

# LASEM ANNUAL REPORT 2019

La Trobe Sport and Exercise  
Medicine Research Centre







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La Trobe University acknowledges that our campuses are located on the lands of many Traditional Custodians in Victoria and New South Wales. We recognise their ongoing connection to the land and value their unique contribution to the University and wider Australian society.

La Trobe University is committed to providing opportunities for Aboriginal and Torres Strait Islander people, both as individuals and communities, through teaching and learning, research and community partnerships across all our campuses.

The wedge-tailed eagle (*Aquila audax*) is one of the world's largest, and the Wurundjeri people – Traditional Owners of the land where our Melbourne campuses are located – know the wedge-tailed eagle as Bunjil, the creator spirit of the Kulin Nations.

There is a special synergy between Bunjil and the La Trobe University logo of an eagle. The symbolism and significance for both La Trobe and for Aboriginal people challenges us all to gamagoen yarrbat – to soar.

**Disclaimer:** Every effort has been made to ensure the information contained in this publication is accurate and current at the date of printing.

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# OVERVIEW

Our purpose is to lead, conduct and disseminate world class research to optimise an individual's chosen level of performance and participation in sport, exercise, physical activity, work, leisure, family and social life.

LASEM has a unique collaboration between clinical and sports science, which has the capacity to make a real and positive difference to the health, wellbeing, performance and participation of individuals and communities.

Sport, exercise and physical activity

play an important role in maintaining and improving physical, emotional and psychological health. La Trobe Sport and Exercise Medicine (LASEM) Research Centre's focus is to increase sport and exercise medicine knowledge through excellent collaborative research and translate knowledge to policy, practice, participation, health and wellbeing.

Optimising participation in active living is critical for health across the lifespan, and for those with health conditions. Equally important, is optimising performance in sport and exercise, which is vital to

minimise the health cost burden and maximise an individual's potential performance in their chosen activity.

To improve performance and participation across the lifespan, and across the spectrum from chronic disease to elite sport, we need further education, training and rehabilitation interventions designed to improve performance and participation of Australians and to understand the short-term and long-term benefits of prevention.



## Welcome Message from the Deputy Vice-Chancellor & Vice-President (Research and Industry Engagement)

The La Trobe Sport and Exercise Medicine (LASEM) Research Centre is one of La Trobe's high profile research centres. The Centre has an exceptional track record of conducting quality research, producing academic publications and translating that knowledge into the health sector, clinical practice, elite sport and the community, where it has a transformational impact in injury prevention, non-surgical interventions and improving quality of life.

I am pleased to report that GLA:D® Australia, an implementation program for Australians with hip and knee osteoarthritis, has now been rolled out to 1,139 physiotherapists, and been delivered to more than 5,000 Australians with hip and knee osteoarthritis. Their new Medical Research Future Fund (MRFF) Grant (\$184,184 2019-2020) will explore whether GLA:D® Australia can keep those awaiting joint replacement surgery out of hospital.

LASEM's partnership with the Australian Football League (AFL), Prep-to-Play Professional (an injury prevention program for elite female players in the AFL Women's), underwent a process evaluation in 2019. 90% of AFLW

clubs adopted Prep-to-Play and it was implemented at most training sessions. 85% of players and staff perceived the program as effectively reducing the risk of sustaining a serious knee injury while playing elite Australian Football. The partnership also broadened the initial scope, due to the rapid increase in female participation at a community level, and co-designed Prep-to-Play Community. Outcomes of both interventions will be measured in 2020 and beyond.

The Australian Ballet and LASEM have been investigating how to prevent injury to elite ballet dancers, shorten recovery times, and assist dancers to dance injury free. In 2019, the research team completed data collection (Posterior Ankle Impingement in Dancers project: 84 complete data sets (44 dancer, 40 athletes) and the Hip Muscle Size in Elite Dancer project); finalised and analysed data (Longitudinal Study of Professional Ballet Dancers' Hips project); and completed an intervention (Wellbeing in Dancers – a mindfulness intervention to promote wellness in TAB dancers).

Under the leadership of Professor Kay Crossley, LASEM produced an impressive volume of timely, real-world and impactful research. In 2019, the

Centre had 366 publications, a media audience of 4.3 million, and Centre members had 83 invited speaking appointments, including 9 keynotes. Importantly, I am proud of the Centre's commitment to the promotion and mentorship of women - in 2019, 88% of the Centre's external funding was awarded to female lead investigators, 56% of staff and 78% of professors are women, and 6 of 7 NHMRC early career/ TRIP fellows and 3 (100%) of NHMRC postgraduate scholars are women.

I look forward to a successful 2020 and seeing LASEM continue to build on its many achievements and initiatives, and producing research with impact and meaning for communities and individuals.

### Professor Susan Dodds



## Welcome Message from the Director

It is always a pleasure to reflect on our Centre, and what we have achieved together over the past twelve months. Our greatest achievement is that we bring together exceptional, enthusiastic, assiduous and clever people from within La Trobe University to create cross-disciplinary research collaborations and alliances with other institutions. We are well supported by our brilliant Centre Administration team, and by the leaders and staff in the School and College. 2019 marks the 4th year of La Trobe Sport and Exercise Medicine (LASEM) Research Centre.

In 2019, our research team published 366 peer-reviewed papers and brought in \$3,575,427 in external funding (55 projects), with a total Centre income of \$6,053,954. 45% of our peer-reviewed publications were with international co-authors. We participated in a three-day writing retreat, took part in clinical trials training and hosted seven international visitors. We held two symposia (*Early Osteoarthritis in the Athlete and Tendinopathy Head to Toe*), where our team collaborated with other experts to disseminate research findings to clinicians.

Our team had many achievements, which are acknowledged in this report, but I would like to highlight a few - Dr Andrea Mosler was awarded a NHMRC Early Career Fellowship, and Christian Barton was awarded a MRFF TRIP Fellowship. Dr Prasanna Sriharan was awarded a Visiting Scholar post at Stanford University National Centre for Simulation in Rehabilitation Research, Prof Hylton Menz won the Australian Podiatry Association Eminent Podiatrist Award, Dr Tania Pizzari won the APA Victorian Branch Physiotherapy Achievement Award and Dr Christian Barton was awarded the La Trobe University Research Excellence Award.

One of the greatest privileges for any academic is to be able to train the next generation of researchers. Collectively, we trained 48 HDR students in 2019, and six candidates completed their journey. Our candidates had opportunities to participate in regular diverse training sessions, writing retreats, and dedicated sessions from our visiting professors. They make an enormous contribution to the Centre.

As we stare into the future, I am ever grateful for the wonderful support, collegiality and laughter that our LASEM team bring each and every day and for the way that we come together to overcome challenges, making LASEM the vibrant and dynamic Centre that it is today.

### Professor Kay Crossley





# 2019 LASEM facts



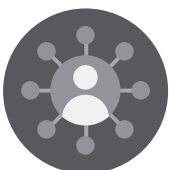
**366**  
publications



**\$6.05m**  
funding



**48**  
PhD students



**45**  
active projects



**83**  
invited speaking  
appointments



**9**  
keynotes



**206k**  
blog visitors



**\$1.9m**  
ASR value  
(value of media advertising space)



**90% of AFL**  
teams adopted  
Prep-to-Play



**88%**  
external funding  
to female lead  
investigators



**4.3m**  
total media  
audience



**5000**  
GLA:D  
participants



# LASEM ADVISORY BOARD

THE LASEM ADVISORY COMMITTEE PROVIDES STRATEGIC ADVICE ON THE CENTRE'S RESEARCH AGENDA

<b>LASEM Executive</b>	
Professor Kay Crossley (Chair)	Director, La Trobe Sport and Exercise Medicine Research Centre
Professor Peter Brukner	OAM, Professor, La Trobe Sport and Exercise Medicine (LASEM) Research Centre School of Allied Health, Human Services and Sport
<b>Internal University Staff (Or nominee)</b>	
Professor Rob Pike	Pro Vice-Chancellor, College of Science, Health and Engineering (SHE), La Trobe University
Professor Russell Hoye	Head of School, School of Allied Health, Human Services and Sport, La Trobe University
<b>External Advisors</b>	
Adjunct Research Fellow Darren Burgess	High Performance Manager – Melbourne Football Club, AFL
Professor Ewa Roos	Professor and Head of Research, Musculoskeletal Function and Physiotherapy and Center for Muscle and Joint Health, Department of Sports and Clinical Biomechanics, University of Southern Denmark
Professor Karim Khan	Professor and Clinician-Scientist, Department of Family Practice and the School of Kinesiology at the University of British Columbia
Adjunct Professor Craig Purdam	Former Deputy Director of Athlete Services and the Head of Physical Therapies at the Australian Institute of Sport (35 years, until 2017)
<b>Internal Advisors</b>	
Professor Hylton Menz	Internal Advisor: Podiatry; LASEM Executive
Professor Paul Gastin	Internal Advisor: Sport & Exercise Science; LASEM Executive
Associate Professor Jodie McClelland	Internal Advisor: Physiotherapy; LASEM Executive
Professor Kate Webster	Internal Advisor: SER RFA; LASEM Executive
<b>Secretariat</b>	
Marguerite Hawke	Senior Centre Administrator
Tara Amsterdam-Bagdas	Administration Officer

## Terms of Reference

- The Advisory Committee will provide strategic advice, particularly from an expert and external perspective, on partnership and engagement opportunities with the aim to facilitate achievement of the Research Centre's strategic objectives
- The Advisory Committee has an advisory role and is not a decision-making body
- The Advisory Committee will be strictly bound to conduct itself according to the existing legislation, policies and procedures of the University
- These Terms of Reference outline the purpose, objectives and governance arrangements of a Research Centre Advisory Committee and provide a template for centres



