

## CURRICULUM VITAE



Dr. Nicol van Dyk | Physiotherapist and Clinical Researcher

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### Professional Profile

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Sports physiotherapist with more than ten years' experience working in elite team and athlete environments. Clinical researcher with a special interest in injury prevention, longitudinal study design, complex systems theory, and (re)structuring research approaches that answers clinically relevant questions.

Great appreciation for integrated healthcare, evidence-based medicine and pain management. Enthusiastic about advances in technology and disseminating scientific evidence and research knowledge to the individual.

### Skills summary

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Strategic planning of research projects to address relevant clinical areas of interest. Knowledgeable in cohort study design and injury prevention. Innovative dissemination of research evidence and knowledge translation. Clinical management of elite athletes.

### Career Summary

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#### **2013 - present Aspetar Orthopaedic and Sports Medicine Hospital, Doha Qatar Physiotherapist**

- 2018 (ongoing) Clinical research scientist, ASPREV (Aspetar Injury and Illness Prevention Program), Athlete Health and Performance Research department
- 2013 (ongoing) Sports physiotherapist, involved with care of elite and amateur athletes, as well as general musculoskeletal injuries, Rehabilitation department
- 2014-2018 (part-time) Post-graduate researcher investigating risk factors for hamstring injuries in professional football players, Rehabilitation department
- 2015-2016 Musculoskeletal screening coordinator during annual periodic health evaluation of football players, Rehabilitation department

#### **2010 - 2012 Sport Science Institute of South Africa, Cape Town, South Africa Physiotherapist**

- Clinical physiotherapist involved in post-operative rehabilitation and elite athlete care
- Associate at the Sport Science Physiotherapy Centre
- Chief Physiotherapist at the Hamilton Rugby Club in Cape Town, South Africa
- Physiotherapist to Disney-on-Ice during performances in Cape Town
- Assistant physiotherapist to Argentina during opening match of Rugby Championship
- Member of medical team to the Western Cape regional team competing at the South African Youth Athlete Games in Polekwane

## **2007 - 2009 Private Practice Tania Prinsloo Physiotherapy, Windhoek/Grootfontein, Namibia Physiotherapist**

- Clinical physiotherapist in outpatient orthopaedic and musculoskeletal physiotherapy practice
- Physiotherapist to the Namibian National Cricket Team

## **2003 - 2006 Professional activities while completing BSc Physiotherapy degree**

- Physiotherapist to various rugby clubs competing in the Western Province Super League Victorians Rugby team (1<sup>st</sup> division); Belhar Rugby Club (3<sup>rd</sup> division)
- Member of the Cape Epic Mountain Bike Race Recovery team
- Tournament Physiotherapist at the SARFU University Rugby Competition held at Stellenbosch University(student with supervision), and at the Craven Week U/18 Rugby Festival held in Wellington (with referral supervision)

## **Education and qualifications**

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- BSc in Physiotherapy, Stellenbosch University, 2005
- MSc in Physiotherapy (Orthopaedic & Manipulative therapy), Stellenbosch University, 2010
- PhD in Health Sciences, Ghent University, 2018

## **Courses and Workshops attended**

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### **2003 - 2006**

- Advanced Strapping Workshop – A Hughes
- Soft Tissue Disorders – I Diener
- Dry Needling(Module 1 & 2) – S Stavrou
- Cervical Manipulation – D Reid
- Bone and Joint Decade 2010 Symposium – Durban

### **2007 - 2012**

- Sport Injuries and Management – C Smith
- Western Cape OMT Group Symposium, Cape Town
- Lumbar and Pelvic Manipulation – D Reid
- Build the Complete Athlete – R Sutton
- 4<sup>th</sup> Clinical Sports Medicine Conference 2010
- Shoulder Workshop with J Gray
- Multi-directional Shoulder Instability – M Magerey
- Joint Approaches Course – I Diener
- Explain Pain – L Moseley

