

Curriculum Vitae

Personal details

Name: Henk van der Worp
Date of birth: 18 October 1978

Current position

Researcher Center for Sports Medicine, University of Groningen, University Medical Center Groningen, The Netherlands.

Academic Degrees

PhD Medicine (2012), University of Groningen, The Netherlands
MSc Human Movement Sciences (2004), University of Groningen, The Netherlands

Previous experience of organizing meetings

Groningen Sports Medicine Symposium 2014,2016,2017 (Annual conference with around 200 clinicians).

Research interests

In 2012 Henk van der Worp finished and defended his thesis on the aetiology and treatment of patellar tendinopathy at the University of Groningen. He performed an RCT on the use of ESWT for patellar tendinopathy. After completion of his PhD he continued his research on overuse injuries with a special focus on running injuries and tendinopathy.

Top 5 publications on tendinopathy

1. van der Worp H, van Ark M, Roerink SD, Pepping GJ, van den Akker-Scheek I, Zwerver J. Risk factors for patellar tendinopathy: A systematic review of the literature. British Journal of Sports Medicine 2011;45(5):446-452.
2. van der Worp H, van den Akker-Scheek I, van Schie H, Zwerver J. ESWT for tendinopathy: technology and clinical implications. Knee Surgery, Sports Traumatology, Arthroscopy 2013;21(6):1451-1458.
3. van der Worp H, Zwerver J, Hamstra M, van den Akker-Scheek I, Diercks RL. No difference in effectiveness between focused and radial shockwave therapy for treating patellar tendinopathy: a randomized controlled trial. Knee Surgery, Sports Traumatology, Arthroscopy 2014;22(9):2026-2032.
4. van der Worp H, van Ark M, Zwerver J, van den Akker-Scheek I. Risk Factors for Patellar Tendinopathy in Basketball and Volleyball players: A Cross-sectional study. Scandinavian Journal of Medicine and Science in Sports 2012;22(6):783-790.
5. van der Worp H, Zwerver J, Kuijer PPFM, Frings-Dresen MHW, van den Akker-Scheek I. The impact of physically demanding work of basketball and volleyball players on the risk for patellar tendinopathy and on work limitations. Journal of Back and Musculoskeletal Rehabilitation 2011;24: 49-55.