Message from the Head of School

Again it has been a very busy and highly successful three months for the School, as you will see in the pages of this newsletter.

Our teaching teams continue to achieve strong success with innovative approaches to teaching. Anne Furness, Tony Petta (SCGH), Ginny Mulvey, Liz Bainbridge and Tracy Redwood have been awarded a Curtin Commercial Innovation Award, together with colleagues Janet Beilby, Dale Towner, Peter Allen, Russell Nicholls, and Mary Miller-Furesh, for a project titled Virtual Training for Health and Aged Care. Part of the project relates to a virtual home visit assessment developed and refined by the team over recent years. By winning the Award, the team will be participating in the CSIRO ON Prime Perth program to further refine and enhance their resources. Tania Althorpe has also been successful in the Australian College of Physiotherapy specialist examinations in the area of Sports Physiotherapy.

Several of our researchers have also been awarded prizes. Dr Vin Cavalheri has been awarded a prestigious Cancer Council WA Fellowship, commencing next year. Sue Morris, Garry Allison, Annie Chappell, Noulia Gibson, Alison Cargeeg and Gavin Williams won the Excellence in the Innovative Practice category at the recent Rotary Allied Health Awards 2016. The project that won the Award (the Xcelerate program) is being evaluated as part of Annie Chappell’s PhD research. Associate Professor Andrew Briggs has been awarded as a Fellow of the Australian College of Physiotherapy (Musculoskeletal) for his major research contributions in musculoskeletal health.

The School was also pleased to host a celebration in September congratulating all staff involved in the development and conduct of the Exercise Sports and Rehabilitation Science course since its commencement in 2012. The celebration recognised the formal accreditation of the course by ESSA earlier this year.

Finally, the football season is coming to a close this weekend (thank goodness say many of us)! But many of you won’t know of my strong passion for the Bulldogs – having grown up in the Western suburbs of Melbourne, played football in the Footscray District League, and even trained with a team of hopefuls from the Footscray District League hoping to make it with the Bulldogs at an AFL level (though never quite made it). Go Doggies!!
Toni Johnson  
School Business Manager  
Toni Johnson commenced as our new School Business Manager on Monday, 1 August. Toni comes to us from UWA, where she has had School Business Manager positions over a number of years, initially in the School of Music, and in the past several years in the School of Humanities. Welcome to the School Toni.

Mark Gibson  
Musculoskeletal Teaching Team  
Mark Gibson has joined the Post Graduate Musculoskeletal team for Semester 2 in a sessional role. Mark will be helping teach in the practical sessions and examine practical exams for Advanced Musculoskeletal Science Management.

Mark is a Specialist Musculoskeletal Physio who works in private clinic. He has experience in a similar teaching role in the UWA post-grad program and is also the current WA facilitator for the specialist musculoskeletal physio training program for the College.

Mark has a strong background in manual therapy skills as well as a very good understanding of the biopsychosocial nature of pain. He will be a great addition to the team.

Farewell to  
Dr Erin Howie  
Erin has been working as a post doctoral researcher with Professor Leon Straker’s research team, with a main focus on physical activity in children and adolescents.

During her time at the School, Erin was highly productive in undertaking and completing projects and achieving a number of high quality publications. She has now moved back to the USA to take on a position with the University of Arkansas (main campus in Fayetteville).

As Erin is now engaged to a local lad, Sean Hickey, we look forward to seeing her on future visits to Perth.

Our very best wishes for a bright and happy future, Erin.

Safety Representatives  
Suzanne James and Richard Wright  
Following a recent ballot, Suzanne James and Richard Wright were appointed the School’s Safety Reps for the next two years. Suzanne has been our rep for a number of years with a lot of experience and training under her belt, but as you can see, Richard still has a bit to learn.

Paul Dean-Smith  
Anatomy Technician  
Paul Dean Smith started in the Anatomy Technician position, on Monday, 1 August. Some of you will be aware that Paul also relieved here for this position earlier this year. Paul had been working for Fiona Stanley Hospital and Royal Perth Hospital through PathWest over the last ten years as a Mortuary Technician/Embalmers. Welcome back Paul.

And  
Thanks to Astrid Black  
We take this opportunity to thank Astrid Black who did a wonderful job temporarily filling this role for us. Thanks for all your hard work Astrid.
Vice-Chancellor’s Excellence Awards
For Professional Staff

Tania Althorpe

Congratulations to Tania Althorpe who has successfully passed the Australian College of Physiotherapists Sports Physiotherapy specialisation exams. This is a great achievement and reward at the end of a rigorous two year training program and strong endorsement of her strong clinical expertise in Sports Physiotherapy.

Lauren Shelley

Lauren took part in the WA Today Swan Run on Sunday, 24 July and came first in the Women’s category.

The PES family continues to grow ….

Catherine Wild

On Thursday, 28 July Norah Rose Hutchings, weighing in at 2.65kg was born. Congratulations to Tom and Catherine on your new daughter and Hugh who now has a little sister to watch out for.

Asha May Kelly

Then Asha May Kelly was born on Wednesday, 3 August, slightly more robust at 2.94kg. Now big sister Sophia has someone to fuss over (or boss around??).

Tanis Kelly

And

Congratulations Tanis and Ben.

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Associate Professor Kylie Hill and Dr Vin Cavalheri

Congratulations to Vin Cavalheri and Kylie Hill on being successful in receiving a FAPESP-ATN SPRINT grant, which is an agreement between the Sao Paulo Research Foundation (FAPESP) (Brazil) and the Australia Technology Network of Universities (ATN). It aims to implement scientific and technological cooperation between researchers from the State of Sao Paulo, Brazil, and ATN, Australia, through the funding of joint research projects.

Kylie and Vin will be working with Associate Professor Celso Carvalho and his research group on a study that aims to collect pilot data to inform sample size calculations for a FAPESP / NHMRC project grant. The grant funds collaborative visits between the key researchers in Brazil and Australia to travel to each other’s universities to build towards future competitive grants.

The total amount of funding for the project is $40,000 - $20,000 through the ATN (administered by Curtin University) and $20,000 through FAPESP (administered by USP, Sao Paulo).

