

Shoulder & Upper Limb Specialist Physiotherapist.

TIMOTHÉE BERNARD, PT, MSC, PHD(C)

Advanced Practice Physiotherapist | IFOMPT Fellow | Advanced Musculoskeletal Sonographer |
Clinical Researcher

French (Native) | English (Professional) | Canadian & French Citizenship

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PROFESSIONAL PROFILE AND CLINICAL EXPERTISE

Professional profile

- PhD Candidate in Physiotherapy.
- Advanced Practice Physiotherapist.
- IFOMPT-recognized Fellow in Orthopaedic Manual Physical Therapy and Spinal Manipulative Therapy.
- Advanced Musculoskeletal Sonographer with advanced training in musculoskeletal ultrasound imaging.
- Senior Physiotherapist.
- Sports Physiotherapist.
- Good Clinical Practice (GCP) Investigator and Sponsor Certificate accredited by SwissEthics.
- Lecturer and postgraduate educator in Shoulder Rehabilitation and Thoracic Outlet Syndrome (TOS).

Clinical expertise

- Advanced clinical expertise in shoulder disorders and upper limb conditions.
- Advanced expertise in the assessment, diagnosis and management of Thoracic Outlet Syndrome (TOS).
- Advanced Practice and Fellowship-level expertise in Orthopaedic Manual Physical Therapy and Spinal Manipulative Therapy.
- Expertise in triage, differential diagnosis and advanced clinical reasoning.
- Advanced training in pain sciences, pain management and motivational interviewing.
- Advanced Musculoskeletal Sonography recognized by the European Society of Musculoskeletal Radiology (ESSR).
- Expertise in the assessment and management of cervical spine disorders.

PROFESSIONAL EXPERIENCE

2022 – Present

Postgraduate educator for physiotherapists and other healthcare professionals in the field of shoulder rehabilitation, with courses integrating the clinical research conducted by his team:

“The Shoulder: From Diagnosis to Treatment Through Research-Based and Evidence-Based Management.”

Level 1: Assessment, Differential Diagnosis and Treatment of Shoulder-Related Disorders.

2022 - Present

-Level 2: Advanced Theoretical, Technical and Clinical Differentiation in the Management of Shoulder Pain.

Thoracic Outlet Syndrome (TOS): Assessment, Diagnosis and Management of TOS.

Rotator Cuff Tears and the Operated Shoulder: Conservative and Post-Surgical Management, from Assessment to Treatment.

Shoulder Instability: Foundations of Neurophysiology, from Assessment to Treatment.

The Athlete's Shoulder: Understanding, Assessment and Specific Management. An approach based on performance physiology, identification of individual needs, and implementation of adapted therapeutic strategies, from recreational athletes to international-level athletes.

The Symptomatic Shoulder: Stop Strengthening a Painful Shoulder Without Understanding It. Learn how to assess, adapt and optimize the management of your clients in the field. Course designed for sports coaches, strength and conditioning coaches and personal trainers.

December 1, 2021 – Present

Founder, Director and Administrator of Swiss Shoulder Clinic.

Physiotherapist specialized in the rehabilitation of shoulder disorders.

Clinical research, education and conference presentations in the field of shoulder rehabilitation.

May 1, 2020 – Present

Founder and Administrator of ActionSport Physio.

Physiotherapist at ActionSport Physio, specializing in shoulder rehabilitation, sports physiotherapy, orthopaedics/traumatology and rheumatology.

Neurodynamics, manual therapy and spinal manipulations.

Management of complex pain presentations involving the central and peripheral nervous systems.

September 11, 2017 – April 30,

Full-time Physiotherapist permanent contract, Cabinet de Physiothérapie Jérôme Divorne, Nyon, Switzerland.

Orthopaedics and traumatology.

August 2, 2017 – September 2,

Full-time Interim Physiotherapist Clinique Bois-Bougy, Nyon, Switzerland. Rehabilitation and convalescence center. Neurology, geriatrics, orthopaedics and internal medicine.

May 15, 2017 – August 1, 2017

Full-time sport Physiotherapist Hôpital de La Tour, Meyrin, Switzerland., Orthopaedics and sports medicine. Outpatient and inpatient post-operative rehabilitation. Responsible for the development and implementation of the Shoulder Rehabilitation Unit.

April 20, 2015 – April 30, 2017

Full-time Physiotherapist, Aquamed Lausanne SA. Specialized in orthopaedics, rheumatology and aquatic therapy, with a small neuro-geriatric caseload.

April 5, 2017

Authorization to practise physiotherapy in the Canton of Geneva.

