This report highlights the successes of the Allied Health Research Unit in 2018-2019 including current projects and publications, through to future developments.

Jim Richards
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OVERVIEW

The Allied Health Research Unit (AHRu) is led by Professor Jim Richards. Its mission is to increase our understanding of allied health practice and improve the quality of life of patients treated by allied health professionals. It pursues these goals by performing basic and applied research; drawing upon the wide range of research methodological expertise in our group. The main themes that describe our work include:

- Intervention Development
- Evaluation
- Implementation

Our focus is on research across the health care professions to help answer important and clinically relevant research questions. Our research spans the innovation pathway; from intervention development, evaluation and implementation. This includes the development and evaluation of the effectiveness of products designed to interact with the body, and the effectiveness of surgical and therapeutic treatments.

The body of research outputs from our group includes world-leading publications across a range of research methodologies.

Follow us on ResearchGate

ASSOCIATED MEMBERS

The AHRu now has over 40 active associate members in 15 countries across 6 continents in over 15 Universities and many Clinical centres and Businesses.

Professor James Selfe (Manchester Metropolitan University, UK), Dr Jesse Janssen (Krems University of Applied Sciences), Professor Paola Dey (Edge Hill), Professor David Levine (The University of Tennessee at Chattanooga, USA), Associate Professor Yongwook Kim (Jeonju University, Republic of Korea), Professor Areerat Suputtitada (Chulalongkorn University, Thailand), Professor Hayri Baran Yosmaoğlu (Baskent University, Turkey), Professor Juliane Mühlhaus-Leinweber (Trier University of Applied Sciences), Professor Kerstin Bilda (Bochum University of Applied Sciences), Professor Wiebke Scharff Rethfeldt (Bremen University of Applied Sciences), Professor Felix Capanni (Ulm University of Applied Sciences), Professor Janice Eng (University of British Colombia), Associate Prof Cathy Stinear (University of Auckland), Associate Professor Marienke van Middelkoop (Erasmus Medical Centre, NL), Dr Steven Lindley (Delsys), Dr Renato Trede (UFVJM, Brazil), Dr Liane Macedo (UFRN, Brazil), Dr Komsak Sinsurin (Mahidol University, Thailand), Dr David Rog (Salford Royal, UK), Dr Barbora Kolářová (Palacký University Olomouc, CZ), Dr Eliška Kuboňová (Ostrava University, CZ), Alex Mbuli (Edinburgh Napier University), Chris Curtis (Swallows Charity, UK), Dr Jose Heredia Jimenez (University of Granada, Spain), Dr Kevin Deschamps (KU Leuven, Belgium), Dr Ana Maria de Benito Trigueros (Universidad Católica de Valencia, Spain), Professor Jefferson Cardoso (Universidade Estadual de Londrina, Brazil), Dr Joanne Patterson (University of Newcastle), Dr Catherine Adams (University of Manchester), Dr Arlene McCurtin (University of Limerick), Anna Knowles (Manchester Metropolitan University, UK), Jayson Chin (Cape Town), Alessia Nicotera and Carlotta Griseri (University of Torino, Italy), Brigit Chesworth (UCLan), Lucy Cross (UCLan), Neil Wilson(UCLan), Lucy Hives (UCLan).

MEMBERS

Professor Jim Richards, Dr Hazel Roddam, Dr Louise Connell, Dr Ambreen Chohan, Dr Graham Chapman, Dr Kathryn Jarvis, Dr Paula Leslie, Lauren Haworth, Olivia Greenhalgh, Hannah Shore, Karen May, Jill Alexander, Ken Chance-Larsen, Dr David Rhodes, Paul Ashworth, Andy Cunningham, Sean Kilmurray, Rob Hamilton, Lisa Hartley-Woodrow, Greg Littler, Gill Rawlinson, Heather Stewart, Adam Cook, Sharon Crane, Mark Leather, Steve Foster, Rachel Imms, Pieter Crossley, Mike Greaney, and Justine Whitaker.
KNOWLEDGE TRANSFER & IMPACT

Our knowledge transfer has been achieved through:

- an extensive portfolio of international networks and partnerships across industry, commercial, strategic, and practitioner levels
- internationally recognised professional development forums
- innovative online learning communities.

The impact of our work includes influencing changes for relevant patient groups in the following ways:

- pathways of assessment and management for individuals
- healthcare service delivery approaches
- prescribing of healthcare products and medical devices
- professional education of healthcare practitioners
- continuing professional development and post-qualification training.

We actively support many early career and novice researchers, with a particular focus on assisting healthcare practitioners to undertake practice-based research and systematic service evaluations.

BIographies

PROF JIM RICHARDS

Jim Richards was appointed Professor of Biomechanics and research lead for the Allied Health Research unit at University of Central Lancashire in 2004. Professor Richards work includes the clinical application of biomechanics, the development of new assessment tools for chronic disease, conservative and surgical management of orthopaedic and neurological conditions, and development of evidence based approaches for improving clinical management and rehabilitation.

Professor Richards holds a number International Professorial Chair positions and is an associate editor for “The Knee”. Professor Richards has written and edited a number of textbooks including *Biomechanics in Clinic and Research* (2008) and the 5th edition of *Whittle’s Gait Analysis* (2012) and the Comprehensive Textbook of Clinical Biomechanics (2018).

