

## CURRICULUM VITAE BART DINGENEN

### PERSONALIA

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Name and Surname: Bart Dingenen  
Address: Kloosterstraat 2/11 3590 Diepenbeek  
Place of birth and date: Genk, 28/12/1986  
Nationality: Belgian  
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### PERSONAL INTRODUCTION

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It has always been my desire to keep individuals physically active across their lifespan and help people achieving their individual goals. Throughout the years, I developed a special interest and expertise in prevention and rehabilitation of musculoskeletal lower extremity injuries.

My passion for physical therapy has brought me into the combination of clinical practice and research. In 2015, I finished my PhD at KU Leuven (Belgium), which was focused on postural control in relation to anterior cruciate ligament injuries and chronic ankle instability. My postdoctoral research activities at KU Leuven and Hasselt University (Belgium) were focused on the optimization of assessment and rehabilitation of anterior cruciate ligament injuries and running-related injuries.

I have published numerous papers in international peer-reviewed journals, and have frequently presented at national and international conferences, symposia, workshops and podcasts to translate research to practice.

Clinically, I am mainly consulted in function of lower extremity rehabilitation, injury prevention and performance enhancement.

The unique combination of my research work with my clinical and teaching experience significantly contributed to my highly-valued national and international reputation and my ability to develop novel, original and clinically-relevant ideas with vital impact in my field.

Next to my work, I love to be physically active, play football, go for a run and having good times with my family and friends.

### WORK EXPERIENCE

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Physical therapist in private clinical practice (80%) – Motion to Balance, Genk, Belgium	10/2019 – now
Consultancy, external teaching	10/2019 – now
Lecturer (20%) – University of Hasselt	10/2019 – now
Doctor-assistent (70%) – University of Hasselt	10/2016 – 09/2019
Physical therapist in private clinical practice (30%) – Motion to Balance, Genk, Belgium	10/2016 – 09/2019
Doctor-assistent (80%) – KU Leuven	10/2015 – 09/2016
Doctor-navorser (20%) – University of Hasselt	10/2015 – 09/2016
Assistent (100%) – KU Leuven	10/2009 – 09/2015
Physical therapist in private clinical practice (100%) – Private practice Stefanie Joosten, Kinrooi, Belgium	07/2009 – 09/2009

## STUDIES & EDUCATION

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PhD in Rehabilitation Sciences & Physiotherapy, entitled "Postural control in relation to knee and ankle injuries during quasi-static and dynamic tasks" - KU Leuven 2009-2015

Postgraduate Advanced Musculoskeletal Rehabilitation: Manual Therapy and Sport Physical Therapy - KU Leuven 2009-2010

Rehabilitation Sciences & Physiotherapy - KU Leuven 2004-2009

## AWARDS

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American College of Sports Medicine Biomechanics Interest Group Student Research Award - San Diego - United States - 05/2015

Most popular poster award - 14th Scandinavian Congress of Medicine & Science in Sports – Copenhagen – Denmark - 1-3 February 2018.

## ADDITIONAL INFORMATION

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### Articles in internationally reviewed academic journals:

Tim Gabbett, Igor Sancho, **Bart Dingenen**, Richard Willy (2021). When progressing training loads, what are the considerations for healthy and injured athletes? *British Journal of Sports Medicine*. In press.

Charles Deltour, **Bart Dingenen**, Filip Staes, Kevin Deschamps, Giovanni Matricali (2021). Preliminary evidence that taping does not optimize joint coupling of the foot and ankle joints in patients with chronic ankle instability. *International Journal of Environmental Research & Public Health*. 18(4):2029.

**Bart Dingenen**, Bart Billiet, Liesbet De Baets, Johan Bellemans, Jan Truijen, Alli Gokeler (2021). Rehabilitation strategies of Flemish physical therapists before and after anterior cruciate ligament reconstruction: An online survey. *Physical Therapy in Sport*. 49:68-76.

**Bart Dingenen**, Filip Staes, Romy Vanelderden, Linde Ceyskens, Peter Malliaras, Christian Barton, Kevin Deschamps (2020). Subclassification of recreational runners with a running-related injury based on running kinematics evaluated with marker-based two-dimensional video analysis. *Physical Therapy in Sport*. In press.

