

CURRICULUM VITAE: Lara ALLET, Ph.D



1. Personal Details:

Family name ALLET
First name Lara, Eliane
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GOOGLE SCHOLAR <https://scholar.google.com/citations?hl=en&user=EgzNL0UAAAAJ>
Date of Birth 22.02.1977
Nationality Swiss
Family Status Married, 3 children
Private address: Route de Faverze 25; CH-1981 Vex
Phone: 0041 76 385 07 18
Languages: German, French, and English (spoken and written)
Italian (basic knowledge)

2. Education:

August 1997 Senior High School (Maturity degree), College Spiritus Sanctus Brig, Valais, Switzerland.
August 2002 Bachelor of Science in Physiotherapy, University of Applied Sciences, Leukerbad, Valais, Switzerland
July 2006 Master of Physiotherapy Science, University of Maastricht, Faculty of Health, Medicine and Life, Dpt. of Epidemiology, Netherlands
July 2007 Certificate of Advanced studies (CAS) in Mentoring. University of Applied Sciences of Western Switzerland, Delémont, Suisse
October 2008 Diploma in Academic Didactics, University of Fribourg, Fribourg, Switzerland.
December 2009 PhD, University of Maastricht, Faculty of Health, Medicine and Life Sciences, Dpt. of Epidemiology, Netherlands PhD. *Advisor*: Rob de Bie
March 2014 Habilitation at the Medical Faculty, Department of Community Medicine, Geneva, Switzerland: *Rôle des fonctions neuromusculaires dans l'équilibration, la marche et le risque de chute chez les patients atteints de diabète de type 2»*
August 2018 MAS in Management of Health Care Institutions, University of Geneva, Geneva, Switzerland

3. Current Position and Employment History

Professional activities (pre-graduate):

01.02.1999 to 31.07.2001: Different Internships as Physiotherapist: Rheumaklinik, Loèche-les-Bains, Valais, Switzerland. (Part time according to the educational program)
01.08.2001 to 01.08.2002: Internship as Physiotherapist: Martigny, Valais, Switzerland

Professional activities (post-graduate):

01.10.2002 to 31.08.2004: Physiotherapist: Dpt. Neurosciences, HUG, Geneva, Switzerland (100%)

- 01.09.2004 to 31.08.2005: Physiotherapist: Dpt. Orthopedics and surgery, HUG, Geneva, Switzerland (100%)
- 01.09.2005 to 31.08.2006: Physiotherapist: Dpt. Internal Medicine, HUG, Geneva, Switzerland (100%)
- 01.01.2005 to 01.01.2018: Physiotherapist of the Swiss Climbing National Team
- 01.09.2006 to 31.09.2009: PhD candidate at the Dpt. of Epidemiology; Faculty of Health Medicine and Life Sciences, Maastricht, Netherlands (60%) and Physiotherapist: Dpt. Internal Medicine, HUG, Geneva, Switzerland (40%)
- 25.09.2010 to 01.02.2011: Short visit as a post doc at the Dpt. of Physical Medicine & Rehabilitation, University of Michigan, Ann Arbor, USA. Objective: elaborate an international collaboration between the University of Michigan, the University of Applied Sciences of Western Switzerland, and the University Hospitals in Geneva. The collaboration is ongoing, and I returned to the US in November 2011 for one month
- 01.10.2009 to 31.08.2019 In charge of Research and Quality assurance in Physiotherapy, Health care directorate, HUG, Geneva, Switzerland (40%)
Professor at the University of Applied Sciences of Western Switzerland, Dpt. of Physiotherapy, Geneva, Switzerland (60%)

Current position:

- Since October 2019: Professor at University of Applied Sciences and Arts, HES-SO Valais Wallis, School of Health Sciences, Sion, Switzerland (since October 2019)
- From 1st of August 2020 on: Adjunct Professor at the University of Geneva, Medical Faculty, Department of Community Medicine, Geneva, Switzerland (Public Defense in April 2020)

4. Institutional / Professional Responsibilities

- Since March 2012: Member of the research committee HES-SO (RA&D)
- Since April 2019: French co-coordination for the program Good Life with Osteoarthritis (GLA:D® CH)
- Since June 2020: Vice Coordination of the Health Axis in Sion
- From September 2020 on: Responsible for the class Quantitative Research Methods for the master's in health sciences, nursing sciences and the masters in specialized nursing practice

