

## Curriculum Vitae

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### Prof. Dr. Hannu Luomajoki

Physiotherapeut Professor ZFH

Leiter Masterprogramm muskuloskelettale Physiotherapie, ZHAW Winterthur (MAS msk PT)

### Ausbildungen und Diplome

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2011	Professor ZFH
2010	Doktor Philosophie, Universität Kuopio Finnland, Sportmedizinische Fakultät
2002	Internationaler Instruktor Neuro-Orthopaedic Group (NOI)
2006	Erwachsenenbilder SVEB
2005	Klinischer Spezialist finnische Physioverband
1999	Master of Physiotherapy, Univ. South-Australia
1986	Dipl. Physiotherapeut, Rovaniemi, Finnland

### Berufliche Tätigkeiten

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Seit 2013	Inhaber und Geschäftsführer Medbase Physioscience Praxis, Winterthur
Seit 2007	Leiter Master Ausbildung muskuloskelettale Physiotherapie, ZHAW, Winterthur
1996-2006	Inhaber Praxis „Physiotherapie Reinach“, Aargau
1994-2008	Externer Dozent Physiotherapieschule Schinznach-Bad
1993-1996	Chefphysiotherapeut Hirslanden Klinik im Park, Zürich
1990-1993	Physiotherapeut und Gruppenleiter SUVA Klinik, Bellikon
1987-1989	Physiotherapeut in Privat Praxis Im Glacis, Saarlouis, Deutschland

### Funktionen

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Inhaber und Geschäftsführer Medbase Physioscience Praxis, Winterthur

Leiter Masterprogramm muskuloskelettale Physiotherapie, ZHAW Winterthur (MAS msk PT)

### Interessegebiete

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Manuelle Therapie, Neurodynamik (Ausstrahlende Schmerzen und Neuropathien), evidenzbasierte Medizin, Rücken- und Nackenschmerzen, muskuloskelettale Beschwerden, Probleme am Bewegungsapparat

### Sprachen

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- Deutsch
- Finnisch
- Englisch
- Italienisch

## Publikationen

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### Zeitungs- und Fernsehberichte:

NZZ Format Feb. 2016 SRF 1. Rückenschmerzen

<http://nzztvshop.de/downloads/themen/medizin-gesundheit/der-ruecken-stark-und-sensibel.html>

[http://nzzwebshop01.tvnzzshop.ch/media/video/mp4/1605\\_Ruecken\\_DL.mp4](http://nzzwebshop01.tvnzzshop.ch/media/video/mp4/1605_Ruecken_DL.mp4)

Neue Zürcher Zeitung 8.7.2014 Gastkommentar zu Rückenleiden. Die teure Behandlung ist selten die beste. Hannu **Luomajoki**, Professor für Physiotherapie Mittwoch, 9. Juli 2014,

<http://www.nzz.ch/meinung/debatte/die-teure-behandlung-ist-selten-die-beste-1.18339362>

Landbote 2013 Günstige Therapie statt teure Operation. Winterthur.

<http://www.landbote.ch/news/standard/Guenstige-Therapie-statt-teure-Operation-/story/21703559>

September 2013, Tele Züri "Sportlerin mit Rückenschmerzen" (Prof. Dr. Hannu **Luomajoki**, Leiter MAS in Muskuloskelettaler Physiotherapie) <http://www.telezueri.ch/68-show-checkup/1667-episode-lungenkrebs>

29. März 2012, 10vor10 "Therapieren oder operieren?" (Prof. Dr. Hannu **Luomajoki**, Leiter MAS Muskuloskelettale Physiotherapie)

<http://www.srf.ch/play/tv/10vor10/video/therapieren-oder-operieren?id=51365f43-0fb1-4fb7-989c-f7336db1937a>

Helsinki Sanomat 15.6.2014: Professori: Selkäkivut voi saada kuriin.