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[Hazel Roddam](https://www.researchgate.net/profile/Jim_Richards3)

DR HAZEL RODDAM

Hazel is a Speech and Language Therapist with 25 years’ experience in NHS and local authority settings before joining the AHRu in 2006. As a Reader in Allied Health Practice, Hazel has a unique and extensive international track record for teaching and promoting Evidence-Based Practice (EBP) and for supporting research capacity building across all the Allied Health professional communities. She has worked with individual practitioners and teams to raise their awareness of the research environment, to better understand evidence-based practice (EBP), to implement research evidence into their practice, to undertake practice-based research and service evaluations, and to disseminate innovative good practice. Hazel’s knowledge transfer work in EBP has achieved highly significant
impact and recognition world-wide. Hazel is the Vice Chair of the Strategy Board for the UK Council for Allied Health Professions Research. She is also Director of the Research Support Network for SLTs (ReSNet), and Co-Director of Advancing Dysphagia Practice.

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**DR AMBREEN CHOHAN**

Ambreen completed a PhD (2008) in Human Motor Control for a thesis titled “Perception-Action coupling in goal directed behaviour” after completing her initial degree in Medical Engineering (Bachelors). Ambreen joined the AHRu in 2009 and is currently a Research Fellow in Biomechanics. Dr Chohan has a growing track record in research with over 45 peer reviewed articles/abstracts/conference papers and independently funded collaborative work with small, medium and large companies. She has been involved in securing over £240,000 both as PI and CI and is currently involved with the £2.4m ERDF funded Innovation clinic project. She supports UG modules and supervises a number of PhD and MSc(Res) students in the area of biomechanics/allied health. Her other roles also include reviewing for around 15 peer-reviewed journals.

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**@Dr_A_Chohan**

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**DR LOUISE CONNELL**

Louise is a physiotherapist and clinician-scientist, with extensive experience in rehabilitation research. She is a Reader in Rehabilitation, and was awarded fellowship status by the Association of Chartered Physiotherapists in Neurology in 2015 for advancing the specialty of neurological physiotherapy. Her research interests include implementation science, intensity of rehabilitation and intervention development. She is a former NIHR Career Development Fellow, and has over 50 peer-reviewed publications. She is a panel member for many funding bodies and regularly gives invited presentations at international conferences.

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**@researchphysio**

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**DR GRAHAM CHAPMAN**

Graham was appointed as a Research Fellow within AHRu in 2019 and has extensive experience in clinical gait analysis. He has secured £0.5M in external funding as PI and CI. Graham’s research interest focus on
understanding the effects of musculoskeletal and neurological conditions on gait and how conservative treatments and/or surgical intervention help patients function. Graham’s research spans the use of 3D kinematics/kinetics of lower limb gait analysis through to multibody modelling of joint function. The aim of Graham’s research is to provide evidence-based outcomes which can be applied to within a clinical setting. Graham has an expanding portfolio of publications and international conference presentations.

ORCID ID

researchgate.net/profile/Graham_Chapman

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DR DAVE RHODES
Since qualifying as a Sports Scientist in 2003 and working in semi-professional and elite sport, Dave developed a keen interest in musculoskeletal injuries and completed an MSc in Sports Therapy at UCLan in 2008. Dave worked as a Sports Therapist in a variety of professional and semi-professional football clubs and developing his own private practice. In 2011 David became a Senior Lecturer in Sports Therapy at Edge Hill University. During this time he developed his research interests and in 2017 completed his PhD. Dave’s research interest includes performance monitoring, injury risk, conditioning and performance management strategies. Dave joined the teaching staff at UCLan in September 2015 as the Course Leader and Senior Lecturer in Sports Therapy and is now the Professional Lead in Sports Therapy and Senior Lecturer in Elite Performance.

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DR KATHRYN JARVIS

Following qualification as an occupational therapist in 1989, Kathryn pursued a career in stroke rehabilitation, working in Stoke-on-Trent and Sheffield. This work raised unanswered clinical questions which formed the foundations of Kathryn’s research, initially through an MSc at Loughborough University and subsequently a PhD at Keele University.

Kathryn entered Higher Education as a Lecturer at the University of Liverpool in 2001, moving to UCLan in 2018 to lead the MSc (pre-registration) Occupational Therapy. She is committed to the provision of high-quality learning opportunities and teaching delivery, promotion of the occupational therapy profession and engagement in clinical and educational research.

DR PAULA LESLIE

Paula maintains full clinical Speech & language therapy (pathology) licenses in the USA and UK where she is a Fellow of, and Specialist Adviser to, the Royal College of Speech and Language Therapy in swallowing disorders. Paula started out as a speech and language therapist wanting to work only with adults who stammer, worked in almost every area of speech and language therapy in the NHS, and ended up specializing in decision making and ethics.

Her interests include the process of clinical decision making, health professionals’ education and non-traditional routes to
advanced clinical training. She publishes, provides support to researchers, and provides continuing education from grassroots to international level and across the health professions on complex clinical decision making, ethics and end of life decisions in vulnerable populations.

KENNETH CHANCE-LARSEN

Ken is a Physiotherapist with extensive clinical and academic experience. His clinical expertise is in the musculoskeletal field, and he has worked within the NHS, elite sport, occupational health and private clinical settings. He has experience from Higher Education Institutions in the UK and Australia, combining his clinical skills and research experience into developing and delivering evidence-based learning resources. In his role as Physiotherapy Discipline Leader at Central Queensland University (Australia), he led the development of a new Bachelor of Physiotherapy program, from inception, via accreditation, to roll-out. Ken commenced his post as Senior Lecturer in Physiotherapy at UCLan in 2017, and is teaching on the Physiotherapy course, and led the development of a new MSc Physiotherapy (Pre-registration) course which started in September 2018.

