

**The Research Unit of
The Department of Physical and Occupational Therapy
Bispebjerg-Frederiksberg Hospital**

2021 Annual Research Report

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Research group members

Peter Magnusson, Professor, PT, dr.med. (PM)
 Morten Tange Kristensen, Professor, PT, PhD (MTK) from May 1st, 2021
 Christian Couppe, Senior Researcher, PT, PhD (CC)
 Susan Warming, Senior Researcher, PT, PhD (SW)
 Christian Have Dall, Senior Researcher, PT, PhD (CHD)
 Birgitte Hougs Kjaer, Postdoc, PT, PhD (BHK)
 Theresa Bieler, Postdoc, PT, PhD (TB)
 Emma Ghaziani, Postdoc, OT, PhD (EG)
 Anne-Sofie Aagergaard, Research Therapist, PT, MSc, PhD (AA)
 Durita Viderø Gunnarsson, Research and Development Therapist, PT, MSc (DG)
 Christopher David Neale, Research and Development Therapist, PT, MSc (CDN) from Nov. 1st, 2021
 Camilla Kampff Zilmer, Research Assistant, PT, MSc (CZ)

Rikke Hoeffner, PT, MSc, PhD student (RH)
 Rudi Hansen, PT, MSc, PhD student (RH)
 Mikkel Jensen, PT, MSc, PhD student (MJ)

Affiliated:

Sofie-Louise Larsen, OT, MSc (SL)
 Christian Hedelund Arens, PT, MSc (CA)
 Sun-Hee Skovgaard Christensen, OT, MSc (SC)

Peer reviewed publications

Agergaard AS, 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, 62: 215-224, 2021.

Agergaard AS, Svensson RB, Malmgaard-Clausen NM, **Couppé C**, **Hjortshøj MH**, Doessing S, Kjaer M, **Magnusson SP**: *Clinical Outcomes, Structure, and Function Improve with Both Heavy and Moderate Loads in the Treatment of Patellar Tendinopathy: A Randomized Clinical Trial*. American Journal of Sports Medicine, 49: 982-993, 2021.

Agergaard, AS, Svensson RB, **Hoeffner R**, Hansen P, **Couppé C**, Kjaer M, **Magnusson SP**: *Mechanical properties and UTE-T2* relaxation time in Patellar tendinopathy: The effect of load magnitude in exercise-based treatment*. Scandinavian Journal of Medicine & Science in Sports, 31(19): 1981-1990, 2021.

Bayer ML, Hoegberget-Kalisz M, Svensson RB, **Hjortshøj M**, Olesen JL, Nybing J, Boesen M, **Magnusson SP**, Kjaer M: *Chronic sequelae after muscle strain injuries: The influence of heavy resistance training upon functional and structural characteristics in a randomized controlled trial*. American Journal of Sports Medicine, 49: 2783-2794, 2021.

Bieler T, Kristensen LR, Nyberg M, **Magnusson SP**, Kjaer M, Beyer N: *Exercise in patients with hip osteoarthritis – effects on muscle and functional performance: A randomized trial*. Physiotherapy Theory and Practice 6: 1-12, 2021.

Comins J, Siersma V, **Couppé C**, Svensson RB, Johansen F, Malmgaard-Clausen N, **Magnusson SP**: *Assessment of content validity and psychometric properties of VISA-A for Achilles tendinopathy*, PLOS ONE 11: 16: e247152, 2021.

Couppé C, Svensson R, Skovlund S, Jensen J, Eriksen C, Malmgaard-Clausen N, Nybing J, Kjaer M, **Magnusson SP**: *Habitual side-specific loading leads to structural, mechanical and compositional changes in the patellar tendon of young and senior life-long male athletes*. Journal of Applied Physiology, Accepted 2021.

Elam C, Aagaard P, Slinde F, Svantesson U, Hulthén L, **Magnusson SP**, Bunketorp Käll L: *The effects of ageing on functional capacity and stretch-shortening cycle muscle power*. Journal of Physical Therapy Science 33: 250-260, 2021.

