



ANZMUSC

AUSTRALIA & NEW ZEALAND MUSCULOSKELETAL
CLINICAL TRIALS NETWORK

NHMRC CENTRE OF RESEARCH EXCELLENCE

Scientific Meeting Booklet

7th to 9th October 2025

University of Queensland Brisbane City Campus
& Customs House, Brisbane, Australia

Optimising musculoskeletal health
through high quality collaborative research

Event Summary

TUESDAY 7TH OCT - PRE-MEETING DAY

University of Queensland City Campus	9:00am - 12:30pm	ANZMUSC Executive Committee and Chief Investigator Meeting (By invitation only) - Room 314	
University of Queensland City Campus	1:00pm - 3:00pm	Early- and Mid-Career Researcher (EMCR) Training Event Room 227	ANZMUSC Consumer Advisory Group Meeting (By invitation only) - Room 0G34
Felons Brewing Co.	3:00pm - 5:00pm	EMCR Event Continued - Informal Networking	
Customs House The Long Room	6:00pm - 8:30pm	FREE Public Lecture - Living Well with Back and Joint Pain (Must register separately)	

WEDNESDAY 8TH OCT - MEETING DAY 1 | CUSTOMS HOUSE RIVER ROOM

9:00am - 9:30am	Welcome (updates & current projects)	Prof. Rachelle Buchbinder
9:30am - 11:00am	Discussion: Where are we up to with MSK trials in Australia and New Zealand?	Prof. Nadine Foster, Prof. Ian Harris, Prof. Rana Hinman, Prof. Ranjeny Thomas, Ms. Kerry Mace, Prof. Steven McPhail
11:00am - 11:30am	Morning Tea	
11:30am - 12:30pm	Trials in Ideation and Development	Chair: Prof. Chris Maher
12:30pm - 1:00pm	Seeding grant presentations and discussion	Chair: A/Prof. Gustavo Machado
1:00pm - 2:00pm	Lunch	
2:00pm - 3:00pm	EMCR Rapid-Fire Presentations - Session 1	Chair: Dr. Caitlin Jones
3:00pm - 3:30pm	Afternoon Tea	
3:30pm - 5:00pm	Spinal Frontiers: Exploring Bold Ideas in Back Health	Chair: A/Prof. Adrian Traeger
5:30pm - 7:30pm	Conference Dinner (Mr. Percival's, Howard Smith Wharves)	

THURSDAY 9TH OCT - MEETING DAY 2 | CUSTOMS HOUSE RIVER ROOM

8:45am - 10:15am	Discussion: Future directions for ANZMUSC	Facilitator: Dr. Tanya Millard
10:15am - 10:45am	Morning Tea	
10:45am - 12:15pm	Discussion: Where we are up to with equity in MSK trials?	Dr. Nathalia Costa, Dr. Jonathan Quicke, Dr. Emma Karran, Prof. Ben Darlow, Mr. Geoffrey Ryan, Dr. Dinesh Palipana
12:15pm - 1:15pm	EMCR Rapid-Fire Presentations - Session 2	Chair: Dr. Aidan Cashin
1:15pm - 2:05pm	Lunch	
2:05pm - 3:20pm	Discussion: Where are we up to with biomarkers in MSK trials?	Prof. Paul Hodges, Dr. Shakes Chandra, Dr. Giovanni Ferreira, Dr. David Klyne, Prof. Lyn March, Dr. Tom Lynch, Ms. Sarah Cummings
3:20pm - 3:50pm	Afternoon Tea	
3:50pm - 5:00pm	'Hot off the Press' Trial Findings & ANZMUSC Awards	Chair: Prof. Christine Lin

FREE PUBLIC LECTURE



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Long Room, Customs House, Brisbane
Tuesday, 7th October, 2025

6:00pm – 7:30pm (drinks & canapes to follow)

Chair: Ms Joyce McSwan

Speakers: A/Prof Michelle Hall, Prof Kim Bennell,
A/Prof Chris Williams

Commentators: Dr Shona Sundaraj (Clinician: Medibank),
Uncle Terry Stedman (Consumer)



Living Well with Back and Joint Pain



Low back pain



Hip osteoarthritis



Knee osteoarthritis



**PANEL
DISCUSSION**

SUPPORTED BY:



REGISTRATION



Register [here](#) for in-person attendance, tickets available until 05/10/2025 unless allocation exhausted prior. The event will be recorded and made available via the ANZMUSC website.

