

The background of the cover is a dark blue color with a complex geometric pattern of overlapping triangles and squares in various shades of blue, creating a textured, crystalline effect.

Research Report CHARR 2015

Centre for Health, Activity, and
Rehabilitation Research

Overview

2015 was another successful year for the Centre for Health, Activity, and Rehabilitation Research, School of Physiotherapy. It was also a significant year for the School and the Centre, with a change of leadership mid-year. Professor Leigh Hale took over as Dean of the School and Centre from Professor David Baxter. David continued on as the Director of CHARR. We also welcomed Associate Professor Debra Waters as Director of Gerontology Research (a joint appointment with the School of Physiotherapy and the Dunedin School of Medicine), and Dr Lynne Clay, who joined the School and the Centre as a confirmation path Lecturer.

We have continued to develop strong linkages with colleagues and research groups nationally and internationally, as well as across the University. CHARR members have been involved in the leadership of a number of high profile research initiatives. The School and the Centre have continued to develop international linkages with a number of visiting scholars in 2015 and reciprocal visits by CHARR staff. CHARR staff contributed at many leading academic conferences in 2015.

We were awarded a large number of research grants, totalling around half a million dollars in research funding. These grants were received from the Health Research Council, Lottery Health Research, Brain Health New Zealand CoRE, Maurice and Phyllis Paykel, Physiotherapy New Zealand, New Zealand Manipulative Physiotherapy Association, Wellington Branch Physiotherapy, Otago Medical Foundation: Jack Thompson, Sports Physiotherapy New Zealand, and the University of Otago Research Grant. Regardless of the size of the funding received all of these awards have helped to provide opportunities for CHARR researchers to undertake research projects that contribute toward the growing profile of CHARR as a preeminent research centre for Physiotherapy research. Our publication record continues to be not only of an impressive number but are also of a high standard with many staff publishing in leading journals.

Our postgraduate programme continues to be a vital part of CHARR and we were pleased to welcome 4 new PhD candidates from New Zealand and around the world. 2015 also saw the completion and graduation of 5 PhD candidates.

We hope you enjoy reading in more detail about our 2015 successes.

**Professor Leigh Hale (Dean, School of Physiotherapy and CHARR) and
Professor David Baxter (Director, CHARR)**

Research leaders

Professor David Baxter

BSc (Hons), DPhil, MBA

Position: Dean (1st half of 2015), Professor, Co-Director of CHARR

David's work has largely focused on physical therapy interventions to reduce pain and disabilities, and the impact of non-communicable diseases: physical activity and rehabilitation; low back pain; complementary and alternative medicine; photomedicine and laser therapy; surveys; controlled trials; and systematic reviews of clinical effectiveness of physical interventions for non-communicable diseases. Recently participated as a team member on a major HRC-funded trial of non-pharmacological management of osteoarthritis (MOA Trial), with several multinational network projects focused on the use of activity monitors in rehabilitation (including UK, Ireland, Sweden), and non-pharmacological pain management (including Korea, USA, UK and Ireland).

Professor Leigh Hale

BSc (Physio), MSc, PhD (WITS), FNZCP

Position: Dean (2nd half 2015), Professor, Co-Director of CHARR

Leigh's work has focused on the needs of people with disabilities and those who support them, and developing community-based interventions to improve function, participation and engagement: Neurological rehabilitation and disability research; community-based rehabilitation; virtual reality in rehabilitation; falls prevention; using both qualitative and quantitative methodology (with people with multiple sclerosis, stroke, Parkinson's disease, intellectual disability, older adults, Alzheimer's disease and dementia, and diabetes).

Associate Professor Gill Johnson

Dip Phty, MSc, PhD (Otago), FNZCP

Position: Deputy Dean (2nd half of 2015), Associate Professor

Research Interests

Gill's main research focus is in the area of spinal health and factors impacting on self-reports of low back pain. Her more recent research interests include the examination of balance performance in different patient populations and quantifying coupled movement patterns between the jaw and cervical spine using kinematic analysis. Gill's clinical interests include musculoskeletal dysfunction and professional practice issues.

Professor S. John Sullivan

DipPhEd (Otago)MSc PhD (Wat)

Position: Associate Dean of Under-Graduate Studies and Professor, Co-Director of CHARR

John's international research has led to publications in the areas of: clinical neurophysiology and motor control; therapeutic massage; traumatic brain injury and physical activity; sports-related concussion; sports injury and the use of the World Wide Web and apps in sports concussion and sports medicine.

Professor Sullivan and his collaborators are focusing their sports concussion research on: the understanding of the physical and social consequences of a sports concussion, the use of emerging social networking technologies in concussion awareness and management, the development of a safe return-to-play protocol and sideline screening assessment tools.

Associate Professor Debra Waters

BS, PhD

Position: Director of Gerontology, Associate Professor

Debra's work has focused on the determinants and prevalence of sarcopenia and sarcopenic-obesity, the impact of sarcopenia and sarcopenic-obesity on physical function, and on community-based exercise interventions to maintain physical function during ageing.

Debra holds the position of Director of Gerontology, a joint appointment by the Dunedin School of Medicine and the School of Physiotherapy. She is also the Director of the Collaboration of Ageing Research Excellence (CARE), which received University of Otago theme funding in 2015. Debra sits on Management Directorate for the Aging Well National Science Challenge.

