



Dr James McLean

PhD MS MBBS FRACS(Ortho) FAOrthA

Specialising in shoulder, elbow, wrist & hand disorders



ABOUT ADELAIDE SHOULDER & UPPER LIMB CLINIC

Dr James McLean is the founding Director of the Adelaide Shoulder & Upper Limb Clinic. His practice and the Clinic are exclusively dedicated to the diagnosis, treatment and surgery of the shoulder and upper limb.

- All shoulder, elbow, wrist and hand disorders and injuries
- Minimally-invasive, arthroscopic surgery and microsurgery
- Joint replacement and reconstructive surgery



Dr James McLean is an active member of the Shoulder & Elbow Society of Australia and The Australian Hand Surgery Society. He holds the position of Head of Unit, Hand & Upper Limb Unit, at the Royal Adelaide Hospital. He also holds an academic Senior Clinical Lecturer appointment through The University of Adelaide. Through these commitments, Dr McLean is now training the next generation of medical students and future upper limb surgeons.

Dr James McLean is one of only a few orthopaedic surgeons in South Australia to have completed two highly competitive, sub-specialty international clinical fellowships:

- Shoulder & Elbow Fellowship at Addenbrooke's Hospital / University of Cambridge (United Kingdom)
- Upper Limb & Hand Fellowship at St Paul's Hospital / University of British Columbia (Canada)

Dr McLean has a particular interest in joint replacement and minimally-invasive arthroscopic (key-hole) surgery. He manages patient conditions associated with arthritis, trauma and sports injuries; and has a special interest in shoulder arthritis and rotator cuff disease. His practice is committed to providing the highest quality service standards for his patients.

An important part of Dr James McLean's practice is committed to the development of new methods of diagnosis and treatment, as well as research into improving patient outcomes following surgery. In 2019, he completed his PhD thesis which helped establish an interactive electronic database aimed at improving outcomes for patients undergoing surgery. His ongoing contributions to orthopaedic literature have seen him co-author several book chapters on upper limb conditions, publish numerous research papers in peer-reviewed journals, and accept several accolades, including 'best paper' awards, research grants and research scholarships.

Through these commitments, Dr McLean maintains a high standard of personal and professional fulfilment, as well as being a devoted husband and father of three young children.

To learn more about Dr McLean, visit www.asulc.com.au