



## DON'T LET YOUR JOINTS DEFINE YOUR LIMITS

- Dr Jonathan Herald is a Campbelltown-Private based orthopaedic surgeon who specialises in shoulder, knee and elbow conditions as well as all-limb Work Cover orthopaedic injuries.
- Dr Herald has 10 years' surgical experience and has treated some of Australia's highest-profile athletes in the fields of swimming, soccer, NRL, Rugby and cricket.
- In 2017 he successfully performed [a new surgical treatment](#) at Campbelltown Private Hospital for previously irreparable rotator cuff tears.
- A passionate advocate of physiotherapy, (both his parents were physiotherapists), Dr Herald uses [the Neer Protocol, an accelerated recovery exercise program after shoulder surgery](#).
- He also uses the Shelbourne Return to athletics after ACL surgery, and has demonstrated the technique with former Australian Rugby Union Centre [Adam Ashley Cooper](#).
- In 2018, Herald was a medical commentator in the [Australian Financial Review](#), discussing the new age of [patient-centric medicine](#) and he is widely published in medical journals around the world.
- Dr Herald welcomes patients to his new rooms near Campbelltown Private Hospital and offers Urgent Appointments with a call from your GP or physio, and No Gap surgery for privately covered pensioners.
- Meet Dr Herald - [Dr Jonathan Herald discusses three top frozen shoulder exercises using common household objects – that can also assist recovery after shoulder surgery](#).



**New rooms opposite  
Campbelltown Private**

### CONDITIONS & TREATMENTS

- ACL Reconstruction
- Arthroscopy
- Arthritis of the elbow, shoulder and knee
- Cartilage Resurfacing
- Elbow dislocation
- Elbow surgery UCL transposition
- Fractures (emergency appointments)
- Knee replacement
- Meniscal Repair
- Nerve Entrapment
- Patellar Tears and Instability
- Rotator Cuff Injury
- Runner's Knee
- Shin Splints
- Shoulder Replacement
- Shoulder tears, instability
- Sports Injuries
- Swimmer's Shoulder
- Tennis Elbow
- Throwing Injuries
- Work Cover injuries (All limbs)

#### DRESSINGS AFTER SURGERY

How do  
I change  
them?



"HOW TO" PATIENT VIDEOS Jonathan Herald



NO GAP SURGERY- PRIVATELY COVERED AGED PENSIONERS



WORK COVER SPECIALIST-URGENT APPOINTMENTS



## BACKGROUND, QUALIFICATIONS & EDUCATION

Born: November 14, 1971

### EDUCATION

- 1989 [Graduated Sydney Technical High School](#)
- 1996 [University of Sydney](#), Bachelor of Medicine (Surgery)
- 2000 [University of NSW](#), Masters of Sports Medicine
- 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
- 2014 Guest reviewer (orthopaedic) for the British Medical Journal
- 2017 Guest editor for [The Asian Journal of Arthroscopy](#) in 2017



## MEDIA ARTICLES

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](#)

March 13, 2013 *YouTube*, (146,000 views) Dr Jonathan Herald demonstrating the accelerated ACL reconstruction rehabilitation program with [Rugby Union Centre Adam Ashley-Cooper.](#)



## NOTABLE ATHLETES

- Dr Herald performed knee surgery on Flyhalf Taylor 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](#)
- In July 2018, one of Dr Herald's patients Johnny Campos appeared on the Channel 7 television series [Dance Boss](#) as a competitor – following ACL surgery.
- 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.](#)
- 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 Chellew.](#)

## 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](#)



## AWARDS

- 1989 Engineering Science Prize, first place final year, Sydney Technical High School
- 1994 Top Scoring Student, Medical Defence Union Elective Bursaries Competition
- 1996 Oddbins Prize 1st Place, Surgical Grand Rounds, [Royal Prince Alfred Hospital Sydney](#)



## RECENT PUBLICATIONS

[Bhatty SM, Herald J A, Arthroscopic Stabilisation Techniques for Anterior Shoulder instability. Asian Journal of Arthroscopy. 2 \(1\): , 2017 Jan – April.](#)

[Kakatkhar S, Herald J A, Patho-anatomy and Patho-mechanics of glenohumeral instability. Asian Journal of Arthroscopy. 2 \(1\): , 2017 Jan – April](#)

[Herald J A, Kakatkhar S. Tibial Fixation. In: Tapasvi S, Patil S, Shekhar A Eds. Techniques in ACL Surgery. 1st Edn. Jaypee Brothers, 2017.](#)

[Herald J A, Kakatkhar 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, Kakatkhar 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](#)