

## Dr Stephen Kara

### FRNZCGP, Dip Sports Med, MPhil (Hons)

#### Research specialisation:

Rugby injuries, injury surveillance, sports related concussion, travel and injuries

#### Experience:

Stephen has worked within the realm of rugby medicine since 2002, being involved as Team Doctor for Counties-Manukau and Auckland ITM Cup sides as well as NZ U19 and Maori All Black national sides. He is the current team doctor for The Blues in his 9<sup>th</sup> season in this role. He is current Chairman of Sports Medicine NZ and holds a teaching role with World Rugby for Immediate Care in Rugby.



#### Research overview:

Sports related concussion and community uptake of current guidelines  
Impact of travel in injury risk  
Impact of training load, immunity and illness presentation within elite sport

#### Postgraduate supervision:

Nil

#### Research publications:

- Kara, S. (2013). "Injuries in professional rugby union: a study of 5 years of injury data with training loads and travel as co-variates." Thesis - Masters of Philosophy, AUT.
- Schwellnus, M., et al. (2012). "Illness during the 2010 Super 14 Rugby Union tournament - a prospective study involving 22,676 player days." British Journal of Sports Medicine **46**: 499-504.
- Schwellnus, M., et al. (2012). "Elite athletes travelling to international destinations >5 time zone differences from their home country have a 2-3 fold increased risk of illness." British Journal of Sports Medicine **46**: 816-821.
- Williams, S., et al. (2011). "A Review of Football Injuries on Third and Fourth Generation Artificial Turfs Compared with Natural Turf." Sports Medicine **41**(11): 903-923.
- Hume, P., et al. (2008). "The 2008 Pre-Olympic Conference on Science, Education and Medicine in Sport " Sportscience **September** 31-40.

**Dr Stephen Kara – Team Doctor**  
M +64 (0) 27 467 6681 | T +64 (9) 846 5425  
Blues HQ, 30 Campbell Crescent,  
Epsom 1052, Auckland  
PO Box 77012, Mt Albert, Auckland  
1350, New Zealand  
[www.theblues.co.nz](http://www.theblues.co.nz)



This email and any attachments may contain information that is privileged and/or confidential. If you are not the intended recipient, you must not access, review, disseminate or copy this document or any attachments. If you are not the intended recipient of this email please delete the message and immediately notify the sender by return email.