

Ben Schram

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Education

2012 – 2015	PhD – Bond University
2010 – 2012	Doctor of Physiotherapy, Bond University, Gold Coast
2011	Level 1 Strength and Conditioning Certificate, ASCA
2005 - 2007	Bachelor of Exercise Science, Griffith University, Gold Coast
2006	Level 1 Sports Trainer
2005 – 2006	Certificate 3 & 4 in Fitness, Queensland Academy of Fitness
1994 - 1998	High School Certificate, Helensvale State High School

Experience

Assistant Professor of Physiotherapy – Bond University (*Jan 16- current*)

Physiotherapist – Raw Therapies

(*Aug 2015 – Current*)

- Private practice physiotherapy including private, EPC, DVA, work cover.

Physiotherapist – Tweed Coast Physiotherapy

(*June 2012 – Dec 2015*)

- Private practice, hydrotherapy, home visits, EPC, DVA, private clients, Work Cover.

Teaching Fellow/PBL Tutor – Doctor of Physiotherapy Program, Bond

University (*June 2012 – Dec 2015*)

- Assisting in lectures, facilitating learning in small group environments, practical assessments.

Senior Research Assistant – Bond University

(*June 2012 – current*)

- Data entry & analysis, final manuscript submission to peer reviewed journals.

Manager/ Personal Trainer - OneLife Health & Fitness, Broadbeach

(*Nov 2006 – May 2010*)

- Establishing rosters and payment of wages for all staff
- Club maintenance, customer relations, cancellations and payment defaults.
- Allocating clientele to Personal Trainers.
- Training and recruitment of staff
- Marketing and Promotional responsibilities.
- Supervision of Sales and reception staff.
- Establishment of budgets and targets.
- Banking, opening and closing of tills.
- Working with a variety of clients with different fitness levels and health impairments to achieve their desired goals and to ensure results are achieved.
- Complete fitness assessments and compile fitness and rehabilitation programs for clients. Monitor progress and complete periodic follow up assessments

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- and goal resetting.
- Completed individual membership consultations to communicate to potential clients the benefits associated with regular exercise and an ongoing health regime.

Sports Trainer/Physiotherapist Broadbeach United Soccer Club, Broadbeach

(March 2011 – Dec 12)

On field first aid, injury & training advice, strapping & massage.

Publications

- Profiling Elite Stand Up Paddle Boarders *Journal of Fitness Research* (2014) 3(1)
- Profiling the Sport of Stand Up Paddle Boarding *Journal of Sports Sciences* (2015) 10.
- Laboratory and Field Based Assessment of Maximal Aerobic Power of Elite SUP Athletes *International Journal of Sports Physiology and Performance*.(2015) 11 (1)
- The Physiological, Musculoskeletal and Psychological effects of Stand Up Paddle Boarding. *World Confederation for Physical Therapy Conference Presentation* May (2015).
- Profiling Work Health and Safety Incidents and Injuries in Australian Army Personnel: An investigation of injuries suffered by Army Reserve Personnel. *Report*. (2016)

Other Proficiencies

- Royal Australian Army Reserve Infantry Officer – Queensland University Regiment Proficiencies in

1. Operating in a Threat Environment
2. The Use of Communication Equipment
3. Managing Own Professional Performance
4. Working in Public Sector
5. Operation of Weapons
6. Work with Equity and Diversity
7. Displaying Attributes of an Australian Soldier
8. Communication in the Workplace
9. Application of Communication Skills
10. Teamwork
11. Access and use of Resources
12. Ethics and Fraud Awareness
13. Security Awareness
14. Occupational Health and Safety
15. Workplace Safety Procedures
16. First Aid Training
17. Heat Injury Management
18. Suicide Awareness and Prevention
19. Alcohol and Drug Awareness
20. Legal aspects of Rank
21. Supervise a Platoon
22. Manage Platoon Level Operations
23. Field Skills
24. Navigation Techniques
25. Communication Systems and Equipment
26. Employ Codes

