



## Bio – Ernst van der Wijk



### Short bio:

Ernst van der Wijk has worked over 25 years in chronic pain rehabilitation at the Erasmus University Hospital in Rotterdam. His main passion is finding more effective ways to treat people with chronic pain. Being intrigued by the new discoveries in the myofascial field, he developed, together with Alexander Kudus, the Fascia Integration Therapy (F.I.T.) concept. Since 2014 they have trained over 1000 physiotherapists in the Netherlands and abroad.

### Working experience:

2014 - present	Course leader Fascia Integration Therapy
2015 - present	Physiotherapist at private clinic for chronic pain, TouchFit, Vlaardingen
1993 - 2018	Physiotherapist at the Erasmus University Hospital, Department of Rehabilitation, specialist in the treatment of chronic pain patients.
1987 - 1992	Physiotherapist Malawi Against Polio, a medical rehabilitation p[roject for disabled in Malawi.
1985 - 1986	Physiotherapist at the Fjórðungssjúkrahúsið in Akureyri, Iceland.
1983 – 1984	Physiotherapist in Langemannshof, Germany

### Training

2018	Psychology and psychosomatics in practise. Dr. J. Calsius, Nijmegen, The Netherlands
2016	High-Intensity Interval Training: science in practice by Tim Takken PhD, The Physiology Academy, Alphen a/d Rijn, The Netherlands.
2016	Medical Infrared Imaging level 1. Prof. dr. med. Marco LealmBrioschi, Therografie Centrum, Epe, The Netherlands
2016	Medical Infrared Imaging in biomechanics and the use in sport medicine. Prof. dr. med. Marco LealmBrioschi, Therografie Centrum, Epe, The Netherlands

2015	Muskulofasziale Schmerzen und Funktionsstörungen. Akademie für Wissenschaft, Wirtschaft und Technik, Ulm, Deutschland
2013	Dry Needling for segmental spinal sensitisation, Trigger vzw, Brugge, Belgium
2013	Dry Needling course, Frank Timmermans, Domburg
2011	Instrument Soft Tissue Mobilisation, FAKTR, Brighton, U.K.
2011	Myofascial release techniques for structural balance: pelvis, James Earls – Exmouth, U.K.
2011	Neurodynamics and the neuromatrix, Michel Coppieters - NPi
2011	Mobilisation of the nervous system, Michel Coppieters - Npi
2010	Myofascial trigger point therapy, Vincent Linckers – pro Education
2006 – 2010	Several biofeedback courses and congresses
2006	Training biofeedbacktherapist
1993 - 2006	Several physiotherapy courses
1979- 1983	Training Physiotherapy at the Stichting Utrechtse Paramedische Academie, Utrecht, The Netherlands

#### **Achievements:**

2013- 2018	Development the Fascia Integration Therapy concept together with Alexander Kudus
2016	Development of a new treatment program for patients with hypermobility
2014	Development of a new chronic pain treatment concept

#### **Teaching experience:**

2014 – 2020	Headteacher Fascia Integration Therapy courses in the Netherlands, Rumania, Italy, China, Iceland, Denmark
2019	Presenter at the Firt Fascia Summit in taituan, China (whole day presentation)
2018	Presentation ‘from trigger point to training, a fascia pathway’ at the Myopain Congress in the Netherlands
2016 – present	Teaching at different Rehabilitation Centers in the Netherlands about the treatment of patients with hypermobility
2014 – present	Presentations for several different organisations about fascia and/or chronic pain
2012 – 2013	Teacher at school for Biofeedback, workshops chronic pain
2010 – 2018	Many different presentations at the National Taskforce Pain Rehabilitation
1995 – 2018	Teaching medical students at the Erasmus University about neuromuscular disorders and chronic pain management

**Publications:**

Article: <https://www.physios.nl/tijdschrift/editie/artikel/t/de-invloed-van-fascia-op-perifere-nocisensoriek-bij-chronische-pijn> 2014 en 2020

Article in the Dutch language about the influence of fascia in chronic pain

**LinkedIn profile:**

<https://www.linkedin.com/in/ernst-van-der-wijk-b6621437/>