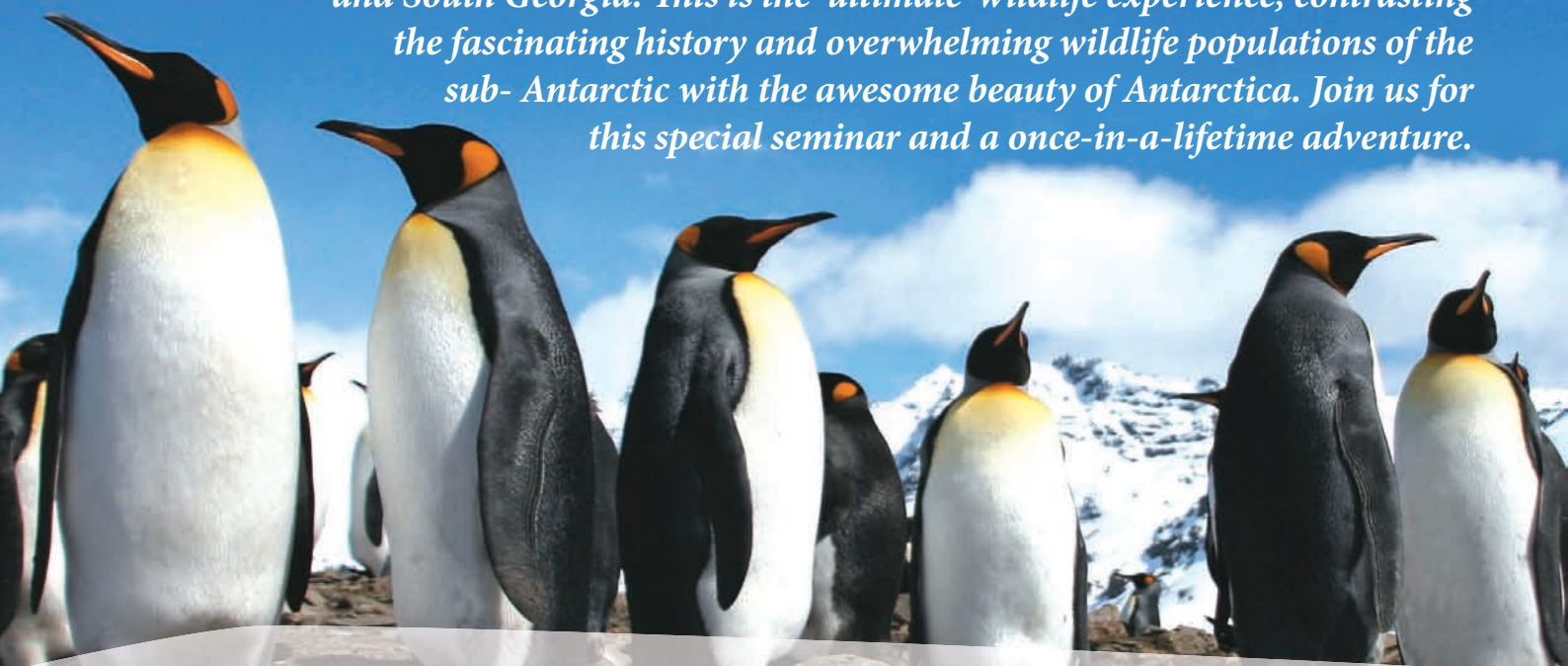


# INTERVENTION & PREVENTION IN HEALTH: RESEARCH TO PRACTICE

Antarctica, South Georgia & the Falklands – February 2010

19 days/18 nights  
22 February – 12 March 2010

*Peregrine and StuVac Seminars are delighted to offer this unique seminar experience aboard an expedition voyage exploring the Antarctic, Falklands and South Georgia. This is the 'ultimate' wildlife experience, contrasting the fascinating history and overwhelming wildlife populations of the sub- Antarctic with the awesome beauty of Antarctica. Join us for this special seminar and a once-in-a-lifetime adventure.*



This cutting edge seminar will be informative for those involved in many streams of medicine, injury prevention and injury litigation – those working in sports medicine, workplace assessment and design, orthopaedics, paediatrics, geriatrics, medical ethics, office management, design for the young, elderly and disabled and much more.

Both keynote speakers on this conference are world authorities in their fields. Professor David Sonnabend's research into shoulder management has attracted NHMRC grants of over US\$700,000. David will present a raft of topics from this research ranging from the use of stem cell and "orthobiologics" in shoulder management to operative intervention including computer assisted "navigation" surgery. Review assessment procedures and treatment options in the sporting shoulder with the surgeon who has kept some of our able bodied and paraplegic sportspeople at the top of their game.

Internationally respected ergonomist Rani Lueder will take us on a voyage of "fitness" between people and their day-to-day living as she teaches approaches to improve well-being and optimize productivity. Extend your understanding of fit and sit, fit and tasks, fit and workplace, fit and travel, "fitness" between people of all ages, able bodied and disabled and their environment. Talk with Rani in the case discussion sessions about her experiences as an expert witness. She has consulted for attorneys in the U.S. in cases relating to product evaluations, ergonomics for children, industrial ergonomics and safety, accommodating disabled people in the workplace and evaluating compliance of public buildings with the Americans with Disabilities Act.

