

Dr Gregory Abraham Harris

Sports and Exercise Physician
MBBS (Hons) FACSP

Qualifications

February 2015 Accredited International Motorcycling Federation (FIM) Chief Medical Officer
December 2008 Fellowship of the Australasian College of Sports Physicians (FACSP)
December 1995 MBBS (Hons), Monash University, Clayton, Victoria

Current Appointments

February 2016 **Australian Team Doctor, Olympic test events** - Korea
Ski cross, snowboard cross and slopestyle ("Park and Pipe")

October 2015 **Chief Medical Officer (CMO), FIM Speedway World Cup, Melbourne**

2014 **Director, Elite Motorsport Medicine Clinic**, North Melbourne, Victoria
www.elitemsm.com.au
Specialist clinic for provision of rapid and co-ordinated medical care to elite motorsport athletes.

2013 **CMO, Australian MX Nationals (motocross) and Australian Supercross series**
Race day duties involve co-ordination and supervision of medical care, including liaison with event promoters and local emergency medical providers. Other duties include provision of ongoing medical care and advice to riders across the country, injury data collection and analysis. The role has also involved working with both Motorcycling Australia (MA) and event promoters to develop protocols and procedures for illicit drug testing and concussion management.

2010 **Chief of Sports Medicine and Research, MA RaceSafe Medical Team**
The duties of this position include development, co-ordination and direction of research in elite motorbike sports, and incorporation of research into trackside and remote medical practice. Research projects include concussion management, knee ligament injuries, heat stress and raceday cooling strategies, and rider biomechanics.

2009 **Confederation of Australian Motor Sport (CAMS) Accredited Medical Examiner**

2008 **Consultant Sports Physician** to Frankston and Casey VFL Football Clubs, and Dandenong Stingrays Under-18 TAC Cup Football teams

2007 **Consultant Sports and Exercise Physician, Mornington Peninsula Sports Physicians**
Frankston and Mornington, Victoria
www.mpsportsphysicians.com.au

2000 Extensive experience assisting hip, knee, foot, ankle and shoulder surgeons.

Previous Employment

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| 2000-2014 | Olympic Park Sports Medicine Centre, Melbourne |
| 2004-2005 | Territory Sports Medicine, Darwin |
| 1997-1999 | ICU and Emergency Fellow, Knox Private and Maroondah Hospitals, Victoria |

Previous Team Appointments

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| 2001-2007 | Richmond AFL and Coburg Tigers VFL team doctor |
| 2005 | NT Mosquitoes Rugby team doctor |
| 2002 | Australian under-23 cycling squad tour doctor, Italy and Mexico |

Event Medical Provision

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| August 2013 | CMO, FIM World Speedway Sidecar World Cup, Murray Bridge, South Australia |
| November 2013 | RedBull X-Fighters freestyle motocross competition, Sydney |
| 2008, 2010 | UCI Cycling World Cup, Melbourne |
| 2005, 2007 | Arafura Games, Darwin |
| 2006, 2007 | V8 Supercar Series, Darwin |
| 2005 | Medical Coordinator, International Rugby 7s, Darwin |
| 2002, 2004 | Alice Springs Masters Games, Northern Territory |
| 2002 | World Masters Games, Melbourne |
| 1998-1999 | Expedition medical officer in Canada, Mexico and Australia |

Memberships and Affiliations

- AFL Medical Officers Association
- Sports Medicine Australia (SMA)
- International Society for Mountain Medicine
- Medical Expeditions (UK), a not-for-profit organisation aimed at promoting research and teaching of mountain medicine
- Associate Member, British Mountaineering Council

Publications

Predicting marathon time using exhaustive graded exercise test in marathon runners. Matthews E, Armstrong SA, Maloney S, Harris G. *J Strength Condit Res* (accepted 12 August 2015)

Compression socks and functional recovery following marathon running: A randomised controlled trial. Armstrong SA, Matthews E, Maloney S, Harris G. *J Strength Cond Res.* (2015) **29**(2):528-33.

Hyponatraemia is associated with higher NT-proBNP changes than normonatremia after prolonged exercise. Harris G, Reid S, McCrory P, Sikaris K. *Clin J Sports Med* (2012) **22**, 488-494.

"Get Comfortable". Series of 3 articles on bicycle injury prevention. *Ride On* magazine, October 2010 – January 2011.

Cognitive assessment of a trekking expedition to 5100m: a comparison of computerised and written methods. Harris GA, Cleland J, Collie A, McCrory P. *Wilderness Environ Med* (2009) **2**, 261-268.

Temazepam at high altitude reduces periodic breathing without impairing next-day performance: a randomised cross-over double blind study. Nickol A, Leverment J, Seal P, Harris G et al. *J Sleep Res* (2006) **15**, 1-10.

National and International Presentations

- 2011, 2008 **IOC Sports Medicine Course**
Lead Instructor and Course Director
National Olympic Committee Solomon Islands (NOCSI), Honiara, Solomon Islands
- 2010 **Motocross Medicine in Australia**
ACSP Annual Scientific Conference, Queensland
- 2010 **Exercise-induced hyponatraemia in a mass participation cycling event**
ACSP Annual Scientific Conference, Queensland
- 2008 **Corticosteroids: A Users Guide**
Australian Podiatrists Association Annual Conference, Lorne, Victoria
- 2005 **Cognitive assessment of a trekking expedition to 5100m: a comparison of computerised and written methods**
Poster presentation, Hypoxia 2005 International Symposium, Lake Louise, Canada
- 2002 **Cognitive testing in athletes**
State of Mexico Sports Institute Conference in Sports Medicine, Toluca, Mexico

Conference and Course Participation

- February 2015 FIM Chief Medical Officers' Symposium, Rugby, UK
- 2014, 2008, 2003 Football Australasia Conferences, Melbourne
- 2006, 2001 Early Management of Severe Trauma, AFL Medical Officers Association
- 2005 "Hypoxia 2005" International Symposium, Lake Louise, Canada
- 2000-2009 Workshops on foot and ankle injury management, low-trauma fractures and osteoporosis, joint injection techniques and hamstring injury management
- 2000- present Regular attendance at ACSP and SMA Annual Conferences
- 2000 Royal Geographical Society Expedition Medicine Symposium, London, UK