

Dr Alison Rushton EdD, MSc, Grad Dip Phys, Cert Ed, Dip TP, MCSP, HPC, mILT, FMACP

Senior Lecturer Physiotherapy
Academic Lead Physiotherapy
Programme Leader MSc Exercise and Sports Medicine (Football) programmes

[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)

Contact details

Telephone **+44 (0)121 415 8597 (tel:+44 121 415 8597)**

Email **a.b.rushton@bham.ac.uk (mailto:a.b.rushton@bham.ac.uk)**

School of Sport, Exercise and Rehabilitation Sciences
University of Birmingham
Edgbaston
Birmingham
B15 2TT
UK



About

Alison Rushton is Physiotherapy Academic Lead, in the School of Sport, Exercise and Rehabilitation Sciences, and Programme Leader for the MSc Exercise and Sports Medicine (Football) programme.

Alison has worked within education since 1993 with a focus to teaching and research in the specialist area of musculoskeletal / manipulative physiotherapy.

Alison is active in the development of advanced musculoskeletal physiotherapy as a specialist area of physiotherapy through her teaching on the MSc Advanced Manipulative Physiotherapy and MSc Exercise and Sports Medicine (Football) programmes, and her research that is focused to musculoskeletal physiotherapy and the professional development of musculoskeletal physiotherapists.

Alison's roles external to the University support her specialist and research focus. She Chairs the Standards Committee of the International Federation of Orthopaedic Manipulative Physical Therapists, is on the Editorial Board of the Manual Therapy journal.

Qualifications

- Doctorate In Education, University of Warwick, 2004
- MSc Manipulative Physiotherapy, Coventry University, 1997
- Membership of the Manipulation Association of Chartered Physiotherapists, 1997
- Diploma in Teaching Physiotherapy, Coventry University, 1991
- Certificate in Education, Wolverhampton Polytechnic, 1991
- Member of the Chartered Society of Physiotherapy, 1987
- Registrant with the Health Professions Council, 1987
- Graduate Diploma in Physiotherapy, The Middlesex Hospital School of Physiotherapy, 1987

Biography

Alison Rushton qualified with a Graduate Diploma in Physiotherapy from the Middlesex Hospital School of Physiotherapy in 1987. She went on to specialise in musculoskeletal physiotherapy, and then to undertake further study to commence teaching full time in 1993. In support of her educational and manipulative physiotherapy focus, Alison completed an MSc in Manipulative Physiotherapy in 1997 and a Doctorate in Education in 2004. Alison has worked here at the University of Birmingham since 2001.

Alison's involvement in teaching, learning and supervision encompasses the subject areas of musculoskeletal physiotherapy, manipulative therapy, evidence based healthcare, clinical reasoning and education. Her involvement is focused to the postgraduate programmes, particularly teaching and supervision on the MSc Advanced Manipulative Physiotherapy, MSc Exercise and Sports Medicine (Football) and MRes Health Research programmes and supervising PhD students.

Alison's background clinically is within the speciality of manipulative therapy. This has been developed throughout her time within education both through a masters degree and private practice. This aspect of Alison's work has been reflected in her previous involvement within the Musculoskeletal Association of Chartered Physiotherapists (MACP) where she chaired the Committee for Education and Approval and was Vice Chair of the Executive Committee. She is now actively involved within the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT) internationally as Chair of the Standards Committee.

Alison's background in research reflects activity in two areas: musculoskeletal (particularly low back pain, spinal surgery and Whiplash Associated Disorder), and professional development in manipulative physiotherapy.

Alison has been awarded a fellowship of the Musculoskeletal Association of Chartered Physiotherapists MACP and Honorary membership of the OMT Espana Terapia Manual Ortopedica for her national and international contribution to the development of manipulative physiotherapy.

Teaching

Teaching Programmes

- GEC 1
- **[BSc \(Hons\) Physiotherapy \(undergraduate/courses/sportex/physiotherapy.aspx\)](undergraduate/courses/sportex/physiotherapy.aspx)**

- [Advanced Manipulative Physiotherapy MSc/PG Dip \(/postgraduate/courses/taught/sport-exercise/advanced-manipulative-physio.aspx\)](#)
- [Advancing Practice MSc/PG Dip \(/postgraduate/courses/taught/sport-exercise/advancing-practice.aspx\)](#)
- [MSc Exercise and Sports Medicine \(Football\) \(/postgraduate/courses/taught/sport-exercise/exercise-sports-medicine-football.aspx\)](#)
- [MRes Health Research \(/postgraduate/courses/combined/med/health-research.aspx\)](#)