Key and emerging staff

Dr Cathy Chapple

BSc (Hons), Grad Dip Phty, Post Grad Dip Phty, MManipPhty, PhD (Otago)

Position: Associate Dean of Clinical Studies and Lecturer

Research Interests

Cathy's research focuses on Osteoarthritis of the knee and hip focusing on: effectiveness of physiotherapy intervention, predictors of treatment outcome; models of care, patient consulting behaviour, levels of physical activity, and pain with osteoarthritis. She has an interest in translating research into physiotherapy clinical practice by exploring: facilitators and barriers to implementation of research findings, and alternative/new models of physiotherapy practice e.g. working in orthopaedic clinics. Her interest in clinical education focuses on the use of simulation to augment clinical practice, models of clinical practice, and clinical reasoning in students and experienced physiotherapists.

Dr Lynne Clay

BSc MPhy PhD

Position: Lecturer

Research Interests

As a physiotherapist, Lynne's over-arching interest lies in facilitating people to maximise their well-being & quality of life. Her research uses mixed methods and focuses on exploring the psychological constructs & individual factors contributing to health behaviour and how this knowledge can be used by clinicians. She has two main research directions. The first focuses on the importance of physical activity, especially in people with chronic and life-changing conditions, whilst, the second focuses on injury / illness prevention.

Dr Prasath Jayakaran

BPT, MPT, PhD (Otago)

Position: Post-doctoral fellow

Research Interests

Prasath has a primary interest in musculoskeletal rehabilitation, particularly in persons with a physical disability. Further to completion of his doctoral studies (2012) on lower limb amputation, Prasath completed his first postdoctoral fellowship (one year) in Brunel University, London where he was closely involved in a couple of projects investigating gait and balance with an application to people with disability. In January 2014 he started a 3-year postdoctoral fellowship at the Centre for Health, Activity and Rehabilitation Research, University of Otago.

His current research interests include; postural control and functional balance in persons with physical disability, physical activity and quality of life in persons with long-term physical disability, and motor control and cortical re-organisation in persons with lower limb amputation.

Dr Ramakrishnan Mani

B.P.T (Physiotherapy) M.P.T (Manipulative Physiotherapy), PGCertC (Biostatistics, Epidemiology and Research methodology), PhD (Otago)

Position: Lecturer

Research Interests

Ram's primary research interest is to encompass modern pain sciences [centrally mediated neurophysiological mechanismsneuroplasticity, and psychosocial factors] in routine clinical assessment and intervention. Other key research interests include understanding the context-based sedentary behaviours and structured physical activity in health and disease, life-course predictors of pain development and chronicity, pain education/curriculum, and rural occupational health (injury prevention-quad bikes). and clinimetrics. He is a member of various national and international professional organisations such as International Association for study of pain (IASP), New Zealand Pain society (NZPS) and Injury Prevention Network, Aotearoa, New Zealand (IPNANZ).



Dr Hilda Mulligan

BSc, MHSc, PhD (Otago)

Position: Associate Dean of Post-Graduate Studies (2nd half of 2015) and Senior Lecturer (School of Physiotherapy, Christchurch)

Research Interests

Hilda's teaching and research interests lie in disability and rehabilitation, with a broad and participatory approach to the meaning of rehabilitation. She particularly enjoys working with children and adults with disabling neurological conditions, and with older adults to address falls prevention.

Dr Meredith Perry

BPhy, MManipTh, PhD (Otago)

Position: Lecturer (School of Physiotherapy, Wellington)

Research Interests

Meredith has an interest in the development of relationships between health care providers and their clients particularly in the area of primary health, chronic conditions (including low back pain) and health behaviours, particularly with respect to the design of physical activity interventions, inter-professional learning, and older adult's recovery following orthopaedic surgery. She has experience in qualitative and mixed methods research.

Dr Daniel Ribeiro

BPhy (IPA), MSc (UFRGS) PhD (Otago)

Position: Co-ordinator Graduate Studies and Lecturer

Research Interests

Dan's research programme has two main research themes. The first is focused on clinical biomechanics, with special interest in shoulder and low back biomechanics. This is a laboratory-based research focusing on the association between musculoskeletal injury and neuromuscular and movement impairments.

The second theme explores the use of biofeedback in rehabilitation, combining laboratory with field-based research. This theme aims to identify ideal forms of feedback provision and its effectiveness as an intervention tool.

His final research goal is to use the information gathered from these research themes to inform and develop new strategies for musculoskeletal rehabilitation and injury prevention.

Dr Margot Skinner

Dip Phty, MPhEd, PhD (Otago), FNZCP, FPNZ

Position: Senior Lecturer

Research Interests

Margot had continued to develop her interest in the conservative management of patients with obstructive sleep apnoea, and comparison of posture and 3D movement of the cervicothoracic region to include a wider range of participants such as young female rowers, those with asthma, with obesity and other non-communicable diseases. She also has an interest in research into interprofessional education, and global health initiatives, each of which links well with her teaching commitments and involvement in physiotherapy professional affairs at an international level.

Dr Catherine Smith

DipPhty, PhD (Otago)

Position: Research Fellow

Research Interests

Cath's current research interests include facilitation of participation in physical activity and exercise for people with disability and chronic health problems, in particular Multiple Sclerosis. She also has a special interest in how dog-walking contributes to the health and well-being of healthy adults and adults with chronic health conditions.

