

CURRICULUM VITAE

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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)

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=32 articles, h-index = 16)

1. Dorsch S, Carling C, Cao Z, Fanayan A, Graham PL, McCluskey A, **Schurr K**, Scrivener K, & Tyson S. (2023). Bobath therapy is inferior to task-specific training and not superior to other interventions in improving arm activity and arm strength outcomes after stroke: A systematic review. *Journal of Physiotherapy*, 69(1), 15-22. <https://doi.org/10.1016/j.jphys.2022.11.008>.
2. Treacy D., Hassett L., **Schurr K.**, Fairhall N.J., Cameron I.D., Sherrington C.(2022). Mobility training for increasing mobility and functioning in older people with frailty. *Cochrane Database of Systematic Reviews*, 6.
3. Scrivener K, Dorsch S, McCluskey A, **Schurr K**, Graham P, Cao Z, Shepherd R & Tyson S (2020). Bobath training is inferior to task specific training and not superior to other interventions in improving lower limb activities after stroke: A systematic review with meta-analysis. *J of Physiotherapy*, 66(4), 225-235. <https://doi.org/10.1016/j.jphys.2020.09.008>
4. 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. (2020). Digitally-enabled rehabilitation to enhance outcomes: The AMOUNT randomised controlled trial. *PLOS Medicine*, 17(2), e1003029. DOI: 10.1371/journal.pmed.1003029

5. 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.
6. 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.
7. 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.
8. 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>.
9. 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.
10. 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>
11. 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* (7th ed., pp 582-609). Edinburgh; Elsevier.
12. 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).
13. 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.
14. 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.
15. 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.
16. 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.
17. McCluskey, A, Vratsistas, A, & **Schurr K** (2013). Barriers and enablers to implementing multiple stroke guideline recommendations: A qualitative study. *BMC Health Serv Res*. 13:323.
18. 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.
19. **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.
20. 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.
21. 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.

22. Scrivener K, Sherrington C, & **Schurr K** (2011). Many participants in inpatient rehabilitation can quantify their exercise dosage accurately: An observational study. *J of Physio*, 57(2), 117-122.
23. 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.
24. 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, 6th ed.). Edinburgh: Churchill Livingstone.
25. **Schurr K,** & Ada L (2010) Observation of arm support in healthy elderly people. *European Journal of Physical Medicine and Rehabilitation*, 46, 1, 55-58.
26. Katalinic, O.M., Harvey, L.A., Herbert, R.D., Moseley, A.M., Lannin, N.A., **Schurr, K.** (2008) Stretch interventions for contracture. *Cochrane Database Systematic Reviews*, Issue 4.
27. 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.
28. **Schurr K** & Ada L (2006). Observation of arm behaviour in healthy elderly people: Implications for contracture prevention after stroke. *Australian J of Physiotherapy*. 52, 129-134.
29. 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.
30. 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.
31. 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.
32. 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	Affordable technology to improve physical activity levels and mobility outcomes in rehabilitation	Funded by	NHMRC Project Grant	(\$1,419,755)
		Investigators:	Sherrington, , Lindley, Crotty, McCluskey, ven der Ploeg, Smith, Schurr	
2008 - 2012	Optimising rehabilitation outcomes	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>
Treacy D, <u>Graduated 2021</u> PhD, The University of Sydney	Mobility, rehabilitation and measurement	<i>Primary:</i> Sherrington C <i>Associate:</i> Hassett L, Schurr K
Scrivener K 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 (2011-2023)

