



## Biography

Associate Professor Jamie Gaida is Head of Physiotherapy at the University of Canberra and academic member of the University of Canberra Research Institute for Sport and Exercise (UCRISE). He is on the editorial board at the British Journal of Sports Medicine and PLOS One, and is a peer-review panel member with the NHMRC.

A/Prof Gaida graduated with a Bachelor of Physiotherapy (Honours) from La Trobe University in 2003 and a PhD from Deakin University in 2010. He has a breadth of clinical experience spanning the intensive care unit at Austin Health, the chronic pain management team at The Victorian Rehabilitation Centre, and senior physiotherapist at Foot and Ankle Rehabilitation Australia.

A/Prof Gaida has 4 major themes in his research program; 1. Unravelling the mechanisms linking poor metabolic health to tendon injury 2. Improving treatment of tendon injuries 3. Harnessing social media to communicate healthcare research 4. Designing better healthcare professional education programs through research

A/Prof Gaida maintains strong links with researchers from Umeå University in Sweden. He spent 12-months during his PhD with working closely with Professor Håkan Alfredson in the Sports Medicine Unit, and conducted postdoctoral studies with Professors Forsgren and Danielson in the Neuropeptide Research Group.

A/Prof Gaida is passionate about science communication. He converts students who believe that they can't understand or enjoy mathematics, statistics, and research into confident clinicians ready to implement evidence-based practice. He is active on Twitter as an advocate of the power of social media to translate research evidence into practice.

## Qualifications

PhD, Adiposity and its metabolic consequences contribute to Achilles tendinopathy, Deakin University

Award Date: 29 Apr 2010

Bachelor, Bachelor of Physiotherapy (Honours), La Trobe University

Award Date: 11 Apr 2003

## Employment

### Editorial Board Member – PLOS One

1 Jan 2018 → present

### NHMRC Peer-Review Panel

1 Jan 2017 → present

### Editorial Board Member – British Journal of Sports Medicine

1 Jan 2013 → present

### Organising Committee: International Scientific Tendinopathy Symposium

1 Jan 2012 → present

## Research output

### Chronic hyperglycemia, hypercholesterolemia, and metabolic syndrome are associated with risk of tendon injury

Skovgaard, D., Siersma, V. D., Klausen, S. B., Visnes, H., Haukenes, I., Bang, C. W., Bager, P., Gravare Silbernagel, K., Gaida, J., Magnusson, S. P., Kjaer, M. & Couppe, C., Sept 2021, In: Scandinavian journal of medicine & science in sports. 31, 9, p. 1822-1831 10 p.

### Does isometric exercise result in exercise induced hypoalgesia in people with local musculoskeletal pain? A systematic review

Bonello, C., Girdwood, M., De Souza, K., Trinder, N. K., Lewis, J., Lazarczuk, S. L., Gaida, J. E., Docking, S. I. & Rio, E. K., May 2021, In: Physical Therapy in Sport. 49, p. 51-61 11 p.

**Quality-of-Life in Achilles Tendinopathy: An Exploratory Study**

Ceravolo, M. L., Gaida, J. E. & Keegan, R. J., Sept 2020, In: Clinical Journal of Sport Medicine. 30, 5, p. 495-502 8 p.

**Does moxonidine reduce Achilles tendon or musculoskeletal pain in women with polycystic ovarian syndrome? A secondary analysis of a randomised controlled trial**

Jewson, J., Lambert, E., Sari, C., Jona, E., Shorakae, S., Lambert, G. & Gaida, J., 26 Aug 2020, In: BMC Endocrine Disorders. 20, 1, p. 1-8 8 p., 131.

**Compression Therapy to Prevent Recurrent Cellulitis of the Leg**

Webb, E., Neeman, T., Bowden, F. J., Gaida, J., Mumford, V. & Bissett, B., 13 Aug 2020, In: The New England Journal of Medicine. 383, 7, p. 630-639 10 p.

**In Response to: Physiotherapist-Led Physical Activity Interventions Are Efficacious at Increasing Physical Activity Levels: A Systematic Review and Meta-analysis Reply**

Kunstler, B. E., Cook, J. L., Freene, N., Finch, C. F., Kemp, J. L., O'Halloran, P. D. & Gaida, J. E., 1 Jul 2020, In: Clinical Journal of Sport Medicine. 30, 4, p. 118-119 2 p.

