

## D'ALESSANDRO

### **Journal articles, conference proceedings and reports**

1. Ebert, J. R., L. Kneebone, P. Edwards, R. Radic and **P. D'Alessandro** (2025). "Return to preinjury pivoting sports after anterior cruciate ligament reconstruction is different between males and females, as are the patient-reported reasons." *Knee Surgery, Sports Traumatology, Arthroscopy: Official Journal of the ESSKA*.
2. Kneebone, L., P. Edwards, N. Blackah, R. Radic, **P. D'Alessandro** and J. R. Ebert (2025). "Sex-based differences in physical and psychological recovery, and return to sport, following anterior cruciate ligament reconstruction." *The Knee* **52**: 22-31.
3. Ajula, R., A. Mayne, S. Cecchi, J. Ebert, P. Edwards, P. Davies, B. Ricciardo, P. Annear and **P. D'Alessandro** (2024). A randomized controlled trial assessing traditional versus dynamic rehabilitation regimes following surgical repair of a proximal hamstring tendon avulsion. *Orthopaedic Proceedings, Bone & Joint*. **106**(SUPP\_6): 25-25.
4. Davies, P. S. E., C. Muirhead, A. I. W. Mayne, J. R. Ebert, P. K. Edwards, A. Simpson, A. Williams and **P. D'Alessandro** (2024). "Isolated lateral extra-articular tenodesis for ongoing instability following anterior cruciate ligament (ACL) reconstruction with an intact graft is effective and has low surgical morbidity." *Journal of Knee Surgery*.
5. Ebert, J. R., P. K. Edwards, A. I. W. Mayne, P. S. E. Davies, R. Evans, R. S. Aujla, S. S. Malik, S. Dalglish, S. Gohil and **P. D'Alessandro** (2024). "Patients undergoing multiligament knee reconstruction injured during pivoting sports demonstrate similar clinical, functional and return to sport outcomes by 2 years compared with those undergoing anterior cruciate ligament reconstruction." *Knee Surgery, Sports Traumatology, Arthroscopy Online ahead of print*.
6. Finsterwald, M. A., F. Mancino, G. C. Waters, J. Ebert, S. S. Malik, C. W. Jones, P. J. Yates and **P. D'Alessandro** (2024). "Endoscopic tendon release for iliopsoas impingement after total hip arthroplasty-excellent clinical outcomes and low failure rates at short-term follow-up." *Arthroscopy* **40**(3): 790-798.
7. Green, N., R. W. Jordan, T. Thangarajah, H. Laprus, J. Woodmass, **P. D'Alessandro** and S. S. Malik (2024). "Long head of biceps tendon autograft is effective in the management of large to massive rotator cuff tear: A systematic review." *European journal of orthopaedic surgery & traumatology*.
8. Hali, N. Z., M. Tahir, R. W. Jordan, H. Laprus, J. Woodmass, **P. D'Alessandro** and S. S. Malik (2024). "Suture button fixation in latarjet has similar load to failure and clinical outcomes but lower bone resorption compared with screw fixation: A systematic review." *Arthroscopy - Journal of Arthroscopic and Related Surgery* **40**(5): 1637-1654.
9. Jordan, R. W., I. Ahmed, **P. D'Alessandro**, J. M. Woodmass, P. B. MacDonald and S. S. Malik (2024). "Shoulder arthroplasty in the management of native shoulder joint infections has a high complication rate and poor functional outcome – A systematic review." *Shoulder & elbow*: 17585732241231758.
10. Jordan, R. W., I. Ahmed, **P. D'Alessandro**, J. M. Woodmass, P. B. MacDonald and S. S. Malik (2024). "Shoulder arthroplasty in the management of native shoulder joint infections has a high complication rate and poor functional outcome – a systematic review." *Shoulder & elbow*.
11. Khalefa, M. A., R. S. Aujla, N. Aslam, T. Boutefnouchet, **P. D'Alessandro**, P. B. MacDonald and S. S. Malik (2024). "No increased complication rate with the use of soft tissue quadriceps tendon autograft for primary ACL reconstruction – A systematic review." *Orthopaedics & Traumatology, Surgery & Research Article in Press*: 103926.
12. Malik, S. S., M. Tahir, R. W. Jordan, A. Kwapisz, **P. D'Alessandro**, P. B. MacDonald and J. M. Woodmass (2024). "The effect of tranexamic acid and epinephrine on visual clarity during arthroscopic shoulder surgery: A meta-analysis of RCTs." *Orthopaedics and Traumatology: Surgery and Research* **110**(5): 103844.
13. Mayne, A., P. Davies, L. Lam, M. Finsterwald, S. Dalglish, S. Gohil and **P. D'Alessandro** (2024). Isolated in-situ mosaicplasty fixation of unstable knee osteochondritis dissecans in skeletally mature patients: A combined mechanical and biological solution with excellent outcomes and a low re-operation rate. *Journal of ISAKOS*. **9**(6): 100322.
14. Mayne, A. I., A. Saad, R. Botchu, L. Gosling, P. Wall, A. Politis, **P. D'Alessandro** and C. McBryde (2024). "Quantifying radiation exposure in the radiological investigation of non-arthritic hip pain." *Journal of Hip Preservation Surgery Article In Press*.
15. Mayne, A. I. W., J. R. Ebert, P. K. Edwards, P. S. E. Davies, R. Evans, R. S. Aujla, S. S. Malik, M. J. Grant, S. Dalglish, S. Gohil and **P. D'Alessandro** (2024). "Modern multiligament knee injury surgical reconstruction techniques can