Giannopoulos A, Svensson RB, Yeung CYC, Kjaer M, **Magnusson SP**: *Effects of genipin crosslinking on mechanical cell-matrix interaction in 3D engineered tendon constructs*. Journal of the Mechanical Behavior of Biomedical Materials, 12;119: 104508, 2021.

Hansen H, Beyer N, Frølich A, Godtfredsen N, **Bieler T**: *Inter-Day Test-Retest Reproducibility of the CAT, CCQ, HADS and EQ-5D-3L in Patients with Severe and Very Severe COPD*. Patient Relat Outcome Meas.", Jun 1;12:117-128, 2021.

Hansen R, Lundgaard-Nielsen M, Henriksen M. 2021: *Visual assessment of dynamic knee joint alignment in patients with patellofemoral pain: an agreement study*. PeerJ 9:e12203, 2021.

Hoeffner R, **Agergaard AS**, Funaro A, Bjerregaard N, Svensson RB, Alkjaer T, **Magnusson SP**: *The influence of an orthopedic walker boot on forefoot force*. The Foot, 46: 101739, 2021.

Kjaer BH, **Magnusson SP**, Henriksen M, **Warming S**, Boyle E, Krogsgaard M, Al-Hamdani A, Juul-Kristensen B: *Effects of 12 weeks of progressive early active exercise therapy after surgical rotator cuff repair - 12 weeks and one-year results from the randomized controlled CUT-N-MOVE trial*. The American Journal of Sports Medicine, 49: 321-331, 2021.

Kofod LM, Westerdahl E, **Kristensen MT**, Brocki BC, Ringbæk T, Hansen EF. *Effect of Automated Oxygen Titration during Walking on Dyspnea and Endurance in Chronic Hypoxemic Patients with COPD: A Randomized Crossover Trial*. Journal Clinical Medicine, 20;10(21):4820, 2021.

Létocart AJ, Mabesoone F, Charleux F, **Couppé C**, Svensson RB, Marin F, **Magnusson SP**, Grosset JF: *Muscles adaptation to aging and training: Architectural changes - A randomized trial*. BMC Geriatrics", 21: 48, 2021.

Malmgaard-Clausen NM, Jørgensen OH, **Hoeffner R**, Andersen PEB, Svensson RB Hansen P, Nybing JD, **Magnusson SP**, Kjaer M: *No additive clinical or physiological effect of short-term anti-inflammatory treatment to physical rehabilitation in the early phase of human Achilles tendinopathy: a randomized controlled trial*. American Journal of Sports Medicine, 49(7):1711-1720, 2021.

Malmgaard-Clausen NM, Tran P, Svensson RB, Hansen P, Nybing JD, **Magnusson SP**, Kjaer M: *Magnetic resonance T2* is increased in patients with early Achilles and Patellar tendinopathy*, Journal of Magnetic Resonance Imaging, 54(3):832-839, 2021.

Merkel MFR, Hellsten Y, **Magnusson SP**, M Kjaer M: *Tendon blood flow, angiogenesis, and tendinopathy pathogenesis*. Translational Sports Medicine, 4:765-771, 2021.

Moltubak MM, Svensson RB, **Magnusson SP**, Suetta C, Raastad T, Seynnes OR, Bojsen-Møller J: *Altered Triceps Surae Muscle–Tendon Unit Properties after Six Months of Static Stretching*, Medicine & Science in Sports & Exercise 53: 1975-1986, 2021.

Olesen JL, Hansen M, Turtumoygard IF, **Hoffner R**, Schjerling P, Christensen J, Mendias JL, **Magnusson SP**, Kjaer M: *No Treatment Benefits of Local Administration of Insulin-like Growth Factor-1 in Addition to Heavy Slow Resistance Training in Tendinopathic Human Patellar Tendons: A Randomized, Double-Blind, Placebo-Controlled Trial With 1-Year Follow-up*. American Journal of Sports Medicine, 49: 2361-2370, 2021.

