

## Josh McGeown

HBKine & MSc Lakehead University, Canada  
PhD Candidate – AUT SPRINZ (Vice Chancellor Scholarship)



**Research specialisation:** Optimization of the clinical assessment and management of sport-related mTBI.

**Experience:** 5 years of clinical experience working with acute and chronic neurological and musculoskeletal injuries. Owned and operated sole proprietorship rehabilitation business, including a TBI rehabilitation service. Personally experienced a substantial number of mTBIs leading to involvement in the TBI research community.

Traumatic Brain Injury Network Research Officer  
Member of AUT Sport Kinesiology Injury Prevention and Performance (SKIPP) Group  
Member of Rugby Codes Research Group  
Student Representative for Sports Medicine New Zealand – Auckland Branch  
Student Representative for the International Society of Biomechanics in Sport  
Awarded an AUT Vice Chancellor Scholarship (2018-2021)

**Research overview:** Focus on improving the objective assessment of mTBI to improve clinical decision making and to guide the use of exercise and nutritional strategies to improve recovery outcomes following mTBI.

### Research Dissemination:

- 1) McGeown, J., Kara, S., Fulcher, M., Crosswell, H., Borotkanics, R., Hume, P. A., Quarrie, K.L., Theadom, A. (2019 *under review*). Predicting sport-related mTBI symptom resolution trajectory using initial clinical assessment findings. *Sports Medicine*.
- 2) McGeown, J. P., Hume, P. A., Kara, S., Neary, J. P., & Gardner, W. (2019). Is it really the result of a concussion? Lessons from a case study. *Sports Medicine - Open*, 5(1), 8. <https://doi.org/10.1186/s40798-019-0181-4>
- 3) McGeown, Josh (2018) "Implication for biomechanists: Research needed to help address mild traumatic brain injury" *ISBS Proceedings Archive*: Vol. 36 : Iss. 1 , Article 255. Available at: <https://commons.nmu.edu/isbs/vol36/iss1/255>
- 4) McGeown, J. P., Zerpa, C., Lees, S., Niccoli, S., & Sanzo, P. (2018). Implementing a structured exercise program for persistent concussion symptoms: a pilot study on the effects on salivary brain-derived neurotrophic factor, cognition, static balance, and symptom scores. *Brain Injury*, 32(12), 1556-1565. <https://doi.org/10.1080/02699052.2018.1498128>
- 5) McGeown, Joshua; Sanzo, Paolo; Zerpa, Carlos; Lees, Simon; and Niccoli, Sarah (2017) "Static balance in individuals with post-concussion syndrome," *ISBS Proceedings Archive*: Vol. 35 : Iss. 1 , Article 165. Available at: <https://commons.nmu.edu/isbs/vol35/iss1/165>
- 6) McGeown, J., Sanzo, P., Zerpa, C., Lees, S., & Niccoli, S. (2016) The Effects of Exercise on Cognitive Function, Balance, and Salivary Brain Derived Neurotrophic Factor in Healthy Individuals – A Pilot Study. *Research in Neuroscience*. DOI 10.5923/j.neuroscience.20160501.03



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