Message from the Head of School

It’s great to be back after the second component of my Approved Study Program in March-April, that involved time at Universities in Taiwan, Hong Kong and China. As well as providing an opportunity to focus on my research activities, there were also a range of opportunities to promote the School’s teaching and research activities. Special thanks to Peter Gardner who did a tremendous job as Acting Head of School while I was away.

The School recently received the excellent news that our Exercise Sports and Rehabilitation Science course has been accredited through the National University Course Accreditation Program (NUCAP) process. This outcome has been achieved by strong commitment and quality work by all members of the Exercise Sports and Rehabilitation Science team over a number of years, led by Discipline Leads Associate Professor Andrew Maiorana and Associate Professor Kevin Netto, and Course Coordinator Dr Andrew Lavender. Graduates from the course in 2014 and 2015 will need to undertake a small amount of additional training to be able to be credentialed by ESSA as an Exercise Scientist. Further information regarding the training is available by contacting Rosette Corte Real (on phone 9266 4644 or email marcina.cortereal@curtin.edu.au).

We are continuing to strengthen our relationships with a number of key elite sporting groups, in terms of research and teaching / clinical opportunities. The University’s partnership with Hockey Australia includes the University branding on the Olympic costumes of the Hockeyroos and the Kookaburras, so hopefully the brand is seen with Olympic gold later this year. The partnership with the Dockers has been further strengthened with Curtin involvement in the recently announced Dockers team in the new AFL National Women’s League to commence in 2017.

On a sad note, the School will be saying farewell to one of our very long serving staff – School Business Manager Karen Prideaux. Karen will be retiring in early August, to enjoy a much more relaxing stage of life, relative to the extremely busy role she has in the School. Karen has provided very strong support for me throughout my 4.5 years at Curtin. We will be organising a farewell for Karen in the near future.
Professor Garry Allison
Associate Deputy Vice-Chancellor

Garry Allison, Professor of Neuro-sciences and Trauma Physiotherapy, has been the Dean of Research and Graduate Studies with the Faculty of Health Sciences since 2010 but is now taking up the role of Associate Deputy Vice-Chancellor, Research Training within the Office of Research and Development.

We thank Garry for the excellent work he has done in contributing to the School's achievements and the strong position we now find ourselves in. Congratulations to Garry on the new appointment.

Karen Prideaux
School Business Manager

Karen Prideaux will be retiring at the start of August. Karen has provided strong and long standing leadership for the School in the School Business Manager role.

We will have a farewell and opportunity to say thanks and happy retirement in July. We are anticipating if things progress well with the recruitment process that there will be some opportunity for a handover period with the successful applicant before Karen leaves.

Dr Diane Dennis
Simulation Leads Committee

Diane has joined the Simulation Leads Committee as the Simulation Lead from the School of Physiotherapy and Exercise Science. She will be working specifically to build and develop Simulation Based Learning (SBL) activities within the curricula.

Dr Penny Moss
Interprofessional First Year Coordinator

Penny has just settled back after completing her key role in the national Physiotherapy Simulation Project, however she has now been seconded to the important Faculty position of Interprofessional First Year (IPFY) Coordinator.

Thanks to Penny for her contributions, innovative ideas and expertise with the simulation project and congratulations on the new position.

Dr Vin Cavalheri
Convenor
Thoracic Society of Australia

In September last year Vin was appointed the Deputy Convenor for the Thoracic Society of Australia and New Zealand (TSANZ) Physiotherapy Group.

Following the TSANZ Annual Meeting in April, Vin stepped up to the role of Convenor for the TSANZ Physiotherapy Special Interest Group.

Congratulations Vin.

Rob Waller
Acting Deputy of Postgraduate Courses

Evan Coopes is currently completing his study and during this period Rob Waller will be Acting Director of Postgraduate Courses.

Rob will have a six week handover and will commence in the role from 4 July. Welcome to the Executive team Rob.
Dr Sarah Stearne will be taking over Catherine Wild’s teaching in Semester 2 in Biomechanics in addition to coordination of ESRS Honours for the duration of her parental leave which commences in early July.

Sarah has been involved with the School teaching Biomechanics/Movement Analysis and Anatomy to both Physiotherapy and Exercise Science students on a sessional contract and has proved to be extremely organised and capable of teaching a wide variety of students. We look forward to Sarah working in this new capacity within the school.

**STAFF PROFILE**

**Richard Wright**

Technical and Resource Officer

1. In 25 words or less, tell us about the main elements of your current role.
Provide effective and efficient technical support, a loan facility for staff and students to access teaching and research equipment, control inventory and asset management.

2. What drives you / what motivates you to carry on?
I enjoy finding ways of improving and updating systems and processes.

3. What is currently in your inbox / what project you are currently working on?
Quotations for Real Time Ultrasound machines (apparently our current units were the first ones ever invented!)

4. Your best / most memorable / most outstanding experience and why?
The birth of each of my three children.

5. If you weren’t working in this role, what would you be doing?
Renovating properties.

Claire Badenhorst has commenced teaching in our BSc (ESRS) Course. Claire comes to us with professional experience in Sports Science in Strength and Conditioning and Research in Exercise Physiology.

She has taken on teaching in our second year Strength and Conditioning unit and first year Foundations of Exercise Science unit replacing Tiffany Grisbrook whilst she is on parental leave. We look forward to Claire’s contributions to the school.

