

# Dr Benjamin Cass

shoulder & elbow surgeon

curriculum vitae

2016



**Dr Benjamin Cass**  
MBBS MS  
FRACS (Orth) FAOrthA MASES



[cassadmin@sydneyshoulder.com.au](mailto:cassadmin@sydneyshoulder.com.au)



[www.sydneyshoulder.com.au](http://www.sydneyshoulder.com.au)



Sydney Shoulder Specialists  
Suite 201, Level 2, 156 Pacific Highway  
St Leonards, NSW, Australia, 2065



Phone 61 2 9460 8888 Fax 61 2 9460 6064

2006 to 2011	Masters of Surgery Faculty of Medicine Sydney University
2008	FA (Orth) A Fellow, Australian Orthopaedic Association
2005 to 2006	American Medical Board Certifications USMLE Complete
2000 to 2004	Royal Australasian College of Surgeons Advanced Surgical Training FRACS (Ortho)
1990 to 1996	MBBS Bachelor of Medicine, Bachelor of Surgery The University of Sydney

**Since 2013** Design Surgeon  
Depuy-Synthes Revision Total Shoulder Replacement Team  
Helios Revision Total Shoulder System

**Since 2010** Visiting Medical Officer  
Royal North Shore Hospital  
Mater Private Hospital  
North Shore Private Hospital  
Ryde Public Hospital  
Dubbo Base Hospital  
Dubbo Private Hospital

**Since 2012** Director  
Sydney Shoulder Research Institute

Supervisor  
Sydney Shoulder Research Institute Clinical Fellowship (AOA accredited)

- 2006  
to  
2010**      **Senior Lecturer in Orthopaedic Surgery**  
University of Sydney,  
Northern Clinical School &  
Royal North Shore Hospital
- 2005  
to  
2006**      **Research Fellow in Orthopaedic Surgery**  
Mayo Clinic, Rochester Minnesota, USA  
Supervisor: Prof Bernard Morrey
- 2005**      **Upper Limb Surgery, Shoulder and Elbow Fellow**  
Royal North Shore Hospital  
Supervisors: Prof David Sonnabend &  
Dr Jeffery Hughes
- 2001  
to  
2005**      **Accredited Orthopaedic Registrar**  
Northside  
Australian Orthopaedic Association Training Scheme

**2005**

**The Philip Segelov Prize**

Australian Orthopaedic Association Annual Scientific Conference: Best Paper Presented by a Registrar:  
“Methods to Reduce Collateral Damage with K Wire Fixation of the Distal Radius.” By S. Gupta, B. Cass, B. Schick, W. Wong, F. Stewart and D. Ryan.

**2003**

**The Allen Frederick Dwyer Prize**

Australian Orthopaedics Registrars Association Annual Conference:

“Mini-open vs Percutaneous K-Wiring of Distal Radius Fractures. Decreased complications? An anatomical study.”  
Supervisor: Dr F. Stewart, Anatomy Department, University of Sydney, Sydney AUSTRALIA

**2000**

**The Annual Excellence in Clinical Skills Teaching Award**

For undergraduate and postgraduate teaching  
Royal North Shore Hospital, Northern Clinical School,  
University of Sydney, Sydney, AUSTRALIA

**1996**

**The Robert Craig Prize in Surgery**

University of Sydney

For research entitled “A study on bone erosion in rheumatoid arthritis using in-situ hybridisation microscopy of the calcitonin receptor” completed in the Department of Orthopaedics, Brigham & Women’s Hospital, Boston, USA

**The Macquarie Pathology Services Prize**

University of Sydney

For research entitled “A study on bone erosion in rheumatoid arthritis using in-situ hybridisation microscopy of the calcitonin receptor” completed in the Department of Orthopaedics, Brigham & Women’s Hospital, Boston, USA

**1995**

**Harvard Medical School**

**Undergraduate Elective Term**

Brigham & Women’s Hospital, New England Baptist Hospital, Massachusetts General Hospital Research Labs.  
Supervisor: Prof T Thornill (Professor of Orthopaedics),  
Harvard Medical School, Boston, USA

