Welcome to our first newsletter for 2018. The academic year has started extremely well again, with a very busy orientation week early in March, and then hitting the ground running with semester one teaching activities. Thanks to all staff involved in ensuring the success of the new academic year getting underway.

We are pleased that School enrolments across our courses are strong for 2018. Of note, our Exercise Science cohort continues to grow, both in terms of commencing students, and student retention. Our international student enrolments have continued the strong growth of previous years, particularly in our Physiotherapy undergraduate course, and the Clinical Masters post-graduate course, and we are also seeing a small but steady growth in international enrolments in the Exercise Science undergraduate course.

The School is aiming to commence a post-graduate Masters of Exercise Physiology course in 2019, subject to university and accreditation requirements. Tanya Blee joined the School last year and has done an excellent job together with Anne Furness (Director of Learning and Teaching), Andrew Maiorana and many other staff in finalising documentation that has now been submitted.

We start each year off with an awards afternoon for our students, where we celebrate some outstanding achievements by students across our courses and different year levels. The awards afternoon is held on the same day as the graduations evening, so for our final year students this is a double celebration. The awards are only possible through the generous support of a number of sponsors, who are acknowledged in the awards section of this newsletter – so thank you to all of our awards sponsors. I want to especially acknowledge two new sponsors who have come on board for this recent awards afternoon – firstly, Rocky Bay, who have committed a $5,000 scholarship for this year and the next two years to a needs based scholarship for an eligible third year Physiotherapy student progressing to year four of the course; and secondly, to Unibank who provided three new awards for our Exercise Science students. Congratulations to all award recipients!

The next number of months will see some moderate changes in the leadership team for the School. I have been seconded to a Faculty position (acting Deputy Pro Vice Chancellor) from April to November. Peter Gardner will be the acting Head of school during this period, and Associate Professor Kathy Briffa will be the acting Deputy Head of School. Dr Leanda McKenna will move into the acting Director of Graduate Research position. Professor Luke Haseler has also become the School’s Executive Lead for Research Strategy.

Another university wide change that has been introduced as a result of the Faculty re-structure process undertaken last year is the formalising of discipline lead positions, and that these positions be outside of the Head of School and Deputy Head of School positions. The School has had Associate Professors Andrew Maiorana and Kevin Netto in a shared discipline lead position for Exercise Science over the past number of years, and Andrew and Kevin will continue this role going forwards. The discipline lead for the Physiotherapy discipline will be Professor Tony Wright.
Discipline Lead Positions within the School

Following the Faculty restructure last year, some changes have been implemented in relation to School management. The Executive Committee now includes Discipline Leads for Physiotherapy and Exercise Science and we are pleased to announce:

**Professor Tony Wright** was appointed as the Physiotherapy Discipline Lead. Tony has strong expertise in representing the Physiotherapy discipline both within and external to the university over many years as the Head of School. These skills and experience will position him well to undertake this discipline lead role into the future.

**And**

**A/Professor Kevin Netto** and **A/Professor Andrew Maiorana** will share the Exercise Science Discipline Lead. We have had this position shared by Kevin and Andrew over recent years, with both bringing different but important strengths and expertise to the role, as the exercise science course developed to its current strong state.

**Kathryn Malley Clinics Manager**

Kathryn Malley started as Clinics Manager on 16 January, working Tuesday to Friday each week. Kathryn is a Dietitian and has considerable administrative and clinical experience. Kathryn joins us from 360 Health + Community with her most recent position being Chronic Conditions Metro Team Leader.

**Zeke Samson Anatomy Technician**

Zeke is a recent graduate from Curtin with a Bachelor of Science (Human Biology – Preclinical). He started as Anatomy Technician on 22 January.

**Professor Luke Haseler Executive Lead for Research Strategy**

Congratulations to Luke Haseler who was successful in his nomination for the Executive Lead for Research Strategy position.

Thanks to Kevin Netto who continued in the Research Director position for the past eight months while we have been working through the Faculty structure review. He established a range of activities and collaborations for the School that have helped position us in a substantially better research position than when he commenced in the position a number of years ago.

