

Curriculum Vitae

Name Esther de Ru
Address Prins Clausplein 48 8935 DB Leeuwarden
Netherlands
Place of birth Dantumadeel Netherlands
Date of birth 1950
Nationality Dutch
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Education

Intermediate Examination Macleod High School Victoria Australia : 1961- 1966
Medical Assistant LOI Leiden Netherlands www.loi.nl : 1971
Physiotherapist Hogeschool Utrecht Netherlands www.hu.nl : 1977
Paediatric Physiotherapist Hogeschool Utrecht Netherlands www.hu.nl : 1996

Post-graduate Education

2008-2018: Taping courses Basic MTC, advanced MTC, neurological MTC, lymph taping, Easy Taping Sports, Aqautitan Taping, Dynamic Taping, Kinesio Taping Workshop
2011 SEAS SA Scientific Exercise Approach to Scoliosis
2009 Dafo workshop
2004 FOK- early intervention education of children aged 0-2yrs
2004 Dysphatic Development- Tan-Söderbergh method (Down syndrome)
2004 Sensis training in treating the blind
2000 Stroke Service 2
2000 NDT- Pre-speech Therapy- eating and drinking problems (children and adults) 2000
2000 Stress-Management
1999 Child and CARA
1998 Shantala baby massage
1998-2003 Training in the use of various tests and measuring instruments: GM's, movement ABC, GMFM, BSID-II, AIMS, Peabody, PEDI, strength/condition tests & TENS
1994 NDT-Bobath Course (babies and children)
1994 Handwriting problems 1994
1994 Sensorimotor Therapy Refresher
1994 Paediatric Physiotherapy new style
1991-1992 Diagnostics and Therapy Dr. V. Vojta
1989 SRD- Reflex Dystrophy (Pain Centre Nijmegen)
1989 Hand Rehabilitation
1989 Sensorimotor Therapy I en II
1988 M.R.T. Motor Remedial Teaching
1988 Cranio-mandibular-dysfunction
1986 Meridian-Colour-Therapy III. (Christel Heidemann).
1986 PNF Refresher course
1985 Meridian-Colour-Therapy II. (Christel Heidemann).
1983 Meridian-Colour Therapy I. (Christel Heidemann).
1983 Bugnet Refresher course.
1982-1983 Bidegewebsmassage I. II (CTM) Teilrich Leube (Dicke and Piet-Sacks)
1981 PNF Refresher course
1981 Bugnet Refresher course. 1982 PNF Refresher course
1980-1982 Orthopaedic Manipulative Therapy (J. Cyriax, F.M. Kaltenborn)
1980-1981 Sports Physiotherapy
1980 PNF (Proprioceptive Neuromuscular Facilitation- Kabat)
1979 Bugnet Refresher course.
1978 Bugnet, Postural Resistance Therapy basic

To be registered in the Netherlands it was mandatory to be trained and registered in: -evidence based treatment 2002, - methodical treatment, 2000- communication 2002, -and creating medical files and methodical patient files 2001. I have been registered as Paediatric Physiotherapist in the Netherlands, Germany and Spain. Free Access Physiotherapy in The Netherlands. Since 01-01-2006 free access is normal practice in the Netherlands and physiotherapists have been educated to assess and treat patients without a doctor's referral.

Career

Before training to become a physiotherapist, I worked as a dental nurse (1967-1968), medical aide (1968-1970) and governess at a boarding school (1970-1972). During my student days I worked as a medical secretary. I worked as a physiotherapist in a small private practice 1977-1978 and from 1978-1980 I worked in the clinic of the Geriatric Hospital and

in the outpatient clinic of a General Hospital both in Utrecht. From 1980-1984 I worked in a large private physiotherapy clinic in Utrecht. From 1984 to 2006 I worked in my own private practice in the Netherlands with both children and adults. During a number of those years I also worked part-time in a Home for the physically and mentally handicapped in our village called de Schutse. My work included working closely with the Brachial Plexus teams of the Universities of Amsterdam and Leiden to provide best possible treatment for children with brachial plexus injuries. As part of my education to become a paediatric physiotherapist I worked part-time at the Don Bosco Schule - Centre for handicapped children in Geldern in Germany (1995-1996).

