


Personal details		
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Professional qualifications		
Year	Qualification	Awarding body
1992	Physical Therapist	Staatlich anerkannte Krankengymnastikschule an der BG-Unfallklinik Ludwigshafen / Oggersheim, Deutschland
Certified Qualifications		
Year	Awarding body	
1999	Diploma in MDT, Coon-Rapids – Minnesota / USA - McKenzie Institute International	
1997	Certificate Manual Therapy, AG Manuelle Therapie im ZVK	
1994	Certificate PNF	
Work experience		
Year	Position/Job title	Employer
2023 – present	Owner	Company mophys – measuring outcomes in physiotherapy
1997 - present	Owner, Physiotherapist, 19 employees	Physiotherapy Clinic PULZ im Rieselfeld, Freiburg
2013 – 2017	Editor of Journal ‘Sportphysio’	Thieme publishing company, Stuttgart / Germany
1995 - 1997	Physiotherapist	PT-Praxis Frech, Freiburg
1994 – 1995	Physiotherapist	PT-Praxis Schauer-Klatt / Kanzler, Freiburg
1993 – 1994	Physiotherapist	Rehabilitation Clinic Hausbaden, Badenweiler
1992 – 1993	Physiotherapist in practical year	Rehabilitation Clinic Bliestalklinik, Blieskastel
Teaching experience and qualifications		
Year	Qualification or experience	
Since 2023	Teaching ‘Talk it easy – opportunities and pitfalls in daily clinic’	
Since 2016	International Instructor McKenzie Institute International – teaching worldwide	
Since 2011	Member of the Education Council of McKenzie Institute International	
2009-2015	Senior Instructor McKenzie Institute International Teaching MDT-Courses in Germany, Switzerland, Austria. 60 – 70 course days / year	
2006-2008	Instructor McKenzie Institute International	
2003-2005	Junior Instructor McKenzie Institute International	
2000-2002	Probationary Instructor McKenzie Institute International	
Membership of professional societies		
Since	Name of the society	
2023	Congress Program Committee for Physiotherapy World Congress Tokyo 2025	
2023	Gesellschaft für Knorpelregeneration & Gelenkerhalt e.V. - QKG	
2017	German Migraine and Headache Society	
2015	German Pain Society	
2015	German Knee Society	
2011	Board of Directors of International MDT Research Foundation	
2011	Founder and president of International MDT Research Foundation Deutschland e.V.	
2000	McKenzie Institute International	
1999	McKenzie Institute Deutschland	
1996	Physio-Deutschland (German PT Association)	
Professional awards		
2025	The Silver Fern – McKenzie Institute International	
2023	The Bronze Lady – Extension award for excellence, McKenzie Institute International	
2018	The Stone of the Wise, Physio Deutschland	
Research activities		
Since 2022	Patient reported outcomes – the patients’ perspective in Germany (PROSPERGER) Data collection	
Since 2021	Research project: ‘The implementation of PROMs in everyday physiotherapy (IMPROE). Published 2023	

Since 2020	Research project: 'Exploring indicators of extremity pain of spinal source as identified by Mechanical Diagnosis and Therapy (MDT): a secondary analysis of a prospective cohort study'. Published 2022
Since 2017	Research project: 'A study exploring the prevalence of Extremity Pain of Spinal Source (EXPOSS)'. Published 2019
Since 2015	Working Group on Algorithm for Return-to-Activity for LBP patients. Published 2018
Since 2014	Research project 'Do patients understand what therapists say? A mixed-methods study on patient-therapist communication in patients with low back pain'. Published 2020
2010	Research project 'Intensive mechanical home-traction for patients with subacute lumbar radiculopathy – a randomized controlled study'. UTC U1111-1132-6553. canceled
<b>Book chapters</b>	
2019	Oesch/Verra. Fallbeispiele Muskuloskeletal. Stuttgart: Thieme
2017	Bessler. Expertenwissen manuelletherapie. Stuttgart: Thieme
2017	Aigner. Physiotherapeutische Techniken. Stuttgart: Thieme
2010	Mehrholz/Supp. Wissenschaft transparent. Klinische Studien verstehen, McKenzie Institut
2007	Saner-Bissig. McKenzie - mechanische Diagnose und Therapie. Stuttgart: Thieme
2004	Frei. "Verletzt was nun" in Laufszene Freiburg / Hrsg. u. Text: Max Frei. - Freiburg : Max Frei
<b>Invited articles / summaries / comments</b>	
Complete list	<a href="http://www.pulz-freiburg.de/de/publikationen_des_pulzteams_12.php">http://www.pulz-freiburg.de/de/publikationen_des_pulzteams_12.php</a>
<b>Articles published in peer reviewed journals</b>	
2022	Rastogi R, Rosedale R, Kidd J, Lynch G, Supp G, Robbins SM. Exploring indicators of extremity pain of spinal source as identified by Mechanical Diagnosis and Therapy (MDT): a secondary analysis of a prospective cohort study. J Man Manip Ther. 2022;30(3):172-179.
