

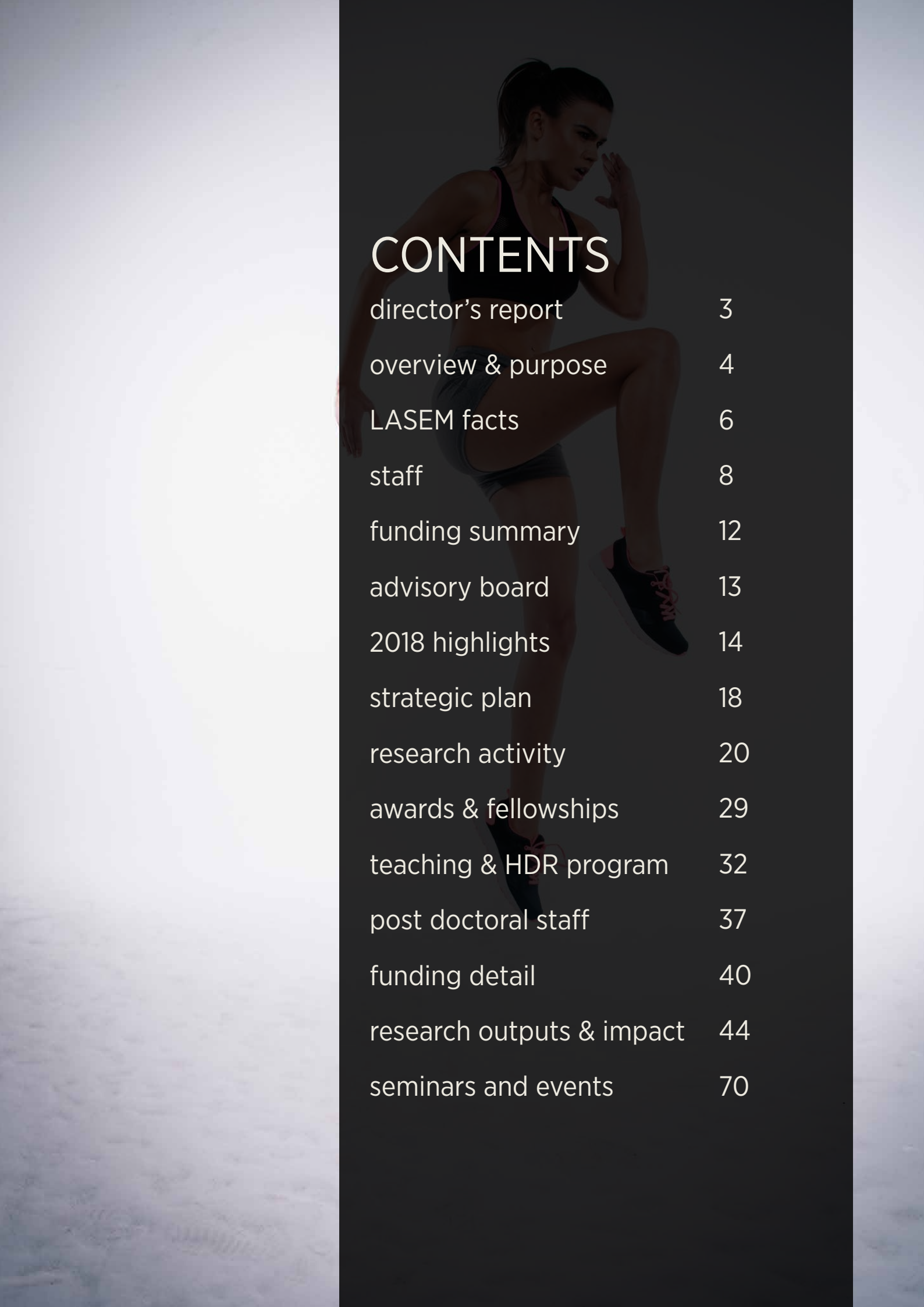


LA TROBE
UNIVERSITY

Sport and Exercise Medicine
Research Centre

Annual Report **2018**



A woman in athletic wear is running on a beach at sunset. The background is a soft, hazy sky with the sun low on the horizon, creating a warm, golden glow. The woman is in mid-stride, her hair tied back, and she is looking forward with determination. The overall mood is energetic and inspiring.

CONTENTS

director's report	3
overview & purpose	4
LASEM facts	6
staff	8
funding summary	12
advisory board	13
2018 highlights	14
strategic plan	18
research activity	20
awards & fellowships	29
teaching & HDR program	32
post doctoral staff	37
funding detail	40
research outputs & impact	44
seminars and events	70

message from the DIRECTOR

2018 was the third year of the La Trobe Sport and Exercise Medicine (LASEM) Research Centre, and marks significant milestones in our goal to lead, conduct and disseminate world class research, and to optimise an individual's chosen level of performance and participation in sport, exercise, physical activity, work, leisure, family and social life.

Our achievements align with our goal, including the amazing work of GLA:D Australia in training more than 500 physiotherapists nationwide to deliver an evidence-based intervention to improve performance and participation for many Australians living with hip and knee osteoarthritis (OA). Increasing access to evidence-based treatments for OA is our vision, and we are working with national and international collaborators towards competitive grant applications and conducting lobbying activities to achieve this.

We also extended our work with the Women's Health In Sport and Exercise

(WHISE) team - a cross-college collaboration with the Centre for Sport and Social Impact. We collaborated with the Australian Football League to develop and implement Prep-to-Play Pro, an injury prevention program for elite women's football, which was delivered to 7 of 8 teams in the 3rd AFLW season. We also adapted this program to the community female football player.

We formalised our research collaboration with The Australian Ballet, to improve the health and wellbeing of elite ballet performers, securing a further 3 years of research funding.

We were recognised as a Centre of Research Excellence by the International Olympic Committee (IOC), and selected as one of only 11 research centres worldwide to conduct research for the IOC.

But our largest achievement is our amazing staff. Our team of four NHMRC Early Career Fellows, an MRFF TRIP fellow, and five Post-Doctoral Fellows, are joined by staff from the School of Allied Health, Human Services and Sport, and are mentored by brilliant leaders in the School and in the broader La Trobe University setting. Together, we have published 300 peer-review publications, trained 60 Research



Higher Degree students, held regular professional development events, featured in the media, and published on our blog to disseminate our findings.

It is a pleasure to come to work each day. The Centre is well supported by our wonderful Centre Administrator, and by the leaders and staff in the School, the College and the University. My sincere thanks to everyone who makes LASEM such a vibrant and dynamic research centre, and I look forward to 2019.

Professor Kay Crossley

Director, LASEM

overview

The College of Science, Health and Engineering comprises 9 Schools and 16 Departments across La Trobe University's multi-campus operations. The School of Allied Health, Human Services and Sport comprises four Departments, two Clinics, and three Research Centres - La Trobe Centre for Sport and Exercise Medicine (LASEM), La Trobe Centre for Research Excellence in Aphasia Recovery and Rehabilitation and Living with Disability Research Centre.

Sport, exercise and physical activity play an important role in maintaining and improving physical, emotional and psychological health. 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 well-being.

People are becoming increasingly inactive, the population is ageing, and chronic diseases are on the rise. 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. Optimising participation and performance at an individual level is vital to minimise the health cost burden and maximise an individual's potential performance in their chosen activity.

Musculoskeletal health is vital to optimising performance in sport, exercise and physical activity, as well as participation in work, leisure, family, the community and social life. Musculoskeletal health can be compromised by physical and psychological factors, including injury and pain.

To improve performance and participation across the lifespan, and across the spectrum from chronic disease to elite sport, we need greater knowledge about the barriers to optimising participation and performance. We need evaluation of education, training and rehabilitation interventions, designed to improve performance and participation for all Australians. We also need to understand the short-term and long-term benefits of prevention and understand optimal ways to facilitate an individual's chosen level of participation and performance in sport, exercise and physical activity.



purpose

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.

profile

- LASEM is well recognised both within and outside of La Trobe University
- In those areas where we do well, our staff are world leaders
- We have sustained an ERA 5 in the Field of Research (FOR) 1106, and contribute to increasing La Trobe University's world ranking 4
- We are respected for our contribution to government and industry policy



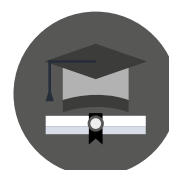
2018 LASEM facts



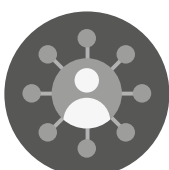
301
publications



\$5.1m
income



60
HDR students



46
active projects



62
staff & affiliates



72
invited
presentations



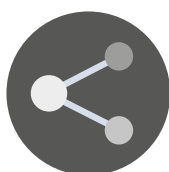
250k
blog visitors



\$1.2m
ASR value
(value of media advertising space)



\$3.7m
funded research



6500
followers



2.2m
TV views of
LASEM staff



4.8m
total media
audience



LASEM **staff** honorary

Executive

Professor Kay Crossley, Director

Professor Jill Cook, NHMRC Practitioner Fellow

Professor Hylton Menz, NHMRC Senior Research Fellow

Professor Peter Brukner, Adjunct Professor, Office of Allied Health, Human Services & Sport

Professor Meg Morris, Professor of Clinical and Rehabilitation Practice, Office of Allied Health, Human Services & Sport

Professor Paul Gastin, Professor and Head, Sports and Exercise Science, Office of Allied Health, Human Services & Sport

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

Associate Professor Michael Dillon, Head of Department

Professor Catherine Itsiopoulos, Head, School of Allied Health, Human Services and Sport

Principal Research Fellows

Dr Anthony Schache

Senior Research Fellows

Dr Joanne Kemp, NHMRC Early Career Research Fellow

Dr Christian Barton, TRIPP Research Fellow

Research Fellows

Dr Andrew Buldt

Dr Adam Culvenor, NHMRC Early Career Research Fellow

Dr Sean Docking

Dr Ebonie Rio, NHMRC Early Career Research Fellow

Dr Andrew Schaefer

Dr Andrea Mosler

Dr Prasanna Sritharan

Research Officers

Sally Coburn

Av Kumar

Christian Bonello

Chris Calebrese

Keith De Souza

Cathy Derham

Karen Dundules

Seb Evans

Matt Francis

Mick Girdwood

Mel Haberfield

Stephanie Kelly

Peter Lawrenson

Zuzana Machotka

Michael O'Brien

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

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

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

Adjunct Lecturer Mr 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 Visiting Fellow Mr Ernest Esteve, Co-Director, SPORTCLINIC, Girona, Catalonia and Lecturer

Honorary Visiting Fellow Ms Marcella Ferraz Pazzinatto, Universidade Estadual Paulista (UNESP), FAPESP Research Fellow, patellofemoral pain

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

Adjunct Senior Lecturer Dr Lauren Fortington, Senior Research Fellow,



academic affiliates

Federation University, injury epidemiology and injury prevention

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

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

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

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

Honorary Dr Christian Osadnik, Lecturer, Physiotherapy, Monash University

Honorary Mr Jorge Rodriguez Palomino, Research Fellow, Knowledge Translation

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

Professors

Professor Nick Taylor, Physiotherapy

Professor Nora Shields, Physiotherapy

Professor Anne Holland, Physiotherapy

Associate Professors

Associate Professor Shannon Munteanu, Podiatry

Associate Professor Karl Landorf, Podiatry

Associate Professor Natasha Lannin, Occupational Therapy

Research Fellows

Dr Clare Ardern, NHMRC Research Fellow

Dr Narelle Cox, NHMRC Research Fellow

Dr Dana Jazayeri, Research Fellow, Office of Allied Health, Human Services & Sport

Dr Sue Slade, Senior Research Fellow, Physiotherapy

Dr Claire Willis, Research Fellow, Physiotherapy

Senior Lecturers

Dr Clare MacMahon, Senior Lecturer, Exercise Science

Dr Jodie McClelland, Senior Lecturer, Physiotherapy

Dr Adam Semciw, Senior Lecturer, Physiotherapy

Dr Jon Ford, Senior Lecturer, Physiotherapy

Dr Adrienne Forsyth, Senior Lecturer, Dietetics & Human Nutrition

Lecturers

Deenika Benjamin, Lecturer, Physiotherapy

Dr Daniel Bonanno, Lecturer, Podiatry

Dr Andrea Bruder, Lecturer, Physiotherapy

Dr Anthea Clarke, Lecturer, Sports and Exercise Science

Dr Andy Govus, Lecturer, Sports and Exercise Science

Dr Lachlan James, Lecturer, Sports and Exercise Science

Dr Matthew Varley, Lecturer, Sports & 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

Research Officers & Casuals

Benjamin van Dorsselaer, Research Officer, Physiotherapy

Jamie Allan, Casual Academic, Podiatry

Maria Auhl, Research Officer, Podiatry

Dennis Phan, Research Officer, LASEM Research Centre

Luke Surkitt, Casual Academic, Physiotherapy

LASEM staff

executive



Professor Kay Crossley, Director, LASEM Research Centre



Professor Jill Cook, LASEM Research Centre



Professor Hylton Menz, NHMRC Senior Research Fellow, LASEM Research Centre



Professor Paul Gastin, Head, Sports and Exercise Science, Office of Allied Health, Human Services & Sport



Professor Catherine Itsiopoulos, Head, School of Allied Health, Human Services and Sport



Professor Peter Brukner, Adjunct Professor, LASEM Research Centre



Professor Meg Morris, Professor of Clinical and Rehabilitation Practice, Office of Allied Health, Human Services & Sport



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



Assoc. Professor Michael Dillon, Head of Department, Rehabilitation, Nutrition and Sport

post doctoral researchers



Dr Ebonie Rio, NHMRC Early Career Research Fellow, LASEM Research Centre



Dr Joanne Kemp, Senior Research Fellow, NHMRC Early Career Research Fellow



Dr Christian Barton, Senior Research Fellow, TRIPP Research Fellow, LASEM Research Centre



Dr Anthony Schache, Principal Research Fellow, LASEM Research Centre



Dr Adam Culvenor, NHMRC Early Career Research Fellow, LASEM Research Centre



Dr Sean Docking, Research Fellow, LASEM Research Centre



Sue Mayes, Adjunct Research Fellow, LASEM Research Centre



Andrea Mosler, NHMRC Early Career Research Fellow, LASEM Research Centre



Dr Andrew Schaefer, Research Fellow, LASEM Research Centre



Dr Andrew Buldt, Research Fellow, LASEM Research Centre



Dr Prasanna Sritharan, Research Officer, LASEM Research Centre

research officers



Sally Coburn, Research Officer, LASEM Research Centre



Av Kumar, Research Officer, LASEM Research Centre

funding summary

1%

La Trobe Research Focus Area funding

2%

Other external sources

4%

Other public sector
research funding

15%

Other
Income

23%

La Trobe University

55%

Australian
competitive
grants

TOTAL
\$5,103,182

More detail is available on page 40

advisory board

EXTERNAL EXPERTS

Dr Darren Burgess, Director of High Performance at Arsenal Football Club, United Kingdom

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

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

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)

LA TROBE UNIVERSITY STAFF

Professor Russell Hoye, Pro Vice-Chancellor (Research Development) La Trobe Sport, La Trobe University

Professor Robert Pike, Pro Vice-Chancellor, College of Science, Health and Engineering (SHE), La Trobe University

Professor Miranda Rose, Associate Pro Vice Chancellor - Research, College PVC (SHE) Office

Professor Catherine Itsiopoulos, Head of School, School of Allied Health, Human Services and Sport, La Trobe University

Professor Peter Brukner OAM, MBBS, FACSP, FASMF, FACSM, FFSEM Professor, La Trobe Sport and Exercise Medicine (LASEM) Research Centre

Professor Paul Gastin, Head, Sport and Exercise Science, School of Allied Health, La Trobe University

Professor Hylton Menz, NHMRC Research Professor, School of Allied Health, La Trobe University

2018 highlights

GLA:D® Course Improves Pain



Our implementation program for Australians with hip and knee osteoarthritis has been more successful than we could have imagined. Led by Dr Christian Barton, Dr Joanne Kemp, Professor Kay Crossley, and more than 20 amazing tutors, more than 500 physiotherapists were trained in 2018 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 2000 Australians, with preliminary evaluation of outcomes indicating significant improvements in pain, function and joint related quality of life. It was also great to see the program being discussed on National News (Channel 7) and SBS Insight in 2018 – this shows LASEM's push for improved access to non-surgical care for

Australians with osteoarthritis is being heard. GLA:D® Australia is now offered in all states and territories, in more than 250 public and private physiotherapy settings. With more than 2 million Australians currently managing osteoarthritis, we look forward to seeing how many of them this program can help in the future. <https://gladaustralia.com.au/glad-australia-training-courses/>

Funded by: Medical Research Future Fund (MRFF), Translating Research into Practice (TRIP) Fellowships Scheme, External course fees

Researchers: Kay Crossley, Christian Barton, Joanne Kemp, Zuzana Machotka, Matt Francis, Karen Dundules

Grant No.: GNT1175374

Preventing Injuries for Female Football Players

The Australian Football League Women's (AFLW) competition, launched in 2017, enabled women to compete in an elite competition for the first time. Whilst there is limited published evidence on the prevalence of injuries in female community football, it is perceived by the community as being a high-risk sport for injury, which may be a barrier to participation. Reports confirm 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). This led the AFL to take immediate action and partner with LASEM, to develop an injury reduction program for elite female players. LASEM's research culminated in *Prep to Play: Professional*, educational videos and manuals created for AFLW players, and high performance and medical teams, to prevent injury. In 2019, the program will undergo a process evaluation and be disseminated to new AFLW clubs in 2020.



Due to the rapid increase in female participation at a community level, there was also an immediate need to provide guidelines, resources and educational support for community-level coaches via a centrally driven, top-down approach. LASEM has ongoing projects with the AFL to develop injury surveillance methods, and an injury reduction program, *Prep to Play: Community*.

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

Funded by: RFA Grant, AFL Research Board

Researchers: Kay Crossley, Andrea Bruder, Brooke Patterson, Mel Haberfield, Andrea Mosler, Alex Donaldson, Ben Mentiplay



LASEM and The Australian Ballet Collaborate!

The exciting research collaboration between LASEM and The Australian Ballet is investigating how to prevent injuries to elite ballet performers and decrease recovery times, with the aim of increasing the ability of the dancers to dance injury-free. LASEM has 3 ongoing projects with The Australian Ballet.

We are investigating the hip joint health of dancers over 5 years with magnetic resonance imaging (MRI). We found that continued dancing was not detrimental to the hip joint, despite large loads and large ranges of movement placed on hip joints.

The wellness project followed dancers over 3 months and recorded their sleep, stress and fatigue. In 2019, this project will look at mindfulness training, and examine its impact on dancers' wellbeing.

Dancers spend a lot of their time on their toes and the ankle joint must withstand loads from repeated jumping and landing. The ankle project investigated the posterior ankle - the part of the joint that

is placed under most load when the toes are fully pointed. This part of the joint can be affected in ballet but also in sports such as cricket (fast bowling) and soccer. This project imaged the ankle in men and women who dance and play these sports, and clinically examined the joint and recorded episodes of pain.

Funded by: RFA Grant, The Australian Ballet

Researchers: Jill Cook, Sue Mayes



LASEM Receives Olympic Recognition

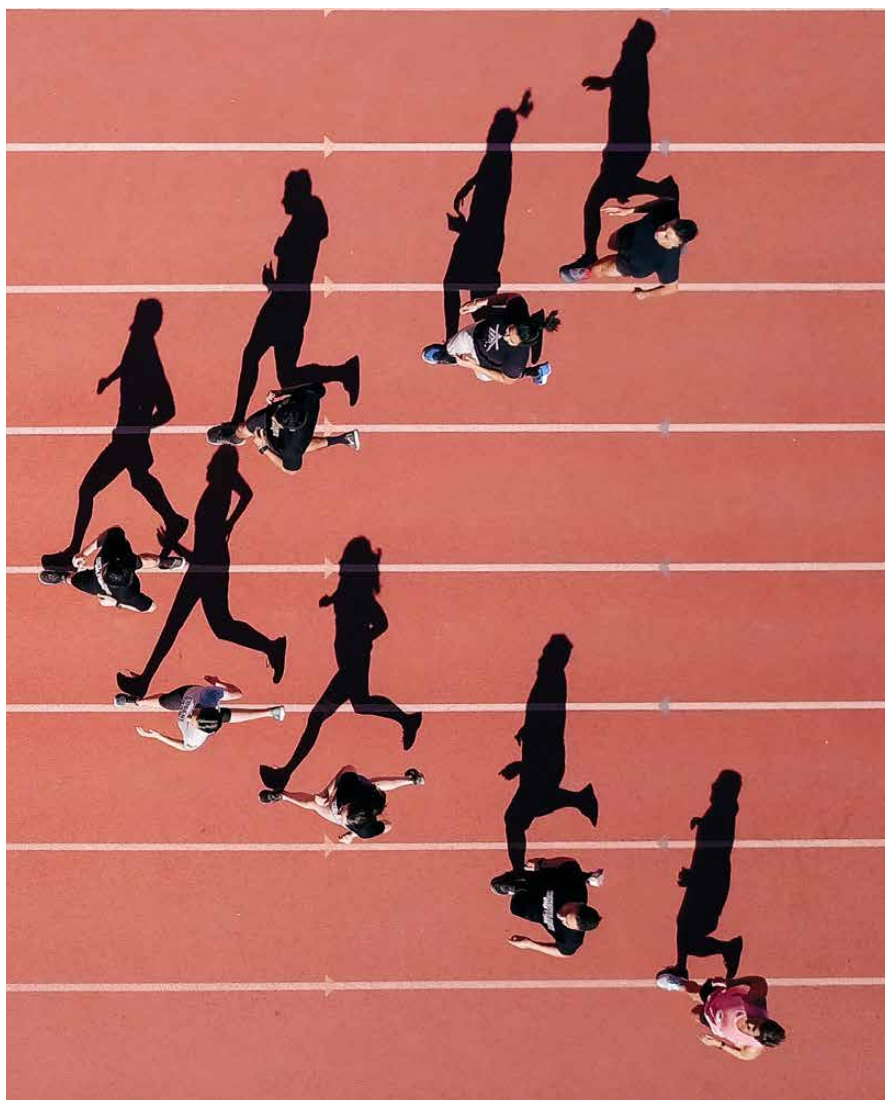
LASEM was one of only 11 research centres worldwide to be selected for the International Olympic Committee (IOC) to conduct research into the prevention and treatment of sports injuries and illnesses. The La Trobe University Sport and Exercise Medicine Research Centre (LASEM), and the Australian Centre for Research into Injury in Sport and its Prevention (ACRISP) at Edith Cowan University, were chosen by the IOC to become the only Australian members of the International Olympic Committee Medical Research Network.

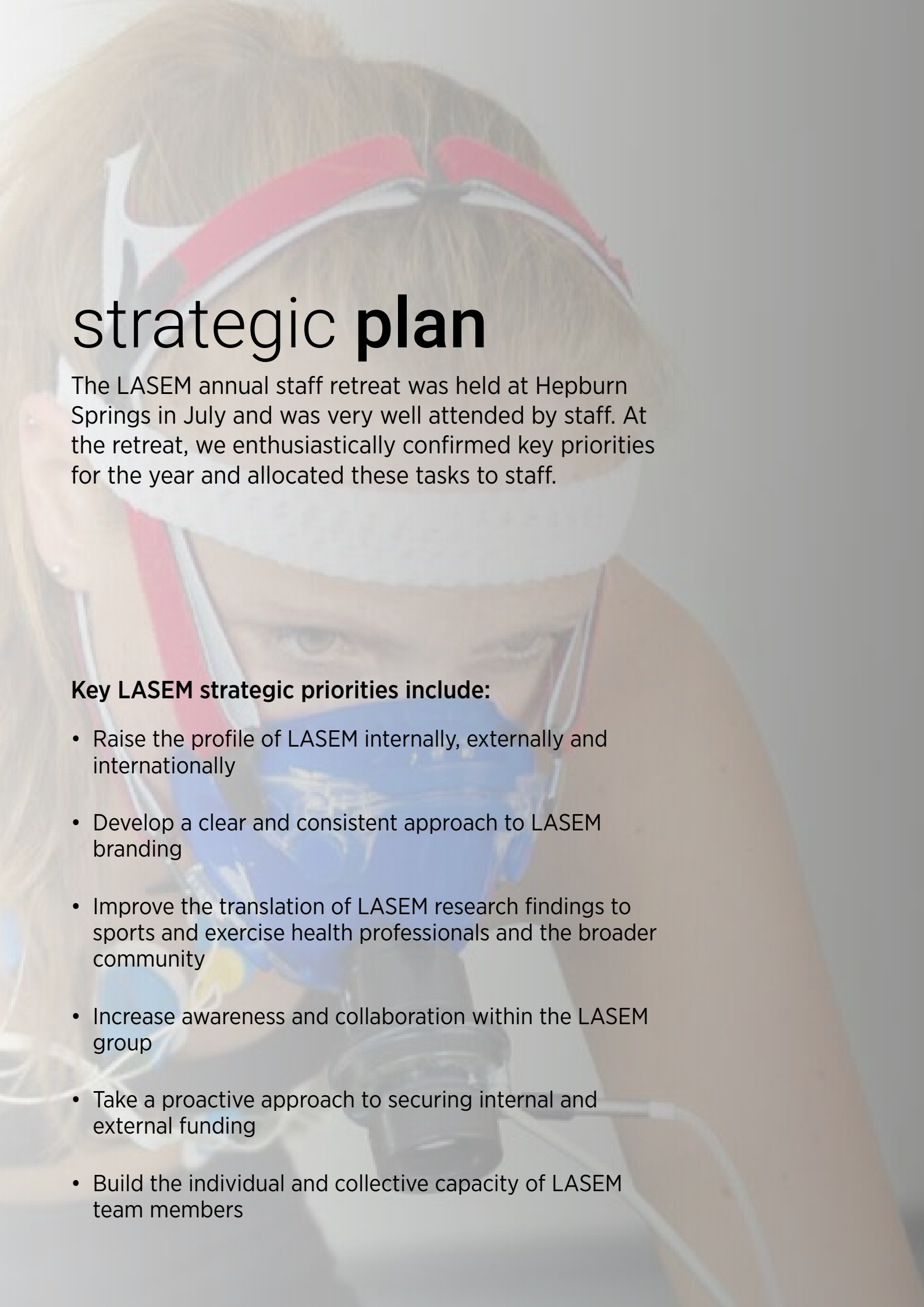
Professor of Musculoskeletal Health at LASEM, Jill Cook, said this four-year partnership is an exciting opportunity for the dedicated team of researchers and students at LASEM.

