

JOSHUA ROBERT ZADRO (DOB: 17/11/1992)

Registered Physiotherapist (PHY0001934928) and member of the Australian Physiotherapy Association (membership no. 93177) since January 2015.

Education and qualifications

- **2015-18:** Doctor of Philosophy (PhD); award 28th May 2018, Uni. of Sydney, Faculty of Health Sciences
- **2011-14:** Bachelor of Applied Science (Physiotherapy – Honors Class 1), Uni. of Sydney

Relevant employment

- **2018-present:** Research Fellow, Faculty of Medicine and Health, Uni. of Sydney
- **2015-2020:** Physiotherapist at a private practice
- **2016-2017:** University tutor for Bachelor and Masters of Physiotherapy students at the Faculty of Health Sciences, Uni. of Sydney.

Research achievements

Awards/Prizes

- **2023:** Sydney Research Young Researcher of the Year Award
- **2022:** Best pain research abstract at the Faculty of Medicine and Health, EMCR Networks Showcase
- **2021:** Early Career Researcher media engagement award within *Wiser Healthcare* (a large, international, and multidisciplinary research network)
- **2021:** Best E-poster at the Australian Rheumatology Association Annual Scientific Meeting
- **2020:** Best Publication from an ECR within Wiser Healthcare Research Collaboration
- **2019:** Best Poster Presentation at the Sydney Spinal Symposium
- **2019:** Best Poster Presentation at the NSW ACI Network Meeting
- **2018:** Best Poster Presentation by an ECR at the Sydney Musculoskeletal, Bone & Joint Health Alliance Scientific Meeting

Grants and funding (total: \$3 million). CIA = Chief Investigator/Project lead.

- **2023-2026:** The University of Sydney - 2023 Sydney Robinson Fellowship (CIA). Can e-Health improve equitable access to effective, affordable musculoskeletal healthcare? \$288,034 AUD
- **2023-2027:** Medical Research Future Fund (MRFF)– Clinician Researchers Initiative- 2022 Clinician Researchers: Nurses, Midwives and Allied Health Grant Opportunity (CIA). Restructuring musculoskeletal health services to ensure equitable access to effective, affordable allied health care. \$1,491,473.01 AUD
- **2022:** The University of Sydney, Faculty of Medicine and Health (CIA). Rewarding Research Success. \$75,000 AUD
- **2022:** Arthritis Australia (CIA). Stratified care integrated with eHealth for low back pain. \$15,000 AUD
- **2021-2025:** NHMRC Investigator Grant – EL1 (CIA). Can e-Health improve access to effective and affordable care for musculoskeletal conditions? \$645,205 AUD
- **2021-2022:** Deputy Vice-Chancellor, Research Support Fund for COVID-19 impacted research (CIA). The feasibility of delivering and evaluating stratified care integrated with eHealth ('Rapid Virtual Stratified Care') for patients with low back pain: a randomised controlled trial. \$30,280 AUD
- **2021-2023:** New South Wales Agency of Clinical Innovation Research Grant Scheme (CIE). Using a rapid virtual health triage consultation and early intervention to triage and manage referrals to the RPAH Back Pain Clinic more effectively. \$30,000 AUD
- **2021-2022:** Arthritis Australia (CIB). A decision support tool to reduce unnecessary imaging for rotator cuff related shoulder pain. \$20,000 AUD

- **2020:** Arthritis Australia (CIA). The development of a patient decision aid to reduce subacromial decompression. \$15,000 AUD
- **2020-2022:** HCF Research Foundation (CIC). Assisting patients with knee osteoarthritis to make informed choices about total knee arthroplasty and non-operative management. \$258,256 AUD
- **2018-2019:** Medibank Health Research Fund (CIA). Identifying the barriers and facilitators to high-value physiotherapy. \$15,000 AUD
- **2015-18:** Travel/Development Grants (CIA). Uni. of Sydney. \$10,647 AUD (total value)
- **2015-2018:** Australian Postgraduate Award (APA) plus Uni. of Sydney Merit Award Top-Up (CIA). \$95,000 AUD

Publication summary – See Appendix A for the full list and top 5

I have published 96 peer-reviewed articles (50 first-author; 23 second/senior-author; 15 invited papers; 70 in top quartile journals), including articles in top medical and physiotherapy journals (e.g. BMJ, JAMA Int Med, J Physiother).

Conference presentation summary – See Appendix B for details

I have made 82 conference presentations; 35 at international conferences (e.g. International Back and Neck Pain Forum 2016/17/19/23), 35 oral presentations, 18 invited (e.g. World Confederation of Physical Therapy Congress 2019) and 6 received awards.

Teaching highlights

In the past 5 years, I have supervised 56 research students (48 based at the University), mentored students and staff across the University, contributed to research training at the institutional, local, national and international level, and developed curriculum for medical, physiotherapy and general degrees. Below are my key achievements.

Supervision of high achieving research staff and students

- Supervised 7 PhD students (4 as primary supervisor). One PhD completion was awarded her PhD without further conditions (i.e. awarded outright), secured a competitive post-doctoral researcher position, and is awaiting the outcome of a competitive NHMRC Investigator Grant application. The rest are on track to submit on time and are publishing high-quality papers (where I am senior author) including in *Journal of Physiotherapy* (IF=10.714; JR=#1 in Orthopaedics AND Rehabilitation) and *Journal of Science and Medicine in Sport* (IF=4.597; JR=top 10% in Sports Sciences)
- Supervised 6 Hons completions (all awarded Class I) plus 2 current
- Supervised 3 Doctor of Medicine students from the University of Sydney (2023-current) and 1 from Notre Dame University (2021) who published a paper as lead-author (I was senior author) in *Archives of Physical Medicine and Rehabilitation* (Impact Factor, IF=4.1; top 9% journal in Rehabilitation)
- Supervised 31 Master of Public Health capstone students; 12 co-authored articles in top journals, including in *Physical Therapy* (IF= 3.140; JR=top 11% in Rehabilitation) and *Physiotherapy Theory and Practice* (IF= 2.176; JR=top 20% in Rehabilitation), and 10 have articles under review
- I have actively supported my students in applications for scholarships and awards. Two of my PhD students have been awarded competitive scholarships for the entire duration of their candidature, and one received a prestigious teaching award within the School of Health Sciences

Mentoring of junior researchers

- I mentored 12 researchers (one-on-one) applying for competitive grants and fellowships (2 PhD students, 9 junior postdocs, and 1 senior researcher). One junior postdoc was successful with their NHMRC Investigator Grant (EL1) and another with their Cancer Institute NSW fellowship

- I recently mentored 2 PhD students at the University who were both successful in obtaining competitive post-doctoral positions
- I recently mentored 2 international students from Italy and the USA on several research papers (e.g., *BMC Medical Education* 2022, 22(1):324, IF=3.3, top 14% journal in Education, Scientific Disciplines) which contributed to both of them being successful in their PhD applications
- I mentored 1 junior postdoc on an article for *The Conversation* which received substantial attention (930K reads, the most read article from the University in *The Conversation* in 2022). The piece focused on 4 papers where I was lead or senior author
- I mentored 1 PhD student on an invited article for *InMotion* (flagship publication of the Australian Physiotherapy Association – 35K members, nation-wide)
- I provide informal mentoring in my department in the form of grant and fellowship application ‘Mock panels’, a fortnightly ‘Research Ideas’ meeting, and information sessions for ECRs (e.g., “Tips for grant writing”)

Research training and education at the local, national and international level

- My national academic profile led to an invite from the Australian Physiotherapy Association (35K members, nation-wide) to help develop a course on ‘evidence-based practice’. Working in a team of 6 committee members, we developed over 40 hours of content and an exam to be delivered to physiotherapists undertaking their clinical specialisation training
- My international academic profile led to an invite by a group of Italian physiotherapists (Sinergia & Sviluppo srl) to give a lecture on my 6-article series on ‘Overcoming Overuse’ in the *Journal of Orthopaedic and Sports Physical Therapy* (IF=6.3; top 3% journal in Rehabilitation). The lecture is now part of their post-graduate education course. I have also been invited on several popular podcasts in Australia, United States, Portugal, and Italy to share my research with health professionals (e.g., *The Knowledge Exchange Podcast* 2021, Australia – 2K downloads for my episode, *Guida Galattica per Fisioterapisti*, Italy – 10K, *PT Inquest* – 10K, *Physical Therapy Journal Podcast* – 2K, *Inside the Science MSK* – 4K)
- I coordinate a hybrid research-clinical placement at my Institute for Bachelor of Applied Science (Physiotherapy) and Masters of Physiotherapy students (PHTY5180 and PHTY5181) – since the start of 2022. In this role, I organise clinical activities at the local hospital (Royal Prince Alfred, Sydney Local Health District), group meetings with other researchers and clinicians, clinical-focused research activities, and assessment of their work and overall performance. I take students every second 5-week block and have supervised 6 in total. To ensure students have the best possible experience with the placement, I completed an 8-module Placement Educator Development course (~20 hours) from the Work Integrated Learning unit
- My research on the management of sports injuries is the topic of an entire tutorial for Bachelor and Masters of physiotherapy students at the University (each year since 2019)
- I led a large multidisciplinary team on the development of a decision aid to help people with shoulder pain choose between surgical and non-surgical options. The tool received enormous interest within the clinical community (e.g., ~400 tweets and 670K impressions on Twitter) and lead to ~250 request from clinicians asking for the tool via email. Many clinicians said they were going to use this tool in their teaching and practice. A Professor from Bond University used the decision aid as a teaching resource in a unit of study on “Sustainable Healthcare” (HPER71-117; 2021-22)

