

Curriculum Vitae

Personal Data:

Name: Peter James Garbutt
Address: 24 Noble Cl, Ngunnawal, ACT
Australia 2913
Date of Birth: 17th April 1971
Place of Birth: Bowral, NSW
Phone: 61-2-6241 6060 – Clinic
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Fax:
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Personal Interests:

Wife Rachel and two kids Ethan (18) and Charlotte (14)
Stand Up Paddleboard racing and surfing, Running,
Axe throwing

Formal Education:

International Certificate in Sports Chiropractic, 2019
Master of Chiropractic Sports Science, Macquarie University, 2000
Master of Chiropractic, Macquarie University, 1995
Bachelor of Science, The University of Sydney, 1992

Recognitions:

Fellow of the Australian Institute of Chiropractic Education faculty
of Sports and Exercise
Fellow of the Australian Sports Medicine Federation

Other Accreditation:

Certified FAKTR Course Instructor
Certified Rocktape Practitioner
Certified SpiderTech Tape Practitioner
Certified Vivobarefoot Running Master Trainer
Certified Enhance Running Technician
ACT Working with vulnerable people
Lvl 1 Stand Up Paddle Board Instructor

Work Experience:

2011 – Current. Founder/Director ENHANCE Running
2009 – 2020. Co-founder/Director RecordPro Software
2001 – Current. Director/Sports Chiropractor at Enhance
Healthcare multidisciplinary clinics Canberra, ACT.
1996 – 2001 Associateship at OG Chiropractic and Sports Injury
Group. Dee Why NSW
1996 – Current. Health Services co-ordinator for Australian Beach
Volleyball Tour.
2008 Health Services Director for FIVB Beach Volleyball World
Tour Adelaide Open
1996-1999 Health Services Director for Australian 5 a side Indoor
Soccer National League.

Professional Interests:

Appointed member of ACT Chiropractors and Osteopaths
Registration Board 2003-2010

National Executive Board member of the Chiropractic and
Osteopathic College of Australasia 2000-2011

Chairperson for Sports Chiropractic Australia (National) 2007-2013

ACT Academy of Sport chiropractic representative 2004- present

President Sports Medicine Australia (ACT Branch) 2010 - 2016
Board/council member 2007 - current

C.C.E.A Committee for professional specialisation 2011

Bone and Joint Decade Sports Injury Working Group 2011

Chairman of Finance Commission for International Federation of Sports Chiropractic 2012-2015

Pacific Representative for Federation Internationale Chiropractique du Sport 2013 – 2019

2nd Vice President for Federation Internationale Chiropractique du Sport 2014 – 2016

President for Federation Internationale Chiropractique du Sport 2016 - 2019

Awards

- 2009 Outstanding Service Award – Chiropractors Association of Australia
- 2010 Service Award – ACT Chiropractors and Osteopaths Registration Board
- 2011 Service Award – Chiropractors and Osteopaths College of Australasia
- 2013 Outstanding Service Award – Chiropractors Association of Australia
- 2013 Merit Award for service – Australian Volleyball Federation
- 2016 Chiropractor of the Year - Chiropractors Association of Australia

Sports Chiropractic Experience:

