

**The Research Unit of
The Department of Physical and Occupational Therapy
Copenhagen University Hospital, Bispebjerg and Frederiksberg
2024 Annual Research Report**



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Research Group Members

Peter Magnusson, Professor, PT, Dr.med. (PM)
Morten Tange Kristensen, Professor, PT, PhD (MTK)
Christian Couppé, Senior Researcher, PT, MSc, PhD (CC)
Christian Have Dall, Senior Researcher, PT, MSc, PhD (CHD)

Brian Sørensen, PT, MSc, PhD student (BS)
Durita Viderø Gunnarsson, PhD student, PT, MSc (DG)
Anja Løve Berger, PhD student, PT, MSc (ALB)

Part time

Theresa Bieler, Researcher, PT, MSc, PhD (TB)
Birgitte Hougs Kjær, Postdoc, PT, MSc, PhD (BHK)
Anne-Sofie Agergaard, Postdoc, PT, MSc, PhD (AA)
Rikke Høffner, Postdoc, PT, MSc, PhD (RH)
Rudi Hansen, Postdoc, PT, MSc, PhD (RuH)
Mikkel Holm Hjortshøj, PhD, PT, MSc, (MH)

Adrian Herland Vaaben, Research and Evidence Implementation Therapist (REIT), PT, MSc (AHV)
Tim Randbøll Petersen, REIT, PT, MSc (TRP), from 01.09.24
Deniz Pasic, REIT, PT, MSc (DP), until 30.11.24
Christopher David Neale, REIT, PT, MSc (CDN) until 31.03.24
Camilla Kampp Zilmer, Research Assistant, PT, MSc (CZ)

Affiliated

Sofie-Louise Larsen, OT, MSc (SL)
Christian Hedelund Arens, PT, MSc (CA)
Sun-Hee Skovgaard Christensen, OT, MSc (SC)
Camilla Stegger Petersen, PT (CSP)
Nadia Ørbæk, Clinical educator, PT, MSc (NØ)
Niklas Grundt Hansen, Pre-Phd student, PT, MSc, Hørsholm Municipality (NGH)
Signe Hulsbæk, Postdoc, PT, MSc, PhD, REHPA (SH)

Clinicians from the Department of Physio- and Occupational Therapy

Marie West Pedersen, PT (MWP)	Unnur Arnadottir, PT (UA)
Mathilde Lundgaard-Nielsen, PT (MLN)	Anne-Sofie Rendbæk Muusmann, PT (ARM)
Robert Herzog, PT (RoH)	Julie Boeberg Jensen, OT, MSc (JBJ)
Inger Birgitte Bährentz, PT (IB)	Camilla Cullum, PT (CaC)
Signe Østergaard Zoffmann, PT (SØZ)	Frederik Kronvold Larsen, PT (FKL)
Christina Eddy, PT (CE)	Sebastian Åxman, PT (SÅ)
Camilla Hole Ringsted, head therapist, PT (CHR)	Jakob Bredahl Kristiansen, PT (JBK)

Highlights from 2024

- **36 Peer-Reviewed Journal Publications**
- **57 Abstracts Presented** at National and International Meetings
- **35 Invited Speaker Engagements** at Hospitals, Congresses, Virtual Events, and Podcasts
- **Successful PhD Defense:** Congratulations to Mikkel Holm Hjortshøj!
- **Supervision of 8 Bachelor's and 2 Master's Theses**
- **Awards Won:**
 - Rudi Hansen for Best Presentation in Session
 - Anne-Sofie Rendbæk Muusmann for Best Poster in Session, both at the Symposium for Research in Physio and Occupational Therapy in the Capital Region
- **Organization of 8 Symposiums**, including the third mini symposium by the Department of Physical and Occupational Therapy & Department and Institute of Sports Medicine titled "Nyeste viden inden for muskelskader – I teori & praksis"

Peer Reviewed Journal Publications

Aaroe M, Tischer SG, Christensen R, **Dall CH**, Thune JJ, Rasmusen H: Atrial remodelling associated with sporting discipline, sex and duration in elite sports: a cross-sectional echocardiographic study among Danish elite athletes. *BMJ Open Sport Exerc Med* 2024;10(2)

Agergaard A, Svensson RB, Malmgaard-Clausen NM, **Magnusson SP**: Clinical Outcomes and Tendon Structure at 3- to 4-Year Follow-up After Exercise-Based Treatment of Patellar Tendinopathy: A Prospective Study. *Orthop J Sports Med.*, 2024;18;12(10):23259671241280192

Arens CH, Johnsen NM, Milanesi M, **Weli A**, Linnebjerg C, Christensen H, **Kristensen MT**: Inter-tester reliability and agreement of the Cumulated Ambulation Score in acute stroke: The InTRO-CAS-stroke study. *J Stroke Cerebrovasc Dis.* 2024 May;33(5):107630

Berger AL, Nielsen AØ, Stie SB, **Kristensen MT**: Fatigue, fear of being mobilized and residual limb pain limit independent basic mobility and physiotherapy for patients early after major dysvascular lower extremity amputation: A prospective cohort study. *Geriatr Gerontol Int.* 2024 May;24(5):470-476

Bieler T, **Magnusson SP**, Kjaer M, Eriksen CS: Low adherence to prescribed time under tension in elastic band resistance training in older adults. *J Bodyw Mov Ther.*, 2024 Oct;40:1181-1188

Borms D, Van Bladel A, Steyaert A, **Kjær BH**, Maenhout A: Measurement properties of shear wave elastography for evaluating rotator cuff muscle stiffness: a systematic review. *Journal of Shoulder and Elbow Surgery*, 2024;ISSN 1058-2746

Coeckelberghs E, Vanhaecht K, Akiki A, Castillón P, Cox B, Attal RE, Foss NB, Frihagen F, Gerich TG, Kanakaris NK, **Kristensen MT**, Mohaddes M, Panella M, Pape HC, Sermon A, Seys D, Nijs S: Variation in care and outcome for fragile hip fracture patients: a European multicentre study benchmarking fulfilment of established quality indicators. *Eur J Trauma Emerg Surg.* 2024 Oct;50(5):2421-2430

Ekmann A, Jensen TG, **Kristensen MT**, Lunn TH, Pressel E, Palm H, Suetta C, Overgaard S, Aasbrenn M: Readmission and mortality before and after introduction of orthogeriatric home visits: A retrospective cohort study in hip fracture patients. *Injury.* 2024 Dec;55(12):111937

Hansen R, Rathleff MS, Brushøj C, **Magnusson SP**, Henriksen M: Differential Effects of Quadriceps and Hip Muscle Exercises for Patellofemoral Pain: A Secondary Effect Modifier Analysis of a Randomized Trial. *J Orthop Sports Phys Ther.* 2024 Nov;54(11):1-11

Hjortshøj MH, **Agergaard A**, **Larsen FK**, Thomsen LJP, Svensson RB, **Couppé C**, **Magnusson SP**: Determination of differences in ultrasound parameters for patellar tendons in males with unilateral patellar tendinopathy – an Ancillary Analysis of data from two randomized controlled trials. *J Clin Ultrasound.* 2024;1-10

Hoeffner R, Agergaard AS, Svensson RB, Cullum C, Mikkelsen RK, Konradsen L, Krogsgaard M, Boesen M, Kjaer M, Magnusson SP: Tendon Elongation and Function After Delayed or Standard Loading of Surgically Repaired Achilles Tendon Ruptures: A Randomized Controlled Trial. *Am J Sports Med.* 2024;52(4):1022-31.

