

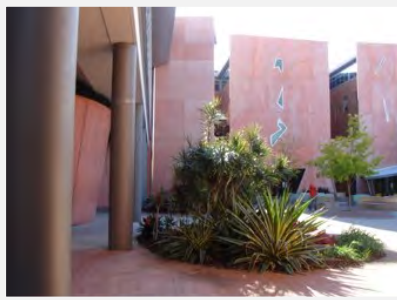
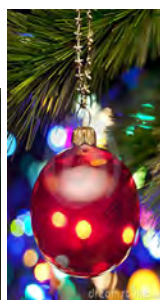


School of Physiotherapy & Exercise Science

NEWSLETTER



December 2015



Message from Head of School

Another full year has come and gone, and I have to say I think it has been the busiest and most successful in the four years I have been at Curtin. The year started coming out of a somewhat destabilising year across the University in 2014, with the substantial staff changes brought about by the Academic Reshaping, and the EQUIP process for professional staff. The School has worked hard to build a strong, successful, cohesive team through 2015, and the successes achieved throughout the year for individuals, teams, and for the School as a whole reflect that overall in most areas this has been achieved. Some of the major achievements of 2015 include:

- Full five year accreditation for the Physiotherapy entry level courses,
- Completion of the national simulation project that involved 16 Schools of Physiotherapy, led by Professor Tony Wright and Dr Penny Moss,
- Being awarded two University Excellence in Teaching Awards, and three Faculty Excellence in Teaching Awards,
- Two staff being awarded international research fellowships to pursue their research overseas,
- Two staff being promoted to Associate Professor level,
- Successful recruitment of several new research academic staff,
- One University research award,
- Continued growth in our post graduate programs, including the relatively new sports physiotherapy major, and including growth in international student numbers.

In addition, the University has signed two major partnerships this year that will provide tremendous opportunities for staff and students in the School—earlier this year with the Fremantle Dockers, and just this week—Hockey Australia.

I want to especially thank the School Executive Committee team, who provide excellent guidance, energy and passion for their portfolios, each of which supports different aspects of the School's activities. In particular I want to thank Peter Gardner, deputy Head of School, who has been tremendous support to me, but also this year has taken over very ably as acting Head of School during the times I have been away, including an extended 5 week period, and has also managed some of the School Business Manager activities during periods when Karen Prideaux has been on leave.

The School's achievements are also only possible through the strong support of our partners and key stakeholders, who support the School in so many ways. In particular, thanks to our clinical and practicum partners for their very significant role in working with us in our primary activity of educating the next generation of physiotherapists and exercise scientists.

I take this opportunity to wish everyone a happy, enjoyable, refreshing holiday period with friends and family, and look forward to another excellent year ahead in 2016.

Professor Keith Hill

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STAFF SECTION

ESRS Technical Officer

Cameron Hill will be finishing up in the position as Technical Officer for ESRS on Friday, 18 December.

The School will be advertising in the new year to fill this position, and in the interim Richard Wright has agreed to undertake this fixed term role. Richard will commence as the ESRS Technical Officer from Monday, 4 January, until a new appointment is able to be made.

We thank Cameron for his contributions to the School in the ESRS Technical Officer role.

Deputy Directors Appointed

In order to strengthen the leadership and succession planning for key roles in the School, we recently called for expressions of interest for three new Deputy Director positions within the School. These positions will have the role of supporting the respective Directors' activities, and being mentored by the Directors regarding the role and wider involvement in Faculty and University activities, committees and other activities associated with these roles.

The new Deputy Directors are:

Deputy Director of Clinical Education – **Ginny Mulvey**

Deputy Director of Teaching and Learning – **Leo Ng**

Deputy Director of Research Training – **Leanda McKenna**

The School does require interest from staff to constantly engage in these sort of leadership opportunities, and for there to be healthy competition. This will ensure we can maintain our very good outcomes, as well as from a succession planning perspective that there is diversification in the number of people within the school that could take on varying senior roles if required. Congratulations Leo, Leanda and Ginny.



Left: Ginny, Leo and Leanda

Associate Professor Anne-Marie Hill



Associate Professor Anne-Marie Hill joined the School in a Research Academic position on 2 November.

Anne Marie is completing a NHMRC Early Career Research Fellowship, and has a new NHMRC project that commenced in January this year. She also recently published one of her randomised trials (involving eight WA hospitals and 3606 patients) in the Lancet. Anne-Marie has a number of research staff that are employed on her NHMRC grant.

Her expertise is in the areas of ageing, falls prevention, patient education, peer education and exercise.

We are delighted to have such a high calibre researcher join the school.

Welcome to Curtin Anne-Marie.

Staff Meetings

School Staff Meetings now incorporate a bi-monthly guest speaker. In November Christen De Nooyer, Health Sciences CITS representative, presented the CITS future plans and how this will benefit the staff and students.

Teaching Academic In Profile Peter Robinson



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

The recruitment of, and marketing to prospective new international students. Inbound and outbound student mobility programs. Developing strategic linkages with international Universities.

2. What drove you to this / what motivates you to carry on?

Good question! I enjoy the outward focus of the role, the need to be familiar with issues that drive interest in international educational opportunities, especially in our region. I also have seen first hand the benefits to students who choose to embark on international clinical placements.

3. What is currently in your inbox / a project you are working on?

Managing my inbox is my perennial first world challenge! Regarding current projects, currently we are looking at reviewing our strategic international linkages in line with an emerging strategy by the University to engage more with Universities in North America and Europe.

4. Your best/most memorable / most outstanding achievement and why?

My two teenage sons – still works in progress, but on any reasonable measure a father can use – they are pretty outstanding....

5. If you weren't teaching what would you be doing?

My underlying assumption in answering this question is that I've won lotto and retired? The list is long, and the time short, but definitely some more leisure travel, probably with the aforementioned sons, and possibly with some volunteer aid work...I await the Powerball.

STAFF ACHIEVEMENTS AND AWARDS

Curtin University Excellence and Innovation in Teaching Awards

The School has received two University Awards for Excellence and Innovation in Teaching.

Congratulations to the **National Physiotherapy Simulation Project Coordination Team** (**Tony Wright, Penny Moss, Kate Watson and Stephen Rue**), who received a Curtin University Excellence and Innovation in Teaching Award (Programs that enhance learning).

This is a great recognition of the successful completion of a very large scale and significant project that will contribute to the future growth and quality of simulation in Physiotherapy and potentially in other disciplines.

The project involved bringing together 16 of the 19 Schools of Physiotherapy across Australia, and required 37 ethics applications, and 20 legal contracts to enable the project to proceed. All of this was undertaken in a timely and coordinated manner with this extensive project delivering its aims of over 13,000 simulation days across 143 simulation units (five days / unit), involving 1790 students, more than 400 staff and more than 300 actors.

An excellent achievement by the Project Coordination Team.

Congratulations also go to the **Gerontology team** (**Anne Furness, Tony Petta, Ginny Mulvey, Liz Bainbridge and Tracy Redwood**) who were successful in being awarded a Curtin University Excellence and Innovation in Teaching Award.

The team have been working over the past seven years to enhance the teaching program in gerontology.