# FUNDING SUMMARY

**2% \$91,241**

Internal RFA and Big Bids funding

**30% \$1,815,968**

Internal University  
funding

**68% \$4,146,745**

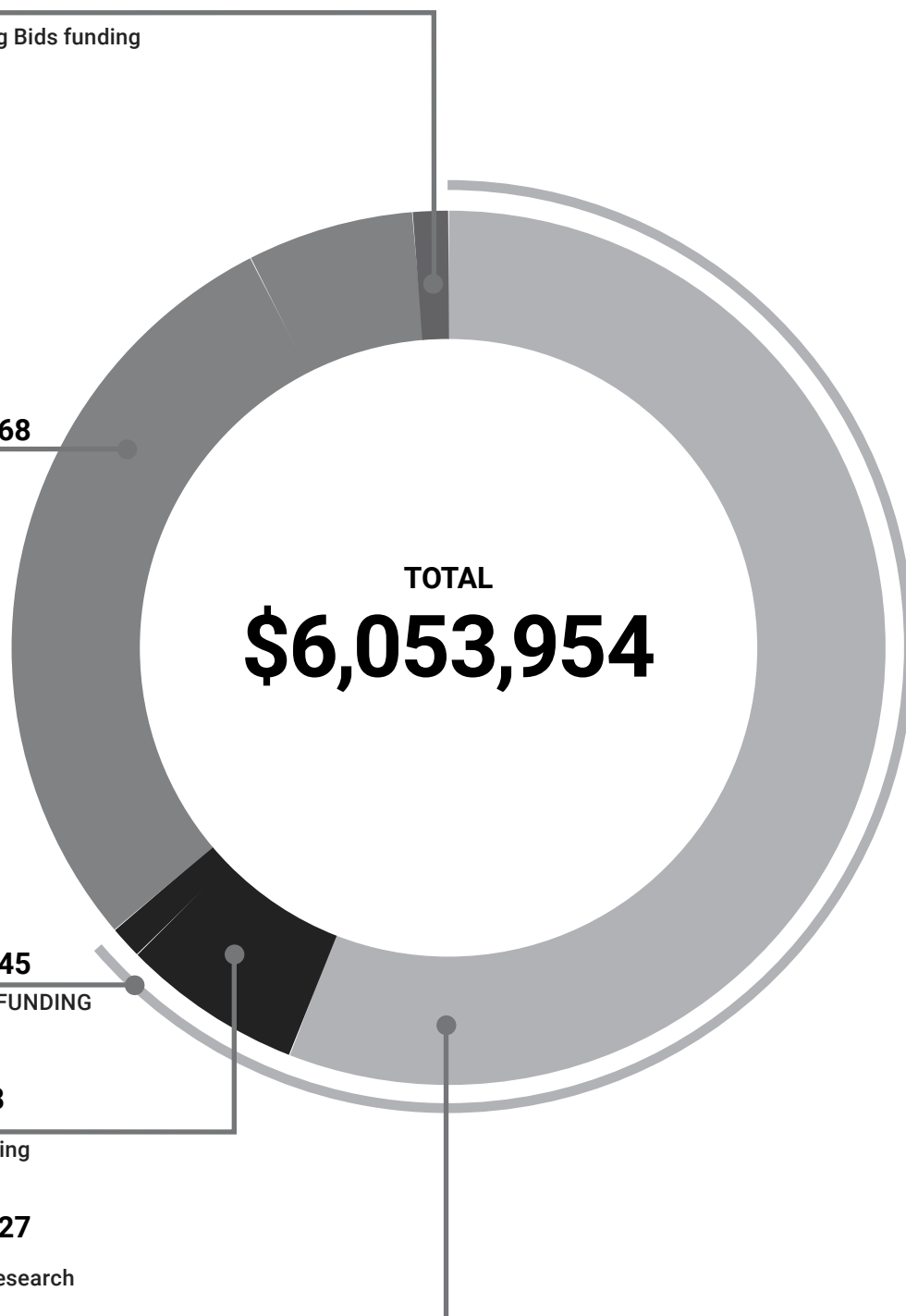
**TOTAL EXTERNAL FUNDING**  
Comprising:

**9% \$571,318**

Other external funding

**59% \$3,575,427**

Externally funded research  
projects



# LASEM STAFF

LASEM IS LED BY AN EXPERIENCED TEAM THAT UNDERSTANDS THE IMPORTANCE OF SCIENTIFIC INNOVATION AND TRANSLATABLE RESEARCH OUTCOMES

## Executive

Professor Kay Crossley, Director, LASEM Research Centre

Professor Jill Cook, LASEM Research Centre

Professor Peter Brukner, Adjunct Professor, LASEM Research Centre

Professor Paul Gastin, Head, Sports & Exercise Science

Professor Kate Webster, Director Sport Exercise and Rehabilitation Research Focus Area

Associate Professor Jodie McClelland, Physiotherapy

Professor Hylton Menz, NHMRC Senior Research Fellow

## Principal Research Fellow

Dr. Anthony Schache, LASEM Research Centre

## Senior Research Fellow

Dr. Joanne Kemp, NHMRC ECR, LASEM Research Centre

Dr. Christian Barton, MRFF TRIP Fellow, LASEM Research Centre

Dr. Adam Culvenor, NHMRC ECR, LASEM Research Centre

Dr. Ebonie Rio, NHMRC ECR, LASEM Research Centre

## Research Fellow

Dr. Clare Ardern, NHMRC ECR, LASEM Research Centre

Dr. Andrew Buldt, Research Fellow, LASEM Research Centre

Dr. Sean Docking, Research Fellow, LASEM Research Centre

Dr. Andrew Schaefer, Research Fellow, LASEM Research Centre

Dr. Danilo de Oliveira Silva, Research Fellow, LASEM Research Centre

Dr. Prasanna Sritharan, Research Fellow, LASEM Research Centre

Dr. Richard Johnston, Research Fellow, LASEM Research Centre

Dr. Andrea Mosler, NHMRC ECR, LASEM Research Centre

Dr. Narelle Cox, NHMRC ECR, LASEM Research Centre Adjunct

Dr. Dana Jazayeri, Research Fellow, Physiotherapy

Dr. Claire Willis, Research Fellow, Physiotherapy

Alesha Southby, Research Fellow, Physiotherapy

Dr. Harvi Hart, Adjunct Research Fellow, SAHHSS

Dr. Sue Slade, Casual Research Fellow, Physiotherapy

## Research Officer

Christian Bonello, Research Officer, LASEM Research Centre

Cathy Derham, Research Officer, LASEM Research Centre

Karen Dundules, Research Officer, LASEM Research Centre

Matt Francis, Research Officer, LASEM Research Centre

Mick Girdwood, Research Officer, LASEM Research Centre

Mel Haberfield, Research Officer, LASEM Research Centre

Zuzana Machotka, Research Officer, LASEM Research Centre

Av Kumar, Research Officer, LASEM Research Centre

Sally Coburn, Research Officer, LASEM Research Centre

Benjamin van Dorsselaer, Research

Officer, Physiotherapy

Jamie Allan, Casual Academic, Podiatry

Maria Auhl, Research Officer, Podiatry

## Academic Affiliates

### Professor

Professor Meg Morris, Professor of Clinical and Rehabilitation Practice, SAHHSS

Professor Nick Taylor, Physiotherapy

Professor Nora Shields, Physiotherapy

Professor Anne Holland, Professor of Physiotherapy & Research Director, SAHHSS

Professor Karl Landorf, Professor, Podiatry

### Associate Professor

Associate Professor Shannon Munteanu, Podiatry

Associate Professor Natasha Lannin, Adjunct Associate Professor, Occupational Therapy

### Senior Lecturer

Dr. Adrienne Forsyth, Senior Lecturer, Dietetics & Human Nutrition

Dr. Clare MacMahon, Senior Lecturer, Exercise Science

Dr. Adam Semciw, Senior Lecturer, Physiotherapy

Dr. Sarah Anderson, Senior Lecturer, Prosthetics & Orthotics

Matthew Oates, Director of Learning & Teaching, SAHHSS, Senior Lecturer Podiatry

Dr. Andrew Hahne, Senior Lecturer, Physiotherapy





## Lecturer

Dr. Ben Mentiplay, Lecturer, Biomech and Human Movement

Deenika Benjamin, Lecturer, Physiotherapy

Dr. Daniel Bonanno, Lecturer, Podiatry

Dr. Andrea Bruder, Lecturer, Physiotherapy

David Carey, Lecturer, Sports Analytics

Dr. Anthea Clarke, Lecturer, Sports and Exercise Science

Dr. Andy Govus, Lecturer, Sports and Exercise Science

Dr. Lachlan James, Lecturer, Sports and Exercise Science

Sally Mastwyk, Lecturer, Physiotherapy

Dr. Kane Middleton, Lecturer, Sports & Exercise Science

Dr. Casey Peiris, Lecturer, Physiotherapy

Dr. Tania Pizzari, Lecturer, Physiotherapy

Dr. Caroline Taylor, Lecturer, Physiology Anatomy & Microbiology

Dr. Matthew Varley, Lecturer, Sports & Exercise Science

Dr. Amy Dennett, Adjunct Lecturer, Physiotherapy

Alex Roberts, Lecturer, Sport Coaching and Development

Dr. Glen Whittaker, Lecturer, Podiatry

Dr. Matthew Cotchett, Lecturer, Podiatry

Dr. Joanne Wittwer, Lecturer, Physiotherapy

## Honorary

Adjunct Associate Professor Dr Ilana Ackerman, Associate Professor (Research), Clinical Epidemiology, Monash University

Adjunct Lecturer Dr Matthew Bourne, Research Fellow, Human Performance, Griffith University

Honorary Paul Coburn, Director, Mill Park Physiotherapy & Clinical Leader TAC & Worksafe

Honorary Adjunct Dr Natalie Collins, Chair of the Physiotherapy Research Foundation grant review committee, Lecturer in Physiotherapy, University of Queensland

Adjunct Associate Professor Dr David Connell, Medical Imaging & Radiation Sciences, Monash University

Honorary Adjunct Lecturer Randall Cooper, APA Specialist Sports and Exercise Physiotherapist, Olympic Park Sports Medicine Centre

Honorary Dr Eamonn Delahunt, Professor in the UCD School of Public Health, Physiotherapy and Sports Science, University College Dublin

Honorary Adjunct Professor Caroline Finch, Director, epidemiologist, researcher, Australian Centre for Research into Injury in Sport and its Prevention

Adjunct Senior Lecturer Dr Lauren Fortington, Senior Research Fellow, injury epidemiology and injury prevention, Federation University

Adjunct Associate Professor Dr Mark Gilheany, Senior Foot and Ankle Surgeon, The Foot and Ankle Clinic, East Melbourne

Adjunct Professor Karim Khan, Clinician-Scientist, Biology, Exercise & Health, Department of Family Practice, University of British Columbia

Honorary Adjunct Associate Professor Alex Kontouris, Lecturer, APA Sports Physiotherapist, Cricket Australia Sports Science & Sports Medicine Manager