Dr Gisela Sole

BSc (Physio) (Stellenbosch), MSc (Med) Exercise Science (UCT), PhD (Otago), FNZCP

Position: Senior Lecturer

Research Interests

Gisela contributes to sports and musculoskeletal research and teaching at the School. Her research into 'Developing a motor control model for individuals with hamstring injuries'; has contributed towards the understanding of the high recurrence rate of this injury and is leading towards more effective prevention and management strategies. Current research focuses on decreasing risk for osteoarthritis following ACL and other knee injuries, and the role that footwear may have on these. She is also contributing towards research on the association of shoulder pain and various functional limitations.



Dr Steve Tumilty

GradDipPhys (Northumbria); PGDipPhy(Manip), PGCertTertT, MPhty (Otago), PhD (Otago)
Position: Senior Lecturer and Registered Physiotherapy Specialist (musculoskeletal)

Steve's passion is for clinically applicable musculoskeletal research. His recent focus has been exploring the use of low level laser therapy in the treatment of tendinopathies. His research directions include translational research projects that will bring new knowledge to the profession. Research Interests include: Tendinopathy, Orthopaedic manipulative therapy; modulation of the HPA axis using manipulative interventions, the influence of the sympathetic nervous system on musculoskeletal pain, measuring physiotherapy clinical outcomes, musculoskeletal/sports injury, and laser therapy.

Research networks and themes

National Science Challenge – Ageing Well

CHARR Director David Baxter is the Director of the National Science Challenge in Ageing Well. This was awarded \$14.6M of support funding for research across New Zealand, and was formally launched at the School of Physiotherapy in 2015.

The Ageing Well National Science Challenge vision is to add life to years for all older New Zealanders. This will be achieved by harnessing science to sustain health and wellbeing into the later years of life.

Brain Research New Zealand

Brain Research New Zealand – Rangahau Roro Aotearoa, is a unique research partnership on the Ageing Brain, co-hosted by the University of Auckland and the University of Otago, in conjunction with research teams from the NZ Brain Research Institute in Christchurch, the University of Canterbury and Auckland University of Technology. Prof Leigh Hale is in the leadership team of Theme 4: Prevention, intervention & delivery.

University of Otago Research Themes

In 2015 we continued contribution to two University Research Themes: The Arthritis Research Theme, (Director: Associate Professor Lisa Stamp) and the Health of Veterans, Serving Personnel and Their Families (Director: Associate Professor David McBride, Deputy and Acting Director Professor David Baxter).

These networks have served to increase our engagement and collaboration with departments within the University, and key agencies externally (including Arthritis New Zealand, and the New Zealand Defence Force).



University of Otago Research Themes – awarded 2015

The University made a call for new Research Themes in 2015. Two of the successful themes involve leadership by CHARR members.

CARE Research Theme

The CARE research theme was awarded at the end of 2015. The theme is led by Associate Professor Debra Waters and is a continuation of a network that began in 2013. The CARE network concentrates on three areas of research strength:

- Physical health
- Brain health
- Social and policy development

Pain@Otago Research Theme

The Pain theme is a new collaboration of researchers from across the University working in all areas of pain research. The theme's research incorporates basic, clinical and population level research. The overall goal of the Pain@Otago research theme will be the formation of an interdisciplinary team of researchers resulting in measurable outcomes in the form of externally funded research, key national and international research collaborations and publications. Translational and clinical outcomes are ultimately designed to reduce the burden of chronic pain at an individual and national level. Pain@Otago research theme and its network of researchers will be the first of its kind in New Zealand.

The theme is led by Prof Ted Shipton (Director), Department of Anaesthesiology University of Otago, Christchurch, and by Dr Ram Mani (Deputy Director) from CHARR. CHARR researchers contribute to this theme in the areas of pain education central nervous systems adaptations in chronic MSK pain, life course epidemiology for the study of MSK pain and musculoskeletal pain, and the Central Nervous Systems relationship with pain, and the Management of Pain.

Physical Activity, Health, and Wellbeing Network

The overarching goal of this group is to be an effective interdisciplinary network of PA, health and wellbeing researchers. The network aims to: Improve the mutual awareness and perspectives of other researchers and wider communities, provide increased knowledge and communication for PA research and researchers, and lead to the establishment of research with and for healthy, (non-communicable) diseased and disabled populations.

The network is led by Prof David Baxter (CHARR) and Associate Professor Jim Cotter (School of Physical Education, Sport, and Exercise Science). In 2015, the network held a Symposium that was well attended by community and university members. Dr Lou Aitkens (University College of London) attended as the keynote speaker.

Prof Baxter facilitated a meeting in London to develop collaborative links in the area of Physical Activity. This meeting was funded by a University of Otago Matariki grant. Colleagues attended from Ulster (Suzanne McDonough), Durham University (Dr Caroline Reynolds), and the University of Uppsala (Dr Pernilla Åsenlöf and Dr Karin Hellström).

Support Workers and Caregivers Network

The Support Workers and Caregivers Network has been in place since 2012. This network is led by Prof Leigh Hale and brings together researchers and community stakeholders. A seminar was held in August 2015. A project led by Prof Hale was awarded funding by the Brain Health Core with Brain Research New Zealand. The project is titled “Valuing those supporting people living with cognitive decline.”

Concussion Group

Prof John Sullivan is one of the leaders of a group of researchers looking at concussion research. John led a public seminar on concussion awareness in March together with presenters from a range of disciplines. This public lecture was attended by over 350 people. Work in this area continues to develop.