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**Farewell to Carolyn Lawrence and Paul Dean-Smith**

We were sad to say goodbye to Carolyn Lawrence and Paul Dean-Smith, who both left in January.

Carolyn has been at Curtin since 2012 and commenced working with us in January 2016, when the School undertook administration of the Health and Wellness Clinics. Carolyn did an excellent job managing the Clinics and was instrumental in making significant changes and improvements to the services provided by the Clinics.

Paul started with the School in August 2016 as Anatomy Technician, bringing many years of experience and his whacky sense of humour with him. He leaves Curtin to take up the role of Pastor at the Baptist Church in Pingelly.
Dr Kagan Ducker
Academic Study Program

Throughout late 2017 and into 2018 Dr Kagan Ducker has been off on a six month Academic Study Program to focus on some research interests. He spent time at the School of Human Sciences, the University of Western Australia with Prof Tim Ackland and Dr Grant Landers developing skills in using ultrasound as a method of quantifying subcutaneous adipose tissue. He started an international collaborative project during this time and later travelled to the Sports Performance Research Institute of New Zealand, at Auckland University of Technology to spend a month working with Prof Patria Hume and Mr Kelly Sheerin on this project (the project also involves Associate Professor Deb Kerr from Curtin). Whilst he was at AUT he also assisted with teaching an international anthropometry course for professionals from around the world.

In addition to these activities, Kagan travelled to the National Youth Sports Institute (Singapore) to conduct an anthropometry accreditation course for their staff and colleagues from the Singapore Sports Institute and Swimming Singapore. This was also a valuable chance to meet with colleagues to submit several grant applications, which have since been successful. Finally, Kagan attended the International Congress on Soldiers Physical Performance in Melbourne to hear about a lot of current military research and network with colleagues to develop research ideas to extend his current work in the area on a grant led by Associate Professor Daniel Gucciardi looking at team resilience in Army.

Below: Some of the sites around the north shore of Auckland that Kagan visited and the group attending ISAK Course

**STAFF NEWS**

**Dr Kagan Ducker  
Academic Study Program**

In 25 words or less, tell us about the main elements of your current role.

As the ESRS Practicum Co-ordinator I am responsible for sourcing placement sites, liaising with students and supervisors and ensuring placements are compliant with accreditation requirements.

*What drives you / motivates you to carry on?*

Every day is different in this role – I am constantly juggling a number of curve balls while trying to tick off my to-do list! Feedback from students about how positive their placement experiences have been is a big motivator and makes me feel like the hard work is worth it.

*What is currently in your inbox / what project are you currently working on?*

Too many things! I am involved in a 3 small research projects within the Health Faculty around students in fieldwork, some coming to an end and another just starting. All the while juggling placement allocations and a bit of teaching.

*Your best / most memorable / outstanding experience and why?*

Living in the UK 2014/15 was amazing (apart from the weather) with my then fiancé, (now husband) – so many opportunities to travel and try different things!

*If you weren’t working in this role, what would you be doing?*

I would probably be doing what I was doing before stepping into this role – working as an Exercise Physiologist... Unless I win the lotto – then I’d be travelling the world for sure.
2017 STUDENT AWARDS

2017 Student Awards

The School’s Student Awards Ceremony was held on Tuesday, 13 February in the Lance Twomey Lecture Theatre. These awards recognise students who excel in various elements of the School’s courses. And this year we were very pleased to welcome UniBank as sponsors to a number of existing and new ESRS awards and Rocky Bay for providing a new Scholarship over the next three years. We also renamed the School’s top prize for the ESRS graduating student this year to honour Geoff Strauss who was instrumental in the establishment of the ESRS course. Geoff is a joint contributor to the prize and was able to join us to present the newly minted award.

Lucia Caravia (below left): School of Physiotherapy and Exercise Science Award for the first year Exercise, Sports and Rehabilitation Science student with the highest results.

Kyan Jones (below right): LifeCare Award for the second year Physiotherapy student with the highest results in Musculoskeletal Physiotherapy.

Holly Murray (below left): Australian Physiotherapy Association (WA Branch) Prize for the second year Physiotherapy student with the highest results.