Gerontology is a key area (probably THE key area, but I am a bit biased!) of teaching in the Physiotherapy program (and across health in general) given the major impact that population ageing will have in coming years, and the important prevention and treatment roles that Physiotherapists can have. However, Gerontology has been a less appealing unit for Physiotherapy students compared to traditional areas of Physiotherapy, in particular musculoskeletal and sports physiotherapy. The contributions of this team have resulted in some substantial modifications to the unit with the aim of better engaging students to have a high quality and engaging unit, that will better position them to positively consider Gerontology as an important, evidence based field of Physiotherapy to work in beyond graduation.

A great effort, well done Anne, Tony, Ginny, Liz and Tracy.

Future Leaders of Cerebral Palsy Research Sian Williams



In November Sian was offered a place in the Future Leaders of Cerebral Palsy Research program. Sian is joined by 11 other future leaders from a range of backgrounds to share knowledge, form a peer support network and develop leadership skills.

Sian completed her PhD investigating a combined intervention of strength training and Botox for children with Cerebral Palsy to target both muscle weakness and spasticity, and has published several papers in the area of CP research. She is currently working on collaborative research projects with both the Ability Centre and Princess Margaret Hospital.

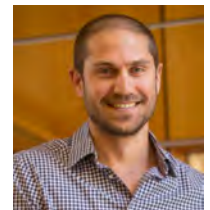
This program will allow Sian to build on her research profile in CP research.

Congratulations Sian.

Staff Promotions

Kevin Netto

Daniel Gucciardi



Two of our staff — Kevin Netto and Daniel Gucciardi, have recently been promoted to level D.

Both were among the first of our staff employed for the new ESRS course several years ago.

Well done to both Kevin and Daniel. This is a very good recognition of their academic and leadership achievements.

Perth has a win over Brazil Vin Cavalheri

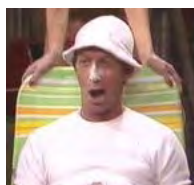
Vin had his Australian Permanent Residency approved in October.

Excellent news for Curtin and WA. Now he's a really Aussie.

Welcome aboard Vin.



Vin in September



Vin in November

MORE STAFF ACHIEVEMENTS AND AWARDS

Faculty Excellence and Innovation in Teaching Awards

School staff were also very successful in being awarded Faculty Awards for Excellence and Innovation in Teaching. These awards reflect a strong commitment to achieving high quality teach and learning outcomes for our students. In particular, special recognition and thanks needs to go to Anne Furness, Director of Teaching and Learning, who has supported development and innovation across our programs.

Recipients of the Awards were:

- **The Movement Science Team** – Tracy Redwood, Liz Bainbridge, Stephanie Parkinson, Liz bell and Anne Furness;
- **The Curtin Physiotherapy Clinical Simulation Team** – Penny Moss, Alan Reubenson, Anne Furness, Tony Wright and Meg Harrold; and
- **The Gerontology Team** – Anne Furness, Tony Petta, Ginny Mulvey, Liz Bainbridge and Tracy Redwood.

High Commendations were also awarded to:

- **Physiotherapy Abroad team:** Peter Robinson, Evan Coopes, Penny Moss, Michelle Kendall, Liz Bainbridge, Stephanie Parkinson, John Owens, Karen Richards
- **Leanda McKenna.**

The Faculty Teaching Awards were made at the end of the Teaching and Learning Forum (Schollaboration: a day of sharing teaching, learning and scholarship) held on Thursday, 10 December. Anne Furness, Dave Sainsbury, Sharon Parry, and Liz Bainbridge contributed to the Schollaoration program with excellent presentations on different aspects of the simulation program.



Dave Sainsbury and Liz Bainbridge at Schollaboration



Above: Dean of Teaching and Learning, Georgina Fyfe, with Peter Robinson



Above: Georgina with the Gerontology Team
Below: Georgina with the Curtin Physiotherapy Clinical Simulation Team



Left: Georgina with the Movement Science Team

Teaching Excellence Development Fund (TEDF) Grant Success

The School has had some very good successes earlier in 2015 in scholarship in Teaching and Learning, receiving two Teaching Excellence Development Fund (TEDF) grants which the School is leading, and two others where the School is partnering with successful grants led by other Schools.

A further round of TEDF grants has just been awarded. The School submitted five applications altogether for this round and had three successful grants (two led through the School, one led through the School of Psychology and Speech Pathology).

◆ Development of culturally-appropriate simulation scenarios for Health Sciences students to explore during work-integrated learning, through consultation with the local Aboriginal and Torres Strait Islander community.

Penny Moss, Julie Hoffman, Jonathon Bullen, Meg Harrold, Di Dennis, Anne Furness, Tony Wright and Sue Jones.

◆ Interprofessional clinical reasoning learning activity.

Tanis Kelly, Tracy Redwood, Evan Coopes, Anne Furness, Kyla Smith, Belinda Martin and Claire Cooper.

◆ Development of a Framework: Developing a consensus on plagiarism.

Maria Blotsfelds, Anne Furness, Peter Gardner, Peter Robinson and Val Morey

Congratulations to these successful teams — again it builds on the very good year of activity and recognition for our scholarship and outcomes associated with teaching and learning.

STUDENT SECTION

Community Fitness Program

In our June edition we reported on a new program that four of our ESRS students were involved in.

The program was featured in an article in the Comment News on 13 October.

The program, launched in March by Armadale MLA Tony Buti, is being run by exercise physiologist Danielle Taylor and four sports science students - Eddie Proudler, Alex Jacobsen, Andrew Tonich, Jason Hu.

The students tailored individual fitness programs for the participants and attended the sessions to offer free expert advice and guidance. This enabled the participants to gradually improve their fitness levels, so they were more likely to continue with exercise and not be deterred by soreness or injury. All of the participants stuck with the program to the end and made great improvements to their overall health and wellbeing.

Mr Buti hopes the Community Health and Fitness Project will be a long-term fitness initiative.



MLA Tony Buti with Andrew Tonich and Alex Jacobsen who are assisting Danielle Taylor with two of the program's participants.
Photo from Comment News

Below: Eyvonne Sim



SMAWA State Conference Busselton

14 - 15 November

By Bernard Liew



The Sports Medicine Australia, Western Australia, 2015 state conference was held between on 14 and 15 November 2015, down at Busselton.

This was my second conference this year, and I was privileged to be able to attend the conference and be able to present the first results of my PhD journey within the Emerging Research Award category.

The title of my work is "***The mechanics of running with load: a joint level analysis***", where I presented on the lower limb mechanical work requirements in running when load carriage is involved.

I received excellent questions from the floor after the presentation, and got a few audience members interested for my upcoming training study in 2016. Although I did not win the award, I gained significant experience and confidence presenting my work, and thoroughly enjoyed the social event too.

New PhD Student Eyvonne Sim

Eyvonne commenced her PhD with a Faculty International Research Scholarship in November 2015. She is from Singapore General Hospital, and her studies will investigate factors influencing outcomes for BPPV on older people. Her primary supervisor is Keith Hill, and co-supervisors are Dr Dawn Tan and Dr Yong Hao Pua at SGH. Eyvonne has just completed a month at Curtin, as she consolidates her preparation for candidacy, but will be conducting her studies in Singapore.

Danica Hendry MJ Rosen Scholarship

Danica Hendry was awarded an MJ Rosen scholarship for 2015 for her attendance and presentation of her Honours research in September at DANscienCE 2015. She was an Honours student with the School and is currently doing her Masters in Sports.

