

# CURRICULUM VITAE

Karl Schurr, Physiotherapist, *MAppSc. BAppSc.*  
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## QUALIFICATIONS

**1984:** Bachelor of Applied Science (Physiotherapy), The University of Sydney.

**2000:** Master of Applied Science, Physiotherapy (by research), The University of Sydney

## RECENT WORK HISTORY

- 1992 - present                      Private physiotherapy consultant and educator; member of the StrokeEd collaboration ([www.StrokeEd.com](http://www.StrokeEd.com))
- 1994 - July 2016:                      Senior physiotherapist (Level 6 clinical regrading, Dec 2008) in neurology, in the stroke unit, Bankstown-Lidcombe Hospital. Rehabilitation in aged care/gerontology including orthopaedics and people with lower limb amputations.

## PEER REVIEWED PUBLICATIONS (n=27 articles, h-index = 9)

Hassett L van den Berg M, Lindley R, Crotty M, **McCluskey** A, van der Ploeg, H, Smith S, Schurr K, Howard K, Hackett M, Killington M, Bongers B, Togher L, Treacy D, Dorsch S, Wong S, Scrivener K, Chagpar S, Weber H, Heritier S & Sherrington C. (*Submitted*). Digitally-enabled rehabilitation to enhance outcomes: The AMOUNT trial.

Treacy D, Howard K, Hayes A, Hassett L, **Schurr** K & Sherrington, C. (2018). Two weeks of additional standing balance circuit classes during inpatient rehabilitation are cost saving and effective: An economic evaluation. *Journal of Physiotherapy*, 64 (1), Pages 41–47

Vratsistas-Curto, A, McCluskey, A., & **Schurr** K. (2017). Use of audit, feedback and education increased guideline implementation in a multidisciplinary stroke unit. *BMJ Open Quality*, 6:e000212. doi:10.1136/ bmjoq-2017-000212.

Treacy, D., Hassett, L., **Schurr**, K., Chagpar, S., Paul, S.S., & Sherrington, C. (2017). Validity of different activity monitors to count steps in an inpatient rehabilitation setting. *Physical Therapy*, 97 (5), 581-588.

Scrivener K, Tourany R, McNamanar-Holmes M, **Schurr** K, Dorsch S, & Dean CM (2017). Feasibility of a nurse-led weekend group exercise program for people after stroke. *Stroke Research and Treatment, Volume 2017*, Article ID 4574385, 7 pages. <https://doi.org/10.1155/2017/4574385>.

- Harvey LA, Katalinic OM, Herbert RD, Moseley A, Lannin NA **Schurr K** et al (2017). Stretch for the treatment and prevention of contracture: An abridged republication of a Cochrane systematic review. *Journal of Physiotherapy*, 63, 67-75.
- Harvey LA, Katalinic OM, Herbert RD, Moseley A, Lannin NA **Schurr K** et al (2017). Stretch for the treatment and prevention of contractures. *Cochrane Database of Systematic Reviews*. CD007455. <http://dx.doi.org/10.1002/14651858.CD007455.pub2>
- McCluskey A, Lannin NA, **Schurr K**, & Dorsch S. (2017). Chapter 40: Optimising motor performance and sensation following brain impairment. In M Curtin, M Egan & J Adams (Eds.). *Occupational therapy for people experiencing illness, injury or impairment: Promoting occupation and participation* (7<sup>th</sup> ed., pp 582-609). Edinburgh; Elsevier.
- Hassett L, van den Berg, M, Lindley R, Crotty M, McCluskey A, van Ploeg H, Smith S, **Schurr K** et al. (2016). Effect of affordable technology on physical activity levels and mobility outcomes in rehabilitation: protocol for the AMOUNT (Activity and MObility UsiNg Technology) rehabilitation trial. *BMJ Open* (May).
- Treacy, D., **Schurr, K.**, Lloyd, B., Sherrington, C. (2015). Additional standing balance circuit classes during inpatient rehabilitation improved balance outcomes: An assessor-blinded randomised controlled trial. *Age and Ageing*, 44(4), 580-586.
- Scrivener, K., Jones, T., **Schurr, K.**, Graham, P.L., Dean, C.M. (2015). After-hours or weekend rehabilitation improves outcomes and increases physical activity but does not affect length of stay: A systematic review. *Journal of Physiotherapy*, 61(2), 61-67.
- Scrivener, K., **Schurr, K.**, Sherrington, C. (2014). Responsiveness of the ten-metre walk test, Step Test and Motor Assessment Scale in inpatient care after stroke. *BMC Neurology*, 14, 1:129.
- Treacy, D., **Schurr, K.**, Sherrington, C. (2013). Balance circuit classes to improve balance among rehabilitation inpatients: A protocol for a randomised controlled trial. *BMC Geriatrics*, 13, 1:75.
- McCluskey, A, Vratsistas, A, & **Schurr K** (2013). Barriers and enablers to implementing multiple stroke guideline recommendations: A qualitative study. *BMC Health Services Research*. 13:323.
- Scrivener K, Sherrington C, **Schurr K** (2013). A systematic review of the responsiveness of lower limb physical performance measures in inpatient care after stroke. *BMC Neurology*, 13:4.
- Schurr, K** Sherrington C et al (2012). The minimum sit-to-stand height test: Reliability, responsiveness and relationship to leg muscle strength. *Clinical Rehabilitation*, 26(7), 656-663.
- Scrivener K, Sherrington C, **Schurr K** (2012) Exercise dose and mobility outcome in a comprehensive stroke unit : Description and prediction from a prospective cohort study. *Journal of Rehabilitation Medicine*, 44(10), 824-829.
- Scrivener K, Sherrington C, **Schurr K** (2012) Amount of exercise in the first week after stroke predicts walking speed and unassisted walking. *Neurorehabilitation & Neural Repair*, 26(8), 932-938.
- Scrivener K, Sherrington C, & **Schurr K** (2011). Many participants in inpatient rehabilitation can quantify their exercise dosage accurately: An observational study. *Journal of Physiotherapy*, 57(2), 117-122.
- King, A., McCluskey, A., & **Schurr, K.** (2011). Observation study of the time use and activity levels of inpatients in a co-located acute and rehabilitation stroke unit. *Topics in Stroke Rehabilitation*, 18(5), 654-665.
- McCluskey, A., Lannin, N.A., & **Schurr, K.** (2010). Optimising motor performance following brain impairment (Chapter 37). In M.Curtin, M. Molineux & J. Supyk (Eds.). *Occupational therapy and physical dysfunction: Enhancing occupation* (pp 580-606, 6<sup>th</sup> ed.). Edinburgh: Churchill Livingstone.