Scientific Meeting – Day 1

Wednesday 8 October, 9:00am – 5:00pm | Customs House River Room

09:00 - 9:30am Welcome and Updates		
09:00am	Acknowledgement of Country Brief ANZMUSC Update	Prof. Rachelle Buchbinder AO Monash University
09:15am	Implementing the Patient Engagement in Research Scale (PEIRS) to measure meaningful consumer engagement with ANZMUSC	Dr. Caitlin Jones University of Sydney Ms. Annie McPherson ANZMUSC CAG
9:30 - 11:00am Where are we up to with musculoskeletal trials in Australia and New Zealand? Fishbowl¹ collaborative discussion Facilitator: Prof. Nadine Foster University of Queensland and Metro North Health		
Discussants or ‘fish’ Prof. Ian Harris AM ANZBACK SIG, University of New South Wales Prof. Rana Hinman Osteoarthritis SIG, University of Melbourne Prof. Ranjeny Thomas Inflammatory Arthritis SIG, University of Queensland Ms. Kerry Mace ANZMUSC & ANZBACK Consumer Advisory Groups Prof. Steven McPhail Econ Methods, Queensland University of Technology		
Format The discussion will commence with contributions and reflections from the ‘fish’ before opening the discussion to all participants, where audience members will be encouraged to bring their own related experiences and reflections, and crucially, recommendations for the future of MSK trials in Australia and New Zealand.		
Discussion questions Reflecting on the last 25 years of MSK clinical trials led from Australia and New Zealand, from your perspective, what have been the: 1. strengths and highlights in the field? 2. key challenges and weaknesses in the field? Looking ahead to the next 25 years of MSK trials, 3. what needs to be done differently? How might we achieve that?		
11:00 - 11:30am Morning Tea		

¹ **Fishbowl discussion:** A fishbowl discussion is a collaborative discussion format where a small group of participants, referred to as the "fish," engage in a conversation together, while a larger group of observers listen. This setup allows for dynamic participation, as observers can join the discussion by joining or replacing one of the original participants, fostering an inclusive environment for dialogue. The format encourages active listening and thoughtful contributions, making it an effective strategy for group discussions in educational settings.

11:30 - 12:25pm Trials in Ideation and Development Chair: Prof. Chris Maher AM, University of Sydney		
11:32am	Dr. Jonathan Quicke University of Queensland	
11:50am	A/Prof. Michelle Smith University of Queensland	
12:08pm	Prof. Ian Harris AM University of New South Wales	
12:25 - 1:00pm Seeding grant presentations Chair: A/Prof. Gustavo Machado, University of Sydney		
12:27pm	The smallest worthwhile effect of strengthening exercise on pain intensity for people with hip osteoarthritis: a benefit-harm trade-off study	Dr. Travis Haber University of Melbourne
12:33pm	Co-designed video message to reduce unnecessary opioids in patients presenting to emergency departments	Dr. Sweekriti Sharma University of Sydney
12:39pm	ELDERS BACK@HOME: a feasibility trial of virtual care for older people admitted to hospital with low back pain	Dr. Crystian Oliveira University of Sydney
12:45pm	Development of a co-design intervention to target a pain-dominant phenotype of chronic plantar heel pain	Dr. Jason Rogers University of Tasmania
12:51pm	First impressions: Musculoskeletal pain pathways in children and adolescents presenting to Emergency Departments	Dr. Tie Yamato University of Sydney (pre-recorded video)
1:00 - 2:00pm Lunch		
2:00 - 3:00pm EMCR Rapid-Fire Presentations – Session 1 Hosted by the EMCR Committee Chair: Dr. Caitlin Jones, University of Sydney		
2:02pm	NUDG-ED: behavioural interventions to reduce low value care for back pain in emergency care: A 2x2 factorial, pragmatic cluster randomised trial	Dr. Sweekriti Sharma University of Sydney
2:10pm	Timing of anterior cruciate ligament reconstruction (ACLR): What drives early surgery in Australia? Insights from a nationwide cohort	Dr. Marc-Olivier Dubé La Trobe University
2:18pm	Investigating cost burden of epicondylalgia in Queensland	Dr. Brooke Coombes University of Queensland