Associate Professor Graham Hall

Graham Hall, along with his collaborators at PMH have had their paper, *A randomised controlled trial comparing the impact of endotracheal tubes vs laryngeal mask airways on perioperative respiratory adverse events in infants*, accepted in The Lancet. Well done Graham.
The School has a Professional Doctorate program that includes coursework and clinical skill development, as well as a research project, which has been running for a number of years. The first of the students working through this course to complete and pass her Professional Doctorate is Michelle Kendell. Michelle’s research component involved evaluation of the utility of the STarT back screening tool in people with low back pain.

Congratulations to Michelle on this wonderful achievement!

Spine Health and Practical Back Care Seminar at Curtin Stadium by 4th Year Students

On Wednesday, 17 August fourth year Physiotherapy students conducted a short presentation on the basic anatomy and function of the spine, posture, lifting, common back complaints, and how lifestyle and exercise can affect your back.

This presentation forms part of their self-directed placement program and the purpose is to develop the student’s skills in identifying potential areas for physiotherapy intervention, as well as using their health promotion, prevention and managerial skills.

Post Graduate Proposal Presentations Tuesday 24 May 2016

Hayley Rice, a Master of Philosophy (Physiotherapy) student presented her research for feedback prior to submission.

**Supervisors:** Associate Professor Kylie Hill
Dr Megan Harrold
**Co-supervisors:** Dr Robin Fowler
Professor Grant Waterer
**Title:** Rehabilitation practices for adults hospitalised for a respiratory condition.

Hospitalisation is the largest contributor to healthcare cost. Although the reasons for hospitalisation are diverse, respiratory admissions are common. In the financial year 2014/15, respiratory admissions represented 2.1% of total hospital admissions across the South Metropolitan Health Service of Western Australia. In addition to the financial burden, hospitalisation for a respiratory condition has been associated with deterioration in peripheral muscle strength, exercise capacity, and an increased difficulty undertaking activities of daily living at the time of discharge. Given this deterioration, there is an interest in the role that exercise training, initiated during hospitalisation, may have in individuals hospitalised with a respiratory condition. There have been some studies conducted in this area, however the results have been mixed and to date, no study has systematically reviewed the strength and quality of the evidence provided by these studies. Further, current practice regarding inpatient exercise training has not been reported. This is needed to establish baseline practice to inform future research. Therefore this program of research has two aims. First, to undertake a systematic review and synthesise the current evidence for exercise training of patients hospitalised with a respiratory condition. Second, to document current physiotherapy practice for the respiratory condition, community acquired pneumonia, which is a common cause of admission.

Thanks to all staff who came along to support and provide feedback for Hayley.

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My Travels
By Bernard Liew

Between 10 July and 31 August 2016, I was very fortunate to have been able to travel with my wife around the United States (Los Angeles – Las Vegas – San Francisco) and Canada (Toronto) for a mixture of holidays and attending the Canadian Society of Biomechanics conference.