The following courses were held in Sydney, AUSTRALIA unless otherwise specified

**2016**

**Course Coordinator**

Shoulder Symposium (2 day course)  
Royal North Shore Hospital

**Invited Lecturer**

“Approaches and Fixation of Glenoid Fractures and Acromion”  
Upper Extremity Surgeon Bioskills Course  
Tokyo, JAPAN

**Invited Lecturer**

“Acute Clavicle Fracture Fixation”  
Upper Extremity Surgeon Bioskills Course  
Tokyo, JAPAN

**Scientific Session Co-Chair**

“Arthroplasty Outcomes” with Dr Greg Bain  
Biennial Closed Conference  
Shoulder & Elbow Society of Australia  
Darwin Convention Centre, AUSTRALIA

**Invited Lecturer**

“Management of Fractures around the Elbow”  
Casting Symposium  
Australian Institute of Orthopaedic Technologists  
Royal North Shore Hospital



**Invited Lecturer**

“Indications, Design & Surgical Technique”

DePuy Global Unite Anatomic Cadaver Workshop

Royal Melbourne Hospital

Melbourne University, AUSTRALIA

**Invited Lecturer**

“My Tips, Tricks & Outcomes”

DePuy Global Unite Anatomic Cadaver Workshop

Royal Melbourne Hospital

Melbourne University, AUSTRALIA

**Invited Teaching Surgeon**

Instructed Hands-on Workshop

DePuy Global Unite Anatomic Cadaver Workshop

Royal Melbourne Hospital

Melbourne University, AUSTRALIA

**Invited Lecturer**

“Clinical Results of Reverse Shoulder Arthroplasty”

Japanese Orthopaedic Association Delta Xtend

Training (2 day course)

Osaka and Fukuoka, JAPAN

**Invited Lecturer**

“Complications of Reverse Shoulder Arthroplasty”

Japanese Orthopaedic Association Delta Xtend

Training (2 day course)

Osaka and Fukuoka, JAPAN

**Invited Lecturer**

“History and Biomechanics of Reverse Shoulder Arthroplasty”

Japanese Orthopaedic Association Delta Xtend

Training (2 day course)

Osaka and Fukuoka, JAPAN

**Invited Lecturer**

“Indications and Limitations of Reverse Shoulder Arthroplasty”

Japanese Orthopaedic Association Delta Xtend

Training (2 day course)

Osaka and Fukuoka, JAPAN

**Invited Lecturer**

“Post-operative rehabilitation of Reverse Shoulder Arthroplasty”

Japanese Orthopaedic Association Delta Xtend

Training (2 day course)

Osaka and Fukuoka, JAPAN

**Invited Lecturer**

“Reverse Shoulder Arthroplasty - Technique”

Japanese Orthopaedic Association (2 day course)

Osaka and Fukuoka, JAPAN

**Invited Lecturer**

“Distal Humerus: What you need to know, Tips & Tricks including plating options, when to replace, olecranon?”

Trauma Upper Limb Fracture Symposium

Brisbane, AUSTRALIA

**Invited Lecturer**

“Complications of Distal Humerus Fractures: How to Avoid and Solve Pitfalls”

Trauma Upper Limb Fracture Symposium

Brisbane, AUSTRALIA

**Invited Lecturer**

“Proximal Humerus: Operative vs Non-operative Treatments”

Trauma Upper Limb Fracture Symposium

Brisbane, AUSTRALIA

**Invited Lecturer**

“Complications of Proximal Humeral Fractures: How to Avoid and Solve Pitfalls”

Trauma Upper Limb Fracture Symposium

Brisbane, AUSTRALIA

**2015**

**Invited Lecturer**

“Internal fixation of distal humerus fractures”

AP Extremities & Trauma Master Class (2 day course),

Melbourne, AUSTRALIA

**Invited Lecturer**

“How to Avoid and Treat Complications after Open Reduction Internal Fixation (ORIF) & Total Elbow Prosthesis (TEP)”

AP Extremities & Trauma Master Class (2 day course),

Melbourne, AUSTRALIA

**Invited Lecturer**

“Plating in Humeral Head Fractures: Open & MIS”  
AP Extremities & Trauma Master Class (2 day course),  
Melbourne, AUSTRALIA

