




DR ANGELA CADOGAN


PhD, NZRPS

Physiotherapy Specialist (Musculoskeletal)

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Qualifications			
	PhD	AUT University	2012
		Thesis: Diagnosis of Shoulder Pain in Primary Care	
	Postgraduate Certificate in Health Science (Sport and Exercise)	AUT University	2003
	Master's Degree Sports Physiotherapy	Curtin University, Perth, Western Australia	2000
	Diploma of Manipulative Therapy	NZ Manipulative Physiotherapists Association	1998
	Diploma in Physiotherapy	AUT University	1990

Current Positions

- Specialist Physiotherapist (Musculoskeletal)
- Director Advance Physiotherapy
- Orthopaedic Practitioner (Shoulder), Canterbury District Health Board (Burwood Hospital)
- Director / Instructor at Physio Academy and Educational Courses (Online and Practical Courses)

Affiliations

- Physiotherapy New Zealand
- American Society of Shoulder and Elbow Therapists
- NZ Manipulative Physiotherapists Association
- Sport and Exercise Physiotherapy New Zealand
- EUSSER

Clinical Experience

Musculoskeletal Physiotherapy	Physiotherapy Specialist (Musculoskeletal) Advance Physiotherapy Complex case assessment & management (shoulder pain)	2014 - current
	Orthopaedic Practitioner Orthopaedic Triage (Shoulder Service, Canterbury DHB) Non-surgical Shoulder Service – Diagnostic Assessment Service	2015 - current
	Active Health QEII, Christchurchdewh	2006 - 2009
	Senior Physiotherapist- part time	
	Barrington Physiotherapy Clinic (University of Otago) Professional Practice Fellow	2007 - 2008

Private Practice Experience prior to 2008

Pakuranga Physiotherapy (Auckland)	
Eastern Physiotherapy (Auckland)	
Allied Therapies (Chicago, USA) In-patient rehabilitation, Home Health, Musculoskeletal private practice	
Simon Loudon Physiotherapy (Auckland)	
Glenn Gallagher Physiotherapy (Auckland)	

Sports Physiotherapy

Indian Cricket League Ahmedabad Team	2008 - 2009
FICA International World XI Cricket Team Physiotherapist	2006
NZ Women's Cricket (White Ferns) Touring Physiotherapist	2001 - 2007
NZ'A" Men's Team Touring Physiotherapist	2003 - 2007
NZ Academy of Sport	
Accredited Physiotherapy Provider	2003-2008
Team Physiotherapist: Counties-Manukau Rugby Union Auckland Rugby League Team Western Samoa Rugby Union – Seven's Team Manurewa Rugby Club – Premier Team Ellerslie Eagles Rugby League Team	(between 1991 - 1996)

Sports Administration Experience

NZ Cricket Sports Science and Medical Coordinator (Women's Cricket) NZ Cricket Physiotherapy Coordinator	2003 - 2007
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Research

Clinical Research Training Fellowship Principal Investigator: " <i>Diagnosis of Shoulder Pain in Primary Care.</i> " NZ Manipulative Physiotherapists Association Maurice and Phyllis Paykel Trust – Health Science Scholarship NZ Manipulative Physiotherapists Association Physiotherapy New Zealand	2008
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Publications