- FIVB World Beach Volleyball Tour Adelaide 2008 event Health Services Director
- Australian Country Water Polo Men's and Women's teams 2009 Hawaiian Invitational.
- Australian Junior Men's Water Polo Team – 2007 FINA junior World Championships Long Beach California.
- Australian Indoor Soccer team – 2000, FIFUSA World Cup Bolivia.
- 2004 – Australian Indoor Soccer team representative tour of Portugal.
- NSW Indoor Soccer team 1998-99. National championships
- National League Indoor Soccer Health Services Co-ordinator 1996-1999.
- Australian Beach Volleyball Pro Tour Health Services Co-ordinator 1996-current. Australian Olympic Beach Volleyballers 2000 Sydney Olympics.
- Australian Olympic and Commonwealth Games Triathletes 2006 Commonwealth Games Melbourne, 2004 Olympics, treatment in lead up.
- World Olympians Association Centre Chiropractic Clinic Beijing 2008.
- Australian Long & Short Course Swimming Championships 1998
- Qantas Skins International Swim meet 1998
- Warringah Aquatic Centre 1997-1999 club therapist.
- NSW Karate Team 1999 Nationals Titles Hobart.
- Forster Ironman Triathlon 1998-2000 – individual athletes
- St. George F1 Triathlon Series 1997.
- Australian Coca- Cola Surf Classic 1996
- Warringah Dolphins Super League Soccer 1995-1999
- Canberra City Soccer Club 2002-2005 (state premier league)
- Gungahlin United Soccer Club 2006-2007, 2012
- Woden Valley Soccer Club 2008-2010.
- Belwest Soccer Club 2011-2013.
- Uncle Toby's Iron Man Series 1996.
- Meadow Lea Iron Woman Series 1996
- Nutri-Grain Iron Man Series 1997-1998
- Ocean Man Series 1997.
- Manly-Warringah Junior Baseball Squad 1997-1999
- Beacon Hill Rugby Union team 1998-1999
- Canberra Heat Volley Ball Teams 2002-current men's and women's team in national league.
- Accenture National Elite Triathlon Series 2002-2005
- Canberra Dolphins Water Polo Team 2002-2005 National league men and women's teams.
- ACT Soccer Academy 2006 Official appointment to boys U/14 team to National titles.

- ACT Men's and Women's Water Polo teams 2009
- 2009 World Masters Games Chiropractic Services co-ordinator
- ACT (state) Academy of Sport 2004 – current official appointment to multidisciplinary medical board and service provider
- Australian Country Water Polo Championships 2013 Health Services Director
- ACT trials for Miss Pole Dance Australia Health Services Director 2013-current
- Paralympic Games Polyclinic 2016, Rio
- World Games 2017 Wroclaw, Poland

Seminar Presentations

- 2006
 - “Practical Rehabilitation of the Shoulder” for COCA. – Canberra, Brisbane, Sydney.
- 2007
 - “Multi-modal management for low back and knee” for COCA – Adelaide, Brisbane, Canberra, Sydney.
 - “Rehabilitation of the hand, wrist, elbow and shoulder” for FICS -Sydney
- 2008
 - “The Role of Sports Chiropractors” for Sports Medicine Australia ACT branch.- Bateman's Bay
 - “Multi-modal management for low back and knee seminar” for COCA - Melbourne
 - “The Role of Sports Chiropractors” for Australian Institute of Sport. - Canberra
 - “When to refer to a chiropractor” for Soft Tissue Therapists Australia seminar – Wollongong.
 - “Running Technique Workshop” for CAA - Perth
- 2009
 - “Concept of the Sports Chiropractor” + “Rehabilitation, soft tissue techniques, taping and adjustments for the upper limb” for FICS expanded ICSSD program University Das Las Americas, Santiago, Chile
 - “Rehabilitation and soft tissue management of the hip, knee, foot and ankle” for FICS – Perth
 - “Biomechanics of Running” for FICS – Perth
- 2010

- “Rehabilitation and soft tissue management of the Shoulder, elbow and wrist” for FICS – Melbourne
- “Data recording at sporting events” for FICS – Melbourne
- “Running Biomechanics and Injury Management” for CAASA – Adelaide
- 2011
 - Debate on Barefoot Running for Sports Medicine Australia (ACT Branch) South Eastern Regional Conference. – Kangaroo Valley NSW
 - “Stepping Out Of Your Orthotics.... Safely” for CAASA – Adelaide
 - Webinar on Sports Chiropractic for CAA Victoria
 - “Rehabilitation and soft tissue management of the hip, knee, foot and ankle” for FICS – Sydney
 - “Developing a Sports Chiropractic Practice” for FICS – Sydney
 - “Chiropractic Management for the Common Ankle Sprain” for Dynamic Growth Experience – Sydney
 - “Concept of the Sports Chiropractor” + “Rehabilitation, soft tissue techniques, taping and adjustments for the upper limb” for FICS expanded ICSSD program Feevale University, Brazil
 - “Introduction to Kinesiology Taping” + “Functional Anatomy” for Sports Medicine Australia Sports Trainers Conference. – Canberra
 - “ENHANCE Running Technicians Training Course” for ENHANCE Running - Canberra
- 2012
 - Invited speaker on Barefoot Running – Stromlo Running Festival
 - “ENHANCE Running Technicians Training Course” for ENHANCE Running - Sydney
 - “Introduction to Kinesiology Taping” for Sports Medicine Australia – Canberra
 - “Spinal Injury Management Course” for Sports Medicine Australia – Canberra
 - “ENHANCE Running Technicians Training Course” for ENHANCE Running – Melbourne
 - “ENHANCE Running Technicians Training Course” for ENHANCE Running – Denver Colorado, USA
 - “Rehabilitation and soft tissue management of the Shoulder, elbow and wrist” for FICS – Auckland, New Zealand
 - “Data recording at sporting events” for FICS – Auckland, New Zealand
 - “Structural Analysis” for Sports Medicine Australia Sports Trainers Conference. – Canberra
 - “Introduction to Kinesiology Taping” for Chiropractors Association of Australia – Hobart
- 2013
 - “Introduction to Kinesiology Taping” for Sports Medicine Australia – Canberra