Hoeffner R, Svensson RB, Magnusson SP: Eccentric Training to Restore Persistent Functional Loss Following Ruptured Achilles Tendon: The Role of Fascicle Length and Muscle Excursion. *Translational Sports Medicine*, vol. 2024, 30;2024:9782280

Johannsen FE, Rydahl JP, Jacobsen AS, Brahe CH, **Magnusson PS:** Foot posture and ankle dorsiflexion as risk factors for developing Achilles Tendinopathy and Plantar fasciitis: a case-control study. *Foot Ankle Int.* 2024;45(12): 1380-1389

Jørgensen JEV, Rathleff MS, Henriksen M, Brushøj C, Hansen R: Physical Therapists' Prognosis of Outcomes After a Hip or Quadriceps Exercise Intervention in Patients With Patellofemoral Pain: A Secondary Analysis of a Randomized Trial. *J Orthop Sports Phys Ther.* 2024 Aug;54(8):541-550.

Kjær BH, Svensson RB, Warming S, Magnusson SP: Supraspinatus Muscle and Tendon Characteristics 1 Year After Surgical Rotator Cuff Repair Compared with Contralateral Shoulder: Data From the CUT-N-MOVE Trial. *Am J Sports Med.* 2024 Jul;52(8):2082-2091

Kjær BH, Cools AM, Johannsen FE, Trøstrup J, Bieler T, Siersma V, Magnusson SP: To allow or avoid pain during shoulder rehabilitation exercises for patients with chronic rotator cuff tendinopathy- Study protocol for a randomized controlled trial – the PASE trial. 2024;25:135 *Trials*

Kristensen MT, Turabi R, Sheehan KJ: The relationship between extent of mobilisation within the first postoperative day and 30-day mortality after hip fracture surgery. *Clin Rehabil.* 2024 Jul;38(7):990-997

Kristiansen J, Eddy C, Magnusson SP: Reliability and Validity of the End Range Hamstring Strength Test with Handheld Dynamometry. *Int J Sports Phys Ther.* 2024;19(3): 268-274

Letocart A, **Coupe C, Mabesoone F, Charleux F, Marin F, Dermignt Q, Magnusson SP, Svensson RB, Grosset JF:** Effects of moderate and heavy slow resistance training on Achilles and patellar tendons and muscles aponeuroses in elderly men. *Scand J Med Sci Sports*, 2024;34(11): e14766

Letocart AJ, Svensson RB, Mabesoone F, Marin F, Dermigny Q, **Magnusson SP, Coupe C, Grosset JF:** Structure and function of Achilles and patellar tendons following moderate slow resistance training in young and old men. *Eur J Appl Physiol.*, 2024;124(9):2707-2723

Lundgaard-Nielsen M, Herzog RB, Warming S, Rathke MW, Magnusson SP, Krogsgaard M: Good physical function but reduced quality of life in children three years after ACL-reconstruction. *Knee Surg Sports Traumatol Arthrosc*, 2024;32(7):1725-1733

Malmberg C, Andreasen KR, Bencke J, **Kjær BH, Hølmich P, Barfod KW:** Biomechanical and neuromuscular characteristics in patients with traumatic anterior shoulder instability undergoing arthroscopic Bankart repair: a clinical prospective cohort study protocol. *BMJ Open.* 2024 Mar 1;14(3):e078376

Meulengracht CS, Seidler M, Svensson RB, Kracht M, Zeidan A, Christensen KO, **Hjortshøj MH**, Hansen P, Boesen M, Brushøj C, **Magnusson SP**, Bahr R, Kjær, **Couppé C**: Clinical and imaging outcomes over 12 weeks in elite athletes with early-stage tendinopathy. *Scand J Med Sci Sports*, 2024; 34: e14732

Merkel MFR, Svensson RB, Jakobsen JR, Mackey AL, Schjerling P, **Herzog RB**, **Magnusson SP**, Konradsen L, Krogsgaard MR, Kjær M, Johannsen FE: Widespread vascularization and correlation of glycosaminoglycan accumulation to tendon pain in human plantar fascia tendinopathy. *Am J Sports Med*. 52(7): 2024;1834-1844

Milton-Cole R, Goubar A, Ayis S, O'Connell MDL, **Kristensen MT**, Schuch FB, Sheehan KJ: The role of depression in the association between mobilisation timing and live discharge after hip fracture surgery: Secondary analysis of the UK National Hip Fracture Database. *PLoS One*. 2024 Apr 4;19(4):e0298804

Ogawa T, Onuma R, Sagae H, Schermann H, **Kristensen MT**, Fushimi K, Yoshii T, Jinno T: Association between additional weekend rehabilitation and functional outcomes in patients with hip fractures: does age affect the effectiveness of weekend rehabilitation? *Eur Geriatr Med*. 2024 Aug;15(4):1091-1100

Pedersen ZO, Ewers B, Wimmelmann CL, Kofoed-Enevoldsen A, Køster-Rasmussen R, **Couppé C**, Simonsen E, Dammeyer J: A Cross-Sectional Study Investigating Associations between Personality Traits, Glycemic Control, and BMI in Persons with Diabetes: Lolland-Falster Health Study, Denmark. *Int J Environ Res Public Health*. 2024 Sep 18;21(9):1231

Rogmark C, Magnusson Å, Svanholm S, Viberg B, **Kristensen MT**, Palm H, Overgaard S, Rönnquist SS: Alcohol and drug use in adults younger than 60 years with hip fracture - A comparison of validated instruments and the clinical eye: A prospective multicenter cohort study of 218 patients. *Injury*. 2024 Oct;55(10):111765

Rolsted SK, Andersen KD, Dandanell G, **Dall CH**, **Zilmer CK**, Bülow K, **Kristensen MT**: Comparison of two electronic dynamometers for measuring handgrip strength. *Hand Surg Rehabil*. 2024 Jun;43(3):101692

Stausholm MB, Siersma V, Køster-Rasmussen R, Waagepetersen A, Pedersen ZO, **Magnusson SP**, Kjær M, **Couppé C**: Increased Risk of Tendon Injury Following Structured Care Versus Routine Care in Patients with Type 2 Diabetes: Post-hoc Analysis of a Large Randomized Controlled Trial With 19 Years Follow-up. *Diabetes Care*, 2024 May 23; dc240330

Stove MP, Dissing AML, Thomsen JL, **Magnusson SP**, Riis A: The effectiveness of stretching exercises in patients with fibromyalgia. *Clin Rheumatol.*, 2024;43(10): 3039-3053

Støve MP, Thomsen JL, **Magnusson SP**, Riis A: The effect of six-week regular stretching exercises on regional and distant pain sensitivity: An experimental longitudinal study on healthy adults. *BMC Sports Sci Med Rehabil.*, 2024;27;16(1):202

Svensson RB, **Agergaard AS**, Sardella T, Reichl C, **Hjortshøj MH**, Bayer ML, **Hoeffner R**, **Coupe C**, Kjaer M & **Magnusson SP**: Application of multispectral optoacoustic tomography for lower limb musculoskeletal sports injuries in adults. I: *Photoacoustics*. Dec. 2024;40, 13 s., 100656

Sørensen B, Magnusson SP, Couppé C, Suetta C, Johannsen F, **Kristensen MT,** Aagaard P: Intra-rater reliability of panoramic imaging for determining quadriceps muscle cross-sectional area in the middle-aged and elderly adults. *Scandinavian Journal of Medicine and Science in Sports*, 2024;34: e14749

Sørensen, LB, Holden S, Oei EHG, **Magnusson SP,** Olesen JL, Dean BJ, Hever, M, Lyng, K, Rathleff MS: A comprehensive MRI investigation to identify potential biomarkers of Osgood Schlatter Disease in adolescents: a cross sectional study comparing Osgood Schlatter Disease with controls. *Scandinavian Journal of Medicine and Science in Sports*, 2024;34(5):e14634

Zilmer CK, Kristensen MT, Magnusson SP, Bährentz IB, Jensen TG, **Zoffmann SØ,** Palm H, **Bieler T:** Intensified acute in-hospital physiotherapy for patients after hip fracture surgery: a pragmatic, randomized, controlled feasibility trial. *Disabil Rehabil.* 2024 Oct;46(20):4725-4734

Disseminating Publications in Scandinavian Journals

Kjær BH: En dårlig skulder skal ikke have ro! Overbelastning af skulderen. *Gigtforeningen – Ledsager* nr. 3, 2024

Kristensen MT: Der er evidens for effekten af fysioterapi efter hoftefraktur. *Fysioterapeuten* 6:42-50, 2024

Book Chapters and Reports

Kristensen MT, Keene DJ, Queirós C: Early Mobilisation and Exercise After Fragility Fracture. Page 129-146, 2024 In: Hertz, K., Santy-Tomlinson, J. (eds) *Fragility Fracture and Orthogeriatric Nursing. Perspectives in Nursing Management and Care for Older Adults.* Springer, Cham.