“Our collaboration with the IOC recognises how important it is to support research that reduces the risk of injury in all forms of sport, exercise, fitness and physical activity. It’s also a testament to and an endorsement of the achievements our centre has already made in the world of sports medicine. We’re proud to be one of the 11 centres working to establish long-term research programmes that will improve athlete health outcomes.”

Funded by: International Olympic Committee

Researchers: Jill Cook, Kay Crossley and most of the LASEM team



A woman with blonde hair tied back, wearing a red headband and a blue snorkel mask. She is looking down, and the background is a soft, out-of-focus grey.

strategic plan

The LASEM annual staff retreat was held at Hepburn Springs in July and was very well attended by staff. At the retreat, we enthusiastically confirmed key priorities for the year and allocated these tasks to staff.

Key LASEM strategic priorities include:

- Raise the profile of LASEM internally, externally and internationally
- Develop a clear and consistent approach to LASEM branding
- Improve the translation of LASEM research findings to sports and exercise health professionals and the broader community
- Increase awareness and collaboration within the LASEM group
- Take a proactive approach to securing internal and external funding
- Build the individual and collective capacity of LASEM team members

optimising:

topics / areas / themes

performance in sport

Sports injury
Training loads
Sports performance
Sports technique / coaching

musculoskeletal health

Joint and musculoskeletal health
Rehabilitation and injury prevention
Pain
Psychology
Physical activity and exercise
Sports nutrition

participation across the lifespan

Rehabilitation
Work performance
Disease and disability
Physical activity and exercise

methods

REVIEW: Systematic review and synthesis; Cochrane; Clinical guidelines

OBSERVE: Epidemiological; Psychometric; Qualitative; Statistics; Modelling; Program evaluation

INTERVENE: Clinical trials; Quality improvements; Knowledge translation

assessment

LABORATORY: Biometrics; Muscle function; Strength; Neuroscience; Exercise physiology; Body composition

CLINICAL: Patient-reported outcomes; Impairments; Disabilities; Participation; Wellbeing; Pain; Beliefs; Imaging; Injury susceptibility; Clinical outcomes; Quality of life

FIELD: Athlete monitoring; Wearable technology

research activity

Project highlights - Foot and Ankle Research



The ANCOR study, a participant-and assessor-blinded, parallel-group, randomised trial investigated the effectiveness of a prefabricated foot orthosis for the prevention of common lower limb overuse injuries in naval recruits.

306 participants undertaking 11-weeks of military training were randomised to either a control group with a regular insole or an intervention group with a contoured, prefabricated foot orthosis. The foot orthosis was shown to provide a 34% relative reduction in injury.

Funded by: SER RFA

Researchers: Daniel Bonanno, Prof Hylton Menz, A/Prof Karl Landorf, A/Prof Shannon Munteanu, and Dr George Murley

Associated publication:

Bonanno DR, Murley GS, Munteanu SE, Landorf KB, Menz HB. Foot orthoses for the prevention of lower limb overuse injuries in naval recruits: study protocol for a randomised controlled trial. *Journal of Foot and Ankle Research* 2015, 8:51. <https://doi.org/10.1186/s13047-015-0109-2>

doi.org/10.1186/s13047-015-0109-2

Bonanno DR, Murley GS, Munteanu SE, Landorf KB, Menz HB. Effectiveness of foot orthoses for the prevention of lower limb overuse injuries in naval recruits: a randomised controlled trial. *British Journal of Sports Medicine* 2018, 52:298-302.

<https://doi.org/10.1136/bjsports-2017-098273>

Bonanno DR, Munteanu SE, Murley GS, Landorf KB, Menz HB. Risk factors for lower limb injuries during initial naval training: a prospective study. *Journal of the Royal Army Medical Corps* 2018, 164:347-351.

<https://doi.org/10.1136/jramc-2018-000919>



SOOTHE Trial

Plantar heel pain is a common condition that can result in significant pain, disability, and reduced quality of life.

Numerous interventions are used to treat plantar heel pain, and two of the more common interventions are foot orthoses (shoe insoles) and steroid injections. The primary aim of the SOOTHE trial is to compare the effectiveness of ultrasound-guided corticosteroid injections and foot orthoses for individuals with plantar heel pain, using an assessor-blinded randomised trial. The findings of the SOOTHE trial will help health professionals make better treatment decisions for their patients.

Funded by: Australian Research Training Program Scholarship (Glen Whittaker) and SER RFA

Researchers: Mr Glen Whittaker A/Prof Shannon Munteanu, Prof Hylton Menz, A/Prof Karl Landorf, Mr James Gerrard, Dr Ayman Elzarka

Associated publication:

Whittaker, G. A., Munteanu, S. E., Menz, H. B., Elzarka, A., & Landorf, K. B. (2017). Corticosteroid injections compared to foot orthoses for plantar heel pain: protocol for the SOOTHE heel pain randomised trial. *Contemporary Clinical Trials Communications*, 5, 1-11. <https://doi.org/10.1016/j.conctc.2016.11.003>

Whittaker, G. A., Munteanu, S. E., Menz, H. B., Gerrard, J. M., Elzarka, A., & Landorf, K. B. (2019). Effectiveness of foot orthoses versus corticosteroid injection for plantar heel pain: the SOOTHE randomized clinical trial. *Journal of Orthopaedic & Sports Physical Therapy*, 49(7), 491-500. <https://doi.org/10.2519/jospt.2019.8807>

Additional foot and ankle research projects

- SIMPLE (Shoe stiffening inserts for first MetatarsoPhaLangEal joint osteoarthritis) trial
- TREADON (TReatments of Exercise AnD Orthotic devices for plantar heel pain) Trial
- REFORM (REducing Falls with ORthoses and a Multifaceted podiatry) Trial
- La Trobe Heel Pain Imaging Study

Research activity

Project highlights - Tendinopathy

JUMP-SHOT Study (JUNior Morbidity of Patellar Symptoms and Health of the Tendon)

Pathology within the patellar tendon is one of the strongest known risk factors for the development of patellar tendinopathy. A recent systematic review suggested that pathology may develop during adolescence. JUMP-SHOT is a three-year prospective study of ~150 adolescent athletes, to provide estimates of the prevalence and incidence of patellar tendon pathology and pain. This study aims to identify associated factors (i.e. training load, stage of skeletal maturity, etc.) that lead to the development of pain and pathology. Outcomes from this study hope to influence future injury prevention programmes. Protecting athlete's health during adolescence may provide long-term benefits to an individual's health and physical activity participation.

Funded by: NBA / GE Healthcare Collaborative Grant

Researchers: Jill Cook, Ebonie Rio, Suzi Edwards, Meaghan Harris, Madeline Hannington



Other tendinopathy research projects

- Prevention Of Symptoms in Tendinopathy and Understanding Pathology
- Where is the source of pain in tendinopathy?

Tendinopathy in Australian Rules Football

Achilles and patellar tendinopathy have a significant impact on players' participation, health, and performance. This industry-funded study found that the prevalence of tendinopathy had been under-reported in Australian Football League players. Based on data from 477 athletes, 4.1% of players missed games due to tendinopathy. However, >30% of AFL players reported Achilles and/or patellar tendon pain during the season that negatively affected participation and performance. Injury prevention strategies are needed to address the previously under-reported morbidity associated with this condition.

Funded by: AFL Research Board

Researchers: Lauren Fortington, Jill Cook, Ebonie Rio, David Carey, John Orchard, Michael Girdwood

Associated publications:

S. I. Docking E. Rio J. Cook J.W. Orchard L. V. Fortington. The prevalence of Achilles and patellar tendon injuries in Australian football players beyond a time-loss definition. *Scandinavian Journal of Medicine and Science in Sports* <http://doi.wiley.com/10.1111/sms.13086>

S Docking, M Girdwood, J Cook, L Fortington, E Rio. Reduced Levels of Aligned Fibrillar Structure Are Not Associated With Achilles and Patellar Tendon Symptoms. *Clinical Journal of Sport Medicine*. <https://doi.org/10.1097/JSM.0000000000000644>

Kneecap arthritis after serious knee ligament injury

The kneecap is increasingly recognised as a key contributor to knee osteoarthritis and is strongly associated with pain. While knee osteoarthritis is typically a disease of the elderly, early-onset kneecap osteoarthritis affects younger adults at an alarming rate, within the first decade after a serious knee ligament injury, such as anterior cruciate ligament (ACL) injury. This international collaborative project, as part of Dr Adam Culvenor's NHMRC research fellowship, has identified, from an existing clinical trial of 121 young adults, that knee reconstruction surgery increases the risk of early kneecap osteoarthritis (cartilage loss on MRI) compared to nonoperative management. These results challenge the existing dogma that reconstruction surgery is necessary to protect the knee joint from osteoarthritis changes.

Funded by: NHMRC Early Career Fellowship (Neil Hamilton Fairley Clinical Fellowship)

Researchers: Adam Culvenor, Felix Eckstein, Wolfgang Wirth, Richard Frobell, Stefan Lohmander, Kay Crossley

Associated publication:

Culvenor AG, Eckstein F, Wirth W, et al Loss of patellofemoral cartilage thickness over 5 years following ACL injury depends on the initial treatment strategy: results from the KANON trial British Journal of Sports Medicine, <https://doi.org/10.1136/bjsports-2018-100167>

Additional knee pain research projects

- Hip Muscle function in people with patellofemoral pain
- Exercise Therapy and education for knee osteoarthritis: a pilot randomised clinical trial



PhysioFIRST study



Femoroacetabular impingement (FAI) is a primary cause of hip pain. People with FAI are young adults aged 18-50, who report unacceptable levels of hip-related pain, poor quality of life, and difficulty with sports and recreational activities. The burden of FAI is amplified by the high daily physical demands (e.g. occupational, childcare responsibilities) encountered by younger adults. Physiotherapy is a low risk, low cost, non-surgical approach, with potential to reduce the burden of FAI.

The primary aim of this project is to conduct a randomised clinical trial comparing the 6-month efficacy of targeted physiotherapy in 164 people with FAI, to a to a control group, assessing hip-related pain and quality of life.

Funded by: NHMRC (Joanne Kemp – early career fellowship)

Researchers: Joanne Kemp, Kay Crossley, Sally Coburn, Denise Jones, Richard Johnston, Matthew King, Ben Mentiplay, Mark Scholes

Additional Hip Pain research projects

- Risk factors for early hip osteoarthritis: A longitudinal cohort study
- Gluteal exercises for Hip OSTeoarthritis – GHOST
- The GLoBE Trial - hormone replacement for gluteal tendinopathy
- Hip muscle structure and function
- AFL Study in Hip & Groin

FORCe Study



latrobe.edu.au/sport-and-exercise-medicine

Femoroacetabular impingement (FAI) syndrome is a common cause of hip-related pain in active young adults. The hip shape (morphology) seen in FAI syndrome is associated with an increased risk of hip osteoarthritis over time.

Using Magnetic resonance images (MRI), the primary aims of this project are to: evaluate changes in hip joint structure over a 2-year period in football players with hip-related pain; and determine if potentially modifiable factors (morphology, forces, strength, and range of motion) predict structural decline over 2 years. The secondary aim of this project is to determine if changes in hip-related quality of life over 2 years are related to changes in joint structure.

Funded by: NHMRC (project grant)

Researchers: Kay Crossley, Marcus Pandy, Sharmila Majumdar, Anne Smith, Rintje Agricola, Adam Semciw, Joanne Kemp, Joshua Heerey, Matthew King, Peter Lawrenson, Yi-Chung Lin, Richard Souza, Andrea Mosler, Thomas Link, Ramya Srinivasan, Anthony Schache, Mark Scholes

Associated publication:

Crossley KM, Pandy MG, Majumdar S, Smith AJ, Agricola R, Semciw AI, Kemp JL, Heerey JJ, King MG, Lawrenson PR, Lin YC, Souza RB, Mosler AB, Link TM, Srinivasan R, Schache AG. Femoroacetabular impingement and hip Osteoarthritis Cohort (FORCe): protocol for a prospective study. *Journal of Physiotherapy*. 2018 Jan;64(1):55
<https://doi.org/10.1016/j.jphys.2017.10.004>



Project
FORCe

SPaRC trial

Subacromial Pain and Rotator Cuff



This ongoing research compares three type 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.

Development of an acromioclavicular (AC) joint outcome measure



Despite the fact that AC joint pathology is a common cause of shoulder dysfunction, there are no condition-specific patient-reported outcome measures that have been validated for use in this patient group. In clinical practice and research studies of patients with AC joint issues, generic shoulder questionnaires are commonly utilised. This is not ideal since the morbidity of the condition and an accurate measure of the effect of an intervention may be underestimated with generic outcome measures. This research developed, tested, modified, re-tested and validated a new tool for measuring patient-reported outcomes for people with AC joint issues. This tool has been published and is available for use by clinicians and researchers.

Upper Limb Pain research projects

- Isometric Exercises for Lateral Epicondylalgia (ISOLATE)
- Developing an outcome measure for Thumb pain (De Quervain's tenosynovitis)

Research activity

Knowledge translation

Closing the evidence-practice gap for non-pharmacological and non-surgical OA care with an e-health knowledge translation strategy

An international, multidisciplinary research group explored the knowledge, skills and attitudes in osteoarthritis care among GP trainees, practicing GPs, physiotherapists, practice nurses, physiotherapy students and medical students in Australia, New Zealand and Canada. Findings have identified gaps between clinical practice and evidence-based practice and will allow for the development of education strategies to improve knowledge translation.

Plantar heel pain: development of a user informed online resource

This research explored the lived experience and education needs of people with heel pain, via interviews. Findings are being used to develop a patient education platform to assist health professionals and people with heel pain to manage the condition and optimise treatment outcomes.

Funded by: Australian Podiatry Education and Research Foundation (APERF)

Researchers: Dr Matthew Cotchett, Dr Christian Barton, A/Prof Karl Landorf, A/Prof Michael Rathleff, Mr Matthew Dilnot

GLA: D (Good Life with arthritis from Denmark) - Improve the care/ reduce the impact of Arthritis for Australians with hip and knee osteoarthritis



awards & fellowships

Benjamin Mentiplay: 2018 VESKI Victoria Fellowship

Dr Benjamin Mentiplay, a Research Fellow at LASEM, was awarded a 2018 Victoria Fellowship from the Victorian State Government VESKI program. The Victorian Government provides Victoria Fellowships in recognition of the important role of innovation to Victoria's economic future and the need for Victorians to be skilled in science, technology, engineering and mathematics. Each Fellow received a travel grant of up to \$18,000 to undertake a short-term overseas study mission to develop a commercial idea; undertake specialist training; or develop their career. Dr Mentiplay used this award for overseas travel to visit world leading laboratories and learn more about wearable technology for the assessment of biomechanics. His research involves examining the biomechanics of a range of clinical populations, including young and active adults with hip-related pain.



Ebonie Rio: NHMRC Early Career Fellowship

Dr Rio's NHMRC Early Career Fellowship commenced in April 2018. She is completing a program of research using virtual reality during exercise rehabilitation for people with chronic knee pain, which uses neuroscience techniques to better understand changes in the brain and spinal cord that occur with musculoskeletal pain. Dr Rio's team are running an international, multi-centre, randomised clinical trial that looks at providing visual and auditory cues during exercise for basketball athletes. These cues are having some success in altering the way that the brain controls the leg muscles. She is also conducting research that looks at the changes to muscle control in people with hamstring injury.

Andrew Buldt: Fellowship of the Faculty of Podiatric Medicine, Royal College of Physicians and Surgeons of Glasgow (UK)

Sue Slade: Parkinson's Victoria/Argyrou Family Fellowship

Adam Culvenor: Paracelsus Medical University Platinum Science Award for outstanding services to university-wide research

European Commission Marie Curie Alumni Association Research Translation Award

Claire Willis: Most outstanding PhD in paediatric disability, the Australasian Academy of Cerebral Palsy and Developmental Medicine

Dana Jazayeri: Best Oral Presentation, Epilepsy Society of Australia, Brisbane

awards & fellowships

Craig Purdam awarded a Doctor of Science (honoris causa) from La Trobe University

Professor Purdam has been one of Australia's leading sports physiotherapists for more than 30 years. From 1982 to 2017 he served as Head of the Physical Therapies Department at the Australian Institute of Sport and as physiotherapist to the Australian team for five consecutive Olympic games.

He also held the position of physiotherapist to the Australian Men's Basketball team 1984-2000, the Australian Swimming team (1982), Australian Track and Field team (1983) and Australian Rowing Team (2001).

He was awarded a fellowship to the College of Physiotherapists, an esteemed award made only to those with the highest expertise in physiotherapy and currently acts as examiner and mentor for these awards. Craig has been invited to speak at over 17 major international sports medicine

and physiotherapy courses and 20 major national conferences.

Craig is Adjunct Professor in the field of Sports Physiotherapy at the University of Canberra, where he teaches masters level physiotherapy and engages in the mentoring of aspiring sports physiotherapists. He continues to be involved with La Trobe University through ongoing research collaborations and the La Trobe Masters of Physiotherapy, where he teaches future generations of clinicians.

Craig is engaged in research and has co-authored 49 research publications. More than 50% of his publications have been with researchers who are in the La Trobe Sport and Exercise Medicine Research Centre.

He has been a member of national and international advisory boards and has conducted benchmarking and reviews of sports medicine setups at elite sporting clubs throughout Australia. He has been actively involved with Australia's



foremost professional bodies (Australian Physiotherapy Association and Sports Medicine Australia), providing guidance through the development of specialisation processes, and convening scientific conferences.

“Research is really important, but it must be able to be translated, and it must, in the end be able to help the person that we’ve got in front of us.”

Sue Mayes, 2018

Susan Mayes awarded La Trobe University Distinguished Alumni



As the Australian Ballet’s principal physiotherapist and head of medicine, Dr Sue Mayes has helped support and bolster the careers of countless professional ballet dancers over the past two decades. The La Trobe University physiotherapy alumnus heads up The Australian Ballet’s world-renowned medical team, where she draws from clinical research, including her own, to keep dancers healthy.

Supported by LASEM’s Professor Jill Cook, Sue Mayes completed her PhD, Hip Joint Health in Professional Ballet Dancers, in

early 2017. Sue’s original findings have been presented worldwide to educate dancers, ballet teachers and health professionals who care for injured dancers and athletes. The research findings and The Australian Ballet’s approach to hip injury prevention was recently presented at the International Olympic Committee (IOC) 2017 World Conference on Prevention of Injury and Illness in Sport, in Monaco, France.

La Trobe recently joined forces with The Australian Ballet to research injury prevention and rehabilitation techniques, while providing students with exclusive access to work with The Australian Ballet’s sports medicine research programs.

Her most recent career highlight involved successfully rehabilitating 36-year-old star

dancer David Hallberg, principal artist with both the American Ballet Theatre and the Bolshoi Ballet. With the support of Sue and her team, David was able to return to the stage after a potentially career-ending injury.

Sue said she was thrilled to continue her relationship with La Trobe, including her most recent appointment as Adjunct Research Fellow in the University’s School of Allied Health, Human Services and Sport. “I have benefited from the highest quality of health science education and have been educated and inspired by world-leading researchers, such as La Trobe’s Professor Jill Cook”.

teaching

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 2018, we ran a number of highly successful seminars and workshops for clinicians.

Topics covered included heel pain, sports injuries in women, running injuries and ACL injuries.

We were able to include a number of our international visiting experts in these seminars to maximise benefit for attendees.

LASEM is also the Australian provider for the highly impactful Good Living with Arthritis, from Denmark (GLA:D) program. Our GLA:D Australia team ran 11 courses across 5 states for clinicians in 2018, with 500 additional physiotherapists trained to deliver the GLA:D program in their clinics.

We recognise the importance of ongoing training for HDR students beyond the supervisory team, and in 2018 we began a monthly training program for all HDR students.

Topics covered included using software programs to maximise visual impact of figures, and how to craft a compelling introduction to sell your research.

LASEM staff also contribute to the undergraduate and postgraduate teaching programs within the university, teaching in the bachelor of health science and physiotherapy programs, as well as the masters programs for sports and musculoskeletal physiotherapy.



Joshua Heerey, PhD candidate at La Trobe Sport and Exercise Medicine Research Centre, presented his PhD paper; *What is the prevalence and relationship of bony morphology and features associated with early hip osteoarthritis in sub-elite footballers with and without hip and groin pain*, at the SportsSuisse conference in Bern, Switzerland in November 2018. He won the JOSPT award for best poster

HDR programs

In 2018, there were 60 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.

A number of HDR students were supported by industry organisations, including the Australian Institute of Sport, the AFL, and Australian Lawn Bowls to name a few. Importantly, many LASEM HDR students maintained clinical practice in their field, ensuring relevance and translation of their research.

Our students participated in national and international conferences, as both invited speakers and abstract presenters.

Student highlights included Josh Heerey (see photo on opposite page) winning best paper at the Swiss Sports Medicine conference, beating a strong international field of over 60 submissions; and a number of LASEM HDR students being invited to take part in the first International Consensus Meeting for Hip Pain in Zurich, which is testament to the strong international reputation of our HDR students.