- Schurr K, & Ada L** (2010) Observation of arm support in healthy elderly people. *European Journal of Physical Medicine and Rehabilitation*, 46, 1, 55-58.
- Katalinic, O.M., Harvey, L.A., Herbert, R.D., Moseley, A.M., Lannin, N.A., **Schurr, K.** (2008) Stretch interventions for contracture. *Cochrane Database of Systematic Reviews*, Issue 4.
- Olivetti L, **Schurr K**, Sherrington C, Wallbank G Pamphlett P, Kwan M and Herbert R (2007) A novel weight-bearing strengthening program during rehabilitation of older people is feasible and improves standing up more than non-weight bearing strengthening program: A randomised trial. *Australian Journal of Physiotherapy*. 53, 147-153.
- Schurr K & Ada L** (2006) Observation of arm behaviour in healthy elderly people: Implications for contracture prevention after stroke. *Australian Journal of Physiotherapy*. 52, 129-134.
- Nugent J, **Schurr K & Adams R** (1994) A dose response relationship between amount of weight bearing exercise and walking outcome following cerebrovascular accident *Archives of Physical Medicine and Rehabilitation*. 75, 399-402.
- Herbert R, Moore S, Moseley A, **Schurr K & Wales A.** (1993) Making inferences about muscle forces from clinical observations. *Australian Journal of Physiotherapy*. 39, 195-202.
- Moseley A, Wales A, Herbert R, **Schurr K & Moore S.** (1993) Observation and analysis of hemiplegic gait : stance phase. *Australian Journal of Physiotherapy*. 39; 259- 267.
- Moore S, **Schurr K**, Moseley A, Wales A & Herbert R. (1993) Observation and analysis of hemiplegic gait : swing phase. *Australian Journal of Physiotherapy*. 39, 271-278.

## RESEARCH GRANT FUNDING

- 2014 - **Affordable technology to improve physical activity levels and mobility outcomes**  
2016 **in rehabilitation**
- Funded by NHMRC Project Grant (\$1,419,755)  
Investigators: Sherrington, Lindley, Crotty, **McCluskey**, ven der Ploeg, Smith, Schurr
- 2008 - **Optimising rehabilitation outcomes**  
2012
- Funded by: Ingham Health Research Institute (\$200,000)  
Investigators: Schurr\*, Dorsch\*, Sherrington#, **McCluskey#**, Togher#  
(\* Bankstown-Lidcombe Hospital; # The University of Sydney)
- 2009 **An observational study of patient activity levels in one Sydney stroke unit**
- Funded by: The National Stroke Foundation (\$3,000)  
Investigators: King, **McCluskey**, Schurr

