

HANDS ON



SCHOOL OF PHYSIOTHERAPY

WINTER EDITION 2002



July 2002 is a very momentous month in the history of the School of Physiotherapy. Having celebrated our 50th Anniversary earlier this year the School is now celebrating our move to the Bentley campus. The move has been planned for several years and construction of the new Physiotherapy/Business building has taken place over the last 18 months. Amazingly for such a major project the building was handed over only a few days after the scheduled date, and staff were able to move into the building on 8th July as planned.

The move brings to an end our long association with the Shenton Park campus. The departure from Shenton Park was

Shenton Park. The new motion analysis laboratory will become a landmark of the Bentley campus and promises to provide us with a facility for world-class research. In addition to the new building Curtin University has also refurbished two floors in building 404 for use by the School. These refurbished spaces provide us with a superb new anatomy facility and a very large clinic that will be jointly operated by the Department of Podiatry and the School of Physiotherapy. The clinic includes numerous treatment cubicles and a very large rehabilitation gym. The Department of Podiatry has already begun to treat patients in the clinic and physiotherapy clinics will commence within the next 6 weeks.

I would also like to thank staff within the School who were particularly involved in planning and organising for the move. We had a small committee that met regularly from the beginning of the year to work on getting us organised and packed ready for the move. Thanks to Craig Cobb, Duncan Hardman, Klaus Sussenbach,

TIMES OF CHANGE FOR THE SCHOOL

undoubtedly a time of some sadness for many individuals who had a long association with the campus. We held a wake to mark the closure of the Therapy library and then on 4th July a final wake to commemorate the School's departure from Shenton Park. The campus will remain closed for the next few months although the University has several plans to make effective use of the buildings in coming years. The School of Physiotherapy hopes to retain some space on the campus to provide a venue for meetings, research and clinical teaching.

Sad thoughts related to the departure from Shenton Park have been rapidly replaced by great excitement in relation to our new building at Bentley. The new building provides a genuinely world class venue for the School of Physiotherapy and Department of Podiatry. Staff have been hurriedly unpacking boxes and trying to get organised in time for the start of semester. The teaching laboratories are excellent and the research facilities are a significant improvement on those at

The new facilities constructed by the University also include six 30-seater classrooms, a 200-seater lecture theatre, a 70-seater seminar room and a 100-seater computer laboratory. Combined with the space provided for the Business School it is a very major development that will greatly enhance the Bentley campus.

As with any other major change, the School owes a debt of gratitude to those who planned the move and lobbied the University to make a very substantial investment in bringing the School to the Bentley campus. Particular thanks are due to Professor Joan Cole, Professor Rosemary Coates and Professor Lance Twomey who provided important leadership in this process. I had the relatively easy task of overseeing the building process and making sure that we retained all of the space that we were originally allocated.

I would also like to take this opportunity to thank members of the University's Planning and Project Management Office who have done an excellent job in managing such a major project for the University. Particular thanks to Ric Scott, Victor Popescu, Chris Clements, Peter Dash, Graham Cowie and Andrea Bevilacqua for their work over the last few years.



Images of the new physiotherapy building on the Bentley campus.

Jay Bremner, Karen Prideaux and Nathan Sadler for their hard work over several months. I would also like to thank Paul Tinley and Geoff Strauss for their significant contributions to the building planning process. The fact that we were ready to move on 5th July was due to the hard work of these individuals and many other staff who made a major effort over the last few weeks to get ready for the move. I feel very happy that the School now has top quality facilities that will serve us well over the next 20 – 30 years. Please feel free to visit the new building and take a tour of the facilities.

On the inside pages of this edition of 'Hands On' you will find some information on the Postgraduate programs offered by the School. The Physiotherapy profession is becoming increasingly aware of the importance of postgraduate education and



Prof. Charles Watson addresses the Shenton Park Campus Wake.

clinical specialisation as the profession continues to develop and the information base in many areas of practice expands dramatically year by year. The School has moved to provide a much more flexible structure to support postgraduate education which is described in detail elsewhere. The structure provides a series of linked qualifications in Clinical Physiotherapy extending from Graduate Certificate to Professional Doctorate. Individual Physiotherapists will have more flexibility in determining the units that they wish to study and the level of qualification that they wish to obtain. The will also have the capacity to take elective units in other disciplines and even units from other Universities as part of their studies. The emphasis will be on opportunities for part-time study. The programs will build on a sound base of evidence-based practice and clinical reasoning. The Graduate Certificate program will include specific units to support new graduates and there will be an opportunity for individuals who have previously completed a Masters degree to study for a coursework based Doctorate in Clinical Physiotherapy. This will provide an alternative to a research based PhD as a means of achieving a Doctoral qualification. The new courses are currently progressing through the Universities approval process. Assuming that they are approved they will place Curtin University School of Physiotherapy at the forefront of postgraduate education nationally and internationally. We will also be making some changes to our fulltime Masters courses in Manipulative Therapy and Sports Physiotherapy. These changes will result in a generic first semester for these programs, the opportunity to complete key units in both programs and increased opportunities to complete the programs on a part time basis.