### **2013 - 2017**

- McConnell Concept - A Albasini
- Lower Quarter Neurodynamics - M Schacklock
- Shoulder Biomechanics & Rehab - A Cools B Kibler
- Muscle Chain Approach - Erik van Tendeloo
- Kinetic control lower limb - Koen Schoenmeesters
- Muscle strengthening - B Mackie & J Brosseau
- Shoulder tendinopathy - J Lewis
- Strength Training - K Chamari
- Comfort&Safety in management cervical spine - D Reid
- Ankle Course - C Bleakley
- Treatment of Cartilage injuries in the knee - B Wondrasch
- Statistics in Sports Medicine - A Farooq
- Assessment/Treatment of Ligament injuries of the knee - L Snyder-Mackler
- Shoulder management course- J Lewis
- Interprofessional Sport & Exercise Medicine Workshops
- 1<sup>st</sup> AFC Team Physiotherapist Course - Aspetar
- Aspetar Knee Specialization Course - Erik Witvrouw
- Clinical Reasoning - Phil Glasgow

## Professional memberships and positions

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- Accredited member of the South African Sports Medicine Association (SASMA)
- Member of the South African Society of Physiotherapy (SASP)
- Member of the World Congress of Physical Therapy (WCPT)
- Associate editor and editorial board member of the British Journal of Sports Medicine (BJSM)
- Editorial board member of the Aspetar Sports Medicine Journal

## International conferences

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### Attendance

IOC World Conference Prevention of Injury and Illness in Sport - Monaco	2014
Training and competing in the heat - Doha, Qatar	2014
1 <sup>st</sup> World Conference on Groin Pain in athletes - Doha, Qatar	2014
Conference of New Sports Medicine Concepts in Handball - Doha, Qatar	2015
ISOKINETIC Football Medicine Strategies for Player Care - London, UK	2015
Sports Medicine Australia Conference - Goldcoast, Australia	2015
5 <sup>th</sup> AFC Medical Conference - New Dehli, India	2015
ISAKOS FIFA Aspetar Challenges in Football Injuries - Doha, Qatar	2016
ISOKINETIC Football Medicine Strategies Return to play - London, UK	2016
1 <sup>st</sup> GCC Aspetar Sports Medicine Conference - Doha, Qatar	2016
Aspetar-ACSM Symposium - New Developments in Sports Medicine - Doha, Qatar	2016
34 <sup>th</sup> FIMS World Congress of Sports Medicine - Ljubljana, Slovenia	2016
IOC World Conference Prevention of Injury and Illness in Sport, Monaco	2017
Salzburger-Sport-Physio-Symposium, Salzburg, Austria	2017
World Congress of Physical Therapy - Cape Town, South Africa	2017
2 <sup>nd</sup> World Conference of Sports Physical Therapy, Belfast, Northern Ireland	2017
Move Science Rehab Congress Sport Physiotherapy Group - South Africa	2018
Isokinetic Medical Group Conference - Football Medicine Outcomes - Are we winning?	2018