The School said goodbye to Guy Anza at a morning tea farewell on Friday, 28 May after 17 years of service with Curtin. During this time he worked for a year as the Resource Office for the Schools of Physiotherapy and Occupational Therapy at Shenton Park, then eight years with Transport and Salary Packaging, returning back to Physiotherapy and Exercise Science for the remainder of his time at Curtin.

Guy was the School’s Technical and Resource Officer and had many challenges during his time with us. As the school grew on the Bentley Campus he was required to purchase more equipment and the challenge was maintenance, storage and accountability of the equipment. Guy developed a database to help keep records of all equipment and it is still a well-used system today. We thank him for the huge effort he put in to achieving this.

Guy took his position very seriously and was a dedicated staff member who was very innovative and worked diligently to achieve his goals. We thank Guy for all his dedication and attention to detail over the years and wish him well in his retirement.
Australian Government Office for Learning and Teaching Simulation Project

In recognition of their outstanding contribution to learning and teaching, Professor Tony Wright and Dr Penny Moss (the Curtin Physiotherapy National Simulation Project Coordination Team) were invited to be Curtin nominees for an Award for Programs that Enhance Learning in the 2016 OLT Australian Awards for University Teaching (AAUT). The Australian Government Office for Learning and Teaching (OLT) offers a range of teaching awards under three categories:

- Awards for Teaching Excellence ($25,000).
- Awards for Programs that Enhance Learning ($25,000).
- Citations for Outstanding Contributions to Student Learning ($10,000).

Tony and Penny submitted the very extensive award documentation on Monday, 20 June and we look forward to hearing the outcome later in the year. For the University to submit this project for a national award is very satisfying and very positive recognition for the project team and their work.

2016 Aspire Award Winner
Daniel Gucciardi

The Aspire Scholarships and Professional Development Awards, hosted by The Perth Convention Bureau and major stakeholders Tourism WA and the City of Perth, convenes annually to offer financial support for the professional development of non-profit association members and university staff. Associate Professor Daniel Gucciardi was successful in receiving an Award and will use his funding to attend the ISSP 14th World Congress in Sevilla in July. This is the premier conference in the field of sport and exercise psychology, where he will apply for a position on the Managing Council. The Aspire program provides substantial knowledge sharing and international profiling as well as generating export income for the WA economy (over $100 million since it started).

Congratulations Daniel.

Best Research Presentation
Andrew Briggs and Helen Slater

The team, headed up by Associate Professors Andrew Briggs and Helen Slater have, once again, received the award for the Best Research Presentation at the Australian Rheumatology Association Annual Scientific Meeting in Darwin. That’s two years running!

In a partnership project with Department of Health (WA), NSW Health, NSW Agency for Clinical Innovation, BehaviourWorks Australia, HealthSense Australia Pty Ltd and the Global Alliance for Musculoskeletal Health, the team developed a framework to evaluate musculoskeletal models of care, informed by 93 experts from 30 nations. The Framework specifically helps people to evaluate whether a model of care is ready for implementation, how to optimize implementation success, and what to measure. The Framework is publicly supported by 44 international partner organisations.

Congratulations again Andrew and Helen.

Tiffany Grisbrook
Our newest Mum

Tiffany and Michael are the proud new parents of Paisley May Dojkovski. Paisley was born on Tuesday, 12 April, weighing in at 2.2 kg and 45cm long.

Tiffany brought Paisley in to the School in May to introduce her to the staff.

Welcome Paisley and congratulations to Tiffany and Michael.

Make tomorrow better.  
http://curtin.edu/ptes
On Saturday, 21 May the Australian Physiotherapy Association (WA) held its annual Seminar and Awards presentation and the School was very well represented on both these fronts:

Invited presentations were given by:
- **Tony Wright** (Brian Edwards Address - National Physiotherapy Simulation Project).
- **Leon Straker** (Screen time across the life course - should this be a target for physiotherapy?).
- **Anne-Marie Hill** (Strength training programs for older people).
- **Peter O’Sullivan** (Making sense of low back pain).
- **Darren Beales** (The cost of reduced work productivity in young Australian workers - how can physiotherapy help).

A number of staff were also recognised for their work in the field of Physiotherapy with the following awards being presented to:
- **Anne Furness** for her Contribution to Physiotherapy Education.
- **Kylie Hill** for her Contribution to Physiotherapy Research.
- **Bri Tampin** (Adjunct) for her Contribution as an Emergent Researcher.

And, as reported in the March newsletter, **Naomi Michael** (graduate in 2015) formally received her award for the APA (National) Board of Directors Student Prize 2015.

Congratulations to all involved.
WA Health Merit Award
Associate Professor
Anne-Marie Hill

Congratulations to Anne-Marie Hill on receiving a WA Health merit award (which involves near miss funding) for her application for a fellowship to NHMRC last year that was very close to the funding cut-off: Hospital Falls Epidemiology Project.

She was one of eight Fellowship Merit Awards and 13 Project Grant Merit Awards as part of a $1.35 million FutureHealth WA initiative to make WA research more competitive and showcase the diverse range of our health science.

The one-off Merit Award payments are designed to boost the researchers’ competitiveness in future NHMRC funding rounds by paying for activities such as pilot data experiments or the development of new laboratory tests.

“The grants are part of the initiative to boost the State’s research capability,” the Minister said. “They are an important part of our determination to secure WA’s rightful share of national health research funding.”

Project Grant Merit Awards provide a payment of up to $75,000 to researchers who narrowly missed out on a NHMRC Project Grant, while Fellowship Merit Awards provide up to $50,000 to assist those who came close to getting a NHMRC Early Career Fellowship or Career Development Fellowship.