Olesen AT, Malchow-Moeller L, Bendixen RD, Kjaer 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, 2021.

Quinn TJ, Richard E, Teuschl Y, Gattringer T, Hafdi M, O'Brien JT, Merriman N, Gillebert C, Huygelier H, Verdelho A, Schmidt R, **Ghaziani E**, Forchammer H, Pendlebury ST, Bruffaerts R, Mijajlovic M, Drozdowska BA, Ball E, Markus HS: *European Stroke Organisation and European Academy of Neurology joint guidelines on post-stroke cognitive impairment*. European Journal of Neurology, (12):3883-3920, 2021.

Schmidt SV, Engelhardt JA, Cools A, **Magnusson SP**, **Couppé C**: *Acromio-humeral distance is associated with shoulder external strength in national elite badminton players*. Sports, 31: 9(4): 48, 2021.

Sermon A, Slock C, Coeckelberghs E, Seys D, Panella M, Bruyneel L, Nijs S, Akiki A, Castillon P, Chipperfield A, El Attal R, Foss NB, Frihagen F, Gerich TG, Gumbel D, Kanakaris N, **Kristensen MT**, Malchau I, Palm H, Pape HC, Vanhaecht K. Quality indicators in the treatment of geriatric hip fractures: literature review and expert consensus. Arch Osteoporos. Oct 8;16(1):152, 2021.

Skovgaard D, Siersma V, Klausen SB, Visnes H, Haukenes I, Bang CW, Bager P, Grävare Silbernagel K, Gaida J, **Magnusson SP**, Kjaer M, **Couppé C**: *Chronic hyperglycemia, hypercholesterolemia, and metabolic syndrome are associated with risk of tendon injury*. Scandinavian Journal of Medicine & Science in Sports 31: 1822-1831, 2021.

Soerensen LB, Rathlef MS, Dean BJF, Oei E, **Magnusson SP**, Olesen JL, Holden S: *A systematic review of imaging findings in patients with Osgood-Schlatter Disease*. Translational Sports Medicine, 4: 772-778, 2021.

Sprague AL, **Couppé C**, Pohlig RT, Snyder-Mackler L, Silbernagel KG: *Pain-guided activity modification during treatment for patellar tendinopathy: a feasibility and pilot randomized clinical trial*, Pilot Feasibility study, Feb 25;7(1):58. 2021.

Stasholm MB, Joensen J, Bjordal JM, Baun M, Nielsen D, Aagaard H, **Magnusson SP**, **Couppé C**: *Shoulder rotational strength profiles of Danish national level badminton players*. The International Journal of Sports Physical Therapy, 1; 15: 504-510, 2021.

Stausholm MB, Naterstad IF, **Couppé C**, Fersum KV, Leal-Junior ECP, Lopes-Martins RÁB, Bjordal JM, Joensen J: *Effectiveness of Low-Level Laser Therapy Associated with Strength Training in Knee*

Osteoarthritis: Protocol for a Randomized Placebo-Controlled Trial, Methods Protocols, 1;4(1):19, 2021.

Svensson RB, Eriksen CS, Tran PHT, Kjaer M, **Magnusson SP**: *Mechanical properties of human patellar tendon collagen fibrils. An exploratory study of aging and sex*. Journal of Mechanical Behavior of Biomedical Materials. 124: 104864, 2021.

Svensson RB, Slane S, **Magnusson SP**, Bogaerts S: *Ultrasound-based speckle-tracking in tendons: a critical analysis for the technician and the clinician*. Journal of Applied Physiology, 1;130(2):445-456, 2021.

