

CURRICULUM VITAE

Simone Dorsch

Education

1993 Bachelor of Applied Science (Physiotherapy), The University of Sydney

2000 Master of Health Science (Neurological Physiotherapy), The University of Sydney

2012 Doctor of Philosophy, The University of Sydney

Current Employment:

Australian Catholic University, February 2012 to present, Discipline of Physiotherapy, School of Allied Health. Associate Professor since January 2024.

Director of the StrokeEd collaboration, 2010 to present, developer and presenter of Stroke and rehabilitation education workshops including;

- Introduction to Neurorehab for OT and PT, a 3-day blended delivery workshop taught nationally
- Evidence Based Retraining for Lower Limb skills after Stroke, a 3-day workshop taught nationally and internationally
- 1000 reps a day, a one-day workshop taught nationally and internationally face to face and online
- The Walking workshop, a one-day workshop taught nationally and internationally online
- The Coaching workshop, a one-day workshop taught nationally and internationally face to face and online
- The Balance workshop, a one- or two-day workshop taught nationally and internationally face to face and online
- Electrical Stimulation after Stroke, half day and 1-day workshops taught nationally and internationally

Professional Experience

Experience in curriculum development

Development of a 4-week MOOC (Massive open online course), *Analysis and Retraining of upper limb function after stroke*, held in June 2024

Development of movement science and neurology units for the Bachelor of Physiotherapy programme at the Australian Catholic University

Development of workshops for the StrokeEd collaboration, 1, 2 and 3 day workshops on Stroke and aged care rehabilitation, these workshops are presented regularly nationally and internationally

Developer of the Neurology level 1 face to face and online workshops for the Australian Physiotherapy Association

Co-ordinator of the development of the Neurology level 2 workshop for the Australian Physiotherapy Association

Co-ordinator of the development of the Level 3 EBP workshop, developed by the PEDro Education and Training committee for the Australian Physiotherapy Association

Clinical experience

Over 20 years experience in Traumatic Brain Injury and Stroke rehabilitation

2000 to February 2018, various positions at Bankstown Hospital Stroke Unit including 8 years as a Neurology Clinical Expert in physiotherapy

Professional Awards

Australian Postgraduate Award 2007

ACU finalist in National 5-minute research pitch competition 2017

ACU Vice-Chancellor's award for Excellence in Teaching and Learning 2018. This is a national University award with only one recipient, or team, being awarded each year in the undergraduate teaching category. The Neurology Team were the successful recipients of this award in recognition of the development of neurological physiotherapy units of study that are underpinned by science and evidence-based rehabilitation. These units use blended and flipped learning strategies to facilitate the acquisition, application and assimilation of neurological rehabilitation skills for physiotherapy students.

Honorary professional positions

1996 -2002	Committee member of Neurology Study Group of the Australian Physiotherapy Association
2001 -2002	Chairperson of National Neurology Group (NSW chapter)
2003	NSW representative on the National Neurology Group committee
2008-2009	Member of scientific committee for National Neurology Conference of the Australian Physiotherapy Association 2009
2012-2014	Committee Member of the National Neurology Group (NSW chapter)
2013-2014	NSW representative on National Neurology Group committee
2017-2019	Chairperson of NSW chapter of the National Neurology Group committee and NSW representative
2018-2019	Development of Educational resources for the National Stroke Foundation for the InformMe website
2019-2020	Chairperson of the PEDro Education and Training committee
2020-2022	Committee member International Neurological Physiotherapy Association Education and Practice group
2019-Present	Committee member PEDro Education and Training committee
2020-Present	Member of Working parties for the Stroke Living guidelines, Strength and Standing balance guidelines

Publications

Dorsch S, Carling C, Cao Z, et al. 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. *J Physiother.* 2023;69(1):15-22. doi:10.1016/j.jphys.2022.11.008

English C, Ceravolo MG, **Dorsch S**, Drummond A, Gandhi DB, Halliday Green J, Schelfaut B, Verschure P, Urimubenshi G, Savitz S (2022). Telehealth for rehabilitation and recovery after stroke: State of the evidence and future directions. *Int J Stroke.* 2022 Jan 5: Epub ahead of print. PMID: 34983266.