April 2016

Full Swiss Red Cross recognition and authorization to use the title of Physiotherapist in Switzerland.

April – May 2013	Physiotherapist , Centre Orthopédique Médico –Chirurgical de Dracy-Le-Fort, France.
December 2011 – January 2011	Locum Physiotherapist , OrthoMed Physio Jarry, Montréal, Canada. General orthopaedics, motor vehicle accident and work-related injury rehabilitation.
October – December 2010	Final clinical placement in orthopaedics, OrthoMed Physio Jarry, Montréal, Canada.
August – October 2010	Final clinical placement in neuro-geriatrics, home-based rehabilitation team, Montréal, Canada. Neurology and general geriatrics, private caseload with varying levels of autonomy.
January – May 2010	Physiotherapist , clinical placement, Robert-Cliche and Marie-Rollet long-term care hospital, Montréal, Canada. Clinical placement in neuro-geriatrics, including neurological and geriatric patients with severe loss of autonomy, up to bedridden patients.
August – December 2009	Physiotherapist clinical placement, CHU Maisonneuve-Rosemont, Montréal, Canada. Orthopaedics and general post-surgical rehabilitation, including total knee arthroplasty, total hip arthroplasty and ligament reconstruction. Training in large femoral head total hip arthroplasty and femoroacetabular impingement.
January 2009 – May 2010	Physiotherapist , clinical placement, Marie-Victorin teaching clinic, Montréal, Canada. Orthopaedics and rheumatology.
February 2008 – January 2011	First Aid Instructor , Canadian Red Cross, Quebec Division. General and specialized first aid and CPR education.

HONOURS AND ACHIEVEMENTS

2025

Awarded Fellowship status in Orthopaedic Manual Physical Therapy through AFOM-IFOMPT, an IFOMPT-recognized organization.

2017

Granted authorization to practice physiotherapy in the Canton of Geneva, Switzerland.

2016

Obtained full Swiss Red Cross recognition and authorization to use the title of Physiotherapist in Switzerland.

2010

Nominated for the TD Canada Trust Scholarship for academic excellence and outstanding contribution to student and community activities.

ADVANCED PROFESSIONAL TRAINING & CERTIFICATIONS

Education

2023 – Present

PhD Candidate in Physiotherapy

2011

Certificate in Sport Sciences / Kinesiology
Université du Québec à Trois-Rivières (UQTR), Canada

2007 – 2011

MasterMs Degree in Physiotherapy
Montréal, Québec, Canada

Fellowship IFOMPT

June 2025

IFOMPT Fellowship in Orthopaedic Manual Physical Therapy and Spinal Manipulative Therapy

Awarded through AFOM, an IFOMPT-recognized member organization.

Advanced international postgraduate training including:

- Maitland Concept Level 3 (440 hours)
- Clinical supervision (60+ hours)
- Biomedical screening
- Medical imaging
- Research methodology
- Psychosocial factors
- Mechanical stress quantification
- Clinical reasoning and communication skills
- Two clinical research publications

Total training volume exceeding 750 hours.

Clinical Research

June 2025

Good Clinical Practice (GCP)
Investigator and Sponsor Certificate
SwissEthics / Lausanne University Hospital (CHUV), Switzerland

24 hours

Musculoskeletal Ultrasound

June 2023

Advanced Musculoskeletal Ultrasound and Doppler Imaging
Brunel University London, United Kingdom
Advanced assessment of upper and lower limb neuromuscular disorders
16 hours

March 2023

Introduction to Musculoskeletal Ultrasound and Doppler Imaging
Brunel University London, United Kingdom
16 hours

Manual Therapy

February – November 2022

Maitland Concept Level 3
120 hours, Shoulder, Hip, pain, vertebral manipulation, Cranio-faciale dysfunction and advanced pathologies
CFTMP, Paris, France

March 2021

Maitland Concept Level 2B
80 hours, Advanced spinal manipulation, complex pain management and cervical/lumbar instability.
Lutry, Switzerland

May 2018

Maitland Concept Level 2A
80 hours
Neurodynamic assessment and treatment.
Lutry, Switzerland

June 2016 – May 2017

Maitland Concept Level 1
160 hours
Introduction to evidence-based musculoskeletal physiotherapy, manual therapy and clinical reasoning.
Lutry, Switzerland

Shoulder Rehabilitation

September 2021

The Shoulder: Theory and Practice
Jeremy Lewis, PhD
21 hours, Avignon, France

October 2021

Using Evidence to Optimise Outcomes in Shoulder Rehabilitation
Jo Gibson PhD
16 hours, Geneva, Switzerland