Curriculum development and lecturing

- I was identified as an expert by The University of Sydney Medical School and invited to sit on the Population Medicine curriculum development committee and develop a module on value in

musculoskeletal healthcare. I developed the idea for 5 lectures that leading experts (e.g., Prof Hunter global rank 1/89K for osteoarthritis; Expertscape) deliver to >300 students each year. I deliver one of these lectures. Six of my publications on overuse now form a key part of the curriculum on musculoskeletal pain for medical students

- Given my experience engaging with the media, I am invited on a panel discussion about communicating research to the media for students enrolled in CEPI5215 (Writing and Reviewing Medical Papers, The University of Sydney) each year (2021 and 2022)
- In 2022, I was invited to provide a guest lecture on career pathways to 4th year Undergraduate Physiotherapy Students for the Unit of Study Physiotherapy in Sport and Recreation (PHTY4226)
- As an expert in healthcare overuse, I was invited by a Professor at Bond University to film a 5-min video about Choosing Wisely (a global campaign to reduce overuse) to be used as a teaching resource for the Master of Healthcare Innovations subject 'Sustainable Healthcare' (HPER71-117)

Leadership highlights

Committees

- *Faculty of Medicine and Health EMCR Networks Showcase 2022 (~350 delegates attended this conference):* I helped organise all conference activities (e.g., program, abstract submission forms, invited speakers) and organised, chaired, and participated in several sessions
- *School of Public Health EMCR Committee member (since 2020):* I am one of the 6 members responsible for offering career development advice and advocacy for ~50 EMCRs and ensuring their views are communicated to the School's Executive. I have helped organise or chair over 24 educational sessions for EMCRs, including a highly attended seminar on "How to effectively supervise HDR students?"
- *ANZMUSC ECR Advisory Committee member (2022) and past chair (2021):* I have identified training and development needs of ECRs and ran activities to address these needs (e.g., grant writing series/workshops), organised ECR networking events, and organised ECR conference activities and workshops
- *Institute for Musculoskeletal Health Consumer Engagement Portfolio Chair (since August 2019):* I created and currently oversee a Consumer Advisor Registry (n=30 consumers) to facilitate consumer involvement in musculoskeletal research at my Institute, Sydney Musculoskeletal Health Flagship Centre, and Local Health District. The registry was created through collaborations I built with people from Sydney Research (partnership of >20 research institutes) and Musculoskeletal Australia (nation's largest musculoskeletal consumer network)
- *Sydney Musculoskeletal Health (Flagship Centre) Consumer and Community Involvement Committee (since 2022) and Sydney Local Health District Patient and Family Centred Care Research Working Group (since 2020):* I help facilitate consumer involvement in University- and District-based research through my consumer registry

Research training and development

- *I use my grant writing skills to support University staff and colleagues:* The impact statements from my successful NHMRC Investigator Grant application (EL1) are used at University-run workshops on grant writing. I am regularly invited to present grant writing tips at University of Sydney events (e.g., Wiser Healthcare Annual Meeting, ANZMUSC Conference) and for other institutions (e.g., University of Melbourne and Queensland). I was also invited to review the University of Sydney 'Research impact training' modules (2021)
- *Faculty of Medicine and Health Annual Progress Reviews panel member (each year since 2019):* I have co-conducted 15 progress reviews to give HDR students and their supervisors an opportunity to review all aspects of the candidature and develop an action plan

- I chair and judge Master of Public Health Students capstone presentations (each year since 2018)
- I contribute to interview panels for prospective professional and academic staff at the Institute for Musculoskeletal Health

Service to Discipline and Field

- *Australian Physiotherapy Association Physiotherapy Research Foundation Grants Review Committee member (2021-23)*: I review applications for this competitive grant scheme focussed on supporting emerging researchers. I also arrange external reviewers, advise on the logistics of the scheme (e.g., eligibility criteria), and help select new committee members
- *Reviewer*: I have reviewed NHMRC Investigator grants (2021, 2023), Allied Health grants in the Netherlands (2021, 2023), and PhD theses (UNSW, 2022)
- *Physiotherapy Evidence Database (PEDro)*: PEDro is the largest global database of physiotherapy research with enormous reach (2M users in >200 countries). In 2021, I chaired the PEDro Education and Training committee to disseminate important research findings and improve physiotherapists' ability to appraise evidence (e.g., through World-Wide Journal Clubs, infographics and videos). In 2022-23, I coordinated the global #PEDroTacklesBarriers to evidence-based practice campaign. I led a team of 12 researchers and 5 clinicians on this campaign who collaborated with 30 physiotherapy researchers and clinicians from 8 countries. We produced over 20 videos (accompanied with blogs and social media posts) to help clinicians overcome barriers to evidence-based practice
- *Wiser Healthcare Research Collaboration Media Strategy committee co-chair (since June 2018)*: I have identified the media training needs of ~50 researchers from this international, multidisciplinary research network and developed resources to address these needs (e.g., proactive media guide)
- *Conference organising committees*: International Back Pain Forum 2021 (largest back pain conference worldwide - >500 delegates attended) and Wiser Healthcare Annual Meeting 2022 as co-Chair (~100 delegates attended). I was involved in abstract selection, program planning, and other logistical tasks (e.g., chairing sessions) for both conferences

Service to Community

- *Engagement with mainstream media*: My work and expert commentary is regularly in the media, including on National Television (Channel 7 in 2018 and 2021), radio (92.1FM Perth 2021, 2RPH FM and BBC 2018 and 2022, ABC Health Report 2019) and print news (e.g., 3 x The Age 2019, 2019 and 2021, 4 x Sydney Morning Herald 2019, 2019, 2022 and 2022, 4 x The Conversation 2019, 2019, 2021 and 2022). I have the most reads (~973K) in The Conversation out of any musculoskeletal researcher at the University and my commentary is highly regarded among top journalists. Given my expertise in this area, I was invited by the *Journal of Physiotherapy* (IF=10.714; #1 in Orthopaedics AND Rehabilitation) to write a guide to help physiotherapist researchers engage the mainstream media (doi:10.1016/j.jphys.2022.11.009).
- *Peer review*: I have reviewed over 227 journal articles (85 since Jan 2021), including articles submitted to top medical and discipline-specific journals (e.g., *Annals of Internal Medicine*, *JAMA Internal Medicine*, *BMJ*, *British Journal of Sports Medicine*). This puts me in the top 1% of reviewers globally based on the number of manuscripts reviewed in total and in the last year (Publons)
- *Editorial positions*: I am an Associate Editor for *BMC Musculoskeletal Disorders* (Q2 journal in Orthopedics, since April 2019), *Brazilian Journal of Physical Therapy* (top 10% in Rehabilitation, since Dec 2020) and *PLOS One* (Q1 in Multidisciplinary Sciences, since May 2022), Section Editor for submissions on low-value care for *Journal of Orthopaedic and Sports Physical Therapy* (top 3% in

Rehabilitation; since July 2019), and an Editorial Fellow for the *Journal of Physiotherapy* (IF=10.714; #1 in Orthopaedics AND Rehabilitation; since Jan 2022)

Appendix A. Publications

Scholarly book chapters (n=1)

1. Hoffmann T, Bennett S, Del Mar C. Evidence-based practice across the health professions-e-book. Elsevier Health Sciences; 2022. Co-authored Chapter 9 on *Prognosis worked examples (Accepted for publishing)*

Refereed journal articles (n=96)

	All	1 st author	Second author	Middle author	Last author
Total	96 (15 invited)	50	12	23	11
Original research	46	25	5	12	4
Systematic/scoping/ overview review	20	7	2	7	4
Other review	1 (1 invited)	1	0	0	0
Protocol	5	2	0	3	0
Editorial	15 (8 invited)	8	4	1	2
Letter to editor	3	2	1	0	0
Guideline appraisal	4 (4 Invited)	3	0	0	1
CAPs	2 (1 Invited)	2	0	0	0
Trials	9	5	3	1	0

Best 5 publications marked with *

Journal Articles (Original Research)

2023 (n=6)