Exercise, Sport and Rehabilitation Science Course Accredited

The School received notification on Monday, 18 April that the ESRS course was successful in being accredited by the national accrediting body, ESSA. This is a tremendous achievement for this course that had its first intake of students in 2012. During the course development and accreditation process, a strong group of staff have joined the School with expertise across biomechanics, exercise physiology, motor control and sports psychology, with excellent and state of the art Teaching labs in Exercise Physiology and Strength, Conditioning and Rehabilitation being developed during this time.

The School thanks and acknowledges the enormous contributions of all staff in their work towards achieving accreditation, and in particular Associate Professor Kevin Netto and Associate Professor Andrew Maiorana as Course Discipline leads, and Dr Andrew Lavender as Course Coordinator. Also special thanks to Geoff Strauss as the initial driver for the course to be established, and initial course coordinator.
RESEARCHER IN PROFILE
Associate Professor
Graham Hall

1. In 25 words or less, tell us about your research.
Improving lung health outcomes in children.

2. What drove you to this / what motivates you to carry on?
I was lucky enough to get the opportunity to have a great supervisor and mentor early in my career, and was able to start working with kids. The respiratory aspect was an accident (to be honest), but now drives me. My overriding aim is to move research outcomes into clinical practice whenever possible. Testing, proving and implementing research so that it makes changes to health outcomes underpins pretty much everything I take on.

3. What is currently in your inbox / a project you are working on?
Lots of overdue deadlines! Currently we are trying to get our new Aboriginal lung function NHMRC grant up and running as well as some new work in children with neuromuscular disease.

4. Your best/most memorable / most outstanding publication and why?
I was lucky enough to be involved in a study examining the validity of flight testing in preterm infants. We proved the current test was inappropriate in new born babies. Not a big study really, but has changed international practice. Knowing the work you do is making an impact is really rewarding.

5. If you weren’t researching, what would you be doing?
I’d be a part-time Barista in Denmark and be walking, swimming and/or fishing the rest of the time.

Endeavour Scholarships and Fellowships

Sonia Ranelli, Lauren Brooke (PhD student), and Daniel Gucciardi attended a Professional Development Workshop in May. The event was sponsored by the Endeavour Scholarships and Fellowships and Alumni, current recipients and awardees attend to hear from invited speakers and have the opportunity to network with other Endeavour recipients and senior leaders from various sectors.

These scholarships and fellowships are awarded by the Australian Government and provide the opportunity to undertake study, research or professional development overseas and for overseas citizens to do the same here in Australia.

Daniel is an alumnus of the Endeavour awards, having completed a research fellowship in 2011, spending four months in New Zealand at the University of Otago.

Lauren, from California, is currently completing her Endeavour scholarship, which provided the funds for PhD tuition fees and a living stipend. She is completing her PhD with Daniel where she will examine the effectiveness of a sport-based life-skills program with young people with first episode psychosis.

Sonia will start her five month fellowship later this year at the University of Applied Sciences, Hochschule Osnabrueck, Germany. She will be looking at the kinematics and muscle activity of neck and upper extremity postures adopted in young string instrumentalists to better understand the biomechanical risk factors for playing-related musculoskeletal symptoms in young string instrumentalists. This will help inform health professionals on how to best manage young instrumentalists with problems.

Well done and congratulations to Sonia, Daniel and Lauren.

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Nardia Klem
Runner Up
Best Oral Presentation

In April, Nardia presented her paper “The effects of external ankle support on ankle and knee biomechanics during cutting in basketball players” at the ESSA Conference. The conference delegation voted Nardia as the runner-up for the Best Oral Presentation, Sports Science.

Nardia was an Honours student with the School last year and her paper is under first revision in the American Journal of Sports Medicine. Sian Williams, Catherine Wild and Leo Ng were her supervisors.

Congratulations Nardia.

**********

Hockeyroos - GB Series

Great Britain were in Australia for a series of games against the Hockeyroos, before heading off to Rio for the Olympics. There were three games in WA between the two teams, two in Narrogin and one in Perth at the Stadium.

ESRS Students are involved in the strength and conditioning of the athletes (with Brendyn Appleby, Head of Conditioning), as well as some of the match analysis (with David Guest), and are also assisting during training sessions.

Their entire practicum has been one of growth and learning which we are sure they enjoyed. A special mention for Jasdev and Stuart for the great job they did during the series. This is one of a number of activities consolidating the relationship between the School and Hockey Australia

Well done everyone.

**********

Kimberley Zollner
Karate Australian Open

Kimberley, who is a Year 2 Physiotherapy student, competed in the Karate Australian Open in Sydney in April. She placed 1st in U25 weight category, 3rd in her weight category and 3rd in U21.

Her years of hard work and dedication to the sport has paid off.

Congratulations Kimberley.

Dara McAleer
Irish Dancing World Championships

Last year Dara was offered a place at The Academy of Irish Dance, based in Columbus, Ohio in the United States. The Academy is one of the most elite Irish dancing schools in the world and Dara was able to train there for the World Championships.

Dara returned in April after placing 6th this year and, as she was the highest placed Australian woman, has been asked to go back in October. This will be another six month stay, with the possibility of her placing in the top three at the Championships in 2017.

Dara is still completing the Exercise, Sports and Rehabilitation course with the goal of getting into Physiotherapy. Enjoy the challenge of your training in the US Dara, and good luck at the championships next year.
Developing University Level Communication Skills

We encourage you to take advantage of the opportunities available at Curtin to engage in social and workplace conversations with students and staff from diverse cultures and first languages. Developing social rapport skills across cultures helps prepare students to build professional, caring relationships with their patients. All students are expected to improve their academic literacy and academic English during their studies. This is true for people who have English as their first language, as well as people for whom English is an additional language (EAL).