Online Documents

Muusmann AR, Brocki B, Blume B, Bech KH, Skou MK, Gottlieb R: Test og træning efter aortadissektion – et holdningspapir fra Dansk Selskab for Hjerte- og Lungefysioterapi (online ressource available here <https://www.hjertelungefysioterapi.dk/siteassets/dokumenter/holdningspapir-aortadissektion-test-og-traning-nov-2024.pdf>), October 2024

Hansen R: Behandling af patienter med patellofemorale smerter – Hvor står vi? *Dansk Sportsmedicin.* Udgivet 31. marts 2024

PhD Thesis

Hjortshøj MH, PT, MSc.: Low-Load Blood Flow Restriction Training in the Rehabilitation of Patellar Tendinopathy - An Investigation of the Mechanisms and Efficacy. Graduate School of Health and Medical Sciences, University of Copenhagen, and University Hospital Copenhagen, Bispebjerg, June 2024 (**CC, PM**)

Smitheman H. DPT, PT, MSc: Achilles Tendinopathy - Factors Affecting Recovery and Gait Biomechanics. University of Delaware, Delaware, September, USA (Silbernagel KG, **CC**)

PhD Supervision Ongoing

Aarøe M, MD: Cardiac remodeling among elite athletes and the effect of short and long-term detraining. Graduate School of Health and Medical Sciences, University of Copenhagen, and University Hospital Copenhagen, Bispebjerg-Frederiksberg (supervisors: Rasmussen H, **CHD**, JJ Thune)

Olsen DB, nurse, MSc: Home-based prehabilitation before elective coronary artery bypass grafting surgery- strategies to optimize and manage health status and daily. Graduate School of Health and Medical Sciences, University of Copenhagen, and University Hospital Copenhagen, Rigshospitalet and partner institutions (supervisors: Berg SK, **CHD**, IE Højkskov)

Gunnarsson D, PT, MSc: Increasing physical activity among medical inpatients by digital nudging of patients and staff – A cluster randomised multicentre study - The IPAMINA trial. Graduate School of Health and Medical Sciences, University of Copenhagen, and University of Faroe Island (double degree), University Hospital Copenhagen, Bispebjerg-Frederiksberg, University Hospital Aalborg, Thorshavn Sygehus, Landssjúkrahúsið, Faroe Island, Dronning Ingrid's Hospital, Nuuk, Greenland (supervisors: **CHD**, Rathleff M, Petersen MS)

Berger AL, PT, MSc: Objectively measured physical activity patterns and the impact of motivational technology for patients and healthcare staff on physical activity in older patients during Hospitalization and 3 months after discharge. Graduate School of Health and Medical Sciences, University of Copenhagen, and University Hospital Copenhagen, Bispebjerg-Frederiksberg (supervisors: **MTK**, **CHD**, Møller T)

Overgaard JA, PT, MSc.: "Optimized rehabilitation of older adults with hip fracture and signs of cognitive impairment – the ENHANCE project". Department of Rehabilitation, Lolland Municipality; Musculoskeletal Function and Physiotherapy (FOF), University of Southern Denmark (SDU); The Research and Implementation Unit PROgrez, Department of Physio - and Occupational Therapy, Næstved-Slagelse-Ringsted Hospitals, Region Zealand, Denmark (Supervisors: Skou ST, **MTK**, Beaupre LA, Frederiksen KS)

Kofod LM, PT, MR: It is all about oxygen. The Impact of Optimal Oxygenation in patients with COPD and Chronic respiratory failure. Department of Physiotherapy, Copenhagen University Hospital, Hvidovre and Örebro University, Sweden (supervisors: Westerdahl E, **MTK**, Brocki B, Hansen EF)

Knudsen AK, MD, MSc: Assessment of Overall Functioning in Patients with Complex Health Issues, Department of Social Medicine, BFH and Department of Public Health, University of Copenhagen (supervisors: Frost P, Renneberg J, Wæhrens EE, **MTK**)

Jones NT, MD, MSc: The effects of intravenous iron in elderly patients following hip fracture Surgery. Department of Orthopedic Surgery and Traumatologi, Bispebjerg, Copenhagen University Hospital and Department of Clinical Medicine, University of Copenhagen (supervisors: Overgaard S, Aasbreen M, **MTK**, Christensen R)

De Taeye R, PT, MSc: How does asymptomatic rotator cuff tears become symptomatic? Department of Rehabilitation Sciences and Physiotherapy, Sports Medicine and Muskuloskeletal Research Unit Ghent, Faculty of Medicine and Health Sciences, Ghent University, Belgium (supervisors: Borms D, **BHK**)

Pallisgaard M, MSc: The efficacy of a home-based stretching intervention on pain sensitivity and quality of life in patients with fibromyalgia. Alborg University (supervisors: Riis A, **PM**, Thomsen JL)

Sorensen B, PT, MSc: Effects of low-intensity blood-flow restricted exercise compared to standard rehabilitation in patients with knee osteoarthritis (supervisors: Aagaard P, **PM**, Johansen F, Suetta C)

Damgaard A, MSc: Regional collagen protein turnover in healthy and overuse-diseased tendon – influence of exercise and growth hormone (supervisors: Kjaer M, **PM**, Krogsgaard M, Agergaard J)

Merkel MFR, MSc: Tendon vasculature and blood flow: Physiological responses to exercise and pathological characteristics in tendon overuse injury (tendinopathy) (supervisors: Kjaer M, Svensson R, **PM**).

Bachelor and Master's theses

Andersen KT, Nielsen PP. Bachelor thesis (physiotherapy): Sammenhængen mellem tryksmertetærskel og selvrapporterede skuldersymptomer blandt patienter med rotatorcuff tendinopati: Et kvantitativt tværsnitsstudie. University College Copenhagen, May 2024 (**BHK**)

Hansen JL, Andersen LB. Bachelor thesis (physiotherapy): Undersøgelse af risikofaktorer for brisement forcé hos TKA-patienter efter fysioterapeutisk vurderingsforløb. Københavns Professionshøjskole Campus Hillerød, January 2024 (**BS**)

CJ Emborg, LO Beyer. Bachelor thesis (physiotherapy): Validiteten af trykalgometer til måling af tryksmertetærskel hos raske voksne. Københavns Professionshøjskole. January 2024 (**RuH, BHK**)

Hansen CHT, Mikkelsen CMK, Oesten RM, Dehn S. Bachelor thesis (physiotherapy): Kønsforskelle i smerteintensitet blandt sportsaktive med tendinopati – en sekundær analyse af et RCT-studie. University College Absalon, Roskilde, 2024 (**CC, MH**)

Henningsen ME. Bachelor thesis (Medicine): Clinical and imaging outcomes over 12 months in highly sport active children and adolescents with early-stage tendinopathy - pilot data. Faculty of Health and Medicine, University of Copenhagen, 2024 (Kjaer M, **CC**)

Jensen JB, Hansen EP. Bachelor thesis (physiotherapy): The effect of hydrolyzed collagen and heavy slow resistance training on tendinopathy, University College Copenhagen, 2024 (**CC**, Zebis M)

Malmberg VLH, Thomsen MAP, Høyer FL, Veisi S. Bachelor thesis (physiotherapy): Seners respons på tung langsom styrketræning hos eliteatleter med achilles- eller patellar tendinopati. Professionshøjskolen Absalon Campus Roskilde, June 2024 (**MH**, **CC**)