We have had a number of staff changes over the last few months. In April we were fortunate to recruit Dr Stephen Edmondston from the University of Western Australia. I am very pleased that Steve decided to return to the School and he has already made a very significant contribution to our undergraduate musculoskeletal program. Dr Edmondston has been appointed as an Associate Professor with a specific responsibility for coordinating the musculoskeletal stream. He has already revised the second year units and held meetings with individual staff members and members of the clinical community. I am confident that he will do a great job in ensuring that our students receive the best possible training and education in musculoskeletal physiotherapy.

Sadly we have lost the services of Associate Professor Rosemary Coates. Rosemary left the University after 30 years having made a very significant contribution to all aspects of the School of Physiotherapy. Rosemary will continue to represent Curtin University in Europe and she will remain as an Adjunct Professor



Assoc. Prof. Rosemary Coates

in the School of Physiotherapy. Rosemary's continued support of the School's Sexology programs will be invaluable.

We are also unfortunately losing the services of Bri Van der Heide and Annette Brown. Bri has done an excellent job in teaching many of the musculoskeletal units in the entry-level programs and her presence will be missed. Annette has made an important contribution to teaching in the Gerontology area for both Physiotherapy and Podiatry students.

This issue of 'Hands On' sees the introduction of a feature column on members of our alumni. This edition features Joe Farrell from California. Joe was our first Higher Degree research graduate and of course he has gone on to provide leadership in the musculoskeletal physiotherapy field in the United States. We have many other famous and influential members of our alumni. I would welcome any suggestions for individuals to feature in future editions of 'Hands On'.

Prof. Tony Wright
Head of School

Notre Dame Physiotherapy Program

The School of Physiotherapy has contributed to a feasibility process related to the establishment of a School of Physiotherapy at Notre Dame University. It appears that Notre Dame University will now proceed with the establishment of an undergraduate program in Physiotherapy.

The School of Physiotherapy at Curtin University sees no particular reason to support the establishment of another entry-level Physiotherapy program in Western Australia. Curtin University has provided the School with 6 additional places for Physiotherapy students in 2002 and a further 9 places will be available in 2003. The School is also steadily expanding our intake to the Graduate Entry Masters in Physiotherapy, in line with our ability to attract high quality applicants to that program. Despite suggestions to the contrary, the School does not see any particular reason to support the establishment of a Physiotherapy program at Notre Dame. We have concerns about Notre Dame's capacity to establish a well resourced program. We also have concerns about the capacity to provide a suitable range of clinical placements for students.

While the School of Physiotherapy acknowledges Notre Dame's right to pursue the development of a program it is important that our alumni are aware that we do not support this development.

Clinical Research 651 Research Proposal Presentations

The relationship between posture, lumbar muscle endurance and low back pain in industrial workers
Tim Mitchell, Paul Bulich, Rob Waller, Johan Holte
Supervisor: Peter O'Sullivan

Levator plate control during pelvic floor muscle contraction in subjects with lumbo-sacral pain compared with asymptomatic controls
Giummi Brynjolfsson, Patrik Pedersen, Palina Karakasidou, Nessa Waters, Anna Cawthorne
Supervisor: Peter O'Sullivan

A comparison of magnetic resonance imaging and real time ultrasound of lumbar multifidus muscle cross-sectional area and fat infiltration in patients with chronic low back pain
Linda Khong, Lisa Molloy, Jim Maskrey, Robin Holland, Michael Wong
Supervisors/Collaborators: Kathy Briffa, Peter O'Sullivan, Clem McComick, Bill Fitzsimons

Is there a relationship in athletes with and without groin pain when investigating femoral anteversion, hip rotation range and strength?
Glenn Pesich, Simon Bowan, Jeremy Hunter
Supervisor: Di Hopper, Geoff Strauss

Reliability of palpation of humeral head position in asymptomatic shoulders
Melanie Werstine, Leighton Jones, David Bryde, Jane Freure
Supervisors: Kathy Briffa, Leanda McKenna

The effects of a water-based exercise and education program on physical activity, balance and fear of falling in women with osteoporosis who are at risk of falls.
Kathryn Devereaux, Dianne Robertson
Supervisor: Kathy Briffa

Weight supported treadmill walking in patients with stroke
Beng Keng Kung, Michelle Ng Yoke Leng, Eyvonne Sim
Supervisor: Joan Cole and Karen Smith

What is the time dependent effect of wearing an articulated ankle-foot orthosis on the length and stretch reflex threshold of the gastrocnemius muscle in children with spastic hemiplegic cerebral palsy?
Bev Jepson
Supervisor: Joan Cole, Di Hopper, Geoff Strauss

Evaluation of an extension knee mobilisation on the effect of pressure and thermal pain threshold in subjects with previous ankle injury
Rhona Hunter, Clare Kelly, Pamela Gerrard, Fredo Dente
Supervisor: Tony Wright

Topic: The effects of Mulligan's traction straight leg raise in participants with short hamstrings
Mark Ryder, Ben Darlow, Khalid Anuar, Tim Smith, Poppy Gurumoorthy
Supervisor: Toby Hall



Our Clinical Research 651 student group

Slip between the sheets with a good book...