To get ahead in communications skills, Curtin provides, in addition to communication specific units, two additional resource sites for students to use throughout their study years across their courses.

1. The Learning Centre
   The Learning Centre has programs designed to assist all students - [http://life.curtin.edu.au/learning-support/learning_centre.htm](http://life.curtin.edu.au/learning-support/learning_centre.htm)

2. English for Health Sciences (non-assessed Blackboard unit)
   English for Health Sciences Blackboard unit is a resource providing information and links for in-person and online programs designed for students with English as an additional language (EAL) - [http://healthsciences.curtin.edu.au/international/english-at-health-sciences.cfm](http://healthsciences.curtin.edu.au/international/english-at-health-sciences.cfm)

Students who have EAL and need to increase their proficiency in English for study and work purposes are highly encouraged to apply to access the Curtin Blackboard site “English for Health Sciences” if they do not already have access.

Additional Support and Advice

Undergraduate and Postgraduate students with EAL are invited to have their language skills assessed to determine areas for development through the this office. Appointments can be requested via [EnglishSupportHS@curtin.edu.au](mailto:EnglishSupportHS@curtin.edu.au)

Students wanting help with their English language skills can get more information by contacting [EnglishSupportHS@curtin.edu.au](mailto:EnglishSupportHS@curtin.edu.au)

Curtin University is proud of its reputation as an international university, providing graduates with skills in communication who work nationally and internationally across cultures and countries. We encourage local and international students with EAL to seek English speaking opportunities in study, sport, work and volunteering to maximise their language learning in preparation for them enjoying and achieving the most from their placements and career.

[http://curtin.edu/ptes](http://curtin.edu/ptes)
Kathleen Sullivan
National Diving Competition

Kathleen Sullivan is a second year Physiotherapy student who travelled to Sydney in April for five days of competition in the annual Age Diving Championships.

Kathleen started diving at the age of 11, joined a state squad and eventually ended up in the national talent squad. Although she now dives recreationally Kathleen took part in the competition in the 19—29 masters age group and came away with a silver medal in the three metre springboard and platform event. She hopes to progress to future Open Diving competitions.

Congratulations Kathleen, balancing the study and training three times a week paid off!

Back Care Program for Primary Schools
By Jodi Pike, Freya McMillan, Michele Tang and Josh Tsang

We were lucky to go to Cannington Community Collage for our third year back care presentation and had a lovely group of year 6 students. We aimed to provide an educational session about the spine, providing knowledge on the anatomy and the functions of the spine. We tried to make it as interactive as possible by engaging the kids in demonstrations of active movements and ideal postures. A key focus was making sure they knew how to look after their backs with regards to the weight of their backpack and how to correctly wear it. We also educated them on the importance of exercise and keeping active, getting them to think broadly about how they can incorporate physical activity into their everyday lives.

We found the experience very enjoyable. The children were all very well behaved and engaged in the session. They all seemed excited and were willing to participate fully, volunteering answers and demonstrating things when asked. We also learnt a lot from this experience in regards to our communication skills and the ability to tailor our language to the specific population in front of us. Overall, the experience was a fantastic learning opportunity and we thoroughly enjoyed it.

This is an excellent opportunity for students to engage with community groups for education, while further developing their own skills. Well done Jodi, Frey, Michelle and Josh.

Make tomorrow better.

http://curtin.edu/ptes
# POST GRADUATE AND HONOURS

## Post Graduate Proposal Presentations

**Tuesday 24 May 2016**

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<thead>
<tr>
<th>Students</th>
<th>Project title</th>
<th>Supervisors</th>
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<tr>
<td>Grant Mackay, Ben Mastaglia, Erin Nugent, Alexander Murdoch</td>
<td>The effect of Mulligan-applied rigid tape and Kinesio tape on the lower limb biomechanics and knee pain in patients with patellofemoral pain.</td>
<td>Dr Catherine Wild, Dr Sarah Stearne and Dr Toby Hall.</td>
</tr>
<tr>
<td>Angela Lim, Tyrik Lee, Yanzhang Chen, Jan Erik Wergeland</td>
<td>Management of proximal hamstring tendinopathy: A qualitative survey of contemporary practice.</td>
<td>Dr Merv Travers</td>
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<tr>
<td>Chris Carr</td>
<td>Posture and Musculoskeletal Discomfort – An Observational Study of Abrasive Blasting Work.</td>
<td>Associate Professor Kevin Netto</td>
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<tr>
<td>Anton Mikhailov, Fabio Fregni, Guang Hao Cheng, Samuel Ong</td>
<td>Investigation of CPM Response in People with Painful Osteoarthritis.</td>
<td>Dr Penny Moss, Dr William Gibson, Ben Wand, Professor Tony Wright</td>
</tr>
<tr>
<td>Michael Williams, Magdalene Teng, Ingrid Ovrebekk, Luke Tozer</td>
<td>Implicit bias of physiotherapists - what do they really think about bending the spine?</td>
<td>JP Caneiro, Professor Peter O’Sullivan, Dr Anne Smith, Professor Ottmar Lipp</td>
</tr>
<tr>
<td>Cameron Little, Hakon Sveinall, Shruti Nambiar, Lynn Yee</td>
<td>Is pain a problem among people with Hereditary Neuropathy with Liability to Pressure Palsies (HNPP)?</td>
<td>Dr Darren Beales, Dr Robyn Fary, Co-Supervisors: Dr Brigitte Tampin, Tim Mitchell</td>
</tr>
</tbody>
</table>

**Phoebe Simpson and Ashleigh Neil**

**Sports Medicine Australia (SMA) Conference**

Two of our fourth year Honours students have had their abstracts accepted for a podium presentation at the SMA Conference which being held in Sydney from 31 October to 3 November.