5. Approved Research Projects:

- 2005: Grant by the Swiss Physiotherapy Association of CHF 1000 for the ICF project: "ICF Intervention categories for physiotherapists (% achieved=100%)
- 2007: Support by the Swiss Physiotherapy association of CHF 9'600 CHF for the project "Gait characteristics of diabetic patients" (% achieved=100%)
- 2008: Bursary for congress participation for PhD students (300 Euro) GAMEA (% achieved=100%)
- 2008: Grant by the SNF (Swiss National Science Foundation: grants for prospective researchers) of CHF 25'800 with which to finance a 7 months stay in Maastricht to finalize the project "Gait characteristics of diabetic patients" (% achieved=100%)
- 2009: Grant by the Dutch Diabetic Federation (1500 Euro) for printing costs of the PhD thesis (% achieved=100%)

- 2010: Support by the Swiss Physiotherapy association of CHF 4'500 for the project "The effect of the Wii Balance Board® for ankle sprain rehabilitation" (% achieved=100%)
- 2010: Support by the Swiss Physiotherapy association of CHF 1'414 for the project "Effect of dance therapy on the functional capacity of patients with advanced obesity" (% achieved=100%)
- 2010: Grant by the SNF (Swiss National Science Foundation: grants for International Short Visits) of CHF 11'040 with which to finance a stay at the University of Michigan in order to create an International Collaboration about "The influence of neuromuscular capacities on post perturbation step characteristics in patients with diabetes type 2 (% achieved=100%)
- 2010: Grant by the SNF (Swiss National Science Foundation: section DORE) of CHF 110'418.00 for the project entitled "Effect of dance therapy on the functional capacity of patients with advanced obesity" (% achieved=78%)
- 2011: Grant of CRC (Clinical Research Center – University Hospital Geneva) for the project "The effect of the Wii Balance Board® for ankle sprain rehabilitation": CHF 34'000.-, 2011(% achieved=100%)
- 2011: Office Fédéral de Sport (BASPO): L'utilité virtuelle pour la rééducation des entorses de cheville et la prévention des récidives: 61'963 CHF (% achieved=100%)
- 2013: Internal grant from the University of Applied Sciences in Geneva: Jumping and injuries: 40'000 (% achieved=100%)
- 2014: Grant from the University of Applied Sciences of Western Switzerland (Commission Scientifique du domaine santé; HES-SO): Jumping and injuries: 101'700 CHF (% achieved=100%)
- 2015: Grant from the University of Applied Sciences of Western Switzerland (Commission Scientifique du domaine santé; HES-SO): Assessment and treatment of hip abductor muscle functions in elderly patients at increased risk of falls. 80'718 (% achieved=100%)
- 2018: Grant from the Leenaards Foundation: Habitat Senior. 265'000 CHF (% achieved=50%).
- 2018: Grant from HEdS-Geneva: Habitat Senior. 100'000. (% achieved=100%)
- 2020: Grant from HES-SO Valais-Wallis & physioswiss: Recommendations and Standards for Physiotherapy in COVID-19 related Therapies (ReSPecT) 35'000 CHF & 3000 CHF (% achieved =100%)

6. Supervision of junior researchers at graduated and post-graduated level

PhD Thesis

- Co-promoter of Simone Gafner - Her defence will be scheduled for spring 2021 - University of Maastricht (NL): The role of hip abductor strength in fall risk prevention of older people.
- Co-Promotor of Simone Elsig – Heynen - Her defence will be scheduled for summer 2022 - University of Maastricht (NL): Measurement properties of tests evaluating the sensorimotor capacities of the neck.

External consultant

- PhD Thesis of Asha Hansika Wettasinghe Faculty of Medicine, University of Colombo, No 124/1, Barnes Place, Colombo 7, Sri Lanka

MSc Thesis at the University of Geneva, Faculty of Medicine, Geneva, Switzerland.

- Tutor of Anne-Catherine Cornevin – 2019: Prévalence de l'arthrose de la hanche chez les anciens athlètes d'élite : Revue littéraire et méta-analyse.
- Tutor of Phaeton Angelloz-Pessay - 2018: Modifications des capacités fonctionnelles exécutives résultant de la perte de poids induite par l'intervention gastrique en Roux-Y.