2:26pm	A patient information 'nudge' letter did not reduce inpatient rehabilitation following knee and hip total joint replacement surgery at a private health service: A randomised controlled trial and nested qualitative study	Dr. Jason Wallis Monash University
2:34pm	Effectiveness of a swimming and education program for chronic low back pain: a randomised controlled trial	Ms. Deborah Wareham Macquarie University
2:42pm	Association between clinician characteristics and the effectiveness of interventions for low back pain: a systematic review and meta-analysis	Mr. Stephen Sharp Macquarie University
2:50pm	Treatment effect modifiers of graded sensorimotor retraining for people with chronic low back pain	Ms. Martjie Venter University of New South Wales
3:00 - 3:30pm	Afternoon Tea	
3:30 - 5:00pm	Spinal Frontiers: Exploring Bold Ideas in Back Health Chair: A/Prof. Adrian Traeger, University of Sydney	
3:30pm	Overview of current knowledge and gaps in back health	Dr. Caitlin Jones University of Sydney Dr. Aidan Cashin University of New South Wales
3:45pm	Cognitive Functional Therapy (CFT) studies and EVOOLVE training	Prof. Mark Hancock Macquarie University
4:00pm	Novel work in emergency departments and using real time data	A/Prof. Gustavo Machado University of Sydney
4:15pm	Panel Discussion Where should we focus our back pain research over the next 10 years?	Ms. Sarah Cummings ANZMUSC & ANZBACK Consumer Advisory Groups Prof. James McAuley University of New South Wales Dr. Shona Sundaraj Medibank
5:00pm	Day 1 Close	Prof. Rachelle Buchbinder AO
5:30pm onwards	Social Dinner Mr. Percival's, Howard Smith Wharves Boundary St, Brisbane City, QLD 4000	

Scientific Meeting – Day 2

Thursday 9th October, 8:45am – 5:00pm | Customs House River Room

08:45 - 10:15am	Discussion on future directions for ANZMUSC Facilitator: Dr. Tanya Millard, Monash University	
	Please complete the survey which has been emailed to you prior to attending the workshop if possible. Scan QR code or click here. 	
	This workshop will include the presentation of preliminary findings from the ANZMUSC Evaluation which is currently underway. The evaluation aims to explore how Australian and New Zealand MSK trialists and other researchers (members and non-members) and consumers are engaging with ANZMUSC and the overall value of and sustained need for the network. A series of activities and group discussions will: 1. Sense check preliminary findings from the surveys 2. Discuss the strengths of the network and how these could be optimised 3. Discuss the barriers to engagement and opportunities for improvement 4. Discuss the future of ANZMUSC	
	*NOTE: this workshop will be recorded. Data collected will be used as a part of the evaluation research project. Please review the explanatory statement and consent to participating in this workshop here or via QR code. 	
10:15 - 10:45am	Morning Tea	
10:45 - 12:15pm	Discussion: Where are we up to with equity in musculoskeletal trials? Facilitators: Dr. Nathalia Costa & Dr. Jonathan Quicke, University of Queensland	
10:45am	This session will bring together diverse perspectives from trials, consumer and community involvement, Indigenous health, disability and knowledge mobilisation to prompt reflection on the current landscape of equity in musculoskeletal trials in Australia and New Zealand and explore opportunities for advancing it.	
	Introduction to the session, panel members, and key concepts such as equity and equity-relevant trials	Dr. Nathalia Costa University of Queensland
	Outcomes of the 'Identifying Social factors that Stratify Health Opportunities and Outcomes (ISSHOs) in Pain Research' project, which developed a minimum dataset to enhance the collection of participant data across key health equity domains	Dr. Emma Karran University of Adelaide
	Reflections on experience leading the KneeCAPS trial, which aims to measure the effectiveness of identifying Maori and non-Maori people with knee OA in community pharmacies and providing evidence- and community-based care	Prof. Ben Darlow University of Otago