**Is there an association between metabolic syndrome and rotator cuff-related shoulder pain? A systematic review**

Burne, G., Mansfield, M., Gaida, J. E. & Lewis, J. S., 6 Dec 2019, In: BMJ Open Sport & Exercise Medicine. 5, 1, p. 1-13 13 p., e000544.

**Impact of compression therapy on cellulitis (ICTOC) in adults with chronic oedema: A randomised controlled trial protocol**

WEBB, E. P., Neeman, T., Gaida, J., Bowden, F., Mumford, V. & BISSETT, B., 1 Aug 2019, In: BMJ Open. 9, 8, p. 1-8 8 p., e029225.

**Does Dynamic Tape change the walking biomechanics of women with greater trochanteric pain syndrome? A blinded randomised controlled crossover trial**

Robinson, N., Spratford, W., Gaida, J. & Fearon, A., May 2019, In: Gait and Posture. 70, p. 275-283 9 p.

**Oral supplementation of specific collagen peptides combined with calf-strengthening exercises enhances function and reduces pain in achilles tendinopathy patients**

Praet, S. F. E., Purdam, C. R., Welvaert, M., Vlahovich, N., Lovell, G., Burke, L. M., Gaida, J. E., Manzanero, S., Hughes, D. & Waddington, G., 1 Jan 2019, In: Nutrients. 11, 1, p. 1-16 16 p., 76.

**Vertebral Artery Dissection in Sport: A Systematic Review**

Saw, A. E., McIntosh, A. S., Kountouris, A., Newman, P. & Gaida, J. E., 1 Jan 2019, In: Sports Medicine. 49, 4, p. 553-564 12 p.

**Don't Assume the Control Group Is Normal: People with Asymptomatic Tendon Pathology Have Higher Pressure Pain Thresholds**

Rio, E. K., Ellis, R. F., Henry, J. M., Falconer, V. R., Kiss, Z. S., Girdwood, M. A., Cook, J. L. & Gaida, J. E., 1 Nov 2018, In: Pain Medicine (United States). 19, 11, p. 2267-2273 7 p.

**Clinical improvements are not explained by changes in tendon structure on UTC following an exercise program for patellar tendinopathy**

van Ark, M., Rio, E., Cook, J., van den Akker-Scheek, I., Gaida, J. E., Zwerver, J. & Docking, S., 1 Oct 2018, In: American Journal of Physical Medicine. 97, 10, p. 708-714 7 p.

**Physiotherapists use a small number of behaviour change techniques when promoting physical activity: A systematic review comparing experimental and observational studies**

Kunstler, B. E., Cook, J. L., Freene, N., Finch, C. F., Kemp, J. L., O'Halloran, P. D. & Gaida, J. E., 1 Jun 2018, In: Australian Journal of Science and Medicine in Sport. 21, 6, p. 609-615 7 p.

**Apolipoprotein A1 distribution pattern in the human Achilles tendon**

Gaida, J., Alfredson, H., Scott, A., Mousavizadeh, R. & Forsgren, S., May 2018, In: Scandinavian Journal of Medicine and Science in Sports. 28, 5, p. 1506-1513 8 p.

**Physiotherapist-Led Physical Activity Interventions Are Efficacious at Increasing Physical Activity Levels: A Systematic Review and Meta-analysis**

Kunstler, B. E., Cook, J. L., Freene, N., Finch, C. F., Kemp, J. L., O'Halloran, P. D. & Gaida, J. E., May 2018, In: Clinical Journal of Sport Medicine. 28, 3, p. 304-315 12 p.

**Lower ankle dorsiflexion is associated with tendon pathology, disability and pain in elite jumping athletes**

Silva, R., Purdam, C., Fearon, A., Spratford, W., Preston, P., Serrão, F. V. & Gaida, J., 2018, p. 36-36. 1 p.

**Microvascular volume in symptomatic Achilles tendons is associated with VISA-A score**

Praet, S. F. E., Ong, J. H., Purdam, C., Welvaert, M., Lovell, G., Dixon, L., Gaida, J. E., Anglim, J., Manzanero, S., Vlahovich, N., Hughes, D. & Waddington, G., 2018, In: Journal of Science and Medicine in Sport. 21, 12, p. 1185-1191 7 p., 1853.

