

Dr J Van Zuydam
Curriculum Vitae

Jarrad Van Zuydam

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Profile:

A general practitioner with a passion for sports and Sports Medicine.

Education:

Matric with 5 distinctions – Parktown Boys’ High School (2000)

Bachelor of Medicine and Bachelor of Surgery, MBChB – University of the Witwatersrand (2006)

Diploma in Anaesthesia, DA(SA) – CMSA (2010)

Advanced Cardiac Life Support, ACLS certified – Emergency Care Global (2010)

Professional Experience:

01/2007 – 12/2008: Medical internship at the Pietermaritzburg Complex of hospitals including Greys Hospital, Edendale Hospital and Northdale Hospital. Rotation through the following departments: Internal Medicine, General Surgery, Paediatrics, Orthopaedics, Anaesthesia, Family Medicine, Obstetrics and Gynaecology.

01/2009 – 12/2009: Community Service Officer at George Stegmann Hospital in the rural North-West Province. I gained experience in casualty, anaesthesia, surgery and internal medicine.

01/2010 – 11/2010: Medical Officer in the Department of Anaesthesia, Natalspruit Hospital. Significant experience in both general and regional anaesthesia for elective and emergency cases.

12/2010 – present: GP anaesthetist in private practice at various hospitals in the greater Johannesburg area. Predominantly orthopaedic anaesthesia at Milpark Hospital.

Experience Pertaining to Sports Medicine:

2010: Race doctor at the Fedgroup Berg and Bush 2 day mountain-bike stage race

2010: Race doctor at the Fedgroup Berg and Bush Descent 3 day mountain-bike stage race

2011: Race doctor at the Old-Mutual Fairbairn Capital Joberg2c 9 day mountain-bike stage race

2011: Confirmed as race doctor at the 2011 Berg and Bush and Berg and Bush Descent mountain bike races

Memberships:

Registered with the HPCSA for independent practice, registration number MPo663786

Member of SAMA

Member of SASA

Motivation:

I have been involved in sport ever since my parents sent me to attend my first football practice in pre-school. I played football competitively all through primary school. In High School I switched to hockey and represented South Gauteng at various levels. I also played tennis for the school 1st team.

At university I continued with my hockey and captained the Wits 1st team from 2001 until 2006 as well as representing South Gauteng at senior provincial level.

During internship I represented KZN Midlands hockey at senior provincial level in 2007 and 2008.

In 2009 I discovered mountain-biking and cycling in general and have been racing competitively for nearly 2 years now. I have completed the Joberg2c 9 day stage race on 2 occasions as well as various other stage races. My next sporting goal is a top 100 overall finish at next year's Absa Cape Epic. Training has begun already!

Sport has shaped my life in so many ways and continues to do so. Like any sportsman I have found myself in the hands of sports practitioners at various times with various

injuries. I am very interested in the science of training, nutrition and performance as well as injury treatment and recovery. A career in Sports Medicine will allow me to work in a field that I am truly passionate about.