**Ashleigh and Phoebe** have performed phenomenally well throughout the course and it’s very rare to have students this far advanced at this stage of the program. Thanks to their Supervisors Dr Sue Morris, Dr Erin Howie, Dr Leo Ng and Dr Sian Williams for helping Phoebe and Ashleigh with their project.

This is a very exciting achievement and we are very proud of them. Congratulations!

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Phoebe Simpson

Ashleigh Neil

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Last Part of Head of School Approved Study Program

As reported in the last newsletter, the first part of this component of my Approved Study Program was undertaken in Taiwan. After leaving Taiwan, I spent three busy days at Hong Kong Polytechnic University. Hong Kong PolyU is one of our strong international partners, and our Schools already have a number of co-operative activities occurring. My program here included meeting with the senior staff of the Department of Rehabilitation Sciences; doing a presentation to about 80 staff and students on Falls prevention for people with dementia; reviewing progress presentations by several HDR students; meeting with the Director of the Active Ageing Institute; and meeting with potential collaborators in research in physiotherapy and nursing. This component of the trip has been very productive, and outcomes include a collaborative research grant that has been funded, led by Dr Justina Liu from the School of Nursing; and a new writing collaboration (systematic review) with Associate Professor William Tsang and Dr Arnold Wong.

I then travelled to Chengdu, China, to visit West China Hospital / Sichuan University. Curtin University’s Faculty of Health Sciences has identified this as a priority partnership for the Faculty. I spent two weeks visiting many areas of the university and hospital, and in particular the main rehabilitation unit at Wenjiang. While Physiotherapy is a small and emerging profession in China, it was impressive to see the strong progress and dedication of the physiotherapy workforce there. I gave several presentations there, one to the rehabilitation staff, and one to the graduate students. There is potential for 2+2 joint PhD’s between our institutions, and opportunities for these were discussed with several potential students and supervisors.

In summary, the Approved Study Program gave me a great opportunity to focus on regenerating some aspects of my research that have been difficult in the Head of School role, in particular writing several first author publications, and research grants, and also provided a range of opportunities to promote the School, and our teaching and research programs. It was a highly valued trip, and I thank Curtin for supporting this program.

Recognition of GEM Physio and OT in Singapore

As part of the Australia-Singapore Comprehensive Strategic Partnership (CSP) (a Free Trade Agreement), Singapore has agreed to recognition of a number of allied health degrees from Australian universities, including Curtin’s Master of Physiotherapy and Master of Occupational Therapy.

The next step is to formalise the negotiations over the priority objectives which involves further technical work to complete text for legal review. More information is available on: http://dfat.gov.au/trade/agreements/safta/Documents/aus-singapore-education.pdf
Associate Professor Peter Kent visits Denmark and United Kingdom

For five weeks in late May and early June 2016, Peter worked in Denmark and the UK. This work involved a number of presentations, including:

♦ A keynote presentation on ‘Identifying risk factors for disability and delayed return-to-work’ at the Physiotherapy and Pain Conference (Aarhus, Denmark),
♦ A seminar presentation on ‘Why might some clinical prediction rules have failed and what can be done about it?’ for the Research Unit for Musculoskeletal Function and Physiotherapy (Department of Sports Science and Clinical Biomechanics, University of Southern Denmark)
♦ A seminar presentation on ‘Individualised prognosis’ for the Research Unit for Clinical Biomechanics (Department of Sports Science and Clinical Biomechanics, University of Southern Denmark), and
♦ A workshop on causal modelling, with 70 attendees, at the International Back and Neck Forum (Buxton, UK).

He also co-taught a five day intensive course on ‘Applied Prognostic Methods’ at the University of Southern Denmark that was attended by 12 PhD students and senior researchers. This is the third year that this course has been taught and the feedback from participants has been extremely positive. It will also be taught at Curtin University from 26 to 30 September 2016.

In addition, Peter participated in the following committee meetings:

♦ ChiCo Cohort Steering Committee, University of Southern Denmark. This is a new cohort study of 5,000 back pain patients in Danish primary care.
♦ Strategic Planning Workshop, Research Unit for Clinical Biomechanics within the Centre for Muscle and Joint Health, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark. (www.sdu.dk/en/om_sdu/institutioner_centre/center_sundhed_muskler_led/om+centeret).

During this trip Peter also supervised the writing and submission of a PhD thesis, and participated in collaborative writing that resulted in three manuscripts being submitted and three more being completed in their first draft form.

Peter has been invited back to the University of Southern Denmark in November to give an inaugural lecture to mark his recent appointment as an Adjunct Professor at this university. Before the end of 2016, three senior researchers from the University of Southern Denmark will separately visit Curtin’s School of Physiotherapy and Exercise Science to build research collaborations between the two universities. In July Peter Robinson (our Director of International) will visit the University of Southern Denmark to examine their Postgraduate Physiotherapy educational program to explore the possibilities for collaborations in teaching at these two universities.