## Presentations

- Rehabilitation of hamstring injuries* 2015  
Conference of New Sports Medicine Concepts in Handball - Doha, Qatar  
(invited workshop presenter) [available online](#)
- Muscle strength imbalances and hamstring strain injuries – are we moving forward?* 2015  
ISOKINETIC Football medicine strategies for player care - London, UK  
Abstract - Oral presentation
- Symposium Hamstring strain injury - structural and functional considerations for prevention, rehabilitation, and return to play* 2015  
*Workshop Criteria based rehabilitation of hamstring injuries*  
Sports Medicine Australia Conference - Goldcoast, Australia  
Invited speaker and workshop presenter
- Pre-Conference Course Sports Physiotherapy* 2015  
*The role of strengthening in prevention and treatment of hamstring strain injuries*  
*Workshop - Strapping/Taping*  
5<sup>th</sup> AFC Medical Conference - New Dehli, India  
Invited speaker and workshop presenter
- Hamstrings: Recovery, rehabilitation, reasoning* 2016  
Clinical Edge Online conference presenter
- Predictive factors for hamstring injuries* 2016  
ISAKOS FIFA Aspetar Challenges in Football Injuries - Doha, Qatar  
Invited speaker [available online](#)
- Substantial interseason variability in isokinetic strength in professional football* 2016  
ISOKINETIC Football Medicine Strategies Return to play - London, UK  
Abstract - Oral presentation
- Hamstring injury - PRP or just load it?* 2016  
Aspetar-ACSM Symposium - New Developments in Sports Medicine - Doha, Qatar  
Invited speaker [available online](#)
- What are the risk factors for hamstring injuries and can we prevent them* 2016  
34<sup>th</sup> FIMS World Congress of Sports Medicine - Ljubljana, Slovenia  
Invited workshop presenter
- Symposium Screening for muscle strength - the Aspetar experience ([available online](#))* 2017  
*Workshop Risky business - can screening help to make quality return to play decisions*  
*Workshop To screen or not to screen - Musculoskeletal screening tests that make sense*  
IOC World Conference Prevention of Injury and Illness in Sport, Monaco  
Invited speaker
- Hamstring muscle injury risk factors and prevention* 2017  
*Return to sport after hamstring injury in soccer (football)*  
*Hamstring injury - criteria based rehabilitation*  
Salzburger-Sport-Physio-Symposium, Salzburg, Austria  
Invited speaker and workshop presenter
- Optimal loading for muscle* 2017  
2<sup>nd</sup> World Conference of Sports Physical Therapy, Optimal Load in Sport, Belfast N. Ireland  
Invited speaker

<i>The Goldilocks approach to hamstring rehabilitation</i>	2018
<i>Back the future for injury prevention</i>	
<i>#fakenews or knowledge translation - the use of social media in sports medicine</i>	
Move Science Rehab Congress Sport Physiotherapy Group - South Africa	
Invited speaker	
<i>Clinical assessment of muscle injuries</i>	2018
Isokinetic Medical Group Conference - Football Medicine Outcomes - Are we winning?	
Barcelona, Spain	
Invited speaker	
<i>Hamstring muscle injuries</i>	2018
FIMS (International Federation of Sports Medicine) 35 <sup>th</sup> Congress, Rio de Janeiro, Brazil	
Invited speaker and Session coordinator	
Assessment, Milestones for progression, and risk factors for hamstring injuries	2018
IRFU Sports Medicine National Symposium Autumn 2018 – speaker	
Invited speaker	

## Teaching

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Neuromuscular control in hamstring strain injuries - the chicken or the egg?	2015
Aspetar Rehabilitation department education programme lecture	
Nordbord - Nordic hamstring device	2015
Aspetar Rehabilitation department education programme lecture	
Risk factors, criteria-based rehabilitation and return to play for hamstring injury	2016
Online workshop with Australian Catholic University, undergraduate programme	
Hamstring strength, training 'sweet spot' and shared decision making #researchinreallife	2016
Aspetar Tuesday morning scientific lecture ( <a href="#">available online</a> )	
Pain management in athletes	2016
Aspetar/ACSM Interprofessional Sport and Exercise Medicine Education workshop, Doha, Qatar	
Hamstring muscle injuries	2016
IOC Diploma in Sports Physical Therapies, online	
Challenges in diagnosis and management of hamstring injury	2016
1st AFC Sports Physiotherapy Course, Doha Qatar	
Muscle Injuries	2017
Aspetar Rehabilitation department Education Programme, Doha, Qatar	
Rotational group sessions	
Risky business - preventing hamstring injuries in elite football	2017
Visiting Professional - Bournemouth FC, Bournemouth, UK	