Extra scholastic activities

From 1979-1985 I was an instructor at the Bugnet Post Curriculum Course. (Postural Resistance Therapy actualized by Mrs E. v. d. Meulen).

During more than 10 years I have corrected and translated (Dutch into English) the abstracts of all articles published in the Dutch Journal for Physiotherapy.

I assisted various people by translating their articles for publication in different medical journals.

During 1976-1995 I organised physical trainings classes for people with medical problems. For many years I volunteered and assisted weekend swimming classes for mental and physically handicapped people.

Together with several sports-physicians and sports-therapists we setup and managed the first SMA (Sport Medical Advice centre) in Utrecht. We did the same in Tiel NL. (1986-1996)

From 2007-2014 I worked as volunteer consultant paediatric physiotherapy in various clinics in Spain.

Current occupation

My current enterprise called GoPhysio allows me to remain available as a consultant, developer, author and instructor worldwide. I am a pensioner and no longer registered to work as a physiotherapist in the Netherlands. I am a student of the human skin. At the moment, my main areas of interest are: research and post-graduate teaching in the paediatric field specifically: elastic therapeutic taping, Bindegewebsmassage (German CTM method) and scoliosis treatment. I am a member of the SOSORT and the ESEI both international organisations looking into best evidence in our profession. Since 2009 I have developed various specialized taping courses. These are aimed at SL therapists, occupational therapists, physiotherapists and other related allied health professionals. The courses are run through my own company and in conjunction with a number of companies and Universities in a number of countries.

Through active participation in physiotherapy forums on Facebook and LinkedIn I have been busy exchanging knowledge in the paediatric field during the past ten years. In 2011 I was asked to become active as a moderator on the www.physiobob.org paediatric forum.

Was founder of the WCPT paediatric Forum at the time

Since 2015 I moderate a number of FB pages & closed groups on the topic of elastic therapeutic taping.

<https://www.facebook.com/groups/506971916017399/> & <https://www.facebook.com/groups/1741986039443647/> both closed groups The English open FB pages are:

<https://www.facebook.com/skinapproachforethno/>

<https://www.facebook.com/skinapproachestherderu/>

<https://www.facebook.com/estherderueducationinskinapproach/>

Have edited and translated two taping manuals. I have assisted various health professionals by optimizing their English articles, books and thesis's for publication. Since 2010 I brainstorm and guide Master students in preparing articles on taping. Author of: Elastic Therapeutic Taping in Paediatrics. Dec. 2013 (Dutch & Spanish)

I was Chair of the Committee Practice of the International Organisation of Pediatric Physical Therapists (IOPTP), subgroup of the World Confederation of Physiotherapy (WCPT) from 2011- 2015 and have continued this line of work online as moderator of the Facebook Group called International Paediatric Physiotherapists.

<https://www.facebook.com/paedphysiosworldwide/> I also moderate a Dutch FB group about Conventional Scoliosis

Treatment. <https://www.facebook.com/scoliosenederland/> and one on therapeutic Skin Movement in Paediatrics

<https://www.facebook.com/groups/806517409529506/>

Articles & Clinical Notes

2007 *Cranial Deformities- the osteopathic and paediatric physiotherapists approach Market Place June 2007. M. Surrey and E. de Ru.

The clumsy child (DCD- developmental co-ordination-disorder) Market Place Sept. 2007.

2008 Fisioterapia Pediátrica- el Recién Nacido Asimétrico- investigación bibliográfica sobre prevención, exploración y posibles tratamientos del recién nacido asimétrico con y sin plagiocefalia u otras deformaciones del cráneo. www.sefip.org 2008.