We visited many iconic tourist attractions including Yosemite, Grand Canyon, the Vegas strip and Niagara Falls. The primary reason for my visit to the United States was that I was a very fortunate recipient of the International Society of Biomechanics student travel grant and Curtin Mobility Scholarship who both funded my travel for a one month exchange at the University of Nebraska (Omaha) (UNO). The biomechanics department at UNO under the stewardship of Professor Nicholas Stergiou has over 20 years of expertise in nonlinear time series analysis of human motor control. They have a standalone Department of Biomechanics at UNO, with three motion analysis laboratory, a virtual reality motion lab, split-belt treadmills, Functional Near-Infrared Spectroscopy and more. For a budding biomechanist like me, it was like arriving at biomechanics-“Disneyland”. However, I was most enthusiastic with learning and applying nonlinear time series techniques, which was the Department’s expertise. During my four weeks visit, I attended the Annual Nonlinear Analysis Workshop and applied some of the techniques to a dataset of standing postural control in adults with Autism (kindly provided by my supervisor Susan Morris). The intended aim of this travel grant was to get exposure to advance biomechanical analysis techniques and present at the next ISB 2017 conference in Australia, and I believe I managed to fulfil this dual goals. I am very excited to be able to share my new knowledge and skills with my supervisors and hopefully we can perform some exciting research using nonlinear methods, in collaboration with some of the people I met at the UNO.
<table>
<thead>
<tr>
<th>Student</th>
<th>Title of research project</th>
<th>Supervisors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laura Sullivan</td>
<td>Effect of load carriage on side-step cutting manoeuvres</td>
<td>Dr Sue Morris, Ass Prof Kevin Netto, Mr Bernard Liew</td>
</tr>
<tr>
<td>Kristin Eu</td>
<td>The association between spatial navigation strategies and autistic traits in university students</td>
<td>Dr Sue Morris, Dr Cecilia Xia, Professor Torbjorn Falkmer, Ass Prof Sonya Girdler, Ass Prof Tele Tan</td>
</tr>
<tr>
<td>Su Wen Jolyn Ee</td>
<td>Sit-stand desks in children – a feasibility study</td>
<td>Dr Sharon Parry, Dr Erin Howie and Dr Beatriz Ito Ramos De Oliveira</td>
</tr>
<tr>
<td>Rebekha Duncan</td>
<td>Does static turnout correlate with dynamic turnout in young dancers?</td>
<td>Dr Leo Ng, Ms Danica Hendry, Dr Catherine Wild and Dr Luke Hopper (ECU)</td>
</tr>
<tr>
<td>Peter Edwards</td>
<td>Why do boys drop out of organized sports?</td>
<td>Dr Leo Ng, Dr Beatriz Ito Ramos De Oliveira, Dr Erin Howie and Dr Sian Williams</td>
</tr>
<tr>
<td>Raphaelle Bruckmann</td>
<td>Validity of new method for testing conditioned pain modulation</td>
<td>Dr Penny Moss and Prof Tony Wright</td>
</tr>
<tr>
<td>Ashleigh Germain</td>
<td>Outcomes of adaptive bungy trampolines for children with physical disabilities</td>
<td>Dr Sian Williams, Dr Marie Blackmore (The Centre for Cerebral Palsy), Dr Noula Gibson (The Centre for Cerebral Palsy)</td>
</tr>
<tr>
<td>Briarly Baker</td>
<td>Non-traumatic musculoskeletal pain in Western Australian Emergency Departments: presentations, prevalence and practice gaps</td>
<td>Dr Ivan Lin, Mr Rob Waller, Prof Roger Goucke and Prof Peter O’Sullivan</td>
</tr>
<tr>
<td>Marlon Mascarenhos</td>
<td>Falls risk assessment for older people presenting to Emergency Departments after a fall</td>
<td>Dr Elissa Burton, Prof Keith Hill, Ass Prof Anna Barker (Head of the Health Services Research Unit, Monash University)</td>
</tr>
<tr>
<td>Elena Guo Yuen Ming Tsou</td>
<td>An investigation of the relationship between academic performance as a predictor of clinical placement performance in Physiotherapy entry-level students</td>
<td>Mr Peter Robinson, Ass Prof Kathy Briffa, Mr Alan Reubenson</td>
</tr>
<tr>
<td>Ryan Lian</td>
<td>Absenteeism and presenteeism amongst adults with cystic fibrosis in Western</td>
<td>Assoc Prof Kylie Hill, Dr Vin Cavalheri, Prof Leon Straker, Mr Jamie Wood (Sir Charles Gairdner Hospital), Ass Prof Sue Jenkins (Sir Charles Gairdner Hospital)</td>
</tr>
<tr>
<td>Student</td>
<td>Title of research project</td>
<td>Supervisors</td>
</tr>
<tr>
<td>-------------------------</td>
<td>-------------------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Annissa Harwood</td>
<td>Neuromuscular control of landing tasks in adolescent ballet dancers.</td>
<td>Catherine Wild, Leo Ng, Amity Campbell</td>
</tr>
<tr>
<td>Melissa Gaitan</td>
<td>The effectiveness of shoulder kinesiology taping on pain and motor control in patients after stroke</td>
<td>Liz Bainbridge, Meg Harrold, Stephanie Parkinson</td>
</tr>
<tr>
<td>Mandy Ng</td>
<td>Factors predicting falls and mobility outcomes at 12 months in patients with stroke returning home following rehabilitation</td>
<td>Elissa Burton, Keith Hill, Frances Batchelor</td>
</tr>
<tr>
<td>Marilyn Chow</td>
<td>Physical activity and sedentary behaviour in residential aged care facilities</td>
<td>Robyn Fary, Sharon Parry, Frances Batchelor</td>
</tr>
<tr>
<td>Jeremy Lee</td>
<td>How do we stand standing?</td>
<td>Pieter Coenen, Leon Straker</td>
</tr>
<tr>
<td>Erin Jian Ping Ho</td>
<td>Characteristics of responders and non-responders to ground-based walking training in people with COPD</td>
<td>Kylie Hill, Vin Cavalieri, Sue Jenkins, Nola Cecins, Jennifer Alison, Zoe McKeough, Sally Wootton</td>
</tr>
<tr>
<td>Yan Ling Chao</td>
<td>Performance of the endurance shuttle walk test in people with chronic obstructive pulmonary disease</td>
<td>Kylie Hill, Vin Cavalieri, Sue Jenkins, Nola Cecins, Jennifer Alison, Zoe McKeough, Sally Wootton</td>
</tr>
<tr>
<td>Lyn Li Yeo</td>
<td>Does body mass index play a role in mobilisation practices in the intensive care unit?</td>
<td>Meg Harrold, Kylie Hill</td>
</tr>
<tr>
<td>Samantha Lee</td>
<td>Investigating factors influencing physiotherapy involvement in the treatment and management of people with severe and persistent mental illness</td>
<td>Robyn Fary, Kathy Briffa, Flavie Waters</td>
</tr>
<tr>
<td>Dempsey Campbell</td>
<td>Assessing the new match demands of men’s and women’s field hockey: implications for fatigue and recovery</td>
<td>Kevin Netto, Simon Rosalie, Carly Brade, Kagan Ducker</td>
</tr>
<tr>
<td>Georgianne Nichols</td>
<td>The acute effect of tackling on head coup-contrecoup, balance and skill execution (1)</td>
<td>Kevin Netto, Andrew Lavender, Simon Rosalie</td>
</tr>
<tr>
<td>Negin Loh</td>
<td>The acute effect of tackling on head coup-contrecoup, balance and skill execution (2)</td>
<td>Kevin Netto, Andrew Lavender, Simon Rosalie</td>
</tr>
<tr>
<td>Lottie McFadden</td>
<td>Body fat in adolescents with cerebral palsy: how does it relate to what they do and what they eat?</td>
<td>Sian Williams, Noula Gibson, Marie Blackmore</td>
</tr>
<tr>
<td>Alicia Tan</td>
<td>The relationship between isometric and 1 repetition maximum muscle strength assessments: Can you prescribe resistance exercise using a hand held dynamometer?</td>
<td>Tiffany Grisbrook, Sian Williams, Paul Gittings</td>
</tr>
<tr>
<td>Ashleigh Neil</td>
<td>What are the predictors of running performance in pre-pubescent boys?</td>
<td>Sue Morris, Sian Williams, Leo Ng, Erin Howie</td>
</tr>
<tr>
<td>Rachel Hair</td>
<td>Is there a relationship between motor skills and play in term and preterm three to five year old children?</td>
<td>Lynn Jensen, Jenny Downs</td>
</tr>
<tr>
<td>Phoebe Simpson</td>
<td>The association between sprint performance, enjoyment and perceived physical competence with physical activity participation in boys aged 9 to 12</td>
<td>Sian Williams, Sue Morris, Leo Ng, Erin Howie</td>
</tr>
</tbody>
</table>
Mindfulness means paying attention in a particular way, on purpose without judgement, with intention and being in the present.

Jon Kabat-Zinn

Mindfulness has scientifically been shown to improve academic performance, reduce stress, anxiety and depression and help people manage a wide range of physical conditions. But mindfulness isn't just useful if you're feeling stressed or ill—it can help any of us enjoy a more helpful or happier life.

Mindfulness@CDS

The Counselling and Disability Service (CDS) offers 30 minute mindfulness meditation sessions on:
8.00am: Monday, Tuesday, Thursday, Friday
12.00 noon: Monday, Tuesday, Thursday, Friday
5.00pm: Tuesday
Location: Building 109, Level 2, Rm 228

More information on mindfulness and programs is available on the on http://life.curtin.edu.au/health-and-wellbeing/mindfulness.htm

For any related queries or if you want to subscribe to the mindfulness community newsletter please contact Regina Gerlach on r.gerlach@curtin.edu.au

Counselling and Disability Service

Curtin provides a number of services and avenues for students (and staff) who may be experiencing difficulties.

