

## Resume

### **Personalia**

Surname: van Melick  
Name: Nicky  
Date of birth: 5th of April 1983  
Place of birth: Heythuysen  
Nationality: Dutch  
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### **Education**

September 2014 - September 2016 Sports physical therapy, ESP Gennep (post bachelor)  
August 2004 - July 2007 Physical therapy, Hogeschool Zuyd Heerlen (bachelor)  
August 2001 - August 2007 Human Movement Sciences, Maastricht University  
(master)  
Augustus 1995 – july 2001 Gymnasium B, Sg. St. Ursula Horn (High school)

## **Courses**

April 2016	Follow-up course First aid and reanimation
October 2015	International congress in sports physical therapy 'Return to play' Bern Switzerland (IFSPT)
March 2015	Course Core stability training in sports physical therapy (SOMT)
November 2014	Lecture Strength training and coordination (Frans Bosch)
May 2014	ESSKA congress Amsterdam
April 2014	Workshop Gait analysis (B&SIS, Eindhoven)
February - March 2014	PhD statistics course
November 2013	Course 'Knee I' and 'Knee II' (B&SIS, Eindhoven)
September - December 2013	PhD course Education in a nutshell (English)
February - Juni 2013	PhD course Academic writing (English)
October - December 2012	PhD course Presentation skills (English)
My 2012	ESSKA congress Genève
November - December 2011	Course Mulligan part A + B
June 2011	Course Dry needling specialization cervical spine and jaw
November 2010	Follow-up course Analytics in SPSS
January 2010	Course Analytics in SPSS
September 2009	Course Dry needling spine
January 2009	Course Dry needling upper and lower extremities
November 2008	Course Neuromuscular approach of the cervical spine (Physioknowledge, Arnhem)
March 2008	Course Diagnostics and rehabilitation in athletic knee injuries (Physioknowledge, Arnhem)
November 2007	Course Neuromusculaire approach of the lumbar spine and pelvis (Physioknowledge, Arnhem)
September 2007	Course Diagnostics and rehabilitation in athletic shoulder injuries (Physioknowledge, Arnhem)
September - December 2005	Course First aid and reanimation (Koninklijke Vereniging EHBO, Maastricht)

## **Work experience**

September 2017 - present	Manager and sports physical therapist at Knee Expert Center, Eindhoven Work: <ul style="list-style-type: none"><li>- Rehabilitation of patients with knee injuries</li><li>- Coaching interns in physical therapy and Human Movement Sciences</li></ul>
May 2015 - present	Course instructor at Progress Educations, Eindhoven <a href="http://www.progress-educations.nl">www.progress-educations.nl</a> Courses "Diagnostics in knee injuries", "Knee rehabilitation" and "ACL rehabilitation".
September 2014 - present	Owner of KneeSearch, knee research and rehabilitation <a href="http://www.nickyvanmelick.nl">www.nickyvanmelick.nl</a> Work: <ul style="list-style-type: none"><li>- Giving lectures about knee injuries and rehabilitation</li><li>- Collaborating in research about knee injuries and rehabilitation</li><li>- Doing second opinions in patients with knee injuries</li></ul>

September 2011 - present	PhD student at Radboud University Medical Center, Nijmegen Title: 'Functional performance in sports after anterior cruciate ligament reconstruction'.
July 2015 – August 2017	Sports physical therapist at Functio, Steyl Work: <ul style="list-style-type: none"> <li>- Rehabilitation of patients with knee injuries</li> <li>- (On-field) rehabilitation of soccer club Venlosche Boys</li> <li>- Coaching interns in physical therapy and Human Movement Sciences</li> </ul>
December 2013 - May 2015	Physical therapist at Gezondheidscentrum Grubbenvorst Work: <ul style="list-style-type: none"> <li>- Rehabilitation of patients with knee injuries</li> <li>- (On-field) rehabilitation of soccer club GFC '33</li> </ul>
September 2007 - July 2014	Physical therapist and Human Movement scientist at Sport Medisch Centrum Papendal, Arnhem Work: <ul style="list-style-type: none"> <li>- Musculoskeletal rehabilitation of (professional) athletes</li> <li>- On the road physical therapist of the Dutch paralympic archery selection.</li> <li>- Research in physical therapy and development of evidence-based rehabilitation protocols.</li> <li>- Coaching interns in physical therapy and Human Movement Sciences</li> </ul>
May 2007 - August 2007	Physical therapist at Sport Medisch Centrum KNVB, Zeist Work: Musculoskeletal rehabilitation of athletes.
August 2006 - May 2007	Internship in physical therapy and Human Movement Sciences at Sport Medisch Centrum KNVB, Zeist Work: <ul style="list-style-type: none"> <li>- Assisting in rehabilitation of professional soccer players.</li> <li>- Rehabilitation of athletes.</li> <li>- On the road physical therapist of the Dutch soccer team under 15.</li> <li>- Writing my thesis about the relation between SI-disfunction and hamstring injuries.</li> </ul>
March - June 2006	Internship in physical therapy at azM, Maastricht Work: Rehabilitation of orthopedic patients.
September 2005 - June 2006	Physical therapist in training at soccer club MVV, Maastricht Work: Massage of soccer players in the first team.
September 2004 - Juni 2006	Physical therapist in training at soccer club MVV, Maastricht Work: On the road physical therapist at the selection under 15.

