

## Curriculum Vitae

### Personal details

Name: Mathijs van Ark

Mathijs van Ark completed his PhD on patellar tendinopathy at the University of Groningen, The Netherlands and Monash University, Australia. He is currently working as a lecturer, physiotherapist and post-doc researcher specialised in tendinopathy.

### Academicdegrees

PhD in sports medicine, tendinopathy (2015) at the Center for Sports Medicine - University Medical Center Groningen, University of Groningen, The Netherlands and department of physiotherapy - Monash University, Melbourne, Australia

BSc in physiotherapy (2013) at Hanze University of Applied Sciences, Groningen, The Netherlands

MSc in Human movement sciences (2008) at the University of Groningen, The Netherlands

### Currentpositions

Lecturer at Hanze University of Applied Sciences – department of physiotherapy, Groningen

Physiotherapist and post-doc researcher at Centre of Expertise Primary Care Groningen (ECEZG)

### List of International Publications

1. **van Ark, M.**, Cook, J., Docking, S., Zwerver, J., Gaida, J., van den Akker-Scheek, I. & Rio, E. (2016). Do isometric and isotonic exercise programs reduce pain in athletes with patellar-tendinopathy in-season? A randomized controlled trial. *Journal of Science and Medicine in Sport*, 19 (9), 702-706
2. Rio E, **van Ark M**, Docking S, Moseley GL, Kidgell D, Gaida JE, van den Akker-Scheek I, Zwerver J, Cook J. (2016). Isometric contractions are more analgesic than isotonic contractions for patellar tendon pain: an in-season Randomized Clinical Trial. *Clinical Journal of Sports Medicine* [Epub ahead of print]
3. **van Ark, M.**, Docking, S., van den Akker-Scheek, I., Rudavsky, A., Rio, E., Zwerver, J. & Cook, J. (2016). Does the adolescent patellar tendon respond to five days of cumulative load during a volleyball tournament? *Scandinavian Journal of Medicine & Science in Sports*, 26 (2): 189-196
4. Ganderton, C., Docking, S., Rio, E., **van Ark, M.**, Gaida, J. & Cook, J. (2015). Achilles tendinopathy: understanding the key concepts to improve clinical management. *Australasian Musculoskeletal Medicine*, 19: 12-18
5. **van Ark, M.**, Zwerver, J., Diercks, R.L. & van den Akker-Scheek, I. (2014). Cross-cultural adaptation and reliability and validity of the Dutch Patient-Rated Tennis Elbow Evaluation (PRTEE-D). *BMC Musculoskeletal Disorder*, 15:270
6. **van Ark, M.**, van den Akker-Scheek, I., Meijer, L.T.B., & Zwerver, J. (2013). An exercise-based physical therapy program for patients with patellar tendinopathy after platelet-rich plasma injection. *Physical Therapy in Sport*, 14(2), 124-130
7. van der Worp, H., **van Ark, M.**, Zwerver, J., & van den Akker-Scheek, I. (2012) Risk factors for patellar tendinopathy in basketball and volleyball players: a cross-sectional study. *Scandinavian Journal of Medicine & Science in Sports*, 22(6), 783-790
8. **van Ark, M.**, Zwerver, J., & van den Akker-Scheek, I. (2011). Injection treatments for patellar tendinopathy. *British Journal of Sports Medicine*, 45(13), 1068-1076.
9. van der Worp, H., **van Ark, M.**, Roerink, S., Pepping, G., van den Akker-Scheek, I., & Zwerver, J. (2011). Risk factors for patellar tendinopathy: A systematic review of the literature. *British Journal of Sports Medicine*, 45(5), 446-452.
10. **van Ark, M.**, Elferink-Gemser, M.T., Roskam, A., & Visscher, C. (2010). Important features of talent coaches for talent development in sports. In: *Youth Sports. Growth, Maturation and Talent*. (Eds. M.J. Coelho e Silva, A.J. Figueiredo, M.T. Elferink-Gemser and R.M. Malina). Coimbra University Press, Portugal, 179-205.