Verhagen E, **Hougs Kjaer B**. *Long live the conference: why BOSEM links up with #Sportskongres and how you can benefit*. BMJ Open Sport Exerc Med, Dec 30;7(4):e001296, 2021 (editorial)

Warming S, Alkjaer T, Herzog RB, Lundgaard-Nielsen M, Zebis MK. Scand J: *Reference data for hop tests used in pediatric ACL injury rehabilitation: A cross-sectional study of healthy children*. Medicine Science in Sports. 31(9):1832-1839, 2021.

PhD theses

Agergaard, AS, PT, MSc: *Load magnitude in exercise-based treatment of Patellar tendinopathy - Effect on clinical outcome, tendon structure and function*. February 12, 2021. Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (**Magnusson SP**, Kjaer M)

Malmgaard-Clausen NM, MD: *Characterization and treatment of early phase tendinopathy in humans*. January 15, 2021 Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (Kjaer M, **Magnusson SP**).

Bachelor and Master's theses

Bachelor thesis (Medicine), Haglund ML: *Achilles tendon length following rupture repair*. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (**PM**).

Bacheloropgave (Fysioterapi), Andersen SL, Grønbech CV, Jensen RL: *Sammenhænge mellem udvalgte abnormaliteter i patellaseenen og smerte samt funktion ved patellar tendinopati: Et kvantitativt tværsnitstudie*. Juni 2021, University College Copenhagen (**MJ**).

Bacheloropgave (Idræt) Storgaard CD: *Effekten af styrketræning med restriktion af blodtilførsel (BFR) på det hormonelle respons. Et systematisk review med meta-analyse*. KU, (**MJ/CC**).

Bacheloropgave (Fysioterapi). Riber M, Borchsenius M, Forsberg N. *Brugeroplevelsen ved brugen af en genoptrænings app - Et feasibility studie*. December 2021, University College Copenhagen (**BHK**)

Master thesis (University of Copenhagen, Can. scient. San.) *Physical activity in patients with severe and very severe COPD*, Christensen PE, **Neale CD (CHD)**.

Master thesis (University of Copenhagen, Medicine), Mikkelsen K. *Ultrasonographic measurements of subacromial structures in patients with subacromial pain demonstrate moderate to good interrater reliability when performed by novice sonographers (BHK)*

Other supervision activities

Skriftligt projekt. Thomsen TN, PT, MSc-student. *Validitet og reliabilitet af Pediatric Evaluation of Disability Inventory – Computer Adaptive Test (PEDI-CAT) hos børn med CP - Et systematisk Review.* University of Copenhagen, Can. scient. San., Juni 2021 (MTK)

Presentations & posters

Agergaard, AS: Long-term follow-up after Patellar tendinopathy – a Prospective study. Lassendagen, December 2021.

Agergaard, AS: *Mechanical properties and UTE-T2* relaxation time in Patellar tendinopathy: The effect of load magnitude in exercise-based treatment.* Oral presentation ECSS (online), September 2021.

Agergaard, AS: *Ph.d. Resume: Både moderat og tung styrketræning giver positiv effekt ved behandling af patellar tendinopati (springerknæ).* Fysioterapeuten, 7:52-53, 2021.

Agergaard, AS: *The role of restitution time in exercise- based treatment of patellar tendinopathy - How low can we go in treatment frequency?* ISMC Symposium Crete, oral presentation, September 2021.

Agergaard, AS: Videopræsentation af Ph.d.-projekt. Dansk Selskab for Sportsfysioterapi kortlink.dk/2d6pt.

Couppé C, Døssing S, Bülow P, Siersma V, Kamp-Zilmer C, Bang C, **Hoeffner R,** Kracht M, Hogg P, Edström G, Kjaer M, **Magnusson SP:** *Effects of heavy slow resistance training combined with corticosteroid injection or tendon needling in patients with lateral elbow tendinopathy.* Lassendagen, December 2021.