Petersen AR, Hansen HR, Pedersen PBV, Søndergaard SFS. Bachelor thesis (physiotherapy): Ny udgangsstilling for testning af håndgrebsstyrke - Et validitetsstudie. Professionshøjskolen Absalon Campus Roskilde, June 2024 (**CKZ**, **MTK**, **MH**)

Olsen AE. Master thesis (Medicine): The effect of hydrolyzed collagen and heavy slow resistance training on tendinopathy in women compared to men. Faculty of Health and Medicine, University of Copenhagen, 2024 (**CC**, Kjaer M)

Overgaard MTB, Ziegler VJ. Master thesis (Cand.Scient.San): Accelerometermålt fysisk aktivitetsmønster hos personer med total hoftealloplastik 3-, 6- og 12 måneder postoperativt - Prospektivt studie med post-hoc analyser baseret på data fra et randomiseret kontrolleret studie, May 2024 (**TB**, **CHD**)

Other Supervision Activities

Pedersen MW: Hvilken sammenhæng findes der mellem muskel power og reaktiv balance hos ældre? Tværfagligt kursus i klinisk forskningsmetode, UCSF - Center for Sundhedsfaglig Forskning 2024 (klinisk mentor, **CDN**)

Poulsby LW, Sunde P: Objective measures to assess mobility and physical function in acute high-risk abdominal (AHA) patients: A scoping review of psychometric properties. Written Project, Cand Scient San education, Faculty of Health and Medical Sciences, University of Copenhagen, 2024 (**MTK**)

Supervision ERASMUS+ Staff training mobility. Uğur Sözlü, PhD, PT, Tokat Gaziosmanpaşa University, Turkey, before, during and after visit at Copenhagen University Hospital Bispebjerg Frederiksberg, June 2024 (**BHK**)

Supervision ERASMUS+ Staff training mobility. Hakan Akkan, PhD, PT, Kütahya Health Sciences University, Turkey, before, during and after visit at Copenhagen University Hospital Bispebjerg Frederiksberg, June 2024 (**CZ**, **MTK**)

Presentations & Posters

Agergaard A, Svensson RB, **Høffner R**, **Åxmann S**, **Magnusson SP:** Clinical outcome and function improve with both short and extended restitution time from loading in exercise-based treatment of patellar tendinopathy: - A Randomized Clinical Trial (The TEREX trial). Lassendagen, Dec 2024 (oral presentation, **AA**)

Berger AL, Buonopane S, Gjersten MT, Bieler T, Aarslund D, Monacelli F, Suetta C, Dall CH, Kristensen MT: The effect of motivational technology on physical activity among older patients during hospitalization and 3 months after discharge, the SENS4ME study. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, **ALB**)

Bieler T, Bährentz IB, Zoffmann SØ, Zilmer CK, Kristensen MT: Can postoperative fatigue be measured with a Verbal Rating Scale? – A pilot, intra-rater reliability study in patients after hip fracture surgery. First Danish Fragility Fracture Network Congress. Aarhus, Denmark, May 2024 (poster presentation, **TB**)

Bieler T, Zilmer CK, Bährentz IB, Zoffmann SØ, Overgaard S, Kristensen MT, Emborg T: Patient Perspectives on Intensified Acute In-Hospital Physiotherapy after Hip Fracture Surgery - A Qualitative Study. Fragility Fracture Network (FFN) European Regional Congress. Istanbul – Türkiye, October 2024 (oral presentation, Emborg T)

Bieler T, Zilmer CK, Bährentz IB, Zoffmann SØ, Overgaard S, Kristensen MT, Emborg T: “I feel improvement every time” a qualitative study exploring the feasibility of intensified in-hospital physiotherapy after hip fracture surgery from a patient perspective. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, **TB**)

Bieler T, Zilmer CK, Bährentz IB, Zoffmann SØ, Overgaard S, Kristensen MT, Emborg T: “I feel improvement every time” a qualitative study exploring the feasibility of intensified in-hospital physiotherapy after hip fracture surgery from a patient perspective. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024 (short oral presentation, **TB**)

Dall CH, Zilmer CK, Gunnarsson DV, Bieler T, Arens CH, Gregersen R, Nygaard H, Aadahl M, Suetta C, Kristensen MT: Systematisk måling af fysisk funktion hos 6930 voksne patienter på tværs af afdelinger på et akut hospital. Dansk Gerontologisk Selskab, October 2024 (poster presentation, **CHD**)

Dall CH, Zilmer CK, Gregersen R, Nygaard H, Suetta C, Kristensen MT: Assessment of handgrip strength and basic mobility among adult patients in an acute care hospital captures different aspects of physical function. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, **CHD**)

Dall CH, Zilmer CK, Gunnarsson DV, Bieler T, Arens CH, Gregersen R, Nygaard H, Aadahl M, Suetta C, Kristensen MT: Systematisk måling af fysisk funktion hos 6930 voksne patienter på tværs af afdelinger på et akut hospital. Conference “Sund og Aktiv Aldring”, SDU, October 2024 (poster presentation, **CHD**)

Dall CH, Zilmer CK, Gunnarsson DV, Bieler T, Arens CH, Gregersen R, Nygaard H, Aadahl M, Suetta C, Kristensen MT: Systematic assessment of physical function in 6930 adult patient courses across wards in an acute care hospital. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024 (short oral presentation, **CHD**)

Frandsen CF, Stilling M, Hansen TB, Aasvang TK, **Kristensen MT**: Dual Mobility Total Hip Arthroplasty Shows Similar Dislocation Rate As Hemiarthroplasty In Cognitively Impaired Patients With Hip Fracture. 25th EFORT Congress, Hamburg, Germany, May 2024 (oral presentation, Frandsen CF)

Gunnarsson DV, Petersen MS, Joensen BM, Rathleff MS, **Dall CH**: Increasing physical activity among medical inpatients by digital nudging of patients and staff – A stepped wedge cluster randomised multicentre study – The IPAMINA study. Research Symposium at The National Hospital of The Faroe Islands, February 2024 (poster presentation, **DG**)

Hansen MS, **Kristensen MT**, **Zilmer CK**, **Berger AL**, Kirk JW, Skibdal KM, et al.: Very low levels of physical activity among a broad group of patients hospitalized following hip fracture: A prospective cohort study (the HIP-ME-UP cohort study). Amager Hvidovre Hospitals Research day, April 2024 (oral presentation, Hansen MS)

Hansen MS, **Kristensen MT**, **Zilmer CK**, **Berger AL**, Kirk JW, Skibdal KM, et al.: Very low levels of physical activity among a broad group of patients hospitalized following hip fracture: A prospective cohort study (the HIP-ME-UP cohort study). First Danish Fragility Fracture Network Congress. Aarhus, Denmark, May 2024 (oral presentation, Hansen MS)

Hansen MS, Kirk JW, **Kristensen MT**, **Zilmer CK**, Skibdal KM, Bandholm T, et al.: Strategies used by patients when getting in and out of bed early after hip fracture surgery – the HIP-ME-UP cohort. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, Hansen MS)

Hansen MS, Kirk JW, **Kristensen MT**, **Zilmer CK**, Skibdal KM, Bandholm T, et al.: Strategies used by patients when getting in and out of bed early after hip fracture surgery – the HIP-ME-UP cohort. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium (MUSKOS), Snekkersten, Denmark, November 2024 (poster presentation, Hansen MS)

Hansen NG, **Kristensen MT**: Feasibility of an outpatient high density sit-to-stand functional resistance exercise program in patients with hip fracture - Phase 1 of a non-randomized pilot trial. First Danish Fragility Fracture Network Congress. Aarhus, Denmark, May 2024 (poster, **NGH**)

Hansen NG, **Kristensen MT**: Feasibility of an outpatient high density sit-to-stand functional resistance exercise program in patients with hip fracture - Phase 1 of a non-randomized pilot trial. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium (MUSKOS), Snekkersten, Denmark, November 2024 (poster presentation, **NGH**)