Emily Shields (below right): School of Physiotherapy and Exercise Science Award for the second year Exercise, Sports and Rehabilitation Science student with the highest results.

Bonnie Markham (was unable to attend): Australian Physiotherapy Association (WA Branch) Prize for the first year Physiotherapy student with the highest results.

Emily Abbott (below left): Cardiorespiratory Physiotherapy Australia (WA Chapter) “Jane Kinging” Prize for the third year Physiotherapy student with the highest results in Cardiopulmonary Science.

Katelyn Baumgartel (below right): Women’s, Men’s and Pelvic Health Physiotherapy Australia (WA Chapter) Prize for the third year Physiotherapy student with the highest results in the Gender Health Issues subject of Lifespan Health Science.

Beth Frame (below): Musculoskeletal Physiotherapy Australia (WA Chapter) Prize for the third year student with highest Musculoskeletal Physiotherapy results

AND

APA Gerontology Physiotherapy Australia (WA Chapter) Prize for the third year Physiotherapy student with the highest results in the Gerontology subject of Neuroscience Physiotherapy

AND

National Neurology Group (WA Chapter) of the Physiotherapy Association Prize as third year Physiotherapy student with highest results in Neuroscience.

Benjamin Harris (who was unable to attend): IO Thorburn Prize for the first year Physiotherapy student with the highest results in Anatomy.

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2017 STUDENT AWARDS

Kathleen Sullivan (below left): Therapy Focus Award for the Entry-Level Programs student with the highest marks in Paediatrics.

Jubilee Viforj (below right): National Paediatric Special Group (WA Chapter) Award for the fourth year Physiotherapy student demonstrating enthusiasm for paediatric physiotherapy, innovative practice and a strong theoretical knowledge in the field of Paediatrics.

Elena Tsou (below left): Physiotherapy Research Foundation Prize for the Honours student with the highest overall score.

Stuart Chesher (below right): UniBank Research Foundation Prize for the highest achieving ESRS Honours student.

Hayley Netley (unable to attend): Max Zusman Award for the Postgraduate student with the highest mark in the unit Advanced Management of Pain Disorders.

Kate Shaw (unable to attend): Emeritus Professor Joan Cole Prize for the most outstanding Master of Physiotherapy graduate.

Ashlee Dodd (unable to attend): Women’s, Men’s and Pelvic Health Physiotherapy Australia (WA Chapter) Prize for being the top graduating student in the Graduate Certificate in Clinical Physiotherapy (Continence and Women’s Health) Course.

This year Emily Fernandez scooped the prize pool and was presented with the following awards:

Australian Medical Supplies Motor Control and Skill Acquisition Award for the ESRS student with highest combined mark for Motor Control and Skill Acquisition over all years

AND

Australian Medical Supplies Exercise Physiology Award for the ESRS student with highest combined mark for Exercise Physiology over all years

AND

Australian Medical Supplies Biomechanics Award for the ESRS student with highest combined mark for Biomechanics over all years

AND

UniBank Psychology Award for the ESRS student with the highest combined mark for Psychology over all years

AND

Geoff Strauss Award for the graduating ESRS student whose results, attitude, knowledge and work practices embodies the aims and philosophy of the School.

JP Caneiro (above right): Elsevier Book Prize for the Masters or Doctoral student publishing the best article in a Scientific Journal for “Implicit evaluations and physiological threat responses in people with persistent low back pain and fear of bending”

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2017 STUDENT AWARDS

Jasdev Singh (below left): School of Physiotherapy and Exercise Science Prize for the best ESRS Honours presentation for: “Effect of plyometric training on change of direction in elite field hockey players” Supervisors: Dr Andrew Lavender, Associate Professor Kevin Netto and Mr Brendan Appleby.

Regan Lee (below right): Musculoskeletal Physiotherapy Australia (WA Chapter) “Brian Edwards” Prize for the Master of Clinical Physiotherapy (Musculoskeletal Major) student with the best clinical results.

Alana Andreotti (below left): UniBank Leadership Award for the third year ESRS student with the highest results in Leadership.