**Invited Lecturer**

“Periprosthetic Fractures”  
AP Extremities & Trauma Master Class (2 day course),  
Melbourne, AUSTRALIA

**Invited Lecturer**

“Current Trends in Shoulder Arthroplasty”  
AP Extremities & Trauma Master Class (2 day course)  
Melbourne, AUSTRALIA

**Invited Lecturer**

“Difference in Rehabilitation - Total Shoulder Arthroplasty  
vs Reverse Shoulder Arthroplasty”  
AP Extremities & Trauma Master Class (2 day course)  
Melbourne, AUSTRALIA

**Invited Lecturer**

“Complications in Elbow Arthroplasty”  
AP Extremities & Trauma Master Class (2 day course)  
Melbourne, AUSTRALIA

**Invited Lecturer**

“Elbow Revision and Reconstructions”  
AP Extremities & Trauma Master Class (2 day course)  
Melbourne, AUSTRALIA

**Invited Lecturer**

“Reverse Total Shoulder Replacement - How I Do It”  
Continuing Orthopaedic Education Meeting, Australian  
Orthopaedic Association, Melbourne, AUSTRALIA

**Invited Lecturer**

Advanced Fracture Management Course (2 day course)  
Osteosynthesis and Trauma Care Foundation  
Royal North Shore Hospital

**2014**

**Course Coordinator**

Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**Invited Lecturer**

“Hemiarthroplasty for unreconstructable humerus fractures”  
AP Total Shoulder Solutions Course (3 day course)  
Singapore General Hospital , SINGAPORE

**Invited Lecturer**

“Reverse Total Shoulder Replacement - How I Do It”  
AP Total Shoulder Solutions Course (3 day course)  
Singapore General Hospital , SINGAPORE

**Invited Lecturer**

Upper Limb Dissection Course (2 day course)  
Royal North Shore Hospital

## **2013**

### **Course Coordinator**

Shoulder Symposium (3 day course)  
Royal North Shore Hospital

### **Course Convenor**

Advanced Shoulder Surgery Training Day  
Royal North Shore Hospital

### **Invited Lecturer**

Advanced Techniques in Shoulder Arthroplasty  
(2 day course)  
Medical Education and Research Institute of Nevada, USA

### **Invited Lecturer**

Continuing Orthopaedic Education Meeting,  
Australian Orthopaedic Association,  
Melbourne, AUSTRALIA

### **Course Chairman**

Shoulder and Elbow Fracture Management (2 day course)  
Australian School of Advanced Medicine, Macquarie University

## **2012**

### **Course Coordinator**

Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**Invited Lecturer**

“Sporting Injuries to the Shoulder and Elbow”  
GP Seminar Series, Mater Hospital

**2011**

**Course Coordinator**

Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**Invited Lecturer**

“Electricity in the Shoulder”  
Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**2010**

**Course Coordinator**

Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**2009**

**Course Coordinator**

Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**Course Facilitator**

Arthroscopic Skills Workshop, Australian Orthopaedic Association, Royal North Shore Hospital

**2008**

**Course Coordinator**

Inaugural Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**Invited Lecturer**

“Shoulder Rehabilitation”  
Inaugural Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**Invited Lecturer**

“Hemiarthroplasty”  
Inaugural Shoulder Symposium (3 day course)  
Royal North Shore Hospital

**Conference Facilitator**

Arthroscopic Skills Workshop, Australian Orthopaedic Association, Royal North Shore Hospital

**2007**

**Conference Facilitator**

Arthroscopic Skills Workshop, Australian Orthopaedic Association, Royal North Shore Hospital



**Conference Participant and Member**

Australian Shoulder & Elbow Surgical Society  
Perth, AUSTRALIA

**2006**

**Conference Facilitator**

Arthroscopic Skills Workshop  
Australian Orthopaedic Association,  
Royal North Shore Hospital

**Course Participant**

“Mentoring in the Workplace”  
Royal Australasian College of Surgeons

**Course Participant**

“Surgical Teachers Course”  
Royal Australasian College of Surgeons

**2005**

**Course Participant and Certification Recipient**

Ethical principles of research & publication training  
National Institute of Health,  
Mayo Clinic, Rochester, USA

**“Early Sling Discontinuation following Rotator Cuff Repair”**

LM Kruse, TM Falconer, SJ Dimmick, JC Balestro, G Cunningham, B Cass and AA Young.