Hansen P, Nygaard H, Ryg J, **Kristensen MT**, Suetta C: Applying both the 30-second and 5-repetition sit-to-stand tests captures dissimilar groups and a broader spectrum of physical abilities in mobility-limited older individuals: results from the BIOFRAIL study. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024 (oral presentation)

Hansen R, Rathleff MS, Brushøj C, **Magnusson SP**, Henriksen M: Differential effects of quadriceps and hip muscle exercises for patellofemoral pain: A secondary effect modifier analysis of a randomized trial. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, winner in session, **RuH**)

Hansen R, Haddock B, Svensson R, Lonsdale M, Marner L, Rørdam L, Rasmussen IL, Brushøj C, **Magnusson SP**, Henriksen M, **Couppé C**: Patients with unilateral patellofemoral pain have altered bone turnover in the painful knees at rest and after acute knee loading. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024 (short oral presentation, **RuH**)

Hjelholt TJ, Andersen IT, **Kristensen MT**, Pedersen AP: Early mobilization following hip fracture surgery and subsequent risk of infection. EUGMS Congress, Valencia, Spain, 2024 (oral presentation)

Hjortshøj MH, Juneja H, Aagaard P, Svensson RB, Larsen FK, **Lundgaard-Nielsen M**, **Herzog R**, Wulff MW, Olsen AE, Petersen J, Kjaer M, **Magnusson SP**, **Couppé C**: Low-load blood flow restriction training and heavy slow resistance training improve clinical outcomes equally in males with unilateral patellar tendinopathy – A randomized controlled trial. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, **MH**)

Hjortshøj MH, Juneja H, Aagaard P, Svensson RB, Larsen FK, **Lundgaard-Nielsen M**, **Herzog R**, Wulff MW, Olsen AE, Petersen J, Kjaer M, **Magnusson SP**, **Couppé C**: Low-load blood flow restriction training and heavy slow resistance training improve clinical outcomes equally in males with unilateral patellar tendinopathy – A randomized controlled trial. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024 (oral presentation, **MH**)

Hjortshøj MH, **Zilmer CK**, Hansen HR, Petersen AR, Pedersen PV, Søndergaard SS, **Kristensen MT**: Performances of handgrip strength seated in a chair or bed are comparable in hospitalized patients. Dansk Biomekanisk Selskab 2024 (poster presentation, **MH**)

Hjortshøj MH, **Zilmer CK**, Hansen HR, Petersen AR, Pedersen PV, Søndergaard SS, **Kristensen MT**: Performances of handgrip strength seated in a chair or bed are comparable in hospitalized patients. S Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (poster presentation, **MH**)

Jensen JB, **Pasic D**: Evaluering af VitalStim implementering på neurologisk sengeafsnit: en analyse af praksis og resultater. Ergo 2024, Vingsted center, Denmark, November 2024 (oral presentation, **JB**)

Jensen JB, **Arnadottir U**, **Christiansen SS**: "Som i en almindelig dagligstue, hvor man kan snakke med hinanden". Proces og implementering af ændrede rammer for måltidssituationen på neurologisk sengeafsnit. Ergo 2024, Vingsted center, Denmark, November 2024 (oral presentation, **JB**)

Høffner R, Svensson RB, Gillani SZ, Linden FH, **Magnusson SP**: Achilles tendon morphological changes following Achilles tendon rupture repair. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium (MUSKOS), Snekkersten, Denmark, November 2024 (poster presentation **RH**)

Høffner R, Svensson RB, Gillani SZ, Linden FH, **Magnusson SP**: Achilles tendon morphological changes following Achilles tendon rupture repair. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024 (short oral presentation **RH**)

Kjær BH, Åxman S, Cullum C, Magnusson SP: Adherence to exercise intervention including pain threshold, home exercise and physiotherapy appointments for patients with chronic rotator cuff tendinopathy. Lassendagen, Copenhagen University Hospital Bispebjerg, December 2024 (short oral presentation, **BHK**)

Kjær BH, Åxman S, Cullum C, Magnusson SP: Adherence to exercise intervention including pain threshold, home exercise and physiotherapy appointments for patients with chronic rotator cuff tendinopathy. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium (MUSKOS), Snekkersten, Denmark, November 2024 (poster presentation, **BHK**)

Knudsen AK, Wæhrens EE, **Kristensen MT**, Renneberg J, Frost P: Vurdering af Funktionsevnen hos Patienter med Komplekse Helbredsmaessige Udfordringer, Årsmøde 2024 i Dansk Samfundsmedicinsk Selskab, Denmark, May 2024 (poster, Knudsen AK)

Kofod LM, Hansen EF, Brocki BC, **Kristensen MT**, Roberts N, Westerdahl E: The impact of oxygen saturation on functional performance in patients with COPD on long-term oxygen therapy – a randomized crossover trial. Hvidovre Hospitals Forskningsdag, Hvidovre, April 2024 (oral presentation)

Kofod LM, Hansen EF, Brocki BC, **Kristensen MT**, Roberts N, Westerdahl E: Activities of daily living improves by minimizing desaturation in patients with COPD on Long-Term Oxygen Therapy – a Randomized Crossover Trial. SLMF Lungkongressen, Örebro, Sweden, April 2024 (Oral presentation)

Kofod LM, Hansen EF, Brocki BC, **Kristensen MT**, Roberts N, Westerdahl E: The impact of oxygen saturation on functional performance in patients with COPD on long-term oxygen therapy – a randomized crossover trial. European Respiratory Society Congress, Vienna, Austria, September 2024 (oral presentation)

Kristensen MT, Zilmer CK, Gunnarsson DV, Bieler T, Arens CH, Gregersen R, Nygaard H, Aadahl M, Suetta C, **Dall CH:** Systematic assessment of physical function in 6930 adult patient courses across wards in an acute care hospital. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, **MTK**)

Kristensen MT, Andersen IT, Viberg B, Pedersen AB: Time to mobilization in hours after surgery for hip fracture and 30-day mortality – A 6-year nationwide register study. FFN European Regional Congress, Istanbul Turkey, October 2024 (oral presentation, **MTK**)

Kristensen MT: 90-day post-discharge acute hospital referral due to new falls after hip fracture happens among the frailest and mainly in those living in 24-hour care settings in the municipality. EU falls festival, Malta, 2024 (oral presentation, **MTK**)

Larsen S, Kjær BH, Uhrenholt-Heindl J, **Kristensen MT:** Optimering af forløb for patienter med albuefraktur, albueluksation og albuedistortion. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev Hospital, Denmark, October 2024 (poster presentation, **SL**)

Muusmann AR, Gottlieb R, Blume B: Fra tanke til handling – et holdningspapir bliver skabt. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (poster presentation – winner in session, **ARM**)

Overgaard JA, Skou ST, Frederiksen KS, Beaupre, LA, **Kristensen MT**: Settings and physical rehabilitation timeframes for older adults with hip fracture and signs of cognitive impairment in Danish municipalities – a cross-sectional E-survey study. First Danish Fragility Fracture Network Congress. Aarhus, Denmark, May 2024 (oral presentation)

Overgaard JA, **Kristense, MT**, Beaupre, LA, Frederiksen KS, Skou, ST: What are the most frequently used exercise modalities and outcome measures provided to older adults with hip fracture and signs of cognitive impairment across Danish municipalities? – A cross-sectional E-survey study. First Danish Fragility Fracture Network Congress. Aarhus, Denmark, May 2024 (poster presentation)

Overgaard JA, Skou ST, Frederiksen KS, Beaupre LA, **Kristensen MT**: Rehabilitation settings and timeframes for patients with hip fracture and cognitive impairment in Danish municipalities. Fragility Fracture Network European Congress. Istanbul, Turkey. October 10-12th, 2024 (poster presentation)

Overgaard JA, **Kristensen MT**, Beaupre LA, Frederiksen KS, Skou ST: Common exercise modalities and outcome measures for older adults with hip fracture and signs of cognitive impairment in Denmark. Fragility Fracture Network European Congress. Istanbul, Turkey. October 10-12th, 2024 (oral presentation)