International: Collaborations and Advisory Board

We have well-established links with research groups internationally, as evidenced by joint publications, grant applications and supervisory arrangements. Key research collaborations include University of Ulster (UK; physical activity, low back pain); University of Melbourne (Australia; concussion, sports medicine); University of Glasgow (multiple sclerosis and physical activity); University of London / St George's Hospital (self-management of long term conditions) and University of Sydney (falls and intellectual disability). We also continue active collaborations with previous staff from the School who have moved overseas, including Professor Stephan Milosavljevic (University of Saskatchewan), Dr Paul Hendrick (University of Nottingham), and Dr Leica Claydon (Anglia Ruskin University).

MOU with High Point University (U.S.A)

In 2015, the School of Physiotherapy and CHARR signed a Memorandum of Understanding with Department of Physiotherapy High Point University (U.S.A). This MOU reflects continuing research collaboration between Otago and High Point.

International advisory group

The work of the Centre is supported by an International Advisory Board comprised of international experts in relevant research fields who aid the Centre through staff and student exchanges, contributing to PhD programmes through supervisory or advisory roles, reviewing grants/publications, and networking on research developments at the international level.

International visitors

In 2015, CHARR hosted a number of international visitors. Including:

Dr Pernilla Åsenlöf and **Dr Karin Hellström** (University of Uppsala) visited CHARR in May. Pernilla and Karin work with colleagues in the area of Physical Activity and Health.

Dr Lou Atkins (University College London) Lou is a researcher, trainer and consultant in behaviour change intervention design and evaluation in health and environmental sustainability. Lou was a keynote speaker at the CHARR research week and contributed to the symposium on Physical Activity, Health, and Wellbeing.

Yu-Jen Chen and **Dr Tsau** (National University of Taiwan) visited the CHARR and the School to extend collaborations between the University of Otago and the National University of Taiwan.

Dr Toshifumi Fujita (Hirosaki) and students visited in mid-August. This visit extends collaborations between Hirosaki and the University of Otago.

Dr Catherine Patla visited as a keynote speaker at the CHARR research week and presented a seminar entitled Posterior Tibialis: A Source of Tendinopathy.

Dr Stanley Paris is a distinguished alumni of the School of Physiotherapy. He visited the School in November and gave an open seminar as part of CHARR's research week. The seminar was entitled 'The Future of Spinal Manipulation'.

Dr Elisabeth Preston (University of Canberra) works in the field of physiotherapy management of stroke, particularly focusing on rehabilitation of walking and walking outcomes after stroke. During Elisabeth's visit she extended her collaborations with Prof Hale, and subsequent to her visit is working with CHARR colleagues on a project in the area of clinical education.

Prof Bill Vicenzino (University of Queensland) visited CHARR as an invited keynote speaker for the 2015 research week. Bill collaborates with a number of CHARR researchers, primarily in the area of musculoskeletal research.

Prof Susan Whitney was awarded a University of Otago William Evans Fellowship. Susan's area of expertise is in balance and vestibular physiotherapy. Susan was hosted by Prof Hale. Her visit was very well received and she provided valuable contributions to the wider university and physio community as evidenced by very well attended seminars and public lectures.



International visits by staff

Dr Ram Mani visited India in February and March of 2015. He gave a series of seminars and workshops including an IASP funded workshop on pain education, Invited speaker: Sedentary behaviour and Physical Activity – Implications for health, an invited speaker presentation at the International Symposium on Exercise Science and Health Promotion, and a presentation at the 53rd Annual Conference of the Indian Association of Physiotherapists, Shimla, India.

Dr Hilda Mulligan visited Prof Klaus Pfeifer at the University of Erlangen-Nuremburg in Germany on a Royal Society of NZ Travel grant.

Dr Daniel Ribeiro was awarded a James Hay Travel award and attended the ISB Conference (2015) in Glasgow.

Dr Margot Skinner was elected Vice President World Confederation for Physical Therapy (WCPT) at their General Meeting in Singapore in April 2015, and has input into a number of international policies relevant to population health and setting the direction of the profession for the future. She chairs the WCPT's Accreditation Committee and has a number of advisory roles in countries developing entry level physiotherapy degree programmes, including China. She was also a visiting lecturer on the BSc(Phty) degree completion programme University of Kelaniya, Sri Lanka for diploma holders wishing to upgrade to a degree level.

Associate Professor Debra Waters visited the University of New Mexico, Health Science Centre in January and February 2015. Debra continued work with Professor Clifford Qualls, Professor Carla Herman, and Professor Carla Herman on a project on Falls Prevention initiatives with Zuni Native American Communities. In April and May of 2015, Debra joined the FRIENZ (Facilitating research and innovation cooperation between Europe and New Zealand) Health Tour of Europe.

Conferences and events

Inaugural Professorial Lecture: Prof Leigh Hale

Professor Leigh Hale's inaugural professorial lecture *Physiotherapy: enabling healthy and engaging lives through movement and support*. The lecture was well attended by the University Community, members of the public, the Physiotherapy profession, and Leigh's community research partners.

World Confederation for Physical Therapy (WCPT) World Congress, Singapore

A number of CHARR staff and PhD students attended WCPT 2015 in Singapore (1 -4 May). Staff and students participated in a number of events including presenting posters and platforms, chairing meetings, and leading symposium. CHARR also held a *Friends of Otago* function for alumni and collaborators.