JILL ALEXANDER

Jill qualified as a Sports Therapist in 2008 at UCLan. With an interest in equine rider posture, she then completed her MSc in 2011 and continues to work on research in the same area. Jill has worked in Rugby union for over ten years, with positions including Head Therapist at Wharfedale RUFC, Yorkshire Counties Senior XV and the U20’s French National Squad at the World Cup. Jill joined UCLan in 2013 working on multiple commercial research projects within the division and lecturing across BSc Sports Therapy, MSc Sports Medicine and MSc Football Science and Rehabilitation programmes. Jill became a Senior Lecturer and is the Course Leader for Sports Therapy. Her research areas and publications also include the effects of local and whole-body cryotherapy applications in sport. She is currently pursuing a PhD in the same area.

KAREN MAY

Karen qualified as a physiotherapist in 1990 and held a number of different positions in the NHS and private sector. In 1995 she became the head Physiotherapist to Bradford Bulls RLFC then in 1999 she joined Huddersfield giants RLFC as head physiotherapist and joined UK Athletics in 2001. Karen is co-founder of the West
Yorkshire ACL group, which aims to improve the rehabilitation of ACL deficient knees. Karen holds an MSc in Sports Medicine from the University of Nottingham in 1997. Karen’s research interests include; cryotherapy and functional movement with publications in both areas and is currently undertaking her Doctorate.

OLIVIA GREENHALGH
Olivia completed her degree in Sports Technology (BEng) at Sheffield Hallam University in 2016. She joined the University of Central Lancashire’s as a Research Assistant in February 2017. Olivia is now the KTP Associate During for “Therapeutic cooling and pressure in the management of musculoskeletal injuries” in collaboration with Manchester Metropolitan University.

LAUREN HAWORTH
Lauren graduated from UCLan in 2014 with a degree in Sports Therapy and has 5 years’ experience of working within Rugby Union. Upon graduating, she worked as a research intern investigating the impact of different breast support garments and the conservative management of back pain amongst larger breasted women, and is currently completing her PhD in this area. Alongside her PhD, Lauren has been involved with the European Regional Development Fund Innovation Clinic project supporting small and medium enterprises through product development and testing.

OLIVIA GREENHALGH
Olivia completed her degree in Sports Technology (BEng) at Sheffield Hallam University in 2016. She joined the University of Central Lancashire’s as a Research Assistant in February 2017. Olivia is now the KTP Associate During for “Therapeutic cooling and pressure in the management of musculoskeletal injuries” in collaboration with Manchester Metropolitan University.

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HANNAH SHORE
Hannah is a recent graduate from the University of Central Lancashire where she has a background in sport. Following on from her Sports Science degree she pursued her interest in biomechanics, graduating with a MSc in Sports Biomechanics in 2016. Joining the team as the Innovate UK KTP associate in September 2017, she is currently working with UK’s leading mattress manufacture, Silentnight Group Ltd, to develop the ‘Ideal Sleep Solution’.

www.researchgate.net/profile/Hannah_Shore

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**VISITORS 2018-19**

The AHRu has continued to forge and maintain links with academic institutions worldwide.

**ERASMUS/EUROPEAN**

- Sara Catalano, University of Ancona, Italy
- Alessia Nicotera, University of Torino, Italy
- Carlotta Griseri, University of Torino, Italy
- Elia Mercado Palomino, University of Granada, Spain
- Alejandro Molina, University of Granada, Spain
- Antonín Tomáš, Palacky University in Olomouc, Czech Republic.
- Eliška Kuboňová, Ostrava University, Czech Republic.
- Barbora Kolářová, Palacky University, Olomouc, Czech Republic.
- Petr Šádek, Katedra anatomie a biomechaniky FTVS UK, CKP Dobřichovice, Czech Republic.
- Giuseppe Occhipinti, Department of Physiotherapy, University of L’Aquila, Italy
- Chiara Fronterre, Department of Physiotherapy, University of L’Aquila, Italy
- Antoine Brabants, Faculty of Kinesiology and Rehabilitation Sciences, University of Leuven, Belgium.
- Mathias Delnoy, Faculty of Kinesiology and Rehabilitation Sciences, University of Leuven, Belgium.
- Eva Orantes, Department of Physical Education and Sports, University of Granada, Spain
- Dr Jose Heredia Jimenez, Department of Physical Education and Sports, University of Granada, Spain

- Fabian Mager: Faculty of Mechatronics and Medical Engineering, Ulm University of Applied Sciences, Germany.
- Hakan Akkan, Institute of Health Sciences, Dumlupinar University, Turkey.
- Prof Felix Capanni, Prof Thomas Engleder, Prof Michael Munz: Faculty of Mechatronics and Medical Engineering, Ulm University of Applied Sciences, Germany.
- Kateřina Jinochová and Nicola Klinská: Palacky University, Olomouc, Czech Republic.
- Professor Kerstin Bilda, Hochschule fur Gesundheit Bochum, Germany
- Nicola Bauer and Andrea Villmar: Midwifery, Hochschule fur Gesundheit Bochum, Germany.
- Raúl Valdecabres, Universidad Católica de Valencia, Spain.
- Dr Ana María de Benito Trigueros, Universidad Católica de Valencia, Spain.
- Hana Ondráčková, Palacky University in Olomouc, Czech Republic.
- Klára Lippertová, Palacky University in Olomouc, Czech Republic.

**OVERSEAS**

- Liane Brito Macedo: Laboratório de Análise da Performance, Doutoranda em Fisioterapia, Neuromuscular Universidade Federal do Rio Grande do Norte, Brazil.
- Associate Prof Cathy Stinear, University of Auckland, NZ.
- Dr Elizabeth Lynch, University of Adelaide & The Florey Institute of Neuroscience & Mental Health, Australia.
- Deepak Kumar, Assistant Professor, Physical Therapy & Athletic Training, Boston University, USA.
2019 Melissa Sutcliffe PhD: The effect of integrating micro spring technology into running shoes to influence biomechanical parameters and knee pain/comfort scores in recreational runners with knee pain

2019 Bruno Mazuquin PhD: Does early mobilisation after surgical repair of large rotator cuff tears improve biomechanical and clinical outcomes?