2. Ferreira GE, Abdel Shaheed C, Underwood M, Finnerup NB, Day RO, McLachlan A, Eldabe S, **Zadro JR**, Maher CG. Efficacy, safety, and tolerability of antidepressants for pain: an overview of systematic reviews. *BMJ* 2023; 380:e072415
3. **Zadro JR**. Appraisal of Clinical Practice Guideline: Exercise intensity assessment and prescription in cardiovascular rehabilitation and beyond: why and how: a position statement from the Secondary Prevention and Rehabilitation Section of the European Association of Preventive Cardiology. *Journal of Physiotherapy* 2023;69(2):128 *Invited article*
4. **Zadro JR**. Appraisal of Clinical Practice Guideline: Clinical Practice Guideline for Hamstring Strain Injury in Athletes. *Journal of Physiotherapy* 2023;69(2):128 *Invited article*
5. Melman A, Lord HJ, Coombs D, **Zadro JR**, Maher CG, Machado GC. Global Prevalence of Hospital Admissions for Low Back Pain: a Systematic Review with Meta-analysis. *BMJ Open* 2023;13:e069517
6. **Zadro JR**. Critically appraised paper: In people with persistent instability after ACL injury, surgical reconstruction is more effective and cost-effective than non-surgical rehabilitation. *Journal of Physiotherapy* 2023;69(3):189 *Invited article*
7. **Zadro JR**, Michaleff ZA, O'Keeffe M, Ferreira GE, Traeger AC, Gamble AR, Afeaki F, Li Y, Wen E, Yao J, Zhu K, Page R, Harris IA, Maher CG. How do people perceive different advice for rotator cuff disease? A content analysis of qualitative data collected in a randomised experiment. *BMJ Open* 2023;13:e069779

8. Gan JFL, McKay M, Jones CMP, Harris IA, McCaffery K, Thompson R, Hoffmann TC, Adie S, Maher CG, **Zadro JR**. Developing a Patient Decision Aid for Achilles Tendon Rupture Management: a Mixed-Methods Study. *BMJ Open* 2023;13:e072553
9. Muscat DM, Thompson R, Cvejic E, Smith J, Chang EH, Tracy M, **Zadro JR**, Lindner R, McCaffery KJ. Randomised trial of the Choosing Wisely consumer questions and a shared decision-making video intervention on decision-making outcomes. *Medical Decision Making* 2023;43(6): 642–655
10. **Zadro JR**. Critically appraised paper: In patients with acute low back or neck pain, a judicious short course of opioids did not reduce pain compared with placebo [synopsis]. *Journal of Physiotherapy* 2023;S1836-9553(23)00077-2 *Invited article*
11. Kharel P, **Zadro JR**, Ferreira G, Howell M, Howard K, Wortley S, McLennan C, Maher CG. Can language enhance physical therapists' willingness to follow Choosing Wisely recommendations? A best-worst scaling study. *Brazilian Journal of Physical Therapy* 2023;27(4):100534
12. Bejarano G, Csiernik B, Young JJ, O'Keeffe M, Hayden J, **Zadro JR**. Community-based exercise and physical activity for chronic low back pain. *Cochrane Database of Systematic Reviews* 2023 (Epub ahead of print)
13. Ferreira GE, **Zadro JR**, Traeger AC, Jones CP, West CA, O'Keeffe M, Jenkins H, McAuley J, Maher CG. Adding brief pain science or ergonomics messages to guideline advice did not increase feelings of reassurance in people with acute low back pain: a randomised experiment. *J Orthop Sports Phys Ther*. (Epub ahead of print)
14. **Zadro JR**, Ferreira GE, Muller R, Sousa Filho LF, Malliaras P, West CA, O'Keeffe M, Maher CG. Education can reassure people with rotator cuff-related shoulder pain: a three-arm randomised online experiment. *Pain* 2023 (Epub ahead of print)

2022 (n=22)

15. ***ZADRO JR**, O'Keeffe M, Ferreira GE, Traeger AC, Gamble A, Page R, Herbert R, Harris IA, Maher CG. Diagnostic labels and advice for rotator cuff disease influence perceived need for shoulder surgery: An online-randomised experiment. *Journal of Physiotherapy* 2022;68(4):269-276

- *Large, world-first shoulder pain trial (n=2,028) found that positive prognostic information and advice to stay active reduced people's perceived need for unnecessary surgery*
- *Published in the top physiotherapy journal (IF=10.7; JR=#1 in Orthopaedics AND Rehabilitation)*
- *Invited presentation and presentation award at the Faculty of Medicine and Health EMCR Networks Showcase (~350 delegates across the University of Sydney)*
- *Invited article for InMotion (flagship publication for the Australian Physiotherapy Association – represents >35K physiotherapists in Australia)*
- *Altmetric: top 4% of same-aged research*

16. **ZADRO JR**, Needs C, Foster NE, Martens D, Coombs DM, Machado GC, Adams C, Han CS, Maher CG. The feasibility of delivering and evaluating stratified care integrated with telehealth ('Rapid Stratified Telehealth') for patients with low back pain: protocol for a feasibility and pilot randomised controlled trial. *BMJ Open* 2022;12:e056339
17. **ZADRO JR**, Maher CG. Overview of the drivers of low-value care. *International Journal of Health Policy and Management* 2022 (Epub ahead of print). *Invited article*

18. Ferreira GE, **ZADRO JR**, O'Keeffe M, Chen M, Gao Y, Hu Z, Zhang Z, Harris IA, Maher CG. A content analysis of online information about the benefits and harms of spine surgery. *Brazilian Journal of Physical Therapy* 2022;26(2):100398
19. Gamble AR, McKay M, Pappas E, Dale M, O'Keeffe M, Ferreira GE, Richardson K, **ZADRO JR**. Online information about surgical and non-surgical management of anterior cruciate ligament ruptures in Australia: a content analysis. *Musculoskeletal Science and Practice* 2022;59:102555
20. Ferreira GE, **ZADRO JR**, Liu C, Harris IA, Maher CG. Second opinions for spinal surgery: a scoping review. *BMC Health Services Research* 2022;22:358
21. **ZADRO JR**, Elkins MR. Advice and education for spinal pain. *Journal of Physiotherapy* 2022;68(2):86-88 *Invited article*
22. **ZADRO JR**, Gill D, Pinheiro MB, Duncan GE, Ferreira M, Ferreira PH. Does it matter where you live? The effect of neighbourhood walkability on recovery from low back pain. *International Public Health Journal* 2022;14(1)
23. Brown W, Pappas E, Foley B, **ZADRO JR**, Edwards K, Mackey M, Shirley D, Voukelatos A, Stamatakis E. Do different sit-stand workstations influence lumbar kinematics, lumbar muscle activity and musculoskeletal pain in office workers? A secondary analysis of a randomised controlled trial. *International Journal of Occupational Safety and Ergonomics (JOSE)* 2022;26:1-8
24. **ZADRO JR**, Lewin AM, Kharel P, Naylor J, Maher CG, Harris IA. Physiotherapy utilization, costs and return to work status following lumbar spine surgery: a retrospective analysis of workers compensation claims in Australia. *Brazilian Journal of Physical Therapy* 2022;26(2):100400
25. Bejarano G, Csiernik B, Young JJ, Stuber K, **ZADRO JR**. Healthcare students' attitudes towards patient centred care: a systematic review with meta-analysis. *BMC Medical Education* 2022;22(1):324
26. Ferreira GE, Elkins MR, Jones C, O'Keeffe M, Cashin A, Becerra RE, Gamble A, **ZADRO JR**. Reporting characteristics of journal infographics: a cross-sectional study. *BMC Medical Education* 2022;22:326
27. **ZADRO JR**, Karunaratne S, Harris IA, Jones CMP, O'Keeffe M, Ferreira GE, Buchbinder R, McCaffery K, Thompson R, Maher CG, Hoffmann T. The impact of a patient decision aid on intention to undergo surgery for subacromial pain syndrome: An online randomised controlled trial. *Patient Education and Counseling* 2022;105(9):2951-2961
28. Gosselink R, **ZADRO JR**. Physiotherapy for epidermolysis bullosa: clinical practice guidelines. *Journal of Physiotherapy* 2022;68(3):209 *Invited article*
29. O'Keeffe M, Ferreira GE, Harris IA, Buchbinder R, Traeger AC, **ZADRO JR**, Herbert RD, Thomas R, Belton J, Darlow B, Maher CG. Effect of diagnostic labelling on management intentions for non-specific low back pain: a randomised scenario-based experiment. *European Journal of Pain* 2022;26(7):1532-1545
30. Withers HG, Liu H, Glinsky JV, Chu J, Jennings MD, Hayes AJ, Starkey Im Palmer BA, Szymanek L, Cruwys JJ, Wong D, Duong K, Barnett A, Tindall M, Lucas B, Lambert TE, Taylor D, Sherrington C, Ferreira M, Maher CG, **ZADRO JR**, Hart K, Hodge W, Harvey LA. Protocol for a Process Evaluation: Face-to-face physiotherapy compared to a supported home exercise program for the management of musculoskeletal conditions: the REFORM trial. *BMJ Open* 2022;12(7):e057790
31. Kharel P, **ZADRO JR**, Sundaram CS, McCaffery K, Dodd RH, McLennan C, Maher CG. Physiotherapists' attitudes, views, and beliefs about Choosing Wisely recommendations: a qualitative study. *Musculoskeletal Science and Practice* 2022;61:102610
32. **ZADRO JR**. Appraisal of Clinical Practice Guideline: Clinical Practice Guideline for the Physical Therapy Management of Older Adults With Hip Fracture. *Journal of Physiotherapy* 2022;68(4):282 *Invited article*
33. Bakhtiari M, Morvaridzadeh M, Agah S, Rahimlou M, Christopher E, **ZADRO JR**, Heshmati J. The effect of almond intake on cardio-metabolic risk factors, Inflammatory markers, and liver enzymes: a systematic review and meta-analysis. *Phytotherapy Research* 2022 (Epub ahead of print)

