**Presentation by Dr. Nicol van Dyk Webinar 90 min.**

How do we protect our athletes from injury? Why do our current injury prevention approaches work – or don’t they? What is true for the team vs the individual?

These questions face clinicians every day, when they look to better understand how to manage and interpret the risk of injury vs the benefits to performance.

In this webinar, we cover some practical guidelines in how you can apply risk management strategies in your day-to-day practice.

Nicol van Dyk is a clinical researcher and physiotherapist. He currently occupies the role of Injury surveillance and medical research officer with the Irish Rugby Football Union.

He graduated with a BSc in Physiotherapy from Stellenbosch University in 2005 and completed his MSc in Orthopaedic Manipulative Therapy in 2010.

Having worked in a number of different sporting environments, including athletics, rugby, and football, he was a physiotherapist at the Sport Science Institute of South Africa before moving to Qatar in 2013. While continuing to provide clinical care for athletes he formed part of ASPREV, the Aspetar Injury and Illness Prevention programme at the Aspetar Orthopaedic and Sports Medicine Hospital.

In 2018 Nicol completed his PhD in Health Sciences at Ghent University, Belgium titled “Risk factors for hamstring injuries in professional football players.”

Nicol is a deputy editor and editorial board member of British journal of sports medicine (BJSM), and enthusiastic about the role of social media in the dissemination of scientific evidence and research knowledge.

As a clinical researcher with a special interest in muscle injuries and injury prevention, he has great appreciation for integrated healthcare and evidence based medicine.

**Duration**
90 minutes

**Nicol Van Dyk** is a physiotherapist and he worked as a clinical reasearcher at the Aspetar Orthopaedic and Sports Medicine Hospital in Doha, Qatar. He graduated with a BSc in Physiotherapy from Stellenbosch University in 2005, and completed his MSc in Orthopaedic Manipulative Therapy in 2010.  He completed his PhD at Ghent University, Belgium in April 2018 having investigated risk factors for hamstring injuries in professional football players.

Nicol worked in a number of different sporting environments, including cricket, rugby, and football, he worked as sports physiotherapist at the Sport Science Institute of South Africa before moving to Qatar in 2013. He currently occupies a role within the Aspetar injury and illness prevention programme (ASPREV), and continues the clinical care of athletes. As an associate editor and editorial board member of British journal of sports medicine (BJSM), he is engaged in how we translate knowledge enthusiastic about the role of social media in the dissemination of scientific evidence and research knowledge. As a clinical researcher with a special interest in muscle injuries and injury prevention, he has great appreciation for integrated healthcare and evidence based medicine.

Since 2020 Nicol has been appointed by the Irish Rugby Football Union (IRFU) as Injury Surveillance & Medical Research Officer.

**List of Publications**

van Dyk N., Bahr R., Burnett A.F., Verhagen E., von Tiggelen D., Witvrouw E. No association between rate of torque development and onset of muscle activity with increased risk of hamstring injury in elite football. Scand J Med Sci Sports. 2018;00:1–11. https://doi.org/10.1111/sms.13224

van Dyk N., Witvrouw E., and Bahr R. Interseason variability in isokinetic strength and poor correlation with Nordic hamstring eccentric strength in football players. Scand J Med Sci Sports. 2018;28:1878–1887.

van Dyk, N, Farooq, A. Bahr, R. and Witvrouw, E., 2016. Hamstring and Ankle Flexibility Deficits Are Weak Risk Factors for Hamstring Injury in Professional Soccer Players: A Prospective Cohort Study of 438 Players Including 78 Injuries. Am J Sports Med, 2018; 46(9), pp.2203-2210

Verhagen E., van Dyk N., Clark N., and Shier, I. Do not throw the baby out with the bathwater; screening can identify meaningful risk factors for sports injuries Br J Sports Med Published Online First: 11 April 2018. doi: 10.1136/bjsports-2017-098547

Whiteley, R., van Dyk, N., Wangensteen, A. and Hansen, C., 2017. Clinical implications from daily physiotherapy examination of 131 acute hamstring injuries and their association with running speed and rehabilitation progression. Br J Sports Med Published Online First: 30 October 2016. doi: 10.1136/bjsports-2017-097616

van Dyk, N., Bahr, R., Burnett, A.F., Whiteley, R., Bakken, A., Mosler, A., Farooq, A. and Witvrouw, E., 2017. A comprehensive strength testing protocol offers no clinical value in predicting risk of hamstring injury: a prospective cohort study of 413 professional football players. Br J Sports Med, pp.bjsports-2017.

van Dyk, N. and Clarsen, B. Prevention forecast: cloudy with a chance of injury. Br J Sports Med 2017; 51:1646-1647.

van Dyk, N., van der Made, A.D., Timmins, R.G., Opar, D.A. and Tol, J.L. There is strength in numbers for muscle injuries: it is time to establish an international collaborative registry. Br J Sports Med Published Online First: 05 May 2017. doi: 10.1136/bjsports-2016-097318

van Dyk, N., Wangensteen, A. and Whiteley, R., 2017. Zurück auf den Rasen. Sportphysio, 5(01), pp.22-30.

van Dyk, N., Bahr, R., Whiteley, R., Tol, J.L., Kumar, B.D., Hamilton, B., Farooq, A. and Witvrouw, E., 2016. Hamstring and quadriceps isokinetic strength deficits are weak risk factors for hamstring strain injuries: a 4-year cohort study. Am J Sports Med, 44(7), pp.1789-1795.

Dijkstra, H.P., van Dyk, N. and Schumacher, Y.O., 2015. Can I tell you something? I’m doping….….” Br J Sports Med 50.9 (2016): 510-511.

Witvrouw, E., van Dyk, N. and Whiteley, R., 2014. Zerrungen der ischiokruralen Muskulatur: Ätiologie und Konsequenzen für die Prävention. Sportphysio, 2(02), pp.69-75.