

## *Clinical*

### 2011- Paediatric Rehabilitation Specialist, Narrabeen Sports Medicine Centre, Sydney Academy of Sport/ Delmar Private Hospital

I consult privately at Sydney Academy of Sport in collaboration with an interdisciplinary team for patients with complex pain, disabling fatigue, musculoskeletal conditions and Joint Hypermobility Syndrome/ Ehlers Danlos (Hypermobility type). Intensive day rehabilitation programmes for this group including hydrotherapy are provided at Delmar Private Hospital.

### 2010- Staff Specialist Paediatric Rehabilitation Medicine, The Children's Hospital at Westmead

I am head of the Musculoskeletal Rehabilitation service which provides interdisciplinary rehabilitation care to children and adolescents with congenital and acquired limb loss and disabling musculoskeletal conditions including skeletal dysplasia, joint hypermobility, rare forms of Ehlers Danlos syndrome, arthrogryposis, osteogenesis imperfecta, metabolic bone disease and Marfan syndrome and related disorders. The functional impairments we commonly encounter include joint contracture, joint instability, early degenerative joint disease and pain and fatigue. I also provide AMO care to inpatient and outpatient brain injury clients.

## *Qualifications:*

<b>FRACP</b>	Fellowship of the Royal Australian College of Physicians (Paediatrics) 2009
<b>FAFRM</b>	Fellowship of the Australasian Faculty of Rehabilitation Medicine, RACP 2008
<b>MSpMed</b>	Masters in Sports Medicine, University of New South Wales 2006
<b>MRCPCH</b>	Membership of the Royal College of Paediatrics and Child Health, UK, 2001
<b>DCH</b>	Diploma in Child Health, RCPCH 2000
<b>MBBS</b>	Batchelor of Medicine, Batchelor of Surgery St Bartholomew's and the Royal London Hospitals, University of London 1998
<b>BSc</b>	Batchelor of Science with First Class Honours, University of London 1995

## *Professional Credentials and Registrations*

AHPRA: Full National General and Specialist (Paediatrics, Rehabilitation) Medical Registration (MED0001194095)  
General Medical Council UK: Full registration (4517405)  
Fellow, Australasian Faculty of Rehabilitation Medicine  
Fellow, Royal Australasian College of Physicians  
Executive Member Musculoskeletal SIG AFRM  
Member, Royal College of Paediatrics and Child Health (UK)

## *Current Academic Appointment*

2006- **Honorary Clinical Lecturer**, Discipline of Paediatrics and Child Health, University of Sydney

## *Research Activity*

### Papers in peer reviewed journals:

Wigg, Kimberly, **Tofts Louise**, Benson Suzanne and Porter Melanie. (2016) The Neuropsychological function of Children with Achondroplasia. *American Journal of Medical Genetics* online early

Scheper MC, Pacey V, Rombaut L, Adams R, **Tofts L**, Calders P, Nicholson LL and Engelbert RHH. (2016) Generalised Hyperalgesia in children and adults diagnosed with Ehlers Danlos Hypermobility type: A discriminative analysis. *Arthritis Care and Research*. Online early DOI 10.1002/acr.22998

Pacey, V, **Tofts, L**, Adams, R., Munns, C., Nicholson, L. (2015), Quality of Life prediction in children with joint hypermobility syndrome. *J. Paed Child Health*. 51(7), 689-95.

Pacey, V, **Tofts, L**, Wesley A, Collins FC and Singh-Grewal D (2015), Joint hypermobility syndrome: a review for clinicians. *J. Paed Child Health*. 51(4), 373-80.

Pacey, V, **Tofts, L**, Adams, R., Munns, C., Nicholson, L. (2015), Joint Hypermobility Syndrome subclassification in paediatrics: a factor analytical approach. *Arch Dis Child* 100(1) 8-13

Pacey, V, **Tofts, L**, Adams, R., Munns, C., Nicholson, L. (2014), Proprioceptive acuity into knee hypermobile range in children with joint hypermobility syndrome. *Pediatric Rheumatology Online Journal*. 12(8), 40.

**Tofts LJ** and Hamblin N. (2014) C-Leg improves function and quality of life in an adolescent traumatic trans femoral amputee – a case study. *Prosthetics and Orthotics International*. 38(5), 413-417.

Pacey, V, **Tofts, L**, Adams, R., Munns, C., Nicholson, L. (2013), Exercise in children with joint hypermobility syndrome and knee pain: a randomised controlled trial comparing exercise into hypermobile versus neutral knee extension. *Pediatric Rheumatology Online Journal*. 11(1), 30.

**Tofts LJ**, Elliott EJ, Munns C, Pacey V, Sillence DO. The differential diagnosis of children with joint hypermobility: a review of the literature. *Paediatric Rheumatology*. 2009 Jan 5;7:1.

**Tofts, LJ**. Stanley, CS. Barnett, TG and Logan, JG. Knee joint function and the energy cost of level walking in soccer players. *British Journal of Sports Medicine*. 1998; **32(2)**:130-133.

