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## Physical exercise in patients with hematological malignancies

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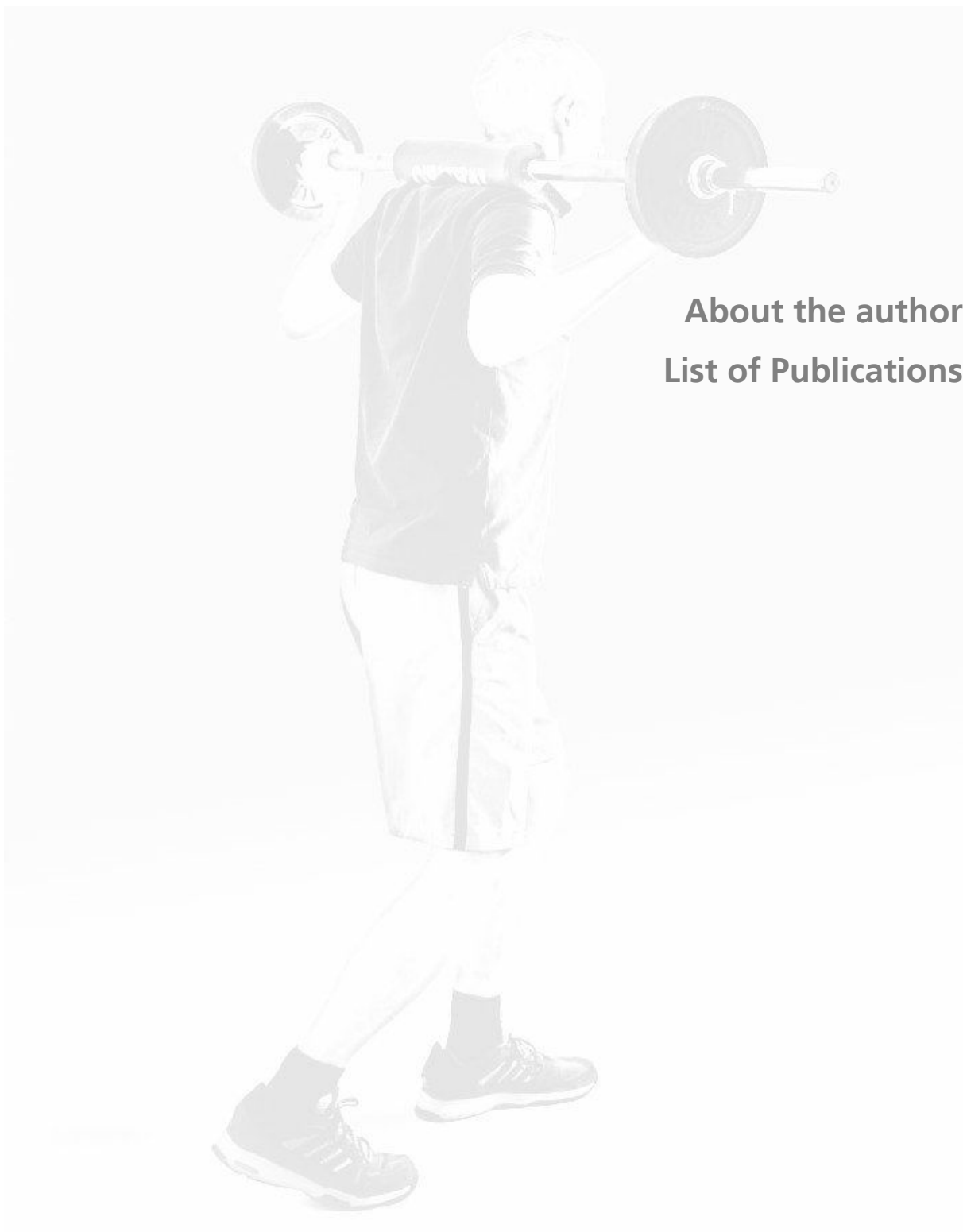
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**About the author**  
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### **About the author**

Rudolf (Ruud) Hendrikus Wilhelmus Knols was born on 4<sup>th</sup> of October 1966 in Geleen, the Netherlands. He completed secondary school (type HAVO) in 1985 at the Serviam Lyceum in Sittard. Subsequently, he joined the Marine Corps of the Royal Netherlands Navy. After the military duty, he became trained as a CIOS sports instructor in Sittard in 1989. It was in that year that he started physiotherapy training at the Hogeschool Heerlen (currently Hogeschool Zuyd). He completed his studies with a bachelor degree in 1993 and moved to Davos (Canton of Grisons, Switzerland), where he started to work as clinical physiotherapist in the Netherlands Asthma Center. In 1996, the Swiss countryside was exchanged for the city of Zurich. There, he started to work at the University Hospital Zurich as a clinical physiotherapist, mainly treating patients from the Departments of Internal Medicine, Medical Oncology, Radio-Oncology and Dermatology.