Wouter Welling, Anne Benjaminse, Koen Lemmink, **Bart Dingenen**, Alli Gokeler (2019). Progressive strength training restores quadriceps and hamstring muscle strength within 7 months after ACL reconstruction in amateur male soccer players. *Physical Therapy in Sport*. 26:978-987.

**Bart Dingenen**, Jan Truijen, Johan Bellemans, Alli Gokeler (2019). Test-retest reliability and discriminative ability of forward, medial and rotational single-leg hop tests. *The Knee*. 40, 10-18.

**Bart Dingenen**, Peter Malliaras, Tessa Janssen, Linde Ceyskens, Romy Vanelderden, Christian Barton (2019). Two-dimensional video analysis can discriminate differences in running kinematics between recreational runners with and without running-related knee injury. *Physical Therapy in Sport*. 38:184-191.

Linde Ceyskens, Romy Vanelderden, Christian Barton, Peter Malliaras, **Bart Dingenen**. Biomechanical risk factors for running-related injuries: a systematic review. *Sports Medicine*. 49:1095-1115.

Alli Gokeler, **Bart Dingenen**. Between-session and inter-rater reliability of the modified tuck jump assessment in healthy adult athletes. (2019). *Physical Therapy in Sport*. 37:10-14.

Annemie Smeets, Bart Malfait, **Bart Dingenen**, Mark Robinson, Jos Vanreenterghem, Koen Peers, Stefaan Nijs, Slyn Vereecken, Filip Staes, Sabine Verschueren. (2019). Is knee neuromuscular activity related to anterior cruciate ligament injury risk? A pilot study. *The Knee*. 26: 40-51.

**Bart Dingenen**, Christian Barton, Tessa Janssen, Anke Benoit, Peter Malliaras. (2018). Test-retest reliability of two-dimensional video analysis during running. *Physical Therapy in Sport*. 33: 40-47.

Jack Dix, Stephanie Marsh, **Bart Dingenen**, Peter Malliaras. (2018). The relationship between hip muscle strength and dynamic knee valgus in asymptomatic females: a systematic review. *Physical Therapy in Sport*. Epub ahead of print.

**Bart Dingenen**, Lincoln Blandford, Mark Comerford, Filip Staes, Sarah Mottram. (2018). The assessment of movement health in clinical practice: a multidimensional perspective. *Physical Therapy in Sport*. 32: 282-292

Kevin Deschamps, Maarten Eerdeken, Jurre Geentjens, Lieselot Santermans, Lien Steurs, **Bart Dingenen**, Maarten Thysen, Filip Staes. (2018). A novel approach for detection and exploration of joint coupling patterns in the lower limb kinetic chain. *Gait & Posture*. 62:372-377.

Deschamps, K., Matricali, G., **Dingenen, B.**, De Boeck, J., Bronselaer, S., Staes F. (2018). Foot and ankle kinematics in chronic ankle instability subjects using a midfoot strike pattern when running, including influence of taping. *Clinical Biomechanics*. 54:1-7.

**Dingenen, B.**, Staes, F.F., Santermans, L., Steurs, L., Eerdeken, M., Geentjens, J., Peers, K.H.E, Thysen, M., Deschamps, K (2018). Are two-dimensional measured frontal plane angles related to three-dimensional measured kinematic profiles during running? *Physical Therapy in Sport*, 29:84-92.

**Dingenen, B.** Gokeler, A. (2017) Optimization of the return to sport paradigm after anterior cruciate ligament reconstruction: a critical step back to move forward. *Sports Medicine*. 47(8):1487-1500.

Gokeler, A., **Dingenen, B.**, Mouton, C., Seil, R. Clinical course and recommendations for patients after ACL injury and subsequent ACL reconstruction: a narrative review. *EFORT Open Reviews*, 2017;2(10):410-420.