34. O’Keeffe M, Michaleff ZA, Harris IA, Buchbinder R, Ferreira GE, **ZADRO JR**, Traeger AC, Thomas R, Belton J, Darlow B, Maher CG. Public and patient perceptions of diagnostic labels for non-specific low back pain: a content analysis. *European Spine Journal* 2022 (Epub ahead of print)
35. **ZADRO JR**, Ferreira GE, O’Keeffe M, Stahl-Timmins W, Elkins MR, Maher CG. How do people use and view infographics that summarise health and medical research? A cross-sectional survey. *BMC Health Services Research* 2022;22:677

2021 (n=22)

36. Ferreira GE, Maher CG, O’Keeffe M, Kwok WS, Peek AL, Harris IA, **ZADRO JR**. The effectiveness of hip arthroscopy for femoroacetabular impingement syndrome: a systematic review and meta-analysis. *Journal of Science and Medicine in Sport* 2021;24(1):21-29
37. Amorim A, **ZADRO JR**, Moseley A. What makes a great clinical trial? Exploring the features of five important physiotherapy trials. *British Journal of Sport Medicine* 2021;55:78-80
38. Traeger AC, Soon J, O’Keeffe M, Décary S, Michaleff ZA, **ZADRO JR**. Overcoming Overuse. Part 4: Small Business Survival. *Journal of Orthopaedic & Sports Physical Therapy* 2021;51(1):1-4 *Invited article*
39. Décary S, **ZADRO JR**, O’Keeffe M, Michaleff ZA, Traeger AC, Légaré F. Overcoming Overuse. Part 5: Is Shared Decision Making Our Excalibur? *Journal of Orthopaedic & Sports Physical Therapy* 2021;51(2):53-56 *Invited article*
40. Ferreira GE, Lin CC, **ZADRO JR**, Abdel-Shaheed C, McLachlan AJ, O’Keeffe M, Maher CG. Efficacy and safety of antidepressants for the treatment of spinal pain and osteoarthritis: A systematic review and meta-analysis. *BMJ* 2021;372:m4825
41. **ZADRO JR**, Amorim AB, Ferreira G, Hu X, Becerra RE, Reza BS, Khan S, Moseley AM. What makes a great clinical trial in physiotherapy? *Physiotherapy Theory and Practice* 2021 (Epub ahead of print)
42. O’Keeffe M, Barratt A, Fabbri A, **ZADRO JR**, Ferreira G, Sharma S, Moynihan R. Global Media Coverage of the Benefits and Harms of Early Detection Tests. *JAMA Internal Medicine* 2021;181(6):865-867
43. Thompson R, Muscat DM, Jansen J, Cox D, **ZADRO JR**, Traeger AC, McCaffery K. The promise and perils of patient decision aids for reducing low-value care. *BMJ Quality and Safety* 2021;30:407-411
44. Campo M, **ZADRO JR**, Pappas E, Monticone M, Secci C, Scalzitti D, Findley JL, Graham PL. The effectiveness of biofeedback for improving pain, disability and work ability in adults with neck pain: a systematic review and meta-analysis. *Musculoskeletal Science and Practice* 2021 (Epub ahead of print)
45. Ferreira GE, Buchbinder R, **ZADRO JR**, O’Keeffe M, Kharel P, Carballo-Costa L, Oliveira J, Maher CG. Are musculoskeletal conditions neglected in national health surveys? *Rheumatology* 2021;60(10):4874-4879

46. * **ZADRO JR**, O’Keeffe M, Ferreira GE, Haas R, Harris IA, Buchbinder R, Maher CG. Diagnostic Labels for Rotator Cuff Disease Can Increase People’s Perceived Need for Shoulder Surgery: An Online Randomized Controlled Experiment. *Journal of Orthopaedic & Sports Physical Therapy* 2021;51(8):401-411

- *My world-first trial published in a top journal (IF=6.3; top 3% in Rehabilitation) found some medical terms used by doctors to describe shoulder pain increase patients’ desire for unnecessary and potentially harmful care (e.g., shoulder surgery)*
- *Findings led to a highly accessed Article in The Conversation (34K reads, 11x more than the average story) and a radio interview (92.1FM Perth 2021)*
- *Findings were widely read and shared (e.g., online news stories in the US and New Zealand; online learning article of the month for the journal) and recognised with prizes (e.g., presentation award at a national rheumatology conference, ~200 delegates)*
- *FWCI: 4.31, Altmetric: 145 – top 1% of same-aged research*

47. Ho EK, Ferreira M, Pinheiro MB, Carvalho-e-Silva AP, Madrid-Valero J, **ZADRO JR**, Ordoñana J, Ferreira P. Factors associated with seeking medical care for low back pain in a twin adult sample. *European Journal of Pain* 2021;25(5):1091-1106
48. Bakhtiari M, Morvaridzadeh M, Agah S, Rahimlou M, Christopher E, **ZADRO JR**, Heshmati J. Effect of Probiotic, Prebiotic, and Synbiotic Supplementation on Cardiometabolic and Oxidative Stress Parameters in Patients with Chronic Kidney Disease: a Systematic Review and Meta-analysis. *Clinical Therapeutics* 2021;43(3):e71-e96
49. Ferreira GE, Herbert R, Machado GC, Richards B, Harris IA, O’Keeffe M, **ZADRO JR**, Maher CG. Low back pain presentations to New South Wales emergency departments: trends over time and geographical variation. *Emergency Medicine Australasia* 2021;33(5):868-874
50. Robertson A, Birch M, Harris IA, Buchbinder R, Ferreira GE, O’Keeffe M, Maher CG, **ZADRO JR**. Online information about the effectiveness of shoulder surgery is not evidence-based: a content analysis. *Archives of Physical Medicine and Rehabilitation* 2021;102(11):2141-2149.e2
51. Kharel P, **ZADRO JR**, Maher CG. Physiotherapists can reduce overuse by Choosing Wisely. *Journal of Physiotherapy* 2021;67(3):151-155
52. **ZADRO JR**, Lewin AM, Kharel P, Naylor J, Maher CG, Harris IA. Physiotherapy utilisation and costs before lumbar spine surgery: a retrospective analysis of workers compensation claims in Australia. *BMC Musculoskeletal Disorders* 2021 (Epub ahead of print)
53. Ferreira GE, **ZADRO JR**, O’Keeffe M, Buchbinder R, Maher CM, Latimer J. Challenges faced by musculoskeletal health research in Australia & New Zealand due to the COVID-19 pandemic. *Intern Med J* 2021;51(4):622
54. Gamble AR, Pappas E, O’Keeffe M, Ferreira G, Maher CG, **ZADRO JR**. Intensive supervised rehabilitation versus less intensive supervised rehabilitation following anterior cruciate ligament reconstruction? A systematic review and meta-analysis. *Journal of Science and Medicine in Sport* 2021;24(9):862-870

55. **Zadro JR**, Jones CMP, Harris IA, Buchbinder R, O'Connor D, McCaffery K, Thompson R, Karunaratne S, Tenga MJ, Maher CG, Hoffmann T. Development of a patient decision aid on subacromial decompression surgery and rotator cuff repair surgery: an international mixed-methods study. *BMJ Open* 2021;11:e054032

- *Developed the first decision aid to help people with shoulder pain make the difficult decision between surgery and non-surgical options. Tool was highly acceptable from a clinician- and patient-perspective*
- *Led to an invitation to write a piece for The Conversation about orthopaedic surgery (930K reads, most read article from The University of Sydney in 2022)*
- *Received enormous interest within the clinical community (e.g. ~400 tweets and 680,000 impressions on Twitter) and lead to over 250 requests from clinicians asking for the tool*
- *Mentioned in USA, UK, Spain, Canada, Switzerland, Denmark, Ireland, Norway*
- *Now used as a teaching resource at Bond University*
- *Altmetric: 301 – top 1% of same-aged research*

56. **ZADRO JR**, Rischin A, Johnston RV, Buchbinder R. Image-guided glucocorticoid injection versus injection without image guidance for shoulder pain. *Cochrane Database of Systematic Reviews* 2021:CD009147

57. **ZADRO JR**, Michaleff Z, O'Keeffe M, Ferreira GE, Haas R, Harris IA, Buchbinder R, Maher CG. How do people perceive different labels for rotator cuff disease? A content analysis of data collected in a randomised controlled experiment. *BMJ Open* 2021 (Epub ahead of print)

2020 (n=12)

58. **ZADRO JR**, Nilsen TIL, Shirley D, Amorim A, Ferreira PH, Lier R, Mork PJ. Parental multi-site chronic pain and the risk of adult offspring developing additional chronic pain sites: family-linkage data from the Norwegian HUNT Study. *Journal of Pain* 2020;21(9-10):968-978

59. **ZADRO JR**, Cheng SC, O'Keeffe M, Maher C. What interventions do physiotherapists provide for patients with cardiorespiratory conditions, neurological conditions, and conditions requiring acute hospital care? A systematic review. *Physical Therapy Journal* 2020;100(7):1180-1205