The author started his academic career at the Faculty of Physical Education and Rehabilitation at the Katholieke Universiteit Leuven, Belgium, where he obtained a master degree in Physiotherapy (2000). After studying in Leuven, he returned to Switzerland to work in the research unit of the Institute of Physical Medicine and Department of Rheumatology at the University Hospital. Since then, his research and practical work has focused on the rehabilitation of patients with chronic diseases in general and more specifically in patients with cancer. This has resulted in several research articles, including the articles covered in this thesis.

In addition, the author is a supervisor of bachelor and master students of the Physiotherapy (Zurich University of Applied Sciences, Winterthur) and Human Movement Sciences and Sport (Swiss Federal Institute of Technology, Zurich) studies. Since 2005, he is also a guest-lecturer at the Institute of Human Movement Sciences and Sport of the Swiss Federal Institute of Technology in Zurich.

After finishing his PhD, his work focus will be on a combination of research, teaching and patient care.

**Peer-reviewed publications**

Knols RH, de Bruin ED, Uebelhart D, Aufdemkampe G, Schanz U, Stenner-Liewen F, Hitz F, Taverna C, Aaronson NK. Effects of an outpatient physical exercise program on hematopoietic stem-cell transplantation recipients: a randomized clinical trial. *Bone Marrow Transplant* 2010 Dec 6

Allet L, Knols RH, Shirato K, de Bruin ED. Wearable systems for monitoring mobility-related activities in chronic disease: A systematic review. *Sensors* 2010; 10:9026-9052

Knols RH, de Bruin ED, Shirato K, Uebelhart D, Aaronson NK. Physical activity interventions to improve daily walking activity in cancer survivors; A systematic review. *BMC Cancer* 2010, 10: 406

Knols RH, de Bruin ED, Uebelhart D, Aaronson NK. The relationship between ambulatory step activity, self-reported physical functioning and standardised timed walking in patients with haematological malignancies. *Disabil Rehabil* 2010; 32:1819-1826

Knols RH, Aufdemkampe G, de Bruin ED, Uebelhart D, Aaronson NK. Hand-held dynamometry in patients with haematological malignancies: measurement error in the clinical assessment of knee extension strength. *BMC Musculoskelet Disord* 2009; 10:31

Hartmann A, Knols RH, Murer K, de Bruin ED. Reproducibility of an isokinetic strength testing protocol of the knee and ankle in older adults. *Gerontology* 2009; 55:259-268

Knols RH, de Bruin ED, Aufdemkampe G, Uebelhart D, Aaronson NK. Reliability of ambulatory walking activity in patients with hematological malignancies. *Arch Phys Med Rehabil* 2009; 90:58-65

Knols RH, Aaronson NK, Franssen J, Uebelhart D, Aufdemkampe G. Physical activity in cancer patients during and after medical treatment: A systematic review of the methodological quality. *J Clin Oncol* 2005; 23:3830-3842

Niedermann K, Fransen J, Knols RH, Uebelhart D. The gap between short and long-term effects to patient education for rheumatoid arthritis patients: A systematic Review. *Arthritis and Rheumatism (Arthritis Care and Research)* 2004; 51:388-398

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Knols RH, Stappaerts K, Fransen J, Uebelhart D, Aufdemkampe G. Isometric strength measurement for muscle weakness in cancer patients: Reproducibility of isometric muscle strength measurements with a hand-held-pull-gauge dynamometer in cancer patients. *Support Care Cancer* 2002; 10:430-438

### **Other publications**

Knols RH. Medizinische Trainingstherapie bei Krebspatienten. *FISIOactive Schweiz* 2010; 4:13-19

Swanenburg J, Stauffacher M, Knols RH, Baschung P, Uebelhart D. Prävention von osteoporotischen Frakturen bei älteren Menschen. *Physiotherapie Schweiz* 2002; 4:26-30

Knols RH, Hengevelt E, Huber E. Messinstrumente zur Beurteilung des Ganges; Präsentation einer Reviewarbeit. *Physiotherapie Schweiz* 1998; 12:5-10

Knols R. Fysiotherapie bij chronisch a-specifieke respiratoire aandoeningen. *Caravisie* 1995; 8:33-35

### **Book Chapters**

Uebelhart D, Knols RH, de Bruin E, Verbruggen G. Chondroitin sulphate as a structure-modifying Agent. In: *Advances in Pharmacology* 53: Chondroitin Sulfate: Structure, Role and Pharmacological Activity, 475-485, Elsevier / Academic Press San Diego, CA, 2006

Uebelhart D, Knols RH, de Bruin E, Verbruggen G. Treatment of knee osteoarthritis with oral chondroitin sulfate. In: *Advances in Pharmacology* 53: Chondroitin Sulfate: Structure, Role and Pharmacological Activity, 523-537, Elsevier / Academic Press San Diego, CA, 2006