Enjoy this opportunity to exchange views, present your own work, update with researchers leading their fields. At the same time discover the Falklands, South Georgia and the Antarctica through Peregrine's world-leading program of exploration by Zodiac, sea kayak and on foot in the company of expert guides, lecturers and naturalists.

# Topics



*One hour lectures will be presented in the morning and evening daily. In the late afternoon one hour will be set aside daily for case discussions and delegate presentations.*

*Topics include but are not limited to:*

## THE SHOULDER

- Tendon pathology and treatment: A disease of our age
- Total Joint Replacement: New parts for old
- The Sporting Shoulder: Throwers and swimmers are not the same
- Obesity, smoking and joints
- Fracture Healing: Modern trends in treatment
- The Greying of Australia: Baby boomer health in the 21st century,
- Organ-donation and bone-banking in Australia: Ethics and practicalities
- Evolution of the Shoulder: A fairy tale based in fact

## LIFESPAN ERGONOMICS

- Becoming old while young; learning from elder simulation projects
- Revisiting ergonomics for children and adolescents
- Rethinking ability, disability and universal design
- Designing places that work for all of us
- Sitting, seating and real world considerations (who made up all those rules?)
- New rules for product design and usability in a changing world

## GENERAL INTEREST

- Setting up a Surgical Practice: Pearls and Pitfalls

*Every endeavour will be made to follow the program as published. Changes may be necessary to accommodate the weather, the wildlife and the Peregrine program.*

Should you wish to present a paper please email [jennypynt@optusnet.com.au](mailto:jennypynt@optusnet.com.au) with Falklands/Antarctica in the subject line. No attachments please.

# Speakers

## Keynote Speakers



**David Sonnabend** is Professor of Orthopaedics at the University of Sydney, a former editor of the Journal of Shoulder and Elbow Surgery and a member of the editorial board of the Journal of Orthopaedic Science. He is an internationally recognised shoulder surgeon, has conducted a post specialization Fellowship in Shoulder and Elbow Surgery for

the past 20 years, and has taught at numerous universities and courses around the world. He has authored over 60 scientific publications in shoulder surgery and related fields.

David's research interests relate to musculo-skeletal biomechanics, tendon pathology and repair and the surgical treatment of arthritis. His doctoral thesis was on comparative anatomy of the rotator cuff and he has maintained a particular interest in animal evolution. He is a keen kayaker and a poor golfer.



**Rani Lueder**, MSIE, CPE is known internationally as the co-editor and co-author of many ergonomic books, her latest publication being "Ergonomics for children: Designing Products and Places for Toddlers to Teens" (2008, Taylor & Francis). Rani is President of Humanics ErgoSystems, Inc., an ergonomics consulting firm that she established in 1982 in her home state of California. From this base she serves

as a consultant, researcher and expert witness in occupational ergonomics, posture and the design and evaluation of products and places for adults, children, the elderly and people with disabilities.

Rani currently consults for the National Institute of Occupational Safety & Health (NIOSH) where she performs a raft of tasks including reviewing workplace risk for farmhands, reviewing research literature, developing guidelines for alternative keyboards, consulting on design of mining vehicles. Other consulting engagements include Michelin Tires, Transportation industries and Off-Track Betting Operations.

Her website [www.humanics-es.com](http://www.humanics-es.com) contains additional information about her activities and research.

## Convenor and Moderator



**Jenny Pynt PhD** (USyd), GradDipManipTher, Dip Physio is a well known Physical Therapist, published researcher, author of four books and past post-graduate lecturer for the University of Sydney. This will be the sixth medical conference Jenny has convened and hosted on board a Peregrine vessel. She and her husband Morris Alphandary are directors of StuVac Seminars.

# INTERVENTION & PREVENTION IN HEALTH: RESEARCH TO PRACTICE

## Antarctica, South Georgia & the Falklands – February 2010



	MAIN DECK	UPPER DECK	SUPERIOR	SUPERIOR PLUS	PEREGRINE SUITE
<b>Voyage Only*</b>	<b>\$13,290</b>	<b>\$13,890</b>	<b>\$15,890</b>	<b>\$16,990</b>	<b>\$18,090</b>

\*Voyage only price is in \$US, per person twin share, on the 18-night *Antarctica, South Georgia & the Falklands* voyage departing 22 February 2010. Prices include arrival and departure transfers as well as all voyage inclusions, as detailed in Peregrine's current *Antarctica 2009-2010* brochure.

All prices are subject to availability and change.

### **GUARANTEE NO CURRENCY OR FUEL SURCHARGE**

**Conference registration fee:**

**EARLY BIRD REGISTRATION UP UNTIL 1 MAY 2009: US\$1125**

**AFTER THAT DATE REGISTRATION BECOMES US\$1240**

**Our medical seminars are always popular and do sell out so we recommend booking early to secure your place.**

**Deposit of US\$1000 required to secure voyage berth. Full payment due 90 days prior to departure.**

For bookings and trip notes please contact Peregrine Adventures.

### **AUSTRALIA**

PEREGRINE TRAVEL CENTRE

Level 4, 380 Lonsdale Street

Melbourne VIC 3000 Australia

61 3 8601 4444

websales@peregrineadventures.com