Year	Event	Location
2023 3-5 Feb 5-7 May 28-30 July 29 Sep-1 Oct 17-19 Nov	Workshop: Evidence-based upper limb rehabilitation after stroke (over 3 days, face to face) <i>with Annie McCluskey, Lauren Christie & Emma Schneider</i>	NeuroRehab, Melbourne VIC Advance Rehab Centre, NSW Brighton Rehab, QLD Alliance Rehab, Townsville, QLD Wellington, NZ NeuroRehab, Melbourne VIC
17/18 June	Workshop: Balance retraining after stroke (2 days) with Simone Dorsch)	NeuroRehab, Melbourne VIC
13-15 Oct 1-0-12 Nov 1-3 Dec	Workshop: Retraining of lower limb skills after stroke (3 days) with Simone Dorsch/ Kate Scrivener)	Brighton Rehab, QLD Woy Woy, NSW Wellington NZ
17 & 31 Mar 3 & 17 May	Online workshop: The balance workshop (2 x 4 hrs) <i>with Simone Dorsch</i>	Online via Zoom
30 Jan, 13 & 20 Feb	Online workshop: Evidence-based upper limb rehabilitation after stroke (over 3-6 sessions) <i>with Annie McCluskey & Lauren Christie</i>	Online via Zoom
17/31 Jul & 14 Aug		
11/ 18 Dec & 22 Jan		
23-25 May	Workshop: Hybrid - pre-recorded and F2F workshop, upper limb retraining, coaching skills and increasing practice intensity (3-days with <i>Annie McCluskey</i>)	Moruya, NSW
8 & 22 Jun 14 & 28 Jun 26 June 27 Aug	Online workshop: The coaching workshop: Evidence-based coaching skills for rehabilitation professionals <i>(2 x 4-hrs, with Annie McCluskey & Lauren Christie)</i>	Alice Springs/NT Health NT Wagga Wagga, NSW Maitland NSW (F2F)
2022 1 Dec	Workshop: The coaching workshop: Evidence-based coaching skills for rehabilitation professionals (half-day, with Annie McCluskey)	RAIL Rehabilitation Forum, Monash University, Frankston VIC

5 /12 Apr 22 Nov/ 6 Dec	Online workshop: Analysis and retraining of gait (2 sessions x 4-hrs, with Simone Dorsch)	Online
17/24 Jan	Online workshop: The coaching workshop: Evidence-based coaching skills for rehabilitation professionals (2 x 4-hrs, with <i>Annie McCluskey</i>)	Online
9-11 Sept 24-25 Sept	Workshop: Balance retraining (2 days) with Simone Dorsch)	<ul style="list-style-type: none"> • Fremantle, WA • Adelaide, SA
5-7 Aug	Workshop: Lower Limb retraining after stroke (3 days) with Simone Dorsch	<ul style="list-style-type: none"> • NeuroRehab, Melbourne VIC
23-25 Jun 29-31 Jul 12-14 Aug 16-18 Sep 25-27 Nov 9-11 Dec	Workshop: Evidence-based upper limb rehabilitation after stroke (over 3 days, face to face) with <i>Annie McCluskey, Lauren Christie & Emma Schneider</i>	<ul style="list-style-type: none"> • ACU Melbourne, VIC • Woy Woy, NSW • Advance Rehab Centre Hurstville, Sydney NSW • Concentric Rehabilitation Midlands, Perth WA • Sunshine Coast Uni Hosp QLD • Concentric Rehabilitation Burwood, Sydney NSW
8 & 22 Mar 5 & 12 Apr 3 & 17 May 26 Jul/9 Aug 29 Nov/ 12 Dec	Online workshop: Balance / gait retraining (2 sessions x 4-hrs, with <i>Simone Dorsch</i>)	Online
2021 11 & 25 Oct 9 & 18 Aug 18 & 20 Aug 13 & 27 Apr 11 & 25 Mar	Workshop: Balance retraining (2 sessions x 4-hrs or 2-days F2F, with <i>Simone Dorsch</i>)	<p>Online</p> <p>F2F – Orange, NSW</p> <p>F2F – Grafton, NSW</p>
11-13 June 26-28 Feb	Workshop: Lower Limb retraining after stroke (3 days) with <i>Simone Dorsch</i>	<p>Coffs Harbour, NSW</p> <p>Griffith, NSW</p> <p>Online via Zoom for:</p> <ul style="list-style-type: none"> • Alfred Health, VIC • NeuroRehab Allied Health Network, VIC • Flinders Medical Centre, Adelaide <p>Face-to-face:</p> <ul style="list-style-type: none"> • Braeside Hospital, NSW
1-3 Feb 5-7 Feb 8-10 Mar 11-13 Nov	Workshops: Evidence-based upper limb rehabilitation after stroke (over 3 days) with <i>McCuskey A</i>	<p>Online via Zoom & Face-to-face, Hornsby Hospital (Jan 20/28)</p> <p>Face to face, Grafton Hospital (14 May)</p>
9 Feb 20/28 Jan 3/18 Mar 16/24 Mar 14 May	Workshops: The coaching workshop: Evidence-based coaching skills for rehabilitation professionals (1-day) with <i>McCluskey, A</i>	<p>Online via Zoom</p>
27 Oct/ 1 & 15 Nov	Online workshop: Analysis & retraining of upper limb function post-stroke: An introduction (12-hrs, with <i>Annie McCluskey, Emma Schneider & Lauren Christie</i>	Online via Zoom
5 May	Online workshop: Upper limb retraining for people who are very weak post-stroke (4-hrs), with <i>Annie McCluskey</i>	Online via Zoom
21/27 Jan 3/18 Mar 20 Mar		Online via Zoom