**Dingenen, B.**, Deschamps, K. Delchambre, F., Van Peer, E., Staes, F.F., Matricali, G.A (2017). Effect of taping on multi-segmental foot kinematic patterns during walking in persons with chronic ankle instability. *Journal of Science and Medicine in Sport*, 20(9):835-840.

**Dingenen, B.**, Malfait, B., Nijs, S., Peers, K., Vereecken, S., Verschueren, S., Janssens, L., Staes, F. (2016). Postural stability during single-leg stance: a preliminary evaluation of non-contact lower extremity injury risk. *Journal of Orthopaedic and Sports Physical Therapy*, 46 (8), 650-657.

Rafeeuddin, R., Sharir, R., Staes, F., **Dingenen, B.**, George, K., Robinson, M., Vanreenterghem, J. (2016). Mapping current research trends on neuromuscular risk factors of non-contact ACL injury. *Physical Therapy in Sport*, 22, 101-113.

Sharir, R., Rafeeuddin, R., Staes, F., **Dingenen, B.**, George, K., Vanreenterghem, J., Robinson, M. (2016). Mapping current research trends on anterior cruciate ligament injury risk against the existing evidence: In vivo biomechanical risk factors. *Clinical Biomechanics*, 37, 34-43.

**Dingenen, B.**, Janssens, L., Claes, S., Bellemans, J., Staes, F. (2016). Lower extremity muscle activation onset times during the transition from double-leg stance to single-leg stance in anterior cruciate ligament reconstructed subjects. *Clinical Biomechanics*, 35, 116-123.

Malfait, B., **Dingenen, B.**, Smeets, A., Staes, F., Pataky, T., Robinson, M., Vanreenterghem, J., Verschueren, S. (2016). Knee and hip joint kinematics predict quadriceps and hamstrings neuromuscular activation patterns in drop jump landings. *PLoS One*, 11 (4)

Deschamps, K., **Dingenen, B.**, Pans, F., Van Bavel, I., Matricali, G., Staes, F. (2016). Effect of taping on foot kinematics in persons with chronic ankle instability. *Journal of Science and Medicine in Sport*, 19 (7), 541-546.

**Dingenen, B.**, Janssens, L., Luyckx, T., Claes, S., Bellemans, J., Staes, F. (2015). Postural stability during the transition from double-leg stance to single-leg stance in anterior cruciate ligament injured subjects. *Clinical Biomechanics*, 30 (3), 283-289.

**Dingenen, B.**, Janssens, L., Claes, S., Bellemans, J., Staes, F. (2015). Postural stability deficits during the transition from double-leg stance to single-leg stance in anterior cruciate ligament reconstructed subjects. *Human Movement Science*, 41, 46-58.

**Dingenen, B.**, Peeraer, L., Deschamps, K., Fieuws, S., Janssens, L., Staes, F. (2015). Muscle-activation onset times with shoes and foot orthoses in participants with chronic ankle instability.

*Journal of Athletic Training*, 50 (7), 688-696.

**Dingenen, B.**, Janssens, L., Luyckx, T., Claes, S., Bellemans, J., Staes, F. (2015). Lower extremity muscle activation onset times during the transition from double-leg stance to single-leg stance in anterior cruciate ligament injured subjects. *Human Movement Science*, 44, 234-245.

**Dingenen, B.**, Peeraer, L., Deschamps, K., Fieuws, S., Janssens, L., Staes, F. (2015). Influence of shoes and foot orthoses on lower extremity muscle activation onset times in healthy subjects during the transition from double-leg stance to single-leg stance. *Journal of Sports Medicine and Physical Fitness*, 55 (1-2), 16-24.

**Dingenen, B.**, Malfait, B., Nijs, S., Peers, K., Vereecken, S., Verschueren, S., Staes, F. (2015). Can two-dimensional video analysis during single-leg drop vertical jumps help identify non-contact knee injury risk? A one-year prospective study. *Clinical Biomechanics*, 30 (8), 781-787.

**Dingenen, B.**, Malfait, B., Vanrenterghem, J., Robinson, M., Verschueren, S., Staes, F. (2015). Can two-dimensional measured peak sagittal plane excursions during drop vertical jumps help identify three-dimensional measured joint moments?. *The Knee*, 22, 73-79.