2018 Student awards

Andrea Bruder: Nancy Millis Medal for the exceptionally high quality of her PhD thesis

Jason Wallis: Nancy Millis Medal for the exceptionally high quality of his PhD thesis

David Carey: SMA ASICS Best Paper - Sports Science

2018 ONSITE HDR Students

Name (Full Time-FT or Part Time-PT / Completion date)	Topic/Title	Supervisor(s)
Amy Marilyn Dennett (FT / Submitted August 2018)	Physical Activity and Oncology Rehabilitation	Nick Taylor, Nora Shields, Casey Peiris
Bradley Thoseby (FT / Feb-21)	The effect of training loads on immune-endocrine function and sleep activity in elite football	Ben Dascombe, Kane Middleton, Anthea Clarke, Andrew Govus
Brady Green (FT / Feb-21)	Calf muscle strain injuries in the Australian Football League	Jodie McClelland
Brian Meldan Devitt (FT / Feb-20)	Anterolateral rotary instability of the knee	Kate Webster
Brodwen McBain (PT / Feb-21)	An investigation of tendon and sheath response in De Quervain's disease	Jill Cook
Brooke Patterson (FT / Oct-20)	Early onset osteoarthritis following anterior cruciate ligament reconstruction	Kay Crossley, Adam Culvenor, Christian Barton
Chantel Rabusin (FT / Mar-20)	Efficacy of heel lifts for mid portion Achilles tendinopathy	Hylton Menz, Jodie McClelland, Angela Evans, Shannon Munteanu
Courtenay Lai (FT / Sep-19)	Optimising outcomes of anterior cruciate ligament (ACL) reconstruction	Kate Webster

HDR programs

2018 ONSITE HDR Students cont.

Name (Full Time-FT or Part Time-PT / Completion date)	Topic/Title	Supervisor(s)
Daniel Bonanno (PT / Apr-19)	Foot orthoses for the prevention of lower limb overuse injuries in military personnel	Hylton Menz, Shannon Munteanu, Karl Landorf
Danilo Oliveira Silva (FT / Submitted May 2018)	Understanding the biopsychosocial nature of patellofemoral pain: Integration of biomechanical, clinical and psychological factors	Christian Barton, Kay Crossley, Fabio Azevedo
David Carey (PT / Nov-19)	Modelling training loads and injury in Australian Football	Meg Morris, Kay Crossley, Kok-Leong On
Denise Jones (FT / Feb-20)	Physical activity and return to sport following arthroscopy for hip related pain	Joanne Kemp, Kay Crossley, Ilana Ackerman, Harvi F.Hart
Glen Whittaker (PT / Sep-19)	The effectiveness of foot orthoses versus corticosteroid injection for plantar heel pain	Karl Landorf, Hylton Menz, Shannon Munteanu
Hazel Heng (FT / Jan-22)	Reducing falls in hospital: Enabling clinicians and patients to better manage falls	Meg Morris, Dana Jazayeri
Jade Tan (FT / Dec-19)	The effect of foot orthoses in individuals with patellofemoral osteoarthritis	Hylton Menz, Kay Crossley, Shannon Munteanu, Natalie Collins
Joshua Heerey (FT / Sep-19)	The relationship between hip-related pain, hip morphology and intra-articular findings in football players	Kay Crossley, Joanne Kemp, Tania Pizzari
Lyndon Hawke (PT / Apr-25)	Physical activity after total joint replacement	Nick Taylor
Madeline Hannington (FT / Oct-20)	Reducing the prevalence and impact of patellar tendinopathy in elite basketball athletes	Ebonie Rio, Sean Docking, Jill Cook
Marg Perrott (PT / Feb-22)	The influence of lumbo-pelvic stability on injury in athletes	Tania Pizzari
Mark Scholes (FT / Jul-21)	Running biomechanics and hip joint structure and symptoms in football players with hip-related pain	Kay Crossley, Joanne Kemp, Benjamin Mentiplay
Matt Richards (PT / Leave of Absence)	Combined exercise and cognitive-behaviour management for primarily psychosocial low back pain	Tania Pizzari, Jon Ford
Matthew King (FT / Dec-19)	Biomechanics of hip related pain and implications for rehabilitation	Kay Crossely, Adam Semciw, Anthony Schache, Kane Middleton
Melissa Mazzarino (PT / Mar-22)	Pilates for pregnant women	Meg Morris
Nirmeen Hassan (FT / Jun-20)	Footwear and children and adolescents with Down syndrome	Shannon Munteanu, Karl Landorf, Nora Shields
Rachael McMillan (PT / Feb-23)	Gluteal muscle and tendon in health and pathology	Jill Cook

2018 OFFSITE HDR Students

Name (Full Time-FT or Part Time-PT / Completion date)	Topic/Title	Supervisor(s)
Alexander Chan (PT / Submitted November 2018)	The conservative management of non-reducible discogenic pain	Jon Ford, Andrew Hahne
Angela Burge (FT / Nov-19)	Optimising home-based rehabilitation for COPD	Anne Holland, Michael Abramson
Anne Harrison (PT / Mar-25)	Exercise for women with gestational diabetes	Nora Shields, Nick Taylor
Benjamin Tarrant (PT / Jul-21)	Optimising Acute Physiotherapy Management Following Lung Transplantation	Anne Holland, Brenda Button, Bruce Thompson
Billymo Rist (PT / Jun-22)	Using biomarkers to measure psychophysiological stress in professional athletes	Ben Dascombe, Alan Pearce, Tony Glynn
Bruna Wageck (FT / nov-19)	Effects of early mobilization and home-based rehabilitation following acute exacerbation of COPD	Anne Holland, Narelle Cox
Carol Parker (PT / Submitted September 2018)	Exercise outcomes for frail older people in slow stream transition care programs	Meg Morris, Helen McBurney, Meagan Davidson, Keith Hill
Chantel Rabusin (FT / Mar-20)	Efficacy of heel lifts for mid portion Achilles tendinopathy	Hylton Menz, Jodie McClelland, Angela Evans, Shannon Munteanu
Damien Kent Moore (PT / Feb-22)	Which exercises produce the greatest muscle activation for the gluteus medius and minimus muscles	Tania Pizzari
David Anthony Snowdon (PT / Submitted November 2018)	Clinical supervision of allied health professionals	Nick Taylor, Sandy Leggat
Emma Jane Schneider (PT / Dec-19)	Intensive treatment vs normal treatment for improved motor recovery following stroke	Natasha Lannin, Louise Ada
Genevieve Charlotte Hendrey (PT / Sep-22)	Ballistic Strength Training in Stroke	Anne Holland, Gavin Williams, Ross Clark
Heidi Thornton (PT / Feb-19)	Monitoring athlete responses in team sports: Methods and practical applications	Ben Dascombe, Grant Duthie
James Malcomson Gerrard (PT / Feb-22)	Effects of foot orthotic materials on plantar pressure	Karl Landorf, Dan Bonanno
Jemma Coleman (PT / May-24)	Biomechanics of small arms use and design	Kane Middleton
Justin Crow (PT / Mar-20)	The use of therapeutic exercise to target the temporal characteristics of muscle activation following hamstring muscle strain injury in elite professional Australian rules football players.	Tania Pizzari, Adam Semciw
Katherine Lawler (PT / Feb-19)	Family-assisted therapy for older people transitioning from hospital to the community	Nicholas Taylor, Nora Shields

2018 OFFSITE HDR Students

Name (Full Time-FT or Part Time-PT / Completion date)	Topic/Title	Supervisor(s)
Katelyn Anne Taylor (FT / Apr-22)	Leave of Absence	Nora Shields
Kellie Bree Emmerson (PT / Jul-22)	Home exercise supported by video and automated reminders for patients with stroke	Nick Taylor, Katherine Harding
Kim Narelle Jennings (PT / Feb-21)	Barriers and facilitators to treatment options in neurological physiotherapy	Jodie McClelland, Karen Dodd, Keith Hill
Kylee Jane Lockwood (PT / Submitted July 2018)	Pre-discharge home visits by occupational therapists for patients after hip fracture	Nick Taylor, Katherine Harding
Laura Jolliffe (FT / Dec-19)	Increasing the use of intervention research evidence in acquired brain injury rehabilitation	Natasha Lannin, Tammy Hoffmann
Liam Toohey (FT / Apr-19)	Subsequent injury in sport: classification and prevention of injury in athletic populations	Jill Cook, Michael Drew, Lauren Fortington, Caroline Finch
Lisa Maree Furlong (FT / Submitted November 2018)	Treating childhood speech sound disorders: current approaches to management by speech-language pathologists	Meg Morris
Margie Schache (/ Nov-19)	Effectiveness of hip abductor strength training in people following total knee arthroplasty	Kate Webster, Jodie McClelland
Martin Wollin (PT / Submitted 2018)	Athlete monitoring in elite male youth football players	Tania Pizzari
Narelle Wyndow (PT / Mar-19)	Patellofemoral Osteoarthritis: foot characteristics and interventions	Natalie Collins, Kylie Tucker, Bill Vicenzino, Kay Crossley
Natalie Fini (PT / May-20)	Physical activity and cardiovascular risk in people following chronic stroke	Anne Holland, Julie Bernhardt
Nathan Ward (PT / Nov-20)	Exercise as Airway Clearance in Cystic Fibrosis	Anne Holland, Kathy Stiller
Paul Joseph Visentini (PT / Mar-25)	Injuries in cycling	Tania Pizzari
Rachel Elizabeth Ellis (PT / Aug-21)	Effect of an eccentric exercise program on function and quality of life in people with chronic heart failure	Nora Shields, Anne Holland, Karen Dodd
Rebecca Peek (FT / Feb-21)	A holistic approach to the peak match demands for positional groups within professional rugby union	Paul Gastin, Anthea Clarke, Kane Middleton
Ross Joseph Lenssen (PT / Jul-23)	The affect of scapula correction on subacromial impingement with real-time dynamic ultrasound assessment - A mechanistic study	Tania Pizzari
Sarah Jane Gilmore (PT / Jan-21)	Physiotherapy management of patients before and immediately after lumbar spinal surgery	Jodie McClelland, Andrew Hahne, Megan Davidson
Sarah Louise Grimshaw (PT / Aug-26)	Rehabilitation in paediatric oncology	Nora Shields, Nick Taylor
Sirawee Chaovalit (FT / Mar-21)	Sit-to-stand exercise for children with cerebral palsy	Nicholas Taylor, Karen Dodd

post doctoral staff



Dr Andrea Mosler, NHMRC Early Career Research Fellow



Dr Andrew Schafer, Research Fellow



Dr Joanne Kemp, Senior Research Fellow

Quality of life burden in active young adults living with hip-related pain: a 4-year prospective study

This research is part of the Femoroacetabular impingement and hip Osteoarthritis Cohort (FORCE) study, which is the world's largest cohort of young, active people with hip pain being followed prospectively. Dr Mosler will conduct follow up assessments on 200 existing participants and identify factors associated with quality of life burden. The identification of potentially modifiable factors associated with hip-related quality of life burden will guide best practice intervention and prevention strategies aimed to improve the lives of young people living with hip pain, and reduce the societal burden of this common condition.

Neuroscience inspired exercise to enhance outcomes for people with knee pain and cortical changes in athletes with a history of a hamstring strain injury

Andrew is involved with a few studies ranging from examining the effect of virtual reality on the rehabilitation of knee pain to changes in nerve sensitivity following hamstring injury. The study of virtual reality on knee pain will identify if this technology can be safely and effectively implemented to patients with knee pain to enhance the rehabilitation process. He is also involved in a project that involves investigating if differences exist in pain sensitivity in athletes who have experienced a hamstring injury. The findings of this study may inform on the neural responses of an athlete post-injury leading to improvements in rehabilitation.

Physiotherapy for FAI Rehabilitation Study (physioFIRST) RCT

Physiotherapy is a low risk, low cost, non-surgical approach, with potential to reduce the burden of hip pain in young adults, requiring evaluation with a rigorous RCT. The primary aim of this RCT is to compare the 6-month efficacy of targeted physiotherapy to a minimal intervention control treatment in 164 people with FAI, on hip-related pain and quality of life. Secondary aims are to: (i) estimate incremental cost-effectiveness (ii) determine the effects of targeted physiotherapy on (a) physical activity; (b) hip strength; (c) hip joint structure (using MRI scans); and (d) movement (biomechanics). 164 adults with FAI syndrome (pain > 3/10, > 3 months, positive impingement tests, positive x-ray) will be randomly allocated to two treatment groups: 6-month targeted physiotherapy program (hip, trunk, functional strength training, tailored physical activity and return to sport, education) versus sham physiotherapy treatment (standardised stretching and education). Dr Kemp is also involved in 6 other hip-related projects: FORCE, The AFL Hip and Groin Cohort Study (AFL), TasChiP, HARP, HIPARTi and GLA:D Australia

post doctoral staff



Dr Christian Barton



Dr Sean Docking



Dr Ebonie Rio

Improving how we manage persistent knee pain

Christian's work through 2018 has focussed primarily on management of persistent knee pain. In collaboration with Prof Kay Crossley and Dr Joanne Kemp, another 400+ physiotherapists were trained to deliver GLA:D, an education and exercise program for people with hip and knee OA. At the end of 2018, this led to well over 200 sites offering this effective program, meaning it is now available in all Australian states and territories. Alongside this, multiple clinical trials were commenced and completed related to education and exercise programs for young adults with persistent knee pain. Namely, a novel online self directed education and exercise program for people with knee cap pain was developed and tested in a pilot study. Results indicate this online program may benefit many people, and in some cases reduce the need for further care seeking. Moving into 2019, Christian commences an MRFF TRIP Fellowship, and will continue to focus on improving education and exercise options for people with persistent knee pain, and facilitating their implementation.

Efficacy and effectiveness of clinical imaging in tendinopathy

With more and more Australians undergoing clinical imaging, such as ultrasound or magnetic resonance imaging, there is a need to ensure that this information improves patient outcomes. The aim of Sean's post-doctoral research is to ascertain the utility of clinical imaging in tendinopathy. This program of research consists of a systematic review to highlight the prevalence of abnormal findings in healthy pain-free individuals. Further, a systematic review and empirical studies will focus on ascertaining whether imaging provides an accurate diagnosis, whether it predicts patient outcomes, and how it influences patient choices in treatment.

Neuroscience meets exercise – novel strategies that aim to reduce the burden of musculoskeletal pain

Ebonie is completing a program of research using virtual reality during exercise rehabilitation for people with chronic knee pain. The study uses neuroscience techniques to better understand changes in the brain and spinal cord that occur with musculoskeletal pain. Dr Rio's team are running an international, multi-centre randomised clinical trial that looks at providing visual and auditory cues during exercise for basketball athletes. These cues are having some success in altering the way that the brain controls the leg muscles. She is also conducting research that looks at the changes to muscle control in people with hamstring injury.



Dr Andrew Buldt

Osteoarthritis of the foot: understanding structural and biomechanical risk factors to inform better treatments.

Osteoarthritis commonly occurs in the joints of the foot, causing pain and creating considerable burden to the health care system. Yet very little is known about the factors that contribute to osteoarthritic change in foot joints. This research utilises imaging modalities and biomechanical research techniques to understand foot structure and function in people with osteoarthritis in the foot. The findings will be used to produce more targeted conservative interventions such as footwear or insoles to reduce pain and maintain mobility and in people with this debilitating condition.



Dr Adam Semciw

Femoroacetabular impingement and hip Osteoarthritis Cohort (FORCE) study

Adam is a Senior Lecturer in Physiotherapy. He conducts research and supervises PhD students through LASEM. His research projects focus on understanding the role of muscle impairments on hip/lower limb injuries, and evaluating treatments to address these impairments. A key project that Dr Semciw is involved with is the Femoroacetabular impingement and hip Osteoarthritis Cohort (FORCE) study. The FORCE study includes young adults with hip-related pain and aims to examine the relationship between potentially modifiable impairments (e.g. muscle strength) and hip joint degeneration (e.g. osteoarthritis) over time. This study is the largest prospectively followed cohort worldwide of active young adults with hip-related pain, having recruited 187 participants, with plans to follow these participants for two years. Dr Semciw and his students are using innovative imaging (MRI) methodology to track changes in muscle size and quality over time.



Dr Adam Culvenor

Stopping young people from developing old knees: identifying risk factors and optimising management for post-traumatic knee osteoarthritis

Adam is an NHMRC funded early career research fellow evaluating strategies to reduce the burden of serious knee injuries in young adults. His research has identified post-traumatic knee osteoarthritis earlier than previously recognised using innovative imaging approaches. Adam coordinates a large prospective cohort of anterior cruciate ligament (ACL) injured athletes, which is approaching 10 year follow-up. He also currently leads an NHMRC-funded clinical trial evaluating the clinical and cost effectiveness of a novel exercise-therapy intervention to prevent early osteoarthritis and optimise quality of life after ACL injury.

funding detail

Project name	Chief Investigator	2018 active \$	Total project \$
Australian Competitive Research Grants			
National Health and Medical Research Council (NHMRC)			
Centre for Research Excellence in Pulmonary Fibrosis	Anne Holland	135,882	229,324
Identifying strategies to reduce the risk of kneecap arthritis after knee reconstruction.	Adam Geoffrey Culvenor	126,798	419,358
The Femoroacetabular Impingement Rehabilitation Study (FIRST): A double-blind randomised controlled trial of physiotherapy for hip impingement.	Joanne Kemp	65,438	261,047
Back in the game: helping people successfully transition back to sport and active recreation after injury.	Clare Ardern	78,464	417,012
Fitskills: A Community-university Partnership To Increase Exercise Participation Among Youth With Disability	Nora Shields	286,776	881,521
Improving Access for Community Health and Sub-acute Outpatient Services	Nicholas Taylor	61,900	626,291
A Public-Private Partnership to Reduce Falls in Australian Hospitals	Meg Morris	59,169	571,539
Fitskills: A Community-university Partnership To Increase Exercise Participation Among Youth With Disability	Nora Shields	72,800	194,800
Increasing the use of intervention research evidence in acquired brain injury rehabilitation	Natasha Lannin	37,658	118,612
Physical activity in community dwelling people with chronic obstructive pulmonary disease	Anne Holland	37,658	110,436
Improving clinical understanding and management of tendinopathy	Jillanne Cook	100,331	328,795
Can shoe inserts reduce the burden of patellofemoral osteoarthritis?	Kay Crossley	218,098	644,549
Femoroacetabular impingement and early arthritis	Kay Crossley	216,656	1,211,020
Telerehabilitation for chronic obstructive pulmonary disease	Anne Holland	198,769	720,075
An innovative treatment for first metatarsophalangeal joint osteoarthritis	Hylton Menz	46,078	295,953
Targeting oxidant-dependent pathways to treat skeletal muscle wasting in COPD	Anne Holland	24,627	79,071
Effectiveness of Occupational Therapy Homevisits to Improve Participation after Stroke	Natasha Lannin	341,813	1,820,777
Ambulatory oxygen for interstitial lung disease	Anne Holland	415,893	1,532,763
Improving outcomes for older people with musculoskeletal foot disorders	Hylton Menz	158,454	740,880
Patellofemoral osteoarthritis: the effect of foot orthoses	Kay Crossley	25,704	30,000
Chronic knee pain: neuroscience meets exercise for pain relief	Ebonie Rio	51,838	279,843
Chronic knee pain: neuroscience meets exercise for pain relief	Ebonie Rio	3,375	18,000
FUNDER TOTAL		2,764,188	11,531,667

Project name	Chief Investigator	2018 active \$	Total project \$
Australian Research Council (ARC) - Linkage Projects			
Intelligent training (iTraining) for the human Achilles tendon (Administered by Griffith University)	Jillanne Cook	23,380	60,000
	FUNDER TOTAL	23,380	60,000
University of Sydney			
Physical activity coaching for adults with physical disabilities: a pragmatic randomised controlled trial.	Nicholas Taylor	10,000	30,000
	FUNDER TOTAL	10,000	30,000
	SECTION TOTAL	2,797,568	11,621,667
Other public sector R&D income			
CSIRO			
Evaluation of video based motion capture for sports performance applications	Kay Crossley	16,750	33,500
	FUNDER TOTAL	16,750	33,500
Holmesglen Institute			
A Public-Private Partnership to Reduce Falls in Australian Hospitals	Meg Morris	50,000	150,000
	FUNDER TOTAL	50,000	150,000
Victorian Government VESKI			
Wearable sensors for the assessment of biomechanics in musculoskeletal research	Benjamin Mentiplay	9,000	18,000
	FUNDER TOTAL	9,000	18,000
National Health and Medical Research Council (NHMRC) - Postgraduate Research Scholarship			
Young adults with old knees: Prevalence of early-onset knee osteoarthritis following anterior cruciate ligament reconstruction and exploration of clinical risk factors	Kay Crossley	37,158	110,692
	FUNDER TOTAL	37,158	110,692
	SECTION TOTAL	112,908	312,192
Industry and other R&D income			
Healthscope Operations			
Education Agreement - Healthscope - Meg Morris	Catherine Itsiopoulos	100,916	405,062
A Public-Private Partnership to Reduce Falls in Australian Hospitals	Meg Morris	70,000	200,000
Education Agreement - Healthscope - Meg Morris	Catherine Itsiopoulos	109,189	337,453
	FUNDER TOTAL	280,105	942,515
International Olympic Committee			
Clinical projects in the Australian Centre for Injury in Sport and its prevention (ACRISP)	Jillanne Cook	600	600
Clinical projects in the Australian Centre for Injury in Sport and its prevention (ACRISP)	Jillanne Cook	52,698	400,000

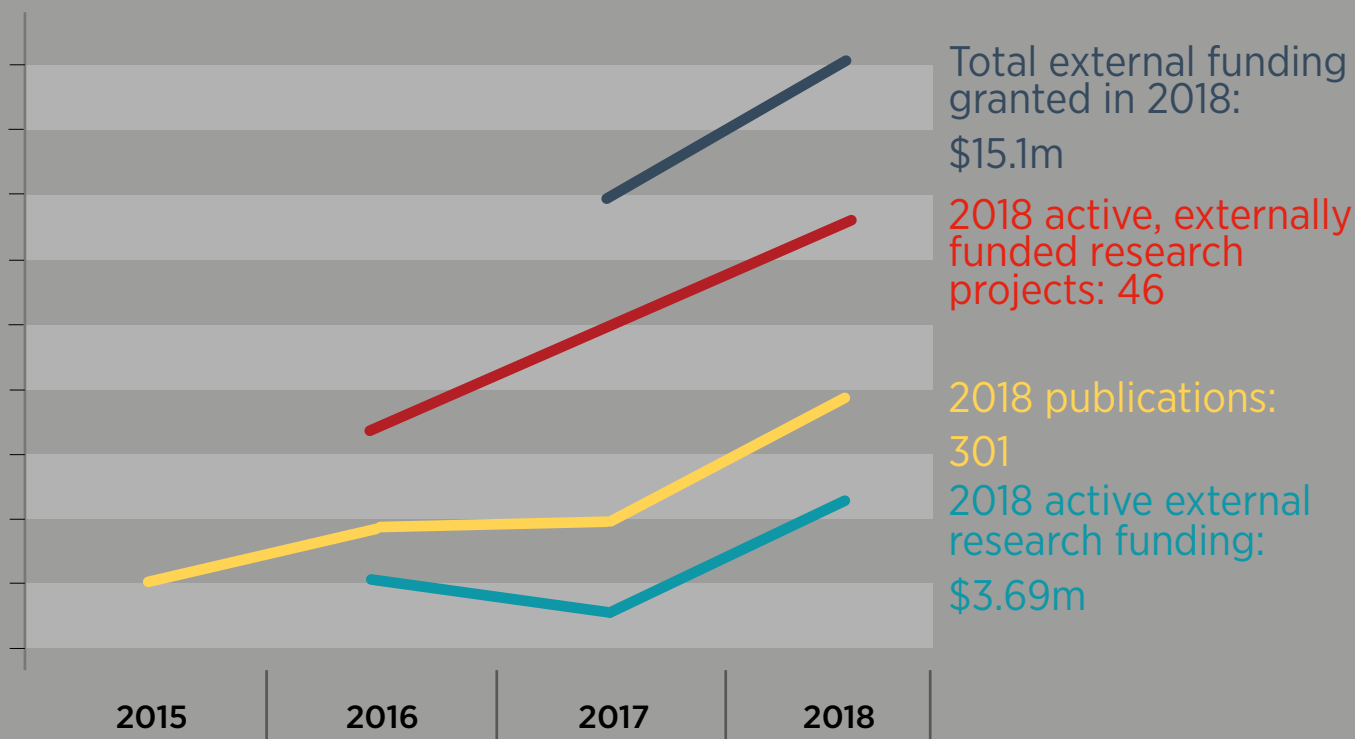
funding detail cont.

Project name	Chief Investigator	2018 active \$	Total project \$
Industry and other R&D income cont.	FUNDER TOTAL	53,298	400,600
Australian Hand Therapy Association			
The clinical effectiveness of isometric exercise for the management of de Quervain's syndrome: A randomised controlled trial	Sean Docking	1,363	2,726
	FUNDER TOTAL	1,363	2,726
Australian Institute of Sport			
What are the risks for injury in athletes?	Jillianne Cook	6,000	6000
	FUNDER TOTAL	6,000	6000
Felice Rosemary Lloyd Scholarship			
Increasing physical activity and reducing functional impairments in children undergoing cancer treatment	Nora Shields	7,500	7,500
Early identification and management of risk factors for early osteoarthritis following anterior cruciate ligament reconstruction	Kay Crossley	6,500	6500
	FUNDER TOTAL	14,000	14,000
Institute for Safety, Compensation and Recovery Research			
Rehabilitation after catastrophic acquired brain injury: Evaluation of process and outcomes of a specialist ABI unit and its impact on long term quality of life and community participation.	Natasha Lannin	137,318	964,220
	FUNDER TOTAL	137,318	964,220
Lowitja Institute			
Lowitja Institute Scholarship Agreement	Shannon Munteanu	35,000	110,000
	FUNDER TOTAL	35,000	110,000
Lung Foundation Australia - Lung Foundation Australia/Cochrane Airways Australia Scholarship			
Interventions for promoting physical activity in people with COPD	Anne Holland	1,875	2,500
	FUNDER TOTAL	1,875	2,500
Melbourne Rebels Rugby Union			
Novel methods of training load monitoring in elite Rugby Union	Kane Middleton	19,200	57,600
	FUNDER TOTAL	19,200	57,600
National Basketball Association			
Patellar tendon pathology: its development and relationship with pain in elite basketball players.	Jillanne Cook	79,683	276,374
	FUNDER TOTAL	79,683	276,374
Parkinson's Victoria Ltd - Atypical/Argyrou Family Fellowship			
Argyrou PSP Fellowship - Designing Evidence Based Exercise Programs for People Living With Progressive Supranuclear Palsy, Informed by Consumers and International Research.	Meg Morris	62,500	62,500
	FUNDER TOTAL	62,500	62,500

Project name	Chief Investigator	2018 active \$	Total project \$
The Doctor Nicholas Collins Fellowship			
Clinical applications of the modified incremental step test for people with Chronic Obstructive Pulmonary Disease	Anne Holland	10,000	10,000
	FUNDER TOTAL	10,000	10,000
UK Cystic Fibrosis Trust			
Physical Activity, Exercise, Sport and Recreation Promotion for Adolescents with Cystic Fibrosis	Anne Holland	80,228	281,465
	FUNDER TOTAL	80,228	281,465
University of Toronto			
A randomised controlled trial of balance training for fall reduction in individuals with chronic obstructive pulmonary disease	Anne Holland	4,326	91,325
	FUNDER TOTAL	4,326	91,325
	SECTION TOTAL	784,898	3,221,825
Total externally funded research projects		3,695,377	
Internal RFA Funding		69,888	
Internal University funding		1,122,331	
Other Income		215,587	
TOTAL RESEARCH PROJECT FUNDING		5,103,182	15,155,684

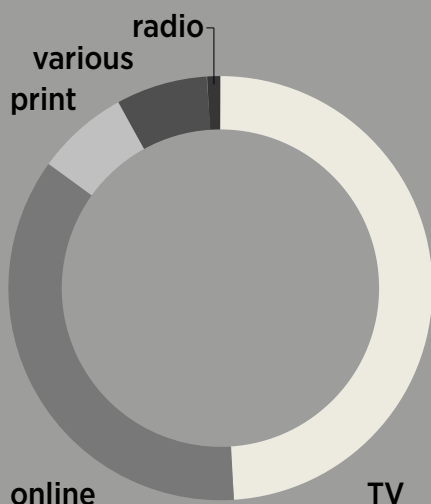
outputs & impact

metrics



media

In 2018 LASEM Team members had a large media presence, with our expert input increasingly sought after.



audience

4.7m

LASEM stories had 4.75 million audience members across TV, Radio, Online News and Print media. This is an estimate from isentia media metrics reports for 2018.