Jodi Pike (below right): Australian Physiotherapy Association (WA Branch) Marcus (Joe) Rosen Prize for the graduate of the Bachelor of Science (Physiotherapy) Course with the best clinical results.

Kate Mangano (below left): Worksite Fitness and Rehabilitation Best Practice Award for the ESRS student with the best results in Practicum Placement.

Ruby Shehatha (below right): School of Physiotherapy and Exercise Science Award for the first year Master of Physio-therapy student with the highest results.

Alena Howard (below left): School of Physiotherapy and Exercise Science Award for the second year Master of Physiotherapy student with the highest results.

Luka Stroop (below right): National Physiotherapists in Leadership and Management Group (WA Chapter) Prize for the student with the highest combined results in the Leadership Assessments in Integrated Physiotherapy Management.

Tahnee Goodman (below left): LifeCare Award for the Master of Physiotherapy graduate with the best clinical results.

Emma Sulley (below right): Sports Physiotherapy Australia (WA Chapter) “Diana Hopper” Prize for the Master of Clinical Physiotherapy (Sports Physiotherapy) student with the best clinical results.

Ashley Coleman (below): Physiotherapy Business Australia (WA Chapter) Prize for the fourth year physiotherapy student with the highest results in Physiotherapy Leadership and Ethical Practice in Exercise Science AND Emeritus Professor Joan Cole Prize for the most outstanding Bachelor of Science (Physiotherapy) graduate.
2017 STUDENT AWARDS

Georgia Sudlow (right): Women's, Men's and Pelvic Health Physiotherapy Australia (WA Chapter) Prize for the top graduating student in the Continence and Women’s Health Major of the Master of Clinical Physiotherapy Course.

Two students were awarded the School of Physiotherapy and Exercise Science Prize for the best Honours presentations:

Rebekha Duncan (below left) for: “Biomechanics of turnout in female tertiary level dancers”
Supervisors: Dr Amity Campbell, Ms Danic Hendry, Dr Leo Ng, Dr Catherine Wild and Dr Luke Hopper

AND

Ashleigh Germain (below right) for: “Effects of adaptive bungee trampolining for children with Cerebral Palsy: a single subject research design.”
Supervisors: Dr Sian Williams, Dr Marie Blackmore, Dr Noula Gibson and Ms Becky Newell

Kenny Kessler (left), Michael Ingle (right) and Elena Viscardi (unable to attend) won the Mona Twomey Prize for the students who received the highest overall grade for their Master of Clinical Physiotherapy research project report for: “Investigation of the prevalence, management and practice gaps of non-traumatic musculoskeletal pain presenting to St John of God Hospital Midland Emergency Department.”
Supervisors: Dr Karen Richards, Mr Robert Waller and Dr Ivan Lin

We sincerely thank all our generous sponsors, who continue to support our students and awards each year:

- Australian Physiotherapy Association (and special interest groups)
- LifeCare
- Therapy Focus
- Elsevier
- Australian Medical Supplies
- Worksite Fitness and Rehabilitation
- UniBank
- Rocky Bay

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Rocky Bay establishes a new Scholarship for Year 4 Physiotherapy Students

In 2017 Rocky Bay established a needs-based scholarship that runs for three years. This Scholarship is for an eligible third year Physiotherapy student progressing to year four of the course. Rocky Bay have provided the $5000 scholarship for 2018, and will provide the same scholarship for 2019 and 2020.

The winner of this Scholarship was announced at the School Awards ceremony on Tuesday February 13. The first winner is Aleisha Strugnell and although she was unable to join us at School presentation, she did attend the official presentation at Rocky Bay on Tuesday, 30 January.

Thanks to Rocky Bay for their continued, generous support of our students and congratulations Aleisha on being the first student awarded this Scholarship.

Rocky Bay is a leading provider of disability services, offering choice and independence to people of all ages living with disability in Western Australia. Rocky Bay delivers relevant therapies, innovative leisure and social programs, training and employment opportunities, and uses the latest equipment and technology.

Academic Writing and English for Health Sciences: Free academic and professional language development activities

The new GRASP program is being run at the library. These workshops are for HDR students and include information on academic writing. The link is found on the library webpage for students.