**Dingenen, B.**, Malfait, B., Vanrenterghem, J., Verschueren, S., Staes, F. (2014). The reliability and validity of the measurement of lateral trunk motion in two-dimensional video analysis during unipodal functional screening tests in elite female athletes. *Physical Therapy in Sport*, 15 (2), 117-123.

Martens, J., Janssens, L., Staes, F., **Dingenen, B.**, Daly, D. (2014). Spectrum analysis of wireless electromyography in water and on dry land: a single case example. *The Open Sports Sciences Journal*, 7 (1), 1-5.

Deschamps, K., Roosen, P., Birch, I., **Dingenen, B.**, Bruyninckx, H., Desloovere, K., Aertbeliën, E., Staes, F. (2014). A novel device for standardizing marker placement at the calcaneus. *Journal of the American Podiatric Medical Association*, 104 (1), 43-49.

**Dingenen, B.**, Staes, F., Janssens, L. (2013). A new method to analyze postural stability during a transition task from double-leg stance to single-leg stance. *Journal of Biomechanics*, 46 (13), 2213-2219.

#### **Articles in other academic journals**

**Dingenen, B.** (2015). Oefentherapie als behandeling van het patellofemorale pijnsyndroom. *Minerva: Tijdschrift voor Evidence-based Medicine*, 14 (8), 98-99.

Lambrechts, D., Van Malderen, K., **Dingenen, B.**, Van Deun, S., Janssens, L., Staes, F. (2011). Spieractivatie bij elite zwemmers: een gecontroleerde laboratoriumstudie. *Geneeskunde en Sport*, 44 (1), 6-13.

#### **Articles in other professionally oriented journals**

**Dingenen, B.**, Peeraer, L., Deschamps, K., Fieuws, S., Janssens, L., Staes, F. (2016). De invloed van schoenen en zolen op spieractivatietijden bij personen met chronische enkelinstabiliteit. *PodoSophia*, 24 (2), 43-46.

#### **Professionally oriented books, internationally recognised publisher; as author**

Staes, F., Vereecken, S., Daniels, K., **Dingenen, B.** (2017). *Algemene principes voor de preventie van sportletsels. Een benadering gericht op de individuele atleet vanuit kinesitherapeutisch oogpunt*. Leuven: ACCO.

Staes, F., Vereecken, S., Daniels, K., **Dingenen, B.** (2016). *Algemene principes voor de preventie van*

*sportletsels. Een benadering gericht op de individuele atleet vanuit kinesitherapeutisch oogpunt.* Leuven: ACCO.

Staes, F., Dauw, C., Heylen, M., **Dingenen, B.** (2016). *Behandeling van patiënten met musculoskeletale aandoeningen ter hoogte van het onderste lidmaat.* Leuven: ACCO.

Staes, F., **Dingenen, B.**, Heylen, M. (2015). *Behandeling van patiënten met musculoskeletale aandoeningen ter hoogte van het onderste lidmaat.* Leuven: ACCO.

Staes, F., **Dingenen, B.**, Heylen, M. (2014). *Behandeling van patiënten met musculoskeletale aandoeningen ter hoogte van het onderste lidmaat.* Leuven: ACCO.

#### **Other academic books; as author**

Staes, F., **Dingenen, B.** (2012). *Behandeling van patiënten met musculoskeletale aandoeningen ter hoogte van het onderste lidmaat.* Leuven: Acco.

Staes, F., De Smedt-Jans, K., Daniels, K., **Dingenen, B.**, Peers, K., Thysen, M., Van Malderen, K., Vereecken, S. (2011). *Preventie van sportletsels. Een benadering gericht op de individuele atleet.* (Staes, Filip, Ed.). Leuven: Acco.

#### **Other professionally oriented books; as author**

Staes, F., **Dingenen, B.** (2013). *Behandeling van patiënten met musculoskeletale aandoeningen ter hoogte van het onderste lidmaat.* Leuven: ACCO.