Hansen R, Haddock B, Lonsdale M, Svensson R, **Magnusson SP,** Brushoej NC, Henriksen M, **Couppé C:** *Do patients with patellofemoral pain have elevated bone metabolic activity in the patellofemoral joint? Basic and Clinical Research in Musculo-skeletal Sciences (MUSKOS) Annual Symposium, November 2021.*

Hjortshoej MH, Doessing CS, Juneja H, Lundbye-Jensen J, Kjaer M, Aagaard P, **Magnusson SP,** **Couppé C:** *Similar hormonal responses of low-load resistance with blood flow restriction as free-flow, heavy resistance training: A systematic review and meta-analysis.* Lassendagen, December 2020.

Hjortshoej MH, Aagaard P, Svensson RB, Kjaer M, **Magnusson SP,** **Couppé C:** *The Effect of Low-Load Resistance Training with Blood Flow Restriction for Treatment of Chronic Patellar Tendinopathy - A Randomized Clinical Trial.* MUSKOS 2021.

Hoeffner R, Agergaard AS, Boesen M, Hansen P, Svensson R, Haglund ML, Petersen J, Rasmussen P, Mikkelsen R, Konradsen L, Krogsgaard M, Kjaer M, **Magnusson SP**: *Achilles tendon length one-week post-surgery*. Lissendagen, December 2021.

Hulsbæk S, Bandholm T, Ban I, Foss NB, Jensen JEB, Kehlet H, **Kristensen MT**: *Feasibility and Preliminary Effect of Strength Training, Nutritional Supplement and Anabolic Steroids in Rehabilitation of Patients with Hip Fracture: A Randomized Controlled Pilot Trial* (HIP-SAP1 Trial) (Oral presentation) THE EUROPEAN FEDERATION OF NATIONAL ASSOCIATIONS OF ORTHOPAEDICS AND TRAUMATOLOGY CONGRESS (EFORT), Juni 2021.

Hulsbæk S, Bandholm T, Ban I, Foss NB, Jensen JEB, Kehlet H, **Kristensen MT**: *Feasibility and preliminary effect of anabolic steroid in addition to strength training and nutritional supplement in rehabilitation of patients with hip fracture: A randomized controlled pilot trial*, (E-Poster) Fragility fracture network congress, Toronto (Virtual), September 2021.

Hulsbæk S, Juhl C, Røpke A, Bandholm T, **Kristensen MT**: *Exercise therapy is effective at improving short- and long-term mobility, ADL and Balance in older patients following hip fracture: a systematic review and meta-analysis*, (E-Poster) Fragility fracture network congress, Toronto (Virtual), September 2021.

Ignatiussen M, Pedersen P, Holm G, Thomsen MG, **Kristensen MT**: *Dayshift and a scheduled operation day might reduce 30-day surgical failures after major dysvascular lower extremity amputation: A single-center 2-year prospective cohort study of 163 patients compared with a historical control group of 165 patients*. (platform) Dansk Ortopædisk Selskabs Kongres, November 2021.

Kjær BH, Magnusson SP, Henriksen M, Boyle E, **Warming S**, Krogsgaard M, Juul-Kristensen B: *Comparable efficacy of 12 weeks of progressive active exercise therapy vs. limited passive exercise therapy after surgical rotator cuff repair*. Presentation ESSKA-congress, April 2021.

Kofod LM, Nielsen Jeschke K, **Kristensen MT**, Krogh-Madsen R, Monefeldt Albek C, Hansen EF: *COVID-19 and acute respiratory failure treated with CPAP*. (Poster) European Respiratory Society Congress, September 2021.

Kofod LM, Westerdahl E, **Kristensen MT**, Brocki BC, Ringbæk T, Hansen EF: *Dyspnea and endurance with automated oxygen titration during walking in patients with COPD*. (Oral presentation) European Respiratory Society Congress, September 2021.

Kristensen MT, Vesterager J, Pedersen AB: *Loss of pre-fracture basic mobility status at hospital discharge for hip fracture is associated with 30-day post-discharge risk of infections - A four-year nationwide cohort study of 23.309 Danish patients*. (platform) Dansk Ortopædisk Selskabs Kongres, November 2021.

