

# Dorien Borms

## Curriculum Vitae

### GENERAL INFORMATION

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Name	Dorien Borms
Date of Birth	13 – 04 – 1989
Place of Birth	Aalst, Belgium
Nationality	Belgian
Professional Address	Dept. of Rehabilitation Sciences and Physiotherapy Campus Heymans (UZ) 3B3 De Pintelaan 185 B-9000 Ghent Phone: +32 9 332 56 34 Fax: +32 9 332 38 11 dorien.borms@ugent.be
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### EDUCATION

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2013	Postgraduate Studies in Musculoskeletal Physiotherapy  <i>Ghent University, Faculty of Medicine and Health Sciences, Department of Rehabilitation Sciences and Physiotherapy</i>
2012	Master of Health Science in Rehabilitation Sciences and Physiotherapy <i>Ghent University, Faculty of Medicine and Health Sciences, Department of Rehabilitation Sciences and Physiotherapy</i>  Master Thesis: “ <i>Shoulder muscle activation levels during four closed kinetic chain exercises with and without Redcord slings.</i> “

2010

## Bachelor in Rehabilitation Sciences and Physiotherapy

*Ghent University, Faculty of Medicine and Health Sciences,  
Department of Rehabilitation Sciences and Physiotherapy*

*Throughout the 5 year education course, the curriculum handled*

- *Fundamental sciences: (bio)physics, (bio)chemistry, biomechanics, topographic and functional anatomy*
- *Applied (para)medical sciences: clinical assessment and rehabilitation (manual therapy and exercise therapy), orthopedics, neurology, urology, geriatrics, pediatrics, podiatry, internal medicine (metabolic and respiratory dysfunctions), oncology, psychiatry, etc.*
- *Applied sports sciences*
- *Psychosocial and Ethical sciences: psychotherapy, philosophy and deontology, behavioral sciences*
- *Applied financial sciences: health economics, management*

*In the master years, the major sports physiotherapy was elected, which particularly focused on injury prevention and rehabilitation in (recreational) athletes.*

## ADDITIONAL COURSES AND TRAINING

### **Educational training**

*“Basic training for assistants” (2013), Liesje Liagre – Ghent University*

*“Practical training” (2013), Annelies Vanderbeke – Ghent University*

*“Feedback training” (2015), Annelies Verbeke – Ghent University*

*“Peer assessment training” (2015), Elien Sabbe & Jan Velghe – Ghent University*

### **Practical training – Profession Related**

*“Complex Core: training and therapy” (2013,) Roman Jahoda, Leuven*

*“The shoulder – steps to success” (2014), Jo Gibson, IPVK, Ghent University*

*“Advanced course shoulder rehabilitation” (2016) , Fredrik Johansson & Ann Cools, IPVK, Ghent University*

*“Shoulder rehabilitation course – Part 1” (2016), Ann Cools*

*“Shoulder rehabilitation course – Part 2” (2017), Ann Cools, Fysiolinks (Netherlands)*

*“Shoulder rehabilitation course – Part 3” (2017), Ann Cools, Fysiolinks (Netherlands)*

## **Academic Specialist Courses**

*“Systematic Review, Parts I” (2013)*

*Belgian Centre for Evidence Based Medicine (Cebam)*

*“Clinical studies: study design, implementation and reporting” (2015)*

*Doctoral Schools of Life Sciences and Medicine*

*“Advanced Statistics” (statistische analyse met behulp van SPSS – gevorderden) (2015)*

*Doctoral Schools of Life Sciences and Medicine – Cel Biostatistiek Ugent*

*“Linear Mixed Models using SPSS” (2016)*

*Doctoral Schools of Life Sciences and Medicine – Cel Biostatistiek Ugent*

## **Academic Transferable Skills Courses**

*“Advance Academic English: Conference Skills – Presentation Skills in English” (2014)*

*Doctoral Schools of Life Sciences and Medicine*

*“Advanced Academic English: Writing Skills” (2015)*

*Doctoral Schools of Life Sciences and Medicine*

*“Leadership foundation course” (2017)*

*Doctoral Schools of Life Sciences and Medicine*

## **PROFESSIONAL EXPERIENCE**

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### **RESEARCH**

2013 – present                      PhD Researcher at the Department of Rehabilitation Sciences and Physiotherapy, Faculty of Medicine and Health Sciences, Ghent University  
6-year assignment (50% teaching assistant, 50% PhD Researcher)

Field of Research: shoulder rehabilitation in overhead athletes  
Scope of the research activities

- SLAP lesions and biceps related pathology
- Functional assessment of overhead athletes
- Surface Electromyography

## **PUBLICATIONS**

### *Co-author*

Cools AM, Borms D, Cottens S, Himpe M, Meersdom S, Cagnie B. Rehabilitation exercises for athletes with biceps disorders and SLAP lesions: a continuum of exercises with increasing loads on the biceps. *Am J Sports Med.* 2014 42(6): 1315-1322.