<http://www.hs.fi/sunnuntai/Selk%C3%A4+on+kansan+kipukohta/a1402719036830>

### Publikationen:

#### *Peer reviewed research papers*

1. Walti P, Kool J, **Luomajoki** H. Short-term effect on pain and function of neurophysiological education and sensorimotor retraining compared to usual physiotherapy in patients with chronic or recurrent non-specific low back pain, a pilot randomized controlled trial. BMC musculoskeletal disorders. 2015;16:83.
2. Gutknecht M, Mannig A, Waldvogel A, Wand B, **Luomajoki** H. The effect of motor control and tactile acuity training on patients with non-specific low back pain and movement control impairment. Journal of Bodywork & Movement Therapies. doi: 10.1016/j.jbmt.2014.12.003. 2015
3. Brunner E, Probst M, Meichtry A, **Luomajoki** H, Dankaerts W. Comparison of clinical vignettes and standardized patients as measures of physiotherapists' activity and work recommendations in patients with non-specific low back pain. Clinical rehabilitation. 2015.
4. Saner J, Kool J, Sieben JM, **Luomajoki** H, Bastiaenen CH, de Bie RA. A tailored exercise program versus general exercise for a subgroup of patients with low back pain and

- movement control impairment: A randomised controlled trial with one-year follow-up. *Manual therapy*. 2015.
5. Elsig, S., H. **Luomajoki**, M. Sattelmayer, J. Taeymans, A. Tal-Akabi and R. Hilfiker (2014). "Sensorimotor tests, such as movement control and laterality judgment accuracy, in persons with recurrent neck pain and controls. A case-control study." *Man Ther*.
  6. Patroncini M, Hannig S, Meichtry A, **Luomajoki** H. Reliability of movement control tests on the cervical spine. *BMC musculoskeletal disorders*. 2014;15(1):402.
  7. Wand, B. M., M. J. Catley, H. A. **Luomajoki**, K. J. O'Sullivan, F. Di Pietro, N. E. O'Connell and G. L. Moseley (2014). "Lumbar tactile acuity is near identical between sides in healthy pain-free participants." *Man Ther*.
  8. Della Casa, E., J. Affolter Helbling, A. Meichtry, H. **Luomajoki** and J. Kool (2014). "Head-Eye movement control tests in patients with chronic neck pain; Inter-observer reliability and discriminative validity." *BMC Musculoskelet Disord* 15(1): 16.
  9. Lehtola, V. K., A. ; **Luomajoki**, H. ; Leinonen, V. ; Airaksinen, O. (2013). "Content validity and responsiveness of a Finnish version of the Patient-Specific Functional Scale." *European Journal of Physiotherapy* 15: 134-138.
  10. Baierle, T., T. Kromer, C. Petermann, P. Magosch and H. **Luomajoki** (2013). "Balance ability and postural stability among patients with painful shoulder disorders and healthy controls." *BMC Musculoskelet Disord* 14(1): 282.
  11. Koller, T., & **Luomajoki**, H. (2013). [Two-point discrimination for phantom pain : Effect of a 4-week therapy in an upper arm amputee with phantom pain]. *Orthopade*, 42(6), 449-452. doi: 10.1007/s00132-013-2110-4
  12. Christanell, F., Hoser, C., Huber, R., Fink, C., & **Luomajoki**, H. (2012). The influence of electromyographic biofeedback therapy on knee extension following anterior cruciate ligament reconstruction: a randomized controlled trial. *Sports Med Arthrosc Rehabil Ther Technol*, 4(1), 41. doi: 10.1186/1758-2555-4-41
  13. Lehtola, V., **Luomajoki**, H., Leinonen, V., Gibbons, S., & Airaksinen, O. (2012). Efficacy of movement control exercises versus general exercises on recurrent sub-acute nonspecific low back pain in a sub-group of patients with movement control dysfunction. Protocol of a randomized controlled trial. *BMC Musculoskelet Disord*, 13, 55. doi: 10.1186/1471-2474-13-55
  14. Saner, J., Kool, J., de Bie, R. A., Sieben, J. M., & **Luomajoki**, H. (2011). Movement control exercise versus general exercise to reduce disability in patients with low back pain and movement control impairment. A randomised controlled trial. *BMC Musculoskelet Disord*, 12(1), 207. doi: 1471-2474-12-207
  15. **Luomajoki**, H. and G.L. Moseley, Tactile acuity and lumbopelvic motor control in patients with back pain and healthy controls. *Br J Sports Med*, 2011. 45(5): p. 437-40.