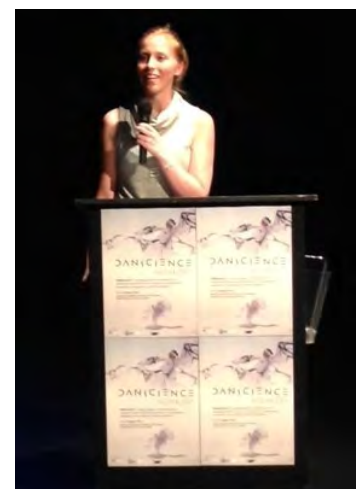
DANscienCE is a multidisciplinary conference, integrating dance teaching, physiotherapy, sports science, choreography and psychology.

Danica's presentation addressed the effects of different taping techniques on lower limb biomechanics when adolescent ballet dancers land jumps. Her supervisors were the late Adjunct Professor Di Hopper, Dr Leo Ng and Dr Amity Campbell.

Danica was one of four young and developing researchers who presented in a section focussed around dance medicine and science, and the feedback from a number of delegates was that this part of the conference was the most exciting and engaging.

As well as the opportunity to present her Honours research, Danica also had a clinical case study presentation.

These conferences help early career researchers build their confidence and future research ideas.



CONFERENCES AND WORKSHOPS

2015 ASICS Sports Medicine Australia Conference Sanctuary Cove, 21 - 24 October

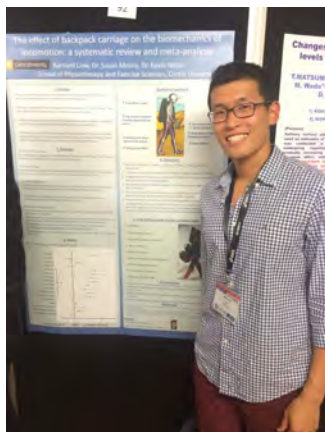


Alison Thorpe attended the Sports Medicine Australia conference in Sanctuary Cove, Queensland in October. The annual conference is an interdisciplinary conference for sports medicine professionals that attracts delegates and presenters from around the world. The latest evidence on a range of topics relating to exercise, rehabilitation and athletic performance is presented, along with a variety of workshops to enhance clinical skills.

Alison was invited to be a judge for the best poster for Clinical Sports Medicine and was a member of the grant review panel for Sports Medicine Australia.

PhD student Bernard Liew also attended the conference and presented his poster on Thursday, 22 October (in a separate category):

The effect of backpack carriage on the biomechanics and neuromuscular control of locomotion: a systematic review and preliminary meta-analysis.



Bernard with his poster

APA Conference Gold Coast, 3 - 6 October

Many representatives from Curtin University attended the APA conference in October to be updated in the latest research and meet Physiotherapists from across disciplines, across Australia and across the world.

Two of the attendees, **Tania Althorpe and Alison Low**, from the Sports Physiotherapy Major teaching team, were invited to present case reports in their capacity as Specialisation Candidates for the Australian College of Physiotherapy.

The Specialisation process is a two year mentored program which aims to assist the candidates to achieve specialist level in the elements of clinical skills, professional education, research participation and a commitment to life long learning and professional development.

The case reports were entitled: ***"Is pain really the problem?"*** and ***"Proximal hamstring tendinopathy"***.

Both presentations were an opportunity to blend the academic experience of the Sports Physiotherapy Major at Curtin University and the development of clinical experience over the specialisation process.



Emerging Researchers in Ageing (ERA conference)



Professor Keith Hill was an invited speaker at the annual Emerging Researchers in Ageing conference held in Melbourne in early December. The conference brings together HDR research students and those in the early years after completing their HDR research, to share their research in a positive, constructive environment, and to network and provide opportunities to build their research careers, including opportunities to network with their peers, senior academics and policy makers. Keith's presentation was titled: ***Avoiding the tumble – tips to maintain your balance as an early career researcher.***

As well as the annual conference, ERA also runs a Virtual Seminar Series which features presentations from leading researchers and stakeholders in the field of ageing, and also offers an annual Travel Bursary to support an ERA member to undertake a study trip interstate or overseas. For further information about ERA, see

<http://www.era.edu.au/HomePage>.



Above: Alison Low, JP Caneiro and Tania Althorpe
Left: Tania presenting

INTERNATIONAL CONFERENCES AND EVENTS

33rd Annual Conference Biomechanics in Sports University of Poitiers, France

By Leo Ng

I was invited to present at the 33rd Annual International Conference on Biomechanics in Sports at the University of Poitiers in France in July. The conference was attended by leading experts in biomechanics from all over the world. I felt privileged to present at an applied session on rowing bio-mechanics, especially when I am one of the only few non-biomechanists at the conference.

I presented on the Treatment of Low Back Pain in Adolescent Rowers (the result of this study has recently been published in the British Journal of Sports Medicine), the main point I was trying to get across was the importance of looking at cognitive and psychosocial factors to reduce back pain in rowers, and to improve their performances. There was a good discussion session afterwards, and I was able to network with other researchers in the field.

The conference lasted for five days, and was well organised with a good mixture of topics and social events. However, the organisers could not predict the heat wave that hit France during that time and the temperature was above 35 degrees every day! During those days I appreciated the comfort of the air-conditioned lecture theatres available to us at Curtin University.

Left: At Chateau Chambord
Below: Leo with his daughter Hayley at the Louvre in Paris
Below right: Mont St Michel



Above: Keith Hill with the IAGG Asia Oceania Regional Council, meeting in Chiang Mai
Below: With Faculty Dean and staff at Thammasat University
Below Right: With Bangkok Hospital staff



Head of School Approved Study Program

Professor Keith Hill completed the first part of a two phase approved study program in October.

This component of the study leave involved visiting Thammasat University in Bangkok, Thailand. A key element of this visit was to build on an existing research collaboration with a former PhD student who returned to the Physiotherapy Department at Thammasat University in 2012.

Professor Hill discussed research and teaching opportunities with staff of both the Physiotherapy Department, and the Sports Science Department, whose course is relatively new, but has strong links with the National Sports Centre, which he visited. He also visited Bangkok Hospital and discussed falls clinic operations and procedures with staff of the first, newly developed Falls (Stability) Clinic in Thailand, and discussed current issues in preventing falls in the wards at Bangkok Hospital with key members of their hospital wide falls prevention committee.

During the study program, Professor Hill also led a falls prevention workshop which attracted participants from eight countries, and attended the Asia / Oceania Regional Congress of Gerontology and Geriatrics to present invited and submitted symposia, as well as to chair a Regional Council meeting in his role as President of the Asia Oceania Council of the International Association of Geriatrics and Gerontology.

During the four weeks approved study leave, Peter Gardner was Acting Head of School and did an excellent job leading the School, with Peter Robinson assisting as Acting Deputy Head of School.

The second phase of the approved study program will take place in March and April 2016, including time at Universities in Taiwan, Hong Kong and China.

The Assistant Editor humbly apologises to Leo for not including this article in the September Newsletter - SORRY!

Make tomorrow better.