ASR value

\$1.2m

ASR value, is used to to translate editorial content into a monetary value. this is done by multiplying the space taken by a particular piece of coverage by the advertising buy rate for that publication.

Biggest Stories of 2018

- Virtual Reality and Pain Free Exercise (Ebonie Rio, Online) 1.4 Million
- The number of people undergoing surgery for knee pain is a growing health crisis in Australia (Christian Barton, TV) 1.1 Million
- With the huge increase in the popularity of women's team sport also came the surge in the increase in serious knee injuries (Brooke Patterson, TV) 746,000
- High risk of knee injuries in AFLW & ACL Injury Focus (Kay Crossley, Print) 608,000
- Exercise as a prescription for treating Dementia (Christian Barton, TV) 304,250

knowledge translation

At LASEM we are very passionate about translating our research to the community, including health professionals and the broader public.

It was pleasing to see more and more engagement in 2018 with our social media profiles and blog, which demonstrates we are being heard all around the world. We now have nearly 5000 followers on twitter, and an engaged Facebook group for health professionals with more than 1500 members. Our blog website continues to evolve and provide valuable information to the community, receiving 250,000 views in 2018, up from 117,000 in 2017. The most popular posts were educational content related to knee pain, tendon injuries, and running myths. We look forward to an even bigger 2019.

250k
blog visitors in 2018



1500
facebook group members



5000
followers



Search ...

Search

2019 Events ▾

Learn ▾

Our centre ▾

Our research ▾

Patient resources ▾

Participate ▾

Contact

Blog



Running Myth #5
Switching to forefoot strike and running barefoot or in minimalist shoes reduces your injury risk.

by James Alexander

The publication of Born to Run by Chris McDougall in



International Olympic Committee pick LASEM to join their Medical Research Network

by Zuzana Machotka

The LaTrobe Sport and Exercise Medicine Research Centre (LASEM), and the Australian Centre



Running Myth #4
Running is bad for your knees

by James Alexander

Running is a highly popular physical activity with millions of regular participants globally.1

Search our blog

Search ...

Search

Newsletter

Receive up-to-date blog and news right to your inbox each month.

Sign up to our newsletter

outputs & impact

presentations



presenter	subject, forum, location
Adam Culvenor	Management of patellofemoral pain in female athletes. Isokinetic Medical Group Conference – Football Medicine Outcomes (Barcelona, Spain)
Andrew Buldt	Does foot posture matter: a biomechanical perspective and Celebrating 10 years of the Journal of Foot and Ankle Research. Society of Podiatrists Conference (Bournemouth, UK)
Clare MacMahon	The influence of cognitive fatigue on physical performance. 3rd Annual Conference of the Centre for Elite Performance, Expertise, and Training (CEPET), Macquarie University
Dana Jazayeri	Effects of gestational sodium valproate on rodent offspring anatomy. Epilepsy Society of Australia (Brisbane, Australia)
Daniel Bonanno	Foot orthoses for the management of running injuries. Spain National Podiatry Congress (Santiago de Compostela, Spain)
Ebonie Rio	- Lower limb tendinopathy. Soft Tissue Therapy Conference (Sydney, Australia) - Clinical decision making in elite sport in athletes with tendon pain. Boston Sports Teams Conference (Boston, USA) - Tendon pain. International Scientific Tendon Symposium (Groningen, Netherlands) - Tendon Neuroplastic training. ACPSEM Sporting Minds Conference (London, UK) - Tendinopathy. ACPSEM Sporting Minds Conference (London, UK) - Isometrics and tendon neuroplastic training. Swiss Sports Physio Conference (Zurich, Switzerland) - Changing the way we think about rehabilitation, Swiss Sports Physio Conference (Zurich, Switzerland) - Lower limb tendinopathy masterclass, La Trobe University Masters (Melbourne, Australia)

presentations cont.

presenter	subject, forum, location
Hylton Menz	• Keynote: Foot osteoarthritis: latest evidence and developments. Australian Podiatry Association Conference (Sydney, Australia) • Management of chronic foot pain in older people to improve mobility and prevent falls. Invited symposium presentation. American College of Rheumatology Conference (Chicago, USA) • Plantar pressure assessment in diabetes. Lower Extremity Amputation Prevention Conference, (Melbourne, Australia)
Jill Cook	• Invited tendinopathy presentations at Swedish Orthopaedic Conference (Stockholm Sweden) • New Zealand ESWT conference (Auckland, New Zealand) • Isokinetic conference (Barcelona Spain) • Israel Physiotherapy Conference (Tel Aviv, Israel) • MuscleTech conference (Barcelona, Spain) • Philadelphia 76ers Conference (Philadelphia, USA) • Sri Lankan Sports Medicine Conference (Colombo, Sri Lanka) • Denkfysio Conference (Amsterdam, Netherlands)
Joanne Kemp	• Keynote: South Australian Orthopaedic Physiotherapy Network Conference (Adelaide, Australia) • Keynote: Australian Physiotherapy Association Tasmanian Annual Forum (Launceston, Australia) • Hip rehabilitation, La Trobe University Masters Sports Physiotherapy Program (Melbourne, Australia) • Assessment and management of hip pain, New Zealand Physiotherapy Association workshop (Hamilton, New Zealand) • How to maximise your track record, La Trobe University Early Career Research Forum invited speaker, (Melbourne, Australia) • Invited presentations at XXVII International Conference on Sports Rehabilitation and Traumatology: The Future of Football Medicine, Camp Nou (Barcelona, Spain) • Australian Rheumatology Association Annual Conference (Melbourne, Australia) • Warwick Sporting Hip Conference (Warwick, UK) • Warwick agreement on post-hip arthroscopy rehabilitation consensus meeting (Warwick, UK) • International Society for Hip Arthroscopy (ISHA) Conference (Melbourne Australia) • 1st Swiss Sports Med & Sportfizio Conference (Bern, Switzerland) • International Consortium for hip-related pain inaugural research retreat (Zurich, Switzerland) • La Trobe Business School Early career workshop (Melbourne, Australia)
Karl Landorf	• Keynote: Heel pain: current controversies. College of Podiatry Conference (Bournemouth, Dorset, UK) and Australasian Podiatry Association (Sydney, Australia) • Medical imaging for plantar heel pain: Sports Masterclass. Podiatry NZ Conference (Auckland, New Zealand)

presentations cont.

presenter	subject, forum, location
Kay Crossley	• Keynote: From the athletic track to high quality research. Injury management and prevention of long-term consequences, Inaugural Lecture, University of Southern Denmark, Odense • Hip pain, FAI and OA: an Australian perspective, Research in Action; University of Southern Denmark, Odense. • Hip pain and OA: translating research into practice, Swiss Sports Medicine Congress, Bern • Chronic knee pain and OA: translating research into practice, 2nd Canadian Musculoskeletal Conference, in partnership with Bone and Joint Canada, Ontario (declined) • Patellofemoral pain and knee reconstruction, Football Medicine Outcomes: Camp Nou Barcelona, Spain (declined) • Can we reduce the risk of injury on the AFLW, Australian Football League Doctors Association, Cairns • Women in Sport: Injury Reduction Research, Australian Physiotherapist Association: Victorian Branch Annual Meeting, Melbourne • Women in Sport Symposium: Can we reduce the risk of injury in women's football?, Sports Medicine Australia: National Conference, Perth • How to translate research into practice for knee and hip pain and OA, Australian Rheumatology Association. Annual Scientific Meeting, Melbourne • Partnerships between SEM physicians and physio to provide high value treatment for patients with chronic knee pain - the GLA:D program, Australasian College of Sport and Exercise Physicians: Annual Conference, Gold Coast • Judging panel and Chair: Abstracts, 14th Scandinavian Congress of Medicine & Science in Sports, Copenhagen, Denmark
Meg Morris	• Physical activity, exercise and dance to enhance wellbeing and movement in people with Alzheimer's and Parkinson's disease. Harvard University (USA)
Nick Taylor	• Staff perceptions of implementation of an access and triage intervention that reduced waiting time in ambulatory services. 7th Annual NHMRC Symposium on Research Translation. (Sydney, Australia)
Nora Shields	• Enabling exercise participation among adolescents and young adults with disability Invited, the Victorian Allied Health Conference • Participating in physical activity for children with Prader Willi syndrome and Community-based weight training for young adults with Prader-Willi Syndrome, the 4th Asia Pacific Prader-Willi Syndrome Conference
Kate Webster	• Keynote: University of Otago, School of Physiotherapy, ACL Symposium, (Dunedin, New Zealand) Invited Presentations at Research to Practice Conference, Exercise and Sport Science Australia (Brisbane, Australia) • 16th Annual ACL Workshop, Mayo Clinic (Minneapolis, USA) • Isokinetics Future of Football Medicine Conference (Barcelona, Spain) • Physiotherapy New Zealand Biennial Conference (Dunedin, New Zealand) • TIRM Translation in Regenerative Medicine (Regensburg Germany) • Osteoarthritis Summit (Las Vegas USA)
Claire Willis	• Keynote: Enabling physical activity participation for children and youth with disabilities: A knowledge-to-action approach. Australasian Academy of Cerebral Palsy and Developmental Medicine 9th Biennial Conference (Auckland, New Zealand) • Disability sports and technology: Mobility, inclusion, Paralympics and adaptive sports. British Consul-General Seminar • Exercise and physical activity participation for children and youth with disabilities, Exercise and Sport Science Australia Seminar (Brisbane, Australia)

presentations cont.

presenter	subject, forum, location
Peter Brukner	- We're getting sicker and fatter. Cardiff Exercise Medicine Symposium (Cardiff, UK) - The intramuscular hamstring tendon. Myotherapy and Massage Conference (Gold Coast, Queensland) - We have come a long way. SEMSA Conference (Gold Coast, Queensland) - What the SEM physician needs to know about nutrition. ACSEP Conference (Gold Coast, Queensland) - Fats or carbs? What is the best fuel for elite performance. Low Carb Breckenridge (Colorado, USA) February 2018 - The intramuscular tendon: How important is it? IMST Conference, (Auckland, NZ) - SugarByHalf: Anatomy of a campaign. Low Carb Down Under (Sydney, Australia) - Hip and groin pain in sport. Hip and Groin Symposium (La Trobe University, Melbourne, Australia) - A big torn hamstring. Is it intramuscular. Rehab or surgery? Football Medicine Outcomes, XXVII Isokinetic Medical Group Conference (Barcelona, Spain) - The intramuscular hamstring tendon. Myotherapy and Massage Conference, (Gold Coast, Queensland) - FAI treatment: the missing link? SportsHip 18 (Warwick, UK) - Nutrition and running. Running Symposium, La Trobe University (Melbourne, Australia) - Nutrition for team sports. OSU Conference on Emerging Science of Carb Restriction and Nutritional Ketosis (Columbus, OH, USA) - We are getting fatter and sicker. What are we going to do about it? Back in Motion National Conference (Melbourne, Australia) - Diet and Inflammation. Low Carb Down Under (Gold Coast, Queensland), - Diet and Inflammation. Low Carb Down Under (Sydney, NSW) - We are getting fatter and sicker. What are we going to do about it? GPCE Conference (Melbourne, Australia) - Opening address: The last 12 months. Public Health Collaboration meeting, (London, UK), May 2018
Sean Docking	- Barriers to clinical improvement in lower limb tendinopathy. German Olympic Sports Medicine Conference (Hamburg, Germany) - Barriers to clinical improvement in lower limb tendinopathy. South Australian State Podiatry conference (Adelaide, Australia) - Barriers to clinical improvement in lower limb tendinopathy. Tasmanian State Podiatry conference (Hobart, Australia) - Tendinopathy Sports and Exercise Medicine Students Association conference (Melbourne, Australia)
Shannon Munteanu	State of play of big toe joint OA. College of Podiatry Annual Conference, (BIC Bournemouth, UK)
Sue Slade	Frameworks for Embedding a Research Culture in Allied Health Practice: a Rapid Review. Australian Physiotherapy Association Conference (Hobart, Tasmania)
Tania Pizzari	- Making sense of the prevention debate. What should clinicians do? XXVII Isokinetic Medical Group Conference: Football Medicine Outcome: Are we Winning? (Barcelona, Spain) - Principle-based Approach to Managing Rotator Cuff Tendinopathy, Physiotherapy New Zealand Conference Association (Dunedin, New Zealand) - Unravelling the Deep Hip Muscles - Implications for Rehabilitation, Physiotherapy New Zealand Conference Association (Dunedin, New Zealand) - AFL Soft Tissue Injury Registry update. Australian Football League Physiotherapists Association (Melbourne, Australia) - Key Evidence in Shoulder Rehabilitation. Musculoskeletal Professional Development: Western Centre for Health Research and Education (Melbourne, Australia)

outputs & impact

publications

Pearson EJM, Morris ME, Di Stefano M, McKinstry CE. (2018) Interventions for cancer-related fatigue: a scoping review. *European Journal of Cancer Care*, 27(1), 1-14. <http://doi.org/10.1111/ecc.12516>

Kilkenny MF, Lannin NA, Levi C, Faux SG, Dewey HM, Grimley R, Hill K, Grabsch B, Kim J, Hand P, Crosby V, Gardner M, Rois-Gnecco J, Thijs V, Anderson CS, Donnan G, Middleton S, Cadilhac DA. (2018) Weekend hospital discharge is associated with suboptimal care and outcomes: An observational Australian Stroke Clinical Registry study. *International Journal of Stroke*, <https://doi.org/10.1177/1747493018806165>

Middleton KJ, Alderson J, Elliott B, Mills P. (2018) The influence of knee joint flexion-extension on wrist joint speed in cricket fast bowlers. *ISBS 2018 Conference Proceedings*, 36(1), 873-876.

Barnes H, Holland AE, Westall GP, Goh NS, Glaspole IN. (2018) Cyclophosphamide for connective tissue disease-associated interstitial lung disease. *Cochrane Database of Systematic Reviews*, <http://doi.org/10.1002/14651858.CD010908.pub2>

Cox NS, McDonald CF, Hill CJ, O'Halloran P, Alison JA, Zanaboni P, Macdonald H, Holland AE. (2018) Telerehabilitation for chronic respiratory disease. *Cochrane Database of Systematic Reviews*, <http://doi.org/10.1002/14651858.CD013040>

Crossley KM, Schache AG, Ozturk H, Lentzos J, Munanto M, Pandey MG. (2018) Pelvic and hip kinematics during walking in people with patellofemoral joint osteoarthritis compared to healthy

age-matched controls. *Arthritis Care and Research*, 70(2), 309-314. <http://doi.org/10.1002/acr.23261>

Steidle-Kloc E, Culvenor AG, Dörrenberg J, Wirth W, Ruhdorfer A, Eckstein F. (2018) Relationship between knee pain and infrapatellar fat pad morphology - A within- and between-person analysis from the Osteoarthritis Initiative. *Arthritis Care and Research*, 70(4), 550-557. <http://doi.org/10.1002/acr.23326>

Collins NJ, Oei EHG, de Kanter JL, Vicenzino B, Crossley KM. (2018) Prevalence of radiographic and MRI features of patellofemoral osteoarthritis in young and middle-aged adults with persistent patellofemoral pain. *Arthritis Care and Research*, <http://doi.org/10.1002/acr.23726>

Gates LS, Arden NK, Hannan MT, Roddy E, Gill TK, Hill CL, Dufour AB, Rathod-Mistry T, Thomas MJ, Menz HB, Bowen CJ, Golightly YM. (2018) Prevalence of foot pain across an international consortium of population based cohorts.. *Arthritis care & research*, <http://doi.org/10.1002/acr.23829>

Culvenor AG, Hamler FC, Kemnitz J, Wirth W, Eckstein F. (2018) Brief Report: Loss of Muscle Strength Prior to Knee Replacement: A Question of Anatomic Cross-Sectional Area or Specific Strength?. *Arthritis & Rheumatology*, 70(2), 222-229. <http://doi.org/10.1002/art.40343>

Zacharias A, Green RA, Semciw A, English DJ, Kapakoulakis T, Pizzari T. (2018) Atrophy of hip abductor muscles is related to clinical severity in a hip osteoarthritis population. *Clinical Anatomy*, 31(4), 507-513. <http://doi.org/10.1002/ca.23064>

Benn ML, Pizzari T, Rath L, Tucker K, Semciw AI. (2018) Adductor magnus: An EMG investigation into proximal and distal portions and direction specific action. *Clinical Anatomy*, 31(4), 535-543. <http://doi.org/10.1002/ca.23068>

Garvican-Lewis LA, Vuong VL, Govus AD, Schumacher YO, Hughes D, Lovell G, Eichner D, Gore CJ. (2018) Influence of combined iron supplementation and simulated hypoxia on the haematological module of the athlete biological passport. *Drug Testing and Analysis*, 10(4), 731-741. <http://doi.org/10.1002/dta.2303>

Macri EM, Crossley KM, d'Entremont AG, Hart HF, Forster BB, Wilson DR, Ratzlaff CR, Walsh AM, Khan KM. (2018) Patellofemoral and tibiofemoral alignment in a fully weight-bearing upright MR: Implementation and repeatability. *Journal of Magnetic Resonance Imaging*, 47(3), 841-847. <http://doi.org/10.1002/jmri.25823>

Hart HF, Crossley KM, Hunt MA. (2018) Gait patterns, symptoms, and function in patients with isolated tibiofemoral osteoarthritis and combined tibiofemoral and patellofemoral osteoarthritis. *Journal of Orthopaedic Research*, 36(6), 1666-1672. <http://doi.org/10.1002/jor.23805>

Sritharan P, Lin Y-C, Richardson SE, Crossley KM, Birmingham TB, Pandey MG. (2018) Lower-limb muscle function during gait in varus mal-aligned osteoarthritis patients. *Journal of Orthopaedic Research*, 36(8). <http://doi.org/10.1002/jor.23883>

Webster KE, Hewett TE. (2018) Meta-Analysis of Meta-Analyses of Anterior Cruciate Ligament Injury Reduction Training Programs. *Journal of Orthopaedic Research*, 36(10). <http://doi.org/10.1002/jor.24043>



Lambell KJ, King SJ, Forsyth AK, Tierney AC. (2018) Association of Energy and Protein Delivery on Skeletal Muscle Mass Changes in Critically Ill Adults: A Systematic Review. *Journal of Parenteral and Enteral Nutrition*, 42(7). <http://doi.org/10.1002/jpen.1151>

Fetterplace K, Deane AM, Tierney A, Beach LJ, Knight LD, Presneill J, Rechnitzer T, Forsyth A, Gill BMT, Mourtzakis M, MacIsaac C. (2018) Targeted Full Energy and Protein Delivery in Critically Ill Patients: A Pilot Randomized Controlled Trial (FEED Trial). *Journal of Parenteral and Enteral Nutrition*, 42(8). <http://doi.org/10.1002/jpen.1166>

Slade SC, Hay-Smith J, Mastwyk S, Morris ME, Frawley H. (2018) Strategies to assist uptake of pelvic floor muscle training for people with urinary incontinence: A clinician viewpoint. *Neurourology and Urodynamics*, 37(8). <http://doi.org/10.1002/nau.23716>

Grimshaw SL, Taylor NF, Mechinaud F, Shields N. (2018) Assessment of physical function in children with cancer: A systematic review. *Pediatric Blood and Cancer*, 65(12). <http://doi.org/10.1002/pbc.27369>

Tarrant BJ, Holland A, Le Maitre C, Robinson R, Corbett M, Bondarenko J, Button B, Thompson B, Snell G. (2018) The timing and extent of acute physiotherapy involvement following lung transplantation: An observational study. *Physiotherapy Research International*, 23(3). <http://doi.org/10.1002/pri.1710>

Cox, N. S., Patrick, J. M., & Holland, A. E. (2018). Promotion of Physical Activity

for Older People with Cardiorespiratory Conditions. In *The Palgrave Handbook of Ageing and Physical Activity Promotion* (pp. 123-144). Palgrave Macmillan, Cham. http://doi.org/10.1007/978-3-319-71291-8_7

Carmont MR, Zellers JA, Ardern C, Silbernagel KG, Karlsson J, Mayr H. Return to Play Following Achilles Tendon Rupture. In *ESSKA Instructional Course Lecture Book 2018* (pp. 261-272). Springer, Berlin, Heidelberg. http://doi.org/10.1007/978-3-662-56127-0_18

Cassidy JT, Fitzgerald E, Cassidy ES, Cleary M, Byrne DP, Devitt BM, Baker JF. (2018) YouTube provides poor information regarding anterior cruciate ligament injury and reconstruction. *Knee Surgery, Sports Traumatology, Arthroscopy*, 26(3), 840-845. <http://doi.org/10.1007/s00167-017-4514-x>

Macri EM, Culvenor AG, Morris HG, Whitehead TS, Russell TG, Khan KM, Crossley KM. (2018) Lateral displacement, sulcus angle and trochlear angle are associated with early patellofemoral osteoarthritis following anterior cruciate ligament reconstruction. *Knee Surgery Sports Traumatology Arthroscopy*, 26(9). <http://doi.org/10.1007/s00167-017-4571-1>

Perraton LG, Hall M, Clark RA, Crossley KM, Pua Y-H, Whitehead TS, Morris HG, Culvenor AG, Bryant AL. (2018) Poor knee function after ACL reconstruction is associated with attenuated landing force and knee flexion moment during running. *Knee Surgery, Sports, Traumatology, Arthroscopy*, 26(2), 391-398. <http://doi.org/10.1007/s00167-017-4810-5>

Hamrin Senorski E, Seil R, Svantesson E, Feller JA, Webster KE, Engebretsen L, Spindler K, Siebold R, Karlsson J, Samuelsson K. (2018) "I never made it to the pros..." Return to sport and becoming an elite athlete after pediatric and adolescent anterior cruciate ligament injury—current evidence and future directions. *Knee Surgery, Sports Traumatology, Arthroscopy*, 26(4). <http://doi.org/10.1007/s00167-017-4811-4>

Webster KE, Feller JA, Kimp A, Devitt BM. (2018) Medial meniscal and chondral pathology at the time of revision anterior cruciate ligament reconstruction results in inferior mid-term patient-reported outcomes. *Knee Surgery, Sports Traumatology, Arthroscopy*, 26(4). <http://doi.org/10.1007/s00167-018-4880-z>

Thrush C, Porter TJ, Devitt BM. (2018) No evidence for the most appropriate postoperative rehabilitation protocol following anterior cruciate ligament reconstruction with concomitant articular cartilage lesions: a systematic review. *Knee Surgery, Sports Traumatology, Arthroscopy*, 26(4). <http://doi.org/10.1007/s00167-018-4882-x>

Levinger P, Bartlett JR, Bergman NR, McMahon S, Menz HB, Hill KD. (2018) The discrepancy between patient expectations and actual outcome reduces at the first 6 months following total knee replacement surgery. *Knee Surgery, Sports Traumatology, Arthroscopy*, <http://doi.org/10.1007/s00167-018-5210-1>

Tulloch SJ, Devitt BM, Norsworthy CJ, Mow C. (2018) Synovitis following anterior cruciate ligament reconstruction using the LARS device. *Knee Surgery, Sports*

publications cont.

