

# DR TONY MICHAEL KOSTOS

## RHEUMATOLOGIST

MBBS, FRACP

### QUALIFICATIONS

**MBBS** University of Melbourne (1976)  
**FRACP** (1984)

### ACCREDITATIONS

### SUB-SPECIALTIES

### CURRENT POSITIONS

### PROFESSIONAL EXPERIENCE

**Intern (1977)**

Box Hill Hospital, Box Hill

**Junior Resident Medical Officer (1978)**

Austin Hospital, Heidelberg

**Biochemistry Registrar (1979)**

St Vincent's Hospital, Fitzroy

**Senior Resident Medical Officer (1977)**

Repatriation General Hospital, Heidelberg

**General Medical Registrar (1977)**

Repatriation General Hospital, Heidelberg

**Rheumatology and Rehabilitation Registrar (1982-83)**

Repatriation General Hospital, Heidelberg

**Clinical Assistant**

Department of Rheumatology

Royal Melbourne Hospital, Parkville

**Clinical Research Assistant** (1984-85)

Department of Rheumatology

St Thomas' Hospital, London

**Visiting Specialist in Rheumatology** (1985)

Austin Health

**Section 112 Examiner** (1986)

Victorian WorkCover Authority

Independent Medical Examiner - TAC

**Co-Director (1988-98)**

Rehabilitation

Brunswick Private Hospital, Brunswick

### **BIOGRAPHY**

My specialist training was supervised by Dr M Ingpen (Repatriation General Hospital), Dr K Muirden (Royal Melbourne Hospital) and Dr D A Yates (St Thomas' Hospital, London). It covered all the aspects of general Rheumatology, including the inflammatory arthritides, mechanical joint problems, soft tissue and periarticular problems including occupational injuries and connective tissue diseases. In addition, the Unit at RGH (H) was responsible for the rehabilitation of stroke patients and amputees.

I have had considerable experience in practical procedures such as the application of epidural injections (translumbar and sacral) to the sciatic syndrome, together with the wide range of joint aspiration/injection and soft tissue and periarticular injection techniques. I have also had experience with chemonucleolysis and have performed EMG's and nerve conduction studies.

I have been trained in basic rheumatological laboratory techniques such as the synovial fluid analysis and the preparation, staining and interpretation of synovial membrane sections.

I have liaised closely with Physiotherapists and Occupational Therapists and have obtained a broad understanding as to which techniques are suitable for the various

rheumatological and rehabilitation problems.

I have had extensive experience in the field of Sports Medicine, being particularly involved with the Australian Rules footballers and athletes.

I have had experience in teaching both General Medicine and Rheumatology to Undergraduates and Physiotherapists, and also in teaching Rheumatology to Fellowship and Membership candidates, both in Melbourne and in London.

My main interests are in the field of musculoskeletal medicine with particular emphasis on spinal and peripheral joint problems and, in addition, how such problems interact with compensation issues.

### LOCATION

East Melbourne

### ADDITIONAL INFO

#### **Education:**

School:

Carey Baptist Grammar School

H.S.C. Awarded – 1970

University:

University of Melbourne

Graduated MBBS – 1976

Post Graduate:

Royal Australasian College of Physicians Fellowship Awarded – 1984

### ADDITIONAL INFO

#### **OTHER APPOINTMENTS:**

Club Medical Officer – Melbourne Football Club (1978-84)

Member Hospital Drug Committee, Repatriation General Hospital, Heidelberg (1982)

Member – (Chairman 1995-1999), Drug & Therapeutic Committee, Mercy Private Hospital, East Melbourne (1986-99)

Member – (Chairman 1998-2000), Rehabilitation Sub Committee, Vaucluse Hospital, Brunswick (1990-2007)

Secretary, Australian Rheumatology Association, Victorian Branch (1998-2000)

Member, WorkCover Independent Medical Examiners Selection & Peer Review Committees (2003)

Treasurer – Australian Rheumatology Association Victorian Branch (2010-2014)

Member Australian Rheumatology Association Sponsor Liaison Committee (2012–2018)

Member Australian Rheumatology Association Financial Advisory Committee (2018)

### **PROFESSIONAL ASSOCIATIONS:**

Royal Australasian College of Physicians

Australian Rheumatology Association

Australian Association of Musculoskeletal Medicine

### **REGISTRATIONS:**

Medical Board of Victoria

Certificate Number: 15928

Granted – 2/1/78

Specialist Recognition Advisory Committee

Consultant Physician with Specialty in Rheumatology

Granted – 23/9/85