For writing assistance, you can also access the learning website for English on http://grammar.ccc.commnet.edu/grammar/composition/composition.stm

Students who do not have English as their first language (EAL), would benefit from engaging with the language learning activities linked to the English for Health Sciences BlackBoard unit. This unit can be accessed students by emailing: EnglishSupportHS@curtin.edu.au

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FREE ACADEMIC AND PROFESSIONAL LANGUAGE DEVELOPMENT ACTIVITIES 2018

English for Health Sciences offers the following FREE language development activities to health science students.

**Postgraduate Academic Writing Evaluation** This activity will help you to identify your strengths and weaknesses in Academic English. Students complete a reading and writing task and receive feedback on how to develop their research writing.

- Thursday 22 February 9.00-10.00am (session 1), 10.00-11.00am (session 2) in 402.345. On request.

**Intensive Academic Writing Course** Three day course that covers the fundamentals of effective academic writing including descriptive and analytical writing, structure and style and effective paragraphing.

- 26, 27 & 28 February (Mon, Tue, Wed) 4.00- to 5.30pm in 407.402

**Academic English Course** Weekly workshops to develop the English and academic writing skills and knowledge needed for effective assignment writing. This 10-week course focuses on writing and reading for academic purposes.

- When: During semester, starts week two, see blackboard for times and venues.

**Professional English Course** Weekly workshops to develop the oral and written communication skills students need for clinical practice and fieldwork. This 10-week course develops oral and written communication skills and cultural knowledge.

- When: During semester, starts week two, see blackboard for times and venues.

**Occupational English Test (OET) Preparation Course** This three-day course familiarises students with the requirements of the OET. The OET tests English for professional health practice. Recommended for overseas students who plan to work in Australia when they graduate.

- February, April, July and December

**Research Writing Course (research students only)** This course develops the English language, knowledge and skills needed for candidature, thesis and journal writing in Health Sciences. The course focuses on what examiners/reviewers expect and how to meet these expectations. Available to honours, masters and doctorate (by research) students.

- See blackboard for time and venue.

**Research Writing Online** This fully online course helps students to understand the art of argument and persuasion in academic writing. Includes modules on paraphrasing from sources, identifying gaps in the literature and writing a coherent argument. Available on request anytime.

**SUCCESS Online** This standalone online academic English program develops the basic language skills and knowledge that all students need to succeed in assignments and improve their English and academic writing. Available on request at any time.

To attend these courses, send an email with your student ID, current course and year to;

englishsupportHS@curtin.edu.au

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**INTERNATIONAL NEWS**

**Oncology Rehabilitation Workshop in Singapore**

Vin Cavalheri was invited to deliver a three day workshop on Oncology Rehabilitation at the Singapore General Hospital from 5 to 7 March. 22 participants, including Physiotherapists, Rehabilitation Doctors and Occupational Therapists attended the workshop. This included six lectures, four hours of practical activities and discussion of eight clinical cases.

Dr Cindy Ng, a former PhD student who was supervised by Kylie Hill and Sue Jenkins attended the workshop.

During his visit, Vin was also able to catch up with two Curtin Honours students too—Lyn Li Yeo, who was supervised by Meg Harrold and Kylie Hill and Yan Ling Chao, whom Vin supervised with Kylie Hill.

- **Above:** Workshop participants; Cindy is on the right in the front row.
- **Left:** Lyn, Yan Ling and Vin
- **Below:** Sian with some of the locals and the view from her apartment

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**Post Doctoral Studies in Auckland, NZ**

By Sian Williams

Kia ora (G’Day)! At the start of the year I packed my suitcases (and put on a few extra layers of clothing to get around the luggage limit) and made the move over to Auckland to commence my Post Doc as part of the Australasian Cerebral Palsy Clinical Trials Network Centre for Research Excellence. Affiliated with the University of Auckland, I am co-located between the Auckland Bioengineering Institute and the Hospital (Department of Surgery) and I think I have just about figured out the best time for videoconferences back to Perth (given the current 5 hour time difference).