Traumatology, Arthroscopy,
<http://doi.org/10.1007/s00167-018-5280-0>

Checklin M, Pizzari T. (2018) Impaired Tongue Function as an Indicator of Laryngeal Aspiration in Adults with Acquired Oropharyngeal Dysphagia: A Systematic Review. *Dysphagia*, 33(6).
<http://doi.org/10.1007/s00455-018-9902-y>

Dennett AM, Peiris CL, Taylor NF, Reed MS, Shields N. 'A good stepping stone to normality': a qualitative study of cancer survivors' experiences of an exercise-based rehabilitation program. *Supportive Care in Cancer*. 2019 May 1;27(5):1729-36.
<http://doi.org/10.1007/s00520-018-4429-1>

O'Keefe SA, Stanley M, Adam K, Lannin N. (2018) A Systematic Scoping Review of Work Interventions for Hospitalised Adults with an Acquired Neurological Impairment. *Journal Of Occupational Rehabilitation*,
<http://doi.org/10.1007/s10926-018-9820-8>

Thayabaranathan T, Andrew NE, Kilkenny MF, Stolwyk R, Thrift AG, Grimley R, Johnston T, Sundararajan V, Lannin NA, Cadilhac DA. (2018) Factors influencing self-reported anxiety or depression following stroke or TIA using linked registry and hospital data. *Quality of Life Research*, 27(12), 3145-3155.
<http://doi.org/10.1007/s11136-018-1960-y>

Wells DJM, Donnelly CJ, Elliott BC, Middleton KJ, Alderson JA. (2018) The inter-tester repeatability of a model for analysing elbow flexion-extension during overhead sporting movements. *Medical and Biological Engineering and Computing*, 56(10), 1853-1860.
<http://doi.org/10.1007/s11517-018-1820-5>

Bourne MN, Timmins RG, Opar DA, Pizzari T, Ruddy JD, Sims C, Williams MD, Shield AJ. (2018) An Evidence-Based Framework for Strengthening Exercises to Prevent Hamstring Injury. *Sports Medicine*, 48(2), 251-267.
<http://doi.org/10.1007/s40279-017-0796-x>

Panagodage Perera NK, Joseph C, Kemp JL, Finch CF. (2018) Epidemiology of Injuries in Women Playing Competitive Team Bat-or-Stick Sports: A Systematic Review and a Meta-Analysis. *Sports Medicine*, 48(3), 617-640.
<http://doi.org/10.1007/s40279-017-0815-y>

Toohy LA, Drew MK, Fortington LV, Finch CF, Cook JL. (2018) An Updated Subsequent Injury Categorisation Model (SIC-2.0): Data-Driven Categorisation of Subsequent Injuries in Sport. *Sports Medicine*, 48(9).
<http://doi.org/10.1007/s40279-018-0879-3>

Murphy M, Travers M, Gibson W, Chivers P, Debenham J, Docking S, Rio E. (2018) Rate of improvement of pain and function in mid-portion achilles tendinopathy with loading protocols: a systematic review and longitudinal meta-analysis. *Sports Medicine*, 48(8), 1875-1891.
<http://doi.org/10.1007/s40279-018-0932-2>

Johnston PT, McClelland JA, Webster KE. (2018) Lower Limb Biomechanics During Single-Leg Landings Following Anterior Cruciate Ligament Reconstruction: A Systematic Review and Meta-Analysis. *Sports Medicine*, 48(9).
<http://doi.org/10.1007/s40279-018-0942-0>

Raymond MJ, Winter A, Jeffs KJ, Soh S-E, Holland AE. (2018) Acceptability of physical activity monitoring in older adults undergoing inpatient rehabilitation. *Aging*

Clinical and Experimental Research, 30(8), 1005-1010.
<http://doi.org/10.1007/s40520-017-0857-x>

Kate E. Webster, Julian A. Feller, 121 - Anterior Cruciate Ligament Reconstruction Outcomes as a Function of Age, Editor(s): Chadwick C. Prodromos, *The Anterior Cruciate Ligament (Second Edition)*, Elsevier, 2018, Pages 490-493.e2,
<http://doi.org/10.1016/B978-0-323-38962-4.00121-1>

Hendrey G, Holland AE, Mentiplay BF, Clark RA, Williams G. (2018) Do trials of resistance training to improve mobility after stroke adhere to the American college of sports medicine guidelines? A systematic review. *Archives of Physical Medicine and Rehabilitation*, 99(3).
<http://doi.org/10.1016/j.apmr.2017.06.021>

Xu T, Clemson L, O'Loughlin K, Lannin NA, Dean C, Koh G. (2018) Risk factors for falls in community stroke survivors: a systematic review and meta-analysis. *Archives of Physical Medicine and Rehabilitation*, 99(3).
<http://doi.org/10.1016/j.apmr.2017.06.032>

Peiris CL, Shields N, Brusco NK, Watts JJ, Taylor NF. (2018) Additional Physical Therapy Services Reduce Length of Stay and Improve Health Outcomes in People With Acute and Subacute Conditions: An Updated Systematic Review and Meta-Analysis. *Archives of Physical Medicine and Rehabilitation*,
<http://doi.org/10.1016/j.apmr.2018.03.005>

Ford JJ, Richards BPhysio MC, Surkitt BPhysio LD, Chan BPhysio AY, Slater SL, Taylor NF, Hahne AJ. (2018) Development Of A Multivariate Prognostic Model For Pain And Activity Limitation In People With Low Back Disorders Receiving



Physiotherapy. Archives of Physical Medicine and Rehabilitation, 99(12). <http://doi.org/10.1016/j.apmr.2018.04.026>

Hendrey G, Clark RA, Holland AE, Mentiplay BF, Davis C, Windfeld-Lund C, Raymond MJ, Williams. G. (2018) Feasibility of ballistic strength training in subacute stroke: A randomized, controlled, assessor-blinded pilot study. Archives of Physical Medicine and Rehabilitation, 99(12). <http://doi.org/10.1016/j.apmr.2018.04.032>

Knight S, Takagi M, Fisher E, Anderson V, Lannin NA, Tavender E, Scheinberg A. (2018) A Systematic Critical Appraisal of Evidence-Based Clinical Practice Guidelines for the Rehabilitation of Children with Moderate or Severe Acquired Brain Injury. Archives of Physical Medicine and Rehabilitation, <http://doi.org/10.1016/j.apmr.2018.05.031>

Afzal S, Burge AT, Lee AL, Bondarenko J, Holland AE. (2018) Should the 6-Minute Walk Test Be Stopped If Oxyhemoglobin Saturation Falls Below 80%?. Archives of Physical Medicine and Rehabilitation, 99(11), 2370-2372. <http://doi.org/10.1016/j.apmr.2018.07.426>

Fini NA, Burge AT, Bernhardt J, Holland AE. (2018) Two Days of Measurement Provides Reliable Estimates of Physical Activity Poststroke: an Observational Study. Archives of Physical Medicine and Rehabilitation, <http://doi.org/10.1016/j.apmr.2018.10.006>

Hocking DR, Farhat H, Gavrilu R, Caeyenberghs K, Shields N. (2018) Do Active Video Games Improve Motor Function in People With Developmental Disabilities? A Meta-analysis of

Randomized Controlled Trials. Archives of Physical Medicine and Rehabilitation, <http://doi.org/10.1016/j.apmr.2018.10.021>

Mascaró A, Cos MÀ, Morral A, Roig A, Purdam C, Cook J. (2018) Load management in tendinopathy: Clinical progression for Achilles and patellar tendinopathy. Apunts. Medicina de l'Esport, 53(197), 19-27. <http://doi.org/10.1016/j.apunts.2017.11.005>

McClelland JA, Feller JA, Webster KE. (2018) Sex differences in gait after total knee arthroplasty. Journal of Arthroplasty, 33(3), 897-902. <http://doi.org/10.1016/j.arth.2017.09.061>

Mohan R, Webster KE, Johnson NR, Stuart MJ, Hewett TE, Krych AJ. (2018) Clinical outcomes in revision anterior cruciate ligament reconstruction: a meta-analysis. Arthroscopy - The Journal of Arthroscopic and Related Surgery, 34(1), 289-300. <http://doi.org/10.1016/j.arthro.2017.06.029>

Freke MD, Crossley KM, Russell T, Sims KJ, Semciw AI. (2018) Associations between type and severity of hip pathology with pre-operative patient reported outcome measures. Brazilian Journal of Physical Therapy, <http://doi.org/10.1016/j.bjpt.2018.09.008>

Pelicioni PH, Brodie MA, Latt MD, Menant JC, Menz HB, Fung VS, Lord SR. Head and trunk stability during gait before and after levodopa intake in Parkinson's disease subtypes. Experimental gerontology. 2018 Oct 1;111:78-85. <http://doi.org/10.1016/j.exger.2018.06.031>

Buldt AK, Allan JJ, Landorf KB, Menz HB. The relationship between foot posture and plantar pressure during walking in adults: a

systematic review. Gait & posture. 2018 May 1;62:56-67. <http://doi.org/10.1016/j.gaitpost.2018.02.026>

Buldt AK, Forghany S, Landorf KB, Levinger P, Murley GS, Menz HB. Foot posture is associated with plantar pressure during gait: A comparison of normal, planus and cavus feet. Gait & posture. 2018 May 1;62:235-40. <http://doi.org/10.1016/j.gaitpost.2018.03.005>

Hanson LC, Taylor NF, McBurney H. (2018) Interpreting Meaningful Change in the Distance Walked in the 10-Metre ISWT in Cardiac Rehabilitation. Heart Lung and Circulation, <http://doi.org/10.1016/j.hlc.2018.11.014>

Tippling CJ, Holland AE, Harrold M, Crawford T, Halliburton N, Hodgson CL. (2018) The minimal important difference of the ICU mobility scale. Heart and Lung, 47(5), 497-501. <http://doi.org/10.1016/j.hrtlng.2018.07.009>

Tarrant BJ, Maitre CL, Romero L, Steward R, Button BM, Thompson BR, Holland AE. (2018) Mucoactive agents for adults with acute lung conditions: A systematic review. Heart and Lung, <http://doi.org/10.1016/j.hrtlng.2018.09.010>

Mazzarino M, Kerr D, Morris ME. Pilates program design and health benefits for pregnant women: A practitioners' survey. Journal of bodywork and movement therapies. 2018 Apr 1;22(2):411-7. <http://doi.org/10.1016/j.jbmt.2017.05.015>

Slade SC, Finnegan S, Dionne CE, Underwood M, Buchbinder R. The Consensus on Exercise Reporting Template (CERT) applied to exercise interventions in musculoskeletal trials demonstrated good

publications cont.

rater agreement and incomplete reporting. *Journal of clinical epidemiology*. 2018 Nov 1;103:120-30.

<http://doi.org/10.1016/j.jclinepi.2018.07.009>

Hayes K, Holland AE, Pellegrino VA, Mathur S, Hodgson CL. (2018) Acute skeletal muscle wasting and relation to physical function in patients requiring extracorporeal membrane oxygenation (ECMO). *Journal of Critical Care*, 48, 1-8. <http://doi.org/10.1016/j.jcrc.2018.08.002>

Heywood S, Pua YH, McClelland J, Geigle P, Rahmann A, Bower K, Clark R. Low-cost electromyography-Validation against a commercial system using both manual and automated activation timing thresholds. *Journal of Electromyography and Kinesiology*. 2018 Oct 1;42:74-80. <http://doi.org/10.1016/j.jelekin.2018.05.010>

Hart HF, Crossley KM, Felson D, Jarraya M, Guermazi A, Roemer F, Lewis CE, Torner J, Nevitt M, Stefanik JJ. (2018) Relation of meniscus pathology to prevalence and worsening of patellofemoral joint osteoarthritis: the Multicenter Osteoarthritis Study. *Osteoarthritis and Cartilage*, 26(7), 912-919. <http://doi.org/10.1016/j.joca.2017.11.017>

Kemnitz J, Wirth W, Eckstein F, Culvenor AG. (2018) The role of thigh muscle and adipose tissue in knee osteoarthritis progression in women: data from the Osteoarthritis Initiative. *Osteoarthritis and Cartilage*, 26(9). <http://doi.org/10.1016/j.joca.2018.05.020>

Lawrenson PR, Crossley KM, Vicenzino BT, Hodges PW, James G, Croft KJ, King MG, Semciw AI. (2018) Muscle size and composition in people with articular hip pathology: a systematic review with

meta-analysis. *Osteoarthritis and Cartilage*, <http://doi.org/10.1016/j.joca.2018.10.008>

Harrison AL, Taylor NF, Shields N, Frawley HC. (2018) Attitudes, barriers and enablers to physical activity in pregnant women: a systematic review. *Journal of Physiotherapy*, 64(1), 24-32. <http://doi.org/10.1016/j.jphys.2017.11.012>

Dennett AM, Shields N, Peiris CL, Prendergast LA, O'Halloran PD, Parente P, Taylor NF. (2018) Motivational interviewing added to oncology rehabilitation did not improve moderate-intensity physical activity in cancer survivors: a randomised trial. *Journal of Physiotherapy*, 64(4), 255-263. <http://doi.org/10.1016/j.jphys.2018.08.003>

Said CM, Morris ME, McGinley JL, Szoek C, Workman B, Liew D, Hill KD, Woodward M, Wittwer JE, Churilov L, Danoudis M, Bernhardt J. (2018) Additional structured physical activity does not improve walking in older people (> 60 years) undergoing inpatient rehabilitation: a randomised trial. *Journal of Physiotherapy*, 64(4), 237-244. <http://doi.org/10.1016/j.jphys.2018.08.006>

Trewin J, Meylan C, Varley MC, Cronin J. (2018) The match-to-match variation of match-running in elite female soccer. *Journal of Science and Medicine in Sport*, 21(2), 196-201. <http://doi.org/10.1016/j.jsams.2017.05.009>

Nunes GS, Barton CJ, Serrão FV. (2018) Hip rate of force development and strength are impaired in females with patellofemoral pain without signs of altered gluteus medius and maximus morphology. *Journal of Science and Medicine in Sport*, 21(2), 123-128. <http://doi.org/10.1016/j.jsams.2017.05.014>

Chen S-M, Lo SK, Cook J. (2018) The effect of rigid taping with tension on mechanical displacement of the skin and change in pain perception. *Journal of Science and Medicine in Sport*, 21(4), 342-346. <http://doi.org/10.1016/j.jsams.2017.07.008>

Gastin PB, Cayzer C, Dwyer D, Robertson S. (2018) Validity of the ActiGraph GT3X+ and BodyMedia SenseWear Armband to estimate energy expenditure during physical activity and sport. *Journal of Science and Medicine in Sport*, 21(3), 291-295. <http://doi.org/10.1016/j.jsams.2017.07.022>

Scholes M, Stadler S, Connell D, Barton C, Clarke RA, Bryant AL, Malliaras P. (2018) Men with unilateral Achilles tendinopathy have impaired balance on the symptomatic side. *Journal of Science and Medicine in Sport*, 21(5), 479-482. <http://doi.org/10.1016/j.jsams.2017.09.594>

Shields N, Downs J, de Haan JB, Taylor NF, Torr J, Fernhall B, Kingsley M, Mnatzaganian G, Leonard H. (2018) What effect does regular exercise have on oxidative stress in people with Down syndrome? A systematic review with meta-analyses. *Journal of Science and Medicine in Sport*, 21(6), 596-603. <http://doi.org/10.1016/j.jsams.2017.10.015>

Kunstler BE, Cook JL, Freene N, Finch CF, Kemp JL, O'Halloran PD, Gaida JE. (2018) Physiotherapists use a small number of behaviour change techniques when promoting physical activity: A systematic review comparing experimental and observational studies. *Journal of Science and Medicine in Sport*, 21(6), 609-615. <http://doi.org/10.1016/j.jsams.2017.10.027>



Rathi S, Taylor NF, Soo B, Green RA.

(2018) Glenohumeral joint translation and muscle activity in patients with symptomatic rotator cuff pathology: An ultrasonographic and electromyographic study with age-matched controls. *Journal of Science and Medicine in Sport*, 21(9). <http://doi.org/10.1016/j.jsams.2018.02.007>

Mayes S, Smith P, Cook J. (2018)

Impingement-type bony morphology was related to cartilage defects, but not pain in professional ballet dancers' hips. *Journal of Science and Medicine in Sport*, 21(9). <http://doi.org/10.1016/j.jsams.2018.02.014>

Lathlean TJH, Gastin PB, Newstead SV, Finch CF. (2018) The incidence, prevalence, severity, mechanism and body region of injury in elite junior Australian football players: A prospective cohort study over one season. *Journal of Science and Medicine in Sport*, <http://doi.org/10.1016/j.jsams.2018.03.002>

Wollin M, Thorborg K, Welvaert M, Pizzari T. (2018) In-season monitoring of hip and groin strength, health and function in elite youth soccer: Implementing an early detection and management strategy over two consecutive seasons. *Journal of Science and Medicine in Sport*, 21(10). <http://doi.org/10.1016/j.jsams.2018.03.004>

Ackerman IN, Bohensky MA, Kemp JL, de Steiger R. (2018) Likelihood of knee replacement surgery up to 15 years after sports injury: A population-level data linkage study. *Journal of Science and Medicine in Sport*, <http://doi.org/10.1016/j.jsams.2018.12.010>

Watson L, Balster S, Lenssen R, Hoy G, Pizzari T. (2018) The effects of a conservative rehabilitation program for multidirectional instability of the shoulder. *Journal of Shoulder and Elbow Surgery*, 27(1), 104-111. <http://doi.org/10.1016/j.jse.2017.07.002>

Barwood SA, French JA, Watson LA, Balster SM, Hoy GA, Pizzari T. (2018) The Specific AC Score (SACS): a new and validated method of assessment of isolated acromioclavicular joint pathology. *Journal of Shoulder and Elbow Surgery*, 27(12). <http://doi.org/10.1016/j.jse.2018.04.026>

Andrew NE, Busingye D, Lannin NA, Kilkenny MF, Cadilhac DA. (2018) The quality of discharge care planning in acute stroke care: Influencing factors and association with postdischarge outcomes. *Journal of Stroke and Cerebrovascular Diseases*, 27(3), 583-590. <http://doi.org/10.1016/j.jstrokecerebrovasdis.2017.09.043>

Menz HB, Auhl M, Spink MJ. (2018) Foot problems as a risk factor for falls in community-dwelling older people: A systematic review and meta-analysis. *Maturitas*, 118, 7-14. <http://doi.org/10.1016/j.maturitas.2018.10.001>

Laslett LL, Menz HB, Otahal P, Pan F, Cicuttini FM, Jones G. Factors associated with prevalent and incident foot pain: data from the Tasmanian Older Adult Cohort Study. *Maturitas*. 2018 Dec 1;118:38-43. <http://doi.org/10.1016/j.maturitas.2018.10.004>

Benjamin DR, Frawley HC, Shields N, Van De Water ATM, Taylor NF. (2018) Relationship between diastasis recti of the abdominal muscles (DRAM) and musculoskeletal dysfunctions, pain and quality of life: a systematic review. *Physiotherapy*, <http://doi.org/10.1016/j.physio.2018.07.002>

Culvenor AG, Patterson BE, Guermazi A, Morris HG, Whitehead TS, Crossley KM. (2018) Accelerated return to sport after anterior cruciate ligament reconstruction and early knee osteoarthritis features at 1 Year: An exploratory study. *PM&R*, 10(4), 349-356. <http://doi.org/10.1016/j.pmrj.2017.09.005>

Wollin M, Thorborg K, Pizzari T. Monitoring the effect of football match congestion on hamstring strength and lower limb flexibility: Potential for secondary injury prevention?. *Physical Therapy in Sport*. 2018 Jan 1;29:14-8. <http://doi.org/10.1016/j.ptsp.2017.09.001>

Barton CJ. Managing RISK when treating the injured runner with running retraining, load management and exercise therapy. *Physical therapy in sport: official journal of the Association of Chartered Physiotherapists in Sports Medicine*. 2018 Jan;29:79. <http://doi.org/10.1016/j.ptsp.2017.10.002>

Lack S, Neal B, Silva DD, Barton C.

How to manage patellofemoral pain- Understanding the multifactorial nature and treatment options. *Physical Therapy in Sport*. 2018 Jul 1;32:155-66. <https://doi.org/10.1016/j.ptsp.2018.04.010>

Neal BS, Barton CJ, Birn-Jeffrey A, Daley M, Morrissey D. The effects & mechanisms of increasing running step rate: A feasibility study in a mixed-sex group of runners with patellofemoral pain. *Physical Therapy in Sport*. 2018 Jul 1;32:244-51. <http://doi.org/10.1016/j.ptsp.2018.05.018>

Coburn SL, Barton CJ, Filbay SR, Hart HF, Rathleff MS, Crossley KM. Quality of life in individuals with patellofemoral pain: a systematic review including meta-analysis.

Lack S, Neal B, Silva DD, Barton C. How to manage patellofemoral pain- Understanding the multifactorial nature and treatment options. *Physical Therapy in Sport*. 2018 Jul 1;32:155-66. <https://doi.org/10.1016/j.ptsp.2018.04.010>

Neal BS, Barton CJ, Birn-Jeffrey A, Daley M, Morrissey D. The effects & mechanisms of increasing running step rate: A feasibility study in a mixed-sex group of runners with patellofemoral pain. *Physical Therapy in Sport*. 2018 Jul 1;32:244-51. <http://doi.org/10.1016/j.ptsp.2018.05.018>

Coburn SL, Barton CJ, Filbay SR, Hart HF, Rathleff MS, Crossley KM. Quality of life in individuals with patellofemoral pain: a systematic review including meta-analysis.

publications cont.

Physical Therapy in Sport. 2018 Jun 28.
<http://doi.org/10.1016/j.ptsp.2018.06.006>

Dingenen B, Barton C, Janssen T, Benoit A, Malliaras P. Test-retest reliability of two-dimensional video analysis during running. *Physical Therapy in Sport*. 2018 Sep 1;33:40-7.
<http://doi.org/10.1016/j.ptsp.2018.06.009>

de Oliveira Silva D, Barton C, Crossley K, Waiteman M, Taborda B, Ferreira AS, de Azevedo FM. Implications of knee crepitus to the overall clinical presentation of women with and without patellofemoral pain. *Physical Therapy in Sport*. 2018 Sep 1;33:89-95.
<http://doi.org/10.1016/j.ptsp.2018.07.007>

Retchford TH, Tucker KJ, Weinrauch P, Cowan SM, Alison G, Kemp JL, Crossley KM. Clinical features of people with hip-related pain, but no clinical signs of femoroacetabular impingement syndrome. *Physical Therapy in Sport*. 2018 Nov 1;34:201-7.
<http://doi.org/10.1016/j.ptsp.2018.10.007>

Willis C, Nyquist A, Jahnsen R, Elliott C, Ullenhag A. Enabling physical activity participation for children and youth with disabilities following a goal-directed, family-centred intervention. *Research in developmental disabilities*. 2018 Jun 30;77:30-9.
<http://doi.org/10.1016/j.ridd.2018.03.010>

Jackman M, Novak I, Lannin NA, Galea C, Froude E. The Cognitive Orientation to daily Occupational Performance (CO-OP) Approach: Best responders in children with cerebral palsy and brain injury. *Research in developmental disabilities*. 2018 Jul 1;78:103-13.
<http://doi.org/10.1016/j.ridd.2018.04.019>

Ward N, Stiller K, Rowe H, Morrow S, Morton J, Greville H, Holland AE. Airway clearance by exercising in mild cystic fibrosis (ACE-CF): A feasibility study. *Respiratory medicine*. 2018 Sep 1;142:23-8.
<http://doi.org/10.1016/j.rmed.2018.07.008>

Jazayeri D, Graham J, Hitchcock A, O'Brien TJ, Vajda FJ. Outcomes of pregnancies in women taking antiepileptic drugs for non-epilepsy indications. *Seizure*. 2018 Mar 1;56:111-4.
<http://doi.org/10.1016/j.seizure.2018.02.009>

van Middelkoop M, Bennell KL, Callaghan MJ, Collins NJ, Conaghan PG, Crossley KM, Eijkenboom JJFA, van der Heijden RA, Hinman RS, Hunter DJ, Meuffels DE, Mills K, Oei EHG, Runhaar J, Schiphof D, Stefanik JJ, Bierma-Zeinstra SMA. (2018) International patellofemoral osteoarthritis consortium: Consensus statement on the diagnosis, burden, outcome measures, prognosis, risk factors and treatment. *Seminars in Arthritis and Rheumatism*, 47(5), 666-675.
<http://doi.org/10.1016/j.semarthrit.2017.09.009>

Becroft L, Ooi G, Forsyth A, King S, Tierney A. (2018) Validity of multi-frequency bioelectric impedance methods to measure body composition in obese patients: a systematic review. *International Journal of Obesity*,
<http://doi.org/10.1038/s41366-018-0285-9>

Serpiello F, Duthie G, Moran C, Kovacevic D, Selimi E, Varley M. (2018) The Occurrence of Repeated High Acceleration Ability (RHAA) in Elite Youth Football. *International Journal of Sports Medicine*, 39(7), 502-507.
<http://doi.org/10.1055/a-0608-4738>

Bourne M, Williams M, Pizzari T, Shield A. (2018) A functional MRI exploration of hamstring activation during the supine bridge exercise. *International Journal of Sports Medicine*, 39(2), 104-109.
<http://doi.org/10.1055/s-0043-121150>

Spangler R, Rantalainen T, Gastin P, Wundersitz D. (2018) Inertial Sensors are a Valid Tool to Detect and Consistently Quantify Jumping. *International Journal of Sports Medicine*, 39(10).
<http://doi.org/10.1055/s-0044-100793>

Harding KE, Robertson N, Snowdon DA, Watts JJ, Karimi L, O'Reilly M, Kotis M, Taylor NF. (2018) Are wait lists inevitable in subacute ambulatory and community health services? A qualitative analysis. *Australian Health Review*, 42(1).
<http://doi.org/10.1071/AH16145>

Papagoras H, Pizzari T, Coburn P, Sleight K, Briggs AM. (2018) Supporting return to work through appropriate certification: a systematic approach for Australian primary care. *Australian Health Review*, 42(2), 164-164. <http://doi.org/10.1071/AH16247>

Varley MC, Di Salvo V, Modonutti M, Gregson W, Mendez-Villanueva A. (2018) The influence of successive matches on match-running performance during an under-23 international soccer tournament: The necessity of individual analysis. *Journal of Sports Sciences*, 36(5), 585-591.
<http://doi.org/10.1080/02640414.2017.1325511>

Schaefer A, O'dwyer N, Ferdinands RE, Edwards S. (2018) Consistency of kinematic and kinetic patterns during a prolonged spell of cricket fast bowling: an exploratory laboratory study. *Journal of Sports Sciences*, 36(6), 679-690.
<http://doi.org/10.1080/02640414.2017.1330548>



Wollin M, Pizzari T, Spagnolo K, Welvaert M, Thorborg K. (2018) The effects of football match congestion in an international tournament on hip adductor squeeze strength and pain in elite youth players. *Journal of Sports Sciences*, 36(10), 1167-1172.

