

**Peer reviewed publications**

1. **Agergaard A**, Malmgaard-Clausen NM, Svensson R, Nybing JD, Boesen M, Kjaer M, **Magnusson SP**, Hansen P: UTE T2\* mapping of tendinopathic patellar tendons – An MRI reproducibility study, *ACTA Radiologica*, 27:284185120918807, 2020.
2. **Bieler T**, Anderson T, Beyer N, Rosthøj S. The Impact of Self-Efficacy on Activity Limitations in Patients With Hip Osteoarthritis: Results From a Cross-Sectional Study. *ACR Open Rheumatol*. 2020 Dec;2(12):741-749.
3. **Couppé C**, Svensson RB, Josefsen CO, Kjeldgaard E, **Magnusson SP**: Ultrasound speckle tracking of Achilles tendon in individuals with unilateral tendinopathy. *European Journal of Physiology*, 120: 579-589, 2020.
4. **Ghaziani E**, **Couppé C**, Siersma V, Christensen HK, **Magnusson SP**, Sunnerhagen KS, Persson HC, Alt Murphy M. Easily conducted tests during the first week post-stroke can aid the prediction of arm functioning at 6 months. *Frontiers Neurology-Stroke* 9;10: 1371, 2020.
5. Godtfredsen N, Frølich A, **Bieler T**, Beyer N, Kallemose T, Wilcke T, Østergaard L, Andreassen HF, Martinez G, Lavesen M, Hansen H. 12-months follow-up of pulmonary tele-rehabilitation versus standard pulmonary rehabilitation: A multicentre randomised clinical trial in patients with severe COPD. Oct;172:106129 *Respiratory Medicine*, 2020.
6. Gylling AT, Eriksen CS, Garde E, Wimmelmann CL, Reislev NL, **Bieler T**, Ziegler AK, Andersen KW, Bauer C, Dideriksen K, Baekgaard M, Mertz KH, Bayer ML, Bloch-Ibenfeldt M, Boraxbekk CJ, Siebner HR, Mortensen EL, Kjaer M. The influence of prolonged strength training upon muscle and fat in healthy and chronically diseased older adults. *Exp Gerontol*. Jul 15;136: 110939, 2020.
7. Hansen H, **Bieler T**, Beyer N, Kallemose T, Wilcke JT, Østergaard LM, Frost Andreassen H, Martinez G, Lavesen M, Frølich A, Godtfredsen NS. Supervised pulmonary tele-rehabilitation versus pulmonary rehabilitation in severe COPD: a randomised multicentre trial. *Thorax* 75(5):413-421 2020.
8. **Hoeffner R**, **Agergaard A**, Funaro A, Bjerregaard N, Svensson RB, Alkjaer T, **SP Magnusson**: The influence of an orthopaedic walker boot on forefoot force. *The Foot*, 46: 101739, 2020.
9. **Kjær HK**, Juul-Kristensen B, **Warming S**, **Magnusson SP**, Krogsgaard MR, Boyle E, Henriksen M: Associations between shoulder symptoms and concomitant pathology in patients with traumatic supraspinatus tears. *JSES Open Access*, 4:85-90, 2020.
10. **Kjær BH**, de Wandele I, Spanhove V, Juul-Kristensen B, Cools AM. Subacromial space outlet in female patients with multidirectional instability based on hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorder measured by ultrasound. *J Shoulder Elbow Surg*. 29(3): 600-608, 2020.
11. **Magnusson SP**, **Agergaard AS**, **Couppé C**, Svensson RB, **Warming S**, Krogsgaard MR, Kjaer