**Oral supplementation of specific collagen peptides accelerates improvement in Achilles tendon pain and function in combination with a tailored exercise program**

Praet, S., Alzyadat, T., Purdam, C., Welvaert, M., Gaida, J., Chetty, G., Manzanero, S., Vlahovich, N., Hughes, D. & Waddington, G., 2018, In: Journal of Bodywork and Movement Therapies. 22, 4, p. 862-863 2 p.

**Is subsequent lower limb injury associated with previous injury? A systematic review and meta-analysis**

Toohey, L. A., Drew, M. K., Cook, J. L., Finch, C. F. & Gaida, J. E., Dec 2017, In: British Journal of Sports Medicine. 51, 23, p. 1670-1678 9 p.

**Pain duration is associated with increased muscle sympathetic nerve activity in patients with Achilles tendinopathy**

Jewson, J., Lambert, E., Docking, S., Storr, M., Lambert, G. & GAIDA, J., Dec 2017, In: Scandinavian Journal of Medicine and Science in Sports. 27, 12, p. 1942-1949 8 p.

**Isometric contractions are more analgesic than isotonic contractions for patellar tendon pain: An in-season randomized clinical trial**

Rio, E., Van Ark, M., Docking, S., Moseley, G. L., Kidgell, D., Gaida, J. E., van den Akker-Scheek, I., Zwerver, J. & Cook, J., 1 May 2017, In: Clinical Journal of Sport Medicine. 27, 3, p. 253-259 7 p.

**Translating evidence to practice in the health professions: A randomized trial of Twitter vs Facebook**

Tunnecliff, J., Weiner, J., GAIDA, J., Keating, J., Ilic, D., Clearihan, L., Davies, D., Sadasivan, S., Mohanty, P., Ganesh, S. R., Reynolds, J. & Maloney, S., Mar 2017, In: Journal of the American Medical Informatics Association. 24, 2, p. 403-408 6 p.

**What tendon pathology is seen on imaging in people who have taken fluoroquinolones? A systematic review**

Lang, T., Cook, J., Rio, E. & GAIDA, J., 1 Feb 2017, In: Fundamental and Clinical Pharmacology. 31, 1, p. 4-16 13 p.

**The relationship of hip muscle performance to leg, ankle and foot injuries: a systematic review**

Steinberg, N., Dar, G., Dunlop, M. & GAIDA, J., 2 Jan 2017, In: The Physician and Sportsmedicine. 45, 1, p. 49-63 15 p.

**Continuing Professional Development via Social Media or Conference Attendance: A Cost Analysis**

Maloney, S., Tunnecliff, J., Morgan, P., Gaida, J., Keating, J., Clearihan, L., Sadasivan, S., Ganesh, S., Mohanty, P., Weiner, J., Rivers, G. & Ilic, D., 1 Jan 2017, In: JMIR medical education. 3, 1, p. 1-7 7 p., e5.

**Effects of Altering Trunk Position During Landings on Patellar Tendon Force and Pain**

Scattone Silva, R., Purdam, C. R., Fearon, A. M., Spratford, W. A., Kenneally-Dabrowski, C., Preston, P., Serrão, F. V. & Gaida, J. E., 2017, In: Medicine and Science in Sports and Exercise. 49, 12, p. 2517-2527 11 p.

**Do isometric and isotonic exercise programs reduce pain in athletes with patellar tendinopathy in-season? A randomised clinical trial**

Van Ark, M., Cook, J., Docking, S., Zwerver, J., GAIDA, J., van den Akker-Scheek, I. & Rio, E., 1 Sept 2016, In: Journal of Science and Medicine in Sport. 19, 9, p. 702-706 5 p.

**Rehabilitation of Tendon Problems in Patients with Diabetes Mellitus**

Rees, J., Gaida, J. E., Silbernagel, K. G., Zwerver, J., Anthony, J. S. & Scott, A., 19 Aug 2016, In: Advances in Experimental Medicine and Biology. p. 199-208 10 p.

**Is there an association between tendinopathy and diabetes mellitus? A systematic review with meta-analysis**

Ranger, T., Wong, A., Cook, J. & GAIDA, J., Aug 2016, In: British Journal of Sports Medicine. 50, 16, p. 982-989 8 p.

