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Professor Kim Bennell is director of CHESM, a multidisciplinary research Centre with a research focus on the prevention and management of chronic musculoskeletal conditions, particularly osteoarthritis. This involves both younger active individuals who have sustained joint injuries and are subsequently at risk of disease as well as older individuals with established disease.

The research covers a number of aspects including investigations of:

- biomechanical and neuromuscular contributors to the onset of and progression of osteoarthritis
- conservative non-drug interventions such as exercise and footwear/insoles to reduce risk of disease onset and progression
- ways to facilitate adherence to exercise
- integrated physical and psychological interventions
- strategies to improve uptake of evidence in to clinical practice
- models of care delivery

The research is interdisciplinary and collaborative spanning physiotherapy, medicine, exercise science, biomechanical engineering, neurophysiology, podiatry and psychology. The research utilises a range of methodologies including longitudinal cohorts, randomized controlled trials and qualitative approaches. The Centre has an excellent Human Movement Laboratory staffed by a full time director that facilitates its biomechanical and neuromuscular research. CHESM has a strong commitment to research training and mentoring with post doctoral fellows and research higher degree students integrated into Centre programs and activities. Engagement with stakeholders and the building of knowledge partnerships are important activities of the Centre that are linked particularly to the CHESM research programs.