2019 Andy Wright MSc (Res): Does stabilization surgery following the first episode of traumatic anterior dislocation influence shoulder kinematics?

2019 Paul Boland MRes: An exploration of the barriers and enablers of using electrically assisted bikes (e-bikes) in the development of a stroke intervention for people after stroke

2019 Joshua Jeffreys MRes: Comparison of isokinetic dynamometry and the Nordbord for measures of hamstring functional strength in elite academy footballers

2018 Tariq Kwaees MSc (Res): Exploring the Effects of a Nonmechanical Knee Brace on Lower Limb Kinematics & Kinetics in Healthy Individuals & its Implications for Patients with Osteoarthritis of the Knee

Amina Alhawaj (PhD) Biomechanical Considerations in a Novel Design of Lower Limb Rehabilitation device

Paul Ashworth (MRes) An exploration of the factors affecting spinal movement and muscle activity in cyclists with and without lower back pain

Gina Carey (PhD) Should I take disease modifying treatment for my relapsing remitting multiple sclerosis? An investigation of patient reported perceptions of risks, preferences for information, treatment goals and expectations during the decision making process.

Adrienne Day (MRes) The physiological and biomechanical effects of a short term e-bikes cycling intervention in Stroke survivors

Nicola Gaskins (MPhil) Aerobic Exercise after Stroke: Perspectives of healthcare, exercise and fitness professionals working in stroke or cardiac rehabilitation

BoWen Han (PhD) Multi-modality biological signal processing and analysis for assessment of knee joint stability

Lauren Haworth (PhD) Can we offer biomechanical support for larger breasted women with back pain?

Paul Harwood (PhD) Is a Damage Control Approach Safe and Effective in the Treatment of Multiply Injured Patients with Femoral Shaft Fractures?

Robyn Jones (MRes) Does the use of an Orthoglide device improve outcomes post-total knee replacement?

For more information on how to enrol on a research degree with us visit

www.uclan.ac.uk/research/study/research_degrees.php
John Kiely (Prof Doc) Factors influencing coordinated control of human running

Andreas Liefeith (PhD) The role of general motor ability in sport performance

Greg Littler (MPhil/PhD) An investigation into exercise and exercise progression with patients with patellofemoral pain

Catarina Olim (MPhil/PhD) Nature of voice disorders amongst contact centre operatives and the potential impact of a preventative intervention

Zoe Posner (PhD) Development and evaluation of staff training to support resilience and wellbeing in a Mental Health setting

Sam Pywell (PhD) Discourse in the management of anxiety in palliative care: impact on clinical practice and outcomes from exploration of Occupational Therapists’ perspectives

Gillian Rawlinson (PhD) An exploration of the mechanisms for behaviour change (COM-B model) within musculoskeletal (MSK) physiotherapy practice.

Hannah Shore (MPhil) Biomechanical performance testing of sleep surfaces: Can we create the ideal sleep solution?

Heather Stewart (PhD) The use of portfolios in supporting Continuing Professional Development and employability for physiotherapists

Sue Tobin (PhD) Investigating the manipulation of the vasti muscles in patellofemoral pain.

Pongchai Watcharakeunkhan (MPhil/PhD) The Effects of Kinesio Taping on Biomechanical and Clinical Outcomes in Runners with Iliotibial Band Friction Syndrome

Andri Zeniou (MPhil/PhD) Screening for post-stroke dysphagia in Cyprus

Olivia Greenhalgh (PhD) The development of clinical protocols in a novel cooling, compression and heating device – Manchester Metropolitan University, UK

Ivana Hanzliková (PhD) The Development and Testing of a Modified Landing Error Scoring System - University of Waikato, New Zealand

James Hopwood (PhD) The Evaluation of Biomechanical and Wear Performance of Total Ankle Replacements – University of Leeds, UK

Richard Wilkins (PhD NIHR Clinical Doctoral Research Fellowship) Haemarthrosis of the ankle in haemophilia A and B: prevalence, impact and intervention – University of Leeds, UK

Wolfgang Lackenbauer (PhD) Clinical decision-making in Austrian physiotherapy undergraduate students – Manchester Metropolitan University, UK

Elia Mercado Palomino (PhD) – University of Granada, Spain

Rose Peel (HEE/NIHR ICA Pre-doctoral Clinical Academic Fellowship), UK

Sarah Plant (The Stroke Association Post-Graduate Fellowship) The development of a goal-setting tool for use during acute stroke rehabilitation: the Goal-setting Implementation in Stroke Tool (GIST), UK

David Rochelle (PhD) Development of a biomechanical foot and ankle simulator for evaluation of interventions for chronic ankle instability – University of Leeds, UK

Raul Valdecabres (PhD) Analysis of performance factors, on-court movement strategies and injury risks in badminton – Universidad Católica de Valencia San Vicente Mártir, Spain
INTERVENTION DEVELOPMENT

RENEUROM
The AHRu are working with ReNeuron plc to develop a rehabilitation intervention for a Phase III clinical trial of stem cells after chronic stroke. We will be working with the trial management team in this international study to ensure the intervention is delivered correctly and monitor fidelity over time. The trial opened in 2019 and recruitment is ongoing.

Key contact: Dr Louise Connell

TARGETED INTERVENTIONS FOR PATELLOFEMORAL PAIN
The current best evidence-based treatment method for patellofemoral pain (PFP), multimodal treatment, has some benefits to patients such as improved pain, function and quality of life, in the short term. However, there is limited evidence to support the longer-term outcomes of this treatment approach. Our study, published in the BJSM, identified three subgroups in people with patellofemoral pain using six low cost clinical assessment tests; strong’, ‘weak and tight’, and ‘weak and pronated’.