Pedersen MW, Larsen FK, Suetta C, **Kristensen MT**: Effect of a 12-week combined resistance and balance training program on Sit-To-Stand muscle power in mobility limited older patients. European Falls Festival, Malta, April 2024 (oral presentation, **MWP**)

Petersen TR, Hjortshøj MH, Zilmer CK, Hansen HR, Petersen AR, Pedersen PV, Søndergaard SS, **Kristensen MT**: Performances of handgrip strength with patients seated in a chair or bed are comparable when measured in an acute care hospital setting. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024 (short oral presentation, **TRP**)

Rogmark C, Magnusson A, Svanholm S, Viberg B, **Kristensen MT**, Palm H, Overgaard S, Ronnquist SS: Alcohol And Drug Use In Patients Younger Than 60 Years With Hip Fracture Measured By Validated Instruments And The Clinical Eye - Results From A Prospective Cohort Study. 25th EFORT Congress, Hamburg, Germany, May 2024 (oral presentation, Rogmark C)

Sørensen B, Aagaard P, **Hjortshøj MH**, Hansen SK, Suetta C, **Couppé C**, **Magnusson SP**, Johannsen FE: Physiological and clinical effects of low-intensity blood-flow restricted resistance exercise compared to standard rehabilitation in knee osteoarthritis - Protocol for a randomized controlled trial. ROAD Symposium in DGI-byen, Copenhagen, Denmark, May 2024 (poster presentation, **BS**)

Sørensen B, Aagaard P, **Couppé C**, Suetta C, Johannsen FE, **Magnusson SP**: Stair-climb power can predict functional performance, self-reported knee function and mechanical muscle function in individuals with knee osteoarthritis. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, **BS**)

Sørensen B, Magnusson SP, Aagaard P, Svensson RB, Hjortshøj MH, Hansen SK, Suetta C, Couppé C, Johannsen FE: Blood-flow restricted resistance exercise is superior to standard rehabilitation in improving functional performance and mechanical muscle function in adults with chronic knee osteoarthritis. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium (MUSKOS), Snekersten, Denmark, November 2024 (oral presentation, **BS**)

Sørensen B, Magnusson SP, Aagaard P, Svensson RB, Hjortshøj MH, Hansen SK, Suetta C, Couppé C, Johannsen FE: Blood-flow restricted resistance exercise is superior to standard rehabilitation in improving functional performance and mechanical muscle function in adults with chronic knee osteoarthritis. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024, Denmark (oral presentation, **BS**)

Vaaben AH, Bährentz IB, Zoffmann SØ, Zilmer CK, Kristensen MT, Bieler T: Can postoperative fatigue be measured with a Verbal Rating Scale? – A pilot study in patients after hip fracture surgery. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, **AHV, TB**)

Vaaben AH, Bährentz IB, Zoffmann SØ, Zilmer CK, Kristensen MT, Bieler T: Can postoperative fatigue be measured with a Verbal Rating Scale? - A pilot study in patients after hip fracture surgery. Lassemdagen, Copenhagen University Hospital Bispebjerg, Denmark, December 2024 (oral presentation, **AHV**)

Ziegler V, Overgaard MB, Svensson RB, **Jensen MHH, Magnusson SP, Kristensen MT, Dall CH, Bieler T:** Aldersrelaterede forskelle i dagligt fysisk aktivitetsmønster 3 måneder efter total hoftealloplastik. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (poster presentation, **TB**)

Zilmer CK, Berger AL, Nørgaard SD, Matthey AB, Kristensen MT: A comparative analysis of monitored physical activity in patients with hip fracture during acute hospital stay and early post-discharge phase. Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (oral presentation, **CZ**)

Zilmer CK, Berger AL, Overgaard S, Jensen TG, Palm H, Nørgaard SD, Matthey AB, Castillo LS, Suetta C, Kristensen MT: Monitored physical activity in patients with hip fracture during acute hospital stay and early post-discharge phase. Lassemdagen, Copenhagen University Hospital Bispebjerg, December 2024 (short oral presentation, **CZ**)

Symposium Organized

Symposium Forskning & udvikling fysio- og ergoterapi i Region Hovedstaden, Herlev, Denmark, October 2024 (contributors; **AHV**, Vinther A, Johansen KL, Buus L, Juhl CB, Aabo MR, Staal SM, Boel S, Gottlieb R)

Temaeftermiddag. Test og samarbejde mellem fag, hospital og kommune. Copenhagen University Hospital Bispebjerg, Denmark, February 2024 (Contributors; **AHV, CHD, CHR**)

Different rehabilitation approaches to the painful shoulder. One-day symposium for Physiotherapist at the Danish Society for Shoulder Elbow Surgery Congress annual meeting. Copenhagen, April 2024 (**BHK**, Hornshøj H, Ulnits L)

Applying Virtual Reality in Rehabilitation for Shoulder Pain. Scandinavian Sports Medicine Congress. Copenhagen, January 2024 (**BHK**)

Nyeste viden inden for muskelskader – I teori & praksis. 3. Mini Symposium organized by Physio and Occupational Therapy Department and Institute of Sports Medicine, Bispebjerg Hospital, Copenhagen, March 2024 (contributors; **AA, RH, PM, RoH**, Agergaard J, Bayer M, Kristiansen J, Karlsen A, Døssing S)

Forskning i sygehusvæsenet på Færøerne. Symposium arrangeret som led i at Landssygehuset er i gang med at blive universitetssygehus. Organiseret af Heilsugranskningareindin, Bráðdepilin og Skurðdepilin, Landssygehuset, Thorshavn, November 2024 (contributors: **DG**, Holm PM, Andersen HH, Petersen MS)

Hip fracture – What happens after discharge? Risk and Readmission. FFN European Regional Congress, Istanbul Turkey, October 2024 (Moderators; Sutton E, **MTK**)

1st national network meeting for sarcopenia, Copenhagen, Denmark, October 2024 (Contributors: Suetta C, **MTK, NGH**, Beck AM, Rasmussen HH)

Invited Speaker - Virtual Dissemination

Kristensen MT, Zilmer CK: Testbatteri for fælles funktionstest BFH – erfaringer med implementeringen. Næstved, Slagelse, Ringsted Sygehuse, April 2024

Kristensen MT: What's new on early mobilisation and acute care physiotherapy after hip fracture! Physiotherapy and Orthogeriatric Network Workshop, Irish Hip Fracture Database, December 2024

Invited Speaker – Podcast

Hansen R: Patellofemorale knæsmærter – hvorfor og hvordan behandler vi de uspecifikke knæsmærter?! Lyd-doping Dansk Sportsmedicin. March 2024

Thorborg K (host), **Agergaard A**, Rasmussen K, Kjær M: Vodcast DSSF om Achillestendinopati: <https://www.youtube.com/watch?v=m6r1GzrG2G8>. Februar 2024

Invited Speaker - Congress, Symposium or Seminar

Agergaard A: Applying tendon loading principles to rehabilitation for tendinopathy: how much and when to load diseased tendon. Scandinavian Sports Medicine Congress, Copenhagen, February 2024

Agergaard A: Achilles tendinopati – Fysiologi og diagnostikk (inkl diff diagnostikk), Hvorfor virker trening som behandling ved Achilles tendinopati? Hvordan skall vi rehabiliterer achilles tendinopati – mye eller lite belastning? Passive tiltak for Achilles tendinopati - vad sier evidensen? Volvat Nimi Oslo – Legg og Akilleskonferansen, Volvat Nimi Storo, Oslo, Norway, May 2024

Couppé C: “The Tendinopathy timeline - Can athletes get back to their best performance?” Danish Sports Congress, Copenhagen, February 2024

Couppé C and Visnes H: Tendon performance workshop - “Practical load monitoring and dosage for tendons”, Danish Sports Congress, Copenhagen, February 2024

Couppé C: Metabolic Dysfunction in Tendon Disease for presentation at the ORS (Orthopaedic Research Society) 2024 Annual Meeting, California, USA, February 2 – 6, 2024

