

## **CURRICULUM VITAE: Lara ALLET, Ph.D**



### **1. Personal Details:**

Name de Preux ALLET Lara, Eliane  
Date of Birth 22.02.1977  
Nationality Swiss  
Family Status Married, 3 children  
Privat address: Route de Faverze 25; CH-1981 Vex. Phone: 0041 76 385 07 18  
Languages: German, French, and English (spoken and written); Italian (basic knowledge)

### **2. Current Position**

Since January 2022: Director of the School of Health Sciences at the University of Applied Sciences and Arts, HES-SO Valais Wallis, Sion, Switzerland  
Since September 2021: Head of the unit Inclusive Rehabilitation of the axis “Action and Repair” of the SENSE  
Since August 2020: Adjunct Professor<sup>1</sup> at the University of Geneva, Medical Faculty, Department of Community Medicine, Geneva, Switzerland

### **3. Education:**

August 1997 Senior High School (Maturity degree), College Spiritus Sanctus Brig, Valais, Switzerland.  
August 2002 Bachelor of Science in Physical Therapy, University of Applied Sciences, Leukerbad, Valais, CH  
October 2006 Master of Physical Therapy Science, University of Maastricht, Faculty of Health, Medicine and Life Sciences, Dpt. of Epidemiology, Netherlands  
October 2008 Diploma in Academic Didactics, University of Fribourg, Fribourg, Switzerland.  
December 2009 PhD, University of Maastricht, Faculty of Health, Medicine and Life Sciences, Dpt. of Epidemiology, Netherlands PhD. *Advisor*: Rob de Bie – Defense: 16.12.2009  
March 2014 Habilitation at the Medical Faculty, Department of Community Medicine, Geneva, Switzerland:  
August 2018 MAS in Management of Health Care Institutions, University of Geneva, Geneva, Switzerland

### **4. Employment history and current positions**

01.10.2002 to 31.08.2004: Physiotherapist: Dpt. Neurosciences, (HUG, Geneva, CH (100%))  
01.09.2004 to 31.08.2005: Physiotherapist: Dpt. Orthopedics and surgery, HUG, Geneva, CH (100%)  
01.09.2005 to 31.08.2006: Physiotherapist: Dpt. Internal Medicine, HUG, Geneva, CH (100%)  
01.09.2006 to 31.09.2009: PhD candidate at the Dpt. of Epidemiology; Faculty of Health Medicine and Life Sciences, Maastricht, Netherlands (60%) and Physiotherapist: Dpt. Internal Medicine, HUG, Geneva, Switzerland (40%)

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<sup>1</sup> In French : Professeure titulaire

- 25.09.2010 to 01.02.2011: Short visit as a post doctorate at the Dpt. of Physical Medicine & Rehabilitation, University of Michigan, Ann Arbor, USA
- 01.10.2009 to 31.08.2019 In charge of Research and Quality assurance in Physical Therapy, Health care directorate, HUG, Geneva, Switzerland (40%)  
Professor at the University of Applied Sciences of Western Switzerland, GE (60%)
- 1.10.2019 to 31.12.2021 Professor at University of Applied Sciences and Arts, HES-SO Valais Wallis, School of Health Sciences, Sion, Switzerland

## **5. Approved Research Projects (most recent (last 5 years) or most relevant once)**

- 2008: Grant by the Swiss National Science Foundation (SNF). Section career grants for young researchers. CHF 25'800 to finance a 7 month stay in Maastricht which allowed me to finalize the project "Gait characteristics of diabetic patients". (% achieved=100%).
- 2010: Grant by the SNF. Section International Short Visits. CHF 11'040 to finance a stay at the University of Michigan in order to create an International Collaboration about "The influence of neuromuscular capacities on post perturbation step characteristics in patients with diabetes type 2 (% achieved=100%).
- 2010: Grant by the SNF: section DORE. CHF 110'418.00 for the project entitled "Effect of dance therapy on the functional capacity of patients with advanced obesity" (% achieved=78%).
- 2015: Grant from the University of Applied Sciences of Western Switzerland. "Commission Scientifique du domaine santé; HES-SO". CHF 80'718 for the project entitled "Assessment and treatment of hip abductor muscle functions in elderly patients at increased risk of fall". (% achieved=100%).
- 2018: Grant from the Leenaards Foundation. CHF 265'000 for the project "Habitat Senior". (% achieved=50%).
- 2018: Grant from HEdS-Geneva. CHF 100'000 for the project Habitat Senior. (% achieved=100%).
- 2020: Grant from HES-SO Valais-Wallis & physioswiss. CHF 35'000 CHF respectively 3000 CHF for the project entitled "Recommendations and Standards for Physiotherapy in COVID-19 related Therapies (ReSPeCT)". (% achieved =100%).
- 2021: GRANT from Ligue Pulmonaire Neuchâteloise. Création d'un outil d'évaluation de l'environnement physique en vue du maintien à domicile. CHF 72'700 (% achieved =100%).
- 2022: Grant from SENSE for the project: Age-Related effect of metric BOdy REpresentation of Lower Extremities for walking ARBORELE CHF 105'108 (% achieved =100%)