The service aims to meet the needs of all their clients as soon as possible, with a triage counsellor generally available for initial appointments:

Monday, Tuesday and Thursday
9.00am—11.00am AND 1.00pm—3.00pm
Wednesday and Friday
9.00am—11.00am AND 1.00pm—2.00pm.

FACT: Maintaining good mental health is important and this can affect your physical health, education, career, and ability to maintain relationships. In any year:

- 14.4% of Australians are affected by anxiety disorders
- 6.2% are affected by depressive disorders
- 5.1% will have substance use disorders and
- 20.0% are affected by any common mental illness.

If you are struggling or unable to cope, there are many ways you can seek help. If you feel uncomfortable talking to your family and friends, seek confidential counselling (in person, by phone or online).

Mindfulness in a Tertiary Environment
Presentation by Dr Craig Hassed
Wednesday, 19 October 2016 from 9.30am to 1.30pm.

Registration Fee: $20.00
RSVP by 14 October.

For more information and registration, contact: counselling@curtin.edu.au

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Dr William Levack, University of Otago, presented a one day course on rehabilitation goal setting at the Melbourne head office of the Australian Physiotherapy Association on Wednesday, 24 August. 17 physiotherapists and one speech therapist attended. The day was a journey through actions and intentions in rehabilitation practice. A speculative statement off the web—“SMART goals (Specific, Measurable, Achievable, Realistic, Timed)* can be pretty dumb as the A: achievable and R: realistic may act as impediments not enablers and actually encourage mediocre and poor performance”- had the group reflecting on differences in personality and discussing how this resulted in people responding differently to challenges. “A” could instead be used to mean Ambitious, which may be more motivating for a patient (see Playford 2009). Defining a “rehabilitation” goal also became part of the conversation as it became clear across the day that it was important to consider different types of goals:

a) those that met service contractual obligations,
b) rehabilitation team goals and c) those that empower/get buy-in from the patient. It was clear there were costs in confounding the different types of goals. For example, if the team or individual therapist is going to be judged on the basis of whether the goal is achieved or not, they may well not encourage patient input into the goals nor the setting of bold goals. “Goal setting, it’s simple isn’t it?” became clearly: goal setting, it’s full of complexity and values decisions!

Topics included the problem of goal theory in rehabilitation; motivation, adherence and goal setting; higher order life goals and their place in rehabilitation; and ethics in (and the ethics of) goal setting in clinical rehabilitation. Below are a few notes on each:

1. Outlining the results of the 2015 Cochrane review on Rehabilitation goal setting: When comparing goal setting with no goal setting the results are encouraging for improved patient emotional status and self-efficacy, however, are equivocal for improvements in patient engagement in rehabilitation with no evidence that it improves measures of activity. The evidence is also equivocal for whether structured vs non-structured goals makes a difference in patient outcomes. Patient centredness is often stated as a rehabilitation value, however, this may be an aspiration rather than being supported by the evidence as seen in processes of goal setting. It is worth considering whether the processes used to set goals are consistent with the stated intention of the goals. In discussing this with Sport and Exercise Psychology researcher Associate Professor Daniel Gucciardi he emphasised that goal setting is only one aspect…and that action and coping planning are needed to execute those goals “Yes, my goal is to x, y and z BUT how am I going to get there and what are going to be the barriers (and solutions to them) along the way” is a key question worth addressing.

2.&3. Examining the “Black Box” of how goal setting might work Levack recommended in particular considering the patients “higher order life goals” and “rehabilitation of self-identity”. He led us to think about the motivational role of goals through: Skinner’s operant conditioning (motivation increases as a result of intrinsic reward arising from progress towards goals); Bandura’s social learning theory (motivation increases as belief in one’s capability increases following progress toward a goal: therefore make goals patient will achieve: “the little engine that could”); Locke and Latham’s goal setting theory (motivation increases from personal striving towards a goal: doesn’t need to be an achievable goal) and Carver and Scheier’s self-regulation theory (motivation increases as a result of the personal relevance of the goal).
4. The challenges of setting goals can be better understood when ethical values are explicitly considered. “Value pluralism” is one philosophy informing ethics where there is considered to be no hierarchy of moral norms, such that clinicians need to consider competing values in the setting and prioritising of goals. Values such as the autonomy of the patient, fairness of resource distribution in the community, doing no harm and ensuring good is done were considered in case studies. Examples included (i) the patient who wants to go home but only had a frail partner at home placed the clinicians in the position of needing to consider the competing values of patient autonomy with the value of do no harm to the partner (ii) the patient who has no recovery in the paretic arm but wants further rehabilitation to gain a functional arm has the clinicians needing to balance the fairness of resource distribution with the autonomy of the patient.

William Levack in his entertaining yet measured way summed the session up with “Increasingly we are finding that goal setting in rehabilitation is not as simple as we once thought”.

* an alternative acronym also raised by Dr Daniel Gucciardi is “SMARTER” with the A referring to authentic and the “ER” at the end being important aspects of goal setting because without “evaluation” and refinement/readjustment etc” then goal-directed behaviour risks being rigid or inflexible.


Levack W et al Goal setting for adults receiving clinical rehabilitation for disability. The Cochrane Library, July 2015


P.S. A colleague said on reading the above that he “preferred SMARTER goals...the “E and R” are important aspects of goal setting because without “evaluation” and refinement/readjustment etc.” then goal-directed behaviour is rigid or inflexible.

Applied Prognostic Methods Workshop

With Associate Professors Peter Kent, Anne Smith and Alice Kongstead

In September a five day intensive course on Applied Prognostic Methods was run for HDR students and academic staff. The course is designed as a bridge between basic statistics courses and the practical application of prognostic methods, and provides a theoretical framework for understanding, conducting and analysing prognostic studies. It addressed the investigation of prognostic variables and the building of prognostic models, including studying the differences between prediction and causation. Our students and staff were very extremely fortunate to have the opportunity to attend this course which has been run for three years in at the Department of Sports Science and Clinical Biomechanics Denmark.