<http://doi.org/10.1080/02640414.2017.1363452>

Rantalainen T, Gastin PB, Spangler R, Wundersitz D. (2018) Concurrent validity and reliability of torso-worn inertial measurement unit for jump power and height estimation. *Journal of Sports Sciences*, 36(17), 1937-1942.

<http://doi.org/10.1080/02640414.2018.1426974>

Hulteen RM, Barnett LM, Morgan PJ, Robinson LE, Barton CJ, Wrotniak BH, Lubans DR. (2018) Development, content validity and test-retest reliability of the Lifelong Physical Activity Skills Battery in adolescents. *Journal of Sports Sciences*, 36(20), 2358-2367.

<http://doi.org/10.1080/02640414.2018.1458392>

Fuller LM, El-Ansary D, Button B, Bondarenko J, Marasco S, Snell G, Holland AE. (2018) Reliability of sternal instability scale (SIS) for transverse sternotomy in lung transplantation (LTX). *Physiotherapy Theory and Practice*, 34(12), 1-4.

<http://doi.org/10.1080/09593985.2018.1431342>

Bruder AM, McClelland JA, Shields N, Dodd KJ, Hau R, van de Water ATM, Taylor NF. (2018) Validity and reliability of an activity monitor to quantify arm movements and activity in adults following distal radius fracture. *Disability and Rehabilitation*, 40(11), 1318-1325.

<http://doi.org/10.1080/09638288.2017.1288764>

Wales K, Lannin NA, Clemson L, Cameron ID. (2018) Measuring functional ability

in hospitalized older adults: a validation study. *Disability and Rehabilitation*, 40(16), 1972-1978.

<http://doi.org/10.1080/09638288.2017.1323021>

Soh S-E, Stuart L, Raymond M, Kimmel L, Holland AE. (2018) The validity, reliability, and responsiveness of the modified Iowa Level of Assistance scale in hospitalized older adults in subacute care. *Disability and Rehabilitation*, 40(24), 1-7.

<http://doi.org/10.1080/09638288.2017.1359687>

Shields N, van den Bos R, Buhler-Smith K, Prendergast L, Taylor N. (2018) A community-based exercise program to increase participation in physical activities among youth with disability: a feasibility study. *Disability and Rehabilitation*, 40(24), 1-7.

<http://doi.org/10.1080/09638288.2017.1422034>

Ellis R, Holland AE, Dodd K, Shields N. (2018) Reliability of one-repetition maximum performance in people with chronic heart failure. *Disability and Rehabilitation*, 40(24), 1-7.

<http://doi.org/10.1080/09638288.2018.1443160>

Unsworth CA, Baker A, Lannin N, Harries P, Strahan J, Browne M. (2018) Predicting fitness-to-drive following stroke using the Occupational Therapy - Driver Off Road Assessment Battery. *Disability and Rehabilitation*, 40(24), 1-7.

<http://doi.org/10.1080/09638288.2018.1445784>

Xu T, O'Loughlin K, Clemson L, Lannin NA, Koh G, Dean C. (2018) Therapists' perspectives on adapting the Stepping On falls prevention programme for community-dwelling stroke survivors in Singapore. *Disability and Rehabilitation*, 40(24), 1-7.

<http://doi.org/10.1080/09638288.2018.1471168>

Hart HF, Filbay SR, Coburn S, Charlton JM, Sritharan P, Crossley KM. (2018) Is quality of life reduced in people with patellofemoral osteoarthritis and does it improve with treatment? A systematic review, meta-analysis and regression. *Disability and Rehabilitation*, 40(24), 1-7.

<http://doi.org/10.1080/09638288.2018.1482504>

Gilmore SJ, Davidson M, Hahne AJ, McClelland JA. (2018) The validity of using activity monitors to detect step count after lumbar fusion surgery. *Disability and Rehabilitation*, 40(24), 1-7.

<http://doi.org/10.1080/09638288.2018.1509140>

George ES, Marshall S, Mayr HL, Trakman GL, Tatu-Babet OA, Lassemillante A-CM, Bramley A, Reddy AJ, Forsyth A, Tierney AC, Thomas CJ, Itsiopoulos C, Marx W. (2018) The effect of high-polyphenol extra virgin olive oil on cardiovascular risk factors: a systematic review and meta-analysis. *Critical Reviews in Food Science and Nutrition*, 58(1), 1-10.

<http://doi.org/10.1080/10408398.2018.1470491>

Grant VM, Gibson A, Shields N. (2018) Somatosensory stimulation to improve hand and upper limb function after stroke—a systematic review with meta-analyses. *Topics in Stroke Rehabilitation*, 25(2), 150-160.

<http://doi.org/10.1080/10749357.2017.1389054>

Brack P, Shields N. (2018) Short duration clinically-based interprofessional shadowing and patient review activities may have a role in preparing health professional students to practice collaboratively: a systematic literature review. *Journal of Interprofessional Care*, 33(1), 1-10.

<http://doi.org/10.1080/13561820.2018.1543256>

publications cont.

- Bailey A, MacMahon C.** (2018) Exploring talent identification and recruitment at circus arts training and performance organizations. *High Ability Studies*, 29(2), 213-240.
<http://doi.org/10.1080/13598139.2018.1518776>
- Toohy K, MacMahon C, Weissensteiner J, Thomson A, Auld C, Beaton A, Burke M, Woolcock G.** (2018) Using transdisciplinary research to examine talent identification and development in sport. *Sport in Society*, 21(2), 356-375.
<http://doi.org/10.1080/17430437.2017.1310199>
- Rees L, Robinson P, Shields N.** (2018) A major sporting event or an entertainment show? A content analysis of Australian television coverage of the 2016 Olympic and Paralympic Games. *Sport in Society*, 21(12), 1-16.
<http://doi.org/10.1080/17430437.2018.1445996>
- Dell isola A, Wirth W, Steultjens M, Eckstein F, Culvenor AG.** (2018) Knee extensor muscle weakness and radiographic knee osteoarthritis progression: The influence of sex and malalignment. *Acta Orthopaedica*, 89(4), 406-411.
<http://doi.org/10.1080/17453674.2018.1464314>
- Williams SB, Gastin PB, Saw AE, Robertson S.** (2018) Development of a golf-specific load monitoring tool: Content validity and feasibility. *European Journal of Sport Science*, 18(4), 458-472.
<http://doi.org/10.1080/17461391.2018.1434239>
- Govus AD, Andersson EP, Shannon OM, Provis H, Karlsson M, McGawley K.** (2018) Commercially available compression garments or electrical stimulation do not enhance recovery following a sprint competition in elite cross-country skiers. *European Journal of Sport Science*, 18(10), 1-10.
<http://doi.org/10.1080/17461391.2018.1484521>
- Clarke AC, Couvalias G, Kempton T, Dascombe B.** (2018) Comparison of the match running demands of elite and sub-elite women's Australian Football. *Science and Medicine in Football*,
<http://doi.org/10.1080/24733938.2018.1479067>
- Yeung W, Semciw AI.** (2018) Aquatic Therapy for People with Lymphedema: A Systematic Review and Meta-analysis. *Lymphatic Research and Biology*, 16(1), 9-19. <http://doi.org/10.1089/lrb.2016.0056>
- Peiris CL, Taylor NF, Hull S, Anderson A, Belski R, Furlanos S, Shields N.** (2018) A Group Lifestyle Intervention Program Is Associated with Reduced Emergency Department Presentations for People with Metabolic Syndrome: A Retrospective Case-Control Study. *Metabolic Syndrome and Related Disorders*, 16(2), 110-116.
<http://doi.org/10.1089/met.2017.0127>
- George ES, Forsyth A, Itsiopoulos C, Nicoll AJ, Ryan M, Sood S, Roberts S, Tierney AC.** (2018) Practical dietary recommendations for the prevention and management of nonalcoholic fatty liver disease in adults. *Advances in Nutrition*, 9(1), 30-40.
<http://doi.org/10.1093/advances/nmx007>
- Naseri C, Haines TP, Etherton-Beer C, McPhail S, Morris ME, Flicker L, Netto J, Francis-Coad J, Lee D-CA, Shorr R, Hill A-M.** (2018) Reducing falls in older adults recently discharged from hospital: a systematic review and meta-analysis. *Age and Ageing*, 47(4), 512-519.
<http://doi.org/10.1093/ageing/afy043>
- Rio EK, Ellis RF, Henry JM, Falconer VR, Kiss ZS, Girdwood MA, Cook JL, Gaida JE.** (2018) Don't Assume the Control Group Is Normal—People with Asymptomatic Tendon Pathology Have Higher Pressure Pain Thresholds. *Pain Medicine*, 19(11).
<http://doi.org/10.1093/pm/pny117>
- De Oliveira Silva D, Rathleff MS, Petersen K, Azevedo FMD, Barton CJ.** (2018) Manifestations of Pain Sensitization Across Different Painful Knee Disorders: A Systematic Review Including Meta-analysis and Metaregression.. *Pain medicine*,
<http://doi.org/10.1093/pm/pny177>
- de Camargo AA, Boldorini JC, Holland AE, de Castro RAS, Lanza FDC, Athanazio RA, Rached SZ, Carvalho-Pinto R, Cukier A, Stelmach R, Corso SD.** (2018) Determinants of peripheral muscle strength and activity in daily life in people with bronchiectasis. *Physical Therapy*, 98(3), 153-161.
<http://doi.org/10.1093/ptj/pzx123>
- Dennett AM, Peiris CL, Shields N, Prendergast LA, Taylor NF.** (2018) Cancer survivors awaiting rehabilitation rarely meet recommended physical activity levels: An observational study. *Rehabilitation Oncology*, 36(4), 214-222.
<http://doi.org/10.1097/O1.REO.0000000000000132>
- Kunstler BE, Cook JL, Freene N, Finch CF, Kemp JL, O'Halloran PD, Gaida JE.** (2018) Physiotherapist-Led Physical Activity Interventions Are Efficacious at Increasing Physical Activity Levels: A Systematic Review and Meta-analysis. *Clinical Journal of Sport Medicine*, 28(3), 304-315.
<http://doi.org/10.1097/JSM.0000000000000447>
- Nealon AR, Cook JL.** (2018) Trunk Side Strain Has a High Incidence in First-Class Cricket Fast Bowlers in Australia and



England. *Clinical Journal of Sport Medicine*, 28(3), 284-288.
<http://doi.org/10.1097/JSM.0000000000000450>

Taylor R, Vuckovic Z, Mosler A, Agricola R, Otten R, Jacobsen P, Holmich P, Weir A. (2018) Multidisciplinary Assessment of 100 Athletes With Groin Pain Using the Doha Agreement: High Prevalence of Adductor-Related Groin Pain in Conjunction With Multiple Causes. *Clinical Journal of Sport Medicine*, 28(4), 364-369.
<http://doi.org/10.1097/JSM.0000000000000469>

Mayes S, Ferris A-R, Smith P, Cook J. (2018) Hip Joint Effusion-Synovitis Is Associated With Hip Pain and Sports/ Recreation Function in Female Professional Ballet Dancers. *Clinical Journal of Sport Medicine*,
<http://doi.org/10.1097/JSM.0000000000000595>

Moseley GL, Baranoff J, Rio E, Stewart M, Derman W, Hainline B. (2018) Nonpharmacological Management of Persistent Pain in Elite Athletes: Rationale and Recommendations. *Clinical Journal of Sport Medicine*, 28(5), 1-1.
<http://doi.org/10.1097/JSM.0000000000000601>

Pearson SJ, Stadler S, Menz H, Morrissey D, Scott I, Munteanu S, Malliaras P. (2018) Immediate and Short-Term Effects of Short- and Long-Duration Isometric Contractions in Patellar Tendinopathy. *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*,
<http://doi.org/10.1097/jsm.0000000000000625>

Docking SI, Girdwood MA, Cook J, Fortington LV, Rio E. (2018) Reduced levels of aligned fibrillar structure are not associated with achilles and patellar tendon symptoms. *Clinical journal of sport*

medicine : official journal of the Canadian Academy of Sport Medicine,
<http://doi.org/10.1097/jsm.0000000000000644>

Hart H, Collins N, Ackland DC, Crossley K. (2018) Is Self-Reported Knee Stability Associated With Symptoms, Function, and Quality of Life in People With Knee Osteoarthritis After Anterior Cruciate Ligament Reconstruction?. *Clinical Journal of Sport Medicine*,
<http://doi.org/10.1097/jsm.0000000000000674>

van Ark M, Rio E, Cook J, van den Akker-Scheek I, Gaida JE, Zwerver J, Docking S. (2018) Clinical improvements are not explained by changes in tendon structure on Ultrasound Tissue Characterization After an exercise program for patellar tendinopathy. *American Journal of Physical Medicine & Rehabilitation*, 97(10), 1-1.
<http://doi.org/10.1097/PHM.0000000000000951>

Wang W, Ackland DC, McClelland JA, Webster KE, Halgamuge S. (2018) Assessment of gait characteristics in total knee arthroplasty patients using a hierarchical partial least squares method. *IEEE Journal of Biomedical and Health Informatics*, 22(1), 205-214.
<http://doi.org/10.1109/JBHI.2017.2689070>

Howlett O, McKinstry C, Lannin NA. (2018) Using the cognitive interviewing process to improve survey design by allied health: A qualitative study. *Australian Occupational Therapy Journal*, 65(2), 126-134.
<http://doi.org/10.1111/1440-1630.12445>

Cooksley R, Maguire E, Lannin NA, Unsworth CA, Farquhar M, Galea C, Mitra B, Schmidt J. (2018) Persistent symptoms and activity changes three months after mild traumatic brain injury. *Australian*

Occupational Therapy Journal, 65(3), 168-175. <http://doi.org/10.1111/1440-1630.12457>

Summers BE, Laver KE, Nicks RJ, Lannin NA. (2018) What factors influence time-use of occupational therapists in the workplace? A systematic review. *Australian Occupational Therapy Journal*, 65(7), 225-237. <http://doi.org/10.1111/1440-1630.12466>

Howlett O, McKinstry C, Lannin NA. (2018) Using functional electrical stimulation with stroke survivors: A survey of Victorian occupational therapists and physiotherapists.. *Australian Occupational Therapy Journal*, 65(4).
<http://doi.org/10.1111/1440-1630.12482>

Pike S, Lannin NA, Wales K, Cusick A. (2018) A systematic review of the psychometric properties of the Action Research Arm Test in neurorehabilitation. *Australian Occupational Therapy Journal*, 65(5), 449-471.
<http://doi.org/10.1111/1440-1630.12527>

Schwarz M, Ward EC, Ross J, Semciw A. (2018) Impact of thermo-tactile stimulation on the speed and efficiency of swallowing: a systematic review. *International Journal of Language & Communication Disorders*, 53(4), 675-688.
<http://doi.org/10.1111/1460-6984.12384>

Sexton BP, Taylor NF. (2018) To sit or not to sit? A systematic review and meta-analysis of. *Australasian Journal on Ageing*, <http://doi.org/10.1111/ajag.12603>

Lahham A, McDonald CF, Mahal A, Lee AL, Hill CJ, Burge AT, Cox NS, Moore R, Nicolson C, O'halloran P, Gillies R, Holland AE. (2018) Acceptability and validity of a home exercise diary used in home-based pulmonary rehabilitation: A secondary

publications cont.

analysis of a randomised controlled trial. *Clinical Respiratory Journal*, 12(6), 2057-2064. <http://doi.org/10.1111/crj.12773>

Shields N, Leonard H, Munteanu S, Bourke J, Lim P, Taylor NF, Downs J. (2018) Parent-reported health-related quality of life of children with Down syndrome: a descriptive study. *Developmental Medicine & Child Neurology*, 60(4), 402-408. <http://doi.org/10.1111/dmcn.13670>

Shields N, Plant S, Warren C, Wollersheim D, Peiris C. (2018) Do adults with Down syndrome do the same amount of physical activity as adults without disability? A proof of principle study. *Journal of Applied Research in Intellectual Disabilities*, 31(3), 459-465. <http://doi.org/10.1111/jar.12416>

Gerrard JM, Bonanno DR. (2018) Increasing preferred step rate during running reduces plantar pressures. *Scandinavian Journal of Medicine & Science in Sports*, 28(1), 144-151. <http://doi.org/10.1111/sms.12886>

James LP, Gregory Haff G, Kelly VG, Connick MJ, Hoffman BW, Beckman EM. (2018) The impact of strength level on adaptations to combined weightlifting, plyometric, and ballistic training. *Scandinavian Journal of Medicine & Science in Sports*, 28(5), 1494-1505. <http://doi.org/10.1111/sms.13045>

Docking SI, Rio E, Cook J, Orchard JW, Fortington LV. (2018) The prevalence of Achilles and patellar tendon injuries in Australian football players beyond a time-loss definition. *Scandinavian Journal of Medicine and Science in Sports*, 28(9). <http://doi.org/10.1111/sms.13086>

Rudavsky A, Cook JL, Docking S. (2018) Proximal patellar tendon pathology can develop during adolescence in young

ballet dancers-A 2-year longitudinal study. *Scandinavian Journal of Medicine and Science in Sports*, 28(9). <http://doi.org/10.1111/sms.13095>

Rudavsky A, Cook J, Docking S. (2018) Quantifying proximal patellar tendon changes during adolescence in elite ballet dancers, a 2-year study. *Scandinavian Journal of Medicine and Science in Sports*, 28(11). <http://doi.org/10.1111/sms.13235>

Carr A, McGawley K, Govus A, Andersson EP, Shannon OM, Mattsson S, Melin AK. (2018) Nutritional Intake in Elite Cross-Country Skiers During Two Days of Training and Competition. *International Journal of Sport Nutrition and Exercise Metabolism*, <http://doi.org/10.1123/ijsnem.2017-0411>

Carey DL, Crow J, Ong K-L, Blanch P, Morris ME, Dascombe BJ, Crossley KM. (2018) Optimising Pre-Season Training Loads in Australian Football. *International Journal of Sports Physiology and Performance*, 13(2), 194-199. <http://doi.org/10.1123/ijspp.2016-0695>

Govus AD, Coutts A, Duffield R, Murray A, Fullagar H. (2018) Relationship Between Pretraining Subjective Wellness Measures, Player Load, and Rating-of-Perceived-Exertion Training Load in American College Football. *International Journal of Sports Physiology and Performance*, 13(1), 95-101. <http://doi.org/10.1123/ijspp.2016-0714>

Lathlean TJH, Gastin PB, Newstead SV, Finch CF. (2018) A Prospective Cohort Study of Load and Wellness (Sleep, Fatigue, Soreness, Stress and Mood) in Elite Junior Australian Football Players. *International Journal of Sports Physiology and Performance*, <http://doi.org/10.1123/ijspp.2018-0372>

Garrick LE, Alexander BC, Schache AG, Pandy MG, Crossley KM, Collins NJ. (2018) Athletes Rated as Poor Single-Leg Squat Performers Display Measureable Differences in Single-Leg Squat Biomechanics Compared to Good Performers. *Journal of sport rehabilitation*, 27(6), 1-28. <http://doi.org/10.1123/jsr.2016-0208>

Moore D, Semciw AI, McClelland J, Wajswelner H, Pizzari T. (2018) Rehabilitation Exercises for the Gluteus Minimus Muscle Segments: An Electromyography Study. *Journal of Sport Rehabilitation*, <http://doi.org/10.1123/jsr.2017-0262>

Montalvo AM, Schneider DK, Yut L, Webster KE, Beynonn B, Kocher MS, Myer GD. "What's my risk of sustaining an ACL injury while playing sports?" A systematic review with meta-analysis. *Br J Sports Med*. 2018 Apr 16:bjsports-2016. <http://doi.org/10.1136/bjsports-2016-096274>

Crossley KM, Macri EM, Cowan SM, Collins NJ, Roos EM. (2018) The patellofemoral pain and osteoarthritis subscale of the KOOS (KOOS-PF): development and validation using the COSMIN checklist. *British Journal of Sports Medicine*, 52(17). <http://doi.org/10.1136/bjsports-2016-096776>

Lai CCH, Ardern CL, Feller JA, Webster KE. (2018) Eighty-three per cent of elite athletes return to preinjury sport after anterior cruciate ligament reconstruction: a systematic review with meta-analysis of return to sport rates, graft rupture rates and performance outcomes. *British Journal of Sports Medicine*, 52(2), 128-138. <http://doi.org/10.1136/bjsports-2016-096836>



McClellan G, Riding NR, Ardern CL, Farooq A, Pieleles GE, Watt V, Adamuz C, George KP, Oxborough D, Wilson MG. (2018) Electrical and structural adaptations of the paediatric athlete's heart: a systematic review with meta-analysis. *British Journal of Sports Medicine*, 52(4), 230-230. <http://doi.org/10.1136/bjsports-2016-097052>

Montalvo AM, Schneider DK, Yut L, Webster KE, Beynonn B, Kocher MS, Myer GD. "What's my risk of sustaining an ACL injury while playing sports?" A systematic review with meta-analysis. *Br J Sports Med*. 2018 Apr 16:bjsports-2016. <http://doi.org/10.1136/bjsports-2016-097261>

Whittaker GA, Munteanu SE, Menz HB, Tan JM, Rabusin CL, Landorf KB. (2018) Foot orthoses for plantar heel pain: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 52(5), 322-328. <http://doi.org/10.1136/bjsports-2016-097355>

Holden S, Rathleff MS, Jensen MB, Barton CJ. How can we implement exercise therapy for patellofemoral pain if we don't know what was prescribed? A systematic review. *Br J Sports Med*. 2018 Mar 1;52(6):385-. <http://doi.org/10.1136/bjsports-2017-097547>

Ekås GR, Ardern C, Grindem H, Engebretsen L. (2018) New meniscal tears after ACL injury: what is the risk? A systematic review protocol. *British Journal of Sports Medicine*, 52(6). <http://doi.org/10.1136/bjsports-2017-097728>

King MG, Lawrenson PR, Semciw AI, Middleton KJ, Crossley KM. (2018) Lower limb biomechanics in femoroacetabular impingement syndrome: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 52(9), 566-580.