## **6. Supervision of junior researchers at graduated and post-graduated level**

### *PhD Thesis*

- Co-promoter of Simone Gafner - University of Maastricht (NL): The role of hip abductor strength in fall risk prevention of older people. Defended in January 2022
- Co-promoter of Chloé Schorderet - University of Maastricht (NL): Defence scheduled in January 2025
- Co-Promotor of Simone Elsig – Heinen. Her defence will be scheduled for summer 2025 - University of Maastricht (NL): Measurement properties of tests evaluating the sensorimotor capacities of the neck.

### ***External consultant for PhD Thesis***

- Supervisor of the PhD Thesis of Asha Hansika Wettasinghe. Faculty of Medicine, University of Colombo, Sri Lanka

### ***Master and Bachelor Thesis***

- Supervisor of more than 10 MSc Thesis in the last 5 years: UNIGE and/or HES-SO
- Supervisor of more than 20 BSc Thesis at the HES-SO (GE and VS)

## **7. Teaching activities:**

### ***Pre-graduate***

- 2009 to 2021: Regular teaching at the University of Applied Sciences of Western Switzerland (approx. 20% workload)  
Topics: Research Methodology, Chronic Metabolic Diseases, assessments, and treatments of fall risk.
- 2011 to 2013: University of Geneva, Medical Faculty, Institute of Movement and Sport Sciences. Topic: Biomechanics. Responsible for the module and teaching of 30 hours per year.
- Since 2013: University of Geneva, Medical Faculty, Geneva, Switzerland (approx. 30 hours per year). Introduction of the peripheral neural system.

### ***Post-graduate***

- Since May 2011: University of Applied Sciences of Bern, Switzerland. Responsible of the module “Sciences in Rehabilitation for MSc students” in Physical therapy. Responsible for the module and teaching of 26 hours per year.
- Since Sept. 2017: University of Applied Sciences of Western Switzerland & University of Lausanne - Master of Health Sciences, Switzerland. Teaching “cost effectiveness in physiotherapy” and “advanced practice in physiotherapy” (4 to 8 hours a year).
- Since Sept 2020: University of Applied Sciences of Western Switzerland (40 hours per year) Quantitative Research Methods for the master’s in health sciences, nursing sciences & specialized nursing practice.

## **8. Membership in panels, boards, and review activities**

- Member of the Scientific Advisory Committee for Patient and Process Research Projects HUG (since 2019)
- Editorial Board member of the journal European Review of Aging and Physical Activity (since 2018)
- Editorial commission of « Kinésithérapie-la Revue » (since December 2009)
- Reviewer for several journals: Gait&Posture, Diabetologia, International Journal of Therapy and Rehabilitation, Archives of Physical Medicine and Rehabilitation, Clinical Biomechanics
- Scientific committee of the diploma of advanced studies (DAS) in Sports therapy (since 2011)

## **9. Active membership in scientific societies, fellowships in renowned academies**

- Vice president of the foundation for Physiotherapy Science
- Member of the Committee of the Swiss Society of Sport Physical Therapy Sciences (ASPS)

- Member of Swiss Physical Therapy Association, Physioswiss (ASP)
- Member of Swiss Society of Sport Sciences (4S)
- Member of International Society of posture and Gait Research (ISPGR)
- Member of French Society of Movement analysis in children and adults (SOFAMEA)

#### **10. Organization of conferences**

- Congress program committee for the world congress of physical therapy (Geneva in May 2019)
- Member of the congress committee of the annual symposium of the Swiss Society of Sport Physical Therapy

#### **11. Prizes awards fellowships (most recent or most relevant ones)**

- 2010: Award for the best Physiotherapy Research in Switzerland for the work “Gait and Balance characteristics in patients with diabetes Type 2” of physioswiss (Swiss Physical Therapy Association) during the national Congress. National Physical Therapy Research Award 2010, Basel: (2'500 CHF)
- 2016: Price for the Best National Research among health professionals for the work “Cost-effectiveness of physical therapy only and of usual care for various health conditions: systematic review». Reha Rheinfelden Award 2016: (2'500 CHF)
- 2018: Price for the Best National Research among health professionals for the work “Hip muscle and hand-grip strength to differentiate between older fallers and non-fallers: a cross-sectional validity study” – First author S. Gafner (cand. PhD). Reha Rheinfelden Award 2018: (5'000 CHF)

Sion, 28.11.2022



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