Left: Peter Kent and Anne Smith
Right: Alice Kongstead
Approved Study Leave
By Sonia Ranelli

I am currently on approved academic study leave to continue post-doctoral studies, through an Endeavour Fellowship, in young string instrumentallists; specifically to investigate the kinematics and muscle activity of neck and upper extremity postures adopted in young cellists and better understand the biomechanical risk for problems. The majority of my time will be spent at The Hochschule Osnabrueck, University of Applied Sciences, Germany to pilot upper limb motion capture methods developed by Dr Campbell using different systems at their institution’s Music Physio Analysis laboratory (opened in 2014). In learning the Visual 3D system and the Noraxon EMG system, I am currently writing up the protocol for motion capture and EMG for their lab. I have presented to the Music Physiotherapy Analysis research group, lead by Professor Zalpour, and to music and therapy (physiotherapy, occupational therapy, speech therapy) students during their orientation week.

Osnabrueck (population approximately 160,000) is in the Lower Saxony region, north west Germany and is known as the Peace City (with nearby Muenster) where the Peace of Westphalia, ending the 30 year religious war between the Catholics and the Protestants, was signed in 1648. The Hochschule Osnabrueck, University of Applied Sciences is the largest and highest research performing University of Applied Sciences in the region with 13,500 students studying degrees across four faculties: Agricultural Sciences and Landscape Architecture; Engineering and Computer Science; Management, Culture and Technology; and Business Management and Social Sciences and the Institute of Music.

Right Music Physio Analysis Research Headquar-
ters and Motion Analysis Laboratory located at Elbestraße: within what used to be the Allied forces (English) army barracks post WWII.
Below: Motion Capture Laboratory at Elbestrasse – old rec room

Links between the Osnabrueck and Perth commenced with the DADD, Deutscher Akademischer Austauschdienst (German Academic Exchange Service) program with German Bachelor plus physiotherapy students completing the third year of the physiotherapy undergraduate program at Curtin University and groups of physiotherapy students spending summer semester at Osnabrueck. My connection to the Hochschule is via the supervision of the Bachelors plus student Leoni Winter, who completed her Honour’s thesis in 2014.

During the remainder of my time in Germany, I will be attending the Deutsche Gesellschaft für Musikphysiologie und Musikermedizin (DGfMM) music medicine conference in Berlin (7 and 8 October) with a poster presentation of the study conducted by my honours student, Leoni Winter, in Osnabrueck, 2014. Professor Jörn Munzert from the Department of Psychology and Sport Science at the University of Giessen has invited me to present to colleagues and we will discuss Leoni’s project for her MSc thesis. I plan to visit colleagues at their centres specialising in Music Medicine/Rehabilitation in Hannover and Dresden.

My thanks to Professor Keith Hill and Professor Michael Berndt for supporting my ASP and making this opportunity possible.

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Professor Brigitte Tampin, Adjunct Research Fellow at the School, has now started her new part time position as Professor in Physiotherapy at the Hochschule Osnabrucek, University of Applied Sciences, Germany. She will travel twice a year to Germany to teach in the undergraduate physiotherapy and postgraduate masters program and supervise bachelor and master thesis research projects.

Bri received her certificate of professorship at the welcome reception on the Thursday, 1 September. She also got to experience one of the University’s proud student projects at the Institute for Management and Technique: The electric cart holding the world record: acceleration from 0-100km in 2.635 seconds.

Congratulations Bri—and go easy on the electric cart!

Go Global, China—July 2016
By Liz Bell

What an amazing experience Go Global China 2016 was. A very cohesive group of 18 students (14 physio/4 OT) and three facilitators set out for Shanghai at the beginning of July.

The students were split across two main hospital sites and gained experience in neurological and spinal injury rehabilitation, orthopaedics and paediatrics. As a facilitator it was wonderful to see the students using the many skills they have learnt and growing in confidence as they worked with their Chinese supervisors and other students, both fellow Curtin students and Chinese students also on placement.

The host sites were very welcoming and keen to hear from the students about therapy approaches in Australia. The students learnt about different treatment approaches and further developed their critical thinking and clinical reasoning skills. Physio and OT students worked together and increased their understanding of each others skills.

In the second week a group of the physiotherapy students presented an education session including practical demonstrations on bed mobility and transfers for neurological patients. They presented to a full lecture theatre of allied health staff and did an excellent job of getting across the key points. The presentation provided very useful practical information to allied health staff, as at present most of the transferring of neurological patients is done by relatives.

Everyone embraced the different cultural experience, especially the food! Many students also ventured to the newly opened Disneyland Shanghai as well as week-ends to Beijing and the Yellow mountains.

The placement lasted four weeks and proved to be a very worthwhile learning experience, both clinical and cultural.
In July, the school had a strong presence at the IFOMPT conference in Glasgow, Scotland. This large international gathering of orthopaedic manual therapy practitioners from across the globe provided an opportunity for the School to showcase current research being undertaken in the area, in addition to promoting Post Graduate coursework and research degree options.

The school invested in a corporate booth, staffed by Peter Robinson – Director International programs and supported by Associate Professor Kathy Briffa and Dr Robyn Fary. Many enquiries about Post Graduate programs were received and strong demand for Physiotherapy programs at Curtin from prospective international students continues.

Michelle Kendell  
Free Paper Award

While attending IFOMPT Glasgow in July, Michelle won the Elsevier and Manual Therapy “free paper award” for her presentation.

The prize was £100 and a one year subscription to the journal, Manual Therapy.

Congratulations Michelle.
SUKMA (Malaysian National Games)
Associate Professor Kevin Netto

In August Kevin Netto visited Curtin Miri and Universiti Malaysia Sarawak as part of SUKMA (Malaysian National Games). He gave an overview of sports science research to Engineering staff at Curtin Miri. This was followed by discussion on how the Department of Engineering at Miri could form closer ties with the School of physiotherapy and Exercise Science.

Additionally, he gave an invited presentation at the IEEE symposium in Kuching, Sarawak entitled: “Use of wearable sensors in sports science – A glimpse into on-field loads”. This conference was run in conjunction with the National Games. Many sports scientists and researchers from around Malaysia who were in Sarawak for the Games attended the conference.

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Chief Executive of Gokula Education Foundation visits Curtin

Dr Guruprasad is the Chief Executive of the Gokula Education Foundation (Medical) and visited Curtin on Tuesday, 5 July. Gokula is a philanthropic foundation that oversees multiple education institutions and hospitals within the M.S. Ramaiah group in India.

