

e-MS Experts' Summit Season 2020

Speaker's Bio

Paul Van Asch (Belgium)



MSc, Physiotherapist specialized in Neurology (MS) and Sport.

1986 – 2006: Head Physiotherapy dpt. – National Multiple Sclerosis Centrum Melsbroek – Belgium

2001 – 2007: Secretary Executive Board RIMS (Rehabilitation In Multiple Sclerosis) Network of European MS Centres

2004 – 2008: Editorial Board member “MS in Focus” – MSIF (Multiple Sclerosis International Federation)

2006 – ... : Owner Fit Up bvba – Fitness- and Physiotherapy Centre Kontich – Belgium

2007 – 2017: Co-Chair Special Interest Group (SIG) on Mobility – EURIMS

2010 – 2013: European Advisory Board Member “Mobility Matters in MS” (Biogen)

2010 –: President Move to Sport vzw – Belgium Organization to promote an active lifestyle for PwMS and education for professionals (www.movetosport.be)

2012 –: Organizer of awareness campaigns and programs for persons with Multiple Sclerosis in Belgium (MSMachupicchu2012 - MSPetra2014 - Walk for MS – MSRun project2015 - MSvsMontVentouxChallenge2017 - Art voor en door MS 2018 - Run for your Brain 2020)

2017 – 2019: Chair Special Interest Group (SIG) on Mobility - EURIMS

2020: Online exercise programs “Keep Moving with Multiple Sclerosis” (COVID-19) (www.movetosport.be/keep-moving-with-multiple-sclerosis)

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PUBLICATIONS

Exercise and lifestyle physical activity recommendations for people with multiple sclerosis throughout the disease course.

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Moving exercise research in multiple sclerosis forward (the MoXFo initiative): Developing consensus statements for research.

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Content and Delivery of Physical Therapy in Multiple Sclerosis across Europe: A Survey.

Rasová K, Freeman J, Cattaneo D, Jonsdottir J, Baert I, Smedal T, Romberg A, Feys P, Alves-Guerreiro J, Habek M, Henze T, Santoyo-Medina C, Beiske A, **Asch PV**, Bakalidou D, Salci Y, Dimitrova E, Pavlíková M, Štětkářová I, Vorlíčková J, Martinková P.

Int J Environ Res Public Health. 2020 Jan 31;17(3)

A pilot study of the effects of running training on visuospatial memory in MS: A stronger functional embedding of the hippocampus in the default-mode network?

Huiskamp M, Moumdjian L, **Van Asch P**, Popescu V, Schoonheim MM, Steenwijk MD, Vanzeir E, van Wijmeersch B, Geurts JJ, Feys P, Hulst HE. Mult Scler. 2019 Jul

Periodized home-based training: A new strategy to improve high intensity exercise therapy adherence in mildly affected patients with Multiple Sclerosis.

Keytsman C, Van Noten P, Spaas J, Nieste I, **Van Asch P**, Eijnde BO.

Mult Scler Relat Disord. 2019 Feb;28:91-97. doi: 10.1016/j.msard.2018.12.018. Epub 2018 Dec 14

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Walking endurance and perceived symptom severity after a single maximal exercise test in persons with mild disability because of multiple sclerosis.

Moumdjian L, Gervasoni E, Van Halewyck F, Eijnde BO, Wens I, Van Geel F, Van Wijmeersch B, Feys P, **Van Asch P.**

Int J Rehabil Res. 2018 Dec;41(4):316-322

Physiotherapeutic interventions in multiple sclerosis across Europe: Regions and other factors that matter.

Martinková P, Freeman J, Drabinová A, Erosheva E, Cattaneo D, Jonsdottir J, Baert I, Smedal T, Romberg A, Feys P, Alves-Guerreiro J, Habek M, Henze T, Medina CS, Beiske A, **Van Asch P**, Bakalidou D, Salci Y, Dimitrova EN, Pavlíková M, Řasová K. Mult Scler Relat Disord. 2018 May;22:59-67

Effects of an individual 12-week community-located "start-to-run" program on physical capacity, walking, fatigue, cognitive function, brain volumes, and structures in persons with multiple sclerosis.

Feys P, Moumdjian L, Van Halewyck F, Wens I, Eijnde BO, Van Wijmeersch B, Popescu V, **Van Asch P.**
Mult Scler. 2017 Nov

The organisation of physiotherapy for people with multiple sclerosis across Europe: a multicentre questionnaire survey.

Rasova K, Freeman J, Martinkova P, Pavlikova M, Cattaneo D, Jonsdottir J, Henze T, Baert I, **Van Asch P**, Santoyo C, Smedal T, Beiske AG, Stachowiak M, Kovalewski M, Nedeljkovic U, Bakalidou D, Guerreiro JM, Nilsagård Y, Dimitrova EN, Habek M, Armutlu K, Donzé C, Ross E, Ilie AM, Martić A, Romberg A, Feys P.
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Physical therapy provision in multiple sclerosis across Europe: a regional lottery?

Rasova K, Martinkova P, Pavlikoma M, Cattaneo D, Jonsdottir J, Henze T, Baert I, **Van Asch P**, Santovo C, Smedal T, Beiske AG, Stachowiak M, Kovalewski M, Nedeljkovic U, Bakalidou D, Alves-Guerreiro J, Nilsagård Y, Dimitrova EN, Habek M, Armutlu K, Donzé C, Ross E, Ilie AM, Martić A.
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"How to conquer a mountain with multiple sclerosis". How a climbing expedition to Machu Picchu affects the way people with multiple sclerosis experience their body and identity: a phenomenological analysis.

Calsius J, Courtois I, Feys P, **Van Asch P**, De Bie J, D'hooghe M.
Disabil Rehabil. 2015 Jul 2:1-7.

Physical therapy in multiple sclerosis differs across Europe: information regarding an ongoing study.

Řasová K, Martinkova P, Cattaneo D, Jonsdottir J, Henze T, Baert I, **Van Asch P**, Santoyo C, Smedal T, Małgorzata S, Freeman J, Romberg A, Feys P.
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D'hooghe MB, Feys P, Deltour S, Van de Putte I, De Meue J, Kos D, O Eijnde B, **Van Asch P**.
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Effects of an 1-day education program on physical functioning, activity and quality of life in community living persons with multiple sclerosis.

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"Movetosport" in Belgium: an organizational model to facilitate skilled guidance of persons with multiple sclerosis during exercise and sport in the community.

Van Asch P, Tytgat K, de Groote L, Eijnde BO, Feys P.
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Effects of 3 weeks' whole body vibration training on muscle strength and functional mobility in hospitalized persons with multiple sclerosis.

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Mult Scler. 2012 Apr;18(4):498-505.

Impact of Mobility Impairment in Multiple Sclerosis 2 – Patients' Perspectives.
Van Asch P.

Euro Neurol Rev. 2011;6(2):115-20.

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Reliability and validity of trunk assessment for people with multiple sclerosis.

Verheyden G, Nuyens G, Nieuwboer A, **Van Asch P**, Ketelaer P, De Weerd W.
Phys Ther. 2006 Jan;86(1):66-76

Paced visual serial addition test in multiple sclerosis.

Nagels G, Geentjens L, Kos D, Vleugels L, D'hooghe MB, **Van Asch P**, Vuylsteke K, De Deyn PP.
Clin Neurol Neurosurg. 2005 Apr;107(3):218-22.

Validity of the TEMPA for the measurement of upper limb function in multiple sclerosis.

Feys P, Duportail M, Kos D, **Van Asch P**, Ketelaer P.
Clin Rehabil. 2002 Mar;16(2):166-73.