60. **ZADRO JR**, Décary S, O'Keeffe M, Michaleff ZA, Traeger AC. Overcoming overuse: Improving musculoskeletal health care. *Journal of Orthopaedic & Sports Physical Therapy* 2020;50(3):113-115
Invited article

61. **ZADRO JR**, O'Keeffe M, Allison J, Lembke K, Forbes J, Maher CG. Effectiveness of implementation strategies to improve the adherence of physiotherapists' treatment choices to clinical practice guidelines for musculoskeletal conditions: a systematic review. *Physical Therapy Journal* 2020;100(9):1516-1541

62. Kharel P, **ZADRO JR**, Mathieson S, Maher CG. Letter to the Editor: We need evidence-based solutions to the opioid crisis. *Physical Therapy Journal* 2020;100(6):1040

63. **ZADRO JR**, Shirley D, Nilsen TIL, Mork PJ, Ferreira PH. Family history influences the effectiveness of home-exercise in older people with chronic low back pain: a secondary analysis of a randomised controlled trial. *Archives of Physical Medicine and Rehabilitation* 2020;101(8):1322-1331

64. **ZADRO JR**, Maher C, Barton CJ. High- and low-value care in sport and exercise medicine: areas for consideration. *Translational Sports Medicine* 2020;3(5):395-403

65. **ZADRO JR**, Ferreira G. Has physical therapists' management of musculoskeletal conditions improved over time? *Brazilian Journal of Physical Therapy* 2020;24(5):458-462
66. **ZADRO JR**, Traeger AC, Décary S, O'Keeffe M. Problem with patient decision aids. *BMJ Evidence-Based Medicine* 2020. (Epub ahead of print)
67. Michaleff ZA, **ZADRO JR**, Traeger AC, O'Keeffe M, Décary S. Overcoming overuse series. Part 2: Defining and quantifying healthcare overuse for musculoskeletal conditions. *Journal of Orthopaedic & Sports Physical Therapy* 2020;50(11):588-591 *Invited article*
68. O'Keeffe M, Traeger AC, Michaleff ZA, Décary S, Garcia AN, **ZADRO JR**. Overcoming overuse. Part 3: Mapping the drivers in musculoskeletal healthcare. *Journal of Orthopaedic & Sports Physical Therapy* 2020;50(12):657-660 *Invited article*
69. Ferreira GE, Howard K, **ZADRO JR**, O'Keeffe M, Lin C, Maher CG. People considering exercise to prevent low back pain recurrence prefer exercise programs that differ from programs known to be effective: a discrete choice experiment. *Journal of Physiotherapy* 2020;66(4):249-255

2019 (n=16)

70. * **ZADRO JR**, O'Keeffe M, Maher C. Do physical therapists follow evidence-based guidelines when managing musculoskeletal conditions? A systematic review. *BMJ Open* 2019;9:e032329

- *1st systematic review to quantify evidence-practice gaps in physiotherapy care for musculoskeletal pain; only 63% of physiotherapists provide recommended care*
- *Findings led to an article in The Conversation (15K reads in 10 countries, 5x more than the average story)*
- *4 conference/publication awards and an invited conference presentation to 200 physiotherapists*
- *Cites: 131, FWCI: 5.08, Altmetric: 301 – top 1% of same-aged research*

71. **ZADRO JR**, Shirley D, Duncan GE, Ferreira PH. Familial factors predicting recovery and maintenance of physical activity in people with low back pain: insights from a population-based twin study. *Eur J Pain*. 2019;23(2):367-377.

72. * **ZADRO JR**, Shirley D, Simic M, Mousavi SJ, Cepnija D, Maka K, Sung J, Ferreira PH. Video-game based exercises for older people with chronic low back pain: A randomised controlled trial (GAMEBACK). *Physical Therapy Journal*. 2019;1;99(1):14-27

- *My world-first trial found videogames may be effective to reduce back pain in older adults*
- *Findings led to Australia-wide TV & radio interviews (eg Channel 7, 2GB Sydney) and global news pieces (eg Times UK) reaching 3.2 million people*
- *Cites: 54, FWCI: 4.99, Altmetric: 94 – top 1% from journal*

73. Amorim AB, Simic M, Pappas E, **ZADRO JR**, Carrillo E, Ordoñana JR, Ferreira PH. Is occupational or leisure physical activity associated with low back pain? Insights from a cross-sectional study of 1059 participants. *Brazilian Journal of Physical Therapy*. 2019;23(3):257-265
74. **ZADRO JR**, Pappas E. Time for a different approach to anterior cruciate ligament injuries: educate and create realistic expectations. *Sports Medicine*. 2019;49(3):357-363
75. **ZADRO JR**, O’Keeffe M, Maher CG. Evidence-based physiotherapy needs evidence-based marketing. *British Journal of Sports Medicine*. 2019;53:528529.
76. **ZADRO JR**, Moseley AM, Elkins MR, Maher CG. PEDro searching has improved over time: a comparison of search commands from two six-month periods three years apart. *International Journal of Medical Informatics*. 2019;121:1-9
77. **ZADRO JR**, Traeger A, Maher CG. Letter to the Editor: Major concerns regarding the conduct of a trial of spinal mobilization for lumbar radiculopathy. *Archives of Physical Medicine and Rehabilitation*. 2019;100(4):784-785
78. **ZADRO JR**, Harris IA, Abdelshaheed C, Broderick C, Barton CJ, Linklater J, Maher CG. Choosing Wisely after a Sport and Exercise-Related Injury. Chapter in: *Sport and Exercise-Related Musculoskeletal Disorders. Best Practice & Research: Clinical Rheumatology*. 2019;33(1):16-32. *Invited article*
79. Dario A, Kamper SJ, O’Keeffe M, **ZADRO JR**, Lee H, Wolfenden L, Williams CM. Family history of pain and risk of musculoskeletal pain in children and adolescents: A systematic review and meta-analysis. *Pain*. 2019;160(11):2430-2439
80. Alzahrani H, Mackey M, Stamatakis E, **ZADRO JR**, Shirley D. The association between physical activity and low back pain: a systematic review and meta-analysis of observational studies. *Scientific Reports*. 2019;9(1):8244
81. O’Keeffe M, Barratt A, Maher C, **ZADRO JR**, Fabbri A, Jones M, Moynihan R. Media coverage of the benefits and harms of testing the healthy: a protocol for a descriptive study. *BMJ Open*. 2019;9(8):e029532
82. Moseley AM, Rahman P, Wells GA, **ZADRO JR**, Sherrington C, Toupin-April K, Brosseau L. Agreement between Cochrane risk of bias tool and Physiotherapy Evidence Database scale. *PLOS One*. 2019;14(9):e0222770
83. **ZADRO JR**, Peek A, Dodd R, McCaffery K, Maher C. Physiotherapists’ views on the Australian Physiotherapy Association’s Choosing Wisely recommendations: a content analysis. *BMJ Open* 2019;9:e031360
84. **ZADRO JR**, Farey J, Harris IA, Maher C. Do Choosing Wisely recommendations about low-value care target income-generating treatments provided by members? A content analysis of 1293 recommendations. *BMC Health Services Research* 2019;19(1):707
85. Muscat DM, Chang EH, Thompson R, Cvejic E, Tracy M, **ZADRO JR**, Smith JK, Lindner R, McCaffery K. Evaluation of the Choosing Wisely Australia® 5 Questions resource and a shared decision-making preparation video: Protocol for an online experiment. *BMJ Open* 2019;9:e033126.

2018 (n=4)

86. **ZADRO JR**, Shirley D, Ferreira M, Carvalho Silva AP, Lamb SE, Cooper C, Ferreira PH. Is vitamin D supplementation effective for low back pain? A systematic review and meta-analysis. *Pain Physician*. 2018;21:121-145.
87. **ZADRO JR**, Nilsen TIL, Shirley D, Amorim A, Ferreira PH, Mork PJ. Parental chronic widespread pain and the association with chronic widespread pain in adult offspring: family-linkage data from the Norwegian HUNT Study. *Eur J Pain*. 2018;22(8):1485-1493.

88. Amorim A, Simic M, Pappas E, Lier R, **ZADRO JR**, Nilsen TIL, Ferreira M, Ferreira PH, Mork PJ. The influence of family history on prognosis of spinal pain and the role of leisure time physical activity and body mass index: family-linkage data from the Norwegian HUNT Study. *BMJ Open*. 2018;8:e022785
89. **ZADRO JR**, Maher CG. Letter to the Editor: Promoting Roles and Services Within Physical Therapy Not Supported by Evidence. *J Orthop Sports Phys. Ther* 2018;48(8):669–671. doi:10.2519/jospt.2018.0204.