2020	Supp G, Schoch W, Baumstark MW, May S. Do patients with low back pain remember physiotherapists' advice? A mixed-methods study on patient-therapist communication. Physiother Res Int. 2020;25(4):e1868. doi:10.1002/pri.1868
2019	Rosedale R, Rastogi R, Kidd J, Lynch G, Supp G, Robbins SM. A study exploring the prevalence of Extremity Pain of Spinal Source (EXPOSS). J Man Manip Ther. 2020;28(4):222-230. doi:10.1080/10669817.2019.1661706
<b>Letters in peer reviewed journals</b>	
2023	Supp G. Predigen zum Chor. Knie J. 2023;5(2):130-131. doi:10.1007/s43205-023-00203-0
2021	Supp G, Moers S. What matters? Program or pain? E-Letter on: Effectiveness of progressive tendon-loading exercise therapy in patients with patellar tendinopathy: a randomised clinical trial <a href="https://bjsm.bmj.com/content/early/2020/12/23/bjsports-2020-103403.responses">https://bjsm.bmj.com/content/early/2020/12/23/bjsports-2020-103403.responses</a>
2019	Rosedale R, Rastogi R, Kidd J, Lynch G, Supp G, Robbins S. Author's response to Anthony Halimi and David Poulter's letter to the editor regarding 'A study exploring the prevalence of extremity pain of spinal source (EXPOSS)'. J Man Manip Ther. 2020;28(4):233-235
2017	Supp G, Rosedale R, Werneke M. Unjustified extrapolation. Scand J Pain. 2017;16:189-190. doi:10.1016/j.sjpain.2017.03.008 .
2017	Rosedale R, Supp G, Hoyt K, Lynch G, Clare H. February 2017 Letter to the Editor-in-Chief. J Orthop Sports Phys Ther. 2017;47(2):126-129. doi:10.2519/jospt.2017.0201
2015	Supp G. Letter to the Editor: McKenzie lumbar classification: inter-rater agreement by physical therapists with different levels of formal McKenzie postgraduate training. Spine (Phila Pa 1976). 2015;40(9):665. doi:10.1097/BRS.0000000000000853
2012	Supp G. Letter to the editor on: Hanna B. Albert, Eva Hauge, Claus Manniche (2011) Centralization in patients with sciatica: are pain responses to repeated movement and positioning associated with outcome or types of disc lesions? Eur Spine J. doi:10.1007/s00586-011-2018-9. Eur Spine J. 2012;21(8):1676-7
2011	Supp G. Leserbrief zur Arbeit von D. Goebel und W. Schultz: Ambulante Physiotherapie in Orthopädie und Unfallchirurgie: Kann der Erfolg überhaupt beurteilt werden? Z Orthop Unfall 2011; 149: 17-21. Z Orthop Unfall. 2011;149(3):342-343. doi:10.1055/s-0030-1271166
2005	Supp G. Letter to the Editor: Thieme H. gelesen und kommentiert: H. Frost, et al. Randomized Controlled Trial of Physiotherapy Compared with Advice for Low Back Pain. BMJ. 2004; 329: 708–714, physioscience. 2005; 1: 85–86
2005	Supp G, May S. Commentary on "A prospective trial of mechanical physiotherapy for lumbar disk prolapse" by D. Broetz et al. in J Neurol (2003) 250 : 746-749. J Neurol. 2006;253(1):116-7; author reply 118. doi:10.1007/s00415-005-0903-z
<b>Peer reviewed congress presentations</b>	
2022	Mager N, Supp G. Die Implementierung von PROMs in den physiotherapeutischen Alltag – IMPROE – Forschungssymposium Physiotherapie, Freiburg
2022	Do patients with low back pain remember physiotherapists' advice? A mixed-methods study on patient-therapist communication – Forschungssymposium Physiotherapie, Freiburg

2019	Workshop Chronischer Rückenschmerz. Deutscher Schmerzkongress, Mannheim
2019	Do patients hear what therapists say? Deutscher Schmerzkongress, Mannheim
2019	Do patients hear what therapists say? WCPT Congress, Geneva / Switzerland
2018	Wann ist ein Extremitätenproblem wirklich ein Extremitätenproblem? Deutsches Physiotherapie-Forschungs-Symposium, Lübeck
2018	Workshop Chronischer Rückenschmerz. Deutscher Schmerzkongress, Mannheim
2018	Wieviel Wirbelsäule darf es sein? EXPOSS. Deutscher Schmerzkongress, Mannheim
2017	Do patients hear what therapists say? 1 <sup>st</sup> international and 28 <sup>th</sup> national Physical Therapy Congress Tehran / Iran