- achieve excellent knee function and patient satisfaction, with low complication rates." *Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA* **32**(11): 2967-2977.
16. Murphy, M. C., C. Sylvester, C. Whife, **P. D'Alessandro**, E. K. Rio and A.-M. Vallence (2024). "Anodal transcranial direct current stimulation (tDCS) modulates quadriceps motor cortex inhibition and facilitation during rehabilitation following anterior cruciate ligament (ACL) reconstruction: A triple-blind, randomised controlled proof of concept trial." *BMJ Open Sport & Exercise Medicine* **10**(4): e002080.
  17. Saeed, A. Z., T. Khaleeq, U. Ahmed, R. Ajula, T. Boutefnouchet, **P. D'Alessandro** and S. S. Malik (2024). "No clinical advantage with customized individually made implants over conventional off-the-shelf implants in total knee arthroplasty: A systematic review and meta-analysis." *Arch Orthop Trauma Surg* **144**(3): 1311-1330.
  18. Thurston, D., R. W. Jordan, T. Thangarajah, A. Haque, J. Woodmass, **P. D'Alessandro** and S. S. Malik (2024). "Are displaced distal clavicle fractures associated with inferior clinical outcomes following nonoperative management? A systematic review." *Journal of Shoulder and Elbow Surgery* **33**(8): 1847-1857.
  19. Waters, G. C., C. Jones, **P. D'Alessandro** and P. Yates (2024). "Functional assessment of component positioning in patients with groin pain after total hip arthroplasty as a tool to guide management." *HIP International* **34**(3): 336-343.
  20. Abdul, N. M., A. Raymond, M. Finsterwald, S. Malik, R. Aujla, H. Wilson, S. Dalgleish, P. Truter, U. Giwener, A. Simpson, A. Mattin, S. Gohil, B. Ricciardo, L. Lam and **P. D'Alessandro** (2023). Outcomes of the first 570 patients seen through a novel sports injury pathway at Fiona Stanley Hospital. Orthopaedic Proceedings. **105-B(SUPP\_3)**: 30-30.
  21. Aujla, R. S., S. Cecchi, E. Koh, **P. D'Alessandro** and P. Annear (2023). "Surgical treatment of high-grade acute intramuscular hamstring tendon injuries in athletes leads to predictable return to sports and no re-injuries." *Knee Surgery, Sports Traumatology, Arthroscopy* **31**(10): 4601-4606.
  22. Ayub, A., Z. u. Rahman, R. W. Jordan, **P. D'Alessandro**, S. MacLean and S. S. Malik (2023). "Pyrocarbon radial head arthroplasty offers satisfactory clinical and radiological outcomes with low revision rate: A systematic review." *Orthopaedics & Traumatology, Surgery & Research* **110**(3): 103750-103750.
  23. Cecchi, S., R. Aujla, P. Edwards, J. Ebert, P. Annear, B. Ricciardo and **P. D'Alessandro** (2023). A randomized controlled trial assessing traditional versus dynamic rehabilitation regimes following surgical repair of a proximal hamstring tendon avulsion. Orthopaedic Proceedings, Bone & Joint. **105(SUPP\_3)**: 91-91.
  24. Ebert, J., A. C. Raymond, R. Aujla and **P. D'Alessandro** (2023). "Nonoperative management in patients with symptomatic femoroacetabular impingement syndrome: Response." *American Journal of Sports Medicine* **51**(10): NP34-NP37.
  25. Ebert, J. R., A. C. Raymond, R. S. Aujla and **P. D'Alessandro** (2023). "The effect of a formal nonoperative management program combining a hip injection with structured adjunctive exercise rehabilitation in patients with symptomatic femoroacetabular impingement syndrome." *American Journal of Sports Medicine* **51**(3): 694-706.
  26. Green, N., R. W. Jordan, S. Maclean, **P. D'Alessandro**, P. B. MacDonald and S. S. Malik (2023). "Preoperative topical benzoyl peroxide treatment is effective in reducing Cutibacterium acnes in shoulder surgery: a systematic review." *Journal of Shoulder and Elbow Surgery* **32**(1): 213-222.
  27. Lambers, A. P., **P. D'Alessandro** and P. Yates (2023). "Defining cephalomedullary nail breakage rates: A systematic review and meta-analysis." *Journal of Orthopaedic Trauma* **37**(10S): S33-S40.
  28. Lawless, A. M., J. P. Ebert, P. K. Edwards, R. Aujla, M. Finsterwald, S. Dalgleish, S. S. Malik, R. Raymond, U. Giwener, A. Simpson, M. Grant, T. Leys and **P. D'Alessandro** (2023). The DOSTAR study: A double-blinded, randomized controlled trial comparing dual or single hamstring tendon anterior cruciate ligament reconstruction. Orthopaedic Proceedings, Bone & Joint. **105(SUPP\_2)**: 6-6.
  29. Malik, S. S., S. Malik, M. Tahir, R. W. Jordan, H. Laprus and **P. D'Alessandro** (2023). "Open coraco-clavicular ligament reconstruction (CCLR) in treatment of displaced distal clavicle fractures has low complication rate and excellent union rate: a systematic review." *Archives of Orthopaedic and Trauma Surgery* **143**(3): 1459-1477.
  30. Malik, S. S., S. Malik, M. Tahir, R. W. Jordan, H. Laprus and **P. D'Alessandro** (2023). Open coraco-clavicular ligament reconstruction (CCLR) in treatment of displaced distal clavicle fractures has low complication rate and excellent union rate: A systematic review. Archives of Orthopaedic and Trauma Surgery. **143**(3): 1459-1477.
  31. Mistry, D., U. Ahmed, R. Aujla, N. Aslam, **P. D'Alessandro** and S. S. Malik (2023). "The relationship between exposure to noise and hearing loss in orthopaedics." *The Bone & Joint Journal* **105-B(6)**: 602-609.
  32. Saeed, A. Z., N. Pandit, R. W. Jordan, H. Laprus, **P. D'Alessandro**, I. K. Y. Lo and S. S. Malik (2023). "Open and arthroscopic posterior bone block with iliac crest autograft for posterior shoulder instability – systematic review of clinical and radiological outcomes." *Orthopaedics and Traumatology: Surgery and Research* **109**(4): 103424.