So far I am still working my way around and meeting extended members of the NZ CP research community but everyone is incredibly friendly and generous with their time. We are currently in the planning stages of a few different studies, one of the main projects is looking into muscle growth and development in infants with and without Cerebral Palsy, and I am also going down the knowledge translation pathway—starting by surveying current clinical practice and the state of knowledge for early diagnosis and early intervention in cerebral palsy across New Zealand. It is a huge privilege to be a part of this research network that includes some of the world leading experts in cerebral palsy. I have learnt a lot already.

Despite the many similarities between Australia and New Zealand it has been interesting to learn how different a lot of things are, and I am having fun deciphering the (English) language. I am also managing to get in a lot of incidental physical activity at moderate to vigorous intensity thanks to the steep hills, and each weekend is full up exploring different parts of the country. I have eaten lots of delicious seafood, gone to the rugby, saw the around the world ocean yacht race arrive into the Auckland harbour, oh and I can now say that I have seen the fastest sheep shearer in the world (tick!). As I said, I am learning a lot.

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A report released in February shows joint replacement surgery is growing at an unsustainable rate, with 25% of these operations considered inappropriate—nearly 100,000 Australians with Osteoarthritis underwent these types of replacements, with a cost of over $2 billion. We could reduce these figures if more people with Osteoarthritis considered and opted for non surgical options—education, diet and where necessary, analgesia as outlined in the new Model of Care for Osteoarthritis of the Hip and Knee report from Victoria.

WA and NSW already works on this model and Andrew advised that, while all States need a similar plan, Australia should have a national plan too.

You can read the article in full on Australian Financial Review

Andrew was also interviewed on Radio National, Canberra and 6PR, Perth:
Radio National Canberra  6PR Perth

Dr Elissa Burton
Fewer people being referred to fall prevention programs
Article in Medical Xpress on 12 February

Elissa is the lead author of a Curtin study on fall prevention programs. More than half of older West Australians did not seek medical assistance after a fall, and there is a significant decline over the past decade in the number of people being referred to fall prevention programs.

Elissa addresses these issues and the importance of community care organisations incorporating balance exercise programmes into their services.

You can read the article in full on Medical Xpress

Read all about it!

Make tomorrow better.

http://curtin.edu/ptes

Burton E, Farrier K, Hill KD, Codde J, Airey P, Hill AM. Effectiveness of peers in delivering programs or motivating older people to increase their participation in physical activity: Systematic review and meta-analysis. Journal of Sports Sciences 36:6, 666-678


Coenen P, Korshøj M, Hallman DM, Huysmans MA, van der Beek AJ, Straker LM, Holtermann A. Differences in heart rate reserve of similar physical activities during work and in leisure time – A study among Danish blue-collar workers Physiology and Behavior 186:45-51 15 Mar


A Ramgolam, GL Hall, G Zhang, M Hegarty, BS von Ungern-Sternberg. Deep or awake removal of laryngeal mask airways in children at a high risk of respiratory adverse events undergoing tonsillectomy procedures – a randomized controlled trial. British Journal of Anaesthesia; 120(3) 571–580


RESEARCH PUBLICATIONS


**Kent PM**, Jensen RK, Jensen TS, Kjaer P. The association between subgroups of MRI findings identified with latent class analysis and low back pain in 40-year old Dan *BMC Musculoskeletal Disorders* 19(62):1-12 2018


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**QS World University Rankings**

Curtin’s outcomes for the recently released QS world university rankings by subject were released in February. Overall Curtin has continued to move on an upward trajectory. Of specific note for the main link with the school’s research activity, the score for sports related subjects has increased slightly from last year. We are placed at 7th nationally and are ranked in the 51-100 top universities in the world in this subject area. This is only one of eight subject areas at Curtin that are ranked in the top 100 universities.

**Physiotherapy Research Foundation Grant**

Congratulations to Kevin Wernli (PhD student) and his supervisory team (Peter Kent, Peter O’Sullivan, Amity Campbell, Anne Smith) who have received a Physiotherapy Research Foundation grant of $16,820 for their project “Does changing movement matter? Understanding the relationship between changes in movement, pain, activity limitation and psychological factors in persistent low back pain.”