Hamstring muscle injuries Donegal Physiotherapy and Performance centre, Letterkenny, Ireland Evening workshop	2017
Clinical appraisal of scientific research Aspetar Rehabilitation Department Education Programme, Doha, Qatar Rotational group sessions	2018
Hamstring injuries – rehabilitation workshop Move Science Rehab congress Sport Physiotherapy Group - South African Society of Physiotherapy	2018
Risk factors for hamstring injuries in football - thinking fast and slow #AspetarTuesdayLecture series ( <a href="#">available online</a> ) Aspetar Orthopaedic and Sports Medicine Hospital, Doha Qatar	2018
Challenges in diagnosis and management of hamstring injury, Workshop 5: Assessment and criteria-based return to play for hamstring injury 2nd AFC Team Physiotherapist Course - Faculty, Doha Qatar	2018
Hamstring injuries World class research and rehabilitation UK - HES Seminars	2018
Hamstring rehabilitation made easy 1e Interuniversitair Congres Sportkinesitherapie - Gent, Belgium	2018
Risk factors, criteria-based rehabilitation and return to play for hamstring injury Online workshop with Australian Catholic University, undergraduate programme	2018
Back to the future? Predicting, pretending, or preventing hamstring injury Continuing education programme for United States Olympic Committee, online	2018
Risk factors and prevention of hamstring injuries Continuing education programme Aspire Academy, Doha Qatar	2018
Muscle injuries- Module as part of Certificate in Sport Physiotherapy University of Applied Sciences and Arts of Southern Switzerland, Lugano Switzerland	2018

## Other

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### Blogs

BJSM Blog: A sacrum too far - Tiger Woods	2015
BJSM Blog: Criteria based rehabilitation protocol - hamstrings	2015

### Podcast

Eccentric hamstring exercises - they work in practice but not in theory? BJSM host with guest David Opar	2015
What makes a happy hip? Understanding FAI, arthroscopy and treatment outcomes BJSM host with guest Joanna Kemp	2015

Exercise interventions to prevent sports injuries - what you need to know BJSM host with Lars Bo Andersen, Jeppe Bo Lauenstein	2015
Criteria based return to play. Psychological readiness. How? Whose call? BJSM host with guest Clare Ardern	2016
Which 3 on-field football scenarios precede ACL rupture? Dr. Markus Walden has video proof BJSM host with guest Markus Waldén	2016
What are the odds? Understanding risk and uncertainty BJSM host with guest Rod Whiteley	2017
Stop swimming upstream - a new model for swimmer's shoulder BJSM host with guest Craig Boetcher and Andrew Delbridge	2017

### **Additional activities**

Hamstrings: Recovery, rehabilitation, reasoning Clinical Edge Online conference presenter	2016
Aspetar hamstring rehabilitation protocol (freely available online) Videos and brochure with developed in Aspetar Rehabilitation department (Developed by Rod Whiteley, Arnlaug Wangensteen, Philipp Jacobsen, Patrice Muxart, Marketing department) Aspetar	2017
Trust me I'm a physiotherapist Educational contributor	2017
Physio Network educational contributor	2018

### **Committees**

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1st AFC Sports Physiotherapy Course, Doha Qatar	2016
INTERNATIONAL CONFERENCE ON MEDICINE AND SCIENCE IN ATHLETICS	2018
Basic Life Support Provider Course Scientific Committee	2018
Sport Medicine Journal Club – Aspetar	2018
Aspetar 'Aspire Way' High Performing Teamwork	2018

### **Academic**

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Reserve examiner, PhD committee, Latrobe University, Melbourne, Australia (Main supervisor - Dr. Tania Pizzari, candidate Martin Wollin)	2018
External examiner - Mphil in Exercise & Sports Physiotherapy Dept of Human Biology, University of Cape Town, South Africa (Main supervisor - Dr. Jeroen Swart)	2018
PhD Supervisor, Department of Exercise and Sport Sciences, University of the Free State, Bloemfontein, South Africa (Main supervisor – Prof. Derik Coetzee, candidate Arnold Vlok)	2018