- Tutor of Laure Falbriard - 2018: Facteurs qui influencent le retour au sport et la capacité de pratiques deux ans après une reconstruction du ligament croisé antérieur chez le sportif amateur.
- Tutor of Sierro Bérénice - 2018: Déficit en vitamine D chez les skieurs : Prévalence et Conséquences
- Tutor of Manon Munday & Amélie Roulet – 2017: Dépistage des facteurs de risques du Mal Aigu des Montagnes dans la pratique généraliste.
- Tutor of Mathilde Credeville - 2016: Etude de la différence de force musculaire de la hanche entre les personnes âgées chuteuses et non-chuteuses.
- Tutor of Karin Rose - 2015: La danse thérapie, son impact sur la qualité de vie et l'estime de soi des patients obèses.
- Tutor of Aurélie Ballif - 2015: Effet de la danse-thérapie sur l'activité physique des personnes obèses.
- Tutor of Otis Olela - 2014: Analyse comparative de diverses méthodes de prise en charge après une entorse de la cheville.
- Tutor of Valérie John - 2013: Efficacité des traitements non supervisés à domicile après entorse de la cheville – Une revue critique de la littérature.
- Tutor of Alexandre Evrard - 2013: Evaluer l'effet de trois types de rééducation après une entorse de la cheville sur la performance d'un saut monopodal.
- Tutor of Clémence Didisheim - 2012: Effet de la Wii Balance Board sur la fonction et l'équilibre du membre inférieur après une entorse de cheville : comparaison avec une rééducation classique.
- Tutor of Abdallah Roukain - 2012: L'amélioration de la marche après une entorse de la cheville.
- Tutor of Jérôme Tirefort - 2011: Comparaison de l'efficacité d'un programme de rééducation classique par rapport à un programme de rééducation utilisant la plateforme Wii Balance Board® pour l'équilibre suite à une entorse de cheville – une étude de pilote.

MSc Thesis at the Geneva University – Human movement and medical sport sciences

- Tutor of Clément Theurillat - 2013 : Circumduction de la cheville saine et post-entorse : application d'un modèle biomécanique pour l'évaluation de la mobilité articulaire.
- Tutor of Arhab Amar - 2013: Effects of Kinesiotape on quadriceps and hamstring muscles strength.

MSc Theses at the University of Applied Sciences in Bern and Winterthur Switzerland.

- Tutor of Samuel Kälin 2020: Development of a functional test battery for patients with patellofemoral pain. An international and interprofessional Delphi Study.
- Tutor of Anja Roth: 2020: Loosing while winning – How to keep lean mass during weight loss
A systematic review and meta-analysis.
- Tutor of Chloé Schorderet: 2019: The role of the dominant leg while assessing balance performance .
- Tutor of Katia Giacomi - 2018: A Systematic Review on the Effects of High Frequency Chest Wall Compression and Intrapulmonary Percussive Ventilation in Patients with Neuromuscular Disease.
- Tutor of Laurence Kaufmann - 2016: Which physiological parameters are associated with rowing performance?
- Tutor of Till Vontobel - 2016: The effect of obesity in adult women on their dynamic balance capability and their equilibrium strategy.
- Tutor of Simon Schmidlin - 2016: Using spatio-temporal gait parameters under simple and dual task conditions for fall risk detection in elderly people.
- Tutor of Veronika Hövel - 2015: A Systematic Review on the Effects of High Frequency Chest Wall Compression and Intrapulmonary Percussive Ventilation in Patients with Neuromuscular Disease.
- Tutor of Simone Gafner - 2014: The influence of hip abductor fatigue in healthy subjects aged 18 to 40 years on single leg balance and single leg landings: a pilot study.

- Tutor of Franziska Zumstein - 2014: Comparison of motor control mechanisms during jump landing in ankle sprain patients and healthy subjects.

Tutor for several BSc Thesis at the HES-SO (GE and VS)

7. Teaching activities:

Pre-graduate

- 2003 to 2006: Mentoring of Physiotherapy students during their clinical internship, HUG - Geneva, Switzerland. (15 students; between 25 days and 11 weeks).
- 2006 to 2009: University of Applied Sciences of Western Switzerland, Geneva. Literature search and Evidence-based Practice for BSc. Students in Physiotherapy (24 hours / year).
- 2009 to 2018 University of Applied Sciences of Western Switzerland, Geneva. Research Methodology for BSc Students in Physiotherapy. Responsible for the module (until 2016) and teaching of 20 to 24 hours / year.
- 2011 to 2013: University of Geneva, Medical Faculty, Institute of Movement and Sport Sciences, Geneva, Switzerland. Biomechanics for BSc. students. Responsible for the module and teaching of 30 hours per year.
- 2013 to ongoing: University of Geneva, Medical Faculty, Geneva, Switzerland (approximately 30 hours per year). Introduction of the peripheral neural system. This activity accounts for 15 teaching hours per year and per group. 30 hours per year.