Physiotherapy.curtin.edu.au

RESEARCH PUBLICATIONS

Articles published since last Newsletter by staff and Adjuncts

Briggs AM, Jordan JE, Speerin R, Jennings M, Bragge P, Chua J, **Slater H**. Models of care for musculoskeletal health: a cross-sectional qualitative study of Australian stakeholders' perspectives on relevance and standardised evaluation. *BMC Health Services Research*: 15 (1),509-509 <http://dx.doi.org/10.1186/s12913-015-1173-9>

Hendry D, **Campbell A**, Ng L, **Grisbrook TL**, **Hopper DM**. Effect of Mulligan's and Kinesio knee taping on adolescent ballet dancers knee and hip biomechanics during landing. *Scandinavian Journal of Medicine & Science in Sports*: 25 (6),888-896 <http://dx.doi.org/10.1111/sms.12302>

Debenham JR, **Travers MJ**, **Gibson W**, **Campbell A**, **Allison GT**. Achilles tendinopathy alters stretch shortening cycle behaviour during a sub-maximal hopping task. *Journal of Science and Medicine in Sport*: 19 (1),69-73 <http://dx.doi.org/10.1016/j.jsams.2014.11.391>

Gucciardi DF, Peeling P, **Ducker KJ**, Dawson B. When the going gets tough: Mental toughness and its relationship with behavioural perseverance. *Journal of Science and Medicine in Sport*: 19 (1),81-86 <http://dx.doi.org/10.1016/j.jsams.2014.12.005>

Skinner EH, Haines KJ, Berney S, Warrillow S, **Harrold M**, Denehy L. Usual care physiotherapy during acute hospitalization in subjects admitted to the ICU: An observational cohort study. *Respiratory Care*: 60 (10),1476-1485 <http://dx.doi.org/10.4187/respcare.04064>

Ahmad BS, Wark JD, Petty SJ, O'Brien TJ, Gorelik A, Sambrook PN, **Hill KD**. Changes in balance function with chronic antiepileptic drug therapy: A twin and sibling study. *Epilepsia*: 56 (11),1714-1722 <http://dx.doi.org/10.1111/epi.13136>

Williams S, Meyer C, Batchelor F, **Hill KD**. Exercise for mild balance dysfunction: Research into practice. *Journal of Aging and Physical Activity*: 23 (4),588-596 <http://dx.doi.org/10.1123/japa.2014-0182>

Mat S, Tan PJ, Ng CT, Fadzli F, Rozalli FI, Khoo EM, **Hill KD**, Tan MP. Mild joint symptoms are associated with lower risk of falls than asymptomatic individuals with radiological evidence of osteoarthritis. *PLoS ONE*: 10 (10) <http://dx.doi.org/10.1371/journal.pone.0141368>

Morello RT, Barker AL, Watts JJ, Haines T, Zavarsek SS, **Hill KD**, Brand C, Sherrington C, Wolfe R, Bohensky MA, Stoelwinder JU. The extra resource burden of in-hospital falls: A cost of falls study. *Medical Journal of Australia*: 203 (9),367.e361-367.e368 <http://dx.doi.org/10.5694/mja15.00296>

Loi SM, Dow B, Moore K, **Hill KD**, Russell M, Cyarto E, Malta S, Ames D, Lautenschlager NT. Attitudes to aging in older carers - Do they have a role in their well-being? *International Psychogeriatrics*: 27 (11),1893-1901 <http://dx.doi.org/10.1017/S1041610215000873>

Lee AL, Cecins N, Holland AE, Hill CJ, McDonald CF, Burge AT, Rautela L, Thompson PJ, Stirling RG, **Jenkins S**. Field walking tests are reliable and responsive to exercise training in people with Non-Cystic Fibrosis Bronchiectasis. *Journal of Cardiopulmonary Rehabilitation and Prevention*: 35 (6),439-445 <http://dx.doi.org/10.1097/hcr.0000000000000130>

O'Sullivan K, Dankaerts W, O'Sullivan L, **O'Sullivan PB**. Cognitive functional therapy for disabling nonspecific chronic low back pain: Multiple case-cohort study. *Physical Therapy*: 95 (11),1478-1488 <http://dx.doi.org/10.2522/ptj.20140406>

Curran M, O'Sullivan L, **O'Sullivan P**, Dankaerts W, O'Sullivan K. Does using a chair backrest or reducing seated hip flexion influence trunk muscle activity and discomfort? A systematic review. *Human Factors*: 57 (7),1115-1148 <http://dx.doi.org/10.1177/0018720815591905>

Ranelli S, **Smith A**, **Straker L**. The association of music experience, pattern of practice and performance anxiety with playing-related musculoskeletal problems (PRMP) in children learning instrumental music. *International Journal of Music Education*: 33 (4),390-412 <http://dx.doi.org/10.1177/0255761415597151>

Slater H, Paananen M, **Smith AJ**, **O'Sullivan P**, **Briggs AM**, Hickey M, Mountain J, **Karppinen J**, **Beales D**. Heightened cold pain and pressure pain sensitivity in young female adults with moderate-to-severe menstrual pain. *Pain*: 156 (12),2468-2478 <http://dx.doi.org/10.1097/j.pain.0000000000000317>

Bunzli S, **Smith A**, Schutze R, **O'Sullivan P**. Beliefs underlying pain-related fear and how they evolve: a qualitative investigation in people with chronic back pain and high pain-related fear. *BMJ open*: 5 (10),e008847-e008847 <http://dx.doi.org/10.1136/bmjopen-2015-008847>

Hoogwout SJ, Paananen MV, **Smith AJ**, **Beales DJ**, **O'Sullivan PB**, **Straker LM**, Eastwood PR, McArdle N, Champion D. Musculoskeletal pain is associated with restless legs syndrome in young adults *Epidemiology of musculo-skeletal disorders*. *BMC musculoskeletal disorders*: 16 (1) <http://dx.doi.org/10.1186/s12891-015-0765-1>

Van Den Hooven EH, Ambrosini GL, Huang RC, Mountain J, **Straker L**, Walsh JP, Zhu K, Oddy WH. Identification of a dietary pattern prospectively associated with bone mass in Australian young adults. *American Journal of Clinical Nutrition*: 102 (5),1035-1043 <http://dx.doi.org/10.3945/ajcn.115.110502>

Rebbeck T, Moloney N, Azoory R, Hübscher M, **Waller R**, Gibbons R, **Beales D**. Clinical ratings of pain sensitivity correlate with quantitative measures in people with chronic neck pain and healthy controls: Cross-sectional study. *Physical Therapy*: 95 (11),1536-1546 <http://dx.doi.org/10.2522/ptj.20140352>

New Structure for Doctor of Clinical Physiotherapy

In response to meetings with industry partners about their needs and to combat small student numbers in this course we have redesigned the course to simplify the structure.

The new course contains both professional coursework and a research thesis unit. We received approval through the University Courses Committee and the University Graduate Studies Committee in November and will commence enrolling students next year with Research Training Scheme funding for domestic students, which makes the course more affordable for students.

Prospective students interested in finding out more should contact Professor Tony Wright on T.Wright@curtin.edu.au

RESEARCH AND GRANTS

Endeavour Scholarships and Fellowships for 2016



Congratulations to Sonia Ranelli for being awarded an Endeavour Research Fellowship for next year. This work continues her collaborative research links with Professor Christoff Zalpour at Osnabruck University in Germany. The focus of Sonia's Fellowship will be on injury prevention for young string instrumentalists. Sonia's work to date has included supervising a Masters student in Osnabruck (Leonie Winter) who was recently awarded a university prize for her project (photo below).

The Endeavour Fellowships are highly sought after and this program supports two-way engagement between Australia and the rest of the world, and provide opportunities for Australian and overseas students and professionals to access learning and research opportunities globally. They are merit-based fellowships providing opportunities for citizens around the world to undertake study, research or professional development in Australia and for Australians to do the same overseas.