Combined Sessions Meeting (CSM) U.S.A


CHARR staff members attended the regular CSM meeting held in January 2015. CHARR co-hosted with High Point University a *Friends of Otago and High Point* reception for collaborators and potential graduate students.

CHARR Research Week 2015

The CHARR Research week was held from the 24-27 November. Over the course of the week events were held on the following topics:

- Graduate Research Conference
- Physical Activity and Health Research Symposium
- Research Career Development Day
- Healthy Ageing Symposium
- Autonomic system and its interaction with Manual Therapy
- Clinical Biomechanics Symposium

The events were attended by academics from all divisions across the University, representatives from community organisations, the health sector, and members of the general public, DCC.



Keynote speakers provided valuable contributions to the week, presenting on the following topic:

Dr Lou Atkins (University College London) “Changing behaviour to improve health and wellbeing – practical applications of behavioural science”

Dr Stanley Paris (Distinguished Alumni) “The Future of Spinal Manipulation”

Dr Catherine Patla “Posterior Tibialis: A Source of Tendinopathy”

Prof Bill Vicenzino (University of Queensland) “Considerations in the link between biomechanics, physiology and treatment outcomes in clinical practice”

The next CHARR research week will be held on the week beginning the 21st of November 2016.

FRIENZ (Facilitating research and innovation cooperation between Europe and New Zealand) Dunedin visit – October 2015

Debra Waters hosted a delegation of European visitors as part of a FRIENZ reciprocal tour of NZ. The topic of the tour was ‘Long and Healthy Lives’. This initiative allowed visits to Otago from the following European researchers: Jason Berwick (University of Sheffield), Matthew Maddocks (Kings College London), Jean-Charles Martin (National Institute for Agronomical Research), and Paula Moynihan (Newcastle University)

iSAMS

CHARR co-hosted the prestigious iSAMS conference in October 2015. iSAMS (International Scientific Acupuncture and Meridian Symposium) is the annual conference of the Korean Pharmacopuncture Institute (KPI).

Pharmacopuncturology is a therapy applied at acupoints with medicine extracted, refined, diluted, blended, or converged from pure herbs, to maximise efficacies as a medical practice of oriental medicine. iSAMS is held yearly on a different continent and is recognised as the premier international conference in the rapidly-growing field of pharmacopuncture.

Staff highlights

Significant Funding Awards 2015

Primary Investigator	Title	Agency
Cathy Chapple	Frequency of manual therapy treatment for knee osteoarthritis.	UORG
Hemakumar Devan	Travel grant scholarship	Maurice and Phyllis Paykel Trust
Gail Donaldson	The feasibility of using silicone oil for hand exercises as a home-based rehabilitation program following Dupuytren's contracture release surgery.	Wellington Physiotherapy Branch
Leigh Hale	Valuing those supporting people living with cognitive decline.	Brain Health New Zealand CoRE
Prasath Jayakaran	Travel grant scholarship	Maurice and Phyllis Paykel Trust
Prasath Jayakaran	Sensitivity, specificity and accuracy for early detection of hip/knee osteoarthritis in the community	Jack Thompson Arthritis Fund
Prasath Jayakaran	Identification of persons with early signs of hip and knee osteoarthritis and the effect of intervention	Lottery Health Research
Ram Mani	Longitudinal investigation of sedentary behaviour patterns and its predictors among New Zealanders with high risk of developing chronic diseases.	Lottery Health Research
Ram Mani	Central nervous system mal-adaptations in individuals with arthritic pain.	Jack Thompson Arthritis Fund

Ram Mani (Joint PI)	A study on impact of online pain education course on physiotherapist's pain knowledge, attitudes and practice patterns.	International Association for the Study of Pain – IASP® Developing Countries Project: Initiative for Improving Pain Education
Meredith Perry	Incidence and prevalence of anterior cruciate ligament (ACL) injuries in female netball players in New Zealand and identification of factors in which they occur.	Lottery Health Research
Dan Ribeiro	Travel grant scholarship	Maurice and Phyllis Paykel Trust
Dan Ribeiro	Travel grant scholarship	James G. Hay Travel Award
Dan Ribeiro	Inertial-sensor motion capture system	MPPT equipment
Dan Ribeiro	The effectiveness of a monitor and feedback device for changing postural behaviour	HRC emerging
Dan Ribeiro	The effectiveness of a monitor and feedback device for changing postural behaviour	Lottery Health Research
Gisela Sole	A neuroscience approach to pain management for patients with rotator cuff syndrome: a case series	NZMPA
Gisela Sole	A neuroscience approach to pain management for patients with rotator cuff syndrome: a case series	PNZ
Gisela Sole	Travel grant scholarship	Sports Physiotherapy New Zealand

John Sullivan	What is the long-term impact of sports concussions on the brain health of former community (amateur) rugby players?	UORG
John Sullivan	He ‘Tapu te Upoko. Young Māori Sports persons and the importance of brain health in regards to concussion (Brain Injury): Development of a Health Promotion resource and implementation strategy	Brain Health research Centre summer studentship award
Debra Waters	Falls risk, incidence and prevention amongst Pacific Peoples	HRC Pacific studentship

Graduate student success

Hemakumar Devan was awarded a Maurice Phyllis Paykel Trust: travel grant which enabled him to successfully attend and complete “The Melbourne Clinical Gait Analysis Course” conducted by The Royal Children’s Hospital, Melbourne.