- Dorsch S**, Ada L, Sorial T, Fanayan E (2021). The Relationship Between Strength of the Affected Leg and Walking Speed After Stroke Varies According to the Level of Walking Disability: A Systematic Review, *Physical Therapy*, 101 (12) December 2021.
- Scrivener K, **Dorsch S**, McCluskey A, Schurr K, Graham PL, Cao Z, Shepherd R, Tyson S. (2021) Correspondence: Author response to Vaughan-Graham et al. *J Physiother.* 2021 Jul;67(3):231.
- Scrivener K, **Dorsch S**, McCluskey A, Schurr K, Graham PL, Cao Z, Shepherd R, Tyson S (2020). Bobath therapy is inferior to task-specific training and not superior to other interventions in improving lower limb activities after stroke: a systematic review. *J Physiother.* 2020 Oct;66(4):225-235.
- Paim T, Low-Choy N, **Dorsch S** and Kuys S (2020). An audit of physiotherapists' documentation on physical activity assessment, promotion and prescription to older adults attending out-patient rehabilitation, *Disability and Rehabilitation*. In press
- Dorsch S**, Elkins M (2020). Repetitions and dose in stroke rehabilitation. *Journal of Physiotherapy.* 66(4), pp. 211–212
- Hassett L, van den Berg, M, Lindley, RI, **Dorsch S** et al. (2020). Digitally enabled aged care and neurological rehabilitation to enhance outcomes with Activity and MObility UsiNg Technology (AMOUNT) in Australia: A randomised controlled trial. *PLOS Medicine* 17(2): e1003029
- De Sousa DG, Harvey LA, **Dorsch S**, Varetas B, Jamieson S, Murphy A, Giaccari S (2019). Two weeks of intensive sit-to-stand training in addition to usual care improves sit-to-stand in people who are unable to stand up independently after stroke: a randomised trial. *Journal of Physiotherapy* 65(3); 152-158.
- Hillig T, Ma H, **Dorsch S** (2019). Goal-oriented instructions increase the intensity of practice in stroke rehabilitation compared with non-specific instructions: a within-participant, repeated measures experimental study. *Journal of Physiotherapy* 65:95-98.
- Dorsch S**, Weeks K, King L, Polman E (2019). In inpatient rehabilitation, large amounts of practice can occur safely without direct therapist supervision: an observational study. *Journal of Physiotherapy* 65:23-27.
- DeSousa D, Harvey L, **Dorsch S**, Glinsky J (2018). Interventions involving repetitive practice improve strength after stroke: a systematic review *Journal of Physiotherapy* 64:210-221.
- Dorsch S**, Ada L, Alloggia D (2018). Progressive resistance training increases strength after stroke but this may not carry over to activity: a systematic review. *Journal of Physiotherapy* 64:84-90.
- 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.). Elsevier.
- Scrivener K, Tourany R, McNamara-Holmes M, Schurr K, **Dorsch S** and Dean C (2017). Feasibility of a Nurse-Led Weekend Group Exercise Program for People after Stroke. *Stroke Research and Treatment* Article ID 4574385
- de Sousa DG, Harvey LA, **Dorsch S**, Leung J, Harris W (2016). Functional electrical stimulation cycling does not improve mobility in people with acquired brain injury and its effects on strength are unclear: a randomised trial. *Journal of Physiotherapy* 62(4):203-8.
- Hassett L, van den Berg M, Lindley RI, Crotty M, McCluskey A, van der Ploeg HP, Smith ST, Schurr K, Killington M, Bongers B, Howard K, Heritier S, Togher L, Hackett M, Treacy D, **Dorsch S**, Wong S, Scrivener K, Chagpar S, Weber H, Pearson R, Sherrington C. (2016). Effect of affordable technology

on physical activity levels and mobility outcomes in rehabilitation: a protocol for the Activity and MObility UsiNg Technology (AMOUNT) rehabilitation trial. *BMJ Open* 6;6(6).

Dorsch S, Ada L, Canning CG. (2016) Lower Limb Strength Is Significantly Impaired in All Muscle Groups in Ambulatory People With Chronic Stroke: A Cross-Sectional Study. *Archives of Physical Medicine and Rehabilitation* 97(4):522-7.

Dorsch S, Ada L, Canning CG (2014). EMG-triggered electrical stimulation for very weak upper limb muscles following stroke: a randomised controlled feasibility study. *Clinical Rehabilitation* 28(5); 482-490.

Dorsch S, Ada L, Canning CG, Al-Zahrani M, Dean C (2012). The strength of the ankle dorsiflexors has a significant contribution to walking speed in people who can walk independently after stroke: an observational study. *Archives of Physical Medicine and Rehabilitation*. 93(6): 1072-6.

Alzahrani M, Dean C, Ada L, **Dorsch S** and Canning CG (2012). Mood and balance are associated with free-living physical activity of people after stroke residing in the community. *Stroke Research and Treatment* 2012, 470648.