Honorary Dr Laura Lallenc, Sport and Exercise Medicine Registrar, Olympic Park Sports Medicine Centre

Honorary Adjunct Associate Professor Dr Michael Makdissi, Sport & Exercise Physician, Olympic Park Sports Medicine Centre

Adjunct Research Fellow Dr Susan Mayes, Principal physiotherapist and medical team manager, The Australian Ballet

Adjunct Professor Christopher Nester, Research Director & Professor, Foot and Ankle Research Programme, Salford University, Manchester, UK

Adjunct Professor Ewa Roos, Associate Professor, Professor & Head of Research Musculoskeletal Function and Physiotherapy, Lund University, Sweden, University of Southern Denmark

Adjunct Professor Craig Purdam, Doctor of Science La Trobe University, Adjunct Professor University of Canberra

Adjunct Professor Julian Fellar, Melbourne orthopaedic surgeon, knee surgery, Orthosport Victoria, Epworth Hospital

## Administration

Marguerite Hawke, LASEM Senior Centre Administrator

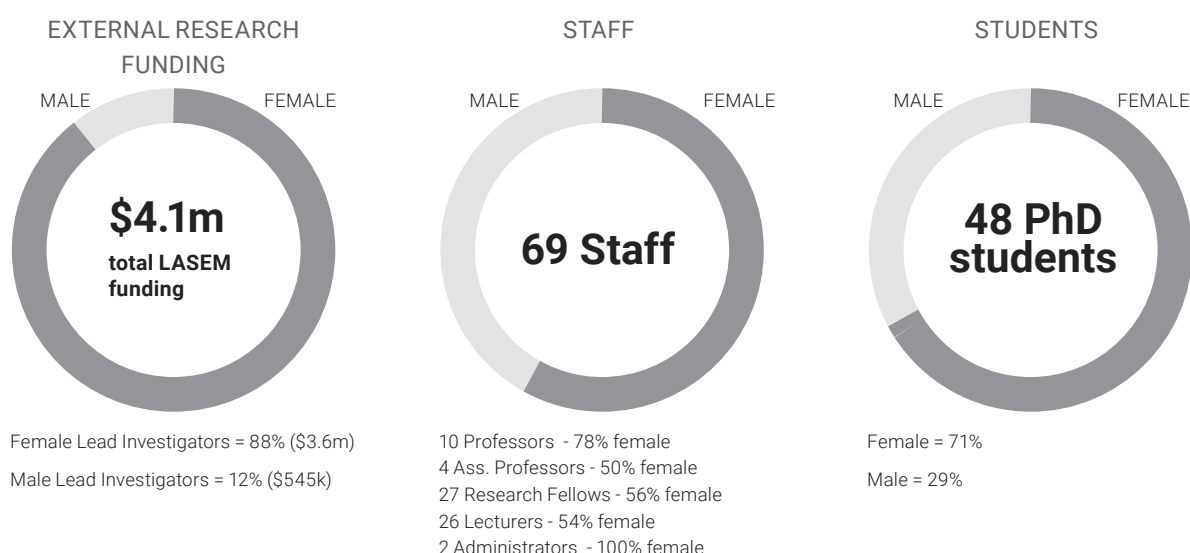
Ketha Ledchumanasarma, Senior Technical Officer

Tara Amsterdam-Bagdas, LASEM Administration Officer

# SUPPORTING WOMEN TO EXCEL IN SPORT AND EXERCISE MEDICINE RESEARCH

*88% of external funding was acquired by female lead investigators*

*>50% female representation in staffing, leadership roles, HDR students, and speaking appointments*



## DISSEMINATION

### Speaking appointments

60% of domestic and international invited speaking appointments were by female researchers.

67% of keynote speeches given were by female researchers.

### Teaching activities and symposia

6 out of 13 (46%) speakers at our *Early Osteoarthritis in the Athlete Symposium* (April 12 & 13) were female – guest speakers included Dr Jackie Whittaker (UBC, Canada), Professor Kay Crossley, Dr Andrea Mosler, PhD Candidate Brooke Patterson, Dr Jo Kemp, Dr Sue Mayes.

Female speakers comprised 5 out of 10 (50%) at our *The Head to Toe Tendinopathy Symposium* (August 30 & 31), hosted by LASEM experts, Dr Andrea Mosler, Dr Eboni Rio, Professor Jill Cook, Dr Tania Pizzari, and Dr Charlotte Ganderton - the event was sold out!

### Awards and Achievements

The 2019 NHMRC Fellowships and HDR Scholarships saw 2 out of 3 successful applications go to female researchers.

Dr Andrea Mosler won an early career fellowship from NHMRC to track the world's largest cohort of young, active people with hip pain who will be followed over the course of a 4-year prospective study.

Zuzana Machotka received an NHMRC Postgraduate Scholarship (valued at \$113,000). Zuzana will research muscle size & quality in active young adults with hip-related pain.

### Integration into Policy

The LASEM Women's Health in Sport and Exercise (WHISE) team, in partnership with AFL, co-created an injury reduction program (Prep-to-Play) for female community football

players. This program formed part of the National Guidelines for Female Football, and has been adapted for community level female football players. It is freely available online. These resources have had high engagement with community coaches, with >18,000 views (15,109 unique views), from a total of 22,500 community coaches.

### Media Coverage

Professor Kay Crossley, and PhD candidate Brooke Patterson contributed significantly to mainstream radio, print and online media stories regarding injuries in the AFLW, the influence of menstrual health and knee injury risk, and injury prevention in community female football.



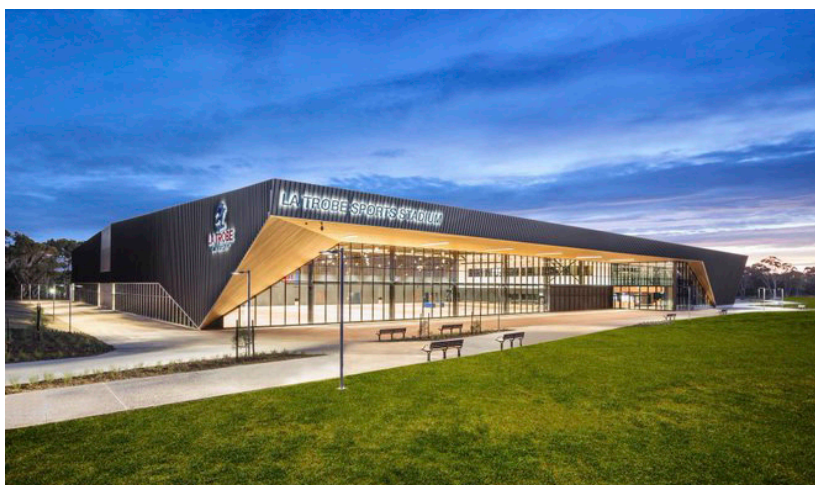
# SPORT & EXERCISE SCIENCE

In 2019, we enjoyed on-site inspections of the soon-to-be-completed La Trobe Sports Stadium, where we saw our brand new laboratories, teaching spaces, and offices. Our staff expertise in biomechanics, physiology, strength and conditioning, skill acquisition and coaching is now matched with state-of-the-art facilities.

Our researchers published over 65 peer-reviewed manuscripts and we recruited several new staff to the discipline (22 staff strong, including 2 research fellows, by 2020).

A large-scale grant was awarded to Kane Middleton and Paul Gastin from the Department of Defence (Human Performance Research Network, Defence Science and Technology Group) to investigate movement variability as a measure of physical resilience in Army recruits.

Our focus on women in sport and female athlete performance, led by Anthea Clarke, continued to gain momentum. Industry collaborations with the Australian Institute of Sport, Champion Data, Melbourne Rebels, Melbourne City



and Carlton football clubs continue to provide opportunities for translation of our research into practice.

Research examining low-cost technology for movement assessment and rehabilitation, led by Benjamin Mentiplay, included projects such as video gaming interventions to improve motor outcomes in children, and projects which used technologies such as LIDAR for gait

speed measurement and 3D cameras for physical function assessment.

The Sport & Exercise Science discipline has steadily increased the number of HDR students, with our first PhD student graduating in 2019, Dr Heidi Thornton.



## Research Team members:

Professor Paul Gastin

Dr Andrew Govus

Dr Benjamin Mentiplay

Dr Kane Middleton

Dr Lachlan James

Dr Clare MacMahon

Dr Anthea Clarke

Dr Matthew Varley

Alex Roberts

David Carey

# KNEE

In 2019, our knee research program made important discoveries to optimise the treatment of knee injuries and osteoarthritis.

In the KOALA study, we looked at a cohort of anterior cruciate ligament (ACL) injured athletes and identified factors that lead to persistent symptoms and the development of early-onset osteoarthritis. We then received an NHMRC project grant to evaluate the effect of an exercise and education program to improve symptoms and prevent osteoarthritis in young adults after ACL injury (SUPER KNEE study). Due to commence in 2020, this clinical trial will recruit 184 young athletes with an ACL reconstruction and follow their progress over 18 months.

Our FOOTPATH study, evaluating the effect of foot orthoses on knee pain and quality of life in people with



patellofemoral osteoarthritis, completed the final 12-month follow-up of its 160th participant. Data analysis is currently underway with results to be published soon. Longer-term follow-up will continue for another four years to understand the long-term prognosis.

Other 2019 projects include TRAIL, which evaluates the knees of recreational runners with and without a history of

knee surgery to determine whether running is good or bad for your knees. We are following changes in knee load, symptoms and structure in 150 runners over 2 years.

