

## SHORT CV

### Summary

**About me:** I am Professor of Clinical Exercise Physiology and Rehabilitation at The Department of Clinical Medicine, University of Copenhagen. I am also Head of Research at Physical Medicine & Rehabilitation Research - Copenhagen (PMR-C), a multi-disciplinary research program in physical medicine and rehabilitation, established as a joint-venture between The Clinical Research Centre, The Department of Orthopedic Surgery, and The Department of Physical and Occupational Therapy, Amager-Hvidovre Hospital, University of Copenhagen. Please see [www.pmr.dk](http://www.pmr.dk) for more details and [www.pmr.dk/publications](http://www.pmr.dk/publications) for last year's PMR-C research report).

**About my research:** My main research focus is *if- and how-* physical activity and exercise can enhance clinical recovery in different patient groups.

### Academic degrees

2009: PhD (Neuroscience), University of Copenhagen

2004: MSc (Exercise Physiology, separate 5-year degree), University of Copenhagen

1998: Physical Therapist, Copenhagen School of Physiotherapy

### Recent employments

2017-present: Professor of Clinical Exercise Physiology and Rehabilitation, Department of Clinical Medicine, University of Copenhagen.

2014-2017: Associate Professor, Department of Clinical Medicine, University of Copenhagen.

2009-present: Senior Researcher, Clinical Research Centre, Copenhagen University Hospital, Hvidovre.

2010-2014: Part-time Clinical PhD Lecturer (Klinisk Ph.d.-vejledningslektor), University of Copenhagen.

### Publications

2006-present: >70 papers published in international peer-reviewed journals (>250 citations/year past 2 years, H-index=21 [PhD degree in 2009]), 1 textbook chapter, 14 communicating papers in nonprofessional language, and >100 abstracts presented at national and international conferences.

### Reviewer assignments

Journals: Editorial board member with PLoS One. Ad-hoc reviewer with several other international peer-reviewed journals related to muscle physiology and rehabilitation.

Grant applications: Arthritis New Zealand, Auckland Medical Research Foundation, Arthritis Research - United Kingdom.

### Research coordination

2015-present: Head of Research, Physical Medicine & Rehabilitation Research - Copenhagen (PMR-C), Copenhagen University Hospital, Hvidovre.

2013-present: Research coordinator, Physical Medicine & Rehabilitation Research - Copenhagen (PMR-C), Copenhagen University Hospital, Hvidovre.

2010-present: Research coordinator, Department of Physical Therapy, Copenhagen University Hospital, Hvidovre. 2009 - present: Research coordinator, Lundbeck Foundation Centre for Fast-Track Total Hip and Knee Arthroplasty ([www.fthk.dk](http://www.fthk.dk)).

### Teaching experience

2014-present: Lecturer with the MSc-education in Health Sciences (Cand.Scient.San.), University of Copenhagen.

2006-present: Ad-hoc pre- (MSc) and post (PhD) graduate teaching at courses offered by the Danish Association of Physical Therapists and Department of Exercise and Sport Sciences, University of Copenhagen. The main topics include clinical biomechanics and clinical exercise physiology.

## **Coordination of teaching activities**

2014-present: Board member, PhD-program: Basic and Clinical Research in Musculoskeletal and Oral Sciences, Faculty of Health Sciences, University of Copenhagen (MUSKOS, <http://phd-musculoskeletal.ku.dk/>).

2015-present: Course director, PhD-course: Clinical Research in Health and Medical Sciences (<http://phd-musculoskeletal.ku.dk/courses/>).

## **Supervisor experience**

Current supervision: 1 Postdoc and 3 PhD-students.

Completed supervision: 4 PhD-students, 5 MSc-students, and 24 BSc-students.