Six post-doctoral researchers, three masters by coursework and two professional development recipients will come to Curtin next year. In addition, three researchers from Curtin will travel overseas on the scheme, including Sonia. Congratulations and well done Sonia!



Leonie Winter receiving the Study-Up Award

National Heart Foundation Vanguard Research Grant

Congratulations to **Associate Professor Andrew Maiorana** who has recently been successful in receiving a \$75,000 National Heart Foundation Vanguard research grant for: ***Exercise training in people with implanted mechanical pumps to support heart function***

Synopsis: Many heart conditions impair the heart's ability to pump blood. This is known as heart failure. Exercise training is an important component in the management of heart failure, but in severe cases, symptoms such as breathlessness and fatigue limit patients' ability to undertake and benefit from exercise.

Ventricular assist devices (VADs) are small pumps implanted into the heart of patients with severe heart failure to assist the heart in pumping blood around the body. VADs reduce symptoms of heart failure, enabling patients to undertake exercise that wasn't previously possible. However, little is known about the most effective form of exercise training in patients with VADs.

This study investigates the effects of a new approach to exercise training in patients with VADs, involving alternating bouts of moderate and high intensity exercise. Six weeks after being implanted with a VAD, participants will be randomised to either 12 weeks of high intensity interval exercise or 12 weeks of moderate intensity exercise. Before and after the exercise programs, participants will undergo tests to compare the effects of the two exercise programs on fitness, heart and blood vessel function and quality of life. We anticipate the findings of this project will help optimise exercise rehabilitation for people with VADs and provide information that will help inform exercise prescription in people with cardiovascular disease more generally.



Well done Andrew on continuing to build this stream of research activity.

Left: Andrew Maiorana

Right: Elissa and Beccy

RESPOND WA Rebecca Morris

Rebecca (Beccy) Morris, PhD candidate had a very successful trip to Perth in October. Beccy is part of the RESPOND study and came across to meet up with some of the WA team to collect data for the study. Data collected included audio-recordings of the intervention and participant experience surveys. She also conducted focus groups with intervention participants and interviewed a RESPOND clinician about their experience of delivering the RESPOND program. Eileen Boyle (Project Manager WA) and Elissa Burton (Project Support) were a great help assisting Beccy with organising the trip and running the focus groups.

The study is a multi-centre randomised controlled trial of a falls prevention program (RESPOND) for older people who have presented to an emergency department with a fall. The trial is taking place in both Melbourne and Perth and is led by Associate Professor Anna Barker (Monash University) and Professor Keith Hill, and also involves the Alfred and Royal Perth Hospitals, and UWA. The intervention includes education and coaching via positive health messages to address falls risk factors. The main outcomes for the trial are rate of falls, fall injuries and emergency department re-presentations.

Beccy's role in the study, and data collection during the Perth trip, relates to the program evaluation of RESPOND. This includes evaluating whether or not the program was implemented as planned, and identifying the barriers and facilitators to participation in falls prevention activities.

Data collection will continue into 2016 and the team are very excited to see the results. RESPOND will generate new knowledge on strategies to enhance care of older people who present to the emergency department after a fall and who are likely to fall again.



RESEARCH PROFILE AND EVENTS

Researcher in Profile Leon Straker

1. In 25 words or less, tell us about your research.

My research is about the physical impact of technology use on people – especially musculoskeletal symptoms and physical activity

2. What drove you to this / what motivates you to carry on?

I am interested in preventing health problems before they occur, and believe that by understanding how people and technology interact we can help gain the benefits of technology and minimise the harm. I started on this in the 1980s when RSI became a major issue for Australian office workers.

3. What is currently in your inbox / a project you are working on?

The latest in our series of projects looking at technology use by children is looking at use of mobile touch screen devices (tablets and smart phones) by young children (0-5 year olds) as this is where tech use is starting now.

I am also helping to develop the Raine Study – a 25 year old longitudinal life-course study of health and development.

4. Your best/most memorable / most outstanding publication and why?

Probably a paper with a Swedish colleague arguing that for many workers, the major physical risks to their health aren't related to over-exertion tasks like lifting heavy and awkward loads, but rather excessive exposure to sitting at work. We argued for a paradigm shift in occupational health/ergonomics to look at designing work which potentially added physical stress – but appropriate physical stress aimed to stimulate strength, endurance, coordination – just like one would in a leisure exercise program. Straker, L., and Mathiassen, S. (2009). Increased physical workloads in modern work - a necessity for better health and performance? *Ergonomics*, 52(10), 1215-1225

5. If you weren't researching, what Would you be doing?

I would be making things – sculptures, furniture, photographs; and reading about stuff that wasn't work!



Staff Planning Day and End of Year Function

On Friday, 11 December, the School had a staff planning day and end of year function. The focus of the planning day was to celebrate and recognise individual, School and University achievements during 2016, and to discuss key areas considered by staff to be in need of review or change, including suggesting solutions to address these.

Around two thirds of staff attended the planning day, with most of those not in attendance already on their holidays. There was plenty of discussion and suggestions that evolved from the activities, that will be considered by the School as we progress into 2016 in the final year of the existing strategic plan, and commence development of the 2017-2020 plan.

Special thanks to Susan Kroening (external facilitator) and Jane Bushby (ODU) for their work in preparation for and running the program on the day, and Peter Gardner for working with Susan and Jane in refining the program to meet the School's needs.



Left: Keith Hill welcomes everyone
Below: Richard Wright sharing his group's achievements for 2015 and one of the achievements walls



Group sessions



RESEARCH AND MEDIA

Research encourages seniors to pump more iron Media Release by Dr Elissa Burton



Curtin University researchers are working with Healthway, Silver Chain and the Council on the Ageing WA to determine the current strength training patterns of seniors and to promote participation amongst ageing population.

Dr Elissa Burton is the Project Manager and said the project would highlight to seniors the importance of strength training and the physical and emotional wellbeing associated with exercising. ***“Research shows only 12 per cent of Australian seniors currently participate in strength training each week.”***

Strength training is essential for building and maintaining muscles, curbs the effects of osteoporosis and reduces the symptoms of chronic diseases, all of which helps older people live in their own home longer.

This project seeks to understand why some older people don't feel comfortable participating in regular strength training and aims to find ways to get more people involved. To really understand the issue, the project team sought the advice of two senior representatives, Bob Ziegler and Shirley Barnes.

Their job is to provide insight into what older people like and dislike when taking part in research and to ensure that the research approach is relevant for older people.

At 85 years, Bob is a passionate health advocate with a lust for life who travels extensively. He currently undertakes strength training and has been part of the Living Stronger, Living Longer program for more than 11 years.

Shirley is in her mid-seventies and is President of her local social club which has more than 600 members. She is also a Councillor on the Village Residents Advisory Council.

Having our senior representatives on the project team is invaluable and we are taking their advice seriously to get the best outcomes for older Western Australians

Funding for the research has been provided by Healthway. For more information, visit Living Longer, Living Stronger at www.illswa.org.au.

Regular Sonshine Radio Segment Dr Kevin Netto



Kevin Netto's radio segments have covered:

- ***Exercise recovery and the importance of aiding your body's recovery after activity.*** He said "You need to gently ride down and during recovery you need to allow your body to heal for optimal performance the next day." "Ice baths are not completely optimal for recovery but there is a psychological lift associated with them." "Nutrients are important to support diet in replenishing your body after exercise."

