

Associate Professor Fiona Wilson

PhD, MSc (Sports Medicine), BSc, MISCSP



Research specialisation: Sports and Musculoskeletal Medicine.

Experience: 30 years postgraduate experience in the UK, South Africa and Ireland. Early career in hospital medicine, specialising at a Senior level in musculoskeletal medicine and brain injury. Worked in specialist private practice in Johannesburg in the early to mid-1990's working with elite and international rugby, soccer and rowing. Earned international colours for rowing (as an athlete) for South Africa. Completed an MSc in Sports Medicine at Trinity College Dublin, Ireland in 1995 examining back pain in athletes. Physiotherapist for Rowing Ireland for the next 10 years while also working in private practice with multi-sports. Appointed as an Assistant Professor in the School of Medicine (Discipline of Physiotherapy) in 2001 and promoted to Associate Professor in 2016. Completed a PhD in 2011 in athlete low back pain. Now leading two research groups: brain health in rugby; musculoskeletal health in chronic disease (including measurement of post-surgical outcome). Member of a number of editorial boards for leading sports medicine journal and Senior Associate Editor for *British Journal of Sports Medicine*. Lead editor Wiley Blackwell textbook (Exercise and Musculoskeletal Disorders).

Research overview: International and national collaborations with a number of leading universities and sporting bodies including FISA (World Rowing), Sports Ireland, Rowing Ireland, Harvard University, Imperial College London, University of Southern Denmark, Leinster Rugby and Rugby Players Ireland. Cochrane Fellow 2012-2014.

Postgraduate supervision: 4 Masters & 2 PhD students to completion. Currently 4 PhD students & 2 research assistants.

Research publications: (last two years, sample – total 94 publications)

- O'Connell B, Kelly A, Mockler D, Oresic M, Denvir K, Farrell G, Janigro D, Wilson F (2017) Use of blood biomarkers in the assessment of sports related concussion- a systematic review in the context of their biological significance. *Clinical Journal of Sports Medicine*. (in press)
- O'Dwyer T, Durcan L, Wilson F (2017) Exercise and physical activity in systemic lupus erythmatosus: A systematic review with meta-analyses. *Seminars in Arthritis and Rheumatism*. Doi: 10.1016/j.semarthrit.2017.04.003
- Thorlund J, Ostengard L, Cardy N, Wilson F, Jorgensen C, Juhl C (2017) Trajectory of self-reported pain and function and knee extensor muscle strength in young patients undergoing arthroscopic surgery for meniscal tears; a systematic review with meta-analysis. *Journal of Science and Medicine in Sport* (in press)
- Moran J, Wilson F, Guinan E, McCormick P, Hussey J, Moriarty J (2016) The pre-operative use of field tests of exercise tolerance to predict postoperative outcome in intra-abdominal surgery; a systematic review. *Journal of Clinical Anaesthesia*, 35, 446-455
- Thornton J, Vinther A, Wilson F, Lebrun C, Wilkinson M, Di Ciacca S, Orlando K, Smoljanovic T (2016) Rowing Injuries; An updated review. *Sports Medicine* (in press)
- O'Dwyer T, Monaghan A, Moran J, O'Shea F, Wilson F (2017) Behaviour change intervention increases physical activity, spinal mobility and quality of life in adults with ankylosing spondylitis: a randomized trial. *Journal of Physiotherapy* 63, 1, 30-39.
- Farrel G, McGrath F, Hogan B, Logan M, Denvir K, O'Connell B, Irwin E, Gissane C, Wilson F (2016) 95% prevalence of abnormality on hip MRI in elite academy rugby: A clinical and imaging study. *Journal of Science and Medicine in Sport*. 19 (11), 893-897.
- Clancy C, Quinn A, Wilson F (2016) The aetiologies of failed back surgery: a systematic review. *Journal of Back and Musculoskeletal Rehabilitation*. 1, 1-8.
- Moran J, Guinan E, McCormick P, Larkin J, Mockler D, Hussey J, Moriarty J, Wilson F (2016) The ability of prehabilitation to influence postoperative outcome after intra-abdominal operation: A systematic review and meta-analysis. *Surgery* (in press)
- Sadlier C, Bennett K, Matthews A, Mockler D, Wilson F, Bergin C (2016) Pneumococcal vaccine for preventing Streptococcus pneumoniae infection in HIV individuals. *The Cochrane Collaboration*, 2016, Issue 1.
- Moran J, Wilson F, Guinan E, McCormick P, Hussey J, Moriarty J (2016) Role of cardiopulmonary exercise testing as a risk-assessment method in patients undergoing intra-abdominal surgery: A systematic review. *British Journal of Anaesthesia*, 111(2): 177-91.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Fiona Wilson (PhD, MISCSP)
Associate Professor and Chartered
Physiotherapist
School of Medicine,
Trinity College Dublin
M: +353 874174807
E: wilsonf@tcd.ie
Twitter: @wilsonf