16. Wand, B.M., Parkitny, L.O'Connell, N E., **Luomajoki**, H., McAuley, J., H.Thacker, M. Moseley, G. L.: Cortical changes in chronic low back pain: current state of the art and implications for clinical practice. *Man Ther*, 2011. 16(1): p. 15-20.
17. **Luomajoki**, H., J. Kool, E. D. De Bruin and O. Airaksinen (2010). "Improvement in low back movement control, decreased pain and disability, resulting from specific exercise intervention." *Sports Med Arthrosc Rehabil Ther Technol* 2(1): 11.
18. **Luomajoki**, H., Movement control impairment as a possible sub-group of non specific Low Back Pain. *International Musculoskeletal Medicine*, 2010. 32:88.
19. Page J , R.J., **Luomajoki** H, Schämänn A, Kool J, Evidence Based Practice: Einstellungen, Kompetenzen und Barrieren bei Ergo- und Physiotherapeuten: Ergebnisse aus einer Kursevaluation an der ZHAW, Schweiz. *Physioscience*, 2010. 6(4): p. 161-167.
20. **Luomajoki** H, Kool J, de Bruin ED, Airaksinen O (2009):Reliabilität von Bewegungskontrolltests der LWS. *Manuelle Therapie* 1/90 (German)
21. Schmid AB, Brunner F, **Luomajoki** H, Held U, Bachmann LM, Kunzer S, Coppieters MW (2009): Reliability of clinical tests to evaluate nerve function and mechanosensitivity of the upper limb peripheral nervous system. *BMC Musculoskeletal Disorders* 2009, 10:11
22. **Luomajoki** H, Kool J, de Bruin ED, Airaksinen O (2008). Movement control tests of the low back; evaluation of the difference between patients with low back pain and healthy controls . *BMC Musculoskeletal Disorders* 2008, 9:170
23. Moseley GL, Zalucki N, Birklein F, Marinus J, Van Hilten JJ, **Luomajoki** H Thinking About Movement Hurts (2008): The Effect of Motor Imagery on swelling in People With Chronic Arm Pain *Arthritis & Rheumatism (Arthritis Care & Research)* Vol. 59, No. 5, May 15, 2008, pp 623–631
24. **Luomajoki** H, Kool J, de Bruin ED, Airaksinen O (2007): Reliability of movement control tests in the lumbar spine. *BMC Musculoskeletal Disorders* 2007, 8:90

#### *Invited papers*

1. **Luomajoki**, H., Physiotherapie: Irrtümer gestern, Fortschritte Morgen. *Med & Move* 2016(1).
2. **Luomajoki**, H., Update: Schulterimpingment, funktionelle Befund und Therapie. *Med & Move* 2016(1).
3. Pfeiffer, F., **Luomajoki**, H., The pain is in the brain: Die Rolle desGehirns bei chronischen Rückenschmerzen (german). *PT Zeitschrift für Physiotherapeuten*, 2015. 67(10): p. 30-39.
4. **Luomajoki**, H., Subacromiales Impingement. *Fisio Active*, 2015(1): p. 7-13.
5. **Luomajoki**, H., Selkä kivun moderni fysioterapia (finnish). *Kipuviesti*, 2015(2).
6. **Luomajoki**, H., Psykososiaaliset tekijät TULE kipuisilla asiakkaila. *Fysioterapia* 2014. 61(2): p. 10-15.

