



Dr John Limbers

Dr John Limbers MBBS (Hons1) BSc (Med) FRACS FAOrthA is an experienced Orthopaedic Surgeon with particular expertise in anterior MAKO robotic hip replacement surgery, MAKO robotic knee replacement surgery, and reconstructive foot and ankle surgery.

He graduated in Medicine from the University of New South Wales with First Class Honours. He completed Advanced Orthopaedic Training on the Sydney Northside Orthopaedic Training Scheme, and was awarded Fellowship of the Royal Australasian College of Surgeons (FRACS) in 2004. He followed this with further international subspecialty training at Addenbrooke's University

Hospital, Cambridge (hip and knee replacement surgery) and Cappagh National Orthopaedic Hospital, Dublin (foot and ankle surgery).

Dr Limbers has a special interest in hip and knee replacement surgery. He has completed over 3000 hip and knee replacement procedures, including primary surgeries and complex revisions.

He performs hip replacement surgery through the anterior intermuscular approach and performs anterior hip replacements with the cutting edge MAKO Robot platform. This allows patients to have accelerated rehabilitation and recovery, with less postoperative pain and no functional restrictions in the post-operative period.

He also performs knee replacement surgery using the MAKO Robot, which reliably reproduces increased accuracy

in the mechanical alignment of the prosthetic components. Less soft tissue trauma during knee replacement surgery, with some evidence of a quicker recovery in the first six weeks following surgery. Dr Limbers has performed over 500 MAKO robotic joint replacement surgeries.

Dr Limbers uses multi-modal pain relief and local anaesthetic infiltration techniques after hip and knee replacement surgery to allow earlier mobilisation and discharge. He also specialises in reconstructive foot and ankle surgery. This includes total ankle replacement, arthroscopic ankle arthrodesis, ankle and hindfoot reconstructive surgery and forefoot surgery.

Dr Limbers has considerable experience in research and training. He is formally an Australian Orthopaedic Association Director of Training. He is actively involved in the selection and training of orthopaedic trainees for the Australian Orthopaedic Association and Royal Australasian College of Surgeons. He has presented at both national and international meetings. He has numerous clinical research publications and review articles in peer reviewed international journals.

Referrals:

For all enquiries and referrals, please contact Central Coast Orthopaedics at the Tuggerah Lakes Private Consulting Rooms, Cnr Craigie Avenue, Kanwal on:

T: 0424 992 259 F: 02 4393 3819

Gosford
Private Hospital

Burrabil Avenue, North Gosford 2250 T: 4324 7111

Tuggerah Lakes
Private Hospital

Craigie Avenue, Kanwal 2259 T: 4310 9100