

Institute of  
Sports Medicine  
Copenhagen



**ISMC**  
Bispebjerg Hospital

# Annual Report 2020

**Institute of Sports Medicine  
Copenhagen**

Department of Orthopedic Surgery,  
Copenhagen University Hospital –  
Bispebjerg and Frederiksberg,  
Copenhagen, Denmark

# Number of publications / activities per category

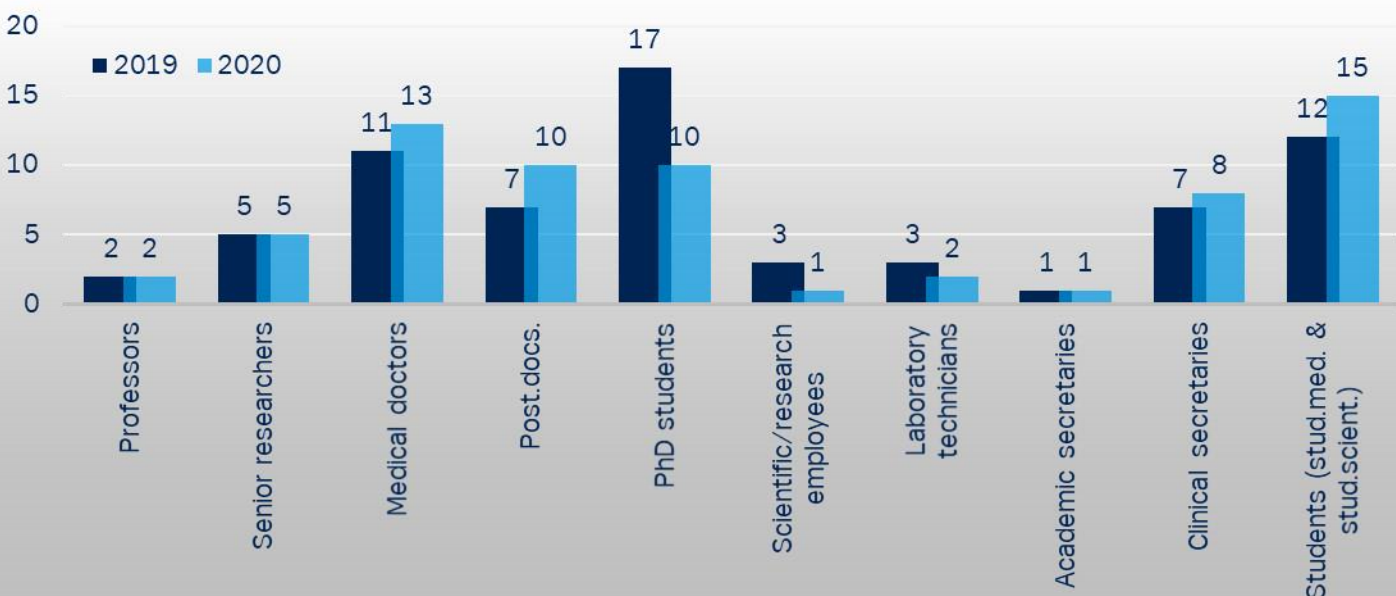
Total number (no. 1<sup>st</sup> author / no. last author)

	2019	2020	Change
Original papers	26 (18/15)	52 (30/30)	↑ 100 pct.
Overviews and proceedings	6 (4/3)	5 (2/0)	↓ 17 pct.
Books and book chapters	1 (0/0)	4 (3/0)	↑ 300 pct.
Disseminating publications in Danish journals	8 (6/5)	2 (2/0)	↓ 75 pct.
PhD thesis	4	8	↑ 100 pct.
Master thesis	8	5	↓ 38 pct.
Bachelor thesis	9	15	↑ 67 pct.
Scientific talks and posters	29	21	↓ 28 pct.
<b>Lectures:</b>			
Guest at universities and hospitals abroad	3	5	↑ 67 pct.
Invited	17	16	↓ 6 pct.
Other	21	4	↓ 81 pct.
<b>Teaching activities:</b>			
Post graduate	35	14	↓ 60 pct.
Pre graduate	11	19	↑ 73 pct.
Other	2	4	↑ 100 pct.
Membership of editorial and other committees	14	11	↓ 21 pct.
Membership of evaluation and academic committees	9	12	↑ 33 pct.
Prizes	2	2	-

## Employees

3 people changed position during the year and is included in more than one bar.

(1 person from Scientific employee to PhD student, 2 people from PhD student to Post.doc.).