**Find out more about the team's work:**

<http://semrc.blogs.latrobe.edu.au/knee-pain/>

## Research Team members:

Dr Adam Culvenor

Professor Kay Crossley

Professor Hylton Menz

Associate Professor Shannon Munteanu

Dr Christian Barton

Dr Andrea Bruder

Dr Richard Johnston

Dr Danilo De Oliveira Silva

Brooke Patterson (PhD Candidate)

Jade Tan (PhD Candidate)

Milly Bell (PhD Candidate)

James Alexander (Masters by Research)

Thomas West

Melissa Haberfield



## Selected publications:

1. Crossley KM, van Middelkoop M, Barton CJ, Culvenor AG. (2019) Rethinking patellofemoral pain: prevention, management and long-term consequences. *Best Practice & Research in Clinical Rheumatology*. 33;48-65. <https://doi.org/10.1016/j.berh.2019.02.004>
2. Macri E, Patterson B, Crossley KM, ...Culvenor AG. (2019) Does patellar alignment or morphology predict worsening of patellofemoral disease within the first 5 years after ACL reconstruction. *European Journal of Radiology*. 113:32-8. <https://doi.org/10.1016/j.ejrad.2019.01.033>
3. Culvenor AG, ...Crossley KM. (2019) Prevalence of knee osteoarthritis features on magnetic resonance imaging in asymptomatic uninjured adults: a systematic review and meta-analysis. *British Journal of Sports Medicine*. 53;1268-78. <https://doi.org/10.1136/bjsports-2018-099257>
4. Collins NJ, Tan JM, Menz HB, ...Crossley KM. (2019). The FOOTPATH Study: protocol for a multicentre, participant- and assessor-blind, parallel group randomised clinical trial of foot orthoses for patellofemoral osteoarthritis. *BMJ Open*, 9(e025315). <https://doi.org/10.1136/bmjopen-2018-025315>
5. Tan JM, Menz HB, Crossley KM, Munteanu SE, Hart HF, Middleton KJ, ...Collins NJ (2019). The efficacy of foot orthoses in individuals with patellofemoral osteoarthritis: a randomised feasibility trial. *Pilot and Feasibility Studies*, 5;5. <https://doi.org/10.1186/s40814-019-0469-7>



# HIP

2019 saw the completion of four consensus papers from the 1st International Hip Pain Research Network Consensus meeting authored by Hip Research team members.

A number of hip-related projects are continuing within the Centre, including clinical trials of exercise therapy for hip pain, a cohort study of football players with hip and groin pain, and a collaborative study with the Australian Football League.

The PhysioFIRST study is a clinical trial examining the effectiveness of a targeted physiotherapist-led treatment (individually prescribed and progressed

exercise therapy and education) compared to a control treatment (standard exercise and education) in 164 people aged 18-50 years with hip pain. Assessment included surveys on the impact of pain on quality of life, biomechanics lab testing and MRI scans.

The FORCe Study is a longitudinal study examining the natural history of, and factors associated with, structural and symptomatic disease progression in football players with hip and groin pain. We are following 185 football players over time, with all participants expected to complete a 2-year follow up by mid-2020.



## Find out more about the team's work:

<http://semrc.blogs.latrobe.edu.au/hip-pain/>

## Research Team members:

Professor Kay Crossley	Joshua Heerey
Associate Professor Anthony Schache	Denise Jones
Associate Professor Adam Semciw	Mark Scholes
Dr Joanne Kemp	Sally Coburn
Dr Richard Johnston	Chris Stewart
Dr Andrea Mosler	Michael O'Brien
Dr Ben Mentiply	Zuzana Machotka
Dr Matthew King	Anthony Nasser
Dr Danilo De Oliveira Silva	Rita Kinsella
Dr Tania Pizzari	Mick Girdwood
Dr Prasanna Sritharan	Christian Bonello



## Selected publications:

1. Kemp JL, Risberg MA, Mosler AB, et al. Physiotherapist-led treatment for young to middle-aged active adults with hip-related pain: Consensus recommendations from the International Hip-related Pain Research Network, Zurich 2018. *British Journal of Sports Medicine* 2019;Online first <http://doi.org/10.1136/bjsports-2019-101458>
2. Impellizzeri FM, Jones DM, Griffin D, et al. Patient-reported outcome measures for hip-related pain: a review of the available evidence and a consensus statement from the International Hip-related Pain Research Network, Zurich 2018. *British Journal of Sports Medicine* 2020;Online first <http://dx.doi.org/10.1136/bjsports-2019-101456>
3. Reiman MP, Agricola R, Kemp JL, et al. Consensus recommendations on the classification, definition and diagnostic criteria of hip-related pain in young and middle-aged active adults from the International Hip-related Pain Research Network, Zurich 2018. *British Journal of Sports Medicine* 2019;Online first <http://doi.org/10.1136/bjsports-2019-101453>
4. Mosler AB, Kemp J, King M, et al. Standardised measurement of physical capacity in young and middle-aged active adults with hip-related pain: recommendations from the first International Hip-related Pain Research Network (IHIPRN) meeting, Zurich, 2018. 2020;54(12):702-10. <http://doi.org/10.1136/bjsports-2019-101457>
5. King MG, Heerey JJ, Schache AG, et al. Lower limb biomechanics during low- and high-impact functional tasks differ between men and women with hip-related groin pain. *Clinical Biomechanics* 2019;68:96-103. doi: <https://doi.org/10.1016/j.clinbiomech.2019.06.001>
6. Heerey JJ, Kemp JL, Mosler AB, et al. What is the Prevalence of Hip Intra-Articular Pathologies and Osteoarthritis in Active Athletes with Hip and Groin Pain Compared with Those Without? A Systematic Review and Meta-Analysis. *Sports Medicine* 2019;49(6):951-72. <https://doi.org/10.1007/s40279-019-01092-y>
7. King MG, Semciw AI, Schache AG, et al. Lower-Limb Biomechanics in Football Players with and without Hip-related Pain. *Medicine and science in sports and exercise* 2020 <http://doi.org/10.1249/mss.0000000000002297>
8. Lawrenson P, Hodges P, Crossley K, et al. The effect of altered stride length on iliocapsularis and pericapsular muscles of the anterior hip: An electromyography investigation during asymptomatic gait. *Gait & Posture* 2019;71:26-31. <https://doi.org/10.1016/j.gaitpost.2019.04.003>

# TENDON, PAIN & NEUROSCIENCE

In 2019, the Tendon and Neuroscience team published 44 articles, continued collaborations with the University of Calgary and University of Newcastle across the ongoing GE-NBA investigator grant, and published Arsenal Football Club Sports Science publications. Jill Cook, Ebonie Rio & Sean Docking were finalists in the inaugural La Trobe Excellence in Health Research and Translation Award.

## Tendon

Core projects included investigating the morbidity of patellar symptoms and health of tendons in junior basketball players (JuMPSHOT) and the prevention of symptoms in tendinopathy and understanding pathology (POSTUP). This included imaging and clinical assessment of 120 junior basketball players and the international recruitment of college basketball athletes across 23 Men's and Women's Canadian basketball teams.

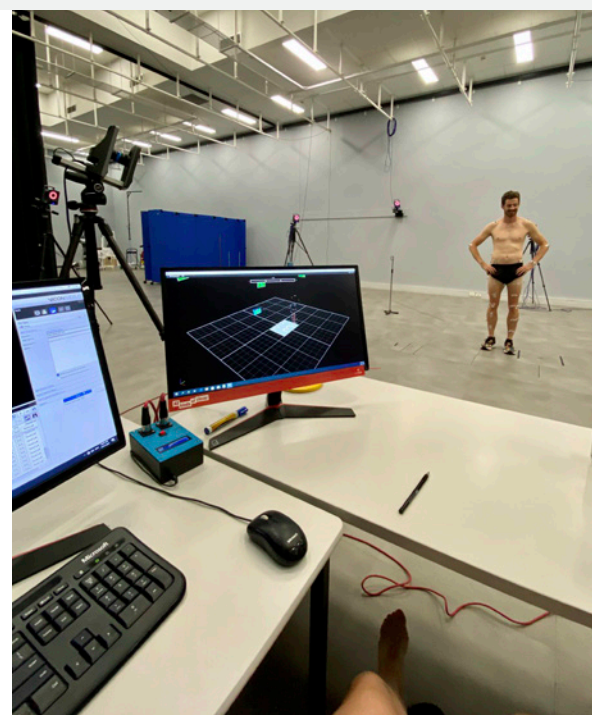
Experts including LASEM's Professor Cook, Dr Rio and Dr Docking were

involved in the International Scientific Tendinopathy Symposium Consensus (ICON) in Groningen Netherlands and published highly impactful findings related to (1) the reporting of participant characteristics in tendinopathy research (2) Core Outcome Domains for Tendinopathy and (3) appropriate Clinical Terminology.

PhD candidate Brodwen McBain received the Australian Hand Therapy Association scholarship for her study investigating clinical & sonographic characteristics of de Quervain's syndrome.

## Pain and neuroscience

The pain and neuroscience research area also achieved significant grant success, being awarded the La Trobe University RFA grant and the School of Allied Health, Human Services and Sport Strategic Research Grant. These funds have been used to investigate the novel research of using virtual reality in the management of musculoskeletal pain conditions. Specifically, research projects are evaluating the impact of



virtual reality training on the movement quality and pain responses in individuals with chronic knee pain. This may offer advancements in therapeutic treatment options and improved rehabilitation outcomes using technology. Further research collaborations in this field are analysing the nervous system in physically active individuals with and without a history of hamstring and/or adductor (groin) related injuries. This is being measured by transcranial magnetic stimulation (TMS) and quantitative sensory testing (QST), to determine how musculoskeletal injury affects the brain and neuromuscular system.

## Find out more about the team's work:

<http://semrc.blogs.latrobe.edu.au/tendinopathy-3/>

## Research Team members:

Professor Jill Cook  
Dr Ebonie Rio  
Dr Sean Docking  
Dr Andrew Schaefer

Madeline Hannington (PhD candidate)  
Brodwen McBain (PhD candidate)  
Meaghan Harris (PhD candidate – Newcastle University)

Mick Girdwood  
Christian Bonello  
Keith De Souza  
Matt Wirdham

## Selected publications:

1. Rio, E., Mc Auliffe, S., Kuipers, I., Girdwood, M., Alfredson, H., Bahr, R., ... Zwerver, J. (2019). ICON PART-T 2019—International Scientific Tendinopathy Symposium Consensus: Recommended standards for reporting participant characteristics in tendinopathy research (PART-T). *British Journal of Sports Medicine*, 54(11), 627-630. doi:10.1136/bjsports-2019-100957

2. Vicenzino, B., De Vos, R., Alfredson, H., Bahr, R., Cook, J., Coombes, B., ... Zwerver, J. (2020). ICON 2019—International Scientific Tendinopathy Symposium Consensus: There are nine core health-related domains for tendinopathy (CORE DOMAINS): Delphi study of healthcare professionals and patients. *British Journal of Sports Medicine*, 54(8), 444-451. doi:10.1136/bjsports-2019-100894

3. Scott, A., Squier, K., Alfredson, H., Bahr, R., Cook, J., Coombes, B., ... Zwerver, J. (2020). ICON 2019: International Scientific Tendinopathy Symposium Consensus: Clinical Terminology. *British Journal of Sports Medicine*, 54(5), 260-262. doi:10.1136/bjsports-2019-100885

# UPPER LIMB & MUSCLE INJURY

Continuing in 2019, the Subacromial Pain and Rotator Cuff (SPaRC) trial compares three types of exercise modes for the rehabilitation of people with shoulder pain. Shoulder disorders are a leading cause of pain and disability in our society and there is some evidence to suggest that a structured physiotherapy exercise program is an effective form of treatment, however knowledge of which specific types of exercises are most effective is lacking. The results of this trial will inform clinicians on the best exercises for the rehabilitation of subacromial or rotator cuff related pain.