De Mey K, Danneels L, Cagnie B, Borms D, T' Jonck Z, Van Damme E, Cools AM. Shoulder muscle activation levels during four closed kinetic chain exercises with and without redcord slings. *J Strength Cond Res.* 2014 28(6):1626-35.

Cools AM, Johansson F, Borms D, Maenhout A. Prevention of shoulder injuries in overhead athletes: a science based approach. *Brazilian Journal of Physical Therapy,* 2015 19(5):331-9.

Cools AM, Borms D, Castelein B, Johansson F. Evidence-based rehabilitation of athletes with glenohumeral instability. *Knee Surgery Sports Traumatology Arthroscopy.* 2016 24 (2): 382-389.

Cools AM, Borms D. Lessons to be learnt from the study 'Sham surgery versus labral repair or biceps tenodesis for type II SLAP lesions of the shoulder: a three-armed randomised clinical trial'. *Br J Sports Med.* 2017 Aug [Epub ahead of print]. (Editorial).

### *1st author*

Borms D, Maenhout A, Cools A. Upper Quadrant Field Tests and Isokinetic Upper Limb Strength in Overhead Athletes. *J Athl Train.* 2016 Oct;51(10):789-796.

Borms D, Ackerman I, Smets P, Van den Berghe G, Cools A. Biceps Disorder Rehabilitation for the Athlete. A Continuum of Moderate- to High-Load Exercises. *Am J Sports Med* 2017 Mar; 45(3):642-650.

## **TEACHING AND EDUCATION**

2013 – present            Teaching assistant (practical sessions) at the Department of Rehabilitation Sciences and Physiotherapy, Faculty of Medicine and Health Sciences, Ghent, Belgium

- (1) Clinical Assessment of the Lower Limb - 1<sup>st</sup> bachelor
- (2) Physiotherapeutic treatment of upper and lower limb - 2<sup>nd</sup> bachelor
- (3) Patient communication - 3<sup>th</sup> Bachelor
- (4) Clinical reasoning, Upper Limb – 1<sup>st</sup> master
- (5) Bachelor thesis, Upper Limb - 3<sup>th</sup> Bachelor
- (6) Master thesis, Upper Limb - 1<sup>st</sup> and 2<sup>nd</sup> master

## CLINICAL EXPERIENCE

October 2012 - present      Physiotherapist at a private practice (Ann Cools) - Specialized in patients with shoulder complaints

July 2012 – September 2012      Physiotherapist at a private practice – General physiotherapy

## SYMPOSIA AND CONGRESSES

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- 2017      SECEC-ESSSE congress, EUSSER (European society for surgery of the shoulder and the elbow) program, Berlin, Germany.
- IOC Monaco 2017, International Olympic Conference on the prevention of injury and illness in elite athletes, Grimaldi Forum, Monaco, France
- Symposium on shoulder surgery and rehabilitation for medical doctors and physiotherapists (April and June)  
Speaker: *“Rehabilitation after bicepstenotomy”*
- 2016      Symposium ShoulderNet North for physiotherapists – Groningen, The Netherlands  
Lecturer: *“Conservative and post-operative treatment for biceps related pathology”*  
Workshop: *“Clinical assessment and treatment of biceps pathology”*
- 2015      Conference on "Sport-traumatic injuries and treatment of the shoulder" (AZ-Monica), Antwerp, Belgium  
Speaker: *“Conservative treatment of traumatic SLAP lesions”*
- Brucosport Spring Congress (The shoulder joint in the athlete, new insights), Bruges, Belgium  
Speaker: *“SLAP lesions in overhead athletes: conservative treatment”*
- 2014      Symposium Shoulder Network Zeeland for physiotherapists – Terneuzen, The Netherlands  
Lecturer: *“Conservative and post-operative treatment for SLAP and biceps related pathology”*
- 2013      A one-day European Shoulder Rehabilitation Conference ‘the shoulder in the overhead athlete’ – Ghent, Belgium
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## **MEMBERSHIP AND ASSOCIATIONS**

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| 2014 – present | Departmental Assistant Representative in the board for qualitative education of the Faculty of Medicine and Health Sciences  |
| 2013 – present | Educational coordinator for the bachelor course “physiotherapeutic treatment of upper and lower limb” , Dept. Rehabilitation Sciences and Physiotherapy, Fac. Medicine and Health Sciences, Ghent University |
| 2008 – 2012    | Coach/trainer of a korfbal youth team  |