**Tendon neuroplastic training: changing the way we think about tendon rehabilitation: a narrative review**

Rio, E., Kidgell, D., Moseley, G. L., GAIDA, J., Docking, S., Purdam, C. & Cook, J., Feb 2016, In: British Journal of Sports Medicine. 50, 4, p. 209-215 7 p.

**Acceptability of a blended learning model that improves student readiness for practical skill learning: a mixed-methods study**

GAIDA, J., Seville, C., Cope, L., Dalwood, N., Morgan, P. & Maloney, S., 2016, In: Focus on Health Professional Education. 17, 1, p. 3-17 15 p.

**A pilot study on biomarkers for tendinopathy: Lower levels of serum TNF- $\alpha$  and other cytokines in females but not males with Achilles tendinopathy**

GAIDA, J., Alfredson, H., Forsgren, S. & Cook, J., 2016, In: BMC Sports Science, Medicine and Rehabilitation. 8, 1, p. 1-10 10 p., 5.

**Fat pads adjacent to tendinopathy: More than a coincidence?**

Ward, E. R., Andersson, G., Backman, L. J. & Gaida, J. E., 2016, In: British Journal of Sports Medicine. 50, 24, p. 1491-1492 2 p.

**Infant and toddler drowning in Australia: patterns, risk factors and prevention recommendations**

Gaida, F. & GAIDA, J., 2016, In: Journal of Paediatrics and Child Health. 52, 10, p. 923-927 5 p.

**Is higher serum cholesterol associated with altered tendon structure or tendon pain? A systematic review**

Tilley, D., Cook, J., Docking, S. & GAIDA, J., Dec 2015, In: British Journal of Sports Medicine. 49, 23, p. 1504-1509 6 p.

**Does type 1 diabetes mellitus affect Achilles tendon response to a 10 km run? A case control study Epidemiology of musculoskeletal disorders**

Wong, A., Docking, S., Cook, J. & GAIDA, J., 10 Nov 2015, In: BMC Musculoskeletal Disorders. 16, 1, p. 1-7 7 p., 345.

**Translating evidence into practice via social media: A mixed-methods study**

Maloney, S., Tunnecliff, J., Morgan, P., GAIDA, J., Clearihan, L., Sadasivan, S., Davies, D., Ganesh, S. R., Mohanty, P., Weiner, J., Reynolds, J. & Ilic, D., Oct 2015, In: Journal of Medical Internet Research. 17, 10, p. 1-11 11 p., e242.

**Isometric exercise induces analgesia and reduces inhibition in patellar tendinopathy**

Rio, E., Kidgell, D., Purdam, C., GAIDA, J., Moseley, G. L., Pearce, A. & Cook, J., Sept 2015, In: British Journal of Sports Medicine. 49, 19, p. 1277-1283 7 p.

**The Acceptability Among Health Researchers and Clinicians of Social Media to Translate Research Evidence to Clinical Practice: Mixed-Methods Survey and Interview Study**

Tunnecliff, J., Ilic, D., Keating, J., GAIDA, J., Clearihan, L., Sadasivan, S., Davies, D., Ganesh, S. R., Mohanty, P., Weiner, J., Reynolds, J. & Maloney, S., 1 May 2015, In: Journal of Medical Internet Research. 17, 5, p. 1-11 11 p., e119.

**The Sympathetic Nervous System and Tendinopathy: A Systematic Review**

Lewson, J., Lambert, G., Storr, M. & GAIDA, J., 1 May 2015, In: Sports Medicine. 45, 5, p. 727-743 17 p.

**Achilles tendinopathy: understanding the key concepts to improve clinical management**

Ganderton, C., Cook, J., Docking, S., Rio, E., Van Ark, M. & Gaida, J., 2015, In: Australasian Musculoskeletal Medicine. 19, 2, p. 12-18 7 p.

**Clinical incidents involving students on placement: An analysis of incident reports to identify potential risk factors**

GAIDA, J., Maloney, S., Lo, K. & Morgan, P., 2015, In: Physiotherapy (United Kingdom). 101, 2, p. 219-225 7 p.

**Serum levels of oxylipins in achilles tendinopathy: An exploratory study**

Gouveia-Figueira, S., Nording, M., GAIDA, J., Forsgren, S., Alfredson, H. & Fowler, C., 2015, In: PLoS One. 10, 4, p. 1-17 17 p., e0123114.