Respirology. 2016: 21 135

Grisbrook TL. Bioimpedance spectroscopy measurements of fluid volumes in burns patients. Burns. 2016:


Gucciardi DF. Mental toughness as a moderator of the intention-behaviour gap in the rehabilitation of knee pain. Journal of science and medicine in sport. 2016: 19(6), 454-458 http://dx.doi.org/10.1016/j.jsams.2015.06.010


BMC Musculoskeletal Disorders. 2016: 17(1), http://dx.doi.org/10.1186/s12891


RESEARCH PUBLICATIONS


Straker LM, Howie EK. Young children and screen time: It is time to consider healthy bodies as well as healthy minds. Journal of developmental and behavioral paediatrics. 2016: 37(3), 265-265 http://dx.doi.org/10.1097/dbp.0000000000000265


Theses


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Congratulations to Andrew Briggs and Helen Slater on the publication of “A Framework to Evaluate Musculoskeletal Models of Care”. Development of this internationally-informed framework is the result of collaboration and support of 44 organisations, worldwide which will help support translation of research in this important clinical area.
RESEARCHER IN PROFILE

Dr Carly Brade

1. **In 25 words or less, tell us about your research.**
   
   My primary interest includes the environmental physiological demands on team sports and performance enhancement through heat acclimation and precooling. More recently match analysis of field-hockey.

2. **What drove you to this / what motivates you to carry on?**
   
   My eventual PhD supervisors had a big impact on my decision to do a PhD and enter into academia when they taught me as an undergraduate. I decided at my first Exercise Physiology lecture in 2nd year university that Exercise Physiology was for me. What motivates me to carry on is to eventually be as knowledgeable and confident with my area as my supervisors.

3. **What is currently in your inbox / a project you are working on?**
   
   The relationship between Curtin and Hockey Australia has been great and enabled me to work (and do a little travel) on projects which will provide valuable information for athletes and coaching staff. Currently I’m involved in projects looking into the potential impact the recent change in game format has on physiological and neuromuscular variables.

4. **Your best/most memorable / most outstanding publication and why?**
   
   My second PhD study (Effect of precooling and acclimation on repeat-sprint performance in heat) is my most memorable and favourite publication. It was probably the hardest and most challenging logistically (trying to keep participants motivated to come to ten sessions with only a day in between) but was also the more significant study out of the three.

5. **If you weren’t researching, what would you be doing?**
   
   Travelling. Mostly through the little villages of Germany, Austria, Switzerland and the UK.

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**Research Advisory Committee (RAC) Grant**

Congratulations to Dr Bri Tampin, Adjunct for the School, who together with Associate Professor Helen Slater and Professor Chris Lind (Neurosurgeon at SCGH) have been successful in obtaining a highly competitive Research Advisory Committee (Sir Charles Gairdner and Osborne Park Health Care Group Research Advisory Committee—RAC) grant of $49,982.70.

The project is titled “Investigation of altered sensory nerve fibre function in patients with lumbar radicular leg pain”

Well done Bri and Helen.

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**New Research Grants**

**Professor Keith Hill and Dr Elissa Burton**

The following research grants have recently been received:

* **Hill KD, Lewin G, Burton E, Connell H, Petrich M.** for *Improving home care clients’ ability to get up off the ground.* Funding for $78,500.

* **Burton E, Lewin G, Hill KD, O’Connell H, Petrich M.** for *Delivering the Life exercise program within the community care sector.* Funding for $61,443.

Both projects are funded by the Health Department of WA to run from 2016 – 2017.

Congratulations Keith and Elissa.

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**Make tomorrow better.**

http://curtin.edu/ptes
Kevin Netto was interviewed and quoted in this article on the launch of the women’s league in AFL next season and the possibility of females participating in an integrated AFL team – men and women playing together on the same side.

Kevin said “there was little chance women would be lining up to play full contact sport within a men’s AFL team any time soon. The short answer is no – not under current rules, anyway”.

He asserts the reasons are purely physiological, with male footy players routinely weighing up to 20 kilograms more than a female of the same height and having 20 percent more upper body muscle mass - generating an enormous amount of force. Sportsmen also have the advantage of testosterone which builds muscle mass, larger volume of oxygen-carrying capacity and an increased volume of blood and greater lung capacity due to the larger thoracic area. However, the differences were somewhat evened up in the lower body — elite women runners would beat a lot of men.

“Women had more chance of integrating into other sports that had an emphasis on technical skills like cricket and football (soccer) than AFL. Maybe in 10-15 years an exceptional female specimen might emerge who could compete for a spot – who knows?” The full article can be read on the Brisbane Times website.

AFL Women’s Competition

On Wednesday, 15 June 2016 the AFL announces that eight women’s teams were granted licences to compete in 2017:

- Adelaide
- Carlton
- Fremantle
- Melbourne
- Brisbane Lions
- Collingwood
- Greater Western Sydney
- Western Bulldogs

Curtin University is a partner with the successful bid for the Dockers Women’s team, and the School look forward to an involvement with the team.

Health Check: Does sex count as exercise?

Originally published in The Conversation on Monday, 11 April and reprinted in the Canberra Times, WA Today, The Age, Sydney Morning Herald on Tuesday, 12 April 2016

Kevin commented on the similarities between sex and exercise and the findings of older and more recent studies. Some of the key points discussed:

- Sex elicits a similar physiological response to exercise;
- Increases in heart rate, respiratory rate and blood pressure;
- How exercise affects sex and vice versa;
- Does sex give enough of a workout to change muscular health?

The article can be read in full on The Conversation website and had the most reads from Curtin contributors for May.

