


| Personal details | | |
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| Georg Supp PT, Dip MDT PULZ im Rieselfeld Physiotherapie und Lauftherapie Zentrum Certified McKenzie Clinic Rieselfeldallee 12 D – 79111 Freiburg im Breisgau |  | Phone: +49 761 443050 Fax: +49 761 443060 Mail: georg@pulz-freiburg.de Website: www.pulz-freiburg.de www.talkiteasy.de |
| 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 |
| 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) | |
| 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 | |

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| 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'. Universal Trial Number U1111-1132-6553. canceled |
| Book chapters | |
| 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. 1., Aufl. Roßhaupten, Forggensee: 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 |
| Invited articles / summaries / comments | |
| Complete list (100+) | http://www.pulz-freiburg.de/de/publikationen_des_pulzteams_12.php |
| Articles published in peer reviewed journals | |
| 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 |
| 12. Letters in peer reviewed journals | |
| 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 https://bjsm.bmj.com/content/early/2020/12/23/bjsports-2020-103403.responses |
| 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. 2012;21(8):1676-7. 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 |
| 13. Peer reviewed congress presentations | |
| 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 Schmerzkonferenz, Mannheim |
| 2019 | Do patients hear what therapists say? Deutscher Schmerzkonferenz, Mannheim |
| 2019 | Do patients hear what therapists say? WCPT Congress, Geneva / Switzerland |

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| 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 st international and 28 th national Physical Therapy Congress Tehran / Iran |
| 2017 | Self-treatment of the knee – does McKenzie work? 1 st international and 28 th 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 mit der mechanischen Diagnose „Reduzierbares Derangement“. Eine randomisierte, kontrollierte, multizentrische Studie. Vorstellung des Studiendesigns und der Probleme bei der klinischen Umsetzung. Forschungssymposium, Göttingen |
| 14. Invited or Keynote congress presentations | |
| 2023 | Why do I use MDT?, Congress 20 th Anniversary McKenzie Institute Czech Republic, Prague |
| 2023 | Panel Discussion HOW MUCH PHYSIO DOES A PATIENT NEED?, World Physiotherapy Congress, 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 |