Well done to Kevin and the research team.
Visiting Fellow—Dr Thorvaldur Skuli Palsson
By Merv Travers

The School of Physiotherapy and Exercise Science had the privilege of hosting Dr Thorvaldur Skuli Palsson in February 2018. Dr. Palsson was invited as a visiting researcher from Center for Sensory-Motor Interaction, Department of Health Science and Technology, Aalborg University, Denmark.

Dr. Palsson is an experienced pain researcher with an interest in both mechanistic and clinical research. In particular, he has multiple publications in the area of spinal pain. The purpose of the visit was to foster international research collaboration and the visit was a great success.

During the visit, Dr. Palsson and I finalised multiple ongoing research projects and established several future collaborative projects with both a clinical and experimental pain focus. The clinical research areas included spinal pain, menstrual pain and Achilles tendinopathy. Furthermore, he met with other researchers in the School of Physiotherapy and Exercise Science regarding future collaborations. Dr. Palsson also met with several Honours and Postgraduate research students regarding newly established and ongoing research projects.

On Monday, 5 March he delivered an interesting lecture titled “The modulation of musculoskeletal pain” and also contributed to fruitful clinical discussions with our clinical Masters students.

I would like to thank the School of Physiotherapy and Exercise Science for facilitating this visit. I would also like to thank Professor Helen Slater and Associate Professor Peter Kent for supporting this collaboration. I look forward to successful collaboration.

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Visiting Fellow—Professor Kemal Türker

Professor Kemal Türker from Koç University in Istanbul, Turkey visited the School of Physiotherapy and Exercise Science at the request of Dr Andrew Lavender. Professor Türker completed a Bachelor of Dental Surgery at Ege University in Turkey and through his studies developed a fascination with the ability for people to talk and chew efficiently without injuring the soft tissue of the tongue and cheeks. This fascination led him to undertake a PhD at the Institute of Physiology, Glasgow University. For more than forty years Professor Türker has contributed hundreds of research articles on semi-automated functions such as chewing and walking and how these are controlled by a combination of cortical and reflex mechanisms.

During his visit to Curtin Professor Türker worked with Dr Andrew Lavender on two projects looking at cortical contribution to lower leg muscle activation during quiet standing and the effect of standing on a vibration platform on H-reflex of the soleus muscle. The pair spent several days in the lab during the two weeks Professor Türker was in Perth and performed several experiments for both projects. Dr Lavender plans to present the findings at the International Society for Electromyography and Kinesiology and European College of Sports Science conferences in July this year. While at Curtin, Professor Türker also presented talks on “Use and Abuse of Electromyography” on the 11 January and “Muscle Fatigue” on the 18 January. Both were well received by the staff and graduate students in the school. Professor Türker and Dr Lavender both expressed their thanks to the school for facilitating this visit and are planning future collaboration as a result of this scheme.

Dr Palsson escapes the snow to enjoy the West Australian coastline

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The City of Cockburn has a weight issue. Approximately 70% of adult residents are overweight or obese (placing the City 4% higher than the state average).

In an attempt to tackle this issue, Cockburn Integrated Health has developed a low-cost program that aims to centralise access to the varied health and exercise based services within the local community. Curtin University, through our presence at Cockburn ARC, has partnered with the City of Cockburn and other local health services to develop and deliver The Cockburn Healthy Lifestyle Program.

On Wednesday, 14 February, the program was officially launched at Cockburn ARC with much fanfare. Whilst local dignitaries were enjoying formalities and a free healthy lunch, the ESRS team consisting of Jess, Tom and five ESRS prac students were busy corralling 50 school-children from South Lake Primary School through a variety of fun active games and activities.

The ESRS students did a fantastic job promoting the fun side of physical activity and the kids had a blast which is evident in their feedback below!

- “I felt fast when I was sprinting. When I got my tag after it was like Christmas!”
- “I had so much fun doing all the activities. If felt great doing sports at the ARC”
- “I really enjoyed the vertical jump and trying to beat all my friends!”
- “I had a fantastic day. It seemed like everyone had a massive workout!”

