

Katherine Forch



**AUT BRAIN HEALTH
RESEARCH INSTITUTE**



Positions

Specialist Physiotherapist &
Clinical Lead Concussion –
Axis Sports Medicine

Contact info

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Research focus

Katherine is a PhD candidate at AUT, where her research focuses on improving return-to-play testing for sports-related concussion. She is supported by a Clinical Research Training Fellowship from the Health Research Council of NZ. She is also the Concussion Clinical Lead at Axis Sports Medicine Specialists, with a strong focus on improving assessment and rehabilitation approaches that support brain health after concussion.

Current projects

1. Investigating a physical exertion testing protocol in the assessment of balance and visual function following sport-related mild traumatic brain injury
2. Development of an oculomotor assessment tool for use with neurological conditions

Examples of recent work

Forch, K., Pedersen, M., Reid, D., Towersey, N. C., & Olsen, S. (2025). Use of physical exertion to enhance objective testing following mild traumatic brain injury: A systematic review. *BMJ Open Sport & Exercise Medicine*, 11(2).

Tracey, I., Gomes, E., Signal, N., Alder, G., **Forch, K.**, & Olsen, S. (2025). Highlighting gaps in the reporting of aerobic exercise interventions for mild traumatic brain injury: A systematic review using the TIDieR-Rehab checklist. *JSAMS Plus*, 6, 100120.