7. **Luomajoki, H.** (2013). "Kreuzbandverletzung: Physiotherapie erzielt gleich gute Resultate wie die viel teurere Operation." " Physiofacts.
8. **Luomajoki, H.** (2013). LWS - Bewegungskontrolle und Körperwahrnehmung - Tests und Managementoptionen. . Salzburger Sportphysiossymposium, . Salzburg, Austria.
9. **Luomajoki, H.** (2013). "Schluss mit Baucheinziehen? ." Physiopraxis 11(1).
10. **Luomajoki, H.** (2013). Stabilisation: lokal oder global - piepegal? . Thieme Physiokongress. Stuttgart, Germany.
11. **Luomajoki HA & Stoehl Y.** (2006): Case study: Neurodynamic nach Mamma Ca Operation. Manuelle Therapie 6/2006. Thieme Verlag. (German)
12. **Luomajoki, H.** (2013). "Bewegungskontrolldysfunktion mit iatrogenen Katastrophisierung bei unspezifischen Rückenschmerzen. Eine evidenzbasierte Fallstudie." PT Zeitschrift für Physiotherapeuten 65(9).
13. **H. Luomajoki · J. Saner:** Bewegungskontrolldysfunktion als Subgruppe von unspezifischen Rückenschmerzen. Manuelle Medizin 2012 DOI 10.1007/s00337-012-0948-**Luomajoki, H.**, Testistö selkäpotilaiden liikekontrollin häiriöiden tunnistamiseksi. Fysioterapia, 2011. 58(1): p. 4-8. (finnish)
14. **Luomajoki, H.** (2011). Aivot- merkitys manuaali terapialle. Manuaali 4/11. (finnish)
15. **Luomajoki, H.**, Liikekontrollin häiriöt voivat olla selkävaivan taustalla. Nikama, 2011(1): p. 7-9. (finnish)
16. **Luomajoki H & Schäman A** (2008). Editorial; Akademisierung und Masters Studiengänge in Manueller Therapie. Zeitschrift Thieme Verlag 5/2008.
17. **Luomajoki H** (2008). Neurodynamiset testit ja hoito niskapotilaalla. Fysioterapia 3/2008
18. **Luomajoki H** (2008). Ein fall für vier; Schulterschmerz und neurodynamik. Case study. Physiopraxis. Thieme Verlag (6/2008)
19. **Luomajoki HA** (2007): Schmerzen verstehen. Physiopraxis 2/2007. Thieme Verlag
20. **Luomajoki HA** (2007): Spinal; a valid measurement device of spinal movements. Manuaali 4/2007. (Finnish).
21. **Luomajoki HA.** (2006): PEDro database. Fysioterapia (Finland). 2/2006

*Bücher und Buchkapitel:*

1. Oesch, P., Hilfiker, R, Keller, S, Kool, J, **Luomajoki, H**, Schädler, S, Tal-Akabi, A, Verra, M, Widmer Leu, C, Assessments in der Rehabilitation. Band 2: Bewegungsapparat. Assessments in der Rehabilitation. Vol. 2. 2011, Bern: Hans Huber Verlag.

2. **Luomajoki, H.** (2014). Assessment der Bewegungskontrolldysfunktion als Subgruppe von unspezifischen Rückenschmerzen. Manuelle Medizin 1: Fehlfunktion und Schmerz am Bewegungsorgan verstehen und behandeln. M. L. U. Böhni, H. Locher. Stuttgart Thieme
3. **Luomajoki, H.**, Movement control impairment as a subgroup of non-specific Low Back Pain. 2010: University of eastern Finland. Kuopio, Finland.
4. **Luomajoki, H.** (2001). Von der Schwierigkeit, Theorie in die Praxis umzusetzen. 26 Einblicke in die Physiotherapie. B. B. Zürich, SynErg-Verlag.

