

CURRICULUM VITAE

NAME : **SCHOOLMEESTERS**
FIRST NAME : **KOEN**

DATE AND PLACE OF BIRTH : **26 June 1966** – Leuven (Belgium)
NATIONALITY : **BELGIAN**

PRIVATE ADDRESS

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PROFESSIONAL ADDRESS

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CIVIL STATUS : married with Barbara Talpe (° 06/10/1966) (Msc. Physical education)
3 children (Pieter (°1994) – Maarten (°1997) – Marie (°2000))

CERTIFICATION

University of Leuven-Belgium

- Master of Science **Physical Education** (KUL - Catholic University of Louvain) (1984-1988) (www.faber.be)
 - ✓ Master Script : magnesiumhomeostasis during physical training (literature study)
- Master of Science **Physiotherapy** (KUL) (1988-1990) (www.faber.be)
 - ✓ Master Script : Proprioception after total knee replacement (scientific study)
- Aggregaat (teaching license) (1988)
- Postgraduate : **sports physiotherapy** (KUL) (1990-1991) (www.faber.be)

Long Term Education

- **CYRIAX** (org. BWVOG = Belgian scientific organisation for orthopedic medicine)
 - part 1 upper and lower limb
 - part 2 spine
 - exams passed 16 September 1995
- **MANUAL THERAPY SOMT** Amersfoort – the Netherlands
 - 1994-1998 : 4 years + 4 exams passed

- exams passed 28/02/1998 – **IFOMT** recognized
- **Mc. KENZIE**
 - Part A : lumbar spine (17-30 November 1997)
 - part B : cervical and thoracic spine (18-20 September 1998)
 - part C : problem solving (21-23 March 1999)
 - part D : advanced problem solving (4-7 November 1999)
- **KINETIC CONTROL ACCREDITED TUTOR SINCE 2006** (Mark Comerford – Sarah Mottram)
 - : Kinetic Control Instructor Training Program
 - A focus on dynamic stability and muscle balance (Gent - mai 2002 – 2 days)(Gent – February 2003 – 2 days)
 - Dynamic stability and muscle balance of the lumbar spine and trunk (Gent – Mai 2002 – 3 days) (Gent – Mai 2003 – 3 days)
 - Dynamic stability and muscle balance of the cervical spine and shoulder (Edinburgh – june 2002 – 4 days)(Gent – January 2003 – 4 days)
 - Dynamic stability and muscle balance of the Sacro-iliac joint (Nieuwegein – Mai 2002 – 3 days) (Bradford - UK – November 2003 – 3 days)
 - Dynamic stability and muscle balance of the hip and lower quadrant (Nieuwegein, The Netherlands – December 2002 – 2 days) (Nieuwegein – September 2003 – 2 days)
 - “KC-training –days” (Reading – UK – November 2002 – 3 days)(Hereford - UK – November 2003 - 4 days)
 - Diagnosis and treatment of movement impairments syndromes – Prof. Sahrmann S. – 7-8-9 September 2002 – London
 - Diagnosis and treatment of movement impairments syndromes – Prof. Sahrmann S. – 14-15-16 February 2004 – Catholic University Louvain

Professional Experience

CLINICAL WORK

- Since 1990 : **private clinic of physiotherapy-manual therapy : MoveToHeal**
www.movetoheal.be www.learntoheal.be
- December 1995 – November 1996 :
 - Physiotherapist University hospital of Louvain (outpatient clinical practice) (Prof. Stappaerts) – 60%-part-time

Teaching

- April 2004 – April 2009 : practical assistant Master level at the **Faculty of Physiotherapy (FaBeR-(Catholic University of Leuven)(www.faber.be)**
- since September 2008 : practical assistant Postgraduate Education Manual Therapy at the Faculty of Physiotherapy (FaBeR – Catholic University of Leuven)
<https://faber.kuleuven.be/nl/pv/pg>
- since 2006 : **Kinetic Control Accredited Tutor** (www.kineticcontrol.com) teaching in
 - The Netherlands (www.somt.nl) (till 2109),

- Belgium (www.smarteducation.be www.learntoheal.be 2019),
- Qatar (Aspetar 2014),
- UK (2015),
- Switzerland (Lausanne 2018),
- Egypt (Cairo 2019)

At this moment : 80% clinical work at clinic Move To Heal , 20% teaching

Speaker at symposia, lectures and short courses

- **“Kinetic Control and the unstable pelvis”** : lecture and workshop (Congress “Bekkenbinnenstebuiten” 12-13 march 2004, Sint-Lambrechts-Woluwe-Belgium, organiser : BGKVGPR)
- Evening lectures concerning **“the Kinetic Control Concept”** (Overpelt 2003, Tienen 2003, Oostende 2003, 2010, 2011, 2012, 2013, 2014)
- **“The Unstable Low Back”** : Lecture at symposium (Amersfoort, Netherlands, 20 November 2008)
- **“Shoulder impingement or instability ?”**: Lecture at symposium (Amersfoort, Netherlands, 1 Oktober 2009)
- 5th international symposium of [Belgian Back Society](#) 10 December 2010 : **Theoretical basis of exercise therapy in chronic low back pain patient** (Military hospital – Brussels)
- [NAOMT](#) Symposium, **UnControlled Movement : pain and recurrence of pain** (Amsterdam, 25-27 November 2010)
- Symposium - Algemeen Ziekenhuis Sint Dimpna - Geel : **Belang van Oefentherapie bij Whiplash Associated Disorders** , Geel, 2011
- Symposium **"Motorische controle dysfunctie en dynamische stabiliteitstraining"** in Lijf en Visie - Soest The Netherlands, 2012
- Podiatry Symposium **"Feet in a different perspective"** : lecture – Saxion University - Enschede, the Netherlands, 2012
- **“Kinetic Control Stabilisation training”** : one day course (BAMT, 25 January 2014)
- **"The knee in a different perspective"** - Qatar, www.aspetar.com, 26-27 maart 2014
- "Kinetic Control Solutions for **movement impairments of the lower quadrant**: a manual therapy based case study" : lecture - Mathera, Grimbergen, Belgium, 19 maart 2016
- Masterclass **Lateral Hip Pain** : assisting Mark Comerford, www.smarteducation.be, 4 June 2016, Belgium
- **Solutions for Movement impairment of the lower quadrant** : a manual therapy based case study : lecture 26 November 2016 : Learn To Heal Gelrode, Belgium
- Introduction seminar : Solutions **for movement control impairment of the low back**, Rugnetwerk ZON, Eindhoven - The Netherlands, 25 mei 2018
- Masterclass Movement Solutions for **intermittent Thoracic-Outlet-Syndrome** : assisting Mark Comerford, www.smarteducation.be, 2018 Belgium