## POST-GRADUATE STUDENTS

<i>Student:</i>	<i>Topic</i>	<i>Supervisors</i>
<b>Treacy D</b> , 2013> PhD, part-time at The University of Sydney	Balance rehabilitation in older people: Effectiveness of rehabilitation and measurement of outcomes	<i>Primary:</i> Sherrington C <i>Associate:</i> <b>Schurr K</b>
<b>Scrivener K</b> Graduated 2013, PhD – The University of Sydney	Physical rehabilitation after stroke: Measurement and prediction of exercise dose and mobility outcomes	<i>Primary:</i> Sherrington C <i>Associate:</i> <b>Schurr K</b>

## POST-GRADUATE TEACHING (2011-2019)

Year	Event	Location
<b>2019</b>		
Feb	<b>Workshops in 2019:</b> Evidence-Based <u>Lower</u> Limb Rehabilitation after Stroke (3 days) or Balance Retraining (2 days) <i>with S Dorsch</i>	Kuala Lumpur, MALAYSIA
May		Bournemouth, UK
June		London UK
Feb	Evidence-based <u>upper</u> limb rehabilitation after stroke (3 days) <i>with A McCluskey</i>	Brighton, QLD
Mar		Caulfield, VIC
May		Townsville, QLD
June		Gold Coast QLD Bournemouth, UK London, UK
19 Mar	<b>Invited Lecture:</b> Biomechanics of the trunk	APA, SYDNEY, NSW
12 Mar	<b>Invited Lecture:</b> Retraining balance	Concentric Rehab, Sydney
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<b>2018</b>		
May	<b>Workshops in 2018:</b> Evidence-Based <u>Lower</u> Limb Rehabilitation after Stroke (3 days) <i>with S Dorsch</i>	Gold Coast, QLD
June		Sunshine Coast, QLD
Sept		Glostrup & Skive, DENMARK
1-3 Feb	Evidence-based <u>upper</u> limb rehabilitation after stroke (3 days) <i>with A McCluskey</i>	Brighton, QLD
15-17 Feb		Melbourne, VIC
1-3 Mar		Sydney, NSW
23-25 Mar		Nowra, NSW
26-28 Mar		Kuala Lumpur, MALAYSIA
12-14 Apr		Kota Kinabalu, MALAYSIA
26-28 Jul		Auckland, NEW ZEALAND
1 Aug-2 Sep		Pyongyang, DPRK (N Korea)
10-12 Sep		London, ENGLAND, UK
20-22 Sep		Glostrup & Skive, DENMARK
19-21 Oct		Brighton (APA), VIC
26-28 Oct	Thomastown, VIC	
8-10 Nov	Luoyang & Kaifeng, CHINA	
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<b>2017</b>		
Sept 2017	<b>Block teaching in 2017:</b> Upper limb and lower limb retraining – lectures and clinical sessions at two hospitals in China through Experts-in-China Club	Luoyang, CHINA (2 wks, 11-22 Sept) Kaifeng, CHINA (1 wk, 25-29 Sept)
2-4 Feb	<b>Workshops in 2017:</b> Evidence-Based <u>Upper</u> Limb Rehabilitation after Stroke (3 days) <i>with A McCluskey</i>	Glostrup, & Brønderslev, DENMARK
9-11 Feb		Gold Coast, Qld
24-26 Mar		Brighton QLD
30 Mar-1 Apr		Sydney, NSW x 4
1-3 June		Singapore PGAHI, SINGAPORE
12-14 June		Perth WA
14-16 July		Ballina NSW
2-4 Aug		Wangaratta, VIC
25-27 Aug	Caulfield, VIC	
30 Jan-1 Feb	Evidence-Based <u>Lower</u> Limb Rehabilitation after Stroke (over 3 days) <i>with S Dorsch</i>	Doha, QATAR
6-8 Feb		Glostrup, & Brønderslev, DENMARK