*Kongressbeiträge:*

1. Bauer CM, Rast FM, Ernst MJ, Kool J, **Luomajoki H**, Suni J, et al. 2015 Validity and reliability of inertial measurement units when measuring lumbar range of motion, movement control, repetitive movement and reposition error. Physiotherapy.101:e914-e5.
2. Bauer CM, Rausch-Osthoff AK, Ernst MJ, Rast FM, Mauz D, Grav ES, et al. 2015 Measuring lumbar reposition accuracy in patients with unspecific low back pain—systematic review and meta-analysis. Physiotherapy.101:e915.
3. Elsig S, **Luomajoki H**, Hilfiger R. Three promising tests for the detection of movement control impairment in the neck; analysis of discriminative validity. Physiotherapy.101:e915-e6.
4. Hildebrandt M, Fankhauser G, Meichtry A, **Luomajoki H**. Correlation between lumbar dysfunction and fat infiltration in lumbar multifidus muscles in patients with low back pain. Physiotherapy.101:e562.
5. Hilfiger R, **Luomajoki H**, Elsig S. Summary score or individual items: ten movement control impairment tests for the neck. Physiotherapy.101:e916.
6. Lehtola V, **Luomajoki H**, Leinonen V, Gibbons S, Airaksinen O. Efficacy of movement control exercise versus general exercise on recurrent sub-acute low back pain: a randomized controlled trial. Physiotherapy.101:e855-e6.
7. **Luomajoki H**, Hilfiger R. Optimal cut-off score for movement control impairment tests. Physiotherapy.101:e916-e7.
8. Saner J, **Luomajoki H**, Sieben JM, Kool J, Bastiaenen CH, de Bie RA. Movement control exercise versus general exercise to reduce disability in patients with low back pain: randomized controlled multicentre study. Physiotherapy.101:e917-e8.
9. **Luomajoki, H.** (2013). Keynote: Was sind gute Messungen / Assessments in manueller Therapie? . Msk Physiotherapie Symposium, von ZHAW und SVOMP. Winterthur, Schweiz.
10. **Luomajoki, H.** (2012). "Curricula modifications in the postgraduate musculoskeletal program from association based to academic master level. IFOMPT Congress Quebec, Canada
11. **Luomajoki, H.** (2012). "Movement control of the back is impaired in patients with pain in other body regions. IFOMPT, Congress Quebec, Canada

12. **Luomajoki H**, Curricula modifications resulting from the change in the postgraduate musculoskeletal program from association based to academic Master level in WCPT World Congress of Physiotherapy. 2011. Amsterdam.
13. **Luomajoki, H.** (2010). Movement control impairment as an output of distorted body image. International NOI congress;. NOI Congress. Nottingham, UK.
14. **Luomajoki H.** Movement control of the back is impaired in patients with pain in other body regions. in WCPT World congress of Physiotherapy. 2011. Amsterdam.
15. **Luomajoki, H.**, Reliability, validity and treatment effectivity of movement control impairment of the back, in Internatioanal manual medicin conference (IAMM). 2010: Amsterdam.
16. **Luomajoki, H.**, Verbesserung der Bewegungskontrolle, Patientenspezifisches Leiden und Behinderung im Alltag, eine case series Studie., in Physiokongress PhysioSwiss. 2010: Basel.
17. **Luomajoki , H.**, Gestörtes Körperschema und fehlende Bewegungskontrolle bei Rückenschmerzen. , in Physiokongress PhysioSwiss. 2010: Basel.
18. **Luomajoki H, Kool J, de Bruin ED, Airaksinen O** (2008): Validity and reliability of the movement control test of lumbar spine. IFOMT Rotterdam.
19. **Luomajoki H, Kool J, de Bruin ED, Airaksinen O** (2008): Test retest reliability of the movement control test of lumbar spine. IFOMT Rotterdam.**Luomajoki H, Kool J, de Bruin ED, Airaksinen O** (2008): Case series study of the movement control test of lumbar spine. IFOMT Rotterdam.
20. **Luomajoki H, Kool J, de Bruin ED, Airaksinen O** (2007). Reliability of movement control tests of lumbar spine. LBP and pelvic pain congress. Barcelona Nov/2007
21. **Luomajoki H, Kool J, de Bruin ED, Airaksinen O** (2007). Validity of movement control tests of lumbar spine. LBP and pelvic pain congress. Barcelona Nov/2007
22. **Luomajoki H, Kool J, de Bruin ED, Airaksinen O** (2007). Sensitivity and specificity of lumbar movement control tests. WCPT Congress. Vancouver
23. **Luomajoki H, Kool J, de Bruin ED, Airaksinen O** (2007). Intra- and intertester reliability of lumbar movement control tests. WCPT Congress. Vancouver
24. **Luomajoki HA** (2004): The evidence of exercise and LBP. IFOMT Congress Cape Town. March 2004
25. **Luomajoki HA** (2001): What is the evidence of exercises and training by LBP? Proceedings "Evidence Based Manual Therapy". Antwerpen, Belgium, Sept. 2001
26. **Luomajoki, H.** (2013). Workshop: Miten eritellen yläraajan säteilykivut (How to differentiate radiating pain in upper extremity). Finnish annual congress of manual therapy and manual medicine. Tampere, Finland.
27. **Luomajoki, H.** (2013). Dysfunktionale Körperwahrnehmung bei Rücken-/Beckenproblematik: Praktische Konsequenzen SAMM Kongress Interlaken, Switzerland.

