



Dr John
Limbers

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

He graduated in Medicine from the University of NSW 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 2000 hip and knee replacement procedures, including primary surgeries and complex revisions.

He performs hip replacement surgery through the anterior intermuscular approach and has recently begun performing 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, resulting in a lower incidence of implant failure.

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 currently 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, Kanwal, on:

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