• Fremantle Dockers

Kevin was recently on location with the Fremantle Dockers because Curtin University has just signed a deal to provide the team with sports science support and research for the next few years. "This is an exciting partnership which has been several years in the making and it will give students a chance to work with elite sports people in WA."

AFL Grand Final 2015 Interview with Dr Carly Brade



On Thursday, 1 October The Age, Brisbane Times and WA Today reported on comments made by Edith Cowan University Exercise and Health Science Associate Professor Chris Abbiss regarding the warm Melbourne weather forecast for the 2015 AFL Grand Final and if it would favour the Eagles over the Hawks.

Physiotherapy and Exercise Science lecturer Dr Carly Brade said any advantage would be negligible as both teams had just exited the winter period and Western Australia had not yet experienced multiple days of high temperature.

"Strenuous exercise in the heat can pose considerable thermoregulatory strain on the body and its physiological processes which can subsequently affect performance," she said.

"But this is generally seen when temperatures are approximately 35 degrees and higher and humidity is approximately 60 per cent."

The full article can be read on: <http://www.theage.com.au/afl/west-coast-eagles/afl-grand-final-2015-will-warm-melbourne-weather-favour-eagles-v-hawks-20150930-giyfen.html#ixzz3qTiNuXGk>

NEW PARTNERSHIP

Curtin Joins Hockey Australia in two year partnership

By Lawrence West
Hockey Australia News

Hockey Australia and Curtin University have announced details of an innovative partnership that will see them collaborate on research, media and marketing activities.

The initial two year relationship will provide Hockey Australia with access to Curtin students, facilities, research and resources, including projects that directly assist with the on-field performances of Australia's national hockey teams, the Kookaburras and Hockeyroos.

Curtin students and staff will receive unique learning and research opportunities across a host of areas including sport, physiotherapy and exercise science, media and communications, and event management.

The university's logo will also appear on the uniforms of the Kookaburras and Hockeyroos, providing Curtin with valuable exposure in many of its key markets, including Australia and Asia. Hockey Australia Chief Executive Cam Vale said, ***"Curtin University is renowned for its research excellence and we are excited about the opportunity to collaborate on pioneering projects that will have a tangible impact on our performances, both on and off the field."***

"As a leading sporting organisation we can offer Curtin's students and staff exposure to our own world class people and programs. While research will sit at the heart of much of what we do together, we also look forward to improving our media, communications and marketing capability as part of the relationship."

And with the Olympic Games next year, and the Commonwealth Games and World Cup in 2018, the partnership can play a significant role in the continuing success of our Kookaburras and Hockeyroos on the world stage."

Curtin University's Vice-Chancellor Professor Deborah Terry said, ***"Our researchers will assist Hockey Australia to maintain its competitive edge with projects including one by the School of Physiotherapy and Exercise Science that will utilise Curtin's climate chamber to study the effect of climate changes on Hockey Australia players."***

"The School of Design and Art will undertake a Uniform Design Capability project looking at potential improvements to the playing kit of Hockey Australia such as adding smart devices into the design to assist with player management."

The foundations of the new formal partnership lie in a relationship going back more than three decades to when the AIS set up its hockey unit in Perth in 1984. In recent times, the university and Hockey Australia have collaborated on research including an injury survey, a rehabilitation circuit investigations and a drag-flicking biomechanics study.



Above: Carly Brade, Kagan Ducker and Leo Ng with Casey Sablowski
Below VC Professor Deborah Terry



ALUMNI AWARD

Alumni Award Gnanaletchumy (Jega) Jegasothy

Jega was awarded the Curtin University Lifetime Alumni Award last Friday at an awards ceremony to recognise outstanding contributions by Curtin's alumni. This achievement is a strong recognition of Jega's enormous contribution to physiotherapy, health services more generally in Perth and elsewhere in WA, and to Curtin and our student population over many years.

Jega undertook her physiotherapy training at WAIT. Over the many subsequent years, Jega has had major roles contributing to the physiotherapy profession, including working for the Western Australia (WA) Department of Health (DOH) at Royal Perth Hospital (RPH) for thirty seven years. In that role, Jega primarily worked in the Neurosurgical Rehabilitation Unit at Shenton Park, that was the primary state clinical unit to manage the rehabilitation of people with Acquired Brain Injury. Jega also worked in in developing many services in the community and non-government sector, to support improved provision of care in the community, with a particular focus on successful transition of people back to their homes or other settings.

As well as her significant contributions to neurological physiotherapy and physiotherapy more broadly, Jega has also contributed strongly to support Curtin's physiotherapy student training, but also training Of a broad range of other disciplines Including medical, nursing and allied health as well as other staff such as Rehabilitation Engineers.

**Congratulations
Jega**



EVENTS

Year 3 and GEM 6 End of Year Cocktail Party By Justin Haverhoek

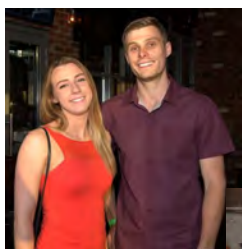
The Year 3 and GEM 6 Dinner/Drinks was held on Saturday, 14 November at the Northbridge Brewing Company. It was a well attended event with over two thirds of the cohort present.

The School of Physiotherapy and Exercise, Sports and Rehabilitation Science was represented by five staff members - Kerry Higgins, Kate Smith, Lynn Jensen, Karen Richards and Leo Ng.

It was an immensely enjoyable night with delicious cocktail food and locally produced beverages on the menu leaving everyone very satisfied and with a full belly too!

It also provided an invaluable time for everyone to let their hair down and see each other outside of a university environment and practical laboratory attire; the staff included. It was a fun and exciting way to cap off three years

of hard work with a very well earned night of enjoyment.



Above: Year 3 student reps Vanessa Peatey & Justin Haverhoek.



Right: Lynn Jensen and Karen Richards
Below: Kerry Higgins and Kate Quinlivan and group photos



ESRS Dinner By Andrew Lavender

On Saturday, 30 October the graduating Exercise, Sports and Rehabilitation Science students for 2015 held their graduation dinner.

The teaching staff of the course were also invited to attend and a fun night was had by all, particularly Bryce and Alex. These students are the second batch to graduate from the new Bachelor of Science (ESRS) course. Without putting the mocker on anyone, final exams are yet to come, but we are expecting a group of around forty students to don the gown at the graduation ceremony early next year.

It was interesting to chat with the students at the dinner last week and find that their career paths will differ quite a lot, which is not unusual for an exercise science course.

Some have been accepted into graduate courses in teaching or physiotherapy while others will move on to a course to become exercise physiologists.

Congratulations to all of the 2015 graduating students and well done to the staff who helped them get there.



Right: Tisha, Rob and Anette

Post Grad Manips and Sports By Rob Waller

On Thursday, 26 November, the 2016 cohort of post graduate Manipulative Therapy and Sports students and staff went on their annual night out to celebrate the end of a year of learning and hard work. The night has become a tradition over the years and this time the venue was the Windsor Hotel in South Perth. It was a great night out with many students seeing each other for the last time before they disappear around the world on their travel back home. As in the past the Curtin Masters of Clinical Physiotherapy program attracted Physiotherapists from all around the world including England, Ireland, Norway, Holland, Singapore, Hong Kong, Canada and Japan.



Above: Ryan Campbell, Sinan Tejani, Tania Althorpe and Alison Thorpe
Below: The Manips group



There were also many local Physiotherapists present. The Sports Masters is now graduating it's second cohort since re-commencing in 2014 and there has been a significant boost in student numbers due to this.

