

Nicol van Dyk is a clinical researcher and physiotherapist. He is currently the Medical Research Lead with the Irish Rugby Football Union. He graduated with a BSc in Physiotherapy from Stellenbosch University in 2005 and completed his MSc in Orthopaedic Manipulative Therapy in 2010. Having worked in a number of different sporting environments, including athletics, rugby, and football, he was a physiotherapist at the Sport Science Institute of South Africa before moving to Qatar in 2013. While continuing to provide clinical care for athletes he formed part of the Injury and Illness Prevention programme at the Aspetar Orthopaedic and Sports Medicine Hospital. In 2018 Nicol completed his PhD in Health Sciences at Ghent University, Belgium titled “Risk factors for hamstring injuries in professional football players.” In 2021, he was appointed as extraordinary lecturer in Sports Medicine at the University of Pretoria.

Nicol is a deputy editor and editorial board member of British journal of sports medicine (BJSM) and enthusiastic about the role of social media in the dissemination of scientific evidence and research knowledge. A clinical researcher with a special interest in muscle injuries and injury prevention, he has great appreciation for integrated healthcare, shared decision making, and evidence based medicine.