Postgraduate supervision

Alison is interested in supervising doctoral research students in the following areas:

Musculoskeletal physiotherapy, particularly low back pain, lumbar spinal surgery, and Whiplash Associated Disorder

Professional development for musculoskeletal physiotherapists

Current PhD supervisions include:

- The effect of cervical manipulation on eye coordination
- The effect of transcranial direct current stimulation on pain and function of patients with chronic low back pain
- The effect of work-based facilitation in clinical reasoning on outcome in musculoskeletal physiotherapy
- Physiotherapy management of acute whiplash in private practice
- Physiotherapy independent prescribing

If you are interesting in studying any of these subject areas please contact Alison on the contact details above, or for any general doctoral research enquiries, please email: dr@contacts.bham.ac.uk or call +44 (0)121 414 5005.

For a full list of available Doctoral Research opportunities, please visit our [Doctoral Research programme listings \(http://www.bham.findaphd.com/?es=y&apl=y&aplt=&show\)](http://www.bham.findaphd.com/?es=y&apl=y&aplt=&show).

Research

RESEARCH THEMES

Movement Rehabilitation

RESEARCH ACTIVITY

Musculoskeletal focused research activity

Physiotherapy management post lumbar discectomy (PI): survey of current practice, systematic review and meta-analysis, and pilot work to inform multicentre RCT.

Physiotherapy management post lumbar fusion (PI): systematic review and meta-analysis, survey of current practice physiotherapists and surgeons, pilot and feasibility study to inform multicentre RCT.

Physiotherapy management Whiplash Associated Disorder (PI): systematic review and meta-analysis, pilot and feasibility work.

Physiotherapy led physical activity intervention (PI): development of intervention and pilot work.

Evaluation of physiotherapy independent prescribing (PI): developmental work.

Professional Development focused research activity

Chartered Society of Physiotherapy Research Priorities Project (Co-Investigator)

Lead author 'international standard for screening the cervical region prior to orthopaedic manual therapy intervention' (collaborators: Lisa Carlesso/Tim Flynn/Roger Kerry/Darren Rivett/Wayne Hing (international)).

Other activities

- Chair of the Standards Committee of the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT), responsible for maintaining international standards in manipulative physiotherapy
- Editorial Board, Manual Therapy journal
- Reviewer of articles submitted for publication to the following journals: Spine, BMJ Open, Physiotherapy, Canadian Physiotherapy Journal, Assessment and Evaluation in Higher Education, Medical Teacher, Medical Education
- Reviewer of research proposals submitted to the Manipulation Association of Chartered Physiotherapists, National Council for Osteopathic Research, NIHR HTA, RfPB, and EME programmes
- Reviewer of papers submitted for presentation at WCPT and IFOMPT conferences
- Trial Steering Group membership
- PhD examination

Publications

Recent publications:

Rushton A, Rivett D, Carlesso L, Flynn T, Hing W, Kerry R (2013). International Framework for Examination of the Cervical Region for potential of Cervical Arterial Dysfunction prior to Orthopaedic Manual Therapy Intervention, Manual Therapy, 10.1016/j.math.2013.11.005. JIF 2.237.

Bent N, **Rushton A**, Wright C, Petherwick EJ, Batt M (2013). Intra-rater and inter-rater reliability of the Anteromedial Reach Test in healthy participants, Open Access Journal of Sports Medicine.

Rushton A, Rivett D, Carlesso L, Flynn T, Hing W, Kerry R (2012). International Framework for Examination of the Cervical Region for potential of Cervical Arterial Dysfunction prior to Orthopaedic Manual Therapy Intervention, International Federation of Orthopaedic Manipulative Physical Therapy.

Kerry R, Taylor A, **Rushton A**, McCarthy C, Mercer C (2012). Should we abandon cervical spine manipulation for mechanical neck pain? Rapid response, BMJ, doi:10.1136/bmj.e3680 <http://www.bmj.com.ezproxyd.bham.ac.uk/content/344/bmj.e3679/rr/588701> JIF 13.471.

Rushton A, Eveleigh G, Petherick EJ, Heneghan N, Bennett R, James G, Wright C (2012). Physiotherapy rehabilitation following lumbar spinal fusion: a systematic review and meta-analysis of Randomised Controlled Trials, BMJ Open, 2:4 e000829 doi:10.1136/bmjopen-2012-000829. JIF 1.583.