Dr Gabrielle Morrissey is the latest member of the School of Physiotherapy staff to publish a book. However her book, 'Urge' is a little different to the usual staid textbook. According to the publishers, Harper Collins, "'Urge' is a snappy, smart, sassy infotainment sex manual geared to sexually savvy adults. A sizzling combination of sexual pop culture, sex therapy, quirky sex trivia, and between the sheets information." 'Urge' draws on Gabrielle's expertise as a sexologist and contains interviews from a wide variety of people. Gabrielle is currently a consultant for 'Big Brother' on Channel 10.

Dr Morrissey is also the author of the successful sexuality book for teens and young adults, 'Sex in the Time of Generation X'. Gabrielle earned her PhD in Sexology from Curtin University and is now the coordinator of the Sexology program in the School of Physiotherapy. She has been very successful in improving the profile of the School's Sexology courses, including the Masters in Forensic Sexology, which will have its first intake in 2003. There is still time to apply! For more information visit the sexology website (www.sexology.health.curtin.edu.au).

New Building, New Website

With the move to Bentley we have also introduced a new website for the School. It features a new logo developed by Dr Connie Price. Credit for the development of the website must go to Paul Davey and Connie Price. Please take time to visit the site, which has links to our Podiatry and Sexology websites and the School's intranet communication system - Physiolink. Further developments will be made to the site over the next few months. Any feedback would be very valuable in helping us to improve the site.

our Website can be found at www.physiotherapy.curtin.edu.au

Stephen Back in the Fold

Dr Stephen Edmondston has recently been appointed Associate Professor of Musculoskeletal Physiotherapy at the School. Stephen was the coordinator of the Master of Manipulative Therapy program for a number of years and has returned to Curtin University after two years of lecturing at the University of Western Australia.



In this new position at the School, Stephen will have a primary role in the coordination and teaching of the musculoskeletal stream. "I am looking forward to this new challenge and to promoting quality musculoskeletal physiotherapy programs within the School," said Associate Professor Edmondston.

Stephen is undertaking a review of the musculoskeletal curriculum and during this process will be working closely with colleagues within the School, and with clinicians involved in clinical education. "I feel it is important that our teaching is developed around a framework of musculoskeletal pathology and diagnostic reasoning. This approach will enhance the ability of students to make appropriate decisions in relation to indications for treatment and patient management" said Associate Professor Edmondston.

In addition to university teaching, Stephen has taught postgraduate courses in manual therapy in Australia and overseas in recent years, and continues to devote a limited amount of time each week to clinical practice. "I find that the involvement with patient management and communication with colleagues in clinical practice provides the stimulus for teaching, and for the development of new research ideas" Associate Professor Edmondston told 'Hands On'. Stephen's primary research interest is the classification and management of neck pain and Cervicogenic headache. He is supervising honours and higher degree research students in various projects related to this, including a major physiotherapy outcome study being conducted in conjunction with the Physiotherapy Department at Osborne Park Hospital. Last year, Stephen's contribution to physiotherapy education and spinal research was rewarded with full membership of the Spine Society of Australia.



Alumni Profile: Joe Farrell

Joe Farrell was the School of Physiotherapy's first higher degree graduate in 1981. When 'Hands On' caught up with him, Joe told us, "My wife Edie and I have been living in Northern

California for nearly 20 years since leaving Perth. We have two daughters. Jenny is a first year student at the University of Arizona, while Shannon is in her third year of high school. Over the years I have coached soccer and softball. Both of our daughters have played class 1 soccer and have traveled all over the state of California to compete. Needless to say, we have watched hundreds of soccer games with great enjoyment. As a family we enjoy snow skiing in the Sierra Nevada Mountains and a good game of golf.

About 15 years ago Edie and I started a private practice in Castro Valley, California specializing in spinal and sports rehabilitation. Our practice caters to complex spinal patients and weekend athletes. The clinic has grown steadily to the point where we employ 6 full-time Physical Therapists.

Professionally, I continue to serve on the Board of Directors of the Orthopaedic Section of the APTA and was a founding member and first President of the American Academy of Orthopaedic Manual Physical Therapists. Over the years, I have authored 17 publications and presented scores of professional presentations pertaining to treatment of the spine at national physical therapy and medical conferences in the USA. For over 15 years I served as a senior faculty member and consultant for the Kaiser Hayward Physical Therapy Residency program in Advanced Orthopaedic Manual Therapy in northern California.

Edie and I really miss Perth. It is hard to believe that we were married 22 years ago in Kings Park. We have many close friends in Perth and throughout your great country. I cannot put in words how much I enjoyed seeing so many long time friends a couple of years ago at IFOMT 2000. Perhaps we will return to Perth in 2004 to celebrate our 25th anniversary. Now that could be a great party!"

Congratulations to Joe and Edie. It is great to see members of the alumni doing so well. If you would like to suggest an alumnus to be featured in this column please contact Tony Wright (T.Wright@curtin.edu.au).