Thanks to Tisha Bohne for helping to coordinate the event. May the tradition continue.



EVENTS

Masters of Clinical Physiotherapy Graduates of 2015

2015 has seen another busy year for the School of Physiotherapy and Exercise Science professional postgraduate courses.

Bucking the national trend, the School has seen an increase in post-grad student numbers in recent years and in 2015 it had 115 students studying either part or full-time in the Doctorate, Masters or Graduate Certificate of Clinical Physiotherapy courses. The end of 2015 will see 46 of these students graduate from the Masters of Clinical Physiotherapy including;

- 5 international and 8 domestic students who undertook the Sports Major
- 14 international and 6 domestic students who undertook the Musculoskeletal Therapy Major
- 9 domestic students who undertook the Continence and Women's Health Major
- 4 students will also complete the Graduate Certificate in the Continence and Women's Health stream

Pictured are the graduating students from the Masters of Clinical Physiotherapy (Musculoskeletal Therapy) at their end of semester morning tea along with members of the post-grad teaching team.



Above: the Masters group

Below and Right: Year 4 Dinner



Year 4 Dinner

It was a fantastic evening at the Medibank Stadium in Leederville with a great turnout from students and staff!

It had been quite some time since we had all been together so there was a lot of catching up do in regards to where everyone had been on prac and how prepared we were feeling for our final exam in a week's time! We enjoyed a delicious three course buffet dinner whilst we were taken back in time with slideshows and video presentations of our four year journey in Physiotherapy, with a few special messages from staff that couldn't be in attendance. This was followed up with some thoroughly entertaining skits by fellow students Mark Dorkhom, Josh Bruinsma, Pete Nazzari and James Cumming, as well as a special rendition of 'Let Me Down Easy' by Evan Coopes and Peter Gardner.

The laughs then continued with a hilarious speech from veteran student Josh Samuel who couldn't have squeezed more physiotherapy puns into his speech if he tried! The tutors presented us all with new and improved name badges as a farewell gift, and wished us all the best for our final exam and future physiotherapy endeavours. It was then time to hit the dance floor and party the night away!

The night would not have been possible without the incredible efforts of students Lizelle Aranha, Emily-Jayne Warr, Shenae Bearman, Ken Nakama, Winnie Tan, Maddie Davis, Mark Tu and Peta Ryan.

HEALTHY COMPETITION

Year 2 / GEM5 Netball Competition By Nick Nyman

Following the resounding victory at the inaugural physiotherapy student versus teacher indoor soccer tournament, the second year cohort had a thirst for overly competitive, mildly social sports days. Knowing that Leo “Messi” Ng’s team “The Invincibles” would pose no challenge, the year group quickly turned on itself and broke off into its seven undergraduate class groups and one GEM class group to fight it out for supremacy. After a year’s worth of sledging, the netball courts were finally set to decide once and for all who is the greatest.

A Pre-season riddled with controversy begun with group four swiftly utilising the non-existent transfer window to recruit some tall, hardy players. Allegations of whether these players were even Physios were quickly thrown around with many questioning their lack of lecture attendance. Other group’s pre-seasons revolved heavily around their sledging practise with early attempts to disqualify the GEM team with the use of inadmissible evidence of doping proving to be fruitless.

Finally the day came with each group dressing in various different themed outfits to win the early psychological battle of being the “most unified team”. Here group three makes its first and only victory of the day Winning the prize of best dressed in their African attire. After a 15 game round robin the finals were set between the GEMs and group four.

The second year crowd got behind group four to hold off the haughty GEM team. After a close first half, group four ran away with a comfortable victory settling once and for all which group was the greatest.

Thank you to everyone that helped coordinate the event, umpire, and generally help make this day so much fun for all involved. Special thanks go out to Lachlan McDonald for the beautiful photos, Red Bull for providing us with free beverages throughout the event and to Kate Smith for postponing her lecture and tolerating us when we had far too much energy and caffeine running through us to learn. All in all the day was a tremendous success and a perfect break from the hustle of student life.



Above: The Wannabees Touch Rugby team
Below: All Netball the competitors and some of the “on court” action.
Netball photos by Lachy McDonald



Touch Rugby

The staff at The University of Notre Dame, School of Physiotherapy threw down the gauntlet to our staff for a mixed touch rugby game in October to celebrate the Rugby World Cup 2015.

The game took place at 5:30pm on Friday, 16 October at the Manning Road Oval. Our team - The Wannabies, consisted of many talented sportsmen and sports women, but unfortunately none of that talent was in the sport of touch rugby. However, the team banded together and like most elite sporting organisations learnt the rules quickly half an hour before the match.

The Wannabies were off to a flying start with Leo Ng breaking the defensive line to score twice in quick succession. Bronwyn Smith, who was playing her first game of touch rugby, finished off a good team play and dived over the line for her first ever try. The smile on her face after the try was priceless. The Notre Dame Rugby team came back strongly with their team plays and the game became an exciting seesaw battle.

In the second half, Pieter Coenen stole the ball against play to score an brilliant individual try. The defensive pressure of Karen Richards, Kevin Netto, Tanis Kelly, Sarah Stearne and Andrew Lavender kept the team in the game. Joining the game late in the second half, Vinicius De Oliveira (the soccer star) was jumping up and down during the game hoping for someone to teach him the rules of the game. Nearing the end of the match, Heidi Welch made a dash down the left wing (transferring her hockey skills to touch rugby) to score our team’s final try.

There was a bit of a debate about the final score, but in the writer’s view, the final score was 5 all, so we will stick to that. It was a great evening, and we hope to build a strong relationship with The School of Physiotherapy at The University of Notre Dame in the future as the only two physiotherapy schools in Western Australia.

OTHER NEWS AND EVENTS

How Ridiculous

The **How Ridiculous** team have been in the news again and, as **Brett Stanford** is a Curtin Physio graduate, we thought you'd like to know a little bit more about him:

Why did you choose to study Physiotherapy at Curtin University?

I have always loved sport and, unfortunately, injuries go together with that. I had a cousin who was a physio and enjoyed the experience when he treated my injuries. After seeing what he did I thought it was the sort of job I could do. I have over five years of experience now working as a private practice physiotherapist and have really enjoyed my career to date. It's on pause at the moment as I pursue some other interests of mine but it's a job I really enjoyed and will do again should I return to it!

What are you doing/where are you working now?

I work part time as a Youth Pastor at Lifestreams Christian Church and have recently started working part time at How Ridiculous ([YouTube.com/HowRidiculous](https://www.youtube.com/HowRidiculous)) creating video content for our followers. Very different jobs but I love them both which is a good thing.



What are you working towards professionally / what are your aspirations professionally?

In this current season I'm really passionate about working together with the How Ridiculous team to create incredible video content that impacts the world. We want to create sports moments that many people would deem to be impossible and we want to work with ambitious brands to help make that happen.

What motivated you to establish this community project?

How Ridiculous was born in 2009 in our backyards and was simply a way to have fun and showcase some sports skills to friends and family. However we soon realized that we could use our videos as a tool to influence people and bring about change in our world. At the time I had a sponsor child with the international Christian organization "Compassion" who seek to see children released from poverty and we thought it would be a great cause to get behind. In those early days we decided that through How Ridiculous we wanted to inspire people to do something about the issue of child poverty in our world and a way they could do that effectively was to sponsor a child with Compassion.