#### **Article in other academic book**

**Dingenen, B.**, Staes, F., Vereecken, S. (2011). Voorbeelden uit het voetbal. In: Staes F. (Eds.), *Preventie van sportletsels. Een benadering gericht op de individuele atleet* Acco, 119-128.

**Dingenen, B.**, Vereecken, S., Staes, F., Peers, K. (2011). Letsels in het voetbal. In: , *Preventie van sportletsels. Een benadering gericht op de individuele atleet.* Leuven: Acco, 27-31.

Staes, F., De Smedt-Jans, K., Daniels, K., Thysen, M., Vereecken, S., **Dingenen, B.** (2011). Aandachtspunten bij preventie. In: , *Preventie van sportletsels. Een benadering gericht op de individuele atleet* Acco, 99-118.

#### **Meeting abstracts, presented at international scientific conferences and symposia, published or not published in proceedings or journals**

**Bart Dingenen**, Peter Malliaras, Tessa Janssen, Linde Ceysens, Romy Vanelderden, Christian Barton. Two-dimensional video analysis during running in recreational runners with and without running-related knee injury. Sportskongres. 31 January – 2 February 2019, Copenhagen, Denmark.

**Bart Dingenen**, Filip Staes, Romy Vanelderden, Linde Ceysens, Peter Malliaras, Christian Barton, Kevin Deschamps. Subclassification of recreational runners with a running-related injury based on running kinematics measured with two-dimensional video analysis. Sportskongres. 31 January – 2 February 2019, Copenhagen, Denmark.

**Bart Dingenen**, Jan Truijien, Johan Bellemans, Alli Gokeler. Relationships between a multidirectional reactive agility test, functional performance and patient-reported outcome measures 6 months after anterior cruciate ligament reconstruction. Sportskongres. 31 January – 2 February 2019, Copenhagen, Denmark.

Welling, W., Benjaminse, A. Lemmink, K. **Dingenen, B.**, Gokeler, A. Progressive strength training results in less deficits during rehabilitation after an ACL reconstruction. XXVII Isokinetic Medical Group Conference Football Medicine Outcomes, Barcelona, June 2018.

**Dingenen, B.**, Gokeler, A. Test-retest reliability of forward, medial and rotational single-leg hop tests. 14th Scandinavian Congress of Medicine & Science in Sports, Copenhagen, Denmark. 1-3 February 2018.

**Dingenen, B.**, Bartono, C., Janssen, T., Benoit, A., Malliaras, P. Test-retest reliability of two-dimensional video analysis during running. 14th Scandinavian Congress of Medicine & Science in Sports, Copenhagen, Denmark. 1-3 February 2018.

**Dingenen, B.**, Hawinkel, S., Petré, S., Gokeler, A. Test-retest reliability of two-dimensional video analysis of single-leg drop vertical jumps. 14th Scandinavian Congress of Medicine & Science in Sports, Copenhagen, Denmark. 1-3 February 2018.

**Dingenen, B.**, Staes, F., Santermans, L., Steurs, L., Geentjens, J., Eerdeken, M., Peers, K., Thysen, M., Deschamps, K. (2016). Are two-dimensional measured peak frontal plane joint excursions related to three-dimensional measured kinematic profiles during running?. Annual Congress of the European College of Sport Science. Vienna, 6-9 July 2016.

**Dingenen, B.**, Malfait, B., Nijs, S., Peers, K., Vereecken, S., Verschueren, S., Janssens, L., Staes, F. (2015). A prospective evaluation of postural stability during the transition from double-leg stance to single-leg stance. American College of Sports Medicine Annual Meeting. San Diego, 26-30 May 2015.

**Dingenen, B.**, Janssens, L., Claes, S., Bellemans, J., Staes, F. (2014). Postural stability during the transition from double-leg stance to single-leg stance in anterior cruciate ligament reconstructed subjects. *British Journal of Sports Medicine: vol. 48 (7)*. IOC World Conference on Prevention of Injury & Illness in Sport. Monaco, 10-12 April 2014, 585.

