

Professor Bill Vicenzino, BPhy, GradDipSportsPhy, MSc, PhD

Chair in Sports Physiotherapy, Univ. Of Queensland, Australia

Head of the Division of Physiotherapy, Univ. Of Queensland



Short Biography

Bill is the newly appointed Chair of Sports Physiotherapy and Head of the Division of Physiotherapy in the School of Health and Rehabilitation Sciences at the University of Queensland. The establishment of the new Chair in Sports Physiotherapy is recognition of the future demands that will be placed on this field as the population ages and younger people undergo less incidental physical activity in their formative years. Sport and physical activity is an important area of health and well being with research required to help develop the knowledge base of the most effective ways to manage, treat and prevent injury.

Since graduating in 1980, Bill has worked in musculoskeletal and sports physiotherapy, mainly in private practice. During studying for his Sports and Musculoskeletal Physiotherapy qualifications he developed a particular interest in the underpinning evidence for physical therapies – which ones work, why and how? His PhD (2000) focused on mechanisms of spinal manipulative therapy and resulted in publication of an evidenced based theoretical model for this physical treatment.

Lately his clinical research has focused on treatments for tennis elbow and neck pain, and the evidence supporting in-shoe orthotics versus manual therapy and exercise in the management of anterior knee pain. For example, a recently completed randomised clinical trial (RCT) funded by the NHMRC and published in the BMJ has shown that an active physiotherapy treatment of joint manipulation and exercise is on the whole better than steroid injections. His team is currently completing another NHMRC funded RCT into the use of orthoses in anterior knee pain whilst commencing an ARC linkage project that is seeking to better understand the role of both exercise (cross training) and physical therapies such as tape and orthoses on neuromuscular control of the leg and foot. This project is a collaborative effort with the AIS and several international researchers/laboratories and includes a team of 4 PhD scholars and a post-doctoral fellow. His research since his PhD has been supported by approximately \$6.1M in competitive research grants.

Bill has communicated his findings from his research in 80 peer reviewed publications and over 150 workshops, seminars and conference presentations, largely over the past 8 years. He has supervised 12PhD candidates and 30 Honours students to graduation.

Bill is the co-ordinator for the coursework Master of Sports Physiotherapy program at the University of Queensland and teaches across undergraduate and postgraduate programs in musculoskeletal healthcare, focusing on lower limb and sports physiotherapy. He contributes

to the publication of knowledge through service as an Associate Editor for the Journal of Orthopaedic and Sports Physical Therapy, as a member of the International Editorial Panel for Manual Therapy as well as an ad hoc reviewer to a number of sport and rehabilitation journals. He is also the UQ Chair of the Medical Research Ethics Committee and Chair of the Physiotherapy Registration Board of Queensland.

Selected Recent Publications

Systematic review: Compared with usual care, supervised exercise in primary care for people with patellofemoral syndrome does not significantly increase self-reported recovery but improves pain and function in the short term and pain in the long term.

Vicenzino B. *Evid Based Med*. 2010 Apr;15(2):56-7.

Change in running kinematics after cycling are related to alterations in running economy in triathletes.

Bonacci J, Green D, Saunders PU, Blanch P, Franettovich M, Chapman AR, Vicenzino B. *J Sci Med Sport*. 2010 Jul;13(4):460-4. Epub 2010 Mar 31.



Augmented low-Dye tape alters foot mobility and neuromotor control of gait in individuals with and without exercise related leg pain.

Franettovich M, Chapman AR, Blanch P, Vicenzino B. *J Foot Ankle Res*. 2010 Mar 18;3:5.

Identifying Clinically Meaningful Tools for Measuring Comfort Perception of Footwear.

Mills K, Blanch P, Vicenzino B. *Med Sci Sports Exerc*. 2010 Mar 8.



Predictors of short and long term outcome in patellofemoral pain syndrome: a prospective longitudinal study.

Collins NJ, Crossley KM, Darnell R, Vicenzino B. *BMC Musculoskelet Disord*. 2010 Jan 19;11:11.



Dry needling and exercise for chronic whiplash - a randomised controlled trial.

Sterling M, Valentin S, Vicenzino B, Souvlis T, Connelly LB. *BMC Musculoskelet Disord*. 2009 Dec 18;10:160.

Foot orthoses and gait: a systematic review and meta-analysis of literature pertaining to potential mechanisms

Mills K, Blanch P, Chapman AR, McPoil TG, Vicenzino B. *Br J Sports Med*. 2010 Jun 11



Altered neuromuscular control in individuals with exercise-related leg pain.

Franettovich M, Chapman AR, Blanch P, Vicenzino B. *Med Sci Sports Exerc*. 2010 Mar;42(3):546-55.



Continual use of augmented low-Dye taping increases arch height in standing but does not influence neuromotor control of gait.

Franettovich M, Chapman A, Blanch P, Vicenzino B. *Gait Posture*. 2010 Feb;31(2):247-50. Epub 2009 Nov 26. PMID: 19944608 [PubMed - indexed for MEDLINE] [Related citations](#)



Neuromuscular control and exercise-related leg pain in triathletes.

Chapman AR, Hodges PW, Briggs AM, Stapley PJ, Vicenzino B. *Med Sci Sports Exerc*. 2010 Feb;42(2):233-43.