The Curtin Faculty of Health Sciences has been building a partnership with M.S. Ramaiah group over a number of years, with major projects including our Go Global project, which 13 students from Curtin Health Sciences participated in the Winter School on public health in India.

On his recent trip to Singapore, Kevin Netto ran invited workshops at Singapore General Hospital.

The workshops were based around the use of EMG in clinical research, motion analysis of the human spine and the use of spatial parametric modelling in gait analysis.

He also facilitated discussion about the role of clinical biomechanics in orthopaedics and rehabilitation as well as in-field assessment of human biomechanics with medical and rehabilitation staff at the hospital.
RESEARCH PUBLICATIONS

Thesis submitted since last newsletter by Staff


Articles published since last newsletter by Staff


Osadnik CR, Cavalheri V. Targeting obesity in COPD through allied health therapies. Respirology: 21 (5),785-786 http://dx.doi.org/10.1111/resp.12821


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RESEARCH PUBLICATIONS


Chow B, Parkinsen S, Hill KD, Batebridge I, Anderson A, Jenkin J. Is the four point pusher scale a reliable and valid assessment tool for measuring lateropulsion and/or pushing behaviour in adults following stroke? Cerebrovascular Diseases. 2016: 41 50-50


Make tomorrow better. http://curtin.edu/ptes

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Fenner AA, Howie EK, Davis MC, Straker LM. Relationships between psychosocial outcomes in adolescents who are obese and their parents during a multi-disciplinary family-based healthy lifestyle intervention: One-year follow-up of a waitlist controlled trial (Curtin University’s Activity, Food and Attitudes Program). Health and quality of life outcomes. 2016: 14(1), 100-100 http://dx.doi.org/10.1186/s12955-016-0501-z


Dr Vin Cavalheri
Cancer Council WA
Post Doctoral Fellowship

Dr Vin Cavalheri has been successful in being awarded a prestigious and highly sought after Cancer Council WA Post Doctoral Fellowship that provides funding for WA early career biomedical / health researchers. The Postdoctoral Fellowship program funds only one new cancer research Postdoctoral Fellowship per year up to the amount of $75,000

The title of the study he will undertake as part of the fellowship is: Prognostic significance of physical activity and sedentary behaviour in people with advanced non-small cell lung cancer. The lead institution is the School of Physiotherapy and Exercise Science and Vin’s principal mentor will be Professor Daniel Galvão, from the Exercise Medicine Research Institute at ECU, with our own Professor Leon Straker as his co-mentor.

Congratulations to Vin, and his research team, on this prestigious fellowship.

Professor Leon Straker and Dr Erin Howie
Healthway Grant

Congratulations to Professor Leon Straker, and Dr Erin Howie, on receiving a Healthway grant of $69,993 for: Smart Start: a program for healthy mobile technology use by young children

Nearly all young Australian children now have access to mobile touchscreen devices like iPads and smart phones. While this technology provides exciting opportunities for children, many parents and child health and development professionals have concerns about potential harm to children. This project brings together leading experts in Australia with the national body representing early childcare and a Western Australian childcare provider, and the results from this study will guide a large scale evaluation of the program and establish the basis for a nationally available resource to help parents and childcare providers in their aim to give children a mentally and physically positive start to life in this increasingly technology focussed world.

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RESEARCHER IN PROFILE
Associate Professor
Peter Kent

1. In 25 words or less, tell us about your research.
I research ways in which advances in clinical reasoning, health information, technology and research method can result in better outcomes for people experiencing pain.

2. What drove you to this / what motivates you to carry on?
I was driven into research by wanting to be part of the interplay between the people who seek healthcare, their clinicians who work with an imperfect knowledge base, and researchers who endeavour to clarify some of the uncertainty. I continue to be motivated by the belief that this space is a great place in which to try to make a contribution.

3. What is currently in your inbox / a project you are working on?
Today, I am working on the first revision of a prognostic method manuscript. The journal has indicated that they like it, which is quite motivating, as it is a leading journal in this methodology field and we haven’t previously had success with them. I am also working on a PhD protocol for a project on the relationship between movement and pain that we have wanted to do for some time but didn’t previously have the right team, resources and student. All those are now in place, so we are drawing the roadmap for what hopefully will be a very interesting journey.

4. Your best/most memorable / most outstanding publication and why?
The most memorable publication was the first manuscript from my PhD because it was accepted at first review without a word or number being changed. I naively hoped this might become a pattern but it has never occurred again!

5. If you weren’t researching, what would you be doing?
I would be spending more quality time with my wife and fixing classic cars.

Associate Professor Andrew Briggs
Award and Grant

Congratulations to Associate Professor Andrew Briggs on being awarded the Fellow of the Australian College of Physiotherapists (Musculoskeletal) by Original Contribution. This is acknowledgement of the high quality and body of the work he has led. He submitted his thesis “Driving evidence-based policy into practice: Implementation and evaluation of musculoskeletal Models of Care.”

Andrew is also the Chief Investigator on a recently announced NHMRC Partnership grant, being administered by the University of Sydney. The grant of $1,155,444 is for “Optimising primary care management of knee osteoarthritis: the PARTNER project.” Osteoarthritis (OA) affects approximately 1.4 million Australians and optimal management of knee OA often requires challenging lifestyle changes. The objective of PARTNER is to develop and evaluate a model of care for primary care management of knee OA that supports both general practitioners and patients to uptake the key OA clinical guideline recommendations and achieve improvements in pain and function.

Susan Morris
Rotary Allied Health Award

Sue Morris and her team (Garry Allison, Annie Chappell, Noula Gibson, Alison Cargeeg and Gavin Williams) won the Excellence in the Innovative Practice category in the Rotary Allied Health Excellence Awards this year for their “Xcelerate” running training programme. The project is being evaluated as part of Annie Chappell’s PhD research (co-supervised by Garry Allison, Sue Morris, Noula Gibson and Gavin Williams). As well as the prestige of the award, they also received a small financial award.

Congratulations to the team who were awarded their prize at the awards ceremony at the Mt Lawley Golf Club on Monday, 19 September.
Associate Professor Kevin Netto
This is what wearing heels all day does to your body.
Huffington Post article by Emily Blatchford on 18 August 2016.

Associate Professor Kevin Netto was quoted in an article that confirms what we have long suspected: heels aren’t great for your health.

