

# 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

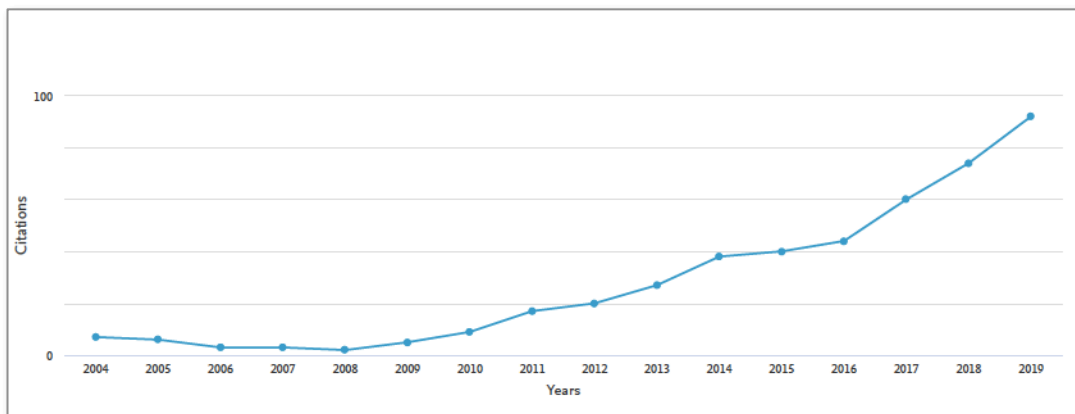


## RECENT WORK HISTORY

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=31 articles, h-index = 12)



- Hassett L, van den Berg M, Weber, Chagpar S, Wong S, Raie A, **Schurr K**, McCluskey A, Smith S, Lindley R, Crotty M, & Sherrington C (*Submitted*) Activity and Mobility Using Technology (AMOUNT) Rehabilitation Trial - description of device use and physiotherapy support in the post-hospital phase.

2. 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. (*Accepted 23 Jan 2020*). Digitally-enabled rehabilitation to enhance outcomes: The AMOUNT randomised controlled trial. *PLOS Medicine*.
3. 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), 41–47.
4. 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.
5. 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.
6. 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>.
7. 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.
8. 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*. CD 007455. <http://dx.doi.org/10.1002/14651858.CD007455.pub2>
9. 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.
10. 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).
11. 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.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. **Schurr**, K Sherrington C et al (2012). The minimum sit-to-stand height test: Reliability, responsiveness and relationship to leg muscle strength. *Clinical Rehabil*, 26(7), 656-663.

18. 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.
19. Scrivener K, Sherrington C, **Schurr K** (2012) Amount of exercise in the first week after stroke predicts walking speed and unassisted walking. *Neurorehab & Neural Repair*, 26(8), 932-938.
20. 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.
21. 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.
22. 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.
23. **Schurr K**, & Ada L (2010) Observation of arm support in healthy elderly people. *European Journal of Physical Medicine and Rehabilitation*, 46, 1, 55-58.
24. Katalinic, O.M., Harvey, L.A., Herbert, R.D., Moseley, A.M., Lannin, N.A., **Schurr, K.** (2008)
25. Stretch interventions for contracture. *Cochrane Database of Systematic Reviews*, Issue 4.
26. 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.
27. **Schurr K** & Ada L (2006) Observation of arm behaviour in healthy elderly people: Implications for contracture prevention after stroke. *Austr J of Physiotherapy*. 52, 129-134.
28. 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.
29. 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.
30. 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.
31. 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 - 2016	<b>Affordable technology to improve physical activity levels and mobility outcomes in rehabilitation</b>	Funded by	NHMRC Project Grant	(\$1,419,755)
		Investigators:	Sherrington, , Lindley, Crotty, <b>McCluskey</b> , ven der Ploeg, Smith, Schurr	
2008 - 2012	<b>Optimising rehabilitation outcomes</b>	Funded by:	Ingham Health Research Institute	(\$200,000)
		Investigators:	Schurr*, Dorsch*, Sherrington#, <b>McCluskey</b> #, 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> Schurr K
<b>Scrivener K</b> Graduated <u>2013</u> , 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> Schurr K

## POST-GRADUATE TEACHING (2011-2020)

Year	Event	Location
<b>2020</b> Jan Feb	<b>Workshops in 2020:</b> Evidence-based upper limb rehabilitation after stroke (over 3 days) <i>with A McCluskey</i>	Toowoomba QLD Dubbo, NSW Hobart, TAS Launceston, TAS
	<b>Workshop:</b> Coaching skills (1-day) with K Schurr, K Scrivener & S Dorsch	N Sydney, NSW
3 Mar	<b>Lecture/webinar:</b> Biomechanics of the trunk -----	<b>New Zealand</b>
<b>2019</b> Feb May June	<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 Bournemouth, UK London UK
Feb Mar May June Aug Sept Oct Nov Dec	Evidence-based <u>upper</u> limb rehabilitation after stroke (3 days) <i>with A McCluskey</i>	Brighton, QLD Caulfield, VIC Townsville, QLD Gold Coast QLD Bournemouth, UK London, UK Sutherland, NSW Braeside, NSW Perth, WA Wellington, NEW ZEALAND Tauranga, NEW ZEALAND Lidcombe, NSW
19 Mar	<b>Invited Lecture:</b> Biomechanics of the trunk	APA, SYDNEY, NSW
12 Mar	<b>Invited Lecture:</b> Retraining balance -----	Concentric Rehab, Sydney