Post-graduate

- May 2011 to ongoing: University of Applied Sciences of Bern, Switzerland. Responsible of the module “Sciences in Rehabilitation for MSc students” in Physiotherapy. Responsible for the module and teaching of 26 hours per year. This is an ongoing activity.
- Sept. 2017 to ongoing: University of Applied Sciences of Western Switzerland & University of Lausanne - Master of Health Sciences, Switzerland. Teaching “cost effectiveness in physiotherapy” and “advanced practice in physiotherapy” (4 to 8 hours a year). This is an ongoing activity.
- From Sept 2020 on: University of Applied Sciences of Western Switzerland (40 hours per year) Quantitative Research Methods for the master’s in health sciences, nursing sciences and the masters in specialized nursing practice.

8. Membership in panels, boards, and review activities

- Editorial Board member of the journal European Review of Aging and Physical Activity (since 2018)
- Editorial commission of « Kinésithérapie-la Revue » (since December 2009)
- Reviewer for several journals: Gait&Posture, Diabetologia, International Journal of Therapy and Rehabilitation, Archives of Physical Medicine and Rehabilitation, Clinical Biomechanics
- Scientific committee of the diploma of advanced studies (DAS) in Sports therapy (since 2011)

9. Active membership in scientific societies, fellowships in renowned academies

- Vice president of the foundation for Physiotherapy Science (Since 2017)
- Member of the Committee of the Swiss Society of Sport Physiotherapy Sciences (ASPS).
- Research committee of the Swiss Physiotherapy Association “physioswiss” (from October 2010 to October 2018)

- Member of Swiss Society of Sport Sciences (4S)
- Member of Swiss Society of Sport Physiotherapy Sciences (ASPS)
- Member of Swiss Physiotherapy Association, Physioswiss (ASP)
- Member of International Society of posture and Gait Research (ISPGR)
- Member of French Society of Movement analysis in children and adults (SOFAMEA)
- Member of « La Société Suisse de Thérapie Manuelle SAMT/SSTM »

10. Organization of conferences

Congress program committee for the world congress of Physiotherapy which took place in Geneva in May 2019

Member of the congress committee of the annual symposium of the Swiss Society of Sport Physiotherapy Sciences

11. Prizes awards fellowships

- 2007: Award for the best poster during the Swiss conference of Rheumatology Geneva, “ICF- Une partition pour les physiothérapeutes; un outil pratique et adapté” Allet L. et al. (1000 CHF)
- 2007: Award for the best presentation entitled “La marche chez les patients atteints d’un diabète Type II” during the congress of GAMEA (Society of Movement analysis in children and adults) Award for young researcher, Bruxelles: (200 Euros)
- 2010: Award for the best Poster entitled “An exercise intervention to improve diabetic patients’ gait and balance: a randomised controlled trial” during the congress of the SGS (Swiss Society of Sport Sciences). Young researcher award 2010, Zürich: (500CHF)
- 2010: Award for the best Physiotherapy Research in Switzerland for the work “Gait and Balance characteristics in patients with diabetes Type 2” of physioswiss (Swiss Physiotherapy Association) during the national Congress. National Physiotherapy Research Award 2010, Basel: (2’500 CHF)
- 2016: Price for the Best National Research among health professionals for the work “Cost-effectiveness of Physiotherapy only and of usual care for various health conditions: systematic review». Reha Rheinfelden Award 2016: (2’500 CHF)
- 2018: Price for the Best National Research among health professionals for the work “Hip muscle and hand-grip strength to differentiate between older fallers and non-fallers: a cross-sectional validity study” – First author S. Gafner (cand. PhD). Reha Rheinfelden Award 2018: (5’000 CHF)

12. Career breaks

I have three children (3, 5 and 7 years old). I always took a break of 6 months after childbirth (20 weeks of maternity leave and 5 weeks of holiday)

Sion, 10.07.2020



Lara ALLET