Couppé C: Effect of aging and exercise on the tendon for presentation at the ORS (Orthopaedic Research Society) 2024 Annual Meeting, California, USA, February 2 – 6, 2024

Dall CH, late-breaking trial presentation, title: Technology assisted physical activity among hospitalised medical patients. A randomised trial. European Congress of Preventive Cardiology, Athens, April 2024

Hansen NG: Effects of physical exercise in sarcopenia. 1st national network meeting for sarcopenia, Copenhagen, Denmark, October 2024

Hjorthoej MH: Applying tendon loading principles to rehabilitation for tendinopathy: how much and when to load diseased tendons. Scandinavian Sports Medicine Congress, Copenhagen, February 2024 (oral presentation)

Hulsbæk S: Outcomes in patients after major lower limb amputation: Early results and future perspectives of the Danish Amputation Database. EORS 2024, 32nd annual meeting of the European Orthopaedic Research Society, Denmark, September 2024

Høffner R and Professor Taija Finni (FIN): Workshop titled “Imaging of the healthy, the tendinopathic and the post-rupture Achilles tendon”. Scandinavian Sports Medicine Congress, Copenhagen, January 2024

Kjær BH: Symposium on Shoulder Rehabilitation anno 2024 – What’s new? Schoudernetwerk Vlaanderen & Academy for Rehabilitation Sciences, Faculty of Medicine and Health Sciences, University of Gent, October 2024

Kjær BH: Faculty Symposium. Danish Healthcare and how physiotherapy impact diagnosis and clinical research in rehabilitation. Faculty of Health Sciences, Universidad Católica del Maule, Chile, August 2024

Kjær BH: How is compliance if we ask rotator cuff related shoulder pain patients to perform exercises with moderate pain. Danish Shoulder and Elbow Congress (DSSAK), April 2024

Kristensen MT: Symposium - Interdisciplinary working to reduce immobilisation time after hip fracture: What is meant by ‘early’? What timeframe (in hours) should we focus our energy on? - and how? FFN European Regional Congress, Istanbul Turkey, October 2024

Kristensen MT: Keynote - Rehabilitation after Hip Fracture - How early – How intensive – How long & How! First Danish Fragility Fracture Network Congress. Aarhus, Denmark, May 2024

Kristensen MT: EWGSOP2 algorithm and systematic assessment of physical function in adults. 1st national network meeting for sarcopenia, Copenhagen, Denmark, October 2024

Magnusson SP: Physiological Society, The Biomedical Basis of Elite Performance 2024. Tendon and muscle adaptation following achilles tendon rupture, Nottingham 19-20, 2024

Magnusson SP: Consensus conference – Optimize performance of the top athlete. Rehabilitation after injury in athletes - Is faster better, Snekkersten, November 4-7, 2024

Magnusson SP: Found or lost in translation? From basic insight to clinical treatment of sports injuries. Peter Magnusson/Michael Kjaer. SportsKongress, Copenhagen, 3 February, 2024

Invited Speaker - Scientific Societies, Municipalities or Hospitals

Agergaard A: Tendinopati. UKU-møde, Dansk selskab for sportsfysioterapi. Copenhagen, Denmark. March 2024

Agergaard A: Tendinopatier. Praktiserende Reumatologers Organisations årsmøde. September 2024

Bieler T. Artrose, kunstige led og ledsmerter, hvordan kan jeg være fysisk aktiv? Gigtforeningen Bornholm, Rønne, Denmark, November 2024

Dall CH: Systematisk måling af fysisk funktion. Research Unit, Faroe Island, Torshavn Hospital, September 2024

Dall CH: Systematisk måling af fysisk funktion. Netværk for det fysisk aktive hospital (NEFA) årsmøde Kolding sygehus, November 2024

Kristensen MT: Systematic assessment of physical function (1 lecture). Department of Social Medicine, Bispebjerg-Frederiksberg Hospital, February 2024

Kristensen MT: Cross-sectoral workshop on background for and systematic assessment of physical function across wards and diagnoses (1 lecture). Bispebjerg-Frederiksberg Hospital and Frederiksberg Municipality, February 2024

Kristensen MT: Cross-sectoral workshop on Systematic assessment of physical function (2 lectures + practical session). Nordsjællands Hospital and Municipalities, April 2024

Kristensen MT, Zilmer CK: Systematisk måling af fysisk funktion og HipFracture-Rehab1 Projekt. Frederiksberg Sundhedscenter, May 2024

Kristensen MT: How to use ResearchGate. Meeting on how to use different platforms Organised by Group of young researchers at Bispebjerg-Frederiksberg Hospital (GYF), October 2024

Kristensen MT, Dall CH: Cross-sectoral workshop on Systematic assessment of physical function (2 lectures + practical session). Esbjerg and Grindsted Hospitals and municipalities, December 2024

University Teaching Activities

Agergaard A. Behandling af patella- og achilles tendinopati. Course "Assessment and rehabilitation of tendon injuries - in relation to sport" (Master of Science in Physiotherapy, University of Southern Denmark), Denmark, November 2024. Hvidovre Hospital, Copenhagen, Denmark

Couppé C: Physical Activity course: Problem Based Learning (PBL tutor, group of 7 students, 16 lectures + 4 home assignments per student + examination), University of Copenhagen, Cand. Scient. San. (MSc) Fall 2024

Couppé C: Sene- / bindevævsadaptationer ved træning, Styrketræning og Motorisk kontrol, Institut for Idræt, KU, Maj 25, 2024 (Pre-graduate)

Couppé C: Rehabilitation strategies Fachhochschule Südostschweiz SUPSICAS Sports Prehab / Modul 6, Kerenzerberg, Switzerland, August 2024 (Postgraduate)

Couppé C: Tendon plasticity and exercise in tendon overuse at the 8th International Autumn School on Movement Science 2024 Berlin School of Movement Science (BSMS), Berlin, Germany, October 1st, 2024 (Postgraduate)

Couppé C: Tendon plasticity with exercise and overuse injury. The international PhD/Post Doc Course "Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging" (Aagaard P): Odense, Denmark, November 2024 (Postgraduate)

Dall CH: Introduction to PBL, student start. (1 lectures) University of Copenhagen, Cand. Scient. San. (MSc) September 2024

Dall CH: The Randomised Study design, research in respiratory and cardiovascular disease (3 lectures) University of Copenhagen, Cand. Scient. San. (MSc) Spring 2024

Dall CH: Cardiac and respiratory disease course: Problem Based Learning (PBL tutor, group of 8 students, 16 lectures + 4 home assignments per student + examination), University of Copenhagen, Cand. Scient. San. (MSc) Spring 2024

Dall CH: Journal Club, course in physical activity. University of Copenhagen, Cand. Scient. San. (MSc) Fall 2024

Gunnarsson DG: Technology in Health Services – Sedentary behaviour and physical activity in inpatient environments, Bachelor of Science in Nursing, Faculty of Health Sciences, The University of the Faroe Islands, November 2024

Høffner R: Teaching of chiropractors (kiropraktorernes turnusuddannelse), 8 hours, Orthopedics with rehabilitation of shoulder and hip. University of Southern Denmark, Odense, April 2024

Kjær BH: Musculoskeletal ultrasound. Graduate School Program (Ph.D & master students), Faculty of Health Sciences, Department of Physiotherapy, Universidad Católica del Maule, August 2024

Kjær BH: Quantitative measurements in Musculoskeletal Ultrasound. Graduate School Program (master, Ph.D) Faculty of Medicine and Health Sciences, Ghent University, Belgium, May 2024

Kjær BH: Rotatorcuff tendinopati og ruptur - Undersøgelse og behandling (Cand.scient.fys, SDU)
Assessment and rehabilitation of tendon injuries - in relation to sport. December 2024

Kristensen MT: Course lead of 5-week physical activity course, University of Copenhagen, Cand.
Scient. San. (MSc) Fall 2024

Kristensen MT: Physical Activity course: Problem Based Learning (PBL tutor, group of 7 students,
16 lectures + 4 home assignments per student + examination), University of Copenhagen, Cand.
Scient. San. (MSc) Fall 2024