Sherrington C, Pamphlett PI, Jacka JA, Olivetti LM, Nugent JA, Hall JM, **Dorsch S**, Kwan MM, Lord SR (2008). Group exercise can improve mobility among older people in an outpatient rehabilitation setting: a randomised controlled trial. *Clinical Rehabilitation* 22; 493-502.

Ada L, **Dorsch S**, Canning C (2006). Strengthening interventions increase strength and improve activity after stroke: a systematic review. *Australian Journal of Physiotherapy* 52; 241-248.

Grants

Sherrington C, Lindley R, Crotty M et al (Chief investigators). Bongers B, Treacey D, **Dorsch S** et al (Associate investigators). *Affordable technology to improve physical activity levels and mobility outcomes in rehabilitation*. NHMRC 2013 \$1.4m.

Desousa D, Harvey L, **Dorsch S** and Liu J. *Does cycling with electrical stimulation (ES) improve strength and walking ability in stroke survivors? A randomised controlled trial*. National Stroke Foundation 2013, \$11450.

Schurr K, **Dorsch S**, Sherrington C, McCluskey A, Togher L. *Optimising Rehabilitation Outcomes*. Ingham Health Research Institute, Western Zone Research Infrastructure 2008, \$152 500

Dorsch S, Ada L, Canning C. *The effectiveness of EMG triggered electrical stimulation in increasing strength and activity in acute, very weak stroke patients*. Physiotherapy Research Foundation 2006, \$4967

Dorsch S, Ada L, Canning C. *Does EMG-triggered electrical stimulation improve strength and activity in acute, very weak stroke?* NSW Physiotherapists Registration Board 2006, \$7476

Presentations/workshops – 2014-2023

Brisbane, Australia, Australian Catholic University, Neurology Level one, APA, July 2023

Sydney, Australia, Advanced Rehab Centre: Evidence-based retraining of lower limb skills after Stroke, June 2023

Melbourne, Australia, Neurorehabilitation: The Balance workshop, June 2023

Online via zoom: The Walking workshop, June 2023

Kathmandu, Nepal, Dhulikhel Hospital: Evidence-based retraining of lower limb skills after Stroke, May 2023

Hunter New England Local Health District (upper): The Balance workshop online, May 2023

Online via zoom: The Balance workshop, May 2023

Sydney, Australia, Australian Catholic University, Neurology Level one, APA, April 2023

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, April 2023

Hunter New England Local Health District (lower): The Balance workshop online, March 2023

Grinsted, Denmark, Grinsted Hospital: Evidence-based retraining of lower limb skills after Stroke, January 2023

Grinsted, Denmark, Grinsted Hospital: Evidence-based retraining of upper limb skills after Stroke, January 2023

Copenhagen, Denmark, Glostrup Rehabilitation Hospital: Evidence-based retraining of upper limb skills after Stroke, February 2023

Manchester, UK, Royal Salford Hospital: 1000reps a Day: Strategies to increase amounts of practice in rehab, January 2023

Manchester, UK, Royal Salford Hospital: Evidence-based retraining of upper limb skills after Stroke, January 2023

Oxford, UK, Oxford Centre for Enablement: Evidence-based retraining of upper limb skills after Stroke, January 2023

Dublin, Ireland, Royal Donnybrook Hospital: Evidence-based retraining of upper limb skills after Stroke, January 2023

Dublin, Ireland, Royal Donnybrook Hospital: 1000reps a Day: Strategies to increase amounts of practice in rehab, January 2023

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, November 2022

Gold Coast, QLD, Gold Coast University Hospital: Evidence-based retraining of lower limb skills after Stroke, November 2022

Sydney, NSW, Braeside Hospital: Evidence-based retraining of lower limb skills after Stroke, October 2022

Wangaratta, VIC, Wangaratta Hospital: 1000reps a Day: Strategies to increase amounts of practice in rehab, October 2022

Flinders Medical Centre, Adelaide, SA: The Balance Workshop, September 2021

Fremantle, WA, Fremantle Hospital: Evidence-based retraining of lower limb skills after Stroke, September 2022

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, September 2022

Melbourne, VIC, Neurorehab: Evidence-based retraining of lower limb skills after Stroke, August 2022

Online via zoom: The Balance workshop, July 2022

Townsville QLD, Alliance Rehab: Evidence-based retraining of lower limb skills after Stroke, July 2022