- “Spinal Injury Management Course” for Sports Medicine Australia – Canberra
- “ Plantar Fasciitis – A multidisciplinary approach” for Sports Medicine Australia – Canberra
- “Conservative Management of the Injured Runner” – Copenhagen, Denmark
- “Rehabilitation and soft tissue management of the hip, knee, foot and ankle + Spinal Injury Management + Taping techniques for the lower limb” for FICS – London, England
- “ Barefoot and Minimalism: Good, Bad, or Just plain Ugly” webinar for World Health Webinars
- “ENHANCE Running Technicians Training Course” for ENHANCE Running – Chicago, New Jersey, USA
- “On Your Feet With Pete” Keynote speaker for Chiropractors Association of Australia Tasmania Branch AGM – Freycinet, Tasmania
- “Rehabilitation and soft tissue management of the hip, knee, foot and ankle” for FICS – Queenstown, New Zealand
- “Stand Up or Die” and “Run For Your Life” for Chiropractors Association of Australia, National Development Forum – Sydney
- “Just Get Moving” Exercise and Movement online learning module for Chiropractors Association of Australia, Lifestyle Health Initiative.
- 2014
 - “Stand Up or Die” and “Run For Your Life” for Chiropractors Association of Australia NSW Branch, Mid Year Meeting – Sydney
 - “The Spine in Sport” module for the International Certified Chiropractic Sports Practitioner qualification for FICS and the Japanese Federation of Chiropractic Sports (JFOCS) – Tokyo, Japan
 - “Sports Hands On Masterclass” for FICS – Dublin, Ireland
 - “Barefoot Running Technique” for Vivobarefoot Australia – Brisbane Australia
 - “ Masterclass and ICCSP Upper limb module” for FICS and Sports Chiropractic Australia – Cairns Australia
 - “Conservative Management of the Injured Runner” - Sydney
- 2015
 - “Conservative Management of the Injured Runner” – Queenstown New Zealand
 - “ENHANCE Running Technicians Training Course” for ENHANCE Running – Athens, Greece
 - “Working with sporting teams from the ground up” for FICS Symposium – Athens, Greece
 - “ Management of lower limb injuries Pre-Olympic seminar” for the Brazilian Chiropractic Sports Council – Sao Paolo, Brazil
 - “Taping to get your happy back” for Chiropractors Association of Australia

- 2016
 - “Running Technique as Treatment” for FICS Symposium – Oslo, Norway
 - “Working in a multi-disciplinary Team” for FICS ICCSP course – Coffs Harbour
 - “Life isn’t Meant to be Easy, But Running Is!” for The Australian Triathlon, Endurance & Cycling expo – Sydney
 - “Examining the Athletic Spine” for Chiropractors and Osteopaths College of Australasia – Sydney
 - “Stacked to Perform” for Chiropractors Association of Australia – Cairns
- 2017
 - “The Silent Load – Psychological stress as a training load” for Sports Medicine Australia – Kangaroo Valley, NSW
 - “Inter-discipline referral” for Canberra Institute of Technology advanced massage course – Canberra
 - “Running analysis and injury management” Sports Chiropractic Masterclass for Sports Chiropractic Australia and FICS – Sydney
 - Keynote speaker for Swiss Chiropractic Sports Council annual meeting – Saas Fee, Switzerland
 - “Chiropractic at the Rio Olympic Games” World Federation of Chiropractic Congress – Washington DC
 - “ENHANCE Running Technicians Training Course” for ENHANCE Running – Oslo, Norway
 - “ENHANCE Running Technicians Training Course” for ENHANCE Running – Melbourne
 - “Running Technique as treatment” For Sports Medicine Australia – Sydney
 - “FAKTR concepts for musculoskeletal treatment” – Melbourne, Sydney
 - “Evidence based management of knee pain” for Chiropractors Association of Australia, NSW Branch – Sydney
- 2019
 - “FAKTR concepts for musculoskeletal treatment” – Adelaide, Sydney
 - “The Silent Training Load” for College of Chiropractic Paediatrics, Melbourne
 - “Running technique and lower extremity chiropractic treatment” -Oslo, Norway
 - “Seminar to Practice” for Australian Sports Chiropractic Symposium, Perth