28-30 Apr 17-19 Aug 3-5 Nov		Brighton QLD Bankstown Hospital, NSW
27-28 Feb	Balance retraining workshop (2 days)	Svenborg, <b>DENMARK</b>
<b>2016</b> 12-14 Feb 16-18 Apr 2-4 June 11-13 Aug 2-4 Nov 24-26 Nov 3-5 Dec 9-10 Dec	----- <b>Workshops in 2016:</b> Evidence-Based <u>Upper Limb</u> Rehabilitation after Stroke (over 3 days) <i>with A McCluskey</i>	Brisbane, Qld x 2 Sydney, NSW x 4 Melbourne, VIC Gosford, NSW
27-28 Feb 20-22 May 24-26 June 18-20 Nov	Evidence-Based <u>Lower Limb</u> Rehabilitation after Stroke (over 3 days) <i>with S Dorsch</i>	Ryde Hospital, NSW Gold Coast Univ Hosp, QLD Bankstown Hospital, NSW Newcastle, NSW
<b>2015</b> 5-7 Feb 19-21 Feb 27-29 Mar 16-18 Apr 29-31 May 5-7 June 24-25 Sep 22-24 Oct 5-7 Nov 10-12 Dec	<b>Workshops in 2015:</b> Evidence-Based <u>Upper Limb</u> Rehabilitation after Stroke (over 3 days) <i>with A McCluskey</i>	Logan, QLD Wangarratta, VIC Melbourne, VIC Sydney, NSW x 3 Dorchester, UK London, UK Brighton, Qld Delhi, <b>INDIA</b> Cairns, QLD
27-28 Oct	<b>Poster:</b> Increasing compliance with Australian stroke guideline recommendations using an audit and feedback cycle (Vratsistas-Curto A, Schurr K, McCluskey A)	2015 NHMRC Research Translation Symposium, <b>Sydney</b> , NSW 27-28 Oct
<b>2014</b> 24 Nov; 5 <sup>th</sup> /12 <sup>th</sup> Dec	----- <b>Invited half-day masterclass:</b> Upper limb motor and sensory rehabilitation post-stroke: Implications of research evidence for clinical practice (with A McCluskey)	Hammell NeuroCenter, Nr Aarhus, <b>DENMARK</b>
	<b>Evening lecture:</b> Translating stroke rehabilitation evidence into practice (with A McCluskey)	Torshavn, <b>FAROE ISLANDS, DENMARK</b>
21/22 Feb 10/11 Apr 22/23 May 30/31 May 23-25 Jun 7/8 Aug 25/26 Sept 7/8 Nov 26-28 Nov 18-20 Dec	<b>Workshops in 2014:</b> Evidence-Based <u>Upper Limb</u> Rehabilitation after Stroke (over 2 or 3 days) <i>with K Schurr</i>	Gold Coast, QLD Sydney, NSW Ballina, NSW Melbourne, VIC Canberra, ACT Santiago, <b>CHILE</b> Sydney, NSW Caloundra, QLD Ringe, <b>DENMARK</b> Faroe Islands, <b>DENMARK</b>

**2013**

7/8 Mar  
5/6 Apr  
31 May/ 1 Jun  
6/7 Sept  
26/27 Sep  
15/16 Nov  
29/30 Nov

**Workshops in 2013:** Evidence-Based Upper Limb Rehabilitation after Stroke (over 2 days) *with A McCluskey*

Sydney, NSW x 2  
Brisbane, QLD x 2  
Townsville, QLD  
Perth, WA  
Adelaide, SA  
Frankston, Vic

22 Aug 2013

**Paper:** Does repeat audit with feedback improve compliance with stroke guideline recommendations that are resistant to change? (Schurr, Vratisistas, Trees & McCluskey)

SmartStrokes Allied Health and Nursing Australian Conference, **Brisbane, QLD, 22-23 Aug**

**2012**

1/2 Mar  
1/2 June  
5/6 July  
10/11 Aug  
27/28 Sept  
25/26 Oct  
10/11 Dec  
13/14 Dec  
17/18 Dec

**Workshops in 2012:** Evidence-Based Upper Limb Rehabilitation after Stroke (over 2 days) *with A McCluskey*

Sydney, NSW  
Melbourne, VIC  
Ipswich QLD  
Wagga Wagga, NSW  
Orange, NSW  
Dunfermline, **SCOTLAND**  
Hammel & Frederikssund, **DENMARK**

**2011**

28 Oct

**Paper:** Barriers and enablers to implementation of best practice stroke rehabilitation guidelines for physiotherapists at Bankstown-Lidcombe Hospital Stroke Unit (Lloyd, McCluskey, Vratisistas, Schurr)

Australian Physiotherapy Association National Conference, Brisbane, QLD 27-30 Oct

28 Oct

**Paper:** Use of audit, feedback and coaching to improve implementation of best practice stroke guidelines by physiotherapists at Bankstown-Lidcombe Hospital Stroke Unit (Lloyd, McCluskey, Vratisistas, Schurr)

Australian Physiotherapy Association National Conference, Brisbane, QLD  
27-30 Oct

5 Aug

**Paper:** Use of audit, feedback and coaching to increase guideline implementation at the Bankstown-Lidcombe Hospital Stroke unit (McCluskey, Vratisistas, Munro, Schurr, Vickers)

SmartStrokes Allied Health and Nursing Australian Conference, **Surfers Paradise, QLD, 4-5 Aug**