2017 (n=7)

90. **ZADRO JR**, Shirley D, Pinheiro MB, Sánchez-Romera JF, Pérez-Riquelme F, Ordoñana JR, Ferreira PH. Does educational attainment increase the risk of low back pain when genetics is considered? A population-based study of Spanish twins. *The Spine Journal*. 2017;17(4):518-30.
91. **ZADRO JR**, Shirley D, Simic M, Mousavi SJ, Cernja D, Maka K, Ferreira PH. Video-game based exercises for older people with chronic low back pain: a protocol for a feasibility randomised controlled trial (the GAMEBACK trial). *Physiotherapy*. 2017;103(2):146-53.
92. **ZADRO JR**, Shirley D, Andrade TB, Scurrah KJ, Bauman A, Ferreira PH. The Beneficial Effects of Physical Activity: Is It Down to Your Genes? A Systematic Review and Meta-Analysis of Twin and Family Studies. *Sports Medicine - Open*. 2017;3(1):4.
93. **ZADRO JR**, Shirley D, Sánchez-Romera JF, Ordoñana JR, Ferreira PH. Does familial aggregation of chronic low back pain impact on recovery. A population-based twin study. *Spine*. 2017;42(17):1295-1301.
94. **ZADRO JR**, Shirley D, Amorim A, Pérez-Riquelme F, Ordoñana JR, Ferreira PH. Are people with chronic low back pain meeting the physical activity guidelines? A co-twin control study. *The Spine Journal*. 2017;17(6):845-854.
95. **ZADRO JR**, Shirley D, Pinheiro MB, Bauman A, Duncan GE, Ferreira PH. Neighborhood walkability moderates the association between low back pain and physical activity: A co-twin control study. *Prev Med*. 2017;99:257-63.
96. **ZADRO JR**, Shirley D, Ferreira M, Carvalho Silva AP, Lamb SE, Cooper C, Ferreira PH. Mapping the association between Vitamin D and low back pain? A systematic review and meta-analysis of observational studies. *Pain Physician*. 2017;20(7):611-640.

Appendix B. Conference presentations

Conference presentations

	All	Posters	Orals	Invited Orals
Total	82	29	35	18
National	47	12	21	14
International	35	17	14	4

Invited international

1. **Zadro JR**, O'Connell N, Mathieson S, Traeger A, O'Keeffe. Can PT evolve in an era of too many test and treatment options? *World Confederation of Physical Therapy Congress 2019; Geneva, Switzerland*. Invited panel member on a 'discussion session'.
2. Traeger A, **Zadro JR**, O'Keeffe, Hoffmann T, O'Sullivan P. Good advice for acute low back pain. *World Confederation of Physical Therapy Congress 2019; Geneva, Switzerland*. Post-conference course.
3. **Zadro JR**. Tips on refining your grant ideas and assembling a team. *Australian and New Zealand Musculoskeletal Clinical Trials Network (ANZMUSC) meeting May 2022*. Invited oral and panel presentation by **Zadro JR**
4. **Zadro JR**. ACL reconstruction and intensive supervised rehab: is it time to start Choosing Wisely? *Singapore Satellite for PEDro Webinar 2023*. Invited oral presentation by **Zadro JR**

Invited national

1. Shirley D, **Zadro JR**, Pinheiro MB, Ferreira PH. How twin studies will advance understanding of aetiology of musculoskeletal disorders and guide selection of optimal treatment. *Australian Physiotherapy Association Conference October 2015; Gold Coast, Australia*. Presented as a workshop by Shirley D, **Zadro JR** and Pinheiro MB.
2. Mosely A, **Zadro JR**. How to search PEDro to answer clinical questions. *Australian Physiotherapy Association Conference 2019; Adelaide, Australia*. Presented as a workshop by **Zadro JR**.
3. **Zadro JR**. Do physiotherapists provide recommended care for musculoskeletal conditions? *Annual Physiotherapy Evidence-Based Practice Forum; Sydney, Australia*. Invited oral presentation by **Zadro JR**.
4. **Zadro JR**. How to be successful with grants and publications as an early career researcher. *Wiser Healthcare National Meeting August 2020; Virtual meeting*. Invited oral presentation by **Zadro JR**
5. **Zadro JR**. Shoulder pain: an evidence update. *Australian Physiotherapy Association Rural Refresher Webinar September 2021*. Invited oral presentation by **Zadro JR**
6. **Zadro JR**. Stratified care integrated with eHealth for low back pain (Rapid Stratified Telehealth). *Pain Interest Group Nursing Issues (PIGNI) Oct 2021*. Invited oral presentation by **Zadro JR**
7. **Zadro JR**, Karunaratne S, Harris IA, Jones CMP, O'Keeffe M, Ferreira GE, Buchbinder R, McCaffery K, Thompson R, Maher CG, Hoffmann T. The impact of a patient decision aid on intention to undergo surgery for subacromial pain syndrome: An online randomised controlled trial. *Concord Hospital Musculoskeletal Physiotherapy Special Interest Group 2022*. Presented as an oral presentation by **Zadro JR**.

8. **Zadro JR.** Anterior Cruciate Ligament tears: an evidence update. *Australian Physiotherapy Association Rural Refresher Webinar March 2023*. Invited oral presentation by **Zadro JR**
9. **Zadro JR.** Tips for writing NHMRC/MRFF Grant applications. *Wiser Healthcare National Meeting September 2022*. Invited oral presentation by **Zadro JR**
10. **Zadro JR, O'Keefe M, Ferreira GE, Traeger AC, Gamble A, Page R, Herbert R, Harris IA, Maher CG.** Diagnostic labels and advice for rotator cuff-related shoulder pain influence perceived need for shoulder surgery: An online-randomised experiment. *University of Sydney, Faculty of Medicine and Health, EMCR Networks Showcase 2022; Sydney, Australia*. Invited oral presentation by **Zadro JR.**
11. **Zadro JR.** Getting fellowship fit. *University of Sydney, Faculty of Medicine and Health, EMCR Networks Showcase 2022; Sydney, Australia*. Invited panel presentation by **Zadro JR.**
12. **Zadro JR.** How to search PEDro to answer clinical questions. *Australian Physiotherapy Association IGNITE Conference 2023; Brisbane, Australia*. Presented as a workshop by **Zadro JR.**
13. Xie Y, **Zadro JR**, Lawford B. Do labels and language shape people's beliefs about musculoskeletal pain? *Australian Physiotherapy Association IGNITE Conference 2023; Brisbane, Australia*. Invited oral presentation by **Zadro JR.**
14. **Zadro JR.** How to set yourself up for a research-focused academic position post-PhD? *FMH HDR Student Conference Westmead, Australia*. Invited panel presentation by **Zadro JR.**

International

1. **Zadro JR, Shirley D, Simic M, Mousavi SJ, Cerpjna D, Maka K, Ferreira PH.** Video-game based exercises for older people with chronic low back pain: A protocol for a pilot randomized controlled trial (the GAMEBACK Trial). *XIV International Back and Neck Pain Forum 2016; Buxton, Derbyshire, UK*. Presented as a poster presentation by **Zadro JR.**
2. **Zadro JR, Shirley D, Andrade T, Ferreira PH.** The beneficial effects of physical activity: Is it down to your genes? A systematic review and meta-analysis of twin studies. *XIV International Back and Neck Pain Forum 2016; Buxton, Derbyshire, UK*. Presented as a poster presentation by **Zadro JR.**
3. **Zadro JR, Shirley D, Sanchez-Romera JF, Ordonana JF, Ferreira PH.** Does a family history of low back pain impact recovery from low back pain? A population-based study of Spanish Twins. *XIV International Back and Neck Pain Forum 2016; Buxton, Derbyshire, UK*. Presented as a poster presentation by **Zadro JR.**
4. **Zadro JR, Shirley D, Amorim A, Pérez-Riquelme F, Ordoñana, JR, Ferreira, PH.** Are people with chronic low back pain meeting the physical activity guidelines? *XV International Back and Neck Pain Forum 2017; Oslo, Norway*. Presented as a poster presentation by **Zadro JR.**
5. **Zadro JR, Shirley D, Pinheiro MB, Bauman A, Duncan GE, Ferreira PH.** The built environment affects the association between low back pain and physical activity. *XV International Back and Neck Pain Forum 2017; Oslo, Norway*. Presented as a poster presentation by **Zadro JR.**
6. **Zadro JR, Shirley D, Simic M, Mousavi SJ, Cerpjna D, Maka K, Ferreira PH.** Video-game based exercises for older people with chronic low back pain: A pilot randomized controlled trial (the GAMEBACK Trial). *XV International Back and Neck Pain Forum 2017; Oslo, Norway*. Presented as an oral presentation by **Zadro JR.**
7. **Zadro JR, Shirley D, Ferreira M, Carvalho Silva AP, Lamb SE, Cooper C, Ferreira PH.** Is vitamin D supplementation effective for low back pain? A systematic review and meta-analysis. *XV International Back and Neck Pain Forum 2017; Oslo, Norway*. Presented as a poster presentation by **Zadro JR.**
8. **Zadro JR, O'Keefe M, Maher C.** Overdiagnosis, overtreatment and low-value care in physiotherapy: a scoping review. *Preventing Overdiagnosis Conference 2018; Copenhagen, Denmark*. Presented as an oral presentation by **Zadro JR.**

