



RESEARCHER PROFILE- DR JOSH NAUNTON, PHYSIOTHERAPY

Congratulations to Dr Josh Naunton, who was recently awarded his PhD.

Josh commenced work as a grade 1 physiotherapist in 2011, and over the past 12 years has worked as a physiotherapist across the Emergency Department, Fracture Clinic, Orthopaedic Waiting List Clinics, in university teaching and in private practice. After completing a Masters of Sports Physiotherapy in 2018, Josh began his PhD in 2019, focusing on rotator cuff tendinopathy which is one of the most common musculoskeletal complaints. Often called ‘bursitis’, ‘sub acromial impingement’, ‘rotator cuff disease’, the confusion surrounding terminology and diagnostic labels extends to confusion around treatment and what exercise is best to treat this painful condition that affects up to 30% of the population.

The main trial of Josh’s PhD focused on a pilot study of two different exercise interventions. Participants completed the same exercises, one group with added weights and the other group without weights. **Key findings highlight each patient needs to understand that moving and using their arm with an acceptable level of discomfort is often the best approach.** The best type of exercise will meet each patient’s individual goals, expectations and should match the expected level of activity or demand on the shoulder.

Read Josh’s publications here:
<https://doi.org/10.1371/journal.pone.0227688>
<https://doi.org/10.1177/0269215520934147>

In addition to his doctoral studies, in a collaboration between Bendigo Health and the Monash University Musculoskeletal Research Unit, Josh undertook the first Australian Teletrials Program teletrial in Victoria- the “Advise” trial.

Josh, who thanked his family for their ongoing support, hopes to maintain a mix of clinical, teaching and research work.

“There is a need for high quality trials at Bendigo Health that address practical patient and clinician concerns, and further our knowledge and understanding. Through this, we can improve patient care and reduce confusion, as it is often a difficult space for patients and clinicians to navigate with lots of conflicting information available,” he said.



RESEARCH SEMINAR SERIES	CHANGES TO INTENTION TO SUBMIT	HEALTH CLIMATE DATA DIVE
<p>The fourth Research Seminar Series session for 2024 will be held:</p> <p>Tuesday 17th September 1.30-2.30pm in the IPU Staff Hub – 6D.10/11 Topic: “Statistical Methods, analysis and reporting- Part 1”</p> <p>Please register via the topic link or Email: randd@bendigohealth.org.au</p>	<p>The paper-based “Intention to Submit, Present or Provide Information to an External Party” form and process has now been transitioned to a SharePoint site to enable online processing and recording</p> <p>See: Bendigo Intranet - Quick Links</p>	<p>Save the date: Saturday 24 November & Sunday 25 November 2024</p> <p>An opportunity to work with data scientists and statisticians to explore climate change and its impact on health by interrogating statewide linked datasets.</p>

THE COUNTDOWN IS ON: WEEKS UNTIL RESEARCH WEEK (14 – 18 OCTOBER) = 7 WEEKS
 DAYS UNTIL RESEARCH SHOWCASE (18 OCTOBER 2024) = 55 DAYS