2009 Adverse effects of cervical manipulation/holds in young children may 2009.

*Drooling: possible new treatment method to help reduce excessive drooling. Aneid UK Newsletter September 2009. Spanish & Portuguese version on www.atenasl.com

2010 Member's Corner: Elastic Taping as an adjunct to paediatric physiotherapy. Newsletter IOPTP issue April 2010 pg 9-11

2011 The use of elastic therapeutic tape for pain relief of closed fractures of the clavicle and costae (floating ribs). The effects of CureTape on pain in one paediatric & two adult cases. Sept. 2011. Spanish Atena Newsletter 2011. English revised version 2013.

2013 Is using Elastic Therapeutic (Kinesio) Tape an option for children with Congenital Muscular Torticollis? Newsletter IOPTP issue 11 July 2013 pg 10-14

S-tape para sialorrea- cuatro años después. Noticias VNM no 11/2013 p6-7(2013)

Leben mit Down-Syndrom Nr. 74, September 2013, Deutsches Down-Syndrom Info Center, www.ds-infocenter.de article on s-tape.

Elastic therapeutic (Kinesio) taping in patellofemoral knee pain (many variables make many tape applications possible). IRJSG Nov 2013vol II, issue II.pg 4-9 2013

- 2014 Review of Kinesio Taping ignored other models and techniques. Journal of Physiotherapy. 01/2014; DOI: 10.1016/j.jphys.2014.06.014
- 2015 Does "Kinesio-Taping" Influence Dynamic Standing Balance? 292138138_2015_Ferrari_et_al_IJSMR.htm
- 2016 From hypothesis to clinical application: the Transverse Arch-Tape Application enhances Motor Performance, Balance and Gait KTAI Research Yearbook (2015) Volume 2, 1. Published by Kinesio Taping Association International, Albuquerque, NM USA August 2016
- Comparison of FAP scores with the use of safety footwear and regular walking shoes Theoretical Issues in Ergonomics Science · December 2016 DOI: 10.1080/1463922X.2016.1260180
- OEFENTHERAPIE VOOR SCOLIOSE PATIËNTEN: SCOLIOSE SPECIFIEKE OEFENMETHODEN. Beweegreden November 2016
- 2017 Skin irritation incidence following kinesiology tape use in patients with neurological disorders: multicenter observation Ann. Acad. Med. Siles. Esther de Ru & Emilia Mikołajewska 2017; 71: 7–13 eISSN 1734-025X DOI:10.18794/aams/65322
- 2018 Commentary on Sialorrea study Spain by B. Gutiérrez-Martín & A.M. Martín-Nogueras July 2018 DOI: 10.13140/RG.2.2.25615.48807
- 2019 Letter to the Editor regarding: Addition of Kinesio Taping of the orbicularis oris muscle to speech therapy rapidly improves drooling in children with neurological disorders. Original article published In Developmental Rehabilitation Journal on: 21 Sep 2017. January 2019 Developmental neurorehabilitation DOI: 10.1080/17518423.2019.1563950
- Skuteczność stosowania taśmy S REHABILITACJA W PRAKTYCE pg 45-48 3-2019 Esther de Ru, Martyna Brychcy, Radosław Rutkowski, Patrycja Rąglewska Polish article about S-tape
- 2013 - Author of the Clinical Notes Series related to Elastic Therapeutic Taping and paediatric physiotherapy. These can be found on https://www.researchgate.net/profile/Esther_De_Ru2 and <https://hu.academia.edu/EstherDeRu>