## Department of Physical and Occupational Therapy, Research Unit

### *Annual Report 2020*

- M, Eliasson P. Heterotopic Ossification After an Achilles Tendon Rupture Cannot Be Prevented by Early Functional Rehabilitation: A Cohort Study. *Clinical Orthopaedics and Related Research* 478, 1101-08, 2020.
12. Nielsen C, Siersma V, **Ghaziani E**, Beyer N, **Magnusson SP**, **Couppé C**: Health-Related Quality of Life and Physical Function in Individuals with Parkinson's Disease after a Multidisciplinary Rehabilitation Regimen—A Prospective Cohort Feasibility Study. *International Journal of Environmental Research Public Health*, 21; 17: 7668, 2020.
  13. Nuckolls GH, Kinnett K, Dayanidhi S, Domenighetti A, Duong T, Hathout Y, Lawlor MW, Lee S, **Magnusson SP**, McDonald CM, McNally EM, Miller NF, Olwin BB, Raghavan P, Roberts T, Rutkove S, Sarwark JF, Senesac J, Vogel LF, Walter GA, Willcocks R, Rymer WZ, Lieber RL: Conference Report on Contractures in Musculoskeletal and Neurological Conditions. *Muscle and Nerve*, 61: 740-744, 2020.
  14. Olesen AT, Malchow-Møller L, Bendixen RD, Kjær M, Svensson RB, Andersen JL, **Magnusson SP**: Age-related myofiber atrophy in old mice is counteracted by ten weeks voluntary high-resistance wheel running. *Experimental Biology*, 9; 143: 111150, 2020.
  15. Rolid K, Andreassen AK, Yardley M, Gude E, Bjørkelund E, **CH Dall**, Authen AR, et al. High-intensity interval training and health-related quality of life in de novo heart transplant recipients - results from a randomized controlled trial. *Health Quality Life Outcomes* 18(1):283, 2020.
  16. Scott A, Squier K, Alfredson H, Bahr R, Cook JL, Coombes B, de Vos RJ, Fu SN, Grimaldi A, Lewis JS, Maffulli N, **Magnusson SP**, Malliaras P, Mc Auliffe S, Oei EHG, Purdam CR, Rees JD, Rio EK, Gravare Silbernagel K, Speed C, Weir A, Wolf JM, Akker-Scheek IVD, Vicenzino BT, Zwerver J: ICON 2019: International Scientific Tendinopathy Symposium Consensus: Clinical Terminology. *British Journal of Sports Medicine*, 54: 260-262, 2020.
  17. Skovlund S, Aagaard P, Larsen P, Svensson RB, Kjaer M, **Magnusson SP**, **Couppé C**: The effect of low-load resistance training with blood flow restriction on chronic patellar tendinopathy – a case series. *Translational Sports Medicine*, 3: 342-352, 2020.
  18. Spanhove V, De Wandele I, **Kjær BH**, Malfait F, Vanderstukken F, Cools A. The effect of five isometric exercises on glenohumeral translations in healthy subjects and patients with the hypermobility type of the Ehlers-Danlos syndrome (hEDS) or Hypermobility Spectrum Disorder (HSD) with multidirectional shoulder instability. *Physiotherapy* 107: 11-18, 2020
  19. Tran PTH, Malmgaard-Clausen NM, Puggaard RS, Svensson RB, Nybing J, Hansen P, Schjerling P, Zinglarsen AH, **Couppé C**, Boesen M, **Magnusson SP**, Kjaer M. Early development of tendinopathy in humans: Sequence of pathological changes in structure and tissue turnover signaling, *The FASEB Journal*, 34(1):776-788, 2020.
  20. Vicenzino B, de Vos RJ, Alfredson H, Bahr R, Cook JL, Coombes BK, Fu SN, Gravare Silbernagel K, Grimaldi A, Lewis JS, Maffulli N, **Magnusson SP**, Malliaras P, Mc Auliffe S, Oei EHG, Purdam C, Rees JD, Rio EK, Scott A, Speed C, Akker-Scheek IVD, Weir A, Wolf JM,

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Zwerver J ICON 2019-International Scientific Tendinopathy Symposium Consensus: There are nine core health-related domains for tendinopathy (CORE DOMAINS): Delphi study of healthcare professionals and patients. British Journal of Sports Medicine 54: 444-451, 2020.

21. Zhang C, **Couppé C**, Scheijen J, Schalkwijk C, Kjaer M, **Magnusson SP**, Svensson R: Regional collagen turnover and composition of the human patellar tendon, Journal of Applied Physiology, 128: 884-891, 2020.
22. Zhang C, Svensson R, Montagna C, Carstensen H, Buhl R, Schoof E, Kjaer M, **Magnusson SP**, Yeung CY: A Comparison of Tenocyte Populations from the Core and Periphery of Equine Tendons. Journal of Proteome Research, 2; 19: 4137-4144, 2020.

### **Books & book chapters**

Træning - i forebyggelse, behandling og rehabilitering, Nina Beyer, Klaus Klinge, 3. udgave, Munksgaard, februar 2020 (TB, CHD).

Fysioterapi som behandling af tendinopati og myotendinøse smertetilstande. Klinisk Reumatologi (3. udgave) 24: 355-364, 2020 (CC).