## List of Publications

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**van Dyk N**, Martoia R, O'Sullivan K. First, do "nothing" ... and listen. *Br J Sports Med*. Published Online First: 02 October 2018. doi: 10.1136/bjsports-2018-099688

**van Dyk N**, Bahr R., Burnett A.F., Verhagen E., von Tiggelen D., Witvrouw E. No association between rate of torque development and onset of muscle activity with increased risk of hamstring injury in elite football. *Scand J Med Sci Sports*. 2018;00:1–11. <https://doi.org/10.1111/sms.13224>

**van Dyk N**, Witvrouw E., and Bahr R. Interseason variability in isokinetic strength and poor correlation with Nordic hamstring eccentric strength in football players. *Scand J Med Sci Sports*. 2018;28:1878–1887.

**van Dyk N**, Farooq, A. Bahr, R. and Witvrouw, E., 2016. Hamstring and Ankle Flexibility Deficits Are Weak Risk Factors for Hamstring Injury in Professional Soccer Players: A Prospective Cohort Study of 438 Players Including 78 Injuries. *Am J Sports Med*, 2018; 46(9), pp.2203-2210

Verhagen E., **van Dyk N**., Clark N., and Shier, I. Do not throw the baby out with the bathwater; screening can identify meaningful risk factors for sports injuries  
*Br J Sports Med* Published Online First: 11 April 2018. doi: 10.1136/bjsports-2017-098547

Whiteley, R., **van Dyk N**., Wangensteen, A. and Hansen, C., 2017. Clinical implications from daily physiotherapy examination of 131 acute hamstring injuries and their association with running speed and rehabilitation progression. *Br J Sports Med* Published Online First: 30 October 2016. doi: 10.1136/bjsports-2017-097616

**van Dyk N**., Bahr, R., Burnett, A.F., Whiteley, R., Bakken, A., Mosler, A., Farooq, A. and Witvrouw, E., 2017. A comprehensive strength testing protocol offers no clinical value in predicting risk of hamstring injury: a prospective cohort study of 413 professional football players. *Br J Sports Med*, pp.bjsports-2017.

**van Dyk N**. and Clarsen, B. Prevention forecast: cloudy with a chance of injury. *Br J Sports Med* 2017; 51:1646-1647.

**van Dyk N**., van der Made, A.D., Timmins, R.G., Opar, D.A. and Tol, J.L. There is strength in numbers for muscle injuries: it is time to establish an international collaborative registry. *Br J Sports Med* Published Online First: 05 May 2017. doi: 10.1136/bjsports-2016-097318

**van Dyk N**., Wangensteen, A. and Whiteley, R., 2017. Zurück auf den Rasen. *Sportphysio*, 5(01), pp.22-30.

**van Dyk N**., Bahr, R., Whiteley, R., Tol, J.L., Kumar, B.D., Hamilton, B., Farooq, A. and Witvrouw, E., 2016. Hamstring and quadriceps isokinetic strength deficits are weak risk factors for hamstring strain injuries: a 4-year cohort study. *Am J Sports Med*, 44(7), pp.1789-1795.

Dijkstra, H.P., **van Dyk N**. and Schumacher, Y.O., 2015. Can I tell you something? I'm doping..." *Br J Sports Med* 50.9 (2016): 510-511.

Witvrouw, E., **van Dyk N**. and Whiteley, R., 2014. Zerrungen der ischiokruralen Muskulatur: Ätiologie und Konsequenzen für die Prävention. *Sportphysio*, 2(02), pp.69-75.



**Non-indexed:**

**van Dyk, N**, Bakken A, Targett S, Bahr, R. There are many good reasons to screen your athletes, but predicting future injury is not one of them

*Aspetar Sports Medicine Journal*, Vol 6 Targeted Topic 12, 2017

## References

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### **Prof. dr. Erik Witvrouw**

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### **Prof. dr. Karim Khan**

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