

SUZANNE GARD

**PT, MSc in Sports Physiotherapy, RISPT
Clinical Specialist MSK Physioswiss**

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Born: April 14, 1963

Nationality: Swiss

Languages: French (mother tongue), English (fluent) and German (good)

Professional addresses:

- University of Applied Sciences Physiotherapy (HES-SO) Geneva
- Swiss Olympic Medical Center, CHUV, University Hospital Lausanne, DISA, SportAdo, Switzerland

Professional degrees:

- MSc in Sports Physiotherapy, University of Bath. UK 2012
- CAS Teacher-practitioner 2015
- Physiotherapy Diploma, 1987, Genève

Memberships, committees :

- Board Member SSPA (Swiss sports physiotherapy association) since 2021, member since 2006
- Vice-president and general secretary RRMES (Réseau Romand de Médecine de l'exercice et du sport) since 2015
- Board member EUSSER since 2011 (European Society of Shoulder and Elbow Rehabilitation), EUSSER president 2017-2019
 - Member Swiss Sports Medicine association since 2006
 - Member Swiss Physiotherapy Association since 1990

Work experience :

- Since 2020: PT at Swiss Olympic Medical Center, CHUV, University Hospital Lausanne, DISA, SportAdo (Sports injury department for adolescents), Switzerland
- Since 2016: Lecturer at University of Applied Sciences Physiotherapy Geneva
- 2011-2020: Physiotherapist HUG Swiss Olympic Center, University Hospital Geneva
- 2004-2011 : Associate director, Physio des Voisins, rue des Voisins 15, Genève
- 1990-2004 : Associate director, Physiotherapy Practice, rue Sautter 15, Genève
- 1988-1990 : Employee, Universitätsklinik Balgrist, Zurich

Work with Athletes:

- Deputy Medical Manager Medical Clinic Lausanne 2020 Youth Olympic Games
- World athletic championships London 2017
- Coordinator for 3x3 Swissbasket physiotherapy services
- World Championship 3x3 basketball Nantes 2017, Manilla 2018, Amsterdam 2019
- Rio 2016 Olympic Games Beach-Volleyball pitchside
- Baku European Games 2015 Athletes Policlinic and pitchside
- London Olympic Games, 2012, Athletes Policlinic
- Swiss Female Basketball Team 5x5, training camps and competitions 2008-2018

Congresses and Post-Graduate Education organisation:

- Educational program in the medical clinic YOG 2020 Lausanne
- EUSSER Berlin 2017, Geneva 2018, Den Bosch 2019 PT Congress
- PT program ESSKA Congress (European Society for Sports Traumatology, Knee Surgery and Arthroscopy) 2012 Geneva, 2014 Amsterdam, 2016 Barcelona
- YAF 2017 Young Athlete Forum Montreux, Switzerland
- Educational committee CAS in sports rehabilitation since 2014
- Several symposiums RRMES (Switzerland) on sports medicine

Recent international communications :

- Telehealth: challenges and opportunities RRMES webinaire 2020
- Adolescent ACL preventive management and high quality rehabilitation, Webinar, Transalpine Center of Pediatric Sports Medicine and Surgery Conference 2020
- Scapular dyskinesis: an update Sportfisio 2019
- Scapular dyskinesis in sports ECOSEP 2019, INSEP, Paris France
- EpauLe du sportif JFK Montpellier 2019
- Concepts underlying shoulder rehabilitation, London 2018
- Rééducation des instabilités d'épaule Nice Shoulder Rehab 2018
- Shoulder instability: management of apprehension, Liverpool Hope University UK 2017
- Shoulder instability Study day London 2017
- Scapular dyskinesis in sports SECEC 2017 Berlin
- Management of instability ESSKA, Barcelona, 2016

Publications

- Learning and sharing at the Lausanne 2020 Youth Olympic Games medical clinic, S.Gard,SEMS-Journal, 2020, published online on 28.04.2020
doi.org/10.34045/SEMS/2020/11
- Return to sport and to competition after anterior cruciate ligament reconstruction
Coppens, E., Gard, S., Ziltener, J.-L., Menetrey, J., & Tscholl, P. M. (2018). [*Revue medicale suisse*, 14(613), 1340-1345.
- How to choose the ideal graft for anterior cruciate ligament reconstruction
Tscholl, P. M., Haldemann, V. M., De Smet, A., Gard, S., Burgan, R., Yerganyan, V. V., & Menetrey, J. (2017). [*Revue medicale suisse*, 13(569), 1339-1342.
- Femoroacetabular impingement: rehabilitation and return to sport
Gard S, Christofilopoulos P, Ménétrey J.
Rev Med Suisse. 2015 Jul 15;11(481):1450-5. Review. French.
- Return to sport after patellar dislocation or following surgery for patellofemoral instability.
Ménétrey J, Putman S, Gard S.Knee Surg Sports Traumatol Arthrosc. 2014 Oct;22(10):2320-6.
- Return to sport after anterior cruciate ligament reconstruction
Martin R, Gard S, Besson C, Ménétrey J.Rev Med Suisse. 2013 Jul 17;9(393):1426-31.
- Scapular dyskinesis, Borloz S, Graf V, Gard S, Ziltener JL.Rev Med Suisse. 2012 Dec 19;8(367):2422-8. Review.

Review :

- Reviewer for Physical Therapy in Sports, Frontiers in Sports Medicine, Kinésithérapie la Revue.

Domains of interest :

- Injury prevention, adolescent sports injuries, health promotion, and sports rehabilitation

Hobbies

- Running, tennis, skating and hiking, arts