

## Dr Greg Harris

Last Updated Friday, 29 January 2010

Sports & Exercise Physician  
MB BS(Hons) FACSP

OPSMC Since Jan 2006

Having graduated from Monash University in 1998, Dr Greg Harris spent several years in Emergency and Intensive Care Medicine before working as an expedition doctor in Australia and overseas. After training in Melbourne and Darwin, he gained his Fellowship as a Sports and Exercise Physician in 2008. His professional interests include foot and ankle injuries, cycling, expedition medicine and motor sports.

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His professional interests include foot and ankle injuries, cycling, expedition medicine and motor sports.

Greg is a CAMS (Confederation of Australian Motor Sport) Accredited Medical Examiner and a member of the International Society for Mountain Medicine. He is actively involved in sports medicine research through the University of Melbourne.

His other practice is at Mornington Peninsula Sports Physicians in Mornington and Frankston.

Qualifications:

- Bachelor of Medicine, Bachelor of Surgery, (MBBS) Monash University, Melbourne, 1998.
- Fellowship of the Australasian College of Sports Physicians (2008)

Professional Interests:

- General sports, exercise and musculoskeletal medicine
- Altitude and climbing medicine
- Motor sports

Involvement with Teams and Associations:

Current:

- IOC Sports Medicine Course Director for the Oceania region
- 2008 UCI Cycling World Cup in Melbourne

Past:

- Richmond Football Club (AFL) 2002-2007
- Coburg Tigers Football Club (VFL) 2001-2002
- NT Mosquitoes Rugby Union, 2005
- AIS Under 23 cycling squad, 2002
- Medical Coordinator, International Rugby 7's, Darwin, 2005
- Arafura Games, Darwin, 2005
- Alice Springs Masters Games, 2002, 2004
- World Masters Games, Melbourne, 2002

Professional Memberships & Affiliations:

- Member, Sports Medicine Australia (SMA)

- Member, Medical Expeditions (UK)
- Member, International Society for Mountain Medicine
- Associate Member, British Mountaineering Council
- CAMS (Confederation of Australian Motor Sport) Accredited Medical Examiner. Greatest professional sporting moments:
  - Climbing to and completing research projects at 5000 m in Nepal.
  - Being involved in the development of young athletes, and watching their development into elite performers. Personal sporting experience:
    - Trekking and climbing expeditions in Mexico, Canada, Nepal and Scotland. Summited Pico de Orizaba (Mexico, 5700 m) Dec 1998, Nevado de Toluca (Mexico, 4600 m), Apr 2002. Publications:
      - Temazepam at high altitude reduces periodic breathing without impairing next-day performance: a randomised cross-over double blind study. Nickol A, Leverment J, Seal P, Harris G et al. J Sleep Res (2006) 15, 1-10.
      - Assessment of cognitive function at 5100m altitude: A comparison of computerised and manual methods, Harris G, Cleland J, Collie A (in progress)