In 2017-2019 we collaborated with colleagues in Turkey, who conducted a crossover intervention study with our algorithm. Patients with PFP who not responded to multimodal treatment, were treated according to the subgroups. Almost two thirds of the patients did not respond to multimodal treatment, however, over 70% of these patients demonstrated recovery after targeted treatment. This was especially seen in the strong subgroup, for whom currently no treatment exists.

In the last year we also continued to develop the Appatella (initially funded by Arthritis Research UK), an App for clinicians to subgroup patients with PFP and to prescribe their treatment.

This work demonstrates a paradigm shift by identifying specific patient sub-groups using 6 low cost, quick and simple clinical assessments requiring minimal equipment.

Since 2018 Appatella has been used by over 1,000 clinicians across 30 different countries to assess patients, and ensures the most appropriate treatments are followed. This has resulted in improved patient outcomes from targeted treatment through the identification of these subgroups and has resulted in improvements in patient outcomes, and challenges previous statement ....

“Identification of subgroups remains the ‘holy grail’ for PFP research”

Key contact: Prof Jim Richards
EVALUATION

THE INNOVATION CLINIC
In 2019 UCLan received a further £1.2m of funding from the European Regional Development Fund (ERDF), this is in addition to the £2.4 million secured in 2015. The Innovation Clinic project aims to support businesses within the Lancashire region. This brings together extensive industry & academic expertise and the use of UCLan’s state-of-the-art facilities and technology, the project aims to provide fully funded and tailored support at any stage of the product development process from initial concept and market research through to launch.

As part of this project, the AHRu offers bespoke biomechanical testing of products, clinical insights, and scientific research to assist companies in the development of their product, to explore how each product interacts with the user.

Since 2015, the AHRu has supported over 30 Small to Medium sized Enterprises (SMEs) and assisted in the development and testing of new to firm and new to market products.

This work ranges from conducting competitor analysis and literature searches to case study testing or full research studies. This has allowed companies to see if there is a market for their products, make design changes to products and have scientific evidence to support their claims.

This has led to six further collaborations between the companies and UCLan, including the further development of products, providing evidence into benefits of products and creating links between companies and other resources within the university. The team continually strives to create links with the business community recruiting companies to use the services on offer and offering workshops to companies about the benefits of biomechanical and scientific testing to the company and the end user.

Key contact: Prof Jim Richards

SILENTNIGHT
Established in 1946, Silentnight Group Ltd is the UK’s leading bed and mattress manufacturer. Their main site based in Barnoldswick producing on average 15000 mattresses a week.

Since 2016, the AHRu have worked on projects with Silentnight, funded through UCLan’s Investment Voucher scheme and through direct company funding.

In 2017 the team was successful in attaining £121,000 of funding for a 2 year Innovate UK funded Knowledge Transfer Partnership. Hannah Shore joined the project and has recently developed a unique innovative algorithm to determine the ‘Ideal Sleep Solution’ for individuals of different body types.

We believe this is the first time such an algorithm has been developed, and will be presented at the World Sleep Society conference later this year.

This project has had a direct impact on Silentnight, providing an important competitive edge, which has led to an increase in sales and turnover through offering scientific evidence on the effect of different mattress components, and providing buying advice to customers.

Key contact: Dr Ambreen Chohan
IMPLEMENTATION

INFORMED HEALTH CHOICES
Dr Hazel Roddam has been working since December 2018 with a cross-disciplinary international group ‘The Informed Health Choices project’. This work is based upon the premise that ‘good health depends on good choices’ by healthcare providers and by service-users themselves. The project provides a range of freely accessible resources that aim to empower people to make critical, informed choices about healthcare interventions.

www.informedhealthchoices.org/learning-resources/

Hazel has led the involvement of the RCSLT to contribute to one of these resources: the IHC key concepts. These ‘key concepts’ highlight the most important considerations for: critically appraising the claims behind an intervention; judging whether comparisons made between the intervention and other approaches was done fairly; using this information to make an informed health choice. Please see the IHC Key Concepts for details of this framework, which could be used to develop critical appraisal skills for clinicians, to help service users make informed choices about their healthcare, or to help other professionals better understand your evidence-based services’.


www.nature.com/articles/d41586-019-02407-9

Key contact: Dr Hazel Roddam
IMPLEMENTATION OF INTENSIVE REHABILITATION IN STROKE

Despite increasing evidence on intensive task-specific practice and aerobic exercise in stroke rehabilitation, implementation remains difficult. Working with Canadian collaborators, we used interviews to:

Phase 1 Explore therapist perspectives on the implementation of intensive rehabilitation

Phase 2 Explore people with stroke perspectives on the implementation of intensive rehabilitation

We found people with stroke perceived no barriers regarding the implementation of higher intensity rehabilitation in practice and were positive towards working at more intense levels.

Contrastingly, from the therapists’ perspective, therapists’ beliefs about quality of movement and issues around staffing and resources were perceived to be barriers.

In addition, therapists and people with stroke perceived the contents of the intervention differently, highlighting the importance of involving patients and clinicians in the development and evaluation of rehabilitation interventions.

These findings have informed seminars for clinicians in the UK and internationally, encouraging clinicians to think about they could make changes that are relevant to their own practice and setting

This work has now appeared in several of Louise’s publications.

Funding: The study was supported by the Canada Research Chair Program, Canadian Institutes of Health Research (FDN 143340.