- Workshop : Movement **solutions for intermittent Thoracic-Outlet-Syndrome**, Learn To Heal , Gelrode - Belgium, 25 mei 2018.
- Egypt Caïro - Coordination efficiency to optimize **movement retraining of the hip, low back, neck and shoulder**, 16-19 oktober 2019
- Egypt Caïro – **Masterclass Impairments of the lower leg**, 20-21 Oktober 2019.
- The Netherlands Maassluis - Managing **Triggerpoint Solutions for Movement Optimisation and Pain Management**, 11-12 November 2019

LIFELONG LEARNING

Lifelong Learning by congresses – symposia – courses

- GWENDOLEN JULL : the physiotherapy management of neck disorders (September 2001 – 1 day – KULouvain)
- Second forum of BVMT : cervicogenic headache and free papers (18 March 2000) (org. : BVMT = Belgian organisation of manual therapy – IFOMT)
- “Mc. Kenzie after the Millenium”-congres –Maastricht-the Netherlands (28-29 august 1999)(org. : Mc. Kenzie Benelux institute)
- MC. CONNELL : the knee (24-25 November 2000) (org. : IRSK-Wings vzw)
- Congres : Manual therapy, more than biomechanics (BIO-PSYCHO-SOCIAL model) – september 2000 (2 days)– Veldhoven-the Netherlands (org. : NVMT = dutch organisation of IFOMT)
- European forum on manual therapy – Antwerp-Belgium (org. : BVMT in conjunction with IFOMT-ECE) (13-15 September 2001)
- Congres : Manual therapy September 2001 (2 days)– Veldhoven-the Netherlands (org. : NVMT = dutch organisation of IFOMT)
- ECT 2002 : integrative management of dynamic stability and muscle balance disorders in the cervical spine – 26-28 September 2002– Antwerp (org. BWMT)
- International conference on movement dysfunction – Edinburgh (2001, 2005, 2009)
- ECT 2012 : Manual therapy : State of the art – 20-22 September 2012 – Brussels
- ECMT European Congress Manual Therapy : E-motion in spinal pain, 18-19 September 2015 UZ Gasthuisberg <http://www.mathera.be/sites/default/files/ECMT%202015%20-%20Program.pdf>
- Symposium Movement Excellence : From science to practice 8 February 2017 (<https://smartereducation.be/cursus/symposium-movement-excellence/>)
- Analysing running technique and reeducation, Robbie Billen & Stijn De Mot, 16 March 2017 <https://smartereducation.be/cursus/analysing-running-technique-maart17/>
- Natural Movement in Physiotherapy, Pieter Derycke, 15 June 2017 <https://smartereducation.be/cursus/natural-movement-jun17/>
- European congress Manual Therapy : the future aHEAD : cervico-cephalic complaints, 18-21 September 2019, Antwerp-Belgium https://whova.com/web/eecmt_201909/

Lifelong Learning by short term education

- Medical Training Therapy (Leo Wouters - Antwerp) (6 days)
- Hydrotherapy (SWSF – the Netherlands)

- Part 1 : 3 days (23-25 January 1992)
 - Part 2 : 2 days (18-19 December 1998)
- BOB ELVEY
 - Advanced course in examination and treatment of neural tissue - 11-12 October 1997 (org. university of Gent - Belgium)
 - Neuro-anatomy and palpation of periferic nerves : clinical day – 16 September 1999 (org. : university of Gent – Belgium)
- PETER O’SULLIVAN
 - New concepts in lumbar stabilisation (part I) – 23-24-25 September 1999 (org. : university of Gent – Belgium)
 - New concepts in lumbar stabilisation (part II) – 30 September-1 October 1999 (org. : university of Gent – Belgium)
 - Changing pain and movement behaviour : a biopsychosocial classification system (3-4 Mai 2013 – Catholic University Leuven)
- PAUL HODGES
 - Lumbopelvic Motor Control : an integrated approach to clinical assessment and treatment of motor control dysfunction : Low back and pelvis pain (27-28 April 2012)
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- ANDRE VLEEMING & DIANE LEE
 - ECT 2000 : Movement, stability and low back pain : the essential role of the pelvis – 7-8-9 September 2000 – Antwerp-Belgium (org. : BWMT)
- GRETA VON GAVEL
 - Developing dynamic core stability : introduction – 5 December 2000 – Gent – Belgium (org. : university of Gent)
 - Developing dynamic core stability upper quadrant – 7-8-9 December 2000 – Gent – Belgium (org. : university of Gent)
- DEBORAH FALLA
- LORIMER MOSLEY