## Who has been published?

A total of **26 people out of 64 employees (~ 41 pct.)** have been published within the categories *original papers (26 people)*, *overviews and proceedings (4 people)*, *books and book chapters (4 people)*, *disseminating publications in Danish journals (1 person)*.

## The top 10 most published people are:

1. Michael Kjaer	25 (4/6)	6. Abigail Mackey	8 (0/4)
2. Peter Magnusson	16 (1/3)	7. Carl-Johan Boraxbekk	8 (0/2)
3. Peter Schjerling	15 (0/0)	8. Jesper Løvind Andersen	8 (0/1)
4. René B Svensson	11 (0/1)	9. Anders Karlsen	5 (3/0)
5. Christian Couppé	9 (2/2)	10. Grith Højfeldt	5 (2/0)

## Where have we been published?

The 59 publications within the categories *original papers (52)*, *overviews and proceedings (5)*, *disseminating publications in Danish journals (2)* have been published in 48 different journals, with a **maximum of 4 publications** in *Experimental Gerontology*. Combining the journal impact factor (IF) for each of the 48 journals with the number of publications in that journal gives a total combined impact for our publications of **254,23**.

## The 10 journals that contribute most to the total combined impact are:

Journal (no. publications)	Journal IF	Total impact
1. British Journal of Sports Medicine (3)	12,68	38,04
2. nature cell biology (1)	20,04	20,04
3. The FASEB Journal (3)	4,97	14,90
4. Experimental Gerontology (4)	3,38	13,50
5. Ageing Research Reviews (1)	10,62	10,62
6. Nutrients (2)	4,55	9,09
7. Aging Cell (1)	7,24	7,24
8. Antioxidants & Redox Signaling (1)	7,04	7,04
9. The American Journal of Clinical Nutrition (1)	6,77	6,77
10. Molecular Metabolism (1)	6,45	6,45

These 10 journals contribute with a **total combined impact of 133,68 (~53 pct.)** of the total combined impact for all 59 publications of **254,23**.



## Original papers

Agergaard AS, Malmgaard-Clausen NM, Svensson RB, Nybing JD, Boesen M, Kjaer M, Magnusson SP, Hansen P. UTE T2\* mapping of tendinopathic patellar tendons: an MRI reproducibility study. *Acta Radiol. Apr* 27; 284185120918807, 2020

Bayer ML, Svensson RB, Schjerling P, Williams AS, Wasserman DH, Kjaer M. Influence of the integrin alpha-1 subunit and its relationship with high-fat diet upon extracellular matrix synthesis in skeletal muscle and tendon. *Cell Tissue Res. Jul*; 381(1): 177-187, 2020

Bergman F, Matsson-Frost T, Jonasson L, Chorell E, Sörlin A, Wennberg P, Öhberg F, Ryberg M, Levine JA, Olsson T, Boraxbekk CJ. Walking Time Is Associated With Hippocampal Volume in Overweight and Obese Office Workers. *Front Hum Neurosci. Aug* 20; 14: 307, 2020

Bjerre-Bastos JJ, Nielsen HB, Andersen JR, He Y, Karsdal M, Bay-Jensen AC, Boesen M, Mackey AL, Bihlet AR. Evaluation of serum ARGS neopeptide as an osteoarthritis biomarker using a standardized model for exercise-induced cartilage extra cellular matrix turnover. *Osteoarthritis Cartilage Open. Jun*; 2(2): 100060, 2020

Boesen AP, Boesen MI, Hansen R, Barfod KW, Lenskjold A, Malliaras P, Langberg H. Effect of Platelet-Rich Plasma on Nonsurgically Treated Acute Achilles Tendon Ruptures: A Randomized, Double-Blinded Prospective Study. *Am J Sports Med. Jul*; 48(9): 2268-2276, 2020

Castro-Mejía JL, Khakimov B, Krych Ł, Bülow J, Bechshøft RL, Højfeldt G, Mertz KH, Garne ES, Schacht SR, Ahmad HF, Kot W, Hansen LH, Perez-Cueto FJA, Lind MV, Lassen AJ, Tetens I, Jensen T, Reitelseder S, Jespersen AP, Holm L, Engelsen SB, Nielsen DS. Physical fitness in community-dwelling older adults is linked to dietary intake, gut microbiota, and metabolomic signatures. *Aging Cell. Mar*; 19(3): e13105, 2020