Kristensen MT, Aasvang TK, Iheme PB, Foss NB: *Many 30-day readmissions of older patients with hip fracture are emergency ward visits!* (E-poster), 9th Fragility Fracture Network Congress, September 2021 (Virtual).

Kristensen MT, Aasvang TK, Iheme PB, Foss NB: *Many 30-day readmissions of older patients with hip fracture are emergency ward visits!* (Poster), Dansk Ortopædisk Selskabs Kongres, November 2021.

Overgaard JA, **Kristensen MT**: *Minimal Clinical Important Difference And Responsiveness Of Performance-Based And Self-Reported Measures Used In Older Adults Following Outpatient Rehabilitation Programme Post-Hip Fracture Surgery*. (E-poster). FFN Global Congress, Toronto Canada (virtual), September 2021.

Jensen M. *Physical activity induced adaptations in skeletal muscle and connective tissue –function, health, performance and injury*, Crete 2021.

Rönnquist SS, Viberg B, **Kristensen MT**, Madsen CF, Jensen JEB, Palm H, Overgaard S, Åkesson K, Rogmark C: *Frailty and osteoporosis in hip fracture patients under the age of 60 – a prospective cohort of 218 individuals* (Poster), Dansk Ortopædisk Selskabs Kongres, November 2021.

Hulsbæk S, Bandholm T, Ban I, Foss NB, Jensen JEB, Kehlet H, **Kristensen MT**: *Feasibility and preliminary effect of anabolic steroid in addition to strength training and nutritional supplement in rehabilitation of patients with hip fracture: A randomized controlled pilot trial*, (Platform) DANSK ORTOPÆDISK SELSKABS (DOS) ÅRSKONGRES, November 2021.

Hulsbæk S, Juhl C, Røpke A, Bandholm T, **Kristensen MT**: *Exercise therapy is effective at improving short- and long-term mobility, ADL and Balance in older patients following hip fracture: a systematic review and meta-analysis*, (poster) Dansk Ortopædisk Selskabs (DOS) Årskongres, November 2021.

Hulsbæk S, Bandholm T, Ban I, Foss NB, Jensen JEB, Kehlet H, **Kristensen MT**: *Feasibility and preliminary effect of anabolic steroid in addition to strength training and nutritional supplement in rehabilitation of patients with hip fracture: A randomized controlled pilot trial*, Basic and Clinical Research in Musculo-skeletal Sciences (MUSKOS) symposium, November 2021.

Witten A, Mikkelsen K, **Kjær BH**, Hölmich P, Barfod K: Interrater reliability of novice sonographers performing ultrasonographic measurements of subacromial structures in patients with subacromial pain. (Oral presentation) ISAKOS 2021 Global Congress, November 2021

Disseminating publications in Danish journals

Aggergaard AS. Ph.d. resume: Både moderat og tung styrketræning giver positiv effekt ved behandling af patellar tendinopati (springerknæ). Fysioterapeuten 7:52-53, 2021

Jensen M, Skovlund S, Aagaard P, **Magnusson SP**, **Couppé C**. Okklusionstræning til rehabilitering af sene-overbelastningsskader – en potentiel ny genoptræningsmodalitet? Dansk Sportsmedicin, 18/4; 2021.

Kjær BH: Ph.d. Resume. Tidlig aktiv genoptræning efter rotatorcuffoperation øger ikke risikoen for re-ruptur. Fysioterapeuten, 1:52-53, 2021.

Virtual Dissemination

Kjær BH: Videopræsentation af Ph.d.-projekt. Dansk Selskab for Sportsfysioterapi. September 2021.
<https://fb.watch/aSBxMXUnTA/>

Invited speaker

Cardiac disease and rehabilitation in hospital and community, Copenhagen Municipality, 25 August 2021 **(CHD)**.