<http://doi.org/10.1136/bjsports-2017-097839>

Green B, Bourne MN, Pizzari T. (2018) Isokinetic strength assessment offers limited predictive validity for detecting risk of future hamstring strain in sport: a systematic review and meta-analysis.. *British journal of sports medicine*, 52(5), 329-336. <http://doi.org/10.1136/bjsports-2017-098101>

Heerey JJ, Kemp JL, Mosler AB, Jones DM, Pizzari T, Souza RB, Crossley KM. (2018) What is the prevalence of imaging-defined intra-articular hip pathologies in people with and without pain? A systematic review and meta-analysis. *British Journal of Sports Medicine*, 52(9), 581-593. <http://doi.org/10.1136/bjsports-2017-098264>

Bonanno DR, Murley GS, Munteanu SE, Landorf KB, Menz HB. (2018) Effectiveness of foot orthoses for the prevention of lower limb overuse injuries in naval recruits: a randomised controlled trial. *British Journal of Sports Medicine*, 52(5), 298-302. <http://doi.org/10.1136/bjsports-2017-098273>

Prakash A, Entwistle T, Schneider M, Brukner P, Connell D. (2018) Connective tissue injury in calf muscle tears and return to play: MRI correlation. *British Journal of Sports Medicine*, 52(14), 929-933. <http://doi.org/10.1136/bjsports-2017-098362>

Rambaud AJM, Ardern CL, Thoreux P, Regnaud J-P, Edouard P. (2018) Criteria for return to running after anterior cruciate ligament reconstruction: a scoping review. *British Journal of Sports Medicine*, 52(22). <http://doi.org/10.1136/bjsports-2017-098602>

Barton CJ, Crossley KM, Macri EM. (2018) Should we consider changing traditional physiotherapy treatment of patellofemoral

pain based on recent insights from the literature?. *British Journal of Sports Medicine*. <http://doi.org/10.1136/bjsports-2017-098695>

Patricios JS, Ardern CL, Hislop MD, Aubry M, Bloomfield P, Broderick C, Clifton P, Echemendia RJ, Ellenbogen RG, Falvey ÉC, Fuller GW, Grand J, Hack D, Harcourt PR, Hughes D, McGuirk N, Meeuwisse W, Miller J, Parsons JT, Richiger S, Sills A, Moran KB, Shute J, Raftery M. (2018) Implementation of the 2017 Berlin Concussion in Sport Group Consensus Statement in contact and collision sports: a joint position statement from 11 national and international sports organisations. *British Journal of Sports Medicine*, 52(10), 635-641. <http://doi.org/10.1136/bjsports-2018-099079>

Culvenor AG, Øiestad BE, Hart HF, Stefanik JJ, Guermazi A, Crossley KM. (2018) Prevalence of knee osteoarthritis features on magnetic resonance imaging in asymptomatic uninjured adults: a systematic review and meta-analysis. *British Journal of Sports Medicine*, <http://doi.org/10.1136/bjsports-2018-099257>

Collins NJ, Barton CJ, van Middelkoop M, Callaghan MJ, Rathleff MS, Vicenzino BT, Davis IS, Powers CM, Macri EM, Hart HF, de Oliveira Silva D, Crossley KM. (2018) 2018 Consensus statement on exercise therapy and physical interventions (orthoses, taping and manual therapy) to treat patellofemoral pain: recommendations from the 5th International Patellofemoral Pain Research Retreat, Gold Coast, Australia, 2017.. *British Journal of Sports Medicine*, 52(18). <http://doi.org/10.1136/bjsports-2018-099397>

publications cont.

- Finch CF, Gray SE, Akram M, Donaldson A, Lloyd DG, Cook JL.** (2018) Controlled ecological evaluation of an implemented exercise-training programme to prevent lower limb injuries in sport: Population-level trends in hospital-treated injuries. *British Journal of Sports Medicine*, <http://doi.org/10.1136/bjsports-2018-099488>
- Murray AD, Barton CJ, Archibald D, Glover D, Murray IR, Barker K, Hawkes RA.** (2018) Infographics and digital resources: An international consensus on golf and health. *British Journal of Sports Medicine*, 52(22), 1421-1425. <http://doi.org/10.1136/bjsports-2018-099771>
- Jolliffe L, Lannin NA, Cadilhac DA, Hoffmann T.** (2018) Systematic review of clinical practice guidelines to identify recommendations for rehabilitation after stroke and other acquired brain injuries. *BMJ Open*, 8(2). <http://doi.org/10.1136/bmjopen-2017-018791>
- Synnot A, Bragge P, Lowe D, Nunn JS, O'Sullivan M, Horvat L, Tong A, Kay D, Ghera D, McDonald S, Poole N, Bourke N, Lannin N, Vadasz D, Oliver S, Carey K, Hill SJ.** (2018) Research priorities in health communication and participation: international survey of consumers and other stakeholders. *BMJ Open*, 8(5). <http://doi.org/10.1136/bmjopen-2017-019481>
- Coker F, Williams CM, Taylor NF, Caspers K, McAlinden F, Wilton A, Shields N, Haines TP.** (2018) IMPACT: Investigating the impact of Models of Practice for Allied health. *BMJ Open*, 8(5). <http://doi.org/10.1136/bmjopen-2017-020361>
- Kvist J, Gauffin H, Tigerstrand Grevnerts H, Ardern C, Hägglund M, Ståhlman A, Frobell R.** (2018) Natural corollaries and recovery after acute ACL injury: the NACOX cohort study protocol. *BMJ Open*, 8(6). <http://doi.org/10.1136/bmjopen-2017-020543>
- Naseri C, McPhail SM, Netto J, Haines TP, Morris ME, Etherton-Beer C, Flicker L, Lee D-CA, Francis-Coad J, Hill A-M.** (2018) Impact of tailored falls prevention education for older adults at hospital discharge on engagement in falls prevention strategies postdischarge: protocol for a process evaluation. *BMJ Open*, 8(4). <http://doi.org/10.1136/bmjopen-2017-020726>
- Windt J, Ardern CL, Gabbett TJ, Khan KM, Cook CE, Sporer BC, Zumbo BD.** (2018) Getting the most out of intensive longitudinal data: A methodological review of workload-injury studies. *BMJ Open*, 8(10), 1-17. <http://doi.org/10.1136/bmjopen-2018-022626>
- Shambrook P, Kingsley M, Taylor N, Gordon B.** (2018) Accumulated or continuous exercise for glycaemic regulation and control: A systematic review with meta-analysis. *BMJ Open Sport and Exercise Medicine*, 4, 1-12. <http://doi.org/10.1136/bmjsem-2018-000470>
- Donaldson A, Gabbe BJ, Lloyd DG, Cook J, Finch CF.** Controlled ecological evaluation of an implemented exercise training programme to prevent lower limb injuries in sport: differences in implementation activity. *Injury prevention*. 2018 Apr 24;injuryprev-2017. <http://doi.org/10.1136/injuryprev-2017-042579>
- Cook JL, Screen HR.** (2018) Tendon pathology: Have we missed the first step in the development of pathology?. *Journal of Applied Physiology*, 125(4). <http://doi.org/10.1152/jappphysiol.00002.2018>
- Corbacho B, Cockayne S, Fairhurst C, Hewitt C, Hicks K, Kenan A-M, Lamb S, MacIntosh C, Menz H, Redmond A, Rodgers S, Scantlebury A, Watson J, Torgerson D.** (2018) Cost-Effectiveness of a Multifaceted Podiatry Intervention for the Prevention of Falls in Older People: The REducing Falls with Orthoses and a Multifaceted Podiatry Intervention Trial Findings. *Gerontology*, 64(5), 1-10. <http://doi.org/10.1159/000489171>
- Kilkenny MF, Lannin NA, Anderson CS, Dewey HM, Kim J, Barclay-Moss K, Levi C, Faux S, Hill K, Grabsch B, Middleton S, Thrift AG, Grimley R, Donnan G, Cadilhac DA.** (2018) Quality of life is poorer for patients with stroke who require an interpreter: an observational Australian registry study. *Stroke*, 49(3), 761-764. <http://doi.org/10.1161/STROKEAHA.117.019771>
- Whitbourne C, Shields N, Tacey M, Koh KW, Lawler K, Hill KD.** (2018) Does the addition of two exercise-focussed home visits to usual care improve outcomes for patients with balance impairments? A randomized controlled trial. *Clinical Rehabilitation*, 32(3), 377-387. <http://doi.org/10.1177/0269215517733308>
- Cameron LJ, Somerville LM, Naismith CE, Watterson D, Maric V, Lannin NA.** (2018) A qualitative investigation into the patient-centered goal-setting practices of allied health clinicians working in rehabilitation. *Clinical Rehabilitation*, 32(6), 827-840. <http://doi.org/10.1177/0269215517752488>
- Wales K, Salkeld G, Clemson L, Lannin NA, Gitlin L, Rubenstein L, Howard K, Howell M, Cameron ID.** (2018) A cost minimization analysis of occupational therapy discharge planning for older adults: the HOME



randomized controlled trial. *Clinical Rehabilitation*, 32(7), 919-929.
<http://doi.org/10.1177/0269215518764249>

Levy T, Laver K, Killington M, Lannin N, Crotty M. (2018) A systematic review of measures of adherence to physical exercise recommendations in people with stroke. *Clinical Rehabilitation*,
<http://doi.org/10.1177/0269215518811903>

Emmerson KB, Harding KE, Taylor NF. (2018) Providing exercise instructions using multimedia may improve adherence but not patient outcomes: a systematic review and meta-analysis. *Clinical Rehabilitation*,
<http://doi.org/10.1177/0269215518819706>

Lockwood KJ, Harding KE, Boyd JN, Taylor NF. (2018) Reasons for readmission to hospital after hip fracture: implications for occupational therapy. *British Journal of Occupational Therapy*, 81(5), 247-254.
<http://doi.org/10.1177/0308022618756000>

Ninnis K, Van Den Berg M, Lannin NA, George S, Laver K. Information and communication technology use within occupational therapy home assessments: A scoping review. *British Journal of Occupational Therapy*. 2019 Mar;82(3):141-52.
<http://doi.org/10.1177/0308022618786928>

Warby SA, Ford JJ, Hahne AJ, Watson L, Balster S, Lenssen R, Pizzari T. (2018) Comparison of 2 Exercise Rehabilitation Programs for Multidirectional Instability of the Glenohumeral Joint: A Randomized Controlled Trial. *The American Journal of Sports Medicine*,
<http://doi.org/10.1177/0363546517734508>

Webster KE, Feller JA, Kimp AJ, Whitehead TS. (2018) Revision Anterior

Cruciate Ligament Reconstruction Outcomes in Younger Patients: Medial Meniscal Pathology and High Rates of Return to Sport Are Associated With Third ACL Injuries. *American Journal of Sports Medicine*, 46(5), 1137-1142.
<http://doi.org/10.1177/0363546517751141>

Bakken A, Targett S, Bere T, Eirale C, Farooq A, Mosler AB, Tol JL, Whiteley R, Khan KM, Bahr R. (2018) Muscle Strength Is a Poor Screening Test for Predicting Lower Extremity Injuries in Professional Male Soccer Players: A 2-Year Prospective Cohort Study. *The American Journal of Sports Medicine*, 46(6), 1481-1491.
<http://doi.org/10.1177/0363546518756028>

Webster KE, Nagelli CV, Hewett TE, Feller JA. (2018) Factors Associated With Psychological Readiness to Return to Sport After Anterior Cruciate Ligament Reconstruction Surgery. *American Journal of Sports Medicine*, 46(7), 1545-1550.
<http://doi.org/10.1177/0363546518773757>

McPherson AL, Nagai T, Webster KE, Hewett TE. (2018) Musculoskeletal Injury Risk After Sport-Related Concussion: A Systematic Review and Meta-analysis. *The American Journal of Sports Medicine*,
<http://doi.org/10.1177/0363546518785901>

Patterson BE, Culvenor AG, Barton CJ, Gueremazi A, Stefanik JJ, Morris HG, Whitehead TS, Crossley KM. (2018) Worsening Knee Osteoarthritis Features on Magnetic Resonance Imaging. *The American Journal of Sports Medicine*, 46(12), 2873-2883.
<http://doi.org/10.1177/0363546518789685>

Patterson BE, Culvenor AG, Barton CJ, Gueremazi A, Stefanik JJ, Morris HG, Whitehead TS, Crossley KM. (2018)

Worsening Knee Osteoarthritis Features on Magnetic Resonance Imaging. *The American Journal of Sports Medicine*, 46(12), 2873-2883.
<http://doi.org/10.1177/0363546518789685>

Lai CCH, Feller JA, Webster KE. (2018) Fifteen-Year Audit of Anterior Cruciate Ligament Reconstructions in the Australian Football League From 1999 to 2013: Return to Play and Subsequent ACL Injury. *American Journal of Sports Medicine*, 46(14), 3353-3360.
<http://doi.org/10.1177/0363546518803932>

Teasdale SB, Latimer G, Byron A, Schuldtt V, Pizzinga J, Plain J, Buttenshaw K, Forsyth A, Parker E, Soh N. (2018) Expanding collaborative care: integrating the role of dietitians and nutrition interventions in services for people with mental illness. *Australasian Psychiatry*, 26(1), 47-49.
<http://doi.org/10.1177/1039856217726690>

Kerr C, Smith L, Charman S, Harvey S, Savory L, Fairclough S, Govus A. (2018) Physical education contributes to total physical activity levels and predominantly in higher intensity physical activity categories. *European Physical Education Review*, 24(2), 152-164.
<http://doi.org/10.1177/1356336X16672127>

Hanson LC, McBurney H, Taylor NF. (2018) Is the 10 m incremental shuttle walk test a useful test of exercise capacity for patients referred to cardiac rehabilitation?. *European Journal of Cardiovascular Nursing*, 17(2), 159-169.
<http://doi.org/10.1177/1474515117721129>

Lahham A, McDonald CF, Mahal A, Lee AL, Hill CJ, Burge AT, Cox NS, Moore R, Nicolson C, O'Halloran P, Gillies R, Holland

publications cont.

- AE.** (2018) Home-based pulmonary rehabilitation for people with COPD: A qualitative study reporting the patient perspective. *Chronic Respiratory Disease*, 15(2), 123-130.
<http://doi.org/10.1177/1479972317729050>
- McKeough Z, Leung R, Neo JH, Jenkins S, Holland A, Hill K, Morris N, Spencer L, Hill C, Lee A, Seale H, Cecins N, McDonald C, Alison J.** (2018) Shuttle walk tests in people with COPD who demonstrate exercise-induced oxygen desaturation: An analysis of test repeatability and cardiorespiratory responses. *Chronic Respiratory Disease*, 15(2), 131-137.
<http://doi.org/10.1177/1479972317729051>
- Storey S, Erbas B, Holland A.** (2018) Why do people with chronic obstructive pulmonary disease repeat pulmonary rehabilitation? Perspectives of patients and health professionals. *Chronic Respiratory Disease*,
<http://doi.org/10.1177/1479973118816420>
- Lannin NA, Ada L, English C, Ratcliffe J, Crotty M.** (2018) Effect of adding upper limb rehabilitation to botulinum toxin-A on upper limb activity after stroke: Protocol for the InTENSE trial. *International Journal of Stroke*, 13(6).
<http://doi.org/10.1177/1747493018765228>
- Barclay-Moss KM, Lannin NA, Grabsch B, Kilkenny M, Cadilhac DA.** (2018) Stroke survivor follow-up in a national registry: Lessons learnt from respondents who completed telephone interviews. *International journal of stroke : official journal of the International Stroke Society*,
<http://doi.org/10.1177/1747493018806190>
- James LP, Haff GG, Kelly VG, Beckman EM.** (2018) Physiological determinants of mixed martial arts performance and method of competition outcome. *International Journal of Sports Science & Coaching*, 13(6).
<http://doi.org/10.1177/1747954118780303>
- Middleton KJ, Wells DJM, Foster DH, Alderson JA.** (2018) Proximal cueing to reduce elbow extension levels in suspect spin bowlers: A case study. *International Journal of Sports Science and Coaching*, 13(5), 643-648.
<http://doi.org/10.1177/1747954118792852>
- Roddy E, Menz HB.** (2018) Foot osteoarthritis: latest evidence and developments. *Therapeutic Advances in Musculoskeletal Disease*, 10(4), 91-103.
<http://doi.org/10.1177/1759720X17753337>
- Barker K, Holland AE, Lee AL, Ritchie K, Boote C, Lowe S, Pazsa F, Thomas L, Turczyniak M, Skinner EH.** (2018) A Rehabilitation Programme for People with Multimorbidity Versus Usual Care. *Journal of Comorbidity*, 8(1).
<http://doi.org/10.1177/2235042X18783918>
- Ardern CL, Ekås G, Grindem H, Moksnes H, Anderson AF, Chotel F, Cohen M, Forssblad M, Ganley TJ, Feller JA, Karlsson J, Kocher MS, LaPrade RF, McNamee M, Mandelbaum B, Micheli L, Mohtadi NGH, Reider B, Roe JP, Seil R, Siebold R, Silvers-Granelli HJ, Soligard T, Witvrouw E, Engebretsen L.** (2018) 2018 International Olympic Committee Consensus Statement on Prevention, Diagnosis, and Management of Pediatric Anterior Cruciate Ligament Injuries. *Orthopaedic Journal of Sports Medicine*, 6(3).
<http://doi.org/10.1177/2325967118759953>
- Webster KE, Feller JA.** (2018) Development and Validation of a Short Version of the Anterior Cruciate Ligament Return to Sport After Injury (ACL-RSI) Scale. *Orthopaedic Journal of Sports Medicine*, 6(4).
<http://doi.org/10.1177/2325967118763763>
- Webster KE, Feller JA.** (2018) Return to Level I Sports After Anterior Cruciate Ligament Reconstruction: Evaluation of Age, Sex, and Readiness to Return Criteria. *Orthopaedic Journal of Sports Medicine*, 6(8), 1-6.
<http://doi.org/10.1177/2325967118788045>
- Devitt BM, Dissanayake R, Clair J, Napier RJ, Porter TJ, Feller JA, Webster KE.** (2018) Isolated Posterior Cruciate Reconstruction Results in Improved Functional Outcome but Low Rates of Return to Preinjury Level of Sport: A Systematic Review and Meta-analysis. *Orthopaedic Journal of Sports Medicine*, 6(10), 1-12.
<http://doi.org/10.1177/2325967118804478>
- Willis CE, Reid S, Elliott C, Rosenberg M, Nyquist A, Jahnsen R, Girdler S.** (2018) A realist evaluation of a physical activity participation intervention for children and youth with disabilities: what works, for whom, in what circumstances, and how?. *BMC Pediatrics*, 18(1).
<http://doi.org/10.1186/s12887-018-1089-8>
- Jackman M, Novak I, Lannin N, Froude EH, Miller L, Galea C.** (2018) Effectiveness of Cognitive Orientation to daily Occupational Performance over and above functional hand splints for children with cerebral palsy or brain injury: a randomized controlled trial. *BMC Pediatrics*, 18, 1-12.
<http://doi.org/10.1186/s12887-018-1213-9>
- Cox NS, McDonald CF, Alison JA, Mahal A, Wootton R, Hill CJ, Bondarenko J, Macdonald H, O'Halloran P, Zanaboni P, Clarke K, Rennick D, Borgelt K, Burge AT, Lahham A, Wageck B, Crute H,**



Czupryn P, Nichols A, Holland AE. (2018) Telerehabilitation versus traditional centre-based pulmonary rehabilitation for people with chronic respiratory disease: protocol for a randomised controlled trial. *BMC Pulmonary Medicine*, 18(1).
<http://doi.org/10.1186/s12890-018-0646-0>

Cahill LS, Lannin NA, Mak-Yuen YYK, Turville ML, Carey LM. (2018) Changing Practice in the Assessment and Treatment of Somatosensory Loss in Stroke Survivors: Protocol for a Knowledge Translation Study. *BMC Health Services Research*, 18(34).
<http://doi.org/10.1186/s12913-018-2829-z>

Lewis AK, Harding KE, Snowdon DA, Taylor NF. (2018) Reducing wait time from referral to first visit for community outpatient services may contribute to better health outcomes: a systematic review. *BMC Health Services Research*, 18, 1-14.
<http://doi.org/10.1186/s12913-018-3669-6>

Harding KE, Leggat SG, Watts JJ, Kent B, Prendergast L, Kotis M, O'Reilly M, Karimi L, Lewis AK, Snowdon DA, Taylor NF. (2018) A model of access combining triage with initial management reduced waiting time for community outpatient services: a stepped wedge cluster randomised controlled trial. *BMC Medicine*, 16, 1-10.
<http://doi.org/10.1186/s12916-018-1170-z>

Slade SC, Philip K, Morris ME. (2018) Frameworks for embedding a research culture in allied health practice: a rapid review. *Health Research Policy and Systems*, 16(1).
<http://doi.org/10.1186/s12961-018-0304-2>

Trakman GL, Forsyth A, Hoyer R, Belski R. Development and validation of a brief

general and sports nutrition knowledge questionnaire and assessment of athletes' nutrition knowledge. *Journal of the International Society of Sports Nutrition*. 2018 Dec;15(1):17.
<http://doi.org/10.1186/s12970-018-0223-1>

Jenner SL, Trakman G, Coutts A, Kempton T, Ryan S, Forsyth A, Belski R. (2018) Dietary intake of professional Australian football athletes surrounding body composition assessment. *Journal of the International Society of Sports Nutrition*, 15, 1-8.
<http://doi.org/10.1186/s12970-018-0248-5>

Sarkies MN, White J, Morris ME, Taylor NF, Williams C, O'Brien L, Martin J, Bardoel A, Holland AE, Carey L, Skinner EH, Bowles K-A, Grant K, Philip K, Haines TP. (2018) Implementation of Evidence-Based Weekend Service Recommendations for Allied Health Managers: a Cluster Randomised Controlled Trial Protocol. *Implementation Science*, 13(60).
<http://doi.org/10.1186/s13012-018-0752-7>

van Netten JJ, Lazzarini PA, Armstrong DG, Bus SA, Fitridge R, Harding K, Kinnear E, Malone M, Menz HB, Perrin BM, Postema K, Prentice J, Schott K-H, Wraight PR. (2018) Diabetic Foot Australia guideline on footwear for people with diabetes. *Journal of Foot and Ankle Research*, 11(1).
<http://doi.org/10.1186/s13047-017-0244-z>

Buldt AK, Forghany S, Landorf KB, Murley GS, Levinger P, Menz HB. (2018) Centre of pressure characteristics in normal, planus and cavus feet. *Journal of Foot and Ankle Research*, 11(1).
<http://doi.org/10.1186/s13047-018-0245-6>

Tan JM, Crossley KM, Vicenzino B, Menz HB, Munteanu SE, Collins NJ. (2018)

Age-related differences in foot mobility in individuals with patellofemoral pain. *Journal of Foot and Ankle Research*, 11(1).
<http://doi.org/10.1186/s13047-018-0249-2>

Forghany S, Bonanno DR, Menz HB, Landorf KB. (2018) An anatomically-based masking protocol for the assessment of in-shoe plantar pressure measurement of the forefoot. *Journal of Foot and Ankle Research*, 11(1).
<http://doi.org/10.1186/s13047-018-0271-4>

Buldt AK, Menz HB. (2018) Incorrectly fitted footwear, foot pain and foot disorders: A systematic search and narrative review of the literature. *Journal of Foot and Ankle Research*, 11(43), 1-11.
<http://doi.org/10.1186/s13047-018-0284-z>

Chapman LS, Redmond AC, Landorf KB, Rome K, Keenan AM, Waxman R, Alcacer-Pitarch B, Siddle HJ, Backhouse MR. (2018) A survey of foot orthoses prescription habits amongst podiatrists in the UK, Australia and New Zealand. *Journal of Foot and Ankle Research*, 11, 1-11.
<http://doi.org/10.1186/s13047-018-0304-z>

Semciw AI, Pizzari T, Woodley S, Zacharias A, Kingsley M, Green RA. (2018) Targeted gluteal exercise versus sham exercise on self-reported physical function for people with hip osteoarthritis (the GHoSt trial - Gluteal exercise for Hip Osteoarthritis): a protocol for a randomised clinical trial. *Trials*, 19(1), 1-13.
<http://doi.org/10.1186/s13063-018-2873-3>

Kemp J, Moore K, Fransen M, Russell T, Freke M, Crossley KM. A pilot randomised clinical trial of physiotherapy (manual therapy, exercise, and education) for early-onset hip osteoarthritis post-hip arthroscopy. Pilot and feasibility studies.

publications cont.

2018 Dec;4(1):16.

<http://doi.org/10.1186/s40814-017-0157-4>

Fetterplace K, Deane AM, Tierney A, Beach L, Knight LD, Rechnitzer T, Forsyth A, Mourtzakis M, Presneill J, MacIsaac C. (2018) Targeted full energy and protein delivery in critically ill patients: a study protocol for a pilot randomised control trial (FEED Trial). *Pilot and Feasibility Studies*, 4(1).

<http://doi.org/10.1186/s40814-018-0249-9>

Barker K, Holland AE, Lee AL, Haines T, Ritchie K, Boote C, Saliba J, Lowe S, Pazsa F, Thomas L, Turczyniak M, Skinner EH. (2018) Multimorbidity rehabilitation versus disease-specific rehabilitation in people with chronic diseases: a pilot randomized controlled trial.. *Pilot and Feasibility Studies*, 4, 1-12.

<http://doi.org/10.1186/s40814-018-0369-2>

Andrew NE, Kim J, Thrift AG, Kilkenny MF, Lannin NA, Anderson CS, Donnan GA, Hill K, Middleton S, Levi C, Faux S, Grimley R, Gange N, Geraghty R, Ermel S, Cadilhac DA. (2018) Prescription of antihypertensive medication at discharge influences survival following stroke. *Neurology*, 90(9).