10 Apr 8 May 2/16 June	Online and face-to-face workshop: Analysis and retraining of advanced hand coordination post-stroke (1-day or 2 x 4-hr events, with Annie McCluskey)	
23 Jun	Invited plenary speaker with Dr Annie McCluskey and Prof Sally Bennett: <i>Surviving COVID-19: The lived experience (when patient and carer are therapists)</i> ,	via Zoom Occupational Therapy Australia 29 th National Virtual Conference, 23-25 June
2020	-----	
9 Nov	Invited presentation (online): Rehabilitation after serious COVID-19: Physiotherapist as patient (<i>15 mins</i>) with A McCluskey	World Stroke Organisation – European Stroke Organisation Virtual Conference
15 Oct	Invited presentation (online): Recovering from COVID-19, presentation to allied health staff (<i>1-hr, with Annie McCluskey</i>)	Allied health department, Fiona Stanley Hospital, Perth, WA
Jan Feb	Workshop: Evidence-based upper limb rehabilitation after stroke (over 3 days) with A McCluskey	Toowoomba QLD Dubbo, NSW Hobart, TAS Launceston, TAS
3 Mar	Workshop: Coaching skills (1-day) with A McCluskey, K Scrivener & S Dorsch	N Sydney, NSW
2019	Lecture/webinar: Biomechanics of the trunk	
Feb May June	----- Workshops in 2019: Evidence-Based <u>Lower</u> Limb Rehabilitation after Stroke (3 days) or Balance Retraining (2 days) with S Dorsch	New Zealand Kuala Lumpur, MALAYSIA Bournemouth, UK London UK 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
Feb Mar May June Aug Sept Oct Nov Dec	Evidence-based <u>upper</u> limb rehabilitation after stroke (3 days) with A McCluskey	
19 Mar 12 Mar	Invited Lecture: Biomechanics of the trunk Invited Lecture: Retraining balance	APA, SYDNEY, NSW Concentric Rehab, Sydney
2018	-----	
May June Sept	Workshops in 2018: Evidence-Based <u>Lower</u> 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	Evidence-based <u>upper</u> limb rehabilitation after stroke (3 days) with A McCluskey	Brighton, QLD Melbourne, VIC Sydney, NSW Nowra, NSW

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

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 PGAH, **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

APPOINTMENTS

Year

Description

2019-
2023

Physiotherapy Working Party member, NHMRC/National Stroke Foundation
Clinical Practice ‘Living’ Guidelines

MEDIA

13 & 20 Oct 2020: SBS Dateline (TV): Deadly trip of a lifetime

<https://www.sbs.com.au/news/dateline/tvepisode/deadly-trip-of-a-lifetime-part-1>

<https://www.sbs.com.au/ondemand/ar/video/1808765507663/deadly-trip-of-a-lifetime-part-2>

8 July 2020: ABC 7.30 Report (TV): Doctors are beginning to understand the long-term implications of coronavirus. <https://www.youtube.com/watch?v=SAUPEVNbs-s>

9 July 2020: ABC Radio National Life Matters: Why you shouldn't be complacent about catching coronavirus <https://www.abc.net.au/radionational/programs/lifematters/why-we-shouldnt-be-complacent-about-catching-coronavirus/12430946>

INVITED KEYNOTES/ VISITS

- 1 Dec 2022 Keynote speaker with Annie McCluskey: *Rehabilitation following COVID-19 – a personal and professional journey*, **Rehabilitation Forum: Putting the consumer at the heart of rehabilitation - Rehabilitation, Ageing and Independent Living (RAIL) Research Centre, Monash University, Frankston, VIC, AUSTRALIA.**
- 23 June 2021 Plenary speaker with Annie McCluskey and Prof Sally Bennett: *Surviving COVID-19: The lived experience (when patient and carer are therapists)*, Occupational Therapy Australia 29th National (Virtual) Conference.
- 15 Oct 2020 Invited presentation with Annie McCluskey: **Allied Health Day**, Fiona Stanley Hospital, **Perth, WA, AUSTRALIA**, *Recovering from COVID-19.*
- 6 Sep -3 Oct 2017 Teaching upper limb retraining after stroke to allied health and medical professionals at two hospital sites, Luoyang (2 weeks) & Kaifeng (1 week) in **CHINA** – invitation from the Experts-in-China Club (EICC).