APA Neurology Level 2 workshop, Sydney, June 2022

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, June 2022

1000reps a Day: Strategies to increase amounts of practice in rehab, Broken Hill Hospital, May 2022

Online via zoom: The Balance workshop, May 2022

Introduction to Neurorehab OT/PT workshop, WholeTherapy, Brisbane, April 2022

1000reps a Day: Strategies to increase amounts of practice in rehab, Tweed Heads Hospital, February 2022

Online via zoom: The Walking workshop, April 2022

Online via zoom: The Coaching workshop, March 2022

Online via zoom: The Balance workshop, March 2022

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, February 2022

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, October 2021

Online via zoom: The Balance workshop, October 2021

Online via zoom: The Balance workshop, August 2021

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, August 2021

APA Neurology Level 2 workshop, Sydney, June 2022

Orange Rehabilitation, Orange, NSW: Lower limb and Balance retraining workshop, June 2021

Coffs Harbour health campus, Coffs Harbour, NSW: Evidence-based retraining of lower limb skills after Stroke, June 2021

Baillie Henderson Hospital, Toowoomba, QLD: Evidence-based retraining of lower limb skills after Stroke, May 2021

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, April/May 2021

The University of Canberra Hospital, Canberra, ACT: Evidence-based retraining of lower limb skills after Stroke, April 2021

Online via zoom: The Balance Workshop, April 2021

Woy Woy Hospital, NSW: The Balance Workshop, March 2021

Griffith Base Hospital, NSW: Evidence-based retraining of lower limb skills after Stroke, February 2021

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, February 2021

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, November 2020

Kiama Neurological private practice: 1000reps a Day: Strategies to increase amounts of practice in rehab, September 2020

Online via zoom: 1000reps a Day: Strategies to increase amounts of practice in rehab, October 2020

Braeside Hospital, NSW: Evidence-based retraining of lower limb skills after Stroke, February 2020

Australian Catholic University, Sydney, NSW: The Coaching workshop, February 2020

Concentric Rehabilitation, Ashfield, Sydney, NSW: The Balance Workshop, November 2019

Neuro-moves Rehabilitation Service, Lidcombe, Sydney, NSW: The Balance Workshop, November 2019

Australasian Rehabilitation Outcomes Commission, Wellington, New Zealand: 1000 Reps a Day: Strategies to Increase Intensity of Practice, November 2019

Northern Sydney local health district, Mona Vale, NSW: 1000 Reps a Day: Strategies to Increase Intensity of Practice, November 2019

Sunshine Coast University Hospital, Qld, Australia: 1000 Reps a Day: Strategies to Increase Intensity of Practice and The Balance Workshop, October 2019

Clinica Los Cuihies Neurorehabilitation Hospital, Sandiago, Chile: 1000 Reps a Day: Strategies to Increase Intensity of Practice and The Balance Workshop, October 2019

Mount Wilga private rehabilitation hospital, Hornsby, NSW: 1000 Reps a Day: Strategies to Increase Intensity of Practice, September 2019

Concentric Rehabilitation, Perth, WA: 1000 Reps a Day: Strategies to Increase Intensity of Practice, Evidence-based lower limb re-training after Stroke, August 2019

Townsville Hospital, QLD: The Balance Workshop, July 2019

Allied health rehabilitation network: Evidence-based lower limb re-training after Stroke, June 2019

Royal Bournemouth Hospital, Bournemouth, United Kingdom: 1000 Reps a Day: Strategies to Increase Intensity of Practice, The Balance Workshop, May 2019

World Congress of Physical Therapy, Switzerland: 1000 Reps a Day: Strategies to Increase Intensity of Practice, May 2019

NASAM stroke rehabilitation, Kuala Lumpur, Malaysia: Evidence-based lower limb re-training after Stroke, 1000 Reps a Day: Strategies to Increase Intensity of Practice and The Balance workshop, February 2019

Peninsula Health, Frankston VIC: 1000 Reps a Day: Strategies to Increase Intensity of Practice, November 2018

Skive Hospital, Skive, Denmark: 1000 Reps a Day: Strategies to Increase Intensity of Practice, September 2018

Skive Hospital, Skive, Denmark: Evidence-based lower limb re-training after Stroke, September 2018

Glostrup Hospital, Copenhagen, Denmark: 1000 Reps a Day: Strategies to Increase Intensity of Practice, September 2018

Glostrup Hospital, Copenhagen, Denmark: Evidence-based lower limb re-training after Stroke, September 2018

Glostrup Hospital, Copenhagen, Denmark: The Balance Workshop, September 2018

Prince of Wales Hospital, Sydney: Evidence-based lower limb re-training after Stroke, August 2018