“What happens when you wear high heels is that your heel is raised off the ground, which in turn makes your body start to push forward. So you set up what is known as sheer force in your knee.”

This means the front part of your body is trying to fall forward while you are trying to remain upright, and why most people who wear really high heels will find their knees hurt rather than their ankles.

Teetering around on your tiptoes all day puts increased pressure on the front part of the foot, which can result in bunions, calluses, corns, shortened calf muscles, increased curve of the lower back and heel spur syndrome. And knee osteoarthritis is more common in females than males. If that isn’t enough to deter you from wearing high heels consider the injuries, the most common being sprain or strain of the ankle or foot - and the rate of injury has doubled in the last ten years. Not surprisingly, most women present with these injuries on a Sunday morning between 8am and noon (after a big night out no doubt!)

The article can be read in full on: http://www.huffingtonpost.com.au/2016/08/17/this-is-what-wearing-heels-all-day-does-to-your-body/

Professor Peter O’Sullivan
Dismantling ‘the core’ to better back care
The Daily Telegraph article by Sarah Wiedersehn on 17 August 2016.

Professor Peter O’Sullivan was quoted in an article about core building exercises (that often require no movement) and, as our spines are designed to move, how these exercises could be making chronic back pain worse. He said “People with back pain are already too rigid. Their muscles have tensed up as a protective response to the pain and core strength exercises can be counter-productive. The common belief around tensing up a structure that’s already tense doesn’t really make sense.”

Some people believe that a weak core leads to back pain and this should be strengthen, however it is more helpful to relax the muscles around your trunk when experiencing back pain.

Because everyone is unique, it is recommended people with back pain be individually assessed by a health professional.

The article can be read in full on: http://www.news.com.au/national/breaking-news/dismantling-the-core-to-better-back-care/news-story/1b987b4d304df61546bb6bf35229c228

Kevin was also interviewed by Christine Layton about the difference in pay between men and women in sport in light of recent comments made by other sporting identities. Kevin suggested more should be invested to make a sport more attractive.
Leon was interviewed about the world-first WA study finding that WA children spend nearly a full day each week playing with tablets and computers and how they move up to six times as much when playing with normal toys or watching television. With the aid of movement censors placed on the children’s bodies, the study is hoping to see how the usage of all devices affects children’s health as much.

Keeping screens out of the bedroom is one of the best ways to minimise device usage.

The full interview can be listened to on 720 ABC Perth

AND

Article in the Courier Mail, Brisbane on Tuesday, 5 July 2016

Leon was also quoted in an article regarding the amount of time children spent on electronic devices and how this affects development of muscles and bones in children.

The study tracks children in their first five years to compare their movement, mental and social development. “Children using iPads moved their arms and body less in 15 minutes than when they played with toys, but more than when they watched TV.”

The article can be read in full in The Courier Mail Brisbane (General News)

Andrew was interviewed about the research he and Helen Slater are involved in with providing guidance on how to address the rising burden of disabilities and illness associated with chronic non-communicable diseases, in particular, musculoskeletal conditions.

The article refers to the report “A Framework to Evaluate Musculoskeletal Models of Care” (featured in our June edition) that has been produced “to assist healthcare professionals, policy makers and health administrators develop, implement and evaluate their Models of Care (MoCs) for treating patients with musculoskeletal conditions”.

Andrew said “the disability burden associated with musculoskeletal conditions was enormous and exceeded most other chronic health conditions. The aim of the Framework is to ensure MoCs can meet the current and future needs of people with musculoskeletal conditions.”

The School of Physiotherapy and Exercise Science said farewell to Karen Prideaux, School Business Manager on Friday, 5 August, as she transitions to a new life stage - retirement.

Karen has just passed her 30 years of service for Curtin University, and has provided strong support and guidance for the School in her time as School Business Manager.

A large number of people from across the university, and some from “Shenton Park” days, attended to reminisce, share stories and to thank Karen for her contributions over the years. We wish Karen all the best in her retirement.
Associate Professor Maureen Ashe

**Guest Lecture**

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

Associate Professor Maureen Ashe is a physiotherapist at the Department of Family Practice, University of British Columbia, Canada, and the Centre for Hip Health and Mobility. Maureen was in Australia to attend the World Conference on Active Ageing (Melbourne), and visited the School of Physiotherapy and Exercise Science in July.

Maureen gave a presentation at Curtin on her work on recovery after hip fracture, including summarising older adults’ activity patterns (accelerometry) and the recovery experience (qualitative interviews) from recent clinical trials. Maureen also met with staff to discuss opportunities for future collaborative research.

**Professor Keith Hill**

*Avoiding the Tumble*

Professor Keith Hill was invited to do a presentation to residents at Swan Care Aged Care and Retirement Village (Bentley) on falls prevention on Friday 5 August. He talked about falls being the leading cause of injury-related hospitalisations in Australia for older people, and provided information about strategies that older people can undertake to reduce their risk of falling.

Special thanks to Shirley Barnes, a member of the School’s Advisory Committee, who organised the presentation. The presentation was also an opportunity for Dr Elissa Burton and Associate Professor Anne-Marie Hill to talk about current research projects they were recruiting participants for, which also proved very successful.

Professor Shanthi Johnson PhD

**Guest Lecture**

*Promoting Functional and Nutritional Health in Seniors: What gets measured gets managed, or does it?*

Professor Johnson is a Professor and former Associate Dean (research and graduate studies) at the Faculty of Kinesiology and Health Studies, University of Regina (Canada) and the immediate Past President of the Shastri Indo-Canadian Institute.

Prior to her appointment at the University of Regina, she was a Professor at the School of Nutrition and Dietetics, Acadia University in Nova Scotia.

Professor Johnson has major research interests in ageing, falls prevention, and nutrition. She visited the School on 4 and 5 August, providing a lecture for Curtin staff and our clinical partners on nutrition in seniors. Over her two days at Curtin, she met with a number of Curtin staff to discuss research projects and collaboration, as well as attending the falls prevention talk by Professor Hill at Bentley Park.
Open Day Lecture
Associate Professor Kevin Netto
The Pinnacle of Human Athletic Performance: Are we getting soft or was it all about the drugs?