33. Scanlon, J. P., A. C. Raymond, R. S. Aujla, S. Gohil, J. R. Ebert, L. Lam, S. S. Malik, A. Simpson, J. H. Otto, D. Neeson and **P. D'Alessandro** (2023). "Combined quadriceps medial patellofemoral ligament reconstruction and osteochondral fixation offers good patient-reported outcomes and low rates of recurrent instability for osteochondral defects secondary to acute patella dislocation." *Knee Surgery, Sports Traumatology, Arthroscopy* **31**(9): 4007-4015.
34. Aujla, R., S. Malik, S. Dalgleish, A. Raymond and **P. D'Alessandro** (2022). *Outcomes of isolated meniscal repairs in patients over 40 years of age*. Orthopaedic Proceedings, Bone & Joint. **104**(SUPP\_7): 75-75.
35. Aujla, R., J. Scanlon, A. Raymond, J. Ebert, L. Lam, S. Gohill and **P. D'Alessandro** (2022). *Acute cartilage defects of the knee treated with chondral restoration procedures and patellofemoral stabilization*. Orthopaedic Proceedings, Bone & Joint. **104**(SUPP\_7): 44-44.
36. **D'Alessandro, P.**, J. R. Ebert and P. Edwards (2022). *Associations between patient-reported scores, strength and physical performance tests following shoulder stabilisation surgery*. Journal of Science and Medicine in Sport. **25**(3): E6.
37. Edwards, P., J. Tan, J. Wilson, J. Lake, J. Ryan, J. Ebert and **P. D'Alessandro** (2022). *Upper limb performance and neuromuscular asymmetries in Australian Rules Footballers following shoulder stabilisation surgery*. Journal of Science and Medicine in Sport. **25**: S60-S61.
38. Jordan, R. W., S. S. Malik, A. Jones, M. Remtulla, **P. D'Alessandro** and G. Shyamalan (2022). "The use of the internal joint stabiliser for elbow instability. Report of two cases and systematic review." *Acta Orthopaedica Belgica* **88**(1): 168-178.
39. Khalefa, M., R. Aujla, N. Aslam, **P. D'Alessandro** and S. Malik (2022). *Outcomes of soft-tissue quadriceps tendon autograft for primary ACL reconstruction in adult population: a systematic review*. Orthopaedic Proceedings, Bone & Joint. **104**(SUPP\_7): 97-97.
40. Malik, S. S., J. K. Osan, R. Aujla, N. Aslam, **P. D'Alessandro** and P. B. MacDonald (2022). "Revue systématique sur la prise en charge et les résultats des luxations irréductibles du genou." *Revue de Chirurgie Orthopédique et Traumatologique* **108**(8): 1093.
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42. Aujla, R. S., J. Woodhouse, J. R. Ebert, M. A. Finsterwald, C. W. Jones, P. J. Yates, **P. D'Alessandro** and D. J. Wood (2021). "Journey-Deuce bicompartamental knee arthroplasty with the addition of computer navigation achieves good clinical outcomes and implant survival at 10 years." *Knee Surgery, Sports Traumatology, Arthroscopy* **30**(9): 3168-3175.
43. **D'Alessandro, P.**, J. Ebert and P. Edwards (2021). *Associations between patient-reported scores, strength and physical performance tests following shoulder stabilisation surgery*. Journal of Science and Medicine in Sport. **24**: S33.