9. **Zadro JR**, Harris IA, Maher C. Evaluating the content of Choosing Wisely recommendations and the prevalence of interdisciplinary finger pointing. *Preventing Overdiagnosis Conference 2018; Copenhagen, Denmark*. Presented as an oral presentation by **Zadro JR**.
10. **Zadro JR**, Haas R, Maher CG. A Cochrane review of strategies to increase adoption of the Ottawa Ankle Rules and reduce unnecessary imaging. *Preventing Overdiagnosis Conference 2018; Copenhagen, Denmark*. Presented as an oral presentation by **Zadro JR**.
11. **Zadro JR**, Dodd R, Wortley S, McCaffery K, Maher CG. Barriers and facilitators to adopting Choosing Wisely recommendations in physiotherapy. *Preventing Overdiagnosis Conference 2018; Copenhagen, Denmark*. Presented as an oral presentation by **Zadro JR**.
12. **Zadro JR**, Wortley S, Howard K, Maher CG. Do words matter? Investigating how the wording of Choosing Wisely recommendations influences acceptance among physiotherapists. *Preventing Overdiagnosis Conference 2018; Copenhagen, Denmark*. Presented as a poster presentation by **Zadro JR**.
13. **Zadro JR**, Nilsen TIL, Shirley D, Amorim A, Ferreira PH, Mork PJ. Parental chronic widespread pain and the association with chronic widespread pain in adult offspring: family-linkage data from the Norwegian HUNT Study. *17th World Congress on Pain 2018; Boston, USA*. Presented as a poster presentation by **Zadro JR**.
14. **Zadro JR**, Shirley D, Simic M, Mousavi SJ, Nilsen TIL, Mork PJ, Ferreira PH. A family history of low back pain influences patient outcomes and treatment effects following a home-exercise program in older people with chronic low back pain: a secondary analysis of a randomised controlled trial. *17th World Congress on Pain 2018; Boston, USA*. Presented as a poster presentation by **Zadro JR**.
15. **Zadro JR**, Shirley D, Duncan G, Ferreira PH. Factors predicting recovery and continuation of physical activity in people with low back pain: insights from a population-based twin study. *17th World Congress on Pain 2018; Boston, USA*. Presented as a poster presentation by **Zadro JR**.
16. **Zadro JR**, O’Keeffe M, Maher C. The prevalence of high- and low-value care for low back pain and knee osteoarthritis: A systematic review. *World Confederation of Physical Therapy Congress 2019; Geneva, Switzerland*. Presented as a poster presentation by **Zadro JR**.
17. **Zadro JR**, Moseley AM, Elkins MR, Maher C. PEDro searching has improved over time: a comparison of search commands from two 6-month periods 3 years apart. *World Confederation of Physical Therapy Congress 2019; Geneva, Switzerland*. Presented as an oral presentation by **Zadro JR**.
18. **Zadro JR**, O’Keeffe M, Maher C. Are physiotherapists choosing wisely? A systematic review of physical therapy treatment choices for low back pain. *XVI International Back and Neck Pain Forum 2019; Quebec City, Canada*. Presented as an oral presentation by **Zadro JR**.
19. **Zadro JR**, Nilsen TIL, Shirley D, Amorim A, Ferreira P, Lier R, Mork PJ. Parental multi-site chronic pain and the risk of offspring developing additional chronic pain sites: family-linkage data from the Norwegian HUNT Study. *XVI International Back and Neck Pain Forum 2019; Quebec City, Canada*. Presented as an oral presentation by **Zadro JR**.
20. **Zadro JR**, Peek A, Dodd R, McCaffery K, Maher CG. Physiotherapists views on Choosing Wisely recommendations to reduce low-value care. *Preventing Overdiagnosis Conference 2019; Sydney, Australia*. Presented as a poster presentation by **Zadro JR**.
21. **Zadro JR**. eHealth service for assessment and management of musculoskeletal conditions: a protocol for a randomised controlled trial. *Australian and New Zealand Musculoskeletal Clinical Trials Network (ANZMUSC) meeting February 2020; Wellington, New Zealand*. Presented as an oral presentation by **Zadro JR**.
22. **Zadro JR**, Lewin AM, Kharel P, Harris IA, Maher CG. Physiotherapy utilisation following lumbar spine surgery in Australia. *Sydney Musculoskeletal, Bone & Joint Health Alliance Scientific Meeting August 2020; Virtual meeting*. Presented as an oral presentation by **Zadro JR**.

23. **Zadro JR**, O'Keeffe M, Allison J, Lembke K, Forbes J, Maher CG. Strategies to Improve the Adherence of Physiotherapists' Treatment Choices to Clinical Practice Guidelines for Musculoskeletal Conditions: A Systematic Review. *IASP Virtual Series on Pain and Expo 2020*. Presented as a poster presentation by **Zadro JR**.
24. **Zadro JR**, Gill D, Pinheiro MB, Duncan GE, Ferreira M, Ferreira PH. Does It Matter Where You Live? The Effect of Neighbourhood Walkability on Recovery from Low Back Pain: A Co-twin Control Study. *IASP Virtual Series on Pain and Expo 2020*. Presented as a poster presentation by **Zadro JR**.
25. **Zadro JR**, Lewin AM, Kharel P, Maher CG, Harris IA. Physiotherapy utilization, costs and return to work status following lumbar spine surgery: a retrospective analysis of workers compensation claims in Australia. *World Physiotherapy Congress 2021 online*. Presented as an oral presentation by **Zadro JR**.
26. **Zadro JR**, Lewin AM, Kharel P, Maher CG, Harris IA. Physiotherapy utilisation before lumbar spine surgery: a retrospective analysis of workers compensation claims in Australia. *World Physiotherapy Congress 2021 online*. Presented as a poster presentation by **Zadro JR**.
27. **Zadro JR**, Needs C, Foster NE, Martens D, Coombs DM, Machado GC, Adams C, Han CS, Maher CG. Stratified care integrated with eHealth for low back pain (Rapid Stratified Telehealth). *Australian and New Zealand Musculoskeletal Clinical Trials Network (ANZMUSC) meeting Oct 2021*. Presented as an oral presentation by **Zadro JR**.
28. Campo M, **Zadro JR**, Pappas E, Monticone M, Secci C, Scalzitti D, Findley JL, Graham PL. The effectiveness of biofeedback for improving pain, disability and work ability in adults with neck pain: a systematic review and meta-analysis. *XVII International Back and Neck Pain Forum 2021; Virtual event*. Presented as an oral presentation by **Zadro JR**.
29. **Zadro JR**, Karunaratne S, Harris IA, Jones CMP, O'Keeffe M, Ferreira GE, Buchbinder R, McCaffery K, Thompson R, Maher CG, Hoffmann T. The impact of a patient decision aid on intention to undergo surgery for subacromial pain syndrome: An online randomised controlled trial. *Preventing Overdiagnosis Conference 2022; Calgary, Canada*. Presented as an oral presentation by **Zadro JR**.
30. **Zadro JR**, O'Keeffe M, Ferreira GE, Traeger AC, Gamble A, Page R, Herbert R, Harris IA, Maher CG. Diagnostic labels and advice for rotator cuff-related shoulder pain influence perceived need for shoulder surgery: An online-randomised experiment. *4th World Congress of Sports Physical Therapy 2022; Nyborg, Denmark*. Presented as a poster presentation by **Zadro JR**.
31. **Zadro JR**, Needs C, Foster NE, Martens D, Coombs DM, Machado GC, Adams C, Han CS, Maher CG. The feasibility of delivering and evaluating stratified care integrated with telehealth ('Rapid Stratified Telehealth') for patients with low back pain: a feasibility and pilot randomised controlled trial. *XVIII International Back and Neck Pain Forum 2023; Groningen, the Netherlands*. Presented as a poster presentation by **Zadro JR**.

National

1. **Zadro JR**, Shirley D, Ferreira PH, Pinheiro M, Ordoñana JR. Are physical activity and education protective or harmful to the development of low back pain? A population based longitudinal study of 1080 Spanish twins. *Lifestyle Physical Activity and Tackling Sedentary Behaviour. Charles Perkins Centre, University of Sydney November 2015; Sydney, Australia*. Presented as a poster presentation by **Zadro JR**.
2. **Zadro JR**, Shirley D, Ferreira PH, Pinheiro M, Ordoñana JR. Does education impact the risk of developing low back pain when genetics is considered? A population-based study of Spanish twins. *Australian Physiotherapy Association Conference October 2015; Sydney, Australia*. Presented as an oral presentation by **Zadro JR**.