#### **Posters/Abstracts:**

**Louise Tofts**, Emma Siegal, Roger Adams, Leslie Nicholson and Verity Pacey. Anxiety and Depression in Australian children and adolescents with Joint Hypermobility Syndrome.

Verity Pacey, **Louise Tofts**, Roger Adams and Leslie Nicholson. Quality of life of children with JHS/EDS-HT: who will decline over 18 months?  
*The Ehlers-Danlos Society 2016 International Symposium, New York May 2016.*

Pacey, V, **Tofts L**, Adams R and Nicholson L. Comparison of quality of life of children with Joint Hypermobility Syndrome, Charcot-Marie-Tooth disease and the general Australian paediatric population. *No 8*

Pacey, V, **Tofts L**, Adams R, Munns C and Nicholson L. A RCT comparing two different exercise programmes for children with joint hypermobility syndrome (JHS) and knee pain. *No 10.*  
*21<sup>st</sup> Annual Scientific Meeting of the Australasian Faculty of Rehabilitation Medicine, 2013*

Pacey, V, **Tofts L**, Adams R, Munns C and Nicholson L. The Fatigue of Children with Joint Hypermobility Syndrome: A child and parent perspective. *Internal Medicine Journal* 2013; 43 (suppl. 2) 7-8 RHPA 5 54<sup>th</sup> Annual Scientific Meeting of the Australian Rheumatology Association, 2013

Pacey, V, **Tofts L**, Adams R, Nicholson L and Munns C. Exercise Programmes for children with joint hypermobility syndrome and knee pain: a randomised controlled trial. *Internal Medicine Journal* 2012; 42 (suppl. 1) 36-38 RHPA P1 54<sup>th</sup> Annual Scientific Meeting of the Australian Rheumatology Association, 2012

S Das, F Collins and **LJ Tofts**. Head circumference for age curves in Australian boys with Achondroplasia and the association between head circumference and cervicomedullary compression.

S Das, F Collins and **LJ Tofts**. Descriptive Height, Weight and BMI for for age charts in Australian boys with achondroplasia.  
*10<sup>th</sup> Meeting of the International Skeletal Dysplasia Society 2011*

Paget SP and **Tofts LJ**. Growth plate injury due to meningococcal disease in childhood: a cause of delayed limb deformity impacting on orthopaedic and prosthetic management.

Hamblin N and **Tofts L**. C-Leg improves function and quality of life in an adolescent transfemoral amputee

**Tofts L** and Farid M. The role of antenatal counselling at the time of diagnosis of congenital limb loss. *Annual meeting of the International Society of Prosthetics and Orthotics Australia 2011*

**LJ Tofts**, EJ Elliott, C Munns, V Pacey and DO Sillence. The differential diagnosis of children with joint hypermobility: a review of the literature *Paediatric Rheumatology* 2008, **6**(Suppl 1):P156

**LJ Tofts**, S Hayden, MC Waugh. Effect of Botulinum Toxin type-A (Botox®) on neck pain and craniocervical headaches caused by trapezius spasm in a child with generalised joint hypermobility resulting from Noonan's Syndrome. *Paediatric Rheumatology* 2008, **6**(Suppl 1):P174  
*Presented at the Paediatric Rheumatology European Society meeting, London UK 2008*

T.G. Barnett, J.G. Logan, Clare. S. Stanley and **Louise Tofts**. Energy cost of walking in soccer players. *J. Physiol.* 1995; **487**: 63P *Presented as a poster at the physiological society meeting, Cork, Ireland 1995*

#### **Current projects:**

"The clinical characteristics of children with joint hypermobility and their relationship to adverse outcomes" 5-year cohort study currently in the final 12 months of data collection (1 further paper resubmitted after revisions to *Rheumatology*, 3 further in draft format)

"Growth Charts for children with Achondroplasia" manuscript revision for the American journal of medical genetics

"Knee and ankle function in children with longitudinal fibular deficiency" Submitted journal of paediatric orthopaedics

"Functional disability and access to care in children with arthrogryposis" manuscript preparation

"Effect of energy returning sport prosthesis on physical activity participation and quality of life in child amputees" data collection

"Phantom pain in child amputees" data analysis

#### **Scholarships and Grants:**

2014 Zimmer grant \$10, 000

2012 Australian Rhumatology Association project grant \$ 15, 000

for "The clinical characteristics of children with joint hypermobility and their relationship to adverse outcomes"

2006 Clancy-Donald fellowship \$ 30,000 for a 12 month clinical sports medicine fellowship

#### *Invited International Speaker*

2016 London Hypermobility Masterclass (95% positive feedback)

#### *Invited National Speaker :*

2014 Spring Meeting of the Faculty of Pain Medicine, Australian and New Zealand College of Anaesthetists

Invited speaker on Joint Hypermobility Syndrome with Verity Pacey

21st Annual Scientific Meeting of the Australasian Faculty of Rehabilitation Medicine Sydney 2013

Concurrent session : Sprains Strain and Pain : Growing Pains

Free Papers : The Fatigue of children with joint hypermobility syndrome : A child and parent perspective

Closing plenary: Hypermobility – To move or not to move (with Dr Stuart Tan, A/Prof Leslie Nicholson and Verity Pacey)