44. Ebert, J. R., P. Edwards, B. Joss, P. Annear, R. Radic and **P. D'Alessandro** (2021). "Isokinetic torque analysis demonstrates deficits in knee flexor and extensor torque in patients at 9–12 months after anterior cruciate ligament reconstruction, despite peak torque symmetry." *The Knee* **32**: 9-18.
45. Tahir, M., S. Malik, R. Jordan, M. Kronberga, **P. D'Alessandro** and A. Saithna (2021). "Arthroscopic bone block stabilisation procedures for glenoid bone loss in anterior glenohumeral instability: A systematic review of clinical and radiological outcomes." *Orthopaedics & Traumatology: Surgery & Research* **107**(5): Online.
46. Waters, G. C., **P. D'Alessandro** and P. J. Yates (2021). "Functional navigation in hip resurfacing." *ANZ Journal of Surgery* **91**(1-2): 168-173.
47. Goyal, N., P. J. Yates, C. W. Jones, J. R. Ebert and **P. D'Alessandro** (2020). "Isolated meniscal repair is not inferior to meniscal repair combined with ACL reconstruction, and shows improved outcomes six-months after surgery." *Tasman Medical Journal* **2**(2): 41-46.
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51. Ebert, J. R., K. E. Webster, P. K. Edwards, B. K. Joss, **P. D'Alessandro**, G. Janes and P. Annear (2019). "Current perspectives of Australian therapists on rehabilitation and return to sport after anterior cruciate ligament reconstruction: A survey." *Physical Therapy in Sport* **35**: 139-145.
52. Lambers, A., B. Rieger, A. Kop, **P. D'Alessandro** and P. J. Yates (2019). "Implant fracture analysis of the TFNA proximal femoral nail." *Journal of Bone and Joint Surgery - American Volume* **101**(9): 804-811.
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56. **D'Alessandro, P.**, G. Wake and P. Annear (2013). "Hamstring pain and muscle strains following anterior cruciate ligament reconstruction: a prospective, randomized trial comparing hamstring graft harvest techniques." *Journal of Knee Surgery* **26**(2): 139-144.
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60. Stevenson, M., **P. D'Alessandro**, J. Bourke, M. Legge and A. H. Lee (2003). "A cohort study of drink-driving motor vehicle crashes and alcohol-related diseases." *Australian and New Zealand Journal of Public Health* **27**(3): 328-332.

## Books

1. Malik, S. S., M. Tahir and **P. D'Alessandro** (2023). Tendon Injuries. In U. G. Longo and V. Denaro (Eds.), *Textbook of Musculoskeletal Disorders* (pp. 461-466). New York City: Springer International Publishing.
2. **D'Alessandro, P.** and A. L. Wallace (2020). Glenohumeral Arthritis in Athletes. In L. Funk, M. Walton, A. Watts, M. Hayton and C. Y. Ng (Eds.), *Sports Injuries of the Shoulder* (pp. 221-247). New York City: Springer International Publishing.