Chris Higgs received Best Oral presentation for New and Emerging Researcher at the AFRM/NZ Rehabilitation Association combined Rehabilitation Meeting 2015 for his paper ‘Clinical benefits from a community-based rehabilitation programme for adults with diabetes/pre-diabetes’. This paper presents Chris’s Masters Research based on the School of Physiotherapy’s Community Exercise Class.

Priya Kannan was awarded ‘Best new researcher’ at Connect Physiotherapy Conference 2015, hosted by the Australian Physiotherapy Association at Gold Coast Australia for her paper on ‘Effects of a treadmill-based exercise intervention on symptoms associated with primary dysmenorrhea: a randomized controlled trial’ Priya was supported to attend this conference by Health Sciences Divisional Funding.

Lizhou Liu was awarded an AMS Poster Award at the recent International Scientific Acupuncture and Meridian Symposium (iSAMS) 2015: Integrated Medicine: Integrating Science, Practice, and Research conference. Her paper was entitled ‘Developing STRICTA to improve the quality of reporting on acupuncture’.

Honours student, **Sarah Scott** (2015): Patients’ perspectives of management of anterior cruciate ligament injuries. Supervisors: Sole G, Perry M. Runner-up prize at the Otago Medical School Research Society Honours/Masters meeting, 4th November 2015.

Normala Mesbah received the award of the best poster in Southern Physiotherapy Symposium 7 .

A number of PhD candidates successfully completed their PhDs and graduated in 2015. This includes the following:

Suliman Almansi

Feasibility of pedometer-driven walking to promote physical activity and improve health-related quality of life among meat processing workers.

Arun Balasundaram

Exploration of the factors that influence the reporting of postconcussion-like symptoms during daily life activities and following exercise or sports participation.

Baxter, Susan

Tailored exercise interventions for people with rheumatoid arthritis.



Abdulkareem Diab

Body composition: balance in older adults with Parkinson's disease.

Aleksandra Macznik

Complementary and alternative medicine (CAM) in the sports injury setting:
acupressure for pain relief in acute sports injuries.

Poonam Mehta

To investigate minimum clinically important changes (MCIC) of pain intensity and functional outcome measures in patients with chronic neuropathic pain.

Stanley Winser

Reliability and validity of outcome measures for the assessment of balance in cerebellar ataxia.

Appendices

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Appendix 1: Full publications (2015)

Physiotherapy

Chapter in Book - Research

- Pullon, S., McKinlay, E., Gallagher, P., Gray, L., **Skinner, M.**, & McHugh, P. (2015). Interprofessional education in a rural setting: A quick-start innovation for final-year health professional students [Case study]. In K. Bin Abdulrahman, S. Mennin, R. Harden, & C. Kennedy (Eds.), *Routledge international handbook of medical education*. (pp. 197). Abingdon, UK: Routledge.
- Rutherford, G., **Hale, L.**, & Powell, D. (2015). 'We put in a few ramps in here and there, that's about it': The need to ramp our minds in academia. In T. Corcoran, J. White, & B. Whitburn (Eds.), *Disability studies: Educating for inclusion*. (pp. 137-153). Rotterdam, The Netherlands: Sense. doi: 10.1007/978-94-6300-199-1_9

Journal - Research Article

- Abbott, J. H., **Chapple, C. M.**, Fitzgerald, G. K., Fritz, J. M., Childs, J. D., Harcombe, H., & Stout, K. (2015). The incremental effects of manual therapy or booster sessions in addition to exercise therapy for knee osteoarthritis: A randomized clinical trial. *Journal of Orthopaedic & Sports Physical Therapy*. doi: 10.2519/jospt.2015.6015
- Aoyagi, M., **Mani, R.**, Jayamoorthy, J., & **Tumilty, S.** (2015). Determining the level of evidence for the effectiveness of spinal manipulation in upper limb pain: A systematic review and meta-analysis. *Manual Therapy*, 20(4), 515-523. doi: 10.1016/j.math.2014.11.004
- Aoyagi, M., & **Tumilty, S.** (2015). Physiotherapy in New Zealand: Current status and future prospects. *Japanese Journal of Physical Therapy*, 49(4), 313-320.
- Arumugam, A.**, Milosavljevic, S., Woodley, S., & **Sole, G.** (2015). Effects of external pelvic compression on isokinetic strength of the thigh muscles in sportsmen with and without hamstring injuries. *Journal of Science & Medicine in Sport*, 18(3), 283-288. doi: 10.1016/j.jsams.2014.05.009
- Arumugam, A.**, Milosavljevic, S., Woodley, S., & **Sole, G.** (2015). Effects of external pelvic compression on electromyographic activity of the hamstring muscles during unipedal stance in sportsmen with and without hamstring injuries. *Manual Therapy*, 20(3), 412-419. doi: 10.1016/j.math.2014.10.011
- Arumugam, A.**, Milosavljevic, S., Woodley, S., & **Sole, G.** (2015). The effect of a pelvic compression belt on functional hamstring muscle activity in sportsmen with and without previous hamstring injury. *International Journal of Sports Physical Therapy*, 10(3), 291-302.
- Arumugam, A.**, Raja, K., Venugopalan, M., Chandrasekaran, B., **Kovanur Sampath, K.**, Muthusamy, H., & Shanmugam, N. (2015). Down syndrome: A narrative review. *Clinical Anatomy*. Advance online publication. doi: 10.1002/ca.22672

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Conference Contribution - Verbal presentation and other Conference outputs

Baxter, G. D. (2015, October). *Laser acupuncture: Scientific basis*. Invited speaker at the International Scientific Acupuncture and Meridian Symposium (iSAMS): Integrated Medicine: Integrating Science Practice & Research, Dunedin, New Zealand.