Associate Professor Kevin Netto was invited to present as part of the Alumni Lecture Series at Open Day. His presentation: “The Pinnacle of Human Athletic Performance: Are we getting soft or was it all about the drugs?” looked at how track and field athletes’ performances have evolved over time and the impact on world records—quite apt in the lead up the Olympics.

Judging by the large numbers in lecture theatres for our School talks, and the large volume of people who attended, Open Day was a huge success.

Such a large scale successful event takes a lot of preparation and organisation leading up to, and on the day. Thanks to everyone who helped organise, set up and ran the activities on the day.
Kookaburra’s Massage Session

Some of our ESRS and Physiotherapy students have been volunteering their time to provide a therapeutic massage service for the Australian Men’s Field Hockey team in the months leading up to Rio Olympics. Team members of the Kookaburras came to the School for their final massage session on Friday, 1 July before they headed off to compete in Rio.

Telethon Fundraiser - Bake-Off Competition

As part of Curtin’s commitment to Telethon—Get Loud Fundraising Event, School staff competed in a “Bake-Off” on Wednesday, 21 September. Thanks to all the staff for their wonderful contributions and our own “Master Chefs” Paul Davey (Staff Rep), Peter Gardner (Deputy Head of School) Keith Hill (Head of School) who had the unenviable job of judging the entries. As you can see below they took the task very seriously and had a tough job making a decision.

Denise Luscombe
Alumni Presentation

Denise Luscombe provided the School’s Alumni Presentation on Monday, 22 August—Best Practice in Early Childhood Intervention—Implementing the guidelines in paediatric physiotherapy.

Denise is a physiotherapist with 30 years’ experience in paediatrics and was the National President of Early Childhood Intervention Australia when the “Best Practice in Early Childhood Intervention” guidelines were produced. Her presentation discussed how the guidelines were developed and how physiotherapists should implement them in practice.

Prize-winners were:
1st Prize — Marg Coleman’s lemon meringue pies
Peoples Choice — Helen Slater’s mini quiches
Special Mentions — Sarah Stearne’s Elmo cupcakes; Penny Moss’ orange and almond cake; Tabitha Abreau’s caramel pretzel slice; Robyn McMurray’s honeycomb slice and Leo (and Christine) Ng’s banana and blueberry bread.

Congratulations to all winners and thanks again to all staff who supported this worthwhile cause.
ESRS Accreditation Celebration

On Tuesday, 13 September the School formally celebrated receiving Accreditation for the ESRS Course.

Accreditation for Curtin’s Exercise, Sport and Rehabilitation Science course through Australia’s peak body in exercise and sports science, Exercise and Sports Science Australia (ESSA), demonstrates that the course is being taught to a national standard. The accreditation means that graduates can now be recognised through ESSA as Exercise Scientists, providing them with greater opportunities in the exercise and sports industry.

Thanks and congratulations to the team headed by Andrew Maiorana and Kevin Netto for their work in obtaining accreditation.

Continence and Women’s Health Master Course—Ten Year Anniversary

On Saturday, 3 September the team in Women’s Health celebrated their ten year anniversary with past and present students, along with staff and colleagues who have contributed to the success of the course over the years. In recent years this course has seen substantial growth in post graduate student numbers, as well as research outcomes associated with the projects unit that students complete.

Congratulations everyone on all your hard work and this important milestone.
Hockey WA Masters Finals

The epic Hockey WA Masters grand finals were held on Wednesday, 21 September with Heidi Welch and Karen Richards representing the mighty Wasps. This season Heidi demoted herself (on the pretext of old age rather than laziness) to the 2s side that romped in the minor premiership this season. Karen remains a stalwart of the 1s side and (despite her usually placid demeanor) takes no prisoners on the hockey field.

Karen played at Curtin Stadium on the main turf at 7.00pm and Heidi played at Hale School at 7.15pm. Both turfs were conveniently located near a bar which was a good thing as they both lost and needed considerable consoling—Karen on sudden death penalty strokes after extra time and Heidi in normal time.

As predicted Heidi got carded and sent to the naughty corner by her “favourite” umpire who has been waiting all season to catch her out with her “questionable” tactics. Karen also spent two minutes in the naughty corner, but made up for it by scoring two penalties in the sudden death shoot out (although only because she got asked to retake the first one—causing great controversy and some protests by the opposition).

Karen and Heidi share their misery in loss (and matching purple big toes) after the brutal games. Never mind girls, better luck next year!

Karen (right) can console herself with one More crack at a gold medal at the National Masters hockey champion-ships in Hobart in October.

Above: Heidi’s Wasps 2s and Karen Richards. Right: The Kendama Challenge—from top clockwise—Alan Reubenson’s winning style, Leo Ng and Keith Hill in motion, Bea de Oliveira says its in the knees, Richard Wright willing the ball to land in the cup, Vin Cavalheri’s determination is obvious.

Paul Davey, our Staff Rep, organized another event to challenge staff. This time it was a Japanese sport called Kendama. It requires a high level of coordination, motor-skills, balance and concentration (but not much cardio).

Staff had the opportunity to practice and hone their skills, with a competition on Friday, 23 September. Thanks to those who came up and joined in or at least spectated. It was a low-key but very competitive contest with some individuals truly showing a level of mastery.

Alan Reubenson was the winner with a score of 88 with his Nearest rival being Leo Ng with 68. Paul has left the Kendamas up in the Staff Room for staff to continue to use during breaks.

Paul Davey, pleased he actually mastered it, in the centre.
The students are challenging staff again in another sport, this time it's beach volleyball. If you are interested in taking part on Friday, 7 October at 6pm, please contact Leo Ng.

3rd Year ESRS Graduation Dinner

The 3rd Year Graduation Dinner is being held on Saturday, 3 December at 6.30pm at the Crown Casino, Studio 2. Dress code is Cocktail attire.

Tickets cost $125 and includes a buffet dinner, four hours of drinks (beers, wine & champagne), DJ, décor, photographer and prizes for awards.

If you would like to attend or have any queries, please contact Tayla on: tayla.moore@student.curtin.edu.au

3rd Year Physiotherapy Annual Dinner

The 3rd Year Physio Annual Dinner is being held on Friday 11 November.

Staff have the choice of two options if they would like to attend. They can either pay $75 and buy their own drinks as they go, or pay $115 and have drinks included.

You should have already RSVP’d to Chelsea Parnell (by 23 September) but you may still be able to attend - just contact Chelsea direct to check.