Presentations, posters & workshops

- 2006 Oral presentation "The physiotherapy treatment of Martin" -SEFIP Video-Symposium Valencia Spain.
- 2007 Oral presentation "The assessment of quality of General Movements" Congresso Nacional de Pediatria Portugal. Poster presentation- ("Assessment of quality of General Movements" SEFIP congress Barcelona Nov. 2007 Spain.
- 2009 Oral presentation "Introduction functional paediatric physiotherapy: a case study" Congreso Nacional de Fisioterapia- Fisioterapia en Pediatria Murcia 22 april 2009 Spain.
Poster presentation "Taping in Paediatrics - integration of elastic taping into functional paediatric physiotherapy FPP: a case study" Jornado Hispano-Brasileira Alteraciones en Neurologia Infantil 8 & 9 de mayo 2009 Spain.
Oral presentation From Myth to Evidence Vilnius. Functional effects of strengthening programmes in spastic diplegia. EACD Meeting Rachwani Parschotam J, Santamaria Gonzales V.F, de Ru E. June 3 - 6, 2009 in Lithuania.
- 2010 Oral presentation "Numerosos niños con Parálisis Cerebral cursan con babeo excesivo. Este estudio prospectivo de cohorte (>30 niños), demuestra los resultados tras una aplicación novedosa de vendaje elástico" Sefip Congressos Vallodalid 13-15 Mayo 2010 Spain.
Poster presentation Vendaje-Neuro-Muscular (VNM) para facilitar el desarrollo motor en un niño de dos años y medio con una parálisis cerebral por prematuridad y por una lesión cerebral isquémica postnatal Sefip 13-15 Mayo 2010 Congressos Vallodalid Spain.
Oral presentation ("Revisión sobre programas de potenciación muscular en diplejía espástica ¿existen resultados funcionales?") Jennifer Rachwani Parshotam. Víctor Santamaria González. Esther de Ru. Sefip 13-15 Mayo 2010 Congressos Vallodalid Spain.
Poster presentation "Experimental study effects of elastic taping on excessive drooling". 6th Dutch-ACD Symposium Multitasking binnen de kinderrevalidatie 02-10-2010 Nijmegen Netherlands.
- 2011 Poster presentation Kan elastic therapeutisch tape spierkracht verbeteren? Literatuur, toepasbaarheid en toekomst. AVANS+ Conference Kracht in Beweging 2011 Netherlands.
- 2012 Poster presentation Elastisch Therapeutisch Tape bij babies: nieuwe behandelmogelijkheid voor kinderfysiotherapeut. Congres Baby & Behandeling; de Synergie van samenwerking 19 jan.2012 Ede Netherlands
Poster presentation Elastic Therapeutic Taping (ETT) may improve muscle strength and function. The literature, the evidence, the clinic. EACD 24th Annual Meeting Bridging: From Research to Practice 16-19th may 2012 Istanbul Turkey
Oral presentation Enhancing Muscle Strength & Function using Elastic Therapeutic Tape is possible? The clinic and the evidence. APCP Annual Conference Going for Gold, Aiming for Excellence. 9-10 Nov 2012 London U.K.
Oral presentation workshop s-tape (2012) 1st Congress of Swallowing Disorders 6-8 Dec. 2012 Hacettepe University Ankara Turkey
- 2013 Oral presentation Dual importance of our skin in Taping. La importancia de la piel en la aplicación del vendaje neuromuscular. J. de actualización en vendaje neuromuscular: técnicas en fisioterapia Presente y Futuro 06-04-2013 Madrid Spain
Oral presentation Nuevo aplicacion Vendaje NeuroMuscular VNM o Kinesiotape/ New application Elastic Therapeutic (Kinesio)Tape Conference SEFIP Valencia Spain
Oral presentation Workshop Elastisch Therapeutisch Tapen bij Anterior Knee Pain/ Patellofemoraal Pijn Syndroom 2de Congres Elastisch Tapen Utrecht Netherlands.
- 2014 Oral presentations Presenting Diastasis Recti Tape application, S-tape application and New treatment models and hypotheses in Elastic Therapeutic (Kinesio) Taping 20th Scientific Conference 20-23rd March 2014 Zgorzelec Poland.

