

JOSPT

PRESS RELEASE – EMBARGOED UNTIL JULY 1, 2018

CLARE ARDERN NAMED EDITOR-IN-CHIEF OF THE *JOURNAL OF ORTHOPAEDIC & SPORTS PHYSICAL THERAPY*

Clare L. Ardern, PT, PhD, has been appointed editor-in-chief (EIC) of the *Journal of Orthopaedic & Sports Physical Therapy*® (*JOSPT*®). The first woman to hold this position, Dr Ardern comes to *JOSPT* having served on the *British Journal of Sports Medicine* editorial team as deputy editor for systematic reviews.

Beginning July 1, 2018 and for the next year, Dr Ardern will work collaboratively as EIC Elect with Guy G. Simoneau, PT, PhD, ATC, FAPTA, who is currently serving as Interim EIC and previously led *JOSPT* as EIC for 14 years, from January 2002 through December 2015. Dr Ardern will start work with the *JOSPT* community by developing new reader- and patient-engagement initiatives for the *Journal*.

“We look forward to the knowledge, enthusiasm, and energy Dr Ardern brings to *JOSPT*,” said John A. Nyland, DPT, SCS, EdD, ATC, CSCS, FACSM, president of the *JOSPT* Board of Directors, which appointed Dr Ardern. “This is, indeed, an exciting time for the *Journal*, and our organization is fortunate to have such talented editorial leadership.”

“It’s a great honor and a privilege to lead *JOSPT*,” Dr Ardern said. “I encourage our readers to help shape the *Journal* and look forward to working together to apply our field’s best research to the care of our patients and athletes.”

Dr Ardern is an Australian physical therapist and sports medicine researcher. Her main research interests are return to sport after injury and how high-caliber meta-research (including systematic reviews, network meta-analyses, and clinical practice guidelines) can help clinicians make quality decisions in practice. For the past decade, her research has focused on understanding how clinicians can best help athletes and active people achieve their sports and physical activity participation goals after injury. Dr Ardern is an expert in outcomes following anterior cruciate ligament injury, with a special focus on how psychological factors influence those outcomes.

She is currently an Australian National Health and Medical Research Council Early Career Fellow in the Division of Physiotherapy at Linköping University in Sweden. In this full-time research position, Dr Ardern leads the development of a mobile application to support recreational athletes in their attempt to safely return to sport after injury. She also serves as a senior collaborator in clinical research on outcomes following treatment for tendinopathy and

shoulder, hip, knee, and ankle problems. In addition, Dr Ardern supervises postgraduate research in lower extremity injuries, and is a guest lecturer and tutor in the sports medicine course for the Master of Physiotherapy program at Linköping University.

Since 2011, Dr Ardern has authored nearly 50 peer-reviewed and published articles, which have appeared in many of the leading orthopaedics and sports medicine journals, including *JOSPT*; *British Journal of Sports Medicine*; *American Journal of Sports Medicine*; *Arthroscopy*; *Knee Surgery, Sports Traumatology, Arthroscopy*; and *Scandinavian Journal of Medicine and Science in Sports*. In addition, she has served as a peer reviewer for more than a dozen journals.

Dr Ardern works with a diverse group of orthopaedics and sports researchers in different research settings, across several populations, and in many geographical regions. Her international leadership in sports physical therapy has involved bringing together professionals contributing to the multidisciplinary care of athletes and active people to produce the World Sports Physical Therapy Congress 2016 consensus statement on return to sport and the 2018 International Olympic Committee consensus statement on the prevention, diagnosis, and management of pediatric anterior cruciate ligament injuries. Each project involved more than 20 orthopaedics and sports medicine experts.

Dr Ardern holds both her bachelor's degree in physiotherapy with honors and her doctorate in orthopaedic sports medicine from La Trobe University in Melbourne, Australia. Before coming to Sweden, she worked as a postdoctoral researcher at Aspetar Orthopaedic and Sports Medicine Hospital in Doha, Qatar. She is a member of Sports Medicine Australia and Svensk Förening för Fysisk Aktivitet och Idrottsmedicin (Swedish Association for Physical Activity and Sports Medicine). Formerly an athlete in track and field and soccer, Dr Ardern continues to practice physical activity for a healthy life by biking daily, running, and playing team sports.

For more information, please contact JOSPT Executive Director/Publisher Edith Holmes at edithholmes@jospt.org.

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About the *Journal of Orthopaedic & Sports Physical Therapy*

The *Journal of Orthopaedic & Sports Physical Therapy*[®] (*JOSPT*[®]) publishes scientifically rigorous, clinically relevant content for physical therapists and others in the health care community to advance musculoskeletal and sports-related practice globally. *JOSPT* is an independent, non-profit journal, published by JOSPT, Inc. d/b/a Movement Science Media. Its latest impact factor, as calculated by the *Journal of Citation Reports*, is 3.090. *JOSPT*'s 5-year impact factor is 4.061. For more information, visit www.jospt.org.