Cervical lateral glide increases nociceptive flexion reflex threshold but not pressure or

thermal pain thresholds in chronic whiplash associated disorders: A pilot randomised controlled trial.

Sterling M, Pedler A, Chan C, Puglisi M, Vuvan V, Vicenzino B.
Man Ther. 2010 Apr;15(2):149-53. Epub 2009 Nov 1

Can foot anthropometric measurements predict dynamic plantar surface contact area?
McPoil TG, Vicenzino B, Cornwall MW, Collins N. J Foot Ankle Res. 2009 Oct 28;2:28.

Neuromuscular adaptations to training, injury and passive interventions: implications for running economy. Bonacci J, Chapman A, Blanch P, Vicenzino B. Sports Med. 2009;39(11):903-21

Exploration of the extent of somato-sensory impairment in patients with unilateral lateral epicondylalgia. Fernández-Carnero J, Fernández-de-las-Peñas C, Sterling M, Souvlis T, Arendt-Nielsen L, Vicenzino B. J Pain. 2009 Nov;10(11):1179-85.

Optimising corticosteroid injection for lateral epicondylalgia with the addition of physiotherapy: a protocol for a randomised control trial with placebo comparison.
Coombes BK, Bisset L, Connelly LB, Brooks P, Vicenzino B. BMC Musculoskelet Disord. 2009 Jun 24;10:76.

Arch height change during sit-to-stand: an alternative for the navicular drop test.
McPoil TG, Cornwall MW, Medoff L, Vicenzino B, Fosberg KK, Hiltz D. J Foot Ankle Res. 2009 May 18;2:17.

A protocol for measuring the direct effect of cycling on neuromuscular control of running in triathletes. Chapman AR, Vicenzino B, Hodges PW, Blanch P, Hahn AG, Milner TE.
J Sports Sci. 2009 May;27(7):767-82.

Intramuscular fine-wire electromyography during cycling: repeatability, normalisation and a comparison to surface electromyography. Chapman AR, Vicenzino B, Blanch P, Knox JJ, Hodges PW. J Electromyogr Kinesiol. 2010 Feb;20(1):108-17. Epub .

Foot orthoses and physiotherapy in the treatment of patellofemoral pain syndrome: randomised clinical trial. Collins N, Crossley K, Beller E, Darnell R, McPoil T, Vicenzino B. Br J Sports Med. 2009 Mar;43(3):169-71.

Reliability and normative values for the foot mobility magnitude: a composite measure of vertical and medial-lateral mobility of the midfoot. McPoil TG, Vicenzino B, Cornwall MW, Collins N, Warren M. J Foot Ankle Res. 2009 Mar 6;2:6.

Sensorimotor deficits remain despite resolution of symptoms using conservative treatment in patients with tennis elbow: a randomized controlled trial. Bisset LM, Coppieters MW, Vicenzino B. Arch Phys Med Rehabil. 2009 Jan;90(1):1-8.

פרופ' ויסנצינו יהיה אורח העמותה ויעביר שלוש הרצאות לחברי
העמותה ביום ג', 25 בינואר באיזור תל אביב. הנושאים יהיו
כדלהלן:

1. Foot orthoses in the physical therapy management of anterior knee pain
 2. Lateral epicondylalgia: a pragmatic based approach informed by the evidence
 3. Evidenced base manipulative therapy: the why, when and how?
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ביום רביעי/ חמישי, 26-27 בינואר, פרופ' ויסנצינו יהיה האורח של
הסימפוזיום ה-27 ברפואת ספורט במלון מעלה החמישה. ביום רביעי
הוא יעביר סדנה בשם:

**"Lateral elbow tendinopathy – Examination and treatment -
what you always wanted to know....."**

Workshop

"Lateral elbow tendinopathy – Examination and treatment - what you always wanted to know....."

Brief overview synopsis

This clinical workshop will address key issues confronting the health care practitioner in dealing with chronic recalcitrant Lateral Epicondylalgia (LE). This workshop will provide tuition in manual therapy and therapeutic exercise techniques for the upper kinetic chain as well as the current best practice evidence for its aetiology and treatment. The workshop presenter has extensive clinical and research experience of the physical treatment of lateral epicondylalgia. Prof Vicenzino leads a dynamic team of researchers at the University of Queensland who have recently published their results on physical therapy on this condition in prestigious high impact journals such as BMJ, BJSM & Rheumatology.

Course aims and objectives:

After the course, participants will be able to:

1. Explain current evidence underpinning our understanding of the aetiology of chronic lateral epicondylalgia (as well as other chronic tendinopathies) and how this relates to the pragmatic physical treatment approach presented in the course.
2. Select and perform effective manual therapy treatments for chronic lateral epicondylalgia, including the instruction of home programs and application of taping techniques.
3. Use the current level of evidence in the literature for physical treatment of lateral epicondylalgia.
4. Put together and implement a pragmatic treatment program plan for lateral epicondylalgia based on latest evidence for manual therapy, exercise and taping.

בנוסף, יעביר הרצאות אחרות בסיפוזיום:

1. "Putting your foot in it" - foot orthoses in the management of anterior knee pain
 2. Short and long term prognosis of patellofemoral pain syndrome
 3. Tennis elbow: to inject or not to inject?
 4. The role of mobilisation with movement in ankle injuries: the science, the evidence and the art.
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