Interview on 2SER FM Sydney on Wednesday, 27 April 2016

Kevin discusses the gender pay gap argument in sport, looking at comparisons in cricket and differences between males and females in terms of biomechanics and body muscle mass. The full interviews can be heard on 2SER FM Sydney (The Daily).

Does sex qualify as physical exercise?

Interview on 702 ABC Sydney with Wendy Harmer on Thursday, 26 May

Kevin discusses a French study carried out using Fitbits, which found that sex caused similar physical responses to exercise and goes on to talk about how sex can effect competitive athletes.

Interview on 2SER FM Sydney on Monday, 18 April 2016

Kevin discusses the gender gap in sport, discussing the entertainment factor and sponsorship, which drives the amount of wages paid, as well as the physical differences.
For Strength try Tai Chi and lifting weights — even light ones, or use your own body weight with squats, push-ups and sit-ups.

For an Aerobic workout, walking, swimming and bike riding will get the heart pumping.

Andrew Maiorana was interviewed by Geoff Hutchison for the 720 ABC Mornings program on Tuesday, 19 April, regarding the importance of cardiac rehabilitation.

Andrew explained that it’s common for patients to become afraid after experiencing an acute cardiac event. Education on cardiac rehabilitation and secondary prevention is improving and getting patients to engage in cardiac rehabilitation programs and maintain lifestyle changes is important.

He says the Cardiology Department at Fiona Stanley Hospital really engaged in the rehabilitation.

Karen Richards' study on posture and neck pain using data from the Raine study was quoted in the article A Cure for Digital Addicts ‘Text Neck’? Published in May in The Wall Street Journal. The article addresses the causes of neck pain and headaches and provides information about devices that can assist with improving posture. Leon Straker is a co-author of a study that was referred to in the article. Karen’s study was of 1,108 adolescents and found no link between posture, including neck tilted forward, and either pain or headaches (the study was published earlier in May in the journal of the American Physical Therapy Association). Karen is being supervised by Darren Beales, Anne Smith, Peter O’Sullivan and Leon Straker.

Leon Straker was also quoted in the article: “Can you say to the whole population: ‘If you improve your posture you reduce your risk of neck pain?’ We haven’t the evidence to say that,” adding “devices such as Alex could be helpful for certain people who have noticed that their pain increases with prolonged periods in poor posture.”

Elissa Burton was interviewed by Gary Adshead on Friday, 1 April for the Mornings program on 6PR. Serious falls in older people can affect their confidence and often leads to surgery, injury and, in some cases, admittance to nursing homes. Research shows that people with dementia fall at least twice as often as the general older population. Elissa advises that exercises to help avoid falls can be done at home.

Elissa Burton featured in an article on Exercising Options in the Melville Times in May.

The article covers how people tend to exercise less as they get older and how, by not remaining active, this can be detrimental to overall health and wellbeing.

A mix of regular exercise (strength and balance as well as aerobic workouts) is essential, particularly as we age, to maintain good health and physical condition. Elissa discusses the importance of exercise for older people —if people stop exercising or moving their muscles weaken, endurance deteriorates and balance can become impaired — in 2012 more older people died from falls than motors accidents!

Dr Elissa Burton
Exercising Options

Elissa Burton was also interviewed on 6PR (Afternoons) on Monday, 23 May. She discussed Exercise Right Week and explained why it is important to exercise.
Dr Andrew Lavender
Restless Leg Syndrome

Andrew Lavender has again proved he’s on to a hot topic with restless leg syndrome in the “The Conversation”.

In March, his article Explainer: what is restless leg syndrome? attracted an incredible 219,867 reads, which is (as far as we know) the most amount of reads Curtin has ever had on an article and makes Andrew the top author for the month.

Restless leg syndrome is a common affliction with sensations commonly occurring at night and described by patients as itching, throbbing, pulling, pins and needles or a creepy crawly feeling. With symptoms that are often mild and intermittent, misdiagnosis is not unusual. The full article can be read on: Explainer: what is restless leg syndrome?

Associate Professor Anne-Marie Hill
Rehabilitation—Back On Your Feet

The West Australian, Wednesday, 27 April 2016.

Anne-Marie Hill was interviewed for an article regarding how important it is to get back on your feet and recommence some activity as soon as possible after a fall related injury. Whilst you need time to recover, a decrease in general health can result if you stop doing some regular exercise.

Older people are over-represented with injuries resulting from falls and regular exercise has many important benefits, including mental fitness and reducing the incidence of further falls. Exercise helps to keep you strong, active and maintain your independence.

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Professor Peter O’Sullivan
Rehabilitation—Through the Pain Barrier

The West Australian, Wednesday, 27 April 2016.

Peter O’Sullivan said, with the exception of severe trauma and fractures, the majority of chronic or persistent pain conditions would benefit from some form of exercise.

The article provided detail about pacing exercise and tailoring programs to suit personal needs and conditions for rehabilitation.

The article also provided some “Did you know?” facts:

♦ One in five Australian adults lives with chronic pain.
♦ Good sources of information are websites such as pain-ed.com and chronicpainaustralia.org.au
♦ It’s important to seek advice from a suitable practitioner, such as a Physiotherapist or an Exercise Physiologist.
♦ Good exercise options for people without acute injuries are walking, cycling, swimming and using the stairs.

And

On Friday, 8 April Andrew was interviewed by Meg Vonic-Joyce on the ABC Riverland SA, Mornings program.

They discussed restless leg syndrome, and how it is categorised as a neurological disorder. The disorder has been described as unpleasant sensations in the legs that require movement to gain relief. Restless legs may affect anyone and seems to be more common in older people. He talked about how the syndrome is diagnosed and some people believe that doing exercise decreases the symptoms. There is no known cause for restless leg syndrome and the best medicine is a good nights sleep.
Graduate Education Seminar
What Lies Ahead?