Research project Getting More from Standard Rotator Cuff Strengthening Exercises examined muscle activity during modified exercises for the rotator cuff muscles of the shoulder. We highlighted that using an additional exercise band around the shoulder blade when performing rotator cuff strengthening facilitated greater muscle activity and could be useful for rehabilitation of shoulder conditions. This tool was published in 2019 and is available for use by clinicians and researchers.

The Isometric Exercise for de Quervain's Syndrome project is a clinical trial investigating two different exercise rehabilitation programs as an intervention for de Quervain's Syndrome, a painful condition that affects the tendons of the thumb.



## Research Team members:

Professor Jill Cook  
Dr Tania Pizzari  
Dr Ebonie Rio  
Dr Charlotte Ganderton  
Rita Kinsella (PhD candidate)

## Find out more about the team's work:

<http://semrc.blogs.latrobe.edu.au/upperlimb-pain/>

## Selected publications:

1. Ganderton C, Kinsella R, Watson L, Pizzari T, Getting more from standard rotator cuff strengthening exercises. December 2019 Shoulder & Elbow 12(3):1758573219888829 <https://doi.org/10.1177/1758573219888829>
2. Cardoso TB, Pizzari T, Kinsella R, Hope D, Cook JL. Current trends in tendinopathy management. Best Practice and Research: Clinical Rheumatology. 33:122-140. 2019. <https://doi.org/10.1016/j.berh.2019.02.001>.
3. Hope D, French J, Pizzari T, Hoy G, Barwood S. Patients Undergoing Shoulder Stabilization Procedures Do Not Accurately Recall Their Preoperative Symptoms at Short- to Midterm Follow-up. Orthopaedic Journal of Sports Medicine. 7. 2019 <https://doi.org/10.1177/2232596719851084>



# PARTICIPATION, PHYSICAL ACTIVITY & CHRONIC DISEASE



## Physical Activity

Despite physical rehabilitation, people with hip fracture lack confidence in their walking. The NHMRC funded project Motivational Interviewing to improve walking after Hip fracture (MIHip) commenced at Eastern Health and Peninsula Health in 2019 led by Prof Nick Taylor. The trial will determine whether 10 sessions of telephone-based motivational interviewing can increase people's confidence in walking and improve outcomes after hip fracture.

Older people in transitional care programs are often inactive, and need assistance to walk and complete daily tasks, but have limited access to physiotherapy. Dr Kate Lawler investigated physiotherapist-advised family assisted therapy and found that patients receiving family-assisted therapy almost doubled their number of daily steps and had significantly reduced activity limitations.

### Research Team members:

Professor Nicholas Taylor  
Professor Nora Shields  
Professor Luke Prendergast  
Dr Casey Peiris



## Chronic Disease

In the fight against metabolic syndrome, a team led by Dr Casey Peiris found that lifestyle intervention programs, including supervised exercise, improved outcomes and reduced prevalence. In other studies, the team recruited 200 participants to determine prevalence and profile individual needs at Eastern Health whilst evaluating health service outcomes for people with metabolic syndrome and osteoarthritis at Northern Health. Outcomes will inform development of tailored programs at local health services to prevent chronic disease.

Led by Dr Amy Dennett, the research group embedded an exercise-based rehabilitation program into an acute cancer centre in 2019 to give cancer patients early access to exercise information and support. The program has been popular with patients and outcomes will be analysed soon.

Dr Katherine Harding  
Dr Claire Willis  
Dr Amy Dennett  
Dr Judi Porter



## Participation

In 2019, work continued on Fittskills: A Community-university Partnership To Increase Exercise Participation Among Youth With Disability (NHMRC partnership grant \$1,076,320, 2017-2020), to assess whether the program which matches a young person with disability with a mentor from their community to exercise together, is feasible, effective and socially and economically useful.

An MRFF project grant was awarded for research trial Improving Muscle Strength in Young People with Prader-Willi Syndrome (NHMRC \$874,179, 2019-2021), which will test whether exercise improves muscle strength and muscle size in people with Prader-Willi syndrome and if it is cost-effective.

Dr Paul O'Halloran  
Dr Kate Lawler  
Ben van Dorsselaer  
Alesha Southby

### Selected publications:

1. Lawler K, Shields N, Taylor NF. 'Training family to assist with physiotherapy for older people transitioning from hospital to the community: A pilot randomized controlled trial', *Clinical Rehabilitation*. 2019;33(10):1-11.
2. Van Namen M, Prendergast L and Peiris CL. Supervised lifestyle intervention for people with metabolic syndrome improves outcomes and reduces individual risk factors of metabolic syndrome: A systematic review and meta-analysis. *Metabolism: Clinical and Experimental* 2019;101:153988.
3. Shields N, Willis C, Imms C, Prendergast L et al. FitSkills: Protocol for a stepped wedge cluster randomised trial of a community-based exercise program to increase participation among young people with disability. *BMJ Open* (Accepted)

# FOOT AND ANKLE

The foot and ankle team had a very productive 2019. Two of our members – Dan Bonanno and Glen Whittaker – completed their PhDs and graduated in December, with Dan being awarded the Nancy Millis Medal for his thesis on the use of foot orthoses for injury prevention during navy recruit training. Team members also completed work on NHMRC-funded randomised trials of shoe-stiffening inserts for first

metatarsophalangeal joint osteoarthritis (the SIMPLE trial) and foot orthoses for patellofemoral osteoarthritis (the FOOTPATH trial), as well as projects focused on the effectiveness of heel lifts for Achilles tendinopathy, pressure-relieving properties of different foot orthotic materials, foot structure and function in midfoot osteoarthritis, and imaging studies of plantar heel pain.

## Find out more about the team's work:

<http://semrc.blogs.latrobe.edu.au/foot-ankle-research/>



## Research Team members:

Professor Hylton Menz

Professor Karl Landorf

Associate Professor Shannon Munteanu

Dr Daniel Bonanno

Dr Glen Whittaker

Dr Matthew Cotchett

Dr Andrew Buldt

Chantel Rabusin (PhD candidate)

Jade Tan (PhD candidate)

James Gerrard (PhD candidate)

John Osborne (Masters by Research)

Merridy Lithgow

Jamie Allan

## Selected publications:

1. Whittaker GA, Munteanu SE, Menz HB, Gerrard JM, Elzarka A, Landorf KB. Effectiveness of foot orthoses versus corticosteroid injection for plantar heel pain: the SOOTHE heel pain randomised trial. *J Orthop Sports Phys Ther* 2019;49:491-500. <http://doi.org/10.2519/jospt.2019.8807>
2. Osborne JWA, Menz HB, Whittaker GA, Landorf KB. Muscle function and muscle size differences in people with and without plantar heel pain: a systematic review. *J Orthop Sports Phys Ther* 2019;49:925-933. <http://doi.org/10.2519/jospt.2019.8588>
3. Rabusin C, Menz HB, McClelland JA, Tan JM, Whittaker GA, Evans AM, Munteanu SE. Effects of heel lifts on lower limb biomechanics and muscle function: a systematic review. *Gait Posture* 2019;69:224-234. <https://doi.org/10.1016/j.gaitpost.2019.01.023>
4. Bonanno DR, Ledchumanasarma K, Landorf KB, Munteanu SE, Murley GS, Menz HB. Effects of a contoured foot orthosis and flat insole on plantar pressures and tibial loads while walking in defence boots. *Sci Rep* 2019;9:1688. <https://doi.org/10.1038/s41598-018-35830-5>
5. Tan JM, Menz HB, Crossley KM, Munteanu SE, Middleton K, Hart H, Collins NJ. The efficacy of foot orthoses in individuals with patellofemoral joint osteoarthritis: a feasibility study. *Pilot Feasibility Stud* 2019;5:90. <https://doi.org/10.1186/s40814-019-0469-7>

# PARTNERSHIP WITH THE AUSTRALIAN BALLET

The research collaboration between LASEM and The Australian Ballet (TAB) is investigating how to prevent injuries and improve recovery times for not only elite ballet performers, but for the wider community.

In 2019, the research team completed data collection (Posterior Ankle Impingement in Dancers project: 84 complete data sets (44 dancer, 40 athlete) and the Hip Muscle Size in Elite Dancer project); finalised and analysed data (Longitudinal Study of Professional Ballet Dancers' Hips project); completed an intervention (Wellbeing in Dancers – a mindfulness intervention to promote wellness in TAB dancers) and secured further funding (RFA grant for MRI scans for Posterior Ankle Impingement in Dancers and \$30,000 from TAB Philanthropy for 80 MRIs for a 2020 PhD Scholarship).

TAB Philanthropic funding was secured to employ a Partnership Research Fellow, with successful applicant, Dr Katia Ferrar, due to commence in March 2020. Distinguished Alumni, Bronwyn Schlotterlein has created a PhD Scholarship to undertake an investigation into the role of intrinsic foot muscles in foot pain in dancers, sports people and clinical populations (candidate commencing 2020).



**LA TROBE**  
UNIVERSITY



**THE AUSTRALIAN BALLET**



Valerie Tereshchenko, Senior Artist, The Australian Ballet. Dr Sue Mayes, Director, Artistic Health, The Australian Ballet. Professor Jill Cook, Sports Medicine Research, La Trobe University

## Find out more about the team's work:

<http://latrobe.edu.au/ballet>

## Research Team members:

Professor Jill Cook

Dr Sue Mayes

Professor Russ Hoye LTU\*

Professor Kay Crossley

Dr Andrew Garnham

Dr Scott Ruddock, School of Psychology and Public Health, LTU

Dr Paul O'Halloran, School of Psychology and Public Health, LTU

Dr Mandy Ruddock-Hudson, School of Psychology and Public Health, LTU

Dr Jason Lam, TAB

Dr Peter Smith

Dr Pam Kappelides LTU\*

Debbie Stuart

April-Rose Ferris

Sophie Emery, TAB

Paula Baird-Colt

\*funded by TAB Education and Outreach evaluation project

## Selected publications:

1. Harrison, C Ruddock S, O'Halloran P, Mayes S, Cook J & Ruddock-Hudson M (accepted June 2020), Wellness Monitoring for Professional Ballet Dancers: A pilot study. *Journal of Dance Medicine and Science*

2. Emery S, Cook J, Ferris AR, Smith P & Mayes S (2019) Hip flexor muscle size in ballet dancers compared to athletes, and relationship to hip pain. *Physical Therapy in Sport*, 38: 146-151.