3. **Zadro JR**, Shirley D, Simic M, Mousavi SJ, Cerpjna D, Maka K, Ferreira PH. Video-game based exercises for older people with chronic low back pain: A protocol for a pilot randomized controlled trial (the GAMEBACK Trial). *Allied Health Research Symposium. Westmead Hospital; Sydney, Australia. August 2016*. Presented as an oral presentation by **Zadro JR**.
4. **Zadro JR**, Shirley D, Simic M, Mousavi SJ, Cerpjna D, Maka K, Ferreira PH. A family history of low back pain influences patient outcomes and treatment effects following a home-based video-game exercise program in older people with chronic low back pain: a secondary analysis of a randomised controlled trial (GAMEBACK). *Sydney Musculoskeletal, Bone & Joint Health Alliance Scientific Meeting October 2017; Sydney, Australia*. Presented as an oral presentation by **Zadro JR**. Short-listed for best abstract presentation by a PhD candidate.
5. **Zadro JR**, Maher CG. Reducing low-value physiotherapy care in Australia. *Wiser Healthcare National Meeting February 2018; Melbourne, Australia*. Presented as an oral presentation by **Zadro JR**.
6. **Zadro JR**, Dodd R, Wortley S, Maher CG. Exploring the wording of Choosing Wisely recommendations. *Choosing Wisely Australia National Meeting May 2018; Canberra, Australia*. Presented as a poster presentation by **Zadro JR**.
7. **Zadro JR**, Farey J, Harris IA, Maher CG. Evaluating interdisciplinary 'finger pointing' in Choosing Wisely. *Choosing Wisely Australia National Meeting May 2018; Canberra, Australia*. Presented as a poster presentation by **Zadro JR**.
8. **Zadro JR**, Haas R, Maher CG. Strategies to increase adoption of the Ottawa Ankle Rules. *Choosing Wisely Australia National Meeting May 2018; Canberra, Australia*. Presented as a poster presentation by **Zadro JR**.
9. **Zadro JR**, Maher CG. Promoting the Choosing Wisely recommendations to physiotherapists through social media. *Choosing Wisely Australia National Meeting May 2018; Canberra, Australia*. Presented as a poster presentation by **Zadro JR**.
10. **Zadro JR**, Dodd R, Wortley S, McCaffery K, Maher CG. Physiotherapist's beliefs regarding their Association's Choosing Wisely recommendations. *Choosing Wisely Australia National Meeting May 2018; Canberra, Australia*. Presented as an oral presentation by **Zadro JR**.
11. **Zadro JR**, O'Keeffe M, Maher C. The prevalence of high and low-value physiotherapy: a systematic review. *Wiser Healthcare National Meeting July 2018; Sydney, Australia*. Presented as an oral presentation by **Zadro JR**.
12. **Zadro JR**, O'Keeffe M, Maher C. The prevalence of high and low-value physiotherapy: a systematic review. *Sydney Musculoskeletal, Bone & Joint Health Alliance Scientific Meeting November 2018; Sydney, Australia*. Presented as a poster presentation by **Zadro JR**.
13. **Zadro JR**, O'Keeffe M, Maher C. Is physiotherapy evidence-based? A systematic review of physiotherapy treatment choices for musculoskeletal conditions. *New South Wales Agency for Clinical Innovation Network Meeting February 2019; Sydney, Australia*. Presented as a poster presentation by **Zadro JR**.
14. **Zadro JR**, Peek A, Dodd R, McCaffery K, Maher CG. Physiotherapists views on Choosing Wisely recommendations. *Choosing Wisely Australia National Meeting May 2019; Melbourne, Australia*. Presented as a poster presentation by **Zadro JR**.
15. **Zadro JR**, Harris IA, O'Connor D, Hoffmann T, McCaffery K, Buchbinder R, Maher C. Developing a patient decision aid to reduce the use of subacromial decompression surgery. *Wiser Healthcare National Meeting July 2019; Sydney, Australia*. Presented as an oral presentation by **Zadro JR**.

16. **Zadro JR**, Peek A, Dodd R, McCaffery K, Maher CG. Physiotherapists' views on Choosing Wisely recommendations: a content analysis. *Sydney Musculoskeletal, Bone & Joint Health Alliance Scientific Meeting August 2019; Sydney, Australia*. Presented as an oral presentation by **Zadro JR**.
17. **Zadro JR**, O'Keeffe M, Maher C. Are physiotherapists choosing wisely? A systematic review of physical therapy treatment choices. *Sydney Spinal Symposium September 2020; Sydney, Australia*. Presented as a poster presentation by **Zadro JR**.
18. **Zadro JR**, Peek A, Dodd R, McCaffery K, Maher CG. Physiotherapists' views on Choosing Wisely recommendations: a content analysis. *Australian Physiotherapy Association Conference October 2019; Adelaide, Australia*. Presented as an oral presentation by **Zadro JR**.
19. **Zadro JR**, O'Keeffe M, Maher C. Is the management of low back pain evidence-based? A systematic review of physiotherapy treatment choices. *Australian Physiotherapy Association Conference October 2019; Adelaide, Australia*. Presented as an oral presentation by **Zadro JR**.
20. **Zadro JR**. eHealth service for assessment and management of musculoskeletal conditions: a protocol for a randomised controlled trial. *Wiser Healthcare National Meeting March 2020; Melbourne, Australia*. Presented as an oral presentation by **Zadro JR**.
21. **Zadro JR**, Lewin AM, Kharel P, Harris IA, Maher CG. Physiotherapy utilisation and costs before lumbar spine surgery in Australia. *Sydney Spinal Symposium September 2020; Virtual meeting*. Presented as an oral presentation by **Zadro JR**.
22. **Zadro JR**, Harris IA, O'Connor D, Hoffmann T, McCaffery K, Buchbinder R, Maher C. Developing a patient decision aid to reduce the use of shoulder surgery: Update. *Wiser Healthcare National Meeting August 2020; Virtual meeting*. Presented as an oral presentation by **Zadro JR**.
23. **Zadro JR**, O'Keeffe M, Ferreira GE, Haas R, Harris IA, Buchbinder R, Maher CG. Do different diagnostic labels for rotator cuff disease influence management preferences? An online-randomised controlled experiment. *Australian Rheumatology Association (ARA)-NSW Branch Meeting December 2020; Virtual meeting*. Presented as an oral presentation by **Zadro JR**.
24. **Zadro JR**, Michaleff Z, O'Keeffe M, Ferreira GE, Haas R, Harris IA, Buchbinder R, Maher CG. Public and patient perceptions of different diagnostic labels for rotator cuff disease: a content analysis. *Australian Rheumatology Association (ARA) Annual Scientific Meeting Hybrid with Satellite Hubs 2021*. Presented as a poster presentation by **Zadro JR**.
25. **Zadro JR**, O'Keeffe M, Ferreira GE, Haas R, Harris IA, Buchbinder R, Maher CG. Effects of diagnostic labels for rotator cuff disease and reassurance on people's perceived need for shoulder surgery: An online-randomised controlled experiment. *Wiser Healthcare National Meeting April 2021; Virtual meeting*. Presented as an oral presentation by **Zadro JR**.
26. **Zadro JR**, Harris IA, O'Connor D, Hoffmann T, McCaffery K, Buchbinder R, Maher C. Development of a patient decision aid on the benefits and harms of shoulder surgery and non-surgical options for shoulder pain. *Choosing Wisely Australia National Virtual Meeting 2021*. Presented as a e-poster presentation by **Zadro JR**.
27. **Zadro JR**, Jones C, Harris IA, Buchbinder R, O'Connor D, McCaffery K, Thompson R, Karunaratne K, Teng MJ, Maher CG, Hoffmann T. Development of a patient decision aid on subacromial decompression surgery and rotator cuff repair surgery. *Australian Rheumatology Association (ARA)-NSW Branch Meeting Nov 2021*. Presented as an oral and poster presentation by **Zadro JR**.
28. **Zadro JR**, Lewin AM, Kharel P, Maher CG, Harris IA. Physiotherapy utilization, costs and return to work status following lumbar spine surgery: a retrospective analysis of workers compensation claims in Australia. *Sydney Spinal Symposium September 2022; Sydney, Australia*. Presented as a poster presentation by **Zadro JR**.
29. Campo M, **Zadro JR**, Pappas E, Monticone M, Secci C, Scalzitti D, Findley JL, Graham PL. The effectiveness of biofeedback for improving pain, disability and work ability in adults with neck pain:

- a systematic review and meta-analysis. *Sydney Spinal Symposium September 2022; Sydney, Australia*. Presented as a poster presentation by **Zadro JR**
30. **Zadro JR**, Karunaratne S, Harris IA, Jones CMP, O'Keeffe M, Ferreira GE, Buchbinder R, McCaffery K, Thompson R, Maher CG, Hoffmann T. The effects of a decision aid on intentions to undergo shoulder surgery. *Choosing Wisely Australia National Virtual Meeting May 2022*. Presented as an oral presentation by **Zadro JR**.
31. **Zadro JR**, Karunaratne S, Harris IA, Jones CMP, O'Keeffe M, Ferreira GE, Buchbinder R, McCaffery K, Thompson R, Maher CG, Hoffmann T. The impact of a patient decision aid on intentions to undergo surgery for subacromial pain syndrome: An online randomised controlled trial. *Australian Rheumatology Association (ARA) Annual Scientific Meeting Hybrid with Satellite Hubs 2022*. Presented as an oral presentation by **Zadro JR**.
32. **Zadro JR**, Michaleff Z, O'Keeffe M, Ferreira GE, Haas R, Harris IA, Buchbinder R, Maher CG. Public and patient perceptions of different diagnostic labels for rotator cuff disease: a content analysis. *SLHD Allied Health Research Conference*. Presented as an oral presentation by **Zadro JR**.
33. **Zadro JR**, O'Keeffe M, Ferreira GE, Traeger AC, Gamble A, Page R, Herbert R, Harris IA, Maher CG. Diagnostic labels and advice for rotator cuff-related shoulder pain influence perceived need for shoulder surgery: An online-randomised experiment. *Wiser Healthcare National Meeting September 2022; Sydney, Australia*. Presented as an oral presentation by **Zadro JR**.

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Signature:



Date: 20/09/2023