Key contact: Dr Louise Connell

Collaborators: Jessie Janssen¹, Tara Klassen²,³, Janice Eng²,³

¹Institute of Therapeutic Sciences, IMC University of Applied Sciences Krems, 3500, Krems, Austria
²Department of Physical Therapy, University of British Columbia, 212-2177 Wesbrook Mall, Vancouver, British Columbia, Canada, V6T 1Z3
³Rehabilitation Research Program, GF Strong Rehab Centre, Vancouver, British Columbia, Canada
COUNCIL FOR ALLIED HEALTH PROFESSIONS RESEARCH

The Council for Allied Health Professions Research (CAHPR) promotes capacity building for all allied health disciplines, particularly through fostering stronger links for clinical-academic partnerships. There are 23 CAHPR Hubs across UK, led by teams of facilitators to co-ordinate events and initiatives including research workshops, webinars etc. Dr Hazel Roddam and Dr Kathryn Jarvis are the current Co-Chairs of the Cumbria and Lancashire Hub.

Hazel is also the Vice Chair for CAHPR’s national strategy board and is directly involved in engaging new strategic partnerships and collaborations both nationally and internationally.

In the past year Hazel has worked on CAHPR’s national Marketing and Communications strategy group, and has also co-authored guidance for supporting AHP research in NHS service settings.

ADVANCING DYSPHAGIA PRACTICE

Dr Hazel Roddam launched the Advancing Dysphagia Practice (ADP) initiative in 2011, in partnership with Tees, Esk and Wear Valley NHS Foundation Trust. We deliver international, national and regional professional development seminars and conferences that are open to healthcare professionals working with people who have dysphagia, with emphasis on the context of the Multi-Disciplinary Team.

Our aim is to promote evidence-based professional practice and values-based decision-making in dysphagia care. We focus expressly on facilitating practitioner audiences to gain skills and confidence to engage more actively with the research evidence base for their own field of practice. All the ADP initiatives and events are delivered by highly specialist professionals who are recognised experts in their field.

In June 2018 Hazel led a 2 Day International Conference at UCLan Preston, with a multi-professional audience of over 100 delegates and 6 commercial collaborators. In 2019 Hazel led 2 research workshops at the UCLan Preston campus with internationally-renowned speakers and capacity audiences.

Key contact: Dr Hazel Roddam
RESNET AND #RESNETSLT

The Research Support Network (ResNet) was launched in 2015 as a web-based resource, primarily for SLT practitioners across mainland Europe. Hazel launched a new format blogsite in January 2019.

ReSNet aims to promote increased engagement by practitioners with the research environment through increased skills and confidence for embedding evidence-based practice, as well as actively promoting engagement in practice-based and practice-led research and mentorship. A monthly online (Twitter) journal club (#ReSNetSLT) uses the power of social media to facilitate greater interactive participation. The reach and impact of engagement with this online community is analysed from the Twitter transcripts, web analytics and soft intelligence feedback. In the first year of #ReSNetSLT the automatically generated statistics showed a cumulative impact of approximately 2 million impressions on linked Twitter accounts, with over 750,000 linked Twitter accounts in one single Tweetchat. The analysis has shown that geography is no barrier, with people regularly joining from Australia as well as several countries in mainland Europe. Many other healthcare professions regularly join our discussions, enriching the multi-professional dimensions of the learning experience. Some of the paper authors have also joined the discussions.

In July 2018 Hazel gave an invited presentation about ReSNet at the 1st Implementation Science Conference at Kings College London. An evaluation of the impact of this initiative will be presented in Tai Pei in August 2019 at the International Association of Logopedics and Phoniatrics (IALP).

www.resnetslt.com

Key contact: Dr Hazel Roddam

CPLOL

The Comite Permanent de Liaison des Orthophonistes-Logopedes de l’Union Europeenne (CPLOL) represents over 85,000 speech and language therapists across Europe.

The core purpose is to facilitate the reciprocal exchange of research and practice knowledge for the profession. Dr Hazel Roddam was one of the two UK delegates on this European Commission from 2008 to 2019, leading working parties to promote knowledge transfer and best practice. She continues to maintain close links with many CPLOL associations.

www.cplol.eu

Key contact: Dr Hazel Roddam
Professor Jim Richards was elected as an Executive Board Member to the International Society of Biomechanics (ISB) Motor Control working group in 2016. The goal of the ISB Motor Control Working Group is to provide a forum to highlight and foster the increased interest in the scientific work that bridges the fields of Motor Control and Biomechanics. The group was established as a Seed Group affiliated with the ISB at the XXIV Congress of ISB in Natal (Brazil), in 2013.

The Motor Control Seed Group organized symposia and meetings during ISB and World Congress of Biomechanics conferences to bring together ISB members and Biomechanists around the world to display their work and advance the understanding and application of Motor Control. It was then recognized as a Working Group of ISB at the XXV Congress of ISB in Glasgow in 2015, and was recently announced as a full Technical Group at the 2019 ISB/ASB Congress in Calgary, Canada.

EXECUTIVE BOARD MEMBERS OF THE ISB MOTOR CONTROL WORKING GROUP

Dr. Paola Contessa
Delsys Inc, USA

Prof. Walter Herzog
University of Calgary, Canada

Prof. Jim Richards
University of Central Lancashire, UK

Key contact: Prof Jim Richards
The OATech+ Network is a £1m EPSRC funded project led by Professor Cathy Holt from the University of Cardiff. The Network aims to improve diagnosis, treatment and bring novel therapies to market for osteoarthritis. The network's overarching aims are to identify challenges and knowledge gaps, support and drive multidisciplinary collaborations in UK osteoarthritis research, supporting high-level grant funding and high impact papers and, ultimately, improve diagnosis, treatment and bring novel therapies to market.

This network supports; Focus Meetings, Sandpits and Hackathons. Prof Jim Richards was appointed as one of 7 theme leaders and is responsible for the “Next Generation of Future Leaders”. In 2018, Prof Richards launched funded discipline hopping work placements, which have supported a number of young scientists to visit different groups around the UK.