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- 27. Operate Night Fighting Equipment
- 28. Operate Pyrotechnics
- 29. Train Small Groups
- 30. Comply with OH&S Policies and Procedures
- 31. Manage Risk within Defence
- 32. Administration Enquiries

Work Experience:

- Clinical Placements at
 - **John Flynn Private Hospital** *(November 2010)*
Cardio-respiratory placement: 10-15pt/day, Cardiac surgery rehab, daily ICU, general surgical wards, ACBT, percussion/vibs, early mobilization.
 - **Tweed Heads Hospital** *(December 2010)*
Orthopaedics 4-8pt/day, THR, TKR, TSR, Rotator cuff repairs rehab & fracture clinic.
 - **Artius Health Oxenford** *(March 2011)*
Community Health Placement: 2-4 pt/day, chronic EPC conditions including back, neck, shoulder & knee injuries, nursing home visits & hydrotherapy weekly.
 - **Redland Bay Hospital** *(April 2011)*
Outpatient Placement: 10-12 pt/day. Range of conditions including post orthopaedic surgery, chronic back, neck, shoulder knee injuries.
 - **The Prince Charles Hospital** *(August 2011)*
Neurological Rehab Placement: 4-6 pt/day. Rehab of neurological conditions including TBI, stroke, Parkinson's, experience in case conferences, discharge planning, hydrotherapy sessions weekly.
 - **Physio Place** *(November 2011)*
Private Practice Placement: 2-4 pt/day. Various musculoskeletal injuries, orthopaedic rehab, CRS, EPC & workcover clients, gym programs & exercise classes.
 - **Physio Wellness Center** *(January - February 2012)*
Clinical Internship & Research Project
 - **Raw Therapies** *(February – March 2012)*
Clinical Internship & Research Project

Achievements:

- Senior First Aid Certificate
- Level 1 Sports Trainer
- Gold Coast Half Marathon Competitor
- Gold Coast JAL Marathon Marshall
- Red Cross Volunteer Collector
- Red Shield Volunteer Collector
- Cert III and IV in Fitness
- Level 1 Strength & Conditioning Certificate
- Blue Card (working with children)
- ESSA (formerly AAESS) Registered
- ASCA Registered
- APA Registered
- AHPRA Registered
- Member of the Bond University Head of School Quality Control Committee
- First in Class – Musculoskeletal Physiotherapy
- First in Class – Cardiorespiratory Physiotherapy
- First in Class – Musculoskeletal Placement
- First in Class – Evidence Based Project
- Dean's Award for Academic Excellence 2011
- Vice Chancellors Award for Academic Excellence 2011
- Dean's Award for Academic Excellence 2012
- Vice Chancellors Award for Academic Excellence 2012
- Head of Program Award – Doctor of Physiotherapy Cohort of 2010-2012
- Service Award – Doctor of Physiotherapy 2012
- Abstract presentation – World Confederation of Physical Therapists Congress – Singapore 2015

Professional Development

- Patient Handling
- Musculoskeletal Segmental Layering & Dry Needling Course
- Upper Quadrant Mulligan Concepts
- Lower Quadrant Mulligan Concepts
- Masterclass in Musculoskeletal Clinical Reasoning
- "The Older Shoulder" webinar
- Simulated Learning Workshop
- Problem Based Learning Workshop
- Exercise Rehabilitation for Shoulders
- Cervical Spine Assessment and Treatment
- "Running Injuries" workshop
- Kinesio-Taping
- Foundations of University Learning and Teaching

Referees

Dr Wayne Hing, Professor of Physiotherapy

Head of Program – Physiotherapy

Bond University Faculty of Health Science and Medicine

Office: 5595 3055

Mobile: 0422 253 651

Ross Pattison, Ex-Manager – OneLife Health & Fitness

Broadbeach - Oasis Centre

Mobile: 0412 115 182

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Scott Fawcett, Physiotherapist - 'raw therapies'

Broadbeach – Oasis Centre

Mobile: 0404 036 616

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