AllianceRehab, Townsville: 1000 Reps a Day: Strategies to Increase Intensity of Practice, August 2018

Stroke 2018 Conference, Sydney: Strategies to Increase Intensity of Practice, August 2018

MobileRehab Professional development conference: Strategies to Increase Intensity of Practice, July 2018

Sunshine Coast University Hospital: Evidence-based lower limb re-training after Stroke, June 2018

Queensland Rehab Physio Network conference, Sunshine Coast: Balance workshop June 2018

Gold Coast University Hospital: Evidence-based lower limb re-training after Stroke, May 2018

Illawarra Shoalhaven local health district, NSW: 1000 Reps a Day: Strategies to Increase Intensity of Practice, May 2018

Concord Hospital, Sydney, NSW: The Balance Workshop, May 2018

Agewell Physiotherapy, NSW: The Stroke Guidelines, May 2018

Ipswich Hospital, QLD: Evidence-based lower limb re-training after Stroke, April 2018

Hamad Medical Corporation, Qatar: Evidence-based lower limb re-training after Stroke, November 2017

Calvary Hospital, Sydney, NSW: The Balance Workshop, November 2017

Greenwich Hospital, Sydney, NSW: The Balance Workshop, June 2017

Queanbeyan Hospital, NSW: 1000 Reps a Day: Strategies to Increase Intensity of Practice, June 2017

Bega Hospital, NSW: 1000 Reps a Day: Strategies to Increase Intensity of Practice, May 2017

Royal Brisbane Hospital, QLD: Evidence-based lower limb re-training after Stroke, April 2017

Royal Rehabilitation, NSW: Electrical Stimulation workshop, March 2017

Central coast local health district, NSW: Electrical Stimulation workshop, March 2017

Glostrup Rehabilitation Hospital, Copenhagen, Denmark: Evidence-based lower limb re-training after Stroke, January 2017

Hammel Rehabilitation Hospital, Brondeslev, Denmark: Evidence-based lower limb re-training after Stroke, February 2017

Hunter Stroke Service, NSW: Evidence-based lower limb re-training after Stroke, November 2016

Smart Strokes Conference, Canberra ACT: Strategies to Increase Intensity of Practice, August 2016

Hunter Stroke Services, NSW: 1000 Reps a Day: Strategies to Increase Intensity of Practice, May 2016

Gold Coast Hospital QLD: Evidence-based lower limb re-training after Stroke, May 2016

Townsville Hospital QLD: 1000 Reps a Day: Strategies to Increase Intensity of Practice, June 2016

Camden Rehabilitation Hospital NSW: Evidence-based lower limb re-training after Stroke, April 2016

Graythwaite Rehabilitation Hospital: Evidence-based lower limb re-training after Stroke, February 2016

One Rehab service Adelaide SA: 1000 Reps a Day: Strategies to Increase Intensity of Practice, February 2016

Logan Hospital Rehabilitation Service QLD: Evidence-based lower limb re-training after Stroke, November 2015

Wangaratta Hospital VIC: 1000 Reps a Day: Strategies to Increase Intensity of Practice, November 2015

Braeside Hospital NSW: Evidence-based lower limb re-training after Stroke, October 2015

Maclean Hospital NSW: 1000 Reps a Day: Strategies to Increase Intensity of Practice, June 2015

Coffs Harbour Hospital NSW: 1000 Reps a Day: Strategies to Increase Intensity of Practice, May 2015

The Department of Rehabilitation Glostrup Hospital Copenhagen, Denmark, Evidence-based lower limb re-training after Stroke, December 2014

Glostrup Rehabilitation Hospital, Denmark: Evidence-based lower limb re-training after Stroke, December 2014

Hammel Rehabilitation Hospital, Denmark: Evidence-based lower limb re-training after Stroke, December 2014

Brighton Health Campus, QLD: Evidence-based lower limb re-training after Stroke, October 2014

Gold Coast Hospital, QLD: Evidence-based lower limb re-training after Stroke, March 2014

Invited Reviewer

National Stroke Guidelines 2017

Invited reviewer for the NHMRC of the National Stroke Foundation clinical guidelines

Peer review Journals

BMJ Open

Journal of Neurologic Physical Therapy

Clinical Rehabilitation

Archives of Physical Medicine and Rehabilitation

Journal of Physiotherapy

Journal of Rehabilitation Medicine

BMC Neurology

Neurorehabilitation and Neural Repair

Topics in Stroke Rehabilitation