@OATechNetwork  oatechnetwork.org  www.facebook.com/OATechNetwork

Key contact: Prof Jim Richards

COLLABORATIONS

Dr Hazel Roddam’s partnership working with the Hochschule für Gesundheit (hsg) Bochum, Germany, has led to the signing of a formal collaborative agreement in July 2019 with UCLan’s Faculty of Health and Wellbeing, to extend teaching, research and clinical practice over the next three years.

The Hochschule fur Gesundheit, Bochum is the first state funded university for nursing, midwifery and allied healthcare in Germany. In September 2018 Hazel co-chaired an international conference between the two universities held in Bochum, with the theme of collaborative clinical-academic research across nursing, midwifery and health sciences. In September 2019 the second joint research symposium will be held at UCLan Preston. In recognition of her work to establish and sustain the collaborative partnership, hsg Bochum awarded Dr Roddam the highly prestigious honorary title of ‘Associate Member’, the first such award to be made by their institution. She will be presented with the honour at a special ceremony in Bochum during November which coincides with hsg Bochum’s 10th anniversary.

In 2019 Hazel has now additionally begun collaborations with colleagues at Trier University of Applied Sciences and Bremen University of Applied Sciences; including supporting the launch of a unique German language Twitter journal club and a publication in the German Speech and Language Therapy professional association.

Key contact: Dr Hazel Roddam
SELECTED FUNDING 2018-19

£1,200,000 ERDF continuation of UCln Innovation Clinic approx. £200,000 to AHRu 2019-2022


£1,395 UCln Lancashire Research Institute For Global Health and Wellbeing (LIFE) Pump-priming funding for Predicting Recovery Potential (PREP2) after stroke: implementation in the UK.

£4,291 Peel Travelling Fellowship 2018 Project: Predicting Recovery Potential (PREP2) after stroke: implementing Transcranial Magnetic Stimulation

£14,897 UCln Lancashire Research Institute For Global Health and Wellbeing (LIFE) Writing Group 2018

£91,462 HEE/NIHR ICA Pre-doctoral Clinical Academic Fellowship.

£105,000 The Stroke Association Post-Graduate Fellowship. The development of a goal-setting tool for use during acute stroke rehabilitation: the Goal-setting Implementation in Stroke Tool (GIST)

£20,000 Canadian Institutes of Health Research: Exploring the barriers and facilitators to implementing the ‘Determining Optimal post-Stroke Exercise’ (DOSE) intervention

NZD 194,868 Neurological Foundation of New Zealand: TWIST: Time to Walk Independently after Stroke.

£100,000 ReNeuron PISCES trial: Phase IIb Investigations of Stem Cells in Stroke. Consultant on rehabilitation intervention and associated training package 2017-2021,

£3,830 Testing of new designs of foot orthoses, Podfo Limited, 2018

£3,800 Exploration of the effect of different prototype designs of foot orthoses, Podfo Ltd, 2018.

£24,765 Physiotherapy Research Foundation Aerobic exercise after stroke: perspectives of physiotherapists working in stroke or cardiac rehabilitation, 2018

£6,200 MDTi A pilot RCT to investigate differences in outcomes post total knee replacement between patients prescribed an Orthoglide device, 2018-2020

£130,000 Knowledge Transfer Partnership Therapeutic cooling and pressure in the management of musculoskeletal injuries - Swellaway, 2018-2021

£20,000 pa International R&D research centre at UCln, DJO inc, 2008-2019.

£121,500 Knowledge Transfer Partnership funding to use ideal sleep solutions, 2017-2019

£1,186,387 Osteoarthritis Technology Network Plus (OATech+): a multidisciplinary approach to the prevention and treatment of osteoarthritis, led by Cardiff University, 2017-2019

£100,000 ReNeuron PISCES III trial: rehabilitation consultancy, 2016-2019

£2,460,020 UCln Innovation Clinic, £700,000 to AHRu, 2014-19

$25,000 Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (GRAPPA) - Is dactylitis of the toe in psoriatic arthritis related to plantar shear stress trauma? A case control pilot study – Led by University of Leeds

£20,000 OA Tech+ (EPSRC) - Determining 3D kinematics of the talus during normal walking using video fluoroscopy: A pilot study – OA Tech+ (EPSRC) – Led by University of Leeds

£253,000 EPSRC – In-shoe sensory systems for Diabetic Foot Ulcers – Led by University of Leeds

£1,000 Council for Allied Health Professions Research (CAHPR) – Does rehabilitation care following ankle surgery meet patient expectations? – Led by University of Leeds
INVITED TALKS 2018-19

During 2018 and 2019 members of the AHRu have been invited to give talks at various conferences, forums and organisational events both nationally and internationally.

LOUISE CONNELL

Louise Connell has given invited keynote lectures and seminars in Canada, Australia, New Zealand and key Stroke events in 2018-19. The highlights of Louise’s work include:

- Invited for special issue- paper following Distinguished Scholar visit:
- NNR Perspectives paper- 127 tweets from 90 users:
- Invited keynote speaker: 7th Annual Queen Square Upper Limb Neurorehabilitation Course, 29th June 2019, UCL, London.

- Is it any wonder no one ever implements evidence-based practice? Chairs: Dr. Connell & Dr. E. Lynch Perspective from a service delivery perspective.