The physiotherapy landscape is changing but are emerging physiotherapy graduates evolving to thrive in this landscape?

A seminar was held on Thursday, 28 April to provide an update on the current undergraduate and postgraduate musculoskeletal curriculum and clinical education programs at Curtin. The Panel consisted of:

- **Associate Professor Helen Slater**
  Senior musculoskeletal academic
- **Dr Tim Mitchell**
  Post-graduate musculoskeletal unit coordinator
- **Michelle Kendell**
  Undergraduate musculoskeletal unit coordinator

Participants from the clinical community then had the opportunity to provide feedback on the direction of undergraduate and postgraduate musculoskeletal education.

Bethanie Home Care Innovation Workshop
By Elissa Burton

Bethanie is WA’s largest not-for-profit aged care and retirement living provider. Recently they teamed up with Curtin University employees from the Cisco Internet of Everything Innovation Centre and researchers from the Faculty of Health Science for a one day workshop, and I represented the School.

The aim of the workshop was to brainstorm ways in which aged care can become more efficient and sustainable through the use of data-centric technologies as aged care moves into consumer driven care. It was a good opportunity to meet people working on the ground in aged care and to discuss the types of technology they think will drive the future of aged care in Australia. Bethanie will now go back to their workplace and set goals for the coming year in order to prioritise some of the ideas that came from the workshop.

INVITATION

Dr Maureen C Ashe
Visiting Researcher
Physiotherapist
Canada Research Chair in Community Mobility
Associate Professor | Department of Family Practice
The University of British Columbia
Centre for Hip Health & Mobility

Dr Ashe is visiting Perth in on 4 July and has agreed to provide a presentation at the School. She will discuss her work on recovery after hip fracture, including summarising older adults’ activity patterns (accelerometry) and the recovery experience (qualitative interviews) from their recent clinical trial. Her presentation will also provide an overview of their hip fracture related knowledge products (Fracture Recovery for Seniors at Home, FReSH Start videos and manual). The presentation will conclude with a synopsis of their new lifestyle intervention (Return to Everyday Activity in the Community and Home, REACH) that is based on a model of sit less, move more, and be strong.

From FReSH Start to REACH:
Self-management interventions for middle aged and older adults’ mobility

Monday, 4 July 2016 at 6.00pm
Room 4505, Level 4, Building 408

Refreshments will be served after the presentation in the Staff Room – Level 4, Building 408.

Please RSVP to Janet Hutson on 9266 3618 or janet.hutson@curtin.edu.au by Friday, 1 July 2016

Make tomorrow better. http://curtin.edu/ptes
Relay for Life 2016

Staff and students once again worked together to provide foot and calf massages for participants of Relay for Life, held over Saturday, 30 April and Sunday, 1 May.

Our hardworking students kept the walkers and runners going and raised $1050 for their efforts—that’s 210 massages!

The event raised a total of $305,000 for Relay For Life Perth and this goes straight to the programs and services Cancer Council WA provides for people living with cancer.

A very big THANK YOU to everyone who helped to co-ordinate, set-up and participate in the event.

The School has been involved with Relay for Life for ten years. Apart from being a worthy community event our students have the opportunity to practice their massage technique on very thankful clients, they get to work with staff and students outside of their normal study program.
Therapy Thong Throwing Competition

School staff participated in a Thong (flip-flop variety) Throwing Competition Friday, 27 May. Staff were free to practice prior to the event and bring their own projectiles for the competition, however thongs were provided on the day. There were three rounds of competition—the first round was at a distance of 4 metres to “get one in with three attempts” and the second round was at 4.5 metres with the aim to net one thong within two attempts. The final “sudden death shoot-out” round was between Robyn McMurray and Tracy Redwood at a staggering distance of 5 metres!

The winner was Tracy who was cool and calm under extreme pressure. Tracy received “Bragging Rights” for the event, however it proved to be more than just a fun interlude in our usual busy work day—everyone felt a sense of camaraderie and received the prize of mutual joviality.
Sad News

We received some sad news that long time School of Physiotherapy staff member Jenny Cook passed away in April. Jenny was involved with the School when it was located at the Shenton Park Campus and was well known to a number of staff. We extend our condolences to family and friends.

Open Day

We are ramping up planning for the upcoming Open Day on Sunday July 31, 10am – 4pm. Open Day is the main avenue for potential students to gain information on our courses. There are a number of different types of activities to engage and interest prospective students, including presentations on the Physiotherapy and Exercise Science courses.

In addition, Associate Professor Kevin Netto will be presenting a lecture on Sports Performance to Curtin Alumni on the day: “The pinnacle of human athletic performance: Are we getting soft or was it all about the drugs?”

Denise Luscombe

Best Practice in Early Childhood Intervention—Implementing the guidelines in paediatric Physiotherapy

Alumni Presentation on Monday, 22 August 2016

Denise is a physiotherapist with 30 years’ experience in paediatrics. Denise was the National President of Early Childhood Intervention Australia when the “Best Practice in Early Childhood Intervention” guidelines were produced.

Her presentation will discuss how the guidelines were developed and how physiotherapists should implement them in practice. This event also offer the opportunity for discussion on other aspects of early childhood intervention and practice.

For more information or to RSVP, please contact Robyn McMurray on 9266 3647 or email robyn.mcmurray@curtin.edu.au

END OF NEWSLETTER