3. Mayes S, Smith P, Stuart D & Cook J (Accepted March 2020) Joint hypermobility does not increase the risk of developing hip pain, cartilage defects or retirement in professional ballet dancers over 5 years. *Clinical Journal of Sport Medicine*

4. Mayes S, Smith P, Stuart D, Semciw A & Cook J (Epub ahead of print Feb 2020) Hip joint cartilage defects in professional ballet dancers: a 5-year longitudinal study. *Clinical Journal of Sport Medicine*.



# PREP-TO-PLAY

AFLW players have 9.2 times greater risk of a serious knee injury compared to men, and much higher risk than women in other elite sports (2-5 times higher). The AFL partnered with LASEM to develop an injury reduction program for elite female players - Prep-to-Play Professional (educational videos and manuals created for AFLW players, staff and high-performance medical teams, to prevent injury). In 2019, the program underwent a process evaluation.

In 2019, 9 out of 10 AFLW clubs adopted Prep-to-Play Pro and implemented

it, 92% of players received the player education manual (of which 81% read it), on average Prep-to-Play Pro was implemented between two to three times per week at training and 85% of players and staff perceived Prep-to-Play Pro as effective in reducing the risk of an AFLW player sustaining a serious knee injury while playing elite Australian Football.

LASEM is also developing an injury reduction program for coaches at a community level - Prep-to-Play Community.



## Selected publication:

Bruder, AM, Crossley, KM, Mosler, AB, Patterson, P, Haberfield M & Donaldson, A (2019) Engaging end-users to co-create a sport-specific anterior cruciate ligament injury risk reduction program for women: a Concept Mapping approach. Journal of Science and Medicine in Sport. <https://doi.org/10.1016/j.jsams.2019.10.019>

## Find out more about the team's work:

<https://coach.afl/female-football>

## Research Team members:

Professor Kay Crossley	Dr Ben Mentiplay
Dr Andrea Bruder	Brooke Patterson (PhD Candidate)
Dr Andrea Mosler	Mel Haberfield
Dr Alex Donaldson	

# GLA:D®

The success of our implementation program for Australians with hip and knee osteoarthritis continues to grow. Led by Dr Christian Barton, Dr Joanne Kemp and Professor Kay Crossley, more than 1,139 physiotherapists have now been trained to deliver education and exercise therapy to people with hip and knee osteoarthritis.

The program, Good Life with osteoArthritis from Denmark (GLA:D®), has now been delivered to more than 5,000 Australians. Evaluation of outcomes indicates significant improvements in pain, and quality of

life, and a reduction in the proportion of people desiring surgery for their hip or knee.

GLA:D® Australia is now offered in all states and territories, at 299 public and private physiotherapy settings. In 2019, we were awarded a Medical Research Futures Fund (MRFF) grant (\$1.34 million) to look at the effectiveness and cost-effectiveness of GLA:D® in combination with diet advice and behaviour change support, delivered in the community to people on pathways to joint replacement surgery.



## Research Team members:

Professor Kay Crossley  
Dr Christian Barton  
Dr Joanne Kemp

Matt Francis  
Karen Dundules  
Zuzana Machotka

## Find out more about the team's work:

<https://gladaustralia.com.au/>

# AWARDS & FELLOWSHIPS

**Dr Prasanna Sritharan** was awarded a Visiting Scholar post at Stanford University National Centre for Simulation in Rehabilitation Research (NCSRR) to develop a simulation pipeline to predict neuromuscular coordination patterns and joint forces in individuals with femoroacetabular impingement syndrome

**Professor Hylton Menz** won the Australian Podiatry Association Eminent Podiatrist Award, a Biennial award which recognises outstanding and highly significant contributions to the profession

**Dr Tania Pizzari** won the APA Victorian Branch Physiotherapy Achievement Award – Contribution to the Profession

**Dr Christian Barton** was awarded the La Trobe University Research Excellence Award

**Dr Tania Pizzari** was awarded fellowship to the Australian Sports Medicine Federation

**Dr Christian Barton** and the GLA: D team won a Medical Research Futures Fund (MRFF) grant (\$1.34 million) which will determine whether knee surgery can be avoided or significantly delayed by implementing a prescribed physiotherapy exercise and education program alongside diet support

**Dr Andrea Mosler** won an early career fellowship from NHMRC to track the world's largest cohort of young, active people with hip pain who will be followed over the course of a 4-year prospective study called Quality of life burden in active young adults living with hip-related pain

**Dr Andrea Bruder** won the Early Career Researcher Award at the 2019 World Congress on Science and Football for her presentation What are the critical components of an evidence-based knee injury risk reduction program for elite Australian Football players – a concept mapping approach

**Professor Karl Landorf** received the AAPSM Best Sports-Related Paper (Established Investigator) award for his work on heel pain imaging at the Australian Podiatry Conference

**Glen Whittaker** won the JFAR Best Research Paper award for his PhD study on the effectiveness of orthoses and corticosteroid injection for plantar heel pain at the Australian Podiatry Association conference

**Dr Adam Culvenor** was the Winner of the Best Paper in Clinical Sports Medicine at the Sports Medicine Australia conference for his presentation Functional recovery 1 year post-ACL reconstruction predicts future Quality Adjusted Life Years (QALY) in 3,187 patients

**Dr Sean Docking** (VIC) & **Dr Adam Culvenor** (NSW) were awarded 2019 Australian Fresh Scientists

LASEM Senior Centre Administrator **Marguerite Hawke** won a commendation award for Excellence in Customer Service at the College of SHE Professional and Administration Awards



# TEACHING & SEMINARS

LASEM STAFF AND STUDENTS ACTIVELY TEACH WITHIN THE UNIVERSITY AND EXTERNALLY. THIS REFLECTS THE IMPORTANCE OF KNOWLEDGE TRANSLATION AND IMPLEMENTATION OF RESEARCH AS A KEY FOCUS FOR LASEM. IN 2019, WE RAN A NUMBER OF HIGHLY SUCCESSFUL SEMINARS AND WORKSHOPS FOR CLINICIANS.

## Symposia, Courses and Professional Development

Early Osteoarthritis in the Athlete Symposium (April 12 & 13) – guest speakers included Dr Jackie Whittaker, Dr Rintje Agricola and Professor Emeritus Stefan Lohmander

The Head to Toe Tendinopathy Symposium (August 30 & 31), hosted by LASEM experts, sold out!

The RCT Workshop for Clinicians, with guest expert, Professor Robert Herbert, took place at The Alfred Hospital (April 23 & 24)

GLA:D courses SOLD OUT at Curtin University (June & July)

The GLA:D course at La Trobe University sold out (July) and a new milestone was reached – 1000 Australian physios now trained!

LASEM members attended a Media Workshop run by the La Trobe Media Team, on research knowledge translation, and a workshop with the Research Impact Team on research impact and applications beyond academia

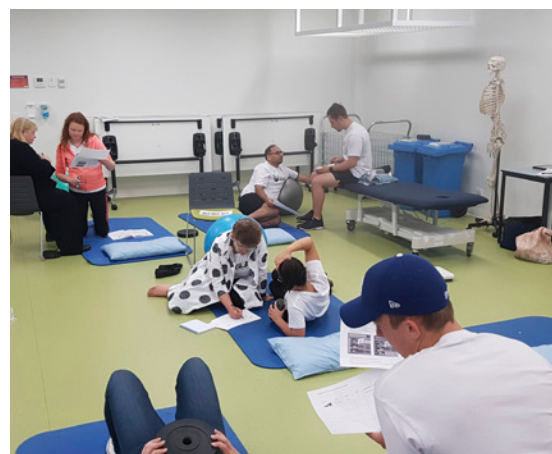
LASEM experts were guest lecturers at the La Trobe Sports Physiotherapy Masters Course

## Teaching Awards

**Dr Andrea Bruder** won a Vice-Chancellor's Award for Teaching Excellence for Learning to look after yourself - transforming Physiotherapy curricula through meaningful activities that promote health and wellbeing.

**Sally Mastwyk** (along with **Rachael McAleer**) won a Vice-Chancellor's Award for Teaching Excellence for From student to tutor: transforming physiotherapy students' learning utilising peer supported simulated practical classes.

The awards recognise staff who have demonstrated excellent teaching practice and have made outstanding contributions to student learning, student success and engagement within their discipline.





# HIGHER DEGREES BY RESEARCH

IN 2019, THERE WERE 50 HIGHER DEGREE BY RESEARCH STUDENTS AFFILIATED WITH LASEM. THE THESIS TOPICS OF HDR STUDENTS WERE WIDE-RANGING, FROM LABORATORY STUDIES EXAMINING BIOMECHANICS AND IMAGING IN FOOTBALLERS WITH HIP PAIN, THROUGH TO CLINICAL BASED PROJECTS LOOKING AT THE IMPLEMENTATION OF PHYSIOTHERAPY PROGRAMS FOR KNEE OSTEOARTHRITIS IN GP SETTINGS, EFFECTIVE TREATMENTS FOR HEEL PAIN AND THE EFFECTIVENESS OF EXERCISE IN CANCER. OUR STUDENTS PARTICIPATED IN NATIONAL AND INTERNATIONAL CONFERENCES, AS BOTH INVITED SPEAKERS AND ABSTRACT PRESENTERS.

## Awards

**Dr Daniel Bonanno** was awarded a Doctor of Philosophy and the Nancy Millis Medal - a prestigious award presented to outstanding PhD candidates

PhD student **Matt King** was the Winner of the John Sutton Award for Best Paper in Sport and Exercise Science (an early career researcher award) at the Sports Medicine Australia conference for Lower limb biomechanics of men and women with hip-related pain: do we need to consider sex in evaluating biomechanics?