## Publications

van Melick N, Meddeler BM, Hoogeboom TJ, Nijhuis-van der Sanden MWG, van Cingel REH. How to determine leg dominance: The agreement between self-reported and observed performance in healthy adults. PLoS ONE 2017;12(12):e0189876

Janssen RPA, van Melick N, van Mourik JBA, Reijman M, van Rhijn LW. Similar clinical outcome between patellar tendon and hamstring tendon autograft after anterior cruciate ligament reconstruction with accelerated brace-free rehabilitation: a systematic review. JISAKOS 2017;0:1-10

van Lankveld W, van Melick N, Habets B, Roelofsen E, Staal JB, van Cingel R. Measuring individual hierarchy of anxiety invoking sports related activities: development and validation of the Photographic Series of Sports Activities for Anterior Cruciate Ligament Reconstruction (PHOSA-ACLR). BMC Musculoskelet Disord 2017;18:287

van Melick N. E-learning Patellofemorale pijn. Bohn Stafleu van Loghum;Houten: 2017

van Melick N, van Cingel REH, Brooijmans F, Neeter C, van Tienen T, Hullegie W, Nijhuis-van der Sanden MWG. Evidence-based clinical practice update: practice guidelines for anterior cruciate ligament rehabilitation based on a systematic review and multidisciplinary consensus. Br J Sports Med 2016;50(24):1506-1515 DOI 10.1136/bjsports-2015-095898

Engelen-van Melick N, Van Cingel REH, Van Tienen TG, Nijhuis-van der Sanden MW. Functional performance 2-9 years after ACL reconstruction: Cross-sectional comparison between athletes with bone-patellar tendon-bone, semitendinosus/gracilis and healthy controls. Knee Surg Sports Traumatol Arthrosc 2015. DOI: 10.1007/s00167-015-3801-7

van Melick N. E-learning Diagnostiek en behandeling van acute hamstringblessures. Bohn Stafleu van Loghum;Houten: 2015

Brooijmans FAM, Lenssen AFT, van Melick N, Knoop J, Rondhuis G, Neeleman-van der Steen CWM, Tak IJR, Hullegie W, Hendriks E, Janssen RPA. KNGF Evidence Statement Acuut knieletsel. De Gans;Amersfoort: 2015 <https://www.fysionet-evidencebased.nl/index.php/evidence-statements/evidence-statements-openingspagina/acuut-knieletsel>

van Melick N, Brooijmans FAM, Janssen RPA. E-learning revalidatie na voorste-kruisbandreconstructie. Bohn Stafleu van Loghum;Houten: 2014

van Melick N, Hullegie W, Brooijmans F, Hendriks EJM, Neeter C, van Tienen TG, van Cingel REH. KNGF Evidence Statement Revalidatie na voorste-kruisbandreconstructie. De Gans;Amersfoort: 2014 <https://www.fysionet-evidencebased.nl/index.php/evidence-statements/evidence-statements-openingspagina/voorste-kruisbandreconstructie/downloads-vkb-letsel>

Engelen-van Melick N, van Cingel RE, Tijssen MP, Nijhuis-van der Sanden MW. Assessment of functional performance after anterior cruciate ligament reconstruction: a systematic review of measurement procedures. Knee Surg Sports Traumatol Arthrosc 2013;21(4):869-79

Engelen-van Melick N. Fysiotherapeutische revalidatie na VKB-reconstructie. Een sprong voorwaarts? Fysiopraxis 2012;21(10):38-39

Tijssen M, Van Cingel R, Van Melick N, De Visser E. Patient-reported outcome questionnaires for hip arthroscopy: a systematic review of the psychometric evidence. BMC Musculoskelet Disord 2011;12:117

Van Melick N, Van Cingel R. Test-hertest betrouwbaarheid van de ProJump sprongmat. Sport en Geneeskunde 2010;43(5):6-10

Van Melick N, Van Cingel R. Gebruik van de ProJump Sprongmat in de knierevalidatie. Tijdschrift Manuele Therapie 2010;6(3):33-4

Van Melick N, Van Cingel R, Aufdemkampe G. Radiale shockwave therapie bij fasciitis plantaris. Een prospectieve klinische studie. Fysiopraxis 2010;19(4):14-7