Beckingsale, L., McKinlay, E., Coleman, K., Darlow, B., Donovan, S., Gray, B., Nesor, H., **Perry, M.**, Pullon, S., Wilson, C. (2015, November). *From acorns to oaks: Key elements needed to grow an interprofessional education programme: Wellington Interprofessional Teaching Initiative*. Verbal presentation at the Interprofessional Showcase: Evidence and Application, Auckland, New Zealand.

Calder A, Sole G, Thomas D & Mulligan H (2015). Blokes with stroke participate in action research to explore the user-friendliness of fitness facilities. AFRM/NZRA Wellington, October.

Chen, D., Curtis, J., Braithwaite, L., van der Pol, S., Epton, M., & Mulligan, H. (2015). Is the one-minute sit-to-stand test an appropriate replacement for the six-minute walk test in community pulmonary rehabilitation programmes? *Physiotherapy*, 101(Suppl. 1), (pp. e222). doi: 10.1016/j.physio.2015.03.392. WCPT, poster presentation

Connolly, B, Schreiber, J, Elbasan B, Van Schie P and Mulligan H (2015). Global perspective on best practices in paediatric evaluation tools and interventions. WCPT subgroup seminar for the International Organisation of Physical Therapists in Paediatrics (IOPTP). Singapore May 2nd.

Dalrymple-Alford, J., Hale, L., Anderson, T.; Cutfield, N., ;Mulligan, H.; Myall, D., and Kuijer, R. (2015). Maintaining independence in Parkinson's disease: A RCT of combined physical and cognitive activity. NZBRI symposium, AWCBR, Queenstown, Aug.

Liu, L., Skinner, M., McDonough, S., **Kannan, P., & Baxter, D. G.** (2015, October). *Developing STRICTA to improve the quality of reporting on acupuncture*. Invited speaker at the International Scientific Acupuncture and Meridian Symposium (iSAMS): Integrated Medicine: Integrating Science Practice & Research, Dunedin, New Zealand.

Macznik, A. (2015, October). *Acupressure in sports medicine*. Invited speaker at the International Scientific Acupuncture and Meridian Symposium (iSAMS): Integrated Medicine: Integrating Science Practice & Research, Dunedin, New Zealand.

Macznik, A.M., Schneiders, A.G., **Sullivan, S.J.**, & Athens, J. Complementary and Alternative Medicine (CAM) in Sports and Exercise Medicine (SEM). What do we know about the level of evidence to justify its use? 44th Annual Sports Medicine Australia QLD Conference, Brisbane (2015) p.17

Mani, R. (2015, September). *Physical activity and health*. Verbal presentation at the Veteran's Health Research Colloquium, Dunedin, New Zealand.

- Mani, R. (2015, February). Research informed pain models for clinical practice, College of Allied Health Sciences, Department of Physiotherapy, Manipal University, Manipal, India.
- Mani, R. (2015, February). Application of modern pain sciences in clinical practice, School of Physiotherapy, VELS University, India.
- Mani, R. (2015, January). Workshop on demystifying research on modern pain sciences for clinical practice. JSS University, Mysore, India.
- Mani, R. (2015, February). Sedentary behaviour and Physical Activity- Implications for health. Verbal presentation (Invited speaker) at the International Symposium on Exercise Science and Health Promotion, Dr. TMA Pai Endowment Chair in exercise Science and health Promotion, SOAHS, Manipal University, Manipal, India.
- Mani, R. (2015, September). Physical activity and health. Verbal presentation at the Veteran's Health Research Colloquium, Dunedin, New Zealand.
- Mani, R. (2015, March). Identification of pain-related cortical plasticity in clinical practice. Verbal presentation (Invited speaker) at the 53rd Annual Conference of the Indian Association of Physiotherapists, Shimla, India.
- Mani, R. (2015, September). Sedentary behaviour Physical activity and health. Verbal presentation at the Veteran's Health Research Colloquium, Dunedin, New Zealand.
- McDowell, J. M., & **Johnson, G. M.** (2015, October). *Adverse reactions to acupuncture: The New Zealand scene.* Verbal presentation at the International Scientific Acupuncture and Meridian Symposium (iSAMS): Integrated Medicine: Integrating Science Practice & Research, Dunedin, New Zealand.
- Pelham, K., **Skinner, M.**, McHugh, P., & Pullon, S. (2015, November). *Interprofessional education in a rural community: The perspectives of community workplace providers.* Verbal presentation at the Interprofessional Showcase: Evidence and Application, Auckland, New Zealand.
- Skinner, M.**, O'Brien, M., & Pullon, S. (2015, November). *Breaking in new ground to develop an interprofessional education strategy for Health Sciences at the University of Otago.* Verbal presentation at the Interprofessional Showcase: Evidence and Application, Auckland, New Zealand.
- Sullivan, S.J.** (2015) Programmes/Initiatives Taken in New Zealand to Make Sport Safer. Webinar: One Voice; 1st International Symposium Pediatric Concussion. Toronto, Canada June 2015.
- Sullivan SJ.** (2015) Mobility, Mobility Scooters and the older New Zealander. Otago Public Health Association, Dunedin, July, 2015.
- Sullivan, S.J.**, Gerrard, D., Johnson, R., Osborne, H., Macleod, G., Millen K. Understanding sports concussion: Facts and Fallacies. Public Lecture, Dunedin, March, 2015.
- Taylor, K.** (2015, October). *Acupuncture needling: Ultrasound study.* Invited speaker at the International Scientific Acupuncture and Meridian Symposium (iSAMS): Integrated Medicine: Integrating Science Practice & Research, Dunedin, New Zealand.
- Tumilty, S.** (2015, October). *Tendinopathies: Photobiomodulation based therapy.* Invited speaker at the International Scientific Acupuncture and Meridian Symposium (iSAMS): Integrated Medicine: Integrating Science Practice & Research, Dunedin, New Zealand.

