

## RESEARCH OVERVIEW

I have published over 140 articles and book chapters in the area of sports medicine and shoulder conditions. My H-index is 37 and my published articles have been cited 4165 times (Scopus 21/01/25).

## CONTACT

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## EDUCATION

DOCTOR OF PHILOSOPHY (PHD), LA TROBE UNIVERSITY 2002

BACHELOR OF PHYSIOTHERAPY (HONS), LA TROBE UNIVERSITY 1997

## CURRENT EMPLOYMENT

- Associate Professor in the School of Allied Health, Human Services and Sport at La Trobe University, 2002-present
- Director & physiotherapist, Mill Park Physiotherapy, 2002 – present
- Clinical Advisory Panel, Victorian Workcover Authority, 2005 – present

# Tania Pizzari

PhD, B.Physio(Hons)

I am an Associate Professor in the School of Allied Health, Human Services and Sport at La Trobe University, Australia and a physiotherapist continuing to work in clinical practice. I am a co-director of a large private practice in Melbourne, Australia and chair of the Sports Medicine Australia Scientific Advisory Committee

## RECENT SHOULDER PUBLICATIONS

- Watson L, et al. (2025). The efficacy of conservative management of micro-traumatic posterior shoulder instability. *Journal of Shoulder and Elbow Surgery International*, 9(1): 46-55. doi: <https://doi.org/10.1016/j.jseint.2024.09.016>
- Watson L, et al. (2024). The posterior shoulder instability questionnaire (PSI-Q): Internal consistency, content and criterion validity, responsiveness, and reliability of a new tool for the assessment of posterior shoulder instability. *Journal of Shoulder and Elbow Surgery*, 33(11): e616-e628. doi: [10.1016/j.jse.2024.03.066](https://doi.org/10.1016/j.jse.2024.03.066)
- Warby S, et al. (2024). Effect of a physiotherapy directed rehabilitation program on patients with multidirectional instability of the glenohumeral joint: A multimodal interventional MRI study protocol. *BMJ Open*. doi: [doi.org/10.1136/bmjopen-2022-071287](https://doi.org/10.1136/bmjopen-2022-071287)
- Watson L, et al. (2023). Posterior shoulder instability in tennis players: Aetiology, classification, assessment, and management. *International Journal of Sports Physical Therapy*. doi: [doi.org/10.26603/001c.75371](https://doi.org/10.26603/001c.75371)

## SHOULDER PRESENTATIONS 2024

- Sports & Exercise Physiotherapy & Sports Medicine New Zealand Conference: Arm in Arm (22-23 November, New Zealand). 3 keynote presentations
- Sports Medicine Australia and Australian College of Sport and Exercise Physicians Conference (16-19 October, Melbourne). Symposium and workshop
- Northern Health (26 November) – Frozen shoulder lecture
- Royal Melbourne Hospital (1<sup>st</sup> August) - Frozen shoulder lecture