo, 2011

Telephone: 9001 2000

Strathfield Private Hospital

3 Everton Road, Strathfield, NSW 2135

Telephone: 02 9745 7444

Campbelltown Private Hospital

42 Parkside Crescent, Campbelltown, NSW 2560

Telephone: 02 4621 9111

Sydney Private Hospital

63 Victoria St Ashfield, NSW 2013

Telephone: 02 9797 0555



ROOMS DETAILS

All Appointments: 9223 3946

East Sydney Rooms

East Sydney Private Hospital

Suite 2, Level 6

75 Crown Street, Woolloomooloo, NSW 2011

Strathfield Rooms

Strathfield Private Hospital, 3 Everton Rd, Strathfield, 2135

Campbelltown Rooms

Suite 118, 4 Hyde Parade, Campbelltown, 2560

Bankstown Rooms

Level 1, Suite 103

68 Elridge Rd Bankstown, NSW 2022



BACKGROUND, EDUCATION & CAREER

Born: November 14, 1971

EDUCATION

- 1989 [Graduated Sydney Technical High School](#)
- 1996 [University of Sydney](#), Bachelor of Medicine (Surgery)
- 1996 Internship & Resident Medical Officer Royal Prince Alfred Hospital
- 1998 Orthopaedic Registrar St Vincent's Hospital
- 1999 Orthopaedic Registrar Manly Hospital
- 2000 Orthopaedic Registrar Bankstown Hospital
- 2000 [University of NSW](#), Masters of Sports Medicine
- 2001 Orthopaedic Registrar Liverpool Hospital
- 2003 Conjoint Associate lecturer at UNSW
- 2006 Sports Medicine and Knee Surgery Fellowships, Sydney
- 2006 Further trained in shoulder surgery at Mt Sinai School of Medicine New York
- 2007 Further Trained in elbow surgery with [Professor Shawn O'Driscoll](#) at [The Mayo Clinic](#)
- 2008 Examiner Royal Australasian College of Surgeons
- 2008 Locum Orthopaedic VMO Bankstown Hospital
- 2009 Orthopaedic VMO appointment at Bankstown Hospital (public)
- 2010 Orthopaedic Surgeon for Pine Gap Medical Clinic
- 2011 Sydney Orthoclinic Shoulder and Elbow Fellowship Trainer (Australian orthopaedic Association Accredited Fellowship)
- 2011 Conjoint Lecturer at University of Western Sydney
- 2012 Editor of the Journal of Orthopaedic Case Reports
- 2013 Consultant Shoulder Surgeon – DJO Orthopaedics Surgical Key Opinion Leader
- 2013 Australian Defence Force Consultant Orthopaedic Surgeon
- 2014 Guest reviewer (orthopaedic) for the British Medical Journal
- 2015 Consultant Shoulder Surgeon – Conmed Linvatec Surgical Key Opinion Leader
- 2016 Asian Journal Of Arthroscopy – Editorial Board Admission
- 2017 Guest editor for The Asian Journal of Arthroscopy in 2017



MEDIA ARTICLES

December 2021, [ABC News - Exercise Proven To Aid Cancer Treatments](#), 2020, ABC

May 2019, [A Current Affair - Smart Phone Injuries in Australia](#), A Current Affair, 2019

[YouTube - ACL return to sport with Rugby League legend, Adam Ashley Cooper](#) (192,000 views) - New surgical treatment for previously irreparable rotator cuff tears with a rotator

May 2018, [The Land - New surgical treatment for previously irreparable rotator cuff tears with a rotator shoulder cuff patch.](#)

February 2018, [The Australian Financial Review - Digital Savvy Consumers Driving Changes in Treatment Methods](#)

September 2017, [Fairfax Essential Kids - Why This Surgeon is Teaching Kids to Catch a Ball \(with Olympic Gold-Medal winning Rugby Sevens Player Emma Tonegato.](#)

April 2015, [Television show Damage Control](#), narrated by Actor Russell Crowe – Dr Herald discusses the repair of collarbone on cricket all-rounder Corinne Hall.

February 21, 2014, [Daily Telegraph Sydney, Smartphones are everywhere...but adverse health effects are growing](#)



NOTABLE ATHLETES

- Dr Herald has surgically treated a number of elite athletes, swimmers and Olympians and demonstrated the post-op NEER technique with former [Australian Rugby Union Centre Adam Ashley Cooper which has to date had 200,000 views.](#)
- Dr Herald performed knee surgery on Flyhalf Tayler Adams who returned to season within four weeks of injury in 2016. In 2017, Adams went on to win one of Rugby's most prestigious accolades, the [Ken Catchpole Medal](#)
- Dr Herald also appeared with Olympic Rugby Sevens Gold Medallist [Emma Tonegato](#) in a series of videos educating children about avoiding orthopaedic injuries in sport.
- In April 2015, Dr Herald appeared in a television show [Damage Control](#), narrated by Actor Russell Crowe, where he discussed the successful surgical repair of collarbone on cricket all-rounder [Corinne Hall](#). He has also treated [Olympic Kayaker Dianne Chellev](#).



ACHIEVEMENTS

Indian Arthroscopy Society of India XV1 Annual Conference (AISCON)
2017 Invited Guest Speaker and Surgical Demonstrator

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

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



ACHIEVEMENTS (CONTINUED)

- 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, [Royal Prince Alfred Hospital Sydney](#)
- Top Scoring Student
1994 Medical Defence Union Elective Bursaries Competition
- Engineering Science Prize
1989 First place in final year. Sydney Technical High School



MEMBERSHIPS

- [Member of the Royal Australasian College of Surgeons RACS \(orthopaedic surgery\)](#)
- [Fellow of the Australian Orthopaedic Association](#)
- [Sports Doctors Australia](#)
- [Sports Medicine Australia](#)
- [Australian Society of Orthopaedic Surgeons](#)
- [Australian Medical Association](#)
- [Member of the Shoulder and Elbow Society of Australia](#)
- [Fellow of The Indian Orthopaedic Research Group](#)
- [Sydney University Medical Society](#)
- [Medical Defence Association](#)
- [Examiner for Basic Surgical Training Clinical Examination Orthopaedics RACS 2011](#)
- [Former Conjoint Associate Lecturer in Orthopaedics \(University of NSW\) 2011](#)
- [Australian Institute of Musculoskeletal Science](#)



RECENT 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. 1st 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](#)



EARLIER PUBLICATIONS

[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](#)

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, 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

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

- Herald J A** Apollo Congress on Orthopedics & Sports Medicine International Chapter, October 2018 - Esteemed Faculty team for Knee and Shoulder Arthroplasty and Arthroscopy with insights in Unicondylar Knee, Robotic Knee Replacement, Cartilage Restoration
- Herald J A** Procedures and Reverse Shoulder Arthroplasty, Hotel Taj Coromandel, Chennai.
- Herald J A** Posterolateral Instability of the Elbow and LUCL Reconstruction. Presentation at 2017 IASCON meeting Jaipur, India 2017.
- Herald J A** Distal Biceps Rupture - The Hidden Corner. Presentation at 2017 IASCON meeting Jaipur India 2017
- Herald J A** Bipolar Bone Loss - A Rising Horizon. Presentation at 2017 IASCON meeting Jaipur, India 2017
- Herald J A** Meniscus Repair - When do I save the meniscus for the future? Presentation at 2017 IASCON meeting Jaipur, India 2017.
- 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



PRESENTATIONS AT NATIONAL / INTERNATIONAL MEETINGS (CONTINUED)

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

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



MEDICAL REGISTRATION

NSW: MPO 319 805