Kristensen MT: Age related loss of function in older people. (1 lecture) University of Copenhagen,
Cand. Scient. San. (MSc) Fall 2024

Kristensen MT: Fall related problems in older people. (1 lecture) University of Copenhagen, Cand.
Scient. San. (MSc) Fall 2024

Kristensen MT: Outcome measures – Theory and Practice. (2 lectures) University of Copenhagen,
Cand. Scient. San. (MSc) Fall 2024

Kristensen MT: The concept of rehabilitation. (1 lecture) University of Copenhagen, Cand. Scient.
San. (MSc) Fall 2024

Kristensen MT: Physical activity and rehabilitation after fragility fractures (2 lectures). Medical
students, University of Copenhagen, 11th semester, June & November 2024

Magnusson SP: Assessment and evaluation of muscle tendon and aponeurosis function in vivo -
paradigms and applications, International PhD Course, University of Southern Denmark Odense,
Denmark, November 4, 2024

Magnusson SP: University of Copenhagen PhD course - Musculoskeletal soft tissue regeneration –
mechanisms and clinical perspectives. Tendon rupture healing. October 9, 2024

Magnusson SP: When to unload & load the muscle-tendon unit after injury Medicin, valgfag 11
semester. "Fysisk aktivitet i forebyggelse, behandling og rehabilitering af sygdom" 12 June, Dec 4,
2024

Magnusson SP: Consequences of physical inactivity/activity (Cand.scient.san.(MSc)) November
2024 (3hrs) University of Copenhagen

Sørensen B. Eksperimentel Muskelfysiologi. Undervisning af medicinere og kiropraktorer på
Syddansk Universitet, Odense, Denmark, May-June 2024

Other Teaching Activities

Aggergaard A: Senevævs adaptationsevne (3 lectures). Københavns professionshøjskole,
Fysioterapiuddannelsen. Summer and Winter, Denmark, 2024

Gunnarsson DG: Technology in Health Services – Sedentary behaviour and physical activity in inpatient environments, Bachelor of Science in Nursing, Faculty of Health Sciences, The University of the Faroe Islands, November 2024

Kjær BH: Skulder undersøgelse og behandling inklusiv postoperativ ortopædkirurgisk behandling. (Bachelor, 6. semester). Bispebjerg Frederiksberg Hospital, June - December 2024

Magnusson SP: Achilles tendon structure & pathology. Danish Achilles DataBase meeting, Bispebjerg hospital, April 2024

Petersen TR: Undervisning i undersøgelse og behandling af columna og bækken (5 undervisningsgange). Københavns professionshøjskole, Fysioterapiuddannelsen, Denmark, Winter 2024

Academic Evaluation & Committee Service

Chairman at “Sportskongress 2024”, Copenhagen, February 2024 (oral session/poster walk session, **AA**)

Development, paper evaluation and chairman at “The annual meeting in the research program MUSKOS and the 2 CAG groups imPAct and ROAD”, Snekkersten, November 2024 (Best paper 2024 session, **AA**)

Member of doctoral examination committee for Amanda L. Ager, Doctoral School of Life Sciences and Medicine, Ghent University, Belgium. Thesis title: The methodological testing of upper limb proprioception. Ref. Professor Jean-Sébastien Roy, Université Laval, Québec, Canada and Professor Ann M. Cools, University of Ghent, Belgium, September-October 2024 (**BHK**)

Member of the Scientific Committee, Scandinavian Sports Medicine Congress, February 2024 (**BHK**)

Chairman poster walk at Scandinavian Sports Medicine Congress, February 2024 (**BHK**)

Denmark's representative in the European frozen shoulder association (EFSA). Comprehensive pan-European registry for frozen shoulder patients (**BHK**)

Member of the evaluation committee for the Johannes Lindhard prize. Scandinavian Sports Medicine Congress. Appointed by Danish Society for Sports Physiotherapy 2024 (**BHK**)

Chairman at “European College of Sport Science annual meeting 2024”, Glasgow, July 2024 (poster walk session, **CC**)

Chairman at “The annual meeting in the research program MUSKOS and the 2 CAG groups imPAct and ROAD”, Snekkersten, November 2024 (oral session, **CC**)

PhD-thesis committee board member. Hayley Powell Smitheman PhD thesis (FINAL defense), University of Delaware, USA, September 2024 (Academic opponent, **CC**)

Member of the Scientific Board & Scientific Committee. European College of Sport Science, 2024 (Other, **CC**)

Evaluation of abstracts for European College of Sport Science annual meeting 2024 (Evaluation committee, **CC**)

Evaluation of abstracts for the ORS - Orthopaedic Research Society, ORS annual meeting, Phoenix, Arizona, USA, 2025 (**CC**)

Assessment committee, PhD thesis, Lars Bo Jørgensen, SDU: Objectively measured physical activity patterns and associated health parameters in multimorbidity, March 2024 (**CHD**)

Chairman "Cardiorespiratory fitness-testing in large Study populations: Why is It relevant and how do we do it?". Snekkersten MUSKOS Research Retreat November 2024 (**CHD**)

Evaluations of applications, Danish Physiotherapists' Foundation for Research, Education and Practice Development, Copenhagen, Spring 2024 (**CHD**)

Evaluations of applications, Danish Physiotherapists' Foundation for Research, Education and Practice Development, Aalborg, Fall 2024 (**CHD**)

Evaluation of associate professor applications for Cand. Scient San (MSc) education, Department of Health and Medical Sciences, University of Copenhagen (assessment of applications committee, **MTK**)

Member of the executive committee for the research committee at the Copenhagen University Hospital, Bispebjerg and Frederiksberg (**MTK**)

Scientific committee member: 11th Fragility Fracture Network (FFN) European regional Congress, Istanbul, Turkey, October 2024 (**MTK**)

Co-lead of FFN Physiotherapy special interest group (**MTK**)

Advisory board member of FFN fragility fracture research recovery special interest group (**MTK**)

Joint Diseases and Related Surgery Journal (international advisory board) (**MTK**)

Member of the national steering committee of the Danish Multidisciplinary Hip Fracture Registry, representing the Danish Physiotherapy Association (**MTK**)

Member of the national steering committee for the municipality-based database for patients with major lower extremity amputations following prosthetic rehabilitation in Denmark, PRO-AMP (**MTK**)

Member of the national steering committee for the regional hospital-based database for major lower extremity amputations in Denmark, DAN-AMP (**MTK**)

Member of national multidisciplinary expert group for enhancing crosssectoral rehabilitation of patients with hip fracture in Denmark (**MTK**)

Member of steering committee for the Rethink Pulmonary Rehabilitation – the REPORT study (**MTK**)

Co-founder and steering committee member of national network for sarcopenia in Denmark
(**MTK**)

Member of steering committee for the new Clinical Academic Group – Fighting frailty in ageing,
University of Copenhagen (**MTK**)

Co-Chair at “The annual meeting in the research program MUSKOS and the 2 CAG groups imPAct
and ROAD”, Snekkersten, November 2024 (PhD-students oral session, **MTK**)

Chair at “The annual meeting in the research program MUSKOS”, Snekkersten, November 2024
(oral session **RH**)

Member of the expert committee for the evaluation of treatment of patients with knee pain in the
Danish Health Technology Council (Behandlingsrådet), 2023-24 (**RuH**)

Section editor, Translational Sports Medicine, 2024 (**PM**)

Evaluation of post-doc applications for UCSF/Lundbeck (evaluation committee, **PM**)

Evaluation of an application for Conferment of the Title of Full Professor at Oxford University,
2024 (**PM**)

Prices

Best poster in session, Symposium Forskning & udvikling i fysio- og ergoterapi i Region
Hovedstaden, Denmark, October 2024 (**ARM**)

Best oral presentation in session, Symposium Forskning & udvikling i fysio- og ergoterapi i Region
Hovedstaden, Denmark, October 2024 (**RuH**)