PhD student **Brodwen McBain** was the Winner of the APA PRF Pitchfest (for promoting innovation) for her invention of a forearm splint called The Pronosupinator

PhD student **Brady Green** was the Winner of the ASICS medal for Best Paper and Winner of Best Paper in

Sports Injury Prevention at the Sports Medicine Australia conference for his work on factors that are predictive of return to play and re-injury following calf muscle strain injury

PhD student **Chantel Rabusin** received the Best New Investigator and Best Sports-Related Paper (New Investigator) award for her PhD work on the use of heel lifts for Achilles tendinopathy at the Australian Podiatry Association conference

PhD Student **Ben Tarrant** won two poster awards at this year's Alfred Week - Michael Hall Best Respiratory poster and Lucy Battistel Memorial – Best Allied Health Researcher Prize for his poster on The utility of the sit-to-stand test in acute hospital inpatients following lung transplantation

Honours student **James Janz** was the winner of the APA Board of Directors Student Prize

## Scholarships

**Mick Girdwood** and **Zuzana Machotka** were both successful in receiving an NHMRC Postgraduate Scholarship (each valued at \$113,000). In 2020, Zuzana will research muscle size & quality in active young adults with hip-related pain and Mick will investigate changes in the brain after injury: measuring corticospinal control of muscle and neuroplasticity following acute knee injuries



## 2019 Completions

Candidate	Subject	Supervisors	Date
Daniel Bonanno	Foot orthoses for the prevention of lower limb overuse injuries in military personnel	Hylton Menz, Shannon Munteanu, Karl Landorf	Jul-19
Glen Whittaker	The effectiveness of foot orthoses versus corticosteroid injection for plantar heel pain	Karl Landorf, Hylton Menz, Shannon Munteanu	Dec-19
Heidi Thornton	Monitoring athlete responses in team sports: methods and practical applications	Kane Middleton, Ben Dascombe, Grant Duthie	Feb-19
Katherine Lawler	Family-assisted therapy for older people transitioning from hospital to the community	Nicholas Taylor, Nora Shields	Feb-19
Liam Toohey	Subsequent injury in sport: classification and prevention of injury in athletic populations	Jill Cook, Michael Drew, Lauren Fortington, Caroline Finch	Apr-19
Narelle Wyndow	Patellofemoral Osteoarthritis: foot characteristics and interventions	Natalie Collins, Kylie Tucker, Bill Vincenzino, Kay Crossley	Mar-19

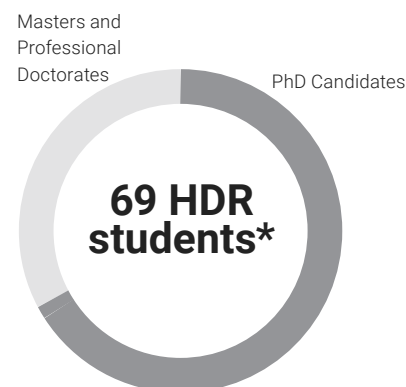


## Current LASEM PhDs

Angela Burge  
Anne Harrison  
Anthony Goff  
Anthony Nasser  
Benjamin Tarrant  
Bradley Thoseby  
Brady Green  
Brian Devitt  
Brodwen McBain  
Brooke Patterson  
Bruna Wageck  
Chantel Rabusin  
David Carey  
Deenika Benjamin  
Denise Jones  
Emma Schneider  
Genevieve Hendrey  
Hazel Heng  
Jade Tan  
James Gerrard

Jemma Coleman  
Joshua Heerey  
Katelyn Taylor  
Kathryn Hayes  
Kellie Emmerson  
Kim Jennings  
Laura Jolliffe  
Leanne Rees  
Lyndon Hawke  
Madeline Hannington  
Marg Perrott  
Margie Schache  
Mark Scholes  
Matthew King  
Melissa Mazzarino  
Michael O'Brien  
Milly Bell  
Natalie Fini  
Nathan Ward  
Nirmeen Hassan

Rachael McMillan  
Rachael Cowan  
Rita Kinsella  
Rebecca Peek  
Sally Coburn  
Sarah Gilmore  
Sarah Grimshaw  
Sirawee Chaovalit



\* 69 Higher Degree by Research (HDR) students supervised by LASEM members, including 48 PhDs, 15 Masters by Research and 6 Professional Doctorates

# MEDIA & KNOWLEDGE TRANSLATION

IN 2019 LASEM MEMBERS HAD A LARGE MEDIA PRESENCE, WITH OUR EXPERT INPUT INCREASINGLY SOUGHT AFTER

## Audience

4.3m

LASEM stories had 4.3 million audience members across TV, Radio, Online News and Print media. This is an estimate from isentia media metrics reports for 2019.

## ASR value

\$1.9m

ASR value is used to translate editorial content into monetary value by multiplying the space taken by the media coverage by the advertising buy rate.

206k  
blog visitors in 2019



1800  
facebook group members. +20%



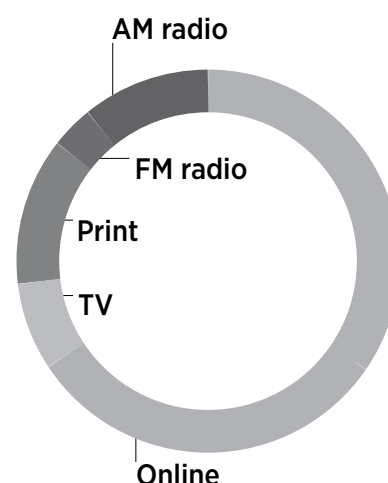
6500  
followers. +30%



## Noteworthy Media Audiences in 2019

Story	Star	Platform	Audience
Health experts are warning those aiming to work off some festive indulgence in the new year to take it slow to avoid injuries	Christian Barton	Radio	542,000
Australian researchers have developed a new treatment for pain which does not involve needle	Glen Whittaker	TV	483,000
According to sports scientist Dr Christian Barton, it's important people's goals to improve fitness this 2019 are realistic	Christian Barton	Radio	450,900
Knee Crisis Growing	Peter Brukner	Newspaper	306,571
ACL injury focus	Kay Crossley	Newspaper	303,140
Fancy footwork can keep you step ahead	Glen Whittaker	Newspaper	289,888
Can you go from 200m to 21km in two months?	Christian Barton	Online/ Newspaper	233,986
Interview with Brooke Patterson, AFLW player, Melbourne Football Club and LASEM researcher	Brooke Patterson	FM Radio	140,000
Interview with La Trobe University sports medicine professor Dr Peter Brukner	Peter Brukner	AM Radio	140,000
Interview with La Trobe University Sport and Exercise Research Centre Dr Christian Barton	Christian Barton	AM Radio	113,000
The AFL record that nobody wants	Kay Crossley, Peter Brukner, Brooke Patterson	Online/ Newspaper	82,398

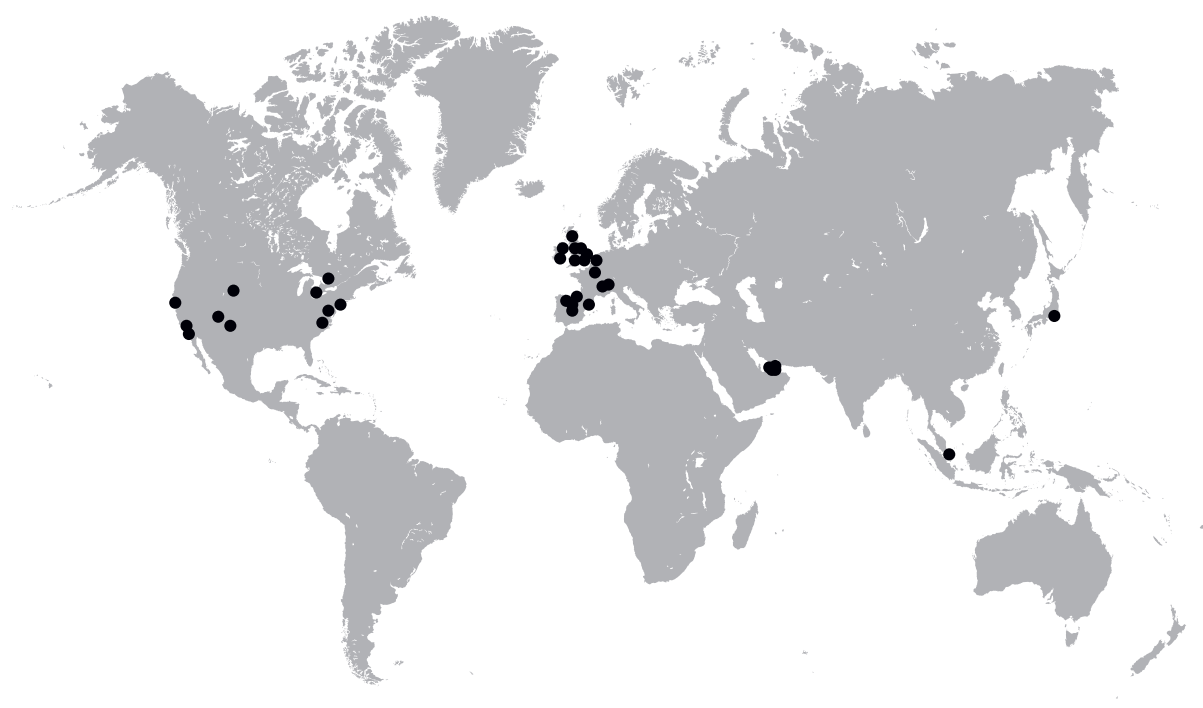
## Media breakdown



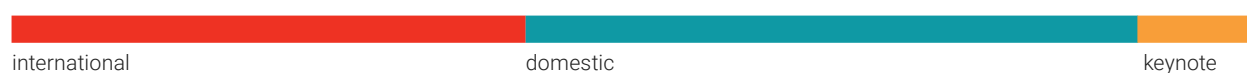


# RESEARCH DISSEMINATION

AT LASEM WE ARE PASSIONATE ABOUT TRANSLATING OUR RESEARCH TO THE COMMUNITY, INCLUDING HEALTH PROFESSIONALS AND THE BROADER PUBLIC



*\*Map shows International reach only*



IN 2019, LASEM MEMBERS UNDERTOOK 83 INVITED SPEAKING APPOINTMENTS, INCLUDING 9 KEYNOTES, 45 DOMESTIC APPOINTMENTS AND 38 INTERNATIONAL APPOINTMENTS\*.