*Techniques in Shoulder and Elbow Surgery* (in press).

**“Contamination of the surgical field with propionibacterium acnes in primary shoulder arthroplasty.”**

TM Falconer, M Baba, O Dorrestijn, LM Kruse, M Smith, MC Figtree, BJ Hudson, M Donaldson, B Cass and AA Young.

*Journal of Bone & Joint Surgery*, 2016, 19;98(20):1722-1728.

**Clinical outcomes and safety of distal biceps repairs using a modified entry point.”**

M Baba, J Leon, M Symes, O Dorrestijn, AA Young and B Cass.

*ANZ Journal of Surgery*, 2016, August (3). doi: 10.1111/ans.13684.

**“Evidence of healing of partial-thickness rotator cuff tears following arthroscopic augmentation with a collagen implant: a 2-year MRI follow-up.”**

DJ Bokor, DH Sonnabend, L Deady, B Cass, AA Young, CL Van Kampen and SP Arnoczky.

*Muscles, Ligaments and Tendons Journal*, 2016;6(1):16-25.

**“Improving medial footprint coverage in double row cuff repair using Fibretape.”**

AA Young, B Cass, R Appleyard, J Cadman, M Baba and O Dorrestijn

*Techniques in Shoulder & Elbow Surgery*, 2015 Sep;16(3):74-78.

**“Preliminary investigation of a biological augmentation of rotator cuff repairs using a collagen implant: A 2-year MRI follow-up.”**

DJ Bokor, DH Sonnabend, L Deady, B Cass, AA Young, CL Van Kampen and SP Arnoczky

*Muscles, Ligaments and Tendons Journal*, 2015;5(3):144-150.

**“Low rate of Propionibacterium acnes in arthritic shoulders undergoing primary total shoulder replacement surgery using a strict specimen collection technique.”**

CB Maccioni, AB Woodbridge, JC Balestro, M Figtree, BJ Hudson, B Cass and AA Young

*Journal of Shoulder and Elbow Surgery*, 2015 Aug; 24(8).

**“Radial head replacement with pyrocarbon prosthesis: early clinical results.”**

IN Abdulla, DC Molony, M Symes and B Cass

*ANZ Journal of Surgery*, 2014 Nov 12.

**“Treatment of proximal humeral nonunions with a locked plate and an intramedullary strut autograft.”**

AA Young, B Cass and G Smith

*Techniques in Orthopaedics*, 2014 Mar;29(1):39-42.

**“Long-Term Outcome of Resection Arthroplasty for the Failed Total Elbow Arthroplasty.”**

P Zarkadas, B Cass, T Throckmorton, R Adams, J Sanchez-Sotelo, and B Morrey

*Journal of Bone and Joint Surgery – American*, Nov 2010; 92: 2576-2582.

**“How to Treat Elbow Dislocations: Simple and Complex.”**

B Cass, C Nagaraj

*Australian Rural Doctor*, August 2010.

**“Methods to Reduce Collateral Damage caused by K Wire fixation of distal radial fractures.”**

S Gupta, B Cass, et al., Department of Anatomy, Sydney University and Royal Prince Alfred Hospital

*Proceedings of the 2005 Annual Scientific Meeting of the Australian Orthopaedic Association*. Page 20- 21; TS21; ISBN 0-9591989-3, 2005.

**“Analysis of outcomes of rheumatoid forefoot reconstruction using a pedobarographic database.”**

C Cass and B Cass

*SICOT World Conference Publication of Proceedings*. Sydney, Australia, April 18-23, 1999.