What do you hope to achieve with this project?

We want to inspire people to believe a few things. The first is that "anything is possible"! When we took on the task of making basketball shots from massive tall structures, people didn't think it was possible. In fact, we would not have thought so either before we started doing this. But we decided to commit our time and energy and work at it, and it wasn't long before we were making a world record basketball shot from the top of Gordon Dam in Tasmania which is 126.5m. The second is that we can all use our gifts and talents (of which I'm convinced we all have some) to bring about change in the world. Seriously, if we can use sports trick shot videos to help release children from poverty then anything is possible.

We want people to realize that they can use whatever it is they are good at, passionate about or interested in for the good of others. We really believe that the less selfish we are with our lives the happier we will all be! We love hearing of creative and unique ways that people are helping others and if that's part of our legacy to the world then we'd be so stoked.

How has this community project benefited you personally?

It's been really hard work at times and it's helped me grow in many areas. I've had an unofficial leadership role in the team since the start (probably due to being one of the older guys in the group) and that has stretched me a lot. Besides that, what we do can take a LOT of persistence and determination to succeed. You've really gotta believe in what you're doing and the reasons for why you're doing it. If you have those things, you'll push through all sorts of barriers to succeed and I've seen that happen for us time and time again. It also means that when things don't work out so well, you've just gotta cop it on the chin, learn from it and go again.

In 2014 the How Ridiculous team got to visit our Compassion sponsor children in the Philippines. This was a really impacting experience for me as I'd been sponsoring Leandro since 2007. I'd sent him a lot of letters and photos of the years and he had kept every single one of them.



Above: Some of the Ridiculous action
Left: Scott Gaunson and Brett Stanford

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OTHER NEWS AND EVENTS

How Ridiculous continued

I was so moved by his testimony of what my sponsorship means to him and also the testimony of his family. They were so grateful that someone who had never met them had decided to support them in their family life. It's incredible the hope people can have when they know that someone genuinely cares about them and makes a sacrifice to help them out. I really believe in the Compassion model of releasing children and families from poverty and the trip really helped solidify that in me. I'm so thankful to have that experience!

Were you involved in other community projects during your time at Curtin?

I've been a youth leader at Rise Youth group at Lifestreams Christian Church since I finished high school. This group was a great part of my high school days as a participant and I decided I wanted to give back and help run the program once I was in Uni. I'm now the Youth Pastor of Rise Youth and absolutely love working with high schoolers. Our program is really centred around fun and faith and it's where I am every Friday night.

Did you enjoy being a graduate Physio and conducting these projects?

Absolutely. I think it gets you in touch with the community in a different way and helps balance out your career/work life with other things that aren't all about yourself.

Do you see any future community projects that may involve your Physio training?

You know I really don't know the answer to that! I'd like to think my days as a Physio aren't done but you just don't know what the future holds. The church I'm apart of is looking to start up a medical/health centre on our campus in the near future and perhaps there can be some way I can get involved there. I guess only time will tell!

The ABC ran a news piece with some audio as well and can be accessed on - <http://www.abc.net.au/news/2015-10-23/farm-fit-challenge-success-in-esperance/6877970>

Curtin University Sports Awards Allana Slater

The 2015 Curtin University Sports Awards were presented in November to recognise the sporting achievements and contributions of Curtin's students, sporting clubs, volunteers and alumni.

Many of you will remember a Graduate of ours. Allana came to us as a mature aged student after retiring from her international career as a Gymnast representing Australia at the Olympics and Commonwealth Games winning eight medals in Commonwealth games. Allana excelled as a student and graduated from the BSc (Physiotherapy) with first class honours in 2010. In addition to her stellar career in gymnastics she narrowly missed out on selection for the national team in pistol shooting whilst studying with us.

Allana is the **Vice-Chancellor's Elite Athlete Alumni Inductee** for this year which recognises Curtin students and alumni who have excelled in their chosen sport.

The other VC Awards include:

- ◆ Umpire of the Year
- ◆ Volunteer of the Year
- ◆ Club of the Year
- ◆ Inter-Varsity Athlete
- ◆ Sportswoman of the Year
- ◆ Sportsman of the Year



Competitors in action
Winners - Fitness Plus
And the ABC Interview
with Doug



Farm Fit Challenge - Update

In our September edition we reported on a community event that Doug Cary was organising to promote fitness and road safety.

With farmers now spending many hours driving machinery or sitting in offices, farming is becoming an increasingly sedentary lifestyle and Doug wanted a fun way to encourage farmers to think about their fitness and general lifestyle.

"Unfortunately in today's society we are seeing increased health risk coming from sitting. The more ways we can motivate people, encourage people, find ways for them to get fitter and stronger and move more, we are really going to reduce the amount of health issues that they have."

The inaugural FarmFit Challenge attracted 28 competitors, plenty of spectators and raised \$1100 for the Esperance Men in Sheds and the Royal Flying Doctor Service. The event was obviously very successful as Doug received positive feedback from those involved and Toyota, the main sponsor, has asked to be apart of it again in 2016. Looks like Doug will be busy organising FarmFit again next year!

Congratulations Doug on developing and organising such an innovative community event.



OTHER NEWS

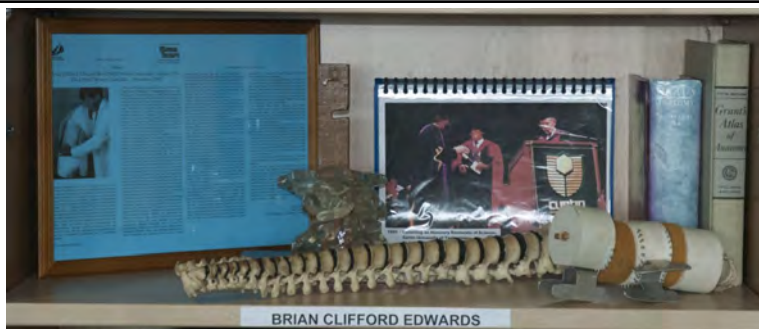
Brian Edwards January 1941 - November 2003

Brian Edwards had a distinguished career in the field of Physiotherapy, which included the establishment of the Manipulative Therapy program at Curtin in 1969 and the post graduate diploma in 1974. Brian was also awarded an Honorary Doctorate in Science at Curtin.

Brian has left a strong legacy to the physiotherapy profession nationally and internationally.

Brian's wife, Jenny, kindly donated his gown and a number of other items to the School. We now have his gown on display in the reception area on level 3 as well as his donated books and equipment on display in the Head of School's office.

The official unveiling of the gown will be held in the new year.



Right: Brian Edwards gown and donated items

Research Projects for 2016

This is the yearly call up for any projects you may have sitting on your shelf desperate for an Honours student to take on.

Please send projects to me with information under the following headings so I have them ready to distribute for interested students when the time comes.

- * Supervisor(s) / Research team
- * Research venue
- * Title of the Project
- * Overview of the Project
- * Methodology
- * Significance of the Project
- * Key references
- * Contact details of the Supervisor

If you submitted a project last year that wasn't selected and isn't being done elsewhere, please feel free to send it in again on r.fary@curtin.edu.au



We wish all our staff, students and colleagues a safe and happy Christmas break.

If you would like to contribute to our next newsletter
Contact: Professor Keith Hill
Tel: 9266 3618 Email: keith.hill@curtin.edu.au
Please provide a photos (if applicable) with your news

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