## KEYNOTES

Professor Kay Crossley - the 3RD World Congress of Sports Physical Therapy (Canada)

Professor Jill Cook - the Barca Sports Medicine Conference (Spain)

Professor Hylton Menz - the Consortium for Human Locomotion Assessment Technology Conference (Japan)

Dr Jo Kemp - the International Society Hip Arthroscopy (ISHA) International conference (Spain)

Dr Ebonie Rio - the Barca Sports Medicine Conference (Spain)

Dr Peter Brukner - the 6th World Congress of Science and Medicine in Cricket (UK)

Dr Ebonie Rio - the College of Chiropractic Paediatrics 2019 Annual Conference

Professor Paul Gastin - the National Coach Development Conference

Professor Meg Morris - the Neurological Rehabilitation Symposium

# FUNDING DETAIL

Project	Total 2019
<b>Category 1 Australian Competitive Grants - NHMRC</b>	
Can shoe inserts reduce the burden of patellofemoral osteoarthritis?	106,340
Young adults with old knees: Prevalence of early-onset knee osteoarthritis following anterior cruciate ligament reconstruction and exploration of clinical risk factors	9,955
Femoroacetabular impingement and early arthritis	77,282
The Femoroacetabular Impingement Rehabilitation STudy (FIRST): A double-blind randomised controlled trial of physiotherapy for hip impingement	66,360
Patellofemoral osteoarthritis: the effect of foot orthoses	4,446
Chronic knee pain: neuroscience meets exercise for pain relief	70,155
Chronic knee pain: neuroscience meets exercise for pain relief	4,500
Implementing appropriate exercise therapy and education for Australians with knee osteoarthritis	71,591
Implementing appropriate exercise therapy and education for Australians with knee osteoarthritis	20,000
Quality of life burden in active young adults living with hip-related pain: a 4-year prospective study	62,360
Quality of life burden in active young adults living with hip-related pain: a 4-year prospective study	4,000
Optimising quality of life and participation in physical and sporting activity in young adults with hip pain.	14,821
Optimising quality of life and participation in physical and sporting activity in young adults with hip pain.	938
SUPER rehabilitation for young people with old knees	61,174
Back in the game: helping people successfully transition back to sport and active recreation after injury.	82,950
Increasing the use of intervention research evidence in acquired brain injury rehabilitation	8,209
Rehabilitation Exercise At Home (REAcH): Improving equity of access and patient related outcomes. A trial of telerehabilitation in chronic obstructive pulmonary disease (COPD)	69,958
Identifying strategies to reduce the risk of kneecap arthritis after knee reconstruction.	101,700
Fitskills: A Community-university Partnership To Increase Exercise Participation Among Youth With Disability	279,922
Fitskills: A Community-university Partnership To Increase Exercise Participation Among Youth With Disability	55,500
Improving outcomes for older people with musculoskeletal foot disorders	130,606
Improving outcomes for older people with musculoskeletal foot disorders	30,000
Effectiveness of Occupational Therapy Homevisits to Improve Participation after Stroke	280,293
A Public-Private Partnership to Reduce Falls in Australian Hospitals	188,806
Early HomeBase pulmonary rehabilitation after hospitalisation in chronic obstructive pulmonary disease	171,378
Improving muscle strength in young people with Prader-Willi syndrome	662,126
	<b>2,635,370</b>
<b>Category 2 - Other public sector research funding</b>	
Evaluation of video based motion capture for sports performance applications	16,750
Wearable sensors for the assessment of biomechanics in musculoskeletal research	9,000
Developing and pilot testing an AFLW knee injury risk reduction program (IRR Program) including testing the feasibility of the Interchanger App.	58,114
A Public-Private Partnership to Reduce Falls in Australian Hospitals	50,000
New approaches to obtaining and analysing data on individual player movement in Australian football	50,000
	<b>183,864</b>

Project	Total 2019
<b>Category 3 - Industry and other Research Funding</b>	
Patellar tendon pathology: its development and relationship with pain in elite basketball players.	87,656
Imaging and clinical factors associated with hip and groin pain in AFL players	30,000
Classification of differences in bony morphology between individuals with and without foot osteoarthritis using statistical shape modelling	5,000
The HAMI Study: Investigating Hamstring and Adductor Myotendinous Injury Risk Factors in Basketball	45,455
Imaging and clinical factors associated with hip and groin pain in AFL players	5,000
Community hip pain (CHIP) cohort study	5,000
Nutritional Practice in Elite AFL Competition	20,000
An innovative model of diabetes care for people in the Yarra Ranges	19,200
Novel methods of training load monitoring in elite Rugby Union	19,200
Argyrou PSP Fellowship - Designing Evidence Based Exercise Programs for People Living With Progressive Supranuclear Palsy, Informed by Consumers and International Research.	35,000
Experience of participating in amputee mobility clinics and the effect on mobility and quality of life: a mixed methods study.	10,176
A Public-Private Partnership to Reduce Falls in Australian Hospitals	70,000
Quantifying the Cumulative Head Impacts on Brain Tissue in Australian Rules Football Players	40,020
Quantifying the Cumulative Head Impacts on Brain Tissue in Australian Rules Football Players	5,000
OrthoSport Victoria Industry Collaboration	80,000
Dance Exercises for Parkinson's Rehabilitation: How Much is Enough?	60,000
Development and implementation of evidence-based stroke rehabilitation	133,985
Physical activity promotion by physiotherapists to promote health and wellbeing and prevent chronic disease	5,000
Improving muscle strength in young people with Prader-Willi syndrome	11,250
Improving muscle strength in young people with Prader-Willi syndrome	11,230
Validity of a Markerless Motion Capture System	37,634
Biomechanics of people with osteoarthritis of the midfoot while walking and undertaking functional tasks	20,388
	<b>756,192</b>
<b>Total Externally Funded Research Grants</b>	<b>3,575,427</b>
<b>Other external funding</b>	<b>571,318</b>
<b>Internal University Funding</b>	<b>1,907,209</b>
	<b>6,053,954</b>





## Visitors to LASEM

### Assistant Professor Jackie Whittaker

Department of Physical Therapy at *The University of British Columbia* and Research Scientist of Musculoskeletal Rehabilitation, at the *Arthritis Research Centre*. Adjunct Professor at the IOC funded Sport Injury Prevention Research Centre at the University of Calgary, and Associate Member of the Arthritis Research UK Centre for Sport, Exercise and OA.

### Professor Martin Hagglund

Professor of physiotherapy with a special interest in sports injury prevention at *Linköping University*, Department of Medical and Health Sciences (IMH) and a Member of @frgsweden PI for Sport Without Injury Programme @SWIPE.

### Professor May Arna Risberg

Professor in the Department of Sport Medicine, at the *Norwegian School Sport Sciences*. Chair of Norwegian Research Center for Active Rehabilitation (NAR) with the main research field within active rehabilitation and musculoskeletal injuries and disorders.

### Professor Ewa Roos

PhD and Associate Professor *Lund University, Sweden*. Professor and Head of Research, Musculoskeletal Function and Physiotherapy and Center for Muscle and Joint Health, Department of Sports and Clinical Biomechanics, *University of Southern Denmark*.

### Professor Emeritus Stefan Lohmander

Senior Professor in Orthopedic Surgery at the Department of Clinical Sciences at *Lund University, Sweden*. Former editor-in-chief of Osteoarthritis and Cartilage and past president of the *Osteoarthritis Research Society International (OARSI)*.

### Dr Rintje Agricola

Registrar in orthopaedic surgery at the *Erasmus University Medical Centre Rotterdam (Netherlands)*. He received his PhD on the aetiology of FAI syndrome in athletes during skeletal growth and its risk for development of OA in later life.

### Adjunct Professor Stuart Warden

Post-doctorates at the *Australian Institute of Sport* and *Indiana University* Department of Orthopedic Surgery. Professor of Physical Therapy and the Associate Dean for Research within the *Indiana University School of Health & Human Sciences*. Director of Musculoskeletal Function, Imaging and Tissue (MSK-FIT) Resource Core at *Indiana Center for Musculoskeletal Health*.

### Professor Robert Herbert

Senior Principal Research Scientist at *Neuroscience Research Australia (NeuRA)*. He conducts clinical trials investigating the effects of physiotherapy interventions. He also conducts a program of research investigating the passive mechanical properties of muscles. He is one of the founders of

PEDro and DiTA.

### Professor Steven McPhail

Professor in Health Services Research, *Queensland University of Technology*. Health service innovator, health economist, and researcher who leads the health management discipline. Academic Director of the *Australian Centre for Health Services Innovation (AusHSI)*.

### Dr Chris Napier

Physiotherapist and researcher who completed his PhD in Running biomechanics and injury prevention at the *University of British Columbia*. Currently completing a postdoctoral fellowship at Simon Fraser University in wearable technology for health and physical activity monitoring.

### Dr Mary O'Keeffe

Physiotherapist and *Marie Skłodowska-Curie Global Fellow* at *The University of Sydney*, which includes two years at the University of Sydney, a three-month secondment to *EFIC in Brussels in Belgium*, and nine months at the *University of Limerick in Ireland*.



# 2019 PUBLICATIONS

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- Andrew NE, Middleton S, Grimley R, Anderson CS, Donnan GA, Lannin N, Striol-Salama E, Grabsch B, Kilkenny MF, Squires JE, Cadilhac DA, (2019) Hospital organizational context and delivery of evidence-based stroke care: a cross-sectional study. *Implementation Science*, 14. <http://doi.org/10.1186/s13012-018-0849-z>
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- Arden CL, Dupont G, Impellizzeri FM, O'Driscoll G, Reurink G, Lewin C, McCall A, (2019) Unravelling confusion in sports medicine and sports science practice: a systematic approach to using the best of research and practice-based evidence to make a quality decision. *British Journal of Sports Medicine*, 53(1). 50-56. <http://doi.org/10.1136/bjsports-2016-097239>
- Arnold JB, Marshall M, Thomas MJ, Redmond AC, Menz HB, Roddy E, (2019) Midfoot osteoarthritis: potential phenotypes and their associations with demographic, symptomatic and clinical characteristics. *Osteoarthritis and Cartilage*, 27(4). 659-666. <http://doi.org/10.1016/j.joca.2018.12.022>
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- Barford KW, Feller JA, Hartwig T, Devitt BM, Webster KE, (2019) Knee extensor strength and hop test performance following anterior cruciate ligament reconstruction. *The Knee*, 26(1). 149-154. <http://doi.org/10.1016/j.knee.2018.11.004>
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