**Dingenen, B.**, Janssens, L., Claes, S., Bellemans, J., Staes, F. (2014). Lower extremity muscle onset times during the transition from double-leg stance to single-leg stance in anterior cruciate ligament reconstructed subjects. *British Journal of Sports Medicine: vol. 48 (7)*. IOC World Conference on Prevention of Injury & Illness in Sport. Monaco, 10-12 April 2014, 584-585.

Malfait, B., **Dingenen, B.**, Staes, F., Vanrenterghem, J., Verschueren, S. (2014). Differences in neuromuscular activity of quadriceps and hamstrings with respect to different landing patterns in female athletes. IOC World Conference Prevention of Injury and Illness in Sport. Monaco, 10-12 April 2014.

**Dingenen, B.**, Malfait, B., Vanrenterghem, J., Robinson, M., Verschueren, S., Staes, F. (2014). Are sagittal plane kinematics related to three-dimensional joint loading during the drop vertical jump test?. *British Journal of Sports Medicine: vol. 48 (7)*. IOC World Conference on Prevention of Injury & Illness in Sport. Monaco, 10-12 April 2014, 585.

Malfait, B., **Dingenen, B.**, Vanrenterghem, J., Staes, F., Verschueren, S. (2013). Neuromuscular screening for ACL injury in elite female athletes during a single-leg drop vertical jump. ISPGP. Akita (Japan), 22-26 June 2013.

**Dingenen, B.**, Malfait, B., Verschueren, S., Staes, F. (2012). The relationship between lumbopelvic motor control and two-dimensional video analysis of the vertical jump in elite female athletes. European College of Sport Sciences. Bruges, 4-7 July 2012.

**Dingenen, B.**, Malfait, B., Verschueren, S., Staes, F. (2012). The implementation of lateral trunk motion in two-dimensional video analysis during unipodal functional screening tests in elite female athletes. European College of Sport Sciences. Bruges, 4-7 July 2012.

Malfait, B., **Dingenen, B.**, Staes, F., Vanrenterghem, J., Verschueren, S. (2012). Relevance of absolute knee loading during drop vertical jump in elite female athletes. European College of Sport Science. Bruges, 4-7 July.

**Dingenen, B.**, Peeraer, L., Deschamps, K., Janssens, L., Staes, F. (2012). Foot orthoses accelerate muscle onset times in chronic ankle instability subjects. *Medicine and Science in Sports and Exercise:*

vol. 44 (5S). American College of Sports Medicine Annual Meeting. San Francisco, 29 May 2012 - 2 June 2012, 515-515.

**Dingenen, B.,** Van Deun, S., Janssens, L., Staes, F. (2010). Patients with adductor-related groin pain show a delayed muscle onset and a lack of variation in muscle recruitment order. Primary care musculoskeletal research congress. Rotterdam, 11-13 October 2010.

#### **Meeting abstracts, presented at other scientific conferences and symposia, published or not published in proceedings or journals**

**Dingenen, B.,** Janssens, L., Claes, S., Bellemans, J., Staes, F. (2012). Lower extremity muscle activation onset times in anterior cruciate ligament reconstructed subjects. Vereniging voor Kinesiologie. Brussels, 7 December 2012.

#### **Thesis**

**Dingenen, B.,** Staes, F. (sup.), Peeraer, L. (cosup.) (2015). *Postural control in relation to knee and ankle injuries during quasi-static and dynamic tasks.*

#### **Science popularisation**

**Dingenen, B.** (2019). Podcast: ACL injuries with Physiotutors.

**Dingenen, B.** (2017). Podcast: ACL rehab and return to sport with Karen Litzzy.

**Dingenen, B.** (2017). Terugkeren op volle kracht. *BodyTalk (Nl. ed.)*, 112, 26-27.

**Dingenen, B.** (2015). Podcast: 2D analysis to identify ACL injury risk with dr. Andy Franklyn-Miller.

**Dingenen, B.** (2015). Het belang van een goede balans. *BodyTalk (Nl. ed.)*, 102, 24-26.

**Dingenen, B.** (2014). Knieletsels kun je voorkomen. *BodyTalk (Nl. ed.)*, 87, 22-24.