Van Cingel R, Van Melick N, Van Doren L, Aufdemkampe G. Intra-examiner reproducibility of ankle inversion-eversion isokinetic strength in healthy subjects. Isokinetics and Exercise Science 2009;17:181-8

Van Melick N, Inklaar H. Hamstringblessures en voetbal. Is er een relatie met het SI-gewricht? Sport en Geneeskunde 2009;42(1):6-12

### Lectures

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|---------------|---|
| December 2017 | English lecture at Fontys for physical therapy students about diagnostics and rehabilitation in ACL injuries, together with orthopaedic surgeon R.P.A. Janssen.   |
| November 2017 | Invited presentation at Florence Sport Medicine congress.<br>Title: Return to play after ACL reconstruction.  |
| November 2017 | Dutch lecture for sports physicians and orthopedic surgeons in professional soccer.<br>Title: Return to play after ACL-reconstruction. When and how?  |
| October 2017  | English presentation at IFSPT congress Belfast.<br>Title: Only 19% of pivoting athletes after anterior cruciate ligament reconstruction meets return-to-play (RTP) criteria when their physical therapist releases them to RTP. |
| May 2017      | Dutch lecture for Fontys Centre of Health and Movement, Eindhoven.<br>Title: Return-to-play after ACL-reconstruction. When and how?   |
| May 2017      | Two Dutch lectures at the ACL masterclass for NOC*NSF top sport physicians.<br>Titles: Rehabilitation after ACL-rupture. Conservative or preoperative? & Rehabilitation after ACL-reconstruction. Evidence based?               |
| April 2017    | Dutch lecture for sport orthopedic surgeons.<br>Title: Return-to-play after ACL-reconstruction.   |
| February 2017 | Dutch lecture for physical therapists.<br>Title: Evidence Statement ACL rehabilitation after 3 years. What happens in clinical practice.  |
| October 2016  | English lecture at Fontys for physical therapy students about diagnostics and rehabilitation in ACL injuries.<br>Title: Anterior cruciate ligament rehabilitation: Evidence based?  |
| April 2016    | Dutch lecture at Kliniek ViaSana symposium "ACL-reconstruction rehabilitation"<br>Title: Evidence Statement VKB-R na 2 jaar: wat gebeurt er in de praktijk?   |
| March 2016    | English lecture at Fontys for physical therapy students about diagnostics and rehabilitation in ACL injuries.<br>Title: Anterior cruciate ligament rehabilitation: Evidence based?  |

January 2016	Dutch lecture for Stichting Sportfysiotherapie Limburg. Title: KNGF ES Acuut knieletsel. Diagnostiek en aanbevelingen voor behandeling.
December 2015	Two Dutch lectures at BSL symposium "The knee". Titles: Evidence Statement VKB-R na 2 jaar: wat gebeurt er in de praktijk? & Welke sporters lopen risico op een nieuwe VKB-ruptuur?
October 2015	Dutch workshops at THIM congres. Title: Veilige terugkeer naar (top)sport na een acute knieblesure?
October 2015	Dutch lecture for Knienetwerk Brabant. Title: Revalidatie na VKB-R: Knikkende knieën of vaste grond onder de voeten?
February 2015	Dutch lecture and workshop at the kick-off meeting of the ACL network of Fysiovisie (Noord-Brabant). Title: Revalidatie na voorste-kruisbandreconstructie: state of the art.
November 2014	Dutch lecture and workshop about ACL rehabilitation and clinimetrics Title: Voorste-kruisbandrevalidatie: state of the art.
Fall/winter 2014	Five Dutch lectures for the KNGF "Kniebandletsel anno 2014: heeft u het onder de knie?" together with orthopedic surgeon Rob Janssen. Title: Voorste-kruisbandrevalidatie: state of the art.
September 2014	Dutch lecture at Kliniek ViaSana symposium "Return to play after ACL reconstruction?" Title: Voorste-kruisbandrevalidatie: state of the art.
May 2014	English lecture at the "PT program" of the ESSKA congres Amsterdam. Title: Quantity versus quality and the consequences of returning-to-sports after ACLR.
November 2013	Dutch lecture at the SportMedX congress, Ruurlo Title: KNGF Evidence Statement Revalidatie na VKB-reconstructie.
November 2012	Dutch lecture at the VSG congress, Ermelo Title: Functional performance 2 to 9 years after ACL reconstruction.
May 2012	English lecture at the ESSKA congres Genève Title: Functional performance 2 to 9 years after ACL reconstruction.

**Computer skills**

Office: Word, Excel, Powerpoint,  
Research: SPSS  
Physical therapy: Intramed plus, Fysioroadmap, Fysiomanager

**Language skills**

Dutch: Native language  
English: Good, conversation, reading and writing

**Sports and interests**

Handball, canicross, fotografy