	Discussion on the importance of knowledge mobilisation from musculoskeletal trial research reflecting on opportunities to improve equity	Dr. Jonathan Quicke University of Queensland
11:25am	The presenters will be joined by Mr. Geoffrey Ryan AM (ANZMUSC Consumer Advisory Group Member) and Dr. Dinesh Palipana OAM (disability advocate, doctor, lawyer, and Senior Lecturer from Griffith University) for a panel discussion.	
	The panel will consider these questions in the Australian and New Zealand context: 1. Where are we up to with equity in MSK trials? 2. What barriers do we need to dismantle to move equity from aspiration to practice? 3. What is needed to advance equity in MSK trials? 4. What actions or commitments can we take to advance equity in MSK trials? The audience will be encouraged to reflect on their own research contexts and share ideas for advancing equity in musculoskeletal trials, with the goal of fostering collective learning that ultimately drives progress toward reducing inequities in patient outcomes and healthcare delivery.	
12:15 - 1:15pm	EMCR Rapid-Fire Presentations – Session 2 Hosted by the EMCR Committee Chair: Dr. Aidan Cashin, University of New South Wales	
12:17pm	Development and Rasch analysis of the POLLS scale to assess lower limb physical function	Mr. Andi Pierobon University of Otago, Wellington
12:25pm	Smallest worthwhile effect of ACL reconstruction compared to non-surgical management	Mr. Fahd Dibsh University of Sydney
12:33pm	Barriers and enablers to implementing opioid deprescribing guideline recommendations: A qualitative analysis of general practitioners' perspectives using the Theoretical Domains Framework	Ms. Siya Zhao University of Sydney
12:41pm	Physiotherapists' perspectives on implementing a prevention-based walking and education program (WalkBack) for recurrent low back pain: a qualitative study	Mr. David (Seong Kyeong) Yeom Macquarie University
12:49pm	The efficacy, effectiveness and safety of treatments for phantom limb pain: A systematic review and meta-analysis	Mr. Jack Devonshire University of New South Wales / Neuroscience Research Australia
12:57pm	General practitioners' and patients' perceptions of medicine prescriptions for the management of low back pain: a qualitative study	Ms. Isha Mishra University of New South Wales / Neuroscience Research Australia
1:05pm	Association Between Barriers to Accessing General Practitioners and Emergency Department Visits in New Zealand	Mr. Yen Wei Lim University of Otago, Wellington
1:15 - 2:05pm	Lunch	

2:05 - 3:20pm	Discussion: Where are we up to with biomarkers in musculoskeletal trials? Facilitator: Prof. Paul Hodges, University of Queensland	
	Panel Dr. Shakes Chandra University of Queensland Ms. Sarah Cummings ANZMUSC & ANZBACK Consumer Advisory Groups Dr. Giovanni Ferreira University of Sydney Dr. David Klyne University of Queensland Dr. Tom Lynch University of Sydney Prof. Lyn March AM University of Sydney	
	What are biomarkers and how can they help reduce the burden of musculoskeletal pain?	Prof. Paul Hodges University of Queensland
	1. What biomarkers are you aware of that are already making a difference to outcomes? (MSK and beyond) 2. What is the value/risk to people with pain? (e.g. genetic testing) 3. What biomarkers are on the horizon in MSK research - are there any biomarkers that have some preliminary evidence or strong rationale that we should prioritise for validation? 4. How can we include biomarkers in clinical trials and what are some of the challenges/pitfalls? 5. How can we identify candidate biomarkers and what are some of the new opportunities/methods, and what are the challenges/risks?	
3:20 - 3:50pm	Afternoon Tea	
3.50 – 5:00pm	Hot off the Press Trial Findings & ANZMUSC Awards Chair: Prof. Christine Lin, University of Sydney	
3:52pm	PROP OA: Provision of knee braces for knee osteoarthritis: a parallel-group, superiority, randomised controlled trial	Prof. Nadine Foster University of Queensland
4:12pm	Te Tauwhiro Turi mā te Rongoā: Knee Care for Arthritis through Pharmacy Study (KneeCAPS)	Prof. Ben Darlow University of Otago
4:32pm	EMCR Rapid-fire Showcase Awards	Presented by Dr. Giovanni Ferreira
4:42pm	Seeding Grant Awards	Presented by A/Prof. Gustavo Machado
4:47pm	ANZMUSC Best Early Career Researcher Paper of the Year	Presented by Dr. Giovanni Ferreira
4:50pm	ANZMUSC OA Special Interest Group Osteoarthritis Paper of the Year	Presented by Dr. Jonathan Quicke
4:53pm	ANZMUSC Trial of the Year	Presented by Prof. Rachelle Buchbinder AO
4:56pm	Acknowledgement of Consumer Representatives	
5pm	Meeting Close	