HAZEL RODDAM

Hazel Roddam’s invited international keynote lectures and seminars in 2018-19 include:

- Invited lecture at 1st International Health Sciences Education and Accreditation Congress 17-18 October 2019 Ankara, Turkey. Confidence in our future: Quality assurance in professional education for SLTs in UK.
- Invited workshop at RCSLT Scientific Conference 26 Sept 2019 CATs: How to undertake a rapid appraisal of the evidence to answer a question for your clinical practice.
- Invited lecture for Hochschulverbund Gesundheitsfachberufe (German national association for Physiotherapy, Occupational Therapy, Speech and Language Therapy) 7 June 2019 Professional education standards and frameworks for developing clinical competences across the allied health disciplines in UK
- FLI Palermo Sicily 5 October 2018 Il ragionamento clinico in Logopedia Clinical reasoning in Speech and Language Therapy
- European Society for Medical Oncology (ESMO) Munich 19-23 October 2018 Patient reports of mouth symptoms after radiotherapy treatment for head and neck cancer: an international survey.
British Aphasiology Society (BAS)
University of Sheffield 15 Nov 2018
An investigation of the feasibility of spirituality assessment and intervention in aphasia: exploring the use of SHALOM and WELLHEAD

10th CPLOL Congress Lisbon 11 May 2018
Using Twitter to find credible sources and build clinical research communities: the #ReSNetSLT community.

10th CPLOL Congress Lisbon 12 May 2018
Using social media to encourage increased engagement with research: experiences of SLT students and practitioners in Germany and UK.

1st Annual Implementation Science Research Conference King's College London, London, UK 19 July 2018
#ReSNetSLT – the impact of a Twitter journal club to promote increased implementation of research in practice by Speech and Language Therapists. Strengthening partnerships between researchers, health professionals and policy makers

JIM RICHARDS
Jim Richards conducted invited talks, seminars and keynote talks across 5 continents in 2018-19 which include:

Keynote talk: Anniversary Celebrations, Palacký University Olomouc, Czech Republic, 2018


Seminar series: Conservative Management in Patellofemoral Pain and knee osteoarthritis, Australia and New Zealand, 2018

Keynote at Improving the Management of MSK Conditions with Orthotic and

Physical Therapy Interventions, Bangkok, Thailand, 2018

Keynote at the Asian Prosthetic and Orthotic Scientific Meeting, Bangkok, Thailand, 2018

Invited Speaker at SIGASCOT National Congress, Bologna, 2018

Motor Control Session Chair, World Congress of Biomechanics, Dublin, 2018.

Keynote at the BASES Conference UK, 2018

Sports Medicine Seminar on Functional training and bracing, Japan, 2019

Seminar on Knee OA with the Macau physiotherapy association., Macau, 2019

Seminar on Clinical gait analysis, patients with denervated muscles, Hong Kong, 2019

Seminar on Proprioceptive bracing, and Biomechanics in Prosthetics and Orthotics Practice, Hong Kong, 2019

Keynote talk: The importance and application of biomechanics in different field, Valencia, Spain, 2019.


Seminar: Understanding Clinical Subgroups and Targeting Instability in People with Patellofemoral Pain, International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS), Mexico, 2019

NEW BOOKS 2018 - 2019

Pain and its Origins, Diagnosis and Treatments

Patellofemoral Pain
An Evidence-Based Clinical Guide

James Selie, DSc & Jes Michael Callag

The Comprehensive Textbook of
Clinical Biomechanics
Second Edition

Jim Richards

The Foot & Ankle in Rheumatology

Edited by Philip Helliwell, Mike Backhouse, Heidi Siddle
2018 to 2019 has seen the number of papers produced by the AHRu increase, with over 70 papers published between Jan 2018 and August 2019.

2018


Valledecabres R, de Benito AM, Littler G, Richards J. (2018). Does the use of a knee brace change the biomechanics during a badminton lunge to the net, and what are the implications to injury mechanisms? PeerJ


2019


Alexander J, Selfe J, Birdsall D, Rhodes D. 2019. Comparison of cryotherapy modality application over the anterior thigh across rugby union
positions; A Crossover Randomized Controlled Trial. Int Jour Sports Phys Therapy.


Scott C.E. Brandon, Marcus J. Brown, Allison L. Clouthier, Aaron Campbell, Jim D. Richards, Kevin J. Deluzio. Contributions of muscles and external forces to medial knee load reduction due to osteoarthritis braces, The Knee 2019.


Harrison AS, Gaskins NJ, Connell LA, Doherty P (under review). Factors influencing the uptake of cardiac rehabilitation by cardiac patients with a comorbidity of stroke. European Journal of Preventive Cardiology


on cycling and the use of electric bikes. Physiotherapy Practice and Research.

Holehouse, Kelly, Oliver, Karen, Rawlinson, Gillian and Roddam, Hazel (2019) Collaborative cross agency service delivery to address public health issues within an MSK setting: evaluation of the Healthy Mind, Health Body project. International Journal of Therapy and Rehabilitation. ISSN 1741-1645 (In Press)


McCurtin, Arlene, Murphy, Carol-Anne Roddam, Hazel (2019) Moving beyond traditional understandings of evidence based practice: A total evidence and knowledge approach (TEKA) to treatment evaluation and clinical decision-making in speech-language pathology. Seminars in Speech and Language. Volume 40 Number 5 ISSN 0734-0478


Stewart HC, Wisby DA, Roddam H (2019). Physiotherapists’ reported attitudes and perceived influences to their continuing professional development – results of an online questionnaire. International Journal of Therapy and Rehabilitation. ISSN 1741-1645


Skeat, Jemma and Roddam, Hazel (2019) The qual-CAT: applying a rapid review approach to qualitative research to support clinical decision-making in speech-language pathology practice. Evidence-Based Communication Assessment and Intervention, 13 (1-2). pp. 3-14. ISSN 1748-9539


Roddam H and Skeat J (2019). Best practice in working with children who have developmental language disorder: a focused review of the current research evidence base. Listy klinické logopedie Varia December


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