Publications:

Books:

The Running Machine: A User's Guide, 2016

Blinded Peer Reviewed (Category C1): Journal

2009

Hoskins W, Pollard H, **Garbutt P**. How to select a chiropractor for the management of athletic conditions. *Chiropractic & Osteopathy* 2009, 17:3 (10 March 2009)
<https://chiromt.biomedcentral.com/articles/10.1186/1746-1340-17-3>

2007

Pollard H, Hoskins W, McHardy A, Bonello R, **Garbutt P**, Swain M, Dragasevic G, Pribicevic M, Vitiello A
Australian chiropractic sports medicine: half way there or living on a prayer?
BMC Chiropractic & Osteopathy 2007, 15:14 (19 September 2007)
<https://chiromt.biomedcentral.com/articles/10.1186/1746-1340-15-14>

Publications: Poster Presentations (Peer Reviewed)

2007

Hoskins W, Pollard H, Daff C, Odell A, **Garbutt P**, McHardy A, Hardy K, Dragasevic G
A Cross Sectional Survey of Low Back Pain in Elite Senior and Junior Football Players, with Non-Elite and non-Athletic Controls
World Federation of Chiropractic Biennial Conference Lisbon, Portugal May 2007.

2006

Hoskins W, Pollard H, Daff C, Odell A, **Garbutt P**, McHardy A., Hardy K, Dragasevic G
"Low Back Pain In Elite And Semi-Elite Football: A Cross-Sectional Survey With Non-Athletic Controls"
11th Annual Congress Of The European College Of Sport Science
5-8 July 2006 Lausanne Switzerland

Pollard H, Hoskins W, Daff C, Odell A, **Garbutt P**, McHardy A, Hardy K, Dragasevic G
Low Back Pain In Elite And Semi-Elite Australian Football Codes
American College Of Sports Medicine 53rd Annual Meeting 31 May To June 3 2006,
Denver Colorado USA

2005

Hoskins W, Pollard H, Daff C, Odell A, **Garbutt P**, McHardy A, Hardy K,
Low back pain in elite and semi-elite Australian football codes (Australian rules
football, soccer, rugby league and rugby union)
Australian Conference of Science and Medicine in Sport 2005
Melbourne, Australia – October 13-16, 2005

Hoskins W, Pollard H, Daff C, Odell A, **Garbutt P**, McHardy A, Hardy K,
Low back pain in elite and semi-elite Australian football codes (Australian rules
football, soccer, rugby league and rugby union)
11th Biennial South African Sports Medicine Association Congress
Johannesburg, South Africa – September 28 – October 1, 2005

Blog Posts (Peer Reviewed):

2017

Garbutt P Considering psychological stress alongside training load – A reflection on the
“How much is too much” IOC Consensus Statement
[https://blogs.bmj.com/bjasm/2017/03/08/considering-psychological-stress-alongside-
training-load-reflection-much-much-ioc-consensus-statement/](https://blogs.bmj.com/bjasm/2017/03/08/considering-psychological-stress-alongside-training-load-reflection-much-much-ioc-consensus-statement/)

Anderson N, Ougra B, **Garbutt P** Dealing with injury trends realtime: Reflections from
Sydney’s Volleyfest 2017
[https://blogs.bmj.com/bjasm/2017/12/22/dealing-injury-trends-real-time-reflections-
sydneys-volleyfest-2017/](https://blogs.bmj.com/bjasm/2017/12/22/dealing-injury-trends-real-time-reflections-sydneys-volleyfest-2017/)