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## Brace beats Balance Board

Janssen, K.W.

2016

### **document version**

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### **citation for published version (APA)**

Janssen, K. W. (2016). *Brace beats Balance Board: Ankle sprain prevention; from evidence, via practice, to the athlete.*

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## **CURRICULUM VITAE**

Kasper Willem Janssen was born in IJsselstein in 1978 on November 30th. He was also raised in IJsselstein together with his two younger sisters. In 1997 he finished secondary school at the Cals College in Nieuwegein. In the same year Kasper started his medical education in Nijmegen at Radboud University. His first research internship was at the orthopedics department of Radboud University Medical Center. His last internship was completed in Paramaribo, Surinam at the department of surgery, after which he received his medical degree in June 2005. Then he worked as a medical doctor at the ER in Maasziekenhuis, Boxmeer. In January 2006 he started his specialisation in sports and exercise medicine in Canisius Wilhelmina Hospital in Nijmegen. He completed internships in cardiology, orthopedics, physiology, general practice and sports medicine. To complete his specialisation Kasper spent 4 months on a research internship at the University of Sydney with dr. John Orchard, sports physician.

Then in January 2010 he started his first job as a sports physician in Den Bosch at the Sports Medical Centre JBZ. Parallel to this job he took on the current PhD project on ankle sprain prevention at the EMGO+ Institute VU University Medical Centre Amsterdam. Part of his PhD project was an extensive training in epidemiology. In 2012 he was awarded an EMGO travel grant to pursue a research internship at Monash University with prof. Caroline Finch. This internship resulted in a publication on predictors of compliance with interventions preventing ankle sprains. In 2013 he was awarded 'best presenter' for his presentation 'Brace beats Balance Board' at the Dutch Sports Medicine Conference. In 2014 the connected publication was awarded 'best scientific paper'. In the same year Kasper started his own research project on 'Flywheeltraining' for patellar tendinopathy in Den Bosch. The results were presented at the Dutch Sports Medicine Conference in 2015. In this phase Kasper was also team physician of the Dutch gymnastics team from 2011 to March 2015. From 2012 on he joined the master classes in sports medicine organised by the medical team of the National Olympic Committee. From 2013 to March 2015 he was medical manager of the Sports Medical Centre JBZ.

At the start of 2015 he was asked to become team physician for the Dutch Rowing Union as head of the performance supporting specialists team. In this 'dream job' he was able to not only treat and prevent injuries, but also focus on sports nutrition, exercise physiology, sleep monitoring, performance supplements, and concurrent & altitude training. In this phase he continued this PhD project in his own time. In 2015 he also founded Nap@Work, to promote the use of the powernap at work for performance enhancements & wellbeing of employees. Kasper lives in Utrecht and loves Jill.

## PUBLICATIONS

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## OPGEDRAGEN AAN

Wim Janssen 07-04-1947 – 07-04-2016.

*“Het water is de weg, want de weg loopt zoals die loopt.”*