28. **Luomajoki H**, Pain mechanisms, in Annual Congress of Norwegian manual therapy association. 2011: Lillehammer, Norway
29. **Luomajoki H**, Pain, Brain and placebo, in Annual Congress of Norwegian manual therapy association. 2011: Lillehammer.
30. **Luomajoki H**, Body schema and movement control are disturbed by cronic pain. How can we assess and treat this?, in Annual Congress of norwegian manual therapy association. 2011: Lillehammer.
31. **Luomajoki H**, Selkävivun ja kipumekanismien luokittelu, in Voiko kroonistumista ehkäistä? 2011: Orton, Helsinki, Finland
32. **Luomajoki H**, Selkävivun toiminnallinen luokittelu, in Voiko kroonistumista ehkäistä? 2011: Orton, Helsinki, Finland
33. **Luomajoki, H.**, Movement control impairment as an output of distorted body image. International NOI congress;, in NOI Congress. 2010: Nottingham, UK.
34. **Luomajoki H**. How exactly can we assess / treat movement control dysfunctions? in Annual Congress OMT Italia: Does the efficacy of manual therapy depend on its specificity? 2010. Parma, Italy.
35. **Luomajoki H**, Dysfunktionen der Bewegungskontrolle der LWS als eine Subgruppe der Rückenschmerzen, in Muskuloskelettale Physiotherapie; eine Frage der Beweglichkeit? 2010: Winterthur, Schweiz.
36. **Luomajoki (2007)**: Explain pain. Annual meeting of Finnish physiotherapy association. Helsinki 4/2007 (finnish)
37. **Luomajoki (2007)**: Schmerzen verstehen. Physiokongress Aachen. 5/2007. (German)
38. **Luomajoki (2007)**: Von der Praxis in die Theorie der Neurodynamik. Physiokongress Aachen. 5/2007. (german)
39. **Luomajoki (2005)**: Subgrouping of low back pain. SOMTY annual meeting, Finland. (Finnish).
40. **Luomajoki HA (2005)**: Between clinical patterns and subgroups of LBP. Annual meeting of Finnish manual therapy association (SOMTY). Tampere, Finland. November 2005
41. **Luomajoki HA (2004)**: The subgroups of LBP. Annual meeting of Finnish manual therapy association (SOMTY). Tampere, Finland. November 2004
42. **Luomajoki HA (2004)**: The value of evidence based medicine. Annual meeting of Finnish manual therapy association (SOMTY). Tampere, Finland. November 2004
43. **Luomajoki HA (2002)**: Der Sinn und Unsinn der Evidence Based Medicine. Kongress Abstracts „Wissenschaft in der Physiotherapie“. Zuzach, Schweiz Feb. 2002



44. **Luomajoki HA (2002):** Was ist die Evidenz für Übungen und Training bei lumbale Rückenbeschwerden?. Kongress Abstracts „Wissenschaft in der Physiotherapie“. Zurzach, Schweiz Feb. 2002
45. **Luomajoki HA (2002):** Placebo; Effektmechanismen und Implikationen in der manuellen Therapie. Nationale Kongress des SVOMP (Schweizerische Vereinigung Orthopädischer Manuellen Therapie). Zürich. Okt. 2002
46. **Luomajoki HA (2002):** Stellenwert der Physiotherapie in der Schmerzbehandlung. Interdisziplinäre Schmerz Kongress. Zürich. Nov. 2001
47. **Luomajoki HA (2002):** OMT – die 2 jährige Ausbildung der svomp zum Manualtherapeut. Jahres Kongress des Schweizerischen Physiotherapie Verbands. Luzern, Schweiz. Mai 2002
48. **Luomajoki HA (2000):** Current winds in the australian manual therapy. ( Miten crocodile Dundeen selkävut hoidetaan?) Congress Proceedings "Chronic LBP" Annual