

WELCOME TO COASTAL ORTHOPAEDICS

No matter your level of activity; whether you want to return to high level sport or be free of pain to enjoy every day, I am dedicated to helping you achieve your goals and live life to the full.

I'll do my best to run as close as possible to your allotted appointment time, but please forgive me if I am running behind as I am occasionally called into the operating theatre or am required to see urgent trauma patients in my clinic.

Please double check your appointment location: in Perth I consult at *Bethesda Hospital in Claremont, Murdoch Square, and West Coast Health & High Performance in Lathlain. I also service the South West at the Dunsborough Sports Medicine Centre and the Wheatbelt community at Northam Hospital.*

I would like to give you some important details on my practice below.



INTRODUCTION

I am an Orthopaedic Surgeon sub-specialised in Knee & Shoulder Reconstruction and Hip Arthroscopy/Hamstring Surgery. I am committed to our Public Health system and am a Consultant at Fiona Stanley and Fremantle Hospitals where I run the Sports Trauma Unit. After completing my Surgical Training in Western Australia I spent more than 2 years undertaking fellowships in sports surgery at three major international institutions in the UK & Canada while also gaining further experience across Europe and the USA.

I am privileged to work with elite athletes at the *Fremantle Dockers, West Coast Eagles, Western Force, Perth Glory and Hockey Australia*. This has fostered my passion for joint preservation surgery and providing the highest quality care for all my patients-elite or otherwise.

My areas of interest include *ACL & Multi-Ligament Knee Reconstruction, Meniscal and Cartilage Preservation/Transplant, Arthroscopic Rotator Cuff Repair & Shoulder Instability Surgery and Hip Arthroscopy & Hamstring Surgery.*

RESEARCH, TEACHING & INTERNATIONAL COLLABORATION

I am passionate about achieving excellent results for my patients. A caring, professional approach to patient care combined with advanced surgical techniques backed by the latest research is paramount. Monitoring of surgical outcomes is critical, and all my patients are offered the opportunity to participate in TSL (The Screening Lab). This involves an online questionnaire emailed/texted to you intermittently, and your involvement and completion of these surveys helps us optimise outcomes for all patients.

Each year I select two high calibre international surgeons to Perth each year to work with me as part of the Perth Sports Surgery Fellowship. My fellow may see you in the clinic while also working with me in the operating theatre. My research and teaching includes a role as an Associate Professor in the School of Surgery at the University of Western Australia. I am also a director of the Orthopaedic Research Foundation of Western Australia. Through these roles I run a number of research projects; if you are a candidate for inclusion in one of our studies we will offer you the opportunity to be involved, and of course participation is completely voluntary. We embrace advanced technology and use AI in our clinic to maximise efficiency, while many of our surgical procedures involve enabling technology to provide an individualised approach to help optimise patient outcomes.

I regularly travel to teach, research, present and collaborate with international colleagues through my active involvement in ISAKOS, APKASS, the ACL Study Group, INSPIRE Academy, ISHA and Australian Knee Society. This means that at times through the year my availability may be limited, but rest assured that international collaboration helps me provide the highest quality care to you and your family, and we have a great team to help look after you if I am away.

PATIENT REGISTRATION SHEET

It would be very helpful if you could fill in your patient registration via the SMS link or email the hard copy to (info@coastalorthopaedics.com.au) along with your referral **PRIOR** to your appointment.

FURTHER INFORMATION

My website www.drpeterdalessandro.com.au contains further information about my practice, research and experience. It also contains useful educational material on your diagnosis, animated and real videos (on the YouTube link) of your surgical procedure and my rehabilitation protocols.

Multi-disciplinary collaboration is crucial to optimise patient outcomes. Please let us know if you have a physiotherapist or other allied health professional who you would like to have involved in your care, otherwise we are more than happy to recommend a high-quality practitioner with whom we work closely and will assist you.

We aim to provide you with a comprehensive level of support throughout your time with us. Please don't hesitate to contact my personal assistant Bronwyn on 9230 6353 or bronwyn@coastalorthopaedics.com.au if you have questions at any time during your treatment. She will do her best to respond as soon as possible, but please be aware that our volume of calls and emails is high and are dealt with as fast as we can. Occasionally, another team member will endeavour to assist you. Our highly trained and experienced nursing team nurse@coastalorthopaedics.com.au are all on hand to assist you in the peri-operative period and my contact details will also be made available to you in case you need to get in touch with me.

I will try my very best to be of assistance and help you achieve your goals.
I look forward to meeting you soon.

AI Prof Peter D'Alessandro
SPORTS ORTHOPAEDIC SURGEON



ORTHOPAEDIC RESEARCH FOUNDATION
WESTERN AUSTRALIA