2017	Self-treatment of the knee – does McKenzie work? 1 <sup>st</sup> international and 28 <sup>th</sup> national Physical Therapy Congress Tehran / Iran
2016	Do patients hear what therapists say? McKenzie Conference of the Americas, Miami
2015	Physiotherapie – akut gut?! Deutscher Schmerzkongress, Mannheim
2005	McKenzie Behandlung im Vergleich zu physiotherapeutischen Übungen bei Rückenschmerz-Patienten. Eine randomisierte, kontrollierte, multizentrische Studie. Forschungssymposium, Göttingen
<b>Invited or Keynote congress presentations</b>	
2024	Patient on fire – wie gehe ich professionell und entspannt mit Widerstand um? Physiotherapie Symposium Speising / Austria
2024	Better Together – Utilizing Therapeutic Alliance, 15. Int. McKenzie Congress, Ottawa/Canada
2024	Hunt the Pain! IFOMPT Congress, Basel / Switzerland
2023	Why do I use MDT?, Congress 20 <sup>th</sup> Anniversary McKenzie Institute Czech Republic, Prague
2023	Panel Discussion HOW MUCH PHYSIO DOES A PATIENT NEED? World Physiotherapy, Dubai
2023	Extremitäten-Schmerz: Wann lohnt es sich, die Wirbelsäule zu untersuchen? Physiokongress, Stuttgart
2022	Online Case Presentation, Annual Congress MI Sweden, Malmö
2022	Online Presentation Extremity Pain of Spinal Source, Annual Congress MI Sweden, Malmö
2021	Online Case Presentation, Annual Congress MI Czech Republic
2021	Online Case Presentation, Annual Congress MI Finland
2019	Do patients understand what therapists say? Medicina založená, Prague /CZ
2019	EXPOSS. Medicina založená, Prague /CZ
2019	EXPOSS. MDT Benelux Congress, Nieuwegein /Netherlands
2019	Return to Activity for Spinal Patients. OS-Symposium, Muenchen
2018	Wieviel Wirbelsäule darf es sein? EXPOSS. MTT-Symposium, Waldenburg
2017	Exploring optimal care for Low Back Pain patients - Surgery vs. Conservative. 14th International McKenzie Conference, San Francisco
2017	Do patients hear what therapists say? McKenzie Conference Finland, Tampere
2016	Reduce to the max – MDT and sports. McKenzie Conference of the Americas, Miami
2016	Hunt the pain! Physiocongress, Basel
2016	Reduziere aufs Maximum – MDT und Sportler. McKenzie Symposium, Berlin
2016	Selbstbehandlung am Knie – geht das? Freiburger Knorpeltage
2016	Hören Patienten, was Therapeuten sagen? Physiokongress, Stuttgart
2015	Patient demonstration. 13th International McKenzie Conference, Copenhagen
2014	Hunt the pain! Physiocongress, Bern
2014	Laufen trotz Arthrose – Laufen statt Arthrose? FIBOMed, Köln
2014	Stretching Jeopardy. Physiocongress, Stuttgart
2014	Arzt contra Physiotherapeut – Kooperation oder Ignoranz? Talk am See, Freiburg
2013	Akuter Rückenschmerz – was hilft? Netzwerk Freiburger Physiotherapeuten, Freiburg
2013	Hunt the pain! Physiocongress, Stuttgart
2013	MDT und HWS, Physioscience Day, Neustadt
2013	Unspezifischer Rückenschmerz – Spezifische Therapie? Physioscience Day, Neustadt
2012	Fallbeispiel Rückenschmerz. Juniorentreffen des ZVK, Mannheim
2012	Fallbeispiele Kniegelenk. 3. Deutsches Symposium für MDT, Fellbach
2012	Arzt contra Physiotherapeut – Kooperation oder Ignoranz? Physiokongress, Stuttgart
2011	Unspezifischer Rückenschmerz – Spezifische Therapie? Update Rückenschmerz, Reutlingen
2010	Subgruppen für Traktion bei LBP. 2. Deutsches Symposium für MDT, Fellbach
2009	Chronische Sehnenprobleme. 4. Sportmedizinisches Symposium, Berlin
2008	Wissenschaft im Therapeutischen Alltag. Physiokongress, Fellbach
2007	Strukturdiagnose hilfreich oder hinderlich? Physiokongress, Aachen
2007	Wissenschaft im Therapeutischen Alltag. Physiokongress, Aachen
2006	Ist es wichtig, welche Übung? Physiokongress, Aachen
2005	Rieselfeldmeile – vom Eröffnungsereignis zum Dauer(b)renner. ZVK-Kongress, Stuttgart