**“Rota-Lok synthetic graft augmentation of rotator cuff repair in massive rotator cuff tears.”**

LM Kruse, TM Falconer, B Cass and AA Young

*Submitted to: The Journal of Bone and Joint Surgery*

**“Validation study of using bathroom scales for the strength test in the Constant-Murley shoulder assessment.”**

A Kamra, O Dorrestijn, SE Gwilym, AA Young, M Baba and B Cass.

*Submitted to: Clinical Orthopaedics and Related Research*

## 2016

### **“Contamination of the surgical field with propiobacterium acnes in shoulder arthroplasty.”**

With T Falconer, M Baba, L Kruse, M Smith, M Figtree and AA Young  
Biennial Closed Conference  
Shoulder & Elbow Society of Australia  
Darwin Convention Centre, AUSTRALIA

### **“Rota-Lok Synthetic Graft Augmentation of Rotator Cuff Repair in Massive Rotator Cuff Tears.”**

With T Falconer, M Baba, L Kruse, M Smith, M Figtree and AA Young  
Biennial Closed Conference  
Shoulder & Elbow Society of Australia  
Darwin Convention Centre, AUSTRALIA

## 2015

### **“Long term outcomes and safety of distal Biceps repairs using a modified entry point.”**

With M Baba, J Leon, M Symes, O Dorrestijn and AA Young  
AOA Annual Scientific Meeting,  
Brisbane, AUSTRALIA

### **“Contamination of the surgical field with propiobacterium acnes in shoulder arthroplasty.”**

With T Falconer, M Baba, L Kruse, M Smith, M Figtree and AA Young  
AOA Annual Scientific Meeting,  
Brisbane, AUSTRALIA

**“Rate of Propionibacterium Acnes in Arthritic Shoulders Undergoing Primary Total Shoulder Replacement Surgery.”**

With AA Young, O Dorrestijn and M Baba  
SECEC Annual Congress,  
Milan, ITALY

**“Improving medial footprint coverage in double row cuff repair using Fibretape.”**

With AA Young, R Appleyard, J Cadman, M Baba and  
O Dorrestijn  
SECEC Annual Congress,  
Milan, ITALY

**“Validation study of using bathroom scales for the strength test in the Constant-Murley shoulder assessment.”**

With A Kamra, O Dorrestijn, SE Gwilym, AA Young and M Baba  
SECEC Annual Congress,  
Milan, ITALY

**“Improving medial footprint coverage in double row cuff repair using Fibretape.”**

With AA Young, R Appleyard, J Cadman, M Baba and  
O Dorrestijn  
SECEC Annual Congress,  
Milan, ITALY

**“Validation study of using bathroom scales for the strength test in the Constant-Murley shoulder assessment.”**

With A Kamra, O Dorrestijn, SE Gwilym, AA Young and  
M Baba.  
SECEC Annual Congress,  
Milan, ITALY

**“Rate of Propionibacterium Acnes in Arthritic Shoulders Undergoing Primary Total Shoulder Replacement Surgery.”**

With B Cass, O Dorrestijn and M Baba  
Shoulder and Elbow Society of Australia Conference,  
Melbourne, AUSTRALIA

**“Hemiarthroplasty for unreconstructable humerus fractures.”**

Asia Pacific Total Shoulder Solutions Course  
Singapore General Hospital,  
SINGAPORE

**“Reverse Shoulder Arthroplasty – How I Do It.”**

Asia Pacific Total Shoulder Solutions Course  
Singapore General Hospital,  
SINGAPORE

**“Suture Technique using Sawbones.”**

Asia Pacific Total Shoulder Solutions Course  
Singapore General Hospital,  
SINGAPORE

**2013**

**“Comparative study of physician-applied and patient reported constant scores utilizing bathroom scales to derive force measurements.”**

With AA Young, S Gwilym and A Kamra  
AOA Victorian Branch Annual Scientific Meeting, Melbourne,  
AUSTRALIA

**2010**

**“Radial Head Replacement with a Pyrocarbon Head Prosthesis: Retrospective Functional and Radiological Evaluation.”**

12<sup>th</sup> Meeting of the Combined Orthopaedic Association  
Glasgow, UNITED KINGDOM