**Therapeutische Schlüsselkonzepte für Patienten mit Achillessehnentendinopathie**

Ganderton, C., Docking, S., Rio, E., Van Ark, M., GAIDA, J. & Cook, J., 2014, In: Sportphysio. 2, 3, p. 112-117 6 p.

**Effect of patellar strap and sports tape on jumper's knee symptoms: protocol of a randomised controlled trial**

Gaida, J., Dec 2013, In: Journal of Physiotherapy. 59, 4, p. 1 1 p.

**Evidence of the TNF- $\alpha$  system in the human Achilles tendon: expression of TNF- $\alpha$  and TNF receptor at both protein and mRNA levels in the tenocytes.**

GAIDA, J. E., Bagge, J., Purdam, C., Cook, J., Alfredson, H. & Forsgren, S., 2012, In: Cells Tissues Organs. 196, 4, p. 339-352 14 p.

**TNF-Alpha in the Locomotor System beyond Joints: High Degree of Involvement in Myositis in a Rabbit Model**

Forsgren, S., Renström, L., Purdam, C. & GAIDA, J., 2012, In: International Journal of Rheumatology. 2012, 637452, p. 1-11 11 p.

**Physical activity level in Achilles tendinosis is associated with blood levels of pain-related factors: a pilot study**

Bagge, J., GAIDA, J., Danielson, P., Alfredson, H. & Forsgren, S., 2011, In: Scandinavian Journal of Medicine and Science in Sports. 21, 6, p. e430-e438 8 p.

**Tenocyte hypercellularity and vascular proliferation in a rabbit model of tendinopathy: Contralateral effects suggest the involvement of central neuronal mechanisms**

Andersson, G., Forsgren, S., Scott, A., GAIDA, J., Stjernfeldt, J., Lorentzon, R., Alfredson, H., Backman, C. & Danielson, P., 2011, In: British Journal of Sports Medicine. 45, 5, p. 399-406 8 p.

**Treatment options for patellar tendinopathy: Critical review**

GAIDA, J. & Cook, J., 2011, In: Current Sports Medicine Reports. 10, 5, p. 255-270 16 p.

**Midportion achilles tendinopathy-a cardiovascular disease? Response**

Gaida, J. E., Alfredson, L., Kiss, Z. S., Wilson, A. M., Alfredson, H. & Cook, J. L., Jan 2010, In: Medicine and Science in Sports and Exercise. 42, 1, p. 215-215

**Asymptomatic Achilles tendon pathology is associated with a central fat distribution in men and a peripheral fat distribution in women: A cross sectional study of 298 individuals**

Gaida, J. E., Alfredson, H., Kiss, Z. S., Bass, S. L. & Cook, J. L., 2010, In: BMC Musculoskeletal Disorders. 11, p. 1-9 9 p., 41.

**Is adiposity an under-recognized risk factor for tendinopathy? A systematic review**

Gaida, J., Ashe, M. C., Bass, S. L. & Cook, J. L., 15 Jun 2009, In: Arthritis Care and Research. 61, 6, p. 840-849 10 p.

**Dyslipidemia in Achilles tendinopathy is characteristic of insulin resistance**

Gaida, J., Alfredson, L., Kiss, Z. S., Wilson, A. M., Alfredson, H. & Cook, J. L., Jun 2009, In: Medicine and Science in Sports and Exercise. 41, 6, p. 1194-1197 4 p.

#### Adiposity and tendinopathy

Gaida, J. E., Cook, J. L. & Bass, S. L., 2008, In: Disability and Rehabilitation. 30, 20-22, p. 1555-1562 8 p.

#### Risk factors for overuse tendinopathy

Gaida, JE. & Cook, JE., 2008, In: Australasian Musculoskeletal Medicine. 13, 2, p. 60-65 6 p.

Are unilateral and bilateral patellar tendinopathy distinguished by differences in anthropometry, body composition, or muscle strength in elite female basketball players?

Gaida, J. E., Cook, J. L., Bass, S. L., Austen, S. & Kiss, Z. S., Oct 2004, In: British Journal of Sports Medicine. 38, 5, p. 581-585 5 p.

## **Prizes**

#### **Recipient - Dean's Honours List**

Gaida, Jamie (Recipient), 1998

#### **Winner - Asics medal**

Gaida, Jamie (Recipient), 2008

#### **Winner – Bridging Postdoctoral Fellowship**

Gaida, Jamie (Recipient), 2010

## **Awards**