**2018**

May  
June  
Sept

**Workshops in 2018:** Evidence-Based Lower Limb Rehabilitation after Stroke (3 days) *with S Dorsch*

Gold Coast, QLD  
Sunshine Coast, QLD  
Glostrup & Skive, **DENMARK**

1-3 Feb  
15-17 Feb  
1-3 Mar  
23-25 Mar  
26-28 Mar  
12-14 Apr  
26-28 Jul  
1 Aug-2 Sep  
10-12 Sep  
20-22 Sep  
19-21 Oct  
26-28 Oct  
8-10 Nov

Evidence-based upper limb rehabilitation after stroke (3 days) *with A McCluskey*

Brighton, QLD  
Melbourne, VIC  
Sydney, NSW  
Nowra, NSW  
Kuala Lumpur, **MALAYSIA**  
Kota Kinabalu, **MALAYSIA**  
Auckland, **NEW ZEALAND**  
Pyongyang, **DPRK (N Korea)**  
London, **ENGLAND, UK**  
Glostrup & Skive, **DENMARK**  
Brighton (APA), VIC  
Thomastown, VIC  
Luoyang & Kaifeng, **CHINA**

**2017**

Sept 2017

**Block teaching in 2017:** 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  
9-11 Feb  
24-26 Mar  
30 Mar-1 Apr  
1-3 June  
12-14 June  
14-16 July  
2-4 Aug  
25-27 Aug

**Workshops in 2017:** Evidence-Based Upper Limb Rehabilitation after Stroke (3 days) *with A McCluskey*

Glostrup, & Brønderslev, **DENMARK**  
Gold Coast, Qld  
Brighton QLD  
Sydney, NSW x 4  
Singapore PGAIH, **SINGAPORE**  
Perth WA  
Ballina NSW  
Wangaratta, VIC  
Caulfield, VIC

30 Jan-1 Feb  
6-8 Feb  
28-30 Apr  
17-19 Aug  
3-5 Nov

Evidence-Based Lower Limb Rehabilitation after Stroke (over 3 days) *with S Dorsch*

Doha, **QATAR**  
Glostrup, & Brønderslev, **DENMARK**  
Brighton QLD  
Bankstown Hospital, NSW

27-28 Feb

Balance retraining workshop (2 days)

Svenborg, **DENMARK**

**2016**

12-14 Feb  
16-18 Apr  
2-4 June  
11-13 Aug  
2-4 Nov  
24-26 Nov  
3-5 Dec  
9-10 Dec

**Workshops in 2016:** Evidence-Based Upper Limb Rehabilitation after Stroke (over 3 days) *with A McCluskey*

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 Lower Limb Rehabilitation after Stroke (over 3 days) *with S Dorsch*

Ryde Hospital, NSW  
Gold Coast Univ Hosp, QLD  
Bankstown Hospital, NSW  
Newcastle, NSW

**2015**

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

**Workshops in 2015:** Evidence-Based Upper Limb Rehabilitation after Stroke (over 3 days) *with A McCluskey*

Logan, QLD  
Wangarratta, VIC  
Melbourne, VIC  
Sydney, NSW x 3  
Dorchester, UK  
London, UK  
Brighton, Qld  
Delhi, **INDIA**  
Cairns, QLD

27-28 Oct

**Poster:** 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, **Sydney**, NSW 27-28 Oct

**2014**

24 Nov;  
5<sup>th</sup>/12<sup>th</sup> Dec

**Invited half-day masterclass:** Upper limb motor and sensory rehabilitation post-stroke: Implications of research evidence for clinical practice (with A McCluskey)

Hammell NeuroCenter, Nr Aarhus, **DENMARK**

**Evening lecture:** Translating stroke rehabilitation evidence into practice (with A McCluskey)

Torshavn, **FAROE ISLANDS, DENMARK**

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

**Workshops in 2014:** Evidence-Based Upper Limb Rehabilitation after Stroke (over 2 or 3 days) *with K Schurr*

Gold Coast, QLD  
Sydney, NSW  
Ballina, NSW  
Melbourne, VIC  
Canberra, ACT  
Santiago, **CHILE**  
Sydney, NSW  
Caloundra, QLD  
Ringe, **DENMARK**  
Faroe Islands, **DENMARK**

**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, Vratsistas, 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**

<b>2011</b> 28 Oct	<b>Paper:</b> 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	<b>Paper:</b> 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	<b>Paper:</b> 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, <b>Surfers Paradise</b> , QLD, 4-5 Aug

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## APPOINTMENTS

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<i>Year</i>	<i>Description</i>
2019-2020	<b>Physiotherapy Working Party member</b> , NHMRC/National Stroke Foundation Clinical Practice 'Living' Guidelines