




ABOUT ME

 Hanne Pardaens

 22/05/1994

CONTACT

 hello@hannepardaens.com

 www.hannepardaens.com

SKILLS SUMMARY

●●●● Strength Training

●●●● Periodisation in Sports

●●●● Coaching

●●●● Writing

HANNE PARDAENS

STRENGTH PERFORMANCE COACH SPORTS PHYSICAL THERAPIST

PERSONAL PROFILE

I have a huge interest in sports rehabilitation, injury prevention and strength training. My goal is to accompany athletes in achieving their full potential both on amateur and elite level.

WORK EXPERIENCE

Founder - The STRNGTH Academy

Sports Physical Therapist & Strength Performance Coach

Online platform about strength training | Sep 2023 - huidig

- Mastertraject in Geperiodiseerde Krachttraining
- Periodiseer & Presteer traject
- Free checklists, PDF's en Excel-files for coaches

www.hannepardaens.com

Founder - Manager

Sports Physical Therapist & Strength Performance Coach

Sportunit - Gooik | Oct 2018 - Jul 2022

- Sport rehabilitation and physiotherapy
- Injury prevention and core-stability training
- Strength training and periodisation
- Running technique and analysis
- Dry Needling

www.sportunit.be

Founder - Manager

Strength Performance Coach


STRNGTH PERFORMANCE - Leuven | Jul 2017 - Mar 2022

- Strength program design for (elite) middle and long distance runners, triathletes, fencing, mountainbike
- Screening and testing
- Load and fatigue monitoring
- Periodisation and planning towards European and World Championships, and Olympic Games



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Sports Physical Therapist and Performance Coach

Runner's Lab Athletics Team | Oct 2016 - Feb 2020

- Sports rehabilitation
- Specific injury prevention
- Pre-season screenings and testings
- Strength programming: strength, power, plyometrics
- Recovery and sports massage
- Sports Physical Therapist on training camp - Dullstroom, South Africa (Oct 2016)
- Sports Physical Therapist on training camp - Dullstroom, South Africa (Apr 2017)
- Sports Physical Therapist on training camp - Flagstaff, USA (Apr 2018)

Sports Physical Therapist

ExtraFit - Lennik | Jul 2017 - Aug 2018

- Physiotherapy
- Sports rehabilitation
- Injury prevention and strength training
- Running analysis and technique

Academic Internship

Topsportcentrum Papendal (NL) | Feb 2017 - Maa 2017

- Sports rehabilitation in elite and recreational athletes
- Strength Training in long distance runners
- Strength Training in volleyball players (National Team)
- Injury prevention in cyclists
- Sprint training and plyometrics in elite sprinters

Sportkinesitherapeut Europees Kampioenschap U23

Team Belgium - Tallinn | Jul 2021

Sportkinesitherapeut European Cup 10.000m

Team Belgium - Birmingham | Mei 2021

Sportkinesitherapeut Elite Training Camp

Runner's Lab Athletics Team - Flagstaff (US) | April 2018, April 2019

Docente 'Krachttraining bij de (halve) fond atleet: basisbeginselen en periodiseren'

Vlaamse Atletiekliga | Okt 2021

Docente 'Letselpreventie bij de afstandsatelet'

Vlaamse Atletiekliga | Nov 2021

Symposium 'Krachttraining bij de halve fond atleet'

Hanne Pardaens | Nov 2021


Symposium 'The Running Athlete: a physio perspective'

SportR Roeselare - AZ Delta | Nov 2023




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●●● Writing

CERTIFICATEN

Strength Training: From Rehabilitation to Performance

Universitas Barca | 2021

Current approaches to hamstring injury assessment and rehabilitation

Nicol Van Dyk | 2021

Iliotibial band pain in runners - treatment strategies

Rich Willy | 2021

Klinisch onderzoek van de schouder

Ann Cools | 2021

Een gefaseerde aanpak van spierletsels

Maarten Thysen | 2020

Rebuilding the Foot

Jay Dicharry | 2020

Load Management in Sport

Tim Gabbet | 2019

Lower limb tendinopathy

Jill Cook | 2019

Elite Performance Trainer

Elite Performance Institute, Ireland | 2019

Physiotherapy Convention - Let's think about it

Denkfysio - Tim Gabbett, Adam Meakins | 2018

Running Rewired

Jay Dicharry | 2018

Muscle and tendon: clinical pearls

Dr. Roel Parys & Kathelijn Polspoel | 2018

Strength Training and Coördination

Frans Bosch | 2018

Gewichtheffen

Vlaamse Atletiekliga - Marlon Gevaert | 2018


Functionele krachttraining in de atletiek

Vlaamse Atletiekliga - Herman Van Uytven | 2018




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●●● Writing

CERTIFICATEN

Shoulder-hip (mal)adaptations in sports: an empirical and practical view

SmartEducation - Manu Wemel | 2017

Dry Needling

SmartEducation - Johnson McEvoy | 2017

InClinic Wielrennen

Vincent Callewaert en Manu Wemel | 2017

Running Resiliency - Injury management for the endurance athletes

Greg Lehman | 2017

Complex Core+ Training and Therapy (level 1, 2, 3)

ComplexCore - Roman Yahoda | 2016

Topsportmassage

Syntra | 2015

Preventie bij hamstringletsels

Kathelijn Polspoel | 2015

Sporttaping

Be Balanced, Be Fit | 2014

Krachttraining bij middellange afstandlopers

Vlaamse Atletiekliga - Fernando Oliva | 2013

DIPLOMA'S

Bachelor in de Revalidatiewetenschappen en kinesitherapie


KU Leuven | 2012 - 2015

Master of Rehabilitation Sciences and Physiotherapy - specialisation in Sports Physical Therapy

KU Leuven | 2015 - 2017




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RESEARCH

Is muscle disbalance a contributing factor in the development of the Medial Tibial Stress Syndrome?

Master thesis - KU Leuven | 2015-2017

Promotor: Prof. Dr. Benedicte Vanwanseele

Co-promotor: Jeroen Aeles

Effects of Maximal Strength Training in Elite Distance Runners

Co-promotor - KU Leuven | 2020-2022

Promotor: Prof. Dr. Stijn Bogaerts