

Professor Kay Crossley
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Professor Kay Crossley is the Director of the La Trobe Sport and Exercise Medicine Research Centre. Her main research focus is on the prevention and management of patellofemoral pain and early-onset osteoarthritis after sports-related injuries.

Kay is a physiotherapist with many years of experience in clinical sports physiotherapy. She has contributed to a number of sports medicine and physiotherapy texts, including every edition of "Brukner and Khan's Clinical Sports Medicine".

Kay maintains a strong research interest in optimising treatments for patellofemoral conditions (pain and osteoarthritis). Additionally, she has developed a new focus of research, which encompasses three major fields. The major focus is on the development and prevention of osteoarthritis following sports related injuries, with fields in patellofemoral osteoarthritis following patellofemoral pain, knee osteoarthritis following ACL reconstruction and hip OA following hip-related injuries (including FAI and labral tears).

Kay has obtained funding from major competitive granting bodies (including the NHMRC and ARC) and has published over 100 peer-review papers. Research themes:

1. Interventions for hip and knee injuries: including patellofemoral pain and OA and hip-related pain
2. Relationship between patellofemoral pain and patellofemoral OA
3. Relationship between ACLR and knee OA
4. Relationship between hip injuries and hip OA

Kay contributes to the publication of knowledge through service as an Associate Editor for the British Journal of Sports Medicine, as well as an *ad hoc* reviewer to a number of medical, sport and rehabilitation journals. She is serves ion the organizing and/or scientific committee for the International Patellofemoral Pain Research Retreat and clinical symposium.

Research interests

Gait and balance

- role of biomechanics in knee and hip injuries

Joint rehabilitation

- knee and hip pain