- Poster Elastic Therapeutic kinesio Tape possibilities in patients with Scoliosis. SOSORT meeting May 2014 Wiesbaden Germany
- Oral presentation Taping for drooling: S-tape: new tool for oral-motor control. London Meeting PDSIG 10th JUNE 2014 London U.K.
- 2015 Workshop Fysio Conference (2014) s-tape workshop June Bern Switzerland
- Workshop Management of Neuromuscular SCOLIOSIS Evidence Based Practical Workshop Primephysio Clinic Dokki Cairo Egypt
- Key note Cerebral Palsy: the difficulties and possibilities. Feeding disorders and spinal malformation discussed and the possibilities of touch as therapeutic tool presented. Int. conf. of Autism, Cerebral Palsy and Neurodevelopmental disorders. Mumbai India 1-3rd May 2015
- Workshop Hippotherapy Equine-assisted therapy (EAT) Int. conf. of Autism, Cerebral Palsy and Neurodevelopmental disorders. Mumbai India 1-3rd May 2015
- Workshop Elastic Therapeutic Taping in Paediatrics Int. conf. of Autism, Cerebral Palsy and Neurodevelopmental disorders. Mumbai India 1-3rd May 2015
- Poster S-Tape effective, but not for everyone: current state of affairs. AAMS 1st CONGRESS September 9-13, 2015 in Los Angeles, California
- Poster Research-clinic gap bridged. Research results in novel elastic therapeutic (Kinesio®) tape application for both Patella Femoral Pain syndrome and Osteoarthritis Conference. Oct 2015
- 2016 Workshop Elastic Therapeutic Tape in Orofacial Disorders: Theory, Evidence & Clinical Possibilities. Pan-American Voice conference Warsaw Poland
- Workshop Elastic Therapeutic Kinesio/Kinesiology Tape as an important adjunct in the treatment of neurodevelopmental conditions in children. The How and the Why? APCP Conference Brighton UK
- 2017 Oral Presentation Influencing voice by manipulating the skin? How elastic therapeutic tape can be used to facilitate voice and breathing. PEVOC 12 Gent Belgium
- 2018 Oral Presentation ElastischTherapeutischTape in de logopedischepraktijk? De literatuur en de praktijk. 39steVVL-congres ICC Gent Belgium
- Poster Literature Review: effects of Elastic Therapeutic Tape use as adjunct to treating spinal disorders. Taping goals, applications and current practice are critically appraised SOSORT Meeting Dubrovnic 2018
- Poster Will manipulating skin influence trunk rotation as measured by scoliometer? Immediate results of applying Elastic Therapeutic Tape on spinal rotation: experimental study of twins with Adolescent Idiopathic Scoliosis. SOSORT meeting Dubrovnic 2018
- Online Presentation Using the possibilities the skin gives us to communicate & treat. Femcon Female Physio Summit topic India
- Online Presentation Menstruation, Pregnancy, Labour & High heels. Addressing the discomforts and pain with tape. National Women Physio Conference in Hyderabad India
- Oral Presentation Tapen bij MS, fact or fashion? 7th MS symposium Netherlands 2018
- 2019 Oral presentation Physiotherapy treatment in Congenital & Neuromuscular Scoliosis 1st International conference scoliosis management Turkey Istanbul
- Workshop Scoliosis taping workshop 1st International conference scoliosis management Turkey Istanbul
- Holistic Paediatric Physiotherapy 5 day Course Mumbai India 2019
- Oral Presentation Congenitale Diastasis Recti Abdominis behandelen? NVFK conference Netherlands Oct.2019

Member of

- KNGF- Royal Dutch Society of Physiotherapy and the NVFK (paediatric section of the KNGF)
- ESEI - International Society on Early Intervention
- IOPTP - International organisation of Physical Therapists in Paediatrics: Chair IOPTP Com. Practice 2011- 2015
- SOSORT- International Society On Scoliosis Orthopaedic and Rehabilitation Treatment
- AEVNM - Honorary member of the Asociación Española de Vendaje Neuromuscular organization. www.aevnm.com

Language skills

- Dutch** - native speaker
- English** - native speaker
- German** – moderate speech and reading skills, minor writing skill
- French** – “very minor” skills
- Spanish** – “moderate” skills.