### **PhD theses**

Cheng Zhang, MD. Tendon composition and turnover - Is it uniform throughout the tissue? October 30, 2020 University of Copenhagen (ph.d.)(MK, **PM**, RS).

Annesofie Thorup Olesen, MSc. The effect of aging and training on intramuscular connective tissue. April 2, 2020 University of Copenhagen (ph.d.)(PM, **MK**, RS).

Birgitte Houghs Kjaer, PT, MSc. Postoperative physiotherapy treatment for surgical Rotator cuff Repair - a prospective randomized controlled trial with one-year follow-up. February 6, 2020 University of Southern Denmark (ph.d.)(BJK, MH, **PM**, MKr).

Peter Tran, MD, PhD-student. Mechanisms behind development of Tendinopathy: Early Structural, Inflammatory, Nociceptive and Clinical changes in recreational runners (TESINaC). January 17, 2020 University of Copenhagen (ph.d.)(MK, **PM**).(Chang, Shih et al. 2017)

### **Bachelor and Master's theses**

Bacheloropgave (Medicin) Nicolai Malvig Bjerregaard. Achilles tendon loading. KU (PM).

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Bacheloropgave (Medicin) Daniel Schefte Muscle adaption after an Achilles tendon rupture  
Lindköping University, Sweden (PM).

Kandidatspeciale (Kandidatuddannelsen i Ergoterapi, SDU). Vivi Thomsen, Tamara Dzanovic.  
Translating and cultural adaptation of the Nottingham Stroke Dressing Assessment (NSDA) into  
Danish, and examination of the content validity of the Danish version (EG).

Kandidatspeciale Emilie Vieth Kongsgaard, Jonathan Juel Albrechtsen; En dansk oversættelse og  
tværkulturel adaptation af Anterior Cruciate Ligament-Return to Sport After Injury (ACL-RSI) scale  
til børn (SW).

Master thesis (Medicin), Kasper Ipsen, Superior endurance performance in a Danish heart  
transplant recipient: September 2020, University of Copenhagen (CHD).

### **Presentations & posters**

Rikke Høffner, Anne-Sofie Agergaard, Michael Boesen, Philip Hansen, Rene Svensson, Jesper  
Petersen, Mikkel Christensen, Peter Rasmussen, Rasmus Mikkelen, Lars Konradsen, Michael  
Krogsgaard, Michael Kjær, S. Peter Magnusson  
Delayed loading following repair of ruptured Achilles tendon – a randomized controlled trial.  
Lassen Dagen, December 2020 (RH)

Bente Hannibal, Rikke Høffner. Quick DASH as outcome measure following arthroscopic capsular  
release, ESSKA, May 2020, Milan, Italy. *(The abstract was selected for a poster presentation, but  
the congress was cancelled due to the covid-19 situation)*

Rikke Gottlieb, KA Nielsen, M Henriksen, FC Pott, El Prescott, Rasmusen HK and CH Dall, Peak  
systolic blood pressure increase during moderate intensity resistance training in ascending aorta  
surgery patients - an observational single center intervention study, The Nordic Congress for  
Cardio and Respiratory Physiotherapy, March, 2020, Oslo, Norway (accepted for oral presentation,  
congress canceled due to covid-19).

Durita Viderø Gunnarsson, Christian Have Dall, Helle Andersen, Marius Henriksen. Technology  
Assisted Physical Activity Among Hospitalized Medical Patients - A quasi randomized study, The  
Nordic Congress for Cardio and Respiratory Physiotherapy, March, 2020, Oslo, Norway (accepted  
for poster presentation, congress canceled due to covid-19).

Couppé C, Svensson RB, Skovlund SV, Nybing JD, Jensen JK, Eriksen CS, Malmgaard-Clausen NM  
Kjaer M, Magnusson SP. Habitual side-specific loading leads to structural, mechanical and  
compositional changes in the patellar tendon of young and elderly life-long athletes. American  
Physiological Society Conference, November 2020 (CC).

Couppé C, Svensson RB, Skovlund SV, Nybing JD, Jensen JK, Eriksen CS, Malmgaard-Clausen NM  
Kjaer M, Magnusson SP. Habitual side-specific loading leads to structural, mechanical and  
compositional changes in the patellar tendon of young and elderly life-long athletes. Lassen dagen,  
December 2020 (CC).

### **Invited speaker**

The impact of loading and unloading on healthy and injured human tendon. European College of Sports Science, Keynote: 28 October, 2020 (PM).