- White, R. J., Olds, M., Cadogan, A., Betteridge, S., & Sole, G. (2022). Shoulder pain, disability and psychosocial dimensions across diagnostic categories: Profile of patients attending shoulder physiotherapy clinics. *New Zealand Journal of Physiotherapy*, 50(1), 6–20. <https://doi.org/10.15619/NZJP/50.1.02> (link to article)
- Betteridge, S., Cadogan, A., & Devan, H. (2022). Subacromial bursitis and shoulder pain: Exploring the predictors for a negative anaesthetic response. *New Zealand Journal of Physiotherapy*, 50(1), 21–32. <https://doi.org/10.15619/NZJP/50.1.03> (link to article)
- Cadogan, A., & Mohammed, K. (2016). Shoulder pain in primary care: Frozen shoulder. *The Journal of Primary Health Care*, 8(1), 44–51. doi:10.1071/HC15018.
- Cadogan, A., McNair, P., Laslett, M., & Hing, W. (2016). Diagnostic accuracy of clinical examination and imaging findings for identifying subacromial pain. *PLoS ONE*, 11(12), e0167738. doi:10.1371/journal.pone.0167738.
- Mohammed, K., Cadogan, A., Robinson, D., & Roche, J. (2015). The shoulder in the collision athlete [Article]. *Orthopaedics and Trauma*, 29(3), 195–205. doi:10.1016/j.mporth.2014.12.007
- Laslett M, Steele M, Hing W, McNair P, Cadogan A. (2015) Shoulder pain in primary care Part 2: Predictors of clinical outcome to 12 months. *Journal of Rehabilitation Medicine*; 47: 66–71. doi: 10.2340/16501977-1885
- Anderson, L., Cadogan, A., Borich, M., Schneiders, A., & Snelling, J. (2015). New Zealand sports physiotherapy code of conduct [Article]. *British Journal of Sports Medicine*, 49(14), 961–964. doi:10.1136/bjsports-2015-095022.
- Anderson L, Cadogan A, Borich M, Schneiders A. A code of conduct for sports physiotherapists in New Zealand. *New Zealand Journal of Sports Medicine*. 2014;41(1):11–14.
- Anderson L, Cadogan A, Borich M, Schneiders A, Snelling J. Sports Physiotherapy Code of Conduct. Wellington: Physiotherapy New Zealand; 2013:1–10.
- Laslett M, Steele M, McNair P, Hing W, Cadogan A. (2014) Shoulder pain patients in primary care pt 1: Clinical outcomes over 12 months following standardized diagnostic workup, corticosteroid injections, and community based care. *Journal of Rehabilitation Medicine*. <http://www.medicaljournals.se/jrm/content/?doi=10.2340/16501977-1860>.
- Cadogan, A., Laslett, M., Hing, W. A., & McNair, P. J. (2013). Shoulder pain in primary care: diagnostic accuracy of clinical examination tests for non-traumatic acromioclavicular joint pain. *BMC Musculoskeletal Disorders*, 14, 156. (Highly Accessed).
- Cadogan, A., McNair, P., Laslett, M., Hing, W., & Taylor, S. (2013). Diagnostic accuracy of clinical examination features for identifying large rotator cuff tears in primary health care. *Journal of Manual & Manipulative Therapy*, 21(3), 148–159. doi:10.1179/2042618612Y.0000000020.
- Cadogan, A., Laslett, M., Hing, W., McNair, P., & Taylor, S. (2012). Clinical predictors of a positive response to guided diagnostic block into the subacromial bursa. *Journal of Rehabilitation Medicine*, 44(10), 877–884. doi:10.2340/16501977-1049.
- Laslett, M., McNair, P., Cadogan, A., & Hing, W. (2012). Comparison of a novel direct measure of rapid pain intensity change to traditional serial 100 mm vas measurement of pain intensity. *Clinical Journal of Pain*, 28(8), 675–682. doi:10.1097/AJP.0b013e31823dd34e.
- Cadogan, A. (2012). Interpretation of sensitivity and specificity. *New Zealand*

Journal of Sports Medicine 39(1), 11-12.

Cadogan, A., Laslett, M., Hing, W., McNair, P., & Coates, M. (2011). A prospective study of shoulder pain in primary care: Prevalence of imaged pathology and response to guided diagnostic blocks. *BMC Musculoskeletal Disorders*, 12, 119. doi:10.1186/1471-2474-12-119 (Highly Accessed).

Cadogan, A., Laslett, M., Hing, W., McNair, P., & Williams, M. (2011). Reliability of a new hand-held dynamometer in measuring shoulder range of motion and strength. *Manual Therapy*, 16(1), 97-101. doi:10.1016/j.math.2010.05.005.

Cadogan, A., Laslett, M., Hing, W. A., McNair, P. J., & Williams, M. (2011). Interexaminer reliability of orthopaedic special tests used in the assessment of shoulder pain. *Manual Therapy*, 16, 131-135. doi:10.1016/j.math.2010.07.009.

Conference Presentations

Invited Keynote Presentations:

EUSSER- SESEC Congress 2022 European Society for Shoulder and Elbow Rehabilitation European Society for Surgery of the Shoulder and Elbow Opening Keynote Address: Advancing the Scope of Physiotherapy Practice	2022
Paris Shoulder Summit , Paris, France Clinical Diagnosis of Shoulder Pain. Workshop.	2019
NZ Manipulative Therapists Association Symposium , Auckland, NZ Physiotherapy Specialist Practice in NZ	2019
Association Française McKenzie , Poitiers, France Diagnosis of Shoulder Pain Live patient assessment	2018
Nice Shoulder Course Rehab , Nice, France Diagnosis of Subacromial Pain Diagnosis of Acromioclavicular Joint Pain Diagnosis of Glenohumeral Joint Pain Workshop	2018
World Physiotherapy 2021 Focused symposia: Evidence Based Diagnosis Rob Herbert, Chad Cook, Angela Cadogan, Alessandra Garcia.	2021
New Zealand Shoulder & Elbow Society (Conference), Queenstown, NZ Main session: Non-operative Management of Rotator Cuff Tears. A Cadogan, M Olds.	2017
New Zealand Shoulder & Elbow Society (Conference), Queenstown, NZ Physiotherapy Session: Non-operative Management of Rotator Cuff Tears. A Cadogan, M Olds.	2017
New Zealand Association of Musculoskeletal Medicine (Conference), Christchurch, NZ Shouldering the Burden: A new model of shoulder care. A Cadogan.	2016
New Zealand Shoulder and Elbow Society Meeting (NZ Orthopaedic Association, July 6-11), Rarotonga, NZ Shoulder Pain: A Diagnostic Journey. A Cadogan.	2015
ACC National Clinical Advisors Conference Pipitea Marae, Wellington (June 24th and 25th) Subacromial Conditions: Management and Rehabilitation. A Cadogan	2015