**“Treatment of Elbow Fractures with a New Anatomic Locking Plate: The Depuy ALPS Plate.”**

Shoulder and Elbow Society of Australia Bi-annual Closed  
Conference  
Sydney, AUSTRALIA

**2008**

**“Management of Acromioclavicular Joint Disruption Associated with Clavicular Fractures.”** With J Yu

Orthopaedic Sports Medicine Symposium,  
Royal North Shore Hospital,  
Sydney, AUSTRALIA

**“Clinical Algorithm for Fractures / Dislocations of the Elbow.”**

International Trauma Conference, Sydney, AUSTRALIA



**2007**

**“Long-Term Outcome of Resection Arthroplasty for the Failed Total Elbow Arthroplasty.”**

(Presentation, abstract and poster)

American Academy of Orthopaedic Surgeons Annual Meeting, San Diego, USA

**2006**

**“Mini-open vs. Percutaneous K-Wiring of Distal Radius Fractures. Decreased complications; an anatomical study of 36 cadavers with dissection & grading of superficial radial nerve damage.”**

Supervisor: Dr F Stewart

Anatomy Department, University of Sydney.

Presented to American Academy of Orthopaedic Surgeons, Chicago, USA

**“Methods to Reduce Collateral Damage with K Wire Fixation of the Distal Radius.”** (Podium Presentation)

With S. Gupta, B Schick, W Wong, F Stewart and D Ryan

Australian Orthopaedic Association

Annual Scientific Conference,

Perth, AUSTRALIA

**2003**

**“Mini-open vs. Percutaneous K-Wiring of Distal Radius Fractures. Decreased complications? An anatomical study.”**

(Podium Presentation)

Australian Orthopaedics Registrars Association Annual Conference

Supervisor: Dr F. Stewart. Anatomy Department,  
University of Sydney,  
Sydney, AUSTRALIA

**2000**

**Investigations for Suspected Discitis. MRI vs. Bone Scan.”**

Supervisor: Dr S Ruff, Royal North Shore Hospital

Australian Orthopaedic Association

NSW conference

Royal North Shore Hospital,  
Sydney, AUSTRALIA

**1999**

**“Analysis of the Long Term outcomes of Rheumatoid Forefoot surgery using pedobarographic analysis of outcomes.”**

With C Cass

SICOT 19<sup>th</sup> World Conference, Sydney, AUSTRALIA

In March of 2012, I founded Sydney Shoulder Research Institute (“SSRI”) with fellow Orthopaedic Surgeon, Dr Allan Young.

SSRI is dedicated to undertaking research that will translate into real patient outcomes and innovations in the field of orthopaedic surgery. SSRI focuses on only a select number of projects at any given time to maximise the quality of our research.

Each year, SSRI appoints two Fellows to undertake independent and collaborative research projects while developing their surgical, clinical and teaching skills under the expert guidance of Dr Young and myself as well as our esteemed colleagues Dr Jeffery Hughes and Prof David Sonnabend.

Visit [www.ssri.net.au](http://www.ssri.net.au) for more information.



**2006 to 2008**

University of Sydney Medical School Tutor and Examiner  
Clinical Examination Tutor GMP 1, 2 & 3  
Royal North Shore Hospital

**2005 to 2007**

Anatomy Tutor for Royal Australasian College of Surgeons  
Upper and Lower Limb Dissection Course  
Department of Anatomy & Histology,  
University of Sydney

**2003**

University of Sydney Medical School Tutor and Examiner  
Clinical Examination Tutor GMP 1, 2 & 3  
Royal North Shore Hospital

Anatomy Tutor for Royal Australasian College of Surgeons  
Upper and Lower Limb Dissection Course  
Department of Anatomy & Histology,  
University of Sydney

## **Since 1996**

### **Golf**

Member

Monash Country Club

## **Since 1995**

### **Rugby Union**

Life Member

NSW Rugby Union

## **1987 to 1996**

### **Debating**

Sydney Grammar First Debating Team

Combined GPS First Debating Team

University of Sydney First Debating Team

## **1989 to 1994**

### **Student Activities**

Elected Representative

Medical Society

University of Sydney

[www.sydneyshoulder.com.au](http://www.sydneyshoulder.com.au)