November 2021

Using Evidence to Optimise Outcomes in Shoulder Rehabilitation
Jo Gibson, PhD
16 hours, Geneva, Switzerland

February 2022

Evidence-Based Clinical Examination of the Shoulder
Angela Cadogan, PhD
Online Course, 25 hours

June 2024

Shoulder Muscle Dysfunction
Karen Ginn, PhD
Online Course, 20 hours

Shoulder Rehabilitation

January 2024

Physiotherapy Management of Neck Pain:
Clinical Reasoning and Treatment
Francis Grondin, PhD
16 hours, Prévèrenge, Switzerland

Sports Physiotherapy

August 2022

International Sports Physiotherapy Congress
Nyborg, Denmark
20 hours
Topics included:

- Shoulder instability in athletes
- Lower limb tendinopathies
- Adolescent overuse injuries
- Rehabilitation in contact sports

TEACHING, LECTURING & PROFESSIONAL EDUCATION

Postgraduate Educator

The Shoulder: From Diagnosis to Treatment Through Research-Based and Evidence-Based Management

40-hour postgraduate educational program delivered to physiotherapists and healthcare professionals since 2022.

Level 1: Assessment, Differential Diagnosis and Management of Shoulder Disorders.

Level 2: Advanced Assessment, Clinical Reasoning and Management of Complex Shoulder Conditions.

Thoracic Outlet Syndrome (TOS): Evidence-Based Assessment, Diagnosis and Management

Focused on contemporary concepts, evidence-based assessment strategies, differential diagnosis and treatment approaches for Thoracic Outlet Syndrome.

Rotator Cuff Tears and the Operated Shoulder: From Assessment to Treatment

Developed in collaboration with Dr Sandrine Mariaux, Orthopaedic Shoulder Surgeon.

Focused on conservative and post-operative rehabilitation of rotator cuff disorders.

Shoulder Instability: From Assessment to Treatment

Focused on contemporary concepts of shoulder instability, clinical assessment and rehabilitation.

The Symptomatic Shoulder

“Stop Strengthening a Painful Shoulder Without Understanding It.”

Educational program developed for sports coaches, strength and conditioning coaches and personal trainers.

The Athlete’s Shoulder: Understanding, Assessment and Performance-Oriented Rehabilitation

University Lecturer

Haute école de santé, lausanne Switzerland (HESAV)
2024 – Present

Shoulder Instability: From Assessment to Treatment
8-hour teaching module delivered to physiotherapy students.

Guest Lecturer

Haute école de santé valais, Leukerbad, Switzerland (HES-SO)
2024 – Present

Current Topics
4-hour lecture series.

CLINICAL RESEARCH & PUBLICATIONS

Research Interests

- Shoulder Disorders
- Rotator Cuff Pathophysiology
- Thoracic Outlet Syndrome (TOS)
- Shoulder Instability
- Clinical Reasoning and Differential Diagnosis
- Musculoskeletal Ultrasound
- Electromyography and Neuromuscular Assessment

2026

Stiff Shoulders: How to Distinguish Muscle Guarding from Capsular Myofibromatosis (Frozen Shoulder)?

Development of a Novel Diagnostic Test, Clinical Management and Treatment Strategies.

Timothée Bernard, PT, MSc, PhD(c), IFOMPT Fellow, Advanced Musculoskeletal Sonographer.

Status: Ongoing Research Project.

2025

Is There a True Change in Rotator Cuff Muscle Activation and Activity in Patients with Symptomatic Shoulders When EMG Is Normalized Using Ballistic Tasks?

A Cross-Sectional Analytical Study.

Timothée Bernard, PT, MSc, PhD(c), IFOMPT Fellow, Advanced Musculoskeletal Sonographer.

Status: Submitted to SwissEthics.

2025

Is the Presence of Thoracic Outlet Syndrome in Patients with Double Clavicular Instability an Underestimated Clinical Reality?

A Case Report of Two Patients.

Timothée Bernard, PT, MSc, PhD(c), IFOMPT Fellow, Advanced Musculoskeletal Sonographer.

Status: Manuscript in Preparation.

2025

Is There a True Change in Rotator Cuff Muscle Activation and Activity in Patients with Symptomatic Shoulders?

A Systematic Review and Meta-Analysis.

Timothée Bernard, PT, MSc, PhD(c), IFOMPT Fellow, Advanced Musculoskeletal Sonographer.

Bertrand Lavigne, MSc PT.

Status: Manuscript in Preparation.