Invited Presentations:

9th International Symposium on Current Concepts in Arthroscopic Surgery and Arthroplasty of the Knee and Shoulder (ISKAA)	2014
Delhi, India (5-7 Sept)	
Shoulder pain in the throwing athlete: Clinico-radiological diagnosis. KD Mohammed, A Cadogan.	
Offset and Version in Shoulder Arthroplasty - Getting it right. KD Mohammed, A Cadogan	
Why Does the Rotator Cuff Tear? KD Mohammed. A Cadogan	
3rd Biennial Sports Physiotherapy New Zealand Symposium: "Sport & Exercise Across the Lifespan"	2013
Lumbar Bony Stress Injury: Diagnostic and Management Guidelines in the Adolescent Athlete. A Cadogan	
6th Annual Royal North Shore Shoulder Symposium, "Advanced Shoulder Arthroscopy Course"	
Sydney, Australia	
The Shoulder in the Collision Athlete. KD Mohammed, A Cadogan.	
SPRINZ Conference	2013
Auckland, NZ	
Musculoskeletal Screening – Taking Another Look. A. Cadogan. (Sport Performance Research Institute of New Zealand).	
Sports Physiotherapy NZ Symposium,	2012
Tauranga, NZ	
Internal Impingement in the Throwing Athlete. A. Cadogan.	
NZ Manipulative Physiotherapists Association Biennial Conference	2011
Rotorua, NZ	
Subacromial Impingement: What are we treating? A. Cadogan.	
Sports Medicine New Zealand Annual Conference,	2009
Rotorua, NZ	
Clinical Diagnosis of Glenoid Labrum Pathology. A. Cadogan.	

Education

Physio Academy	2022 - present
Instructor: Online and practical courses (Shoulder)	
2022 - present	
Southern Musculoskeletal Seminars	2016 - 2022
15 online learning modules	
4 course workshops per year	
4 online forums per year	
Assessment and Rehabilitation of Chronic Shoulder Conditions	2015
Instructor	
Sports Physiotherapy New Zealand:	2014 - present
Sideline Management Course	
(Teacher: Ethics in Sports Physiotherapy)	
The Upper Limb in Sport (Teacher: 2 day course)	2016-present
NZ Manipulative Physiotherapists Association	2012 – 2021
Lead Tutor: Shoulder Module (2 day course)	

Advisory

NZ Physiotherapy Board	2021 - present
Alternate Pathways to Specialization Working Party	
Health and Disability Commission	2002 - present
Independent Reviewer	

	NZ Physiotherapy Board	
	MRT Scope of Practice – consultant	2014
	Physiotherapy Specialization Working Party	2015 - 2017
	NZ College of Physiotherapy	
	Board Member	2012 - 2014
	Advanced Practitioner Member	2006- 2014
	Sports Physiotherapy New Zealand	
	President	2012 - 2014
	Chair Education Committee	2013 - 2014
	Education Committee (member)	2013 - present
	Newsletter Editor	2008 - 2012
	Executive Committee Member	1995 - 2014
	NZ Manipulative Physiotherapists Association	
	Education Fund Trustee	2010 - 2016
	Lead Tutor (Certificate of Orthopedic Manipulative Therapy: Shoulder Course)	2011 - 2021
	ACC	
	Expert Review Panel	2011
	Diagnostic Imaging Guidelines for the Shoulder in Primary Care	
	Canterbury Clinical Network	
	Physiotherapy Advisory Group	2010 - 2013
	Health Pathways for GPs	2013
	Canterbury Initiative – Orthopedic Triage Project	2014 - 2019
	International Federation of Orthopaedic and Manual Physical Therapy	
	External Assessor for NZ Member Organization	2006 - 2009
	International Monitoring	
Professional Activities	Orthopaedic Physiotherapy Practitioners	2021
	Development of training pathways	
	Canterbury Initiative	2014-2019
	Orthopaedic Triage Project	
	Development of Physiotherapy “Shoulder Model of Care”	
	Orthopedic Triage role development	
	Intern Training	2018 – present
Professional Development	Teaching on the Run (Dr Margaret Potter)	2021
	9 weeks (online course)	
	Sensori-Motor Retraining (Dr Jacqui Clark)	2021
	2 day course	
	Conference Attendance:	
	NZ Shoulder and Elbow Society, Queenstown, NZ	2021
	World Physiotherapy Congress, Online Conference	2021
	British Elbow and Shoulder Society, Online Conference	2020
	Paris Shoulder Summit, Paris, France	2019
	Association Francaise McKenzie, Poitiers, France	2018
	Nice Shoulder Course Rehab, Nice, France	2018
	American Society of Shoulder and Elbow Therapists Congress	2017
	New Orleans, USA	