

## DR. DINESH SIRISENA

**Session: Symposium 1 (Day 1: 1120 – 1145)**

**Topic: Basic MSK Ultrasound – Upper Limb**

MRCGP, Dip(SEM), PgD(MedUSS), MSc(SEM),

MSc(Clinical Ed), FFSEM(Ire), FFSEM (UK&I), FAMS



Dr Dinesh Sirisena has a variety of sports and clinical experience, including work with football (AFC Wimbledon, Irish and English FA and other professional teams), rugby (Northampton Saints, Sarcens Academy, RFUW, Singapore Rugby), athletics (Diamond league events), hockey (Olympic and England) and mixed martial arts. He was also a sports medicine doctor at the London 2012 Olympic and Paralympic Games. In 2014/5 he led the Buckinghamshire Musculoskeletal service as the Local Medical Director, providing a variety of ultrasound guided interventions, clinical supervision for doctors and physiotherapists and management support for service continuation/development.

In his Consultant role with Hertfordshire Community NHS Trust, he maintained his connection with the NHS, providing specialist MSK consultations, ultrasound diagnostics and guided interventions in the community. His past private practice was conducted at Pure Sports Medicine (London) and All Sports Medicine (Reading).

At present he is based at Khoo Teck Puat Hospital (Singapore) as a Consultant in Sports Medicine, providing specialist MSK, medical screenings, rehabilitation and educational services to the local and international community. In Singapore, he is also a provide diagnostic ultrasound imaging and interventions, such as shoulder hydro-dilatations, nerve root and facet joint injections, high volume and tendon stripping procedures and PRP and polo-therapy treatments. Being part of the hospital, he work closely with Orthopaedics, Physiotherapy, Rheumatology, Health for life and Podiatry departments. The service is truly multi-disciplinary and caters for subsidised and private patients.

His areas of interest include: hip and groin pathologies, tendinopathies, diagnostic ultrasound and guided interventions (spine, hydro dilatations, high volume, PRP, prolotherapy, TENEX), sports screenings, team medicine, preventative medicine, pitch side care

He also has an interest in clinical education (with both YLL and LKC medical schools) and research ([www.researchgate.net/profile/Dinesh\\_Sirisena](http://www.researchgate.net/profile/Dinesh_Sirisena)).