Cardiac rehabilitation in hospital and community - closing the gap, Hillerød, Capitol Region, 11 October 2021 **(CHD)**.

Chronic hyperglycemia, hypercholesterolemia and metabolic syndrome are associated with risk of tendon injury. European College of Sports Science, Annual Meeting Symposium: September 2021 **(PM/CC)**.

Current guidelines on post-operative rehabilitation: 9th FFN Congress, Virtual, pre-congress European meeting, Keynote: September 2021 **(MTK)**.

Different Treatment modalities for tendinopathy, University of Bergen, Norway, December 2021 **(CC)**.

Different Treatment modalities for tendinopathy. Kreta symposium (Kjaer M), KU, september **(CC)**.

Videnskabsdag på Professionshøjskolen Absalon. Fra det "fysiologiske" til klinisk praksis – blood flow restriction training. Oktober 2021 **(MJ/CC)**.

Mobilisation throughout rehabilitation process and function on discharge. 3rd Virtual Asia-Pacific Fragility Fracture Network Pocket Meeting, Keynote: August 2021 **(MTK)**.

Opsporing og Behandling af skrøbelighed – i tide! Professor forelæsning. Lassen Dagen, BFH, December 2021 **(MTK)**.

Physiotherapy treatment of thoracoscaphular disorders. Annual meeting DRFO (Danske reumatologers og Fysiurgers Organisation), Hotel Svendborg, October 2021 **(RH)**.

Strength training in clinical practice after hip fracture. Basic and Clinical Research in Musculo-skeletal Sciences (MUSKOS) symposium, November 2021 **(MTK)**.

University teaching activities

Age related loss of function in older people. (2 lectures) University of Copenhagen, Cand. Scient. San. (MSc) Fall 2021 **(MTK)**.

Course lead of physical activity course, University of Copenhagen, Cand. Scient. San. (MSc) Fall 2021 **(MTK)**.

Fall related problems in older people. (1 lecture) University of Copenhagen, Cand. Scient. San. (MSc) Fall 2021 **(MTK)**.

Lectures on module Biomechanics (Isokinetic Muscle Strength testing) (1 lecture), Cand. med. tech., University of Copenhagen, September 2021 **(CC)**.

Outcome measures – Theory and Practice. (2 lectures) University of Copenhagen, Cand. Scient. San. (MSc) Fall 2021 **(MTK)**.

Physical Activity 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) Fall 2021 (**MTK**).

Physical activity journal club, Cand. Scient. San, University of Copenhagen Fall 2021 (12 hrs) (**PM**).

Physical Activity 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) Fall 2021 (**CC**).

Research methods in respiratory and cardiovascular disease (3 lectures) University of Copenhagen, Cand. Scient. San. (MSc) Spring 2021 (**CHD**).

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 2021 (**CHD**).

The concept of rehabilitation. (1 lecture) University of Copenhagen, Cand. Scient. San. (MSc) Fall 2021 (**MTK**).

Other teaching activities

Senevæv, hvor kom vi fra og hvor er vi nu – det historiske perspektiv, Absalon Campus, Roskilde, oktober 14, 2021 (**PM**).

Teaching of chiropractors (kiropraktorerne's turnusuddannelse), 4 hours, Orthopedics with rehabilitation of shoulder and hip, University of Southern Denmark, April 2021 (**RH**).

Course leader, Cardiac rehabilitation in Funen Municipality, Danish Physiotherapy Association, Voldsmose Alle, Odense (**CHD**).

Course leader, Cardiac rehabilitation in Denmark, Danish Physiotherapy Association, Bispebjerg Hospital, Copenhagen, (**CHD**).

Tutor ved og medarrangør af Kursus i Evidensbaseret Praksis for Fysio- og ergoterapeuter i Region Hovedstaden, efterår 2021. Tutor under kursusdagene: 4 x 7,5 timer; tutor under efterfølgende EBP-proces: 5 x 7,5 timer (**DG**).