Working Paper; Discussion Paper; Technical Report

- Mani, R., Macznik, A., Adhia, D., Lee, H., Tumilty, S., Barlas, P., & Baxter, D.** (2015). *Does acupuncture alter pain-related central and peripheral sensitisation in individuals with musculoskeletal pain and healthy individuals? A systematic review and meta-analysis* [CRD42015015928]. PROSPERO. doi: 10.15124/CRD42015015928
- Ribeiro, D. C.,** de Araujo, F. X., & Scholl Schell, M. (2015). *The effectiveness of extrinsic feedback for the management of neck pain: A systematic review of randomized controlled trials* [CRD42015020555]. PROSPERO. doi: 10.15124/CRD42015020555
- Ribeiro, D. C.,** Kato, J., & Venkat, R. (2015). *The effectiveness of corticosteroid injections compared with physiotherapy for shoulder disorders: A systematic review* [CRD42015020147]. PROSPERO. doi: 10.15124/CRD42015020147

Other Research Output

Inaugural Professorial Lecture


- Hale, L.** (2015, May). *Physiotherapy: Enabling healthy and engaging lives through movement and support*. University of Otago, Dunedin, New Zealand. [Inaugural Professorial Lecture].

Appendix 2: PhD students and topics

PhD Students (2015)

Primary Supervisor School of Physiotherapy

Alimansi, Suliman	Feasibility of a pedometer-driven walking programme in an occupational health setting
Bell, Ricky	Huarahi Hauora – Identifying a pathway forward to wellness for Māori: an investigation of the association between BMI, body image and their relationship to improved health.
Buhler, Miranda	The impact of base of thumb osteoarthritis and the effectiveness of orthotic management
Calder, Ally	Access to Physical Activity for men following stroke
Devan, Hemakumar	Exploring the relationship between physical activity and low back pain in traumatic above-knee amputees
Donaldson, Gail	Does the use of silicon oil change the post-operative outcomes after Dupuytren's contracture release surgery?
Kanagasabai, Parimala	Participation of disabled children in New Zealand
Kannan, Priya	Effects of exercise and aerobic training on menstrual pain in women with primary dysmenorrhea: A randomized controlled trial
Kaur, Mandeep	Outcomes of ACL injuries
Lui, Lizhou	Acupuncture for musculoskeletal disorders
Mabire, Leon	The influence of body weight on the effectiveness of brisk walking for the management of obesity in adults
Manlapaz, Donald	The use of Nintendo Wii Fit™ in improving falls risk, balance and adherence to exercise in patients with Knee Osteoarthritis
Macznik, Aleksandra	Complementary and Alternative Medicine (CAM) in sports medicine
Mehta, Poonam	Neuropathic pain: minimum clinically important changes (MCIC) in pain and functional outcome measures
Mesbah, Normala	Postural stability in older adults with early diagnosed Alzheimer's disease



Moran, Rob	Musculoskeletal injury prediction in high intensity strength and conditioning athletes
Ramsey, Codi	The influence of footwear on lower limb kinematics and kinetics during running: implications for the etiology of iliotibial band syndrome
Sampath, Kesava	Thoracic spinal manipulation and short-term changes in the activities of (1) hypothalamic-pituitary-adrenal (HPA) axis and Hypothalamic-pituitary-gonadal (HPG) axis (i.e. HPA-HPG axis) and (2) the sympathetic nervous system (SNS). Is that a potential viable treatment option for people with chronic pain?
Sangelaji, Bahram	Developing and testing an intervention to promote life-long exercise in people with MS
Spontelli Gisselman, Angela	The role of heart rate variability indices in prevention of musculoskeletal overuse injuries in collegiate athletes
Taylor, Karen	Evaluating the primary care and decision-making process for acute shoulder injuries in New Zealand
Winser, Stanley	Clinical outcome measures for balance and postural control in cerebellar ataxia
Secondary Supervisor School of Physiotherapy	
Borland, Pauline	
Adhia, Divya	Pelvic girdle pain disorders: innominate mobility test using hip abductor and external rotation
Aldabe, Daniela	A prospective study of muscle activity and innominate bone motion patterns during pregnancy
Kermat Kar, Maryam	Nursing and physiotherapy [Working Title]
Jeremy Goh	A combined physical and cognitive intervention in Parkinson's disease
Quick, Andrew	The influence of orthognathic therapy on mandibular motion