<http://doi.org/10.1212/WNL.0000000000005023>

GARVICAN-LEWIS LA, VUONG VL, GOVUS AD, PEELING P, JUNG G, NEMETH E, HUGHES D, LOVELL G, EICHNER D, GORE CJ. (2018) Intravenous Iron Does Not Augment the Haemoglobin Mass Response to Simulated Hypoxia. *Medicine and Science in Sports and Exercise*, 50(8), 1669-1678.

<http://doi.org/10.1249/MSS.0000000000001608>

Carey DL, Crossley KM, Whiteley R, Mosler A, Ong K-L, Crow J, Morris ME. (2018) Modelling Training Loads and Injuries.

Medicine & Science in Sports & Exercise, 50(11), 1-1.

<http://doi.org/10.1249/MSS.0000000000001685>

Schache AG, Lin Y-C, Crossley KM, Pandy MG. (2018) Is Running Better than Walking for Reducing Hip Joint Loads?. *Medicine and Science in Sports and Exercise*, 50(11), 1-1.

<http://doi.org/10.1249/MSS.0000000000001689>

Rocha P, Aguiar L, McClelland JA, Morris ME. (2018) Dance therapy for Parkinson's disease: A randomised feasibility trial. *International Journal of Therapy and Rehabilitation*, 25(2), 64-72.

<http://doi.org/10.12968/ijtr.2018.25.2.64>

Murray C, Marshall M, Rathod T, Bowen CJ, Menz HB, Roddy E. (2018) Population prevalence and distribution of ankle pain and symptomatic radiographic ankle osteoarthritis in community dwelling older adults: a systematic review and cross-sectional study. *PLoS One*, 13(4).

<http://doi.org/10.1371/journal.pone.0193662>

Furlong L, Serry T, Erickson S, Morris M. (2018) Mobile apps for treatment of speech disorders in children: An evidence-based analysis of quality and efficacy. *PLoS One*, 13(8), 1-12.

<http://doi.org/10.1371/journal.pone.0201513>

Rio E, Girdwood M, Thomas J, Garofalo C, Fortington LV, Docking S. (2018) Pain mapping of the anterior knee: injured athletes know best. *Scandinavian Journal of Pain*, 18(3), 409-416.

<http://doi.org/10.1515/sjpain-2018-0046>

Barfod KW, Feller JA, Clark R, Hartwig T, Devitt BM, Webster KE. (2018) Strength Testing Following Anterior Cruciate Ligament Reconstruction. *A Prospective*

Cohort Study Investigating Overlap of Tests. *Journal of Strength and Conditioning Research*,

<http://doi.org/10.1519/JSC.0000000000002491>

Lathlean TJH, Gastin PB, Newstead S, Finch CF. (2018) Elite Junior Australian Football Players Experience Significantly Different Loads Across Levels of Competition and Training Modes. *Journal of Strength and Conditioning Research*, 32(7), 2031-2038.

<http://doi.org/10.1519/JSC.0000000000002568>

Trewin J, Meylan C, Varley MC, Cronin J, Ling D. (2018) Effect of Match Factors on the Running Performance of Elite Female Soccer Players. *Journal of Strength and Conditioning Research*, 32(7), 2002-2009.

<http://doi.org/10.1519/JSC.0000000000002584>

Lockhart C, Scott BR, Thoseby B, Dascombe BJ. (2018) Acute Effects of Interset Rest Duration on Physiological and Perceptual Responses to Resistance Exercise in Hypoxia. *Journal of strength and conditioning research*,

<http://doi.org/10.1519/jsc.0000000000002755>

Gomaa YS, Wittwer JE, Grenfell RJ, Sawan SA, Morris ME. (2018) Music Cued Exercises for People Living with Dementia: A Systematic Review. *International Journal of Physiotherapy*, 5(2).

<http://doi.org/10.15621/ijphy/2018/v5i2/170732>

Cadilhac DA, Busingye D, Li JC, Andrew NE, Kilkenny MF, Thrift AG, Thijs V, Hackett ML, Kneebone I, Lannin NA, Stewart A. Development of an electronic health message system to support recovery after stroke: inspiring Virtual enabled resources following Vascular events (iVerVe). *Patient preference and adherence*. 2018;12:1213.

<http://doi.org/10.2147/PPA.S154581>



Clarke AC, Anson JM, Dziedzic CE, McDonald WA, Pyne DB. (2018) Iron monitoring of male and female rugby sevens players over an international season. *Journal of Sports Medicine and Physical Fitness*, 58(10), 1490-1496. <http://doi.org/10.23736/S0022-4707.17.07363-7>

Carey D, Ong K-L, Whiteley R, Crossley K, Crow J, Morris M. (2018) Predictive modelling of training loads and injury in Australian football. *International Journal of Computer Science in Sport*, 17(1), 49-66. <http://doi.org/10.2478/ijcss-2018-0002>

Perriman A, Leahy E, Semciw AI. (2018) The Effect of Open- Versus Closed-Kinetic-Chain Exercises on Anterior Tibial Laxity, Strength, and Function Following Anterior Cruciate Ligament Reconstruction: A Systematic Review and Meta-analysis. *Journal of Orthopaedic & Sports Physical Therapy*, 48(7), 552-566. <http://doi.org/10.2519/jospt.2018.7656>

van Klij P, Heerey J, Waarsing JH, Agricola R. (2018) The Prevalence of Cam and Pincer Morphology and Its Association With Development of Hip Osteoarthritis. *Journal of Orthopaedic & Sports Physical Therapy*, 48(4), 230-238. <http://doi.org/10.2519/jospt.2018.7816>

Filbay SR, Ackerman IN, Dhupelia S, Arden NK, Crossley KM. (2018) Quality of life in symptomatic individuals after anterior cruciate ligament reconstruction, with and without radiographic knee osteoarthritis. *Journal of Orthopaedic & Sports Physical Therapy*, 48(5), 398-408. <http://doi.org/10.2519/jospt.2018.7830>

Mosler AB, Agricola R, Thorborg K, Weir A, Whiteley RJ, Crossley KM, Hölmich P. (2018) Is Bony Hip Morphology Associated

With Range of Motion and Strength in Asymptomatic Male Soccer Players?. *Journal of Orthopaedic & Sports Physical Therapy*, 48(4), 250-259. <http://doi.org/10.2519/jospt.2018.7848>

Thorborg K, Reiman MP, Weir A, Kemp JL, Serner A, Mosler AB, Hölmich P. (2018) Clinical Examination, Diagnostic Imaging, and Testing of Athletes With Groin Pain: An Evidence-Based Approach to Effective Management. *Journal of Orthopaedic and Sports Physical Therapy*, 48(4), 239-249. <http://doi.org/10.2519/jospt.2018.7850>

Skou ST, Pedersen BK, Abbott JH, Patterson B, Barton C. (2018) Physical activity and exercise therapy benefit more than just symptoms and impairments in people with hip and knee osteoarthritis. *Journal of Orthopaedic & Sports Physical Therapy*, 48(6), 439-447. <http://doi.org/10.2519/jospt.2018.7877>

King MG, Semciw AI, Hart HF, Schache AG, Middleton KJ, Heerey JJ, Agricola R, Crossley KM. (2018) Sub-elite Football Players With Hip-Related Groin Pain and a Positive Flexion, Adduction, and Internal Rotation Test Exhibit Distinct Biomechanical Differences Compared With the Asymptomatic Side. *Journal of Orthopaedic & Sports Physical Therapy*, 48(7), 584-593. <http://doi.org/10.2519/jospt.2018.7910>

Risberg MA, Ageberg E, Nilstad A, Lund B, Nordsletten L, Løken S, Ludvigsen T, Kierkegaard S, Carsen S, Kostogiannis I, Crossley KM, Glyn-Jones S, Kemp JL. (2018) Arthroscopic Surgical Procedures Versus Sham Surgery for Patients With Femoroacetabular Impingement and/or Labral Tears: Study Protocol for a

Randomized Controlled Trial (HIPARTI) and a Prospective Cohort Study (HARP). *Journal of Orthopaedic & Sports Physical Therapy*, 48(4), 325-335. <http://doi.org/10.2519/jospt.2018.7931>

Kemp JL, Coburn SL, Jones DM, Crossley KM. (2018) The Physiotherapy for Femoroacetabular Impingement Rehabilitation Study (physioFIRST): A Pilot Randomized Controlled Trial. *Journal of Orthopaedic and Sports Physical Therapy*, 48(4), 307-315. <http://doi.org/10.2519/jospt.2018.7941>

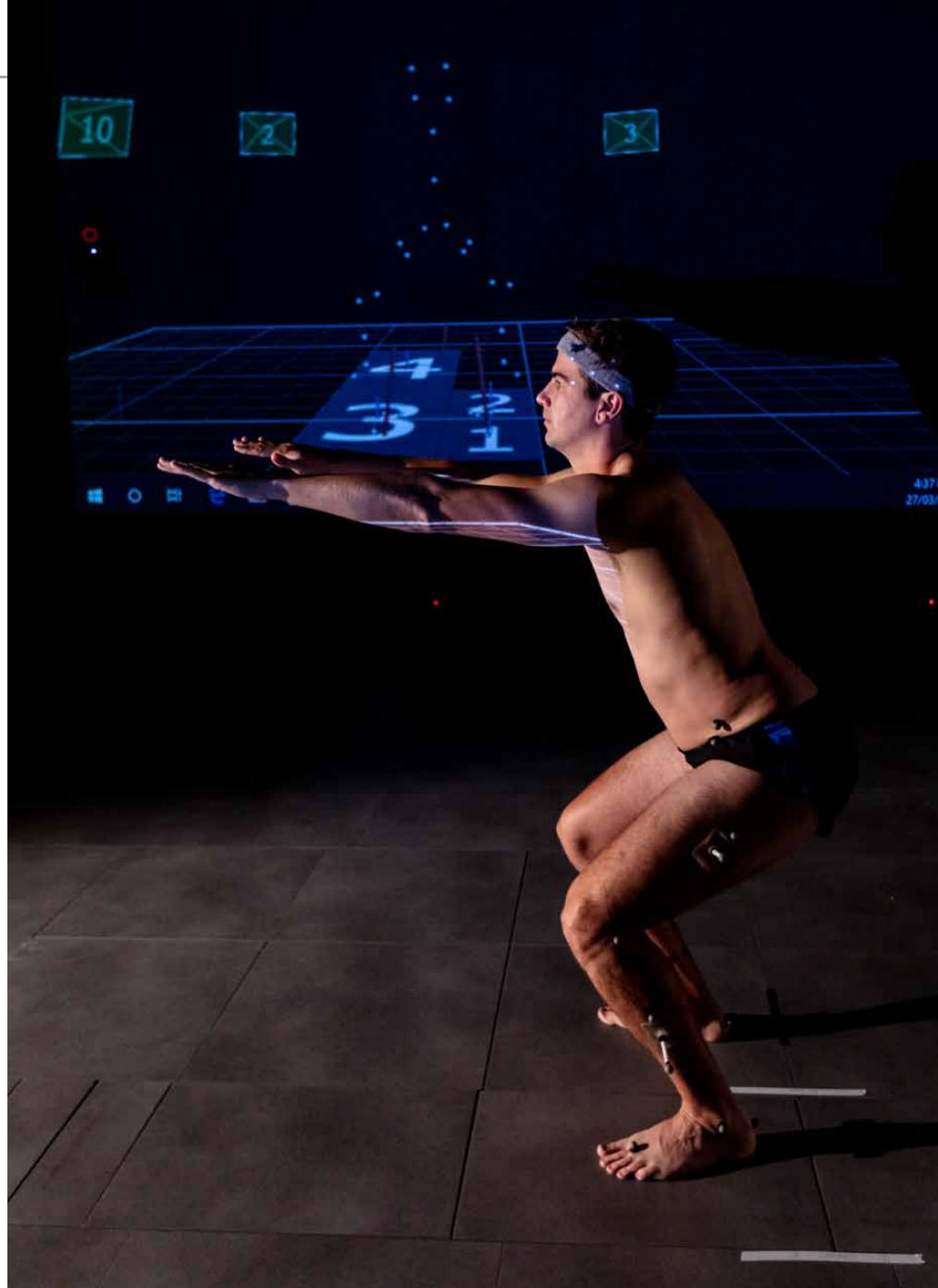
Freke M, Kemp J, Semciw A, Sims K, Russell T, Singh P, Crossley K. (2018) Hip Strength and Range of Movement Are Associated With Dynamic Postural Control Performance in Individuals Scheduled for Arthroscopic Hip Surgery. *Journal of Orthopaedic & Sports Physical Therapy*, 48(4), 280-288. <http://doi.org/10.2519/jospt.2018.7946>

Heerey J, Risberg MA, Magnus J, Moksnes H, Ødegaard T, Crossley K, Kemp JL. (2018) Impairment-Based Rehabilitation Following Hip Arthroscopy: Postoperative Protocol for the HIP ARthroscopy International Randomized Controlled Trial. *Journal of Orthopaedic & Sports Physical Therapy*, 48(4), 336-342. <http://doi.org/10.2519/jospt.2018.8002>

Kemp JL, Crossley KM, Agricola R, Geuskens F, Middelkoop MV. (2018) Radiographic hip osteoarthritis is prevalent, and is related to cam deformity 12-24 months post-hip arthroscopy. *International Journal of Sports Physical Therapy*, 13(2), 177-184. <http://doi.org/10.26603/ijsp20180177>

publications cont.

- Murphy M, Rio E, Debenham J, Docking S, Travers M, Gibson W.** (2018) Evaluating the Progress of Mid-Portion Achilles Tendinopathy During Rehabilitation: A Review of Outcome Measures for Self-Reported Pain and Function.. *International Journal of Sports Physical Therapy*, 13(2), 283-292.
<http://doi.org/10.26603/ijsp20180283>
- Murphy M, Rio E, Debenham J, Docking S, Travers M, Gibson W.** (2018) Evaluating the Progress of Mid-Portion Achilles Tendinopathy During Rehabilitation: A Review of Outcome Measures for Muscle Structure and Function, Tendon Structure, and Neural and Pain Associated Mechanisms. *International Journal of Sports Physical Therapy*, 13(3), 537-551.
<http://doi.org/10.26603/ijsp20180537>
- Jones D, Crossley K, Dascombe B, Hart HF, Kemp J.** (2018) Validity and Reliability of the Fitbit Flex™ and ActiGraph GT3X+ at Jogging and Running Speeds. *International Journal of Sports Physical Therapy*, 13(5), 860-870.
<http://doi.org/10.26603/ijsp20180860>
- Polgar S, Karimi L, Buultjens M, Morris ME, Busse M.** (2018) Assessing the Efficacy of Cell Transplantation for Parkinson's Disease: A Patient-Centered Approach. *Journal of Parkinson's Disease*, 8(3), 1-9.
<http://doi.org/10.3233/JPD-181309>
- Polgar S, Karimi L, Buultjens M, Morris ME, Busse M.** Assessing the Efficacy of Cell Transplantation for Parkinson's Disease: A Patient-Centered Approach. *Journal of Parkinson's disease*. 2018 Jan 1;8(3):375-83.
<http://doi.org/10.3233/JPD-181309>
- Loturco I, Suchomel T, James LP, Bishop C, Abad CCC, Pereira LA, McGuigan MR.** (2018) Selective Influences of Maximum Dynamic Strength and Bar-Power Output on Team Sports Performance: A Comprehensive Study of Four Different Disciplines.. *Frontiers in physiology*, 9, 1-11.
<http://doi.org/10.3389/fphys.2018.01820>
- Hibbert AW, Billaut F, Varley MC, Polman RCJ.** (2018) Goal Orientation and the Presence of Competitors Influence Cycling Performance. *Frontiers in Psychology*, 9, 1-12.
<http://doi.org/10.3389/fpsyg.2018.01212>
- Alquran A, Lambert KA, Farouque A, Holland A, Davies J, Lampugnani ER, Erbas B.** (2018) Smartphone Applications for Encouraging Asthma Self-Management in Adolescents: A Systematic Review. *International Journal of Environmental Research and Public Health*, 15(11), 1-11.
<http://doi.org/10.3390/ijerph15112403>
- Young WB, Duthie GM, James LP, Talpey SW, Benton DT, Kilfoyle A.** (2018) Gradual vs. Maximal Acceleration: Their Influence on the Prescription of Maximal Speed Sprinting in Team Sport Athletes.. *Sports*, 6(3), 1-8.
<http://doi.org/10.3390/sports6030066>
- Hayes K, Hodgson CL, Pellegrino VA, Snell G, Tarrant B, Fuller LM, Holland AE.** (2018) Physical Function in Subjects Requiring Extracorporeal Membrane Oxygenation Before or After Lung Transplantation. *Respiratory Care*, 63(2), 194-202.
<http://doi.org/10.4187/respcare.05334>
- Khor YH, Goh NS, Glaspole I, Holland AE, McDonald CF.** (2018) Exertional Desaturation and Prescription of Ambulatory Oxygen Therapy in Interstitial Lung Disease. *Respiratory care*,
<http://doi.org/10.4187/respcare.06334>
- Choudrie, J. (Ed.), Kurnia, S. (Ed.), Tsatsou, P. (Ed.).** (2018). *Social Inclusion and Usability of ICT-enabled Services..* New York: Routledge,
<https://doi.org/10.4324/9781315677316>
- Liang J, Abramson MJ, Zwar NA, Russell GM, Holland AE, Bonevski B, Mahal A, Phillips K, Eustace P, Paul E, Wilson S, George J.** (2018) Diagnosing COPD and supporting smoking cessation in general practice: evidence-practice gaps. *The Medical Journal of Australia*, 208(1), 29-34.
<http://doi.org/10.5694/mja17.00664>
- Jo HE, Prasad JD, Troy LK, Mahar A, Bleasel J, Ellis SJ, Chambers DC, Holland AE, Lake FR, Keir G, Goh NS, Wilsher M, de Boer S, Moodley Y, Grainge C, Whitford HM, Chapman SA, Reynolds PN, Beatson D, Jones LJ, Hopkins P, Allan HM, Glaspole I, Corte TJ.** (2018) Diagnosis and management of idiopathic pulmonary fibrosis: Thoracic Society of Australia and New Zealand and Lung Foundation Australia position statements summary. *The Medical Journal of Australia*, 208(2), 82-88. <http://doi.org/10.5694/mja17.00799>
- Brukner P, Gara TJ, Fortington LV.** (2018) Traumatic cricket-related fatalities in Australia: a historical review of media reports. *Medical Journal of Australia*, 208(6), 261-264.
<http://doi.org/10.5694/mja17.00908>
- Hoffman D, Robertson S, Bourdon P, Douglas A, Gustin P.** (2018) Anthropometric and physical fitness comparisons between Australian and Qatari male sport school athletes. *Asian Journal of Sports Medicine*, 9(3).
<http://doi.org/10.5812/asjasm.59620>



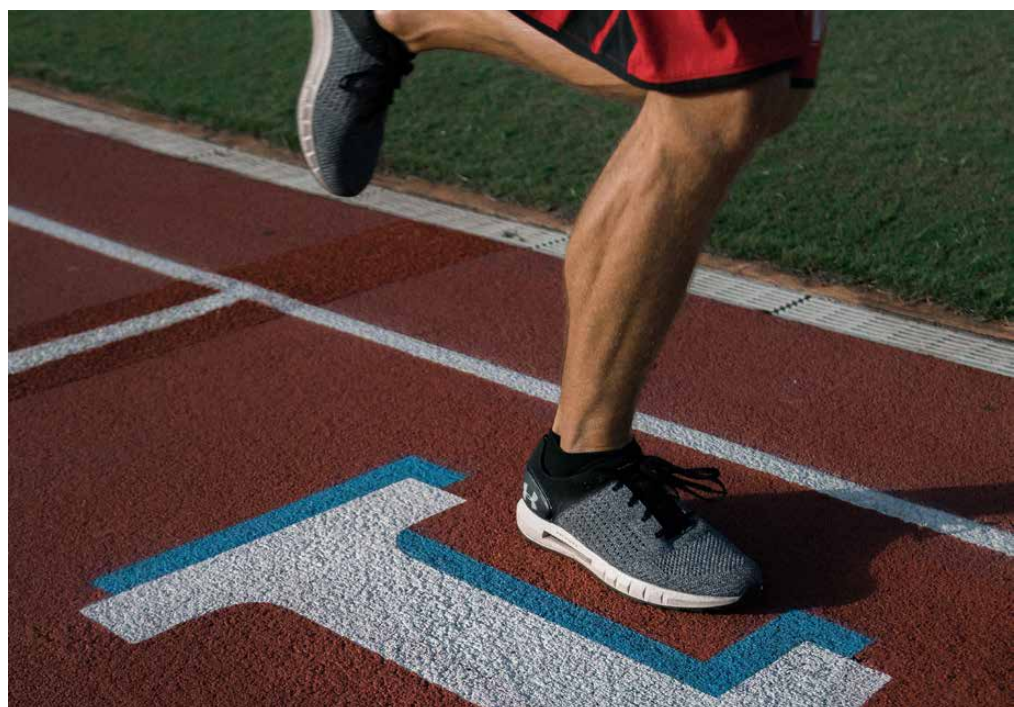
seminars & events

Success Story: Running Symposium

Running injuries are a common complaint seen in clinical practice. In July 2018, La Trobe Sport & Exercise Medicine Research Centre ran a two-day running symposium targeting sports and exercise medicine professionals. The symposium aimed to expand and update participants' knowledge in the assessment and management of running injuries in both recreational and elite runners.

Among the eight speakers, keynote speakers included Assistant Professor from East Carolina University, Dr Richard Willy, tendon researcher Dr Ebonie Rio, world renowned sports physician Professor Peter Brukner, and Dr Christian Barton, a clinical researcher specialising in running related injuries.

Topics were presented in lecture format



under 4 categories: assessment and management of the injured runner, the older runner, the Achilles tendon, and the foot.

With more than 180 participants, the two-day event was well attended by physiotherapists, podiatrists, athletic trainers and medical professionals. In the afternoon of day two, two booked-out workshops showcased clinical case studies guided by expert experience and practical tips for clinical practice. Participants were given the chance to practice various assessment and management techniques specific to the running athlete.

With many attendees working in private practice, it was a great opportunity to disseminate LASEM's research and to translate our knowledge.

Hip and Groin Pain in Sport Symposium

In May 2018, LASEM Research Centre, together with Sports and Exercise Medicine Students' Association (SEMSA) hosted the sold out event Hip and Groin Pain in Sport Symposium. Participants were given overviews on various aspects of both current and emerging areas of hip and groin pain research. Leading clinical experts shared their experiences with high level and amateur athletes. Practical workshops were well attended in the afternoon with participants taking home key clinical and management strategies.



Heel Symposium

Heel pain is a very common and debilitating condition that is often frustrating for clinicians to treat. The Heel Pain symposium, running over 2 days in November 2018 was held at La Trobe University and gathered together world leaders in heel pain research. Fourteen speakers covered a range of topics, ranging from epidemiology, anatomy and imaging to the latest treatment techniques, such as intrinsic foot strengthening, and treatment approaches used for elite athletes with heel pain. Four whands-on workshops were also offered to delegates, covering a range of clinically applicable modalities. These included dry needling techniques, diagnostic ultrasound, shockwave therapy, and rehabilitation and foot strengthening. Over 100 delegates attended and provided very positive feedback, indicating that there is an appetite for high quality CPD events related to the foot and ankle.

2018 visting academics

Title	Name	Date of visit	Affiliation
Assist. Prof and Dr	Rich Willy	July 2018	Dr. Richard Willy is an Assistant Professor in the School of Physical Therapy, University of Montana (Missoula, MT, USA)
Professor	Karim Khan	Sept 2018	Karim Khan is Professor and clinician-scientist, Department of Family Practice and the School of Kinesiology at the University of British Columbia
Associate Professor	Cara Lewis	October 2018	From Boston University, Cara is a physiotherapist and biomechanist with special focus on lower limb and in particular hip biomechanics. Her profile is found here http://www.bu.edu/sargent/profile/cara-l-lewis/
Professor	Deborah Turner	November 2018	Professor Deborah Turner is the Head of Podiatry in the School of Science and Health at the University of Western Sydney. Her research focus is on seronegative arthropathies and diagnostic ultrasound.

LASEM

La Trobe Sport and Exercise Medicine Research Centre

General Enquiries

T: +61 3 9479 2169

E: semrc@latrobe.edu.au

B: <http://semrc.blogs.latrobe.edu.au/>

F: www.facebook.com/latrobesemrc

Twitter: @latrobeSEM

Image Credits: bruno-nascimento p21, christopher-sardegna p20, chuttersnap p23, jakob-owens p70, ken-treloar p25, khadeeja-yasser p71, luis-quintero p27, sandro-schuh, steven-lelham p17, clem-onjehuo p2, all from unsplash.com