

Josh McGeown

MSc (Exercise Physiology and Injury Management)
HBK (Kinesiology)



Research specialisation: Exercise-based approach to concussion management and rehabilitation.

Experience: Josh McGeown is a researcher with the Rugby Codes Research Group working on developing and investigating an exercise-based treatment to rehabilitate and improve return to play outcomes for athletes following a concussion. Josh has operated his own Strength and Rehabilitation Coaching business for the past three years; working with competitive athletes as well as a wide array of clients presenting with musculoskeletal and/or neurological conditions. Josh has been engaged in numerous sports throughout his life and played rugby for 11 years, until severe concussions ended his playing career. Since then he has been active as a rugby coach and ambassador for the game in his community in Canada.

Research overview: Josh completed his Master’s of Science degree at Lakehead University in Canada. He is passionate about developing an effective means of rehabilitating individuals who experience prolonged symptoms of concussion and progressing return to play protocols. Josh will be starting a PhD at AUT under the supervision of Dr. Patria Hume and his project may involve collaboration with the New Zealand Rugby Union.

Research publications: As an early-career researcher Josh is working on several journal articles to be considered for publication this year.

McGeown, J., Sanzo, P., Zerpa, C., Lees, S., & Niccoli, S. (2016) The Effects of Exercise on Cognitive Function, Balance, and Salivary Brain Derived Neurotrophic Factor in Healthy Individuals – A Pilot Study. *Research in Neuroscience*. DOI 10.5923/j.neuroscience.20160501.03

34th International Society of Biomechanics in Sport Conference in Tsukuba, Japan. (Poster Presentation) “The Effects of Exercise on Cognitive Function, and Balance in Healthy Individuals – A Pilot Study” - <https://ojs.ub.uni-konstanz.de/cpa/article/view/7047>

St Joseph’s Care Group Health Research Showcase 2017 in Thunder Bay, Ontario, Canada. (Poster Presentation) “The Effects of Exercise on Cognitive Function and Salivary BDNF in Healthy Individuals – A Pilot Study”

35th International Society of Biomechanics in Sport Conference in Cologne, Germany. (Poster Presentation) “Static Balance in Individuals with Post-Concussion Syndrome”.



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