Curtin ESRS will continue to provide exercise services as part of the Cockburn Healthy Lifestyle Program throughout 2018 and beyond.
ESRS Social Sports Competition

The ESRS team organised a social sports “welcome” for our students on Tuesday, 6 March with post game celebrations at the Tav.

Participants were a bit reluctant to follow Angela’s lead and start their warm up, but she soon took control of the situation and got them hopping (and their heart rates pumping!)

The games started with tunnel ball, and then the competition ramped up a notch or two with dodge ball, as you can see from the furious action in the photos. Editor’s Award picks (photos bottom left to right):

- **Best co-ordinated action**: Alicia MacDonald
- **Most hostile opponent**: Leni Masibaka
- **Most awkward throw**: Kevin Netto
- **Best feint play**: Catherine Wild

Thanks to the ESRS staff for organising this event and the students who took part.

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Dr Leo Ng—Approved Study Program

In the second half of 2017, Leo undertook an Approved Study Program (ASP). While building his research collaboration and providing presentations he visited:

- The Sixth Affiliated Hospital of Sun Yat-sen University (China)
- Zhongshan School of Medicine in Sun Yat-sen University (China)
- Monash University (Melbourne)
- Stanford University (California, USA)
- Bellarmine University (Kentucky, USA)
- University of Arkansas (Arkansas, USA)
- University of Arkansas for Medical Sciences (Arkansas, USA)
- Mt Sinai Hospital (New York, USA)

During his time in the United States, Leo was also able to catch up with colleagues from Bellarmine University in Louisville, with whom the School has had a strong student exchange program for many years, as well as Dr David Putrino (Curtin Alumni) at Mt Sinai Hospital.

So, what did Leo achieve:

- Conducted his ASP in nine cities
- Visited ten different institutions
- Attended more than 25 individual staff meetings
- Provided 11 presentations
- Submitted ten separate manuscripts
- Submitted a further three manuscripts post ASP
- Submitted one Teaching and Learning grant
- Developed three new research collaborations in Hong Kong, New York and HIVE, with more to come
- Continued his supervision of three PhD students
- Organised a committee for a symposium
- Organised two Alumni functions

What did he learn:

- Research demand is much higher at some universities
- Job security is underrated
- Innovations can improve quality of teaching while reducing staff time and cost
- Every workplace has it’s challenges
- Our School is a great place to work
- Appreciate how Curtin is ranked in the top 1% of universities around the world

And Personally ....

- 15 wonderful meetings with food
- Met some fantastic people
- Having another amazing daughter born in the middle of the program was the icing on the cake
Post ASP Presentation Port Appreciation

Following Leo’s interesting presentation on his Approved Study Program activities, and to facilitate networking and collaboration afterwards, Keith brought in some of his barrel port for staff to taste, together with a couple of examples of commercially available port. Back in Melbourne, Keith lived close to a winery that had an old cooper who purchased old oak barrels that had stored various types of alcohol (whisky, brandy) in them for many years. The cooper broke the large barrels down and made small barrels which were then filled with port. Over time, the port in the barrel interacts with the oak, and the original alcohol that was embedded in the oak (ie the whisky or brandy) imparts additional flavour to the port. The port barrels Keith brought sample in from have now had port in them for around 30 years, and the thickness, texture, flavour have all matured very well.

RESEARCHER IN PROFILE

Kevin Netto

1. In 25 words or less, tell us about your research.
   Optimising human performance biomechanically

2. What drove you to this / what motivates you to carry on?
   The challenge of making biomechanical findings meaningful

3. What is currently in your inbox / a project you are working on?
   Designing the next generation of sports garments.

4. Your best/most memorable/most outstanding publication and why?
   A group of publications with wearable sensors in sport. Realisation we could collect usable in-field data that could be translated rapidly.

5. If you weren’t researching, what would you be doing?
   Surfing in Hawaii or training for Kona.

Above Left: Leo presenting the highlights of his ASP
Below Left: Leo, Luke, Anthony, Elsa and Stephanie sampling Keith’s port

END OF NEWSLETTER

If you would like to contribute to our next newsletter
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