Senevævs adaptationsevne (3 lectures). Københavns professionshøjskole, Fysioterapiuddannelsen. Summer and Winter 2021 (**AA**).

The Tendon" (4 lectures): Absalon, University College Roskilde, Spring and Fall 2021 (**CC**).

Rehabilitation strategies. Post graduate course for MD's "Sports Orthopedics and Sports Medicine" (Danish Medical Doctors Organization (DADL)), May 2021. Copenhagen, Denmark (Post graduate) (**CC**).

Undervisning af Ergoterapeutstuderende 3. sem. Anatomi og fysiologi. I alt 45 timer, Professionshøjskolen Absalon september – december 2021 (**MJ**).

Undervisning af fysioterapistuderende 6. sem. Bachelorforberedelse 2 x 3 timer på
Professionshøjskolen Absalon, februar + oktober 2021 **(MJ)**.

Academic evaluation & committee service

European Stroke Organization/European Academy of Neurology: Development of guidelines on post-stroke cognitive impairment, medlem af arbejdsgruppe **(EG)**.

International Stroke Recovery and Rehabilitation Alliance: Development of international consensus-based criteria for Centre's of Clinical Excellence for Stroke Rehabilitation and Recovery, medlem af arbejdsgruppe **(EG)**.

Medlem af bevillingsudvalget, Ergoterapeutforeningen **(EG)**.

Censor, Kandidatuddannelsen i Ergoterapi, Syddansk Universitet **(EG)**.

Chair, Scientific Committee, Scandinavian Sports Medicine Congress 2022 **(BHK)**.

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

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

Evaluation (opponent) of PhD thesis (Peter Henriksen) for University of Southern Denmark (Exercise Physiology, SDU) June 2021 **(CC)**.

European College of Sport Science: Fellow of the Scientific committee (2019-) **(CC)**.

Evaluations of abstracts for European College of Sport Science, Annual meeting 2021 **(CC)**.

Scientific committee member: 9th Fragility Fracture Network Congress, Virtual, Sept 2021 **(MTK)**.

Review of NIHR, UK funding application focused on rehab of lower limb amputee patients, Oct **(MTK)**.

Review of REHPA rapport, Kortlægning af regionale og kommunale tilbud om rehabilitering til personer der får amputeret ben i Danmark, June 2021 **(MTK)**

1st opponent, PhD-thesis – patients with hip fracture, Tärtn University, Estonia, Nov 2021 **(MTK)**.

Evaluation committee member, associate professor application, Aarhus University, Nov 2021 **(MTK)**.

Censor, MSc thesis in Physiotherapy, University of Southern Denmark, June 2021 **(MTK)**.

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

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

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

Medlem af styregruppe for Dansk Tværfagligt Register for Hoftensærlige Lårbensbrud, repræsenterer Dansk Selskab for Fysioterapi **(MTK)**.

Medlem af styregruppe for kommunal database for benamputerede der proteseforsynes (**MTK**).

Medlem af styregruppe for hospitalsvendt database for patienter med større benapputationer (**MTK**).

Medlem af projektgruppe for udarbejdelse af tværfaglig og tværsektoriel genoptræningsforløbsbeskrivelse for patienter med hoftebrud, Region Hovedstaden (**MTK**).

Medlem af arbejdsgruppe for beskrivelse og implementering af Karriereveje for forskere og specialister på BFH (**MTK**).

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

Evaluations of applications for Lundbeck/UCSF research committee (**PM**).

Medlem af arbejdsgruppe under Sundhedsstyrelsen vedrørende opdatering af *Senfølger ved COVID-19. Anbefalinger til organisering af indsatsen for patienter med langvarige symptomer ved COVID-19*. Publiceret 9. december 2021 (**DG**). Link:
<https://www.sst.dk/da/Udgivelser/2020/Senfoelger-efter-COVID-19>

Prices

Scientific Competition - second prize, Lassendagen, 2021 (**CC**).