Johannes Lindhard price lecture: Connective Tissue Structure & Function. Scandinavian Sports Medicine Congress, Copenhagen February 1, 2020 (PM).

Early tendinopathy – is the tendon different from the chronic? Copenhagen, Scandinavian Sports Medicine Congress, January 2020 (RH).

### **University teaching activities**

Physical activity journal club (University of Copenhagen, Cand.scient.san.(MSc)) Fall 2020 (PM).

Muscle-tendon anatomy, physiology, and biomechanics in relations to sport. Bachelor of Science in Physical Therapy. University of Southern Denmark, 17/11/20 (PM).

The effect of Aging and gender on tendon. Lateral elbow tendinopathy. Master of Science in Physical Therapy, University of Southern Denmark, 12/11/20 (CC).

Lectures on module Biomechanics (Isokinetic Muscle Strength testing), Can. Med. tech, University of Copenhagen, August 2019 (CC).

Lectures (Tutor), Can. scient. san, University of Copenhagen, November 2020 (CC).

Exercise and asthma, Cand.scient.san, Faculty of Health Sciences, University of Copenhagen, Marts 2020 (CHD).

Research update Cardiac Rehabilitation, Department of Exercise, Nutrition and Sports (NEXS), University of Copenhagen, October 2020, (CHD).

### **Other teaching activities**

Undervisning på kiropraktorernes turnusuddannelse 4 timer, Ortopædi med rehabilitering af skulder og hofte, University of Southern Denmark, Odense, June 2020 (RH)

Undervisning af fysioterapeutstuderende, 7. sem. Idrætsvalgfag; 1)Skulderundersøgelse og behandling samt 2)Achilles- og patellatendinopati, 2 x 3 timer på Københavns Professionshøjskole, September 2020. (RH).

Achilles tendon rupture. Bispebjerg Hospital Orthopedic dept., May 29, 2020 (PM).

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Fysioterapibehandling af thorakoscapulære lidelser, Annual meeting in DRFO (Danske Reumatologers og Fysiurgers Organisation), Nyborg, Marts 2020 (RH). *(The annual meeting was cancelled due to the covid-19 situation).*

#### **Academic evaluation & committee service**

Evaluations of applications for Bispebjerg Hospital Research Council, Frie forskningsmedel (PM).

Evaluations of candidates for research position at Nordsjaelland Hospital, DK 2020 (PM).

Evaluation of candidates for National Institute for Health Research Fellowship program, UK 2020 (PM).

Organizing committee American Physiological Society: Integrative Physiology of Exercise. Virtual conference, Nov 9-13, 2020 (PM).

Evaluations of applications for Lundbeck (UCSF) research committee, 2020 (PM).

Journal Editor, Translational Sports Medicine (2018 - current) (PM)

Medlem af styregruppe og metodekonsulent for udarbejdelse af tværfaglige og tværsektorielle genoptræningsforløbsbeskrivelser under Tværsektorielt samarbejdsforum for genoptræning og rehabilitering, Region Hovedstaden. (SW).

Member of the European Stroke Organization's working group for developing guidelines for cognitive rehabilitation (EG).

Danish Physiotherapists' Foundation for Research, Education and Practice Development, member of the foundationboard, 2019-2023 (CHD).

Member of the Scientific committee, European College of Sport Science, 2020 (CC).

Board member of The Danish Society for Matrix Biology, 2020 (CC).

Committee member of Andrew Sprague PhD Thesis at University of Delaware, USA 2020 (CC).

#### **Prices**

Johannes Lindhard Price, Scandinavian Sports Medicine Congress, 2020 (PM).

#### **Research group members**

Peter Magnusson, Professor, PT, dr.med. (PM)

Christian Coupe, PT, PhD (CC)

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Susan Warming, PT, PhD (SW)

Birgitte Houghs Kjaer, PT, PhD (BHK)

Theresa Bieler, PT, PhD (TB)

Christian Have Dall, PT, PhD (CHD)

Emma Ghaziani, OT, PhD (EG)

Durita Viderø Gunnarsson, PT, MSc (DG)

Anne-Sofie Aagergaard, PT, MSc, PhD student (AA)

Rikke Hoeffner, PT, MSc, PhD student (RH)

Rudi Hansen, PT, MSc, PhD student (RH)

Mikkel Jensen, PT, MSc, PhD student (MJ)