Luedtke K, **Rushton A**, Wright C, Geiss B, Juergens T, May A (2012). Transcranial direct current stimulation for the reduction of clinical and experimentally induced pain - a systematic review and meta-analysis. Clinical Journal of Pain, 28(5):452-61. JIF 3.005.

Goldsmith R, Wright C, Bell SF, **Rushton A** (2012). Cold hyperalgesia as a prognostic factor in Whiplash Associated Disorders: a systematic review, Manual Therapy, 17(5):402-10. JIF 2.237.

Rankin G, **Rushton A**, Olver P, Moore A (2012). Chartered Society of Physiotherapy's identification of national research priorities for physiotherapy using a modified Delphi technique. Physiotherapy, 98(3):260-272. doi:10.1016/j.physio.2012.03.002. JIF 1.570.

Savva C, **Rushton A**, Karagiannis C (2012). Test-retest reliability of grip strength measurement in full elbow extension to evaluate maximum grip strength. Journal of Hand Surgery: European Volume, Jun 19. [Epub ahead of print]. JIF 0.868.

Kyte D, Eveleigh G, **Rushton A** (2012). Myofascial Pain Referral: Pattern Recognition in the Upper Quadrant, International Journal of Therapy and Rehabilitation, 19(3): 144 – 152.

Bent N, **Rushton A**, Wright C, Batt M (2012). Distance Reached in the Anteromedial Reach Test as a Function of Learning and Leg Length, Research Quarterly for Exercise and Sport, 83(2):188-195. JIF 1.2.

Rushton A, Calvert M, Wright C, Freemantle N (2011). Physiotherapy trials for the 21st century – time to raise the bar? Journal of the Royal Society of Medicine 104: 437-441. JIF 1.717.

Rushton A, Wright C, Goodwin P, Calvert M, Freemantle N (2011). Physiotherapy rehabilitation post first lumbar discectomy: a systematic review and meta-analysis of Randomised Controlled Trials. Spine 36(14):E961-72. JIF 2.793.

Rushton A, Wright C, Heneghan N, Eveleigh G, Calvert M, Freemantle N (2011). Physiotherapy rehabilitation for Whiplash Associated Disorder II: a systematic review and meta-analysis of randomised controlled trials. BMJ Open 1:e000265. JIF 1.583.

Rushton A, Spencer S (2011). The Effects of Soft Tissue Mobilisation Techniques on Flexibility and Passive Resistance in the Hamstring Muscle-Tendon Unit: a pilot investigation. Manual Therapy. 16:161-166. JIF 2.237.

Burgess RM, **Rushton A**, Wright C, Daborn C (2011). The Validity and Accuracy of Clinical Diagnostic Tests Used to Detect Labral Pathology of the Hip: A Systematic Review. Manual Therapy 16(4):318-26. JIF 2.237.

Luedtke K, **Rushton A**, Wright C, Juergens TP, Mueller G, May A (2011). Effectiveness of anodal transcranial direct current stimulation (tDCS) in patients with chronic low back pain: protocol for a randomised controlled trial. BMC Musculoskeletal 12:290 doi:10.1186/1471-2474-12-290. JIF 1.94.

O'Conaire E, **Rushton A**, Wright C (2011). Assessment of vibration sense in a healthy population: a study to assess the inter-rater reliability and validity of the tuning fork, Manual Therapy 16(3):296-300. JIF 2.237.

Oliver G, **Rushton A** (2011). A study to explore the reliability and precision of intra and inter-rater measures of ULNT1 on an asymptomatic population, Manual Therapy. 16:203-206. JIF 2.237.

Rushton A (2011). An Exploration of the Construct of Masters Level Clinical Practice, LAP LAMBERT Academic Publishing, Germany. ISBN 978-3-8443-1173-0.

Rushton A, Lindsay G (2010). Defining the construct of masters level clinical practice in manipulative physiotherapy, Manual Therapy, 15: 93-99. JIF 2.237.

Rushton A, Moore A (2010). International identification of research priorities for postgraduate theses in musculoskeletal physiotherapy using a modified Delphi technique, Manual Therapy, 15:142-148. JIF 2.237.

Expertise

Musculoskeletal physiotherapy; evidence based practice; decision making; clinical expertise; postgraduate development of physiotherapists in musculoskeletal physiotherapy; physiotherapy following whiplash and spinal surgery