Chang J, Garva R, Pickard A, Yeung CYC, Mallikarjun V, Swift J, Holmes DF, Calverley B, Lu Y, Adamson A, Raymond-Hayling H, Jensen O, Shearer T, Meng QJ, Kadler KE. Circadian control of the secretory pathway maintains collagen homeostasis. *Nat Cell Biol. Jan*; 22(1): 74-86, 2020

Couppé C, Svensson RB, Josefsen CO, Kjeldgaard E, Magnusson SP. Ultrasound speckle tracking of Achilles tendon in individuals with unilateral tendinopathy: a pilot study. *Eur J Appl Physiol. Mar*; 120(3): 579-589, 2020

Dideriksen K, Reitelseder S, Agergaard J, Boesen AP, Aas SN, Raastad T, Holm L. Muscle protein breakdown is impaired during immobilization compared to during a subsequent retraining period in older men: no effect of anti-inflammatory medication. *Pflugers Arch. Feb*; 472(2): 281-292, 2020

Domellöf EM, Walton L, Boraxbekk CJ, Bäckström D, Josefsson M, Forsgren L, Neely AS. Evaluating a frontostriatal working-memory updating-training paradigm in Parkinson's disease: the iPARK trial, a double-blinded randomized controlled trial. *BMC Neurol. Sep* 7; 20(1): 337, 2020

Fristrup B, Krstrup P, Andersen JL, Hornstrup T, Løwenstein FT, Larsen MA, Helge JW, Póvoas SCA, Aagaard P. Effects of small-sided recreational team handball training on mechanical muscle function, body composition and bone mineralization in untrained young adults-A randomized controlled trial. *PLoS One. Nov* 18; 15(11): e0241359, 2020

Gavelin HM, Neely AS, Dunås T, Eskilsson T, Järholm LS, Boraxbekk CJ. Mental fatigue in stress-related exhaustion disorder: Structural brain correlates, clinical characteristics and relations with cognitive functioning. *Neuroimage Clin. 27*: 102337, 2020

Ghaziani E, Couppé C, Siersma V, Christensen H, Magnusson SP, Sunnerhagen KS, Persson HC, Murphy MA. Easily Conducted Tests During the First Week Post-stroke Can Aid the Prediction of Arm Functioning at 6 Months. *Front Neurol. Jan* 9; 10: 1371, 2020

Greibe E, Reitelseder S, Bechshøft RL, Bülow J, Højfeldt GW, Schacht SR, Knudsen ML, Tetens I, Ostenfeld MS, Mikkelsen UR, Heegaard CW, Nexø E, Holm L. Effects of Prolonged Whey Protein Supplementation and Resistance Training on Biomarkers of Vitamin B12 Status: A 1-Year Randomized Intervention in Healthy Older Adults (the CALM Study). *Nutrients*. Jul 7; 12(7): 2015, 2020

Gylling AT, Bloch-Ibenfeldt M, Eriksen CS, Ziegler AK, Wimmelmann CL, Bækgaard M, Boraxbekk CJ, Siebner HR, Mortensen EL, Kjaer M. Maintenance of muscle strength following a one-year resistance training program in older adults. *Exp Gerontol*. Oct 1; 139: 111049, 2020

Gylling AT, Eriksen CS, Garde E, Wimmelmann CL, Reisleiv NL, Bieler T, Ziegler AK, Andersen KW, Bauer C, Dideriksen K, Bækgaard 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

Hansen SK, Ratzner J, Nielsen JL, Suetta C, Karlsen A, Kvorning T, Frandsen U, Aagaard P. Effects of alternating blood flow restricted training and heavy-load resistance training on myofiber morphology and mechanical muscle function. *J Appl Physiol* (1985). Jun 1; 128(6): 1523-1532, 2020

Herchenhan A, Dietrich-Zagonel F, Schjerling P, Kjaer M, Eliasson P. Early Growth Response Genes Increases Rapidly After Mechanical Overloading and Unloading in Tendon Constructs. *J Orthop Res*. Jan; 38(1): 173-181, 2020

Hingst JR, Kjøbsted R, Birk JB, Jørgensen NO, Larsen MR, Kido K, Larsen JK, Kjeldsen SAS, Fentz J, Frøsig C, Holm S, Fritzen AM, Dohmann TL, Larsen S, Foretz M, Viollet B, Schjerling P, Overby P, Halling JF, Pilegaard H, Hellsten Y, Wojtaszewski JFP. Inducible deletion of skeletal muscle AMPK $\alpha$  reveals that AMPK is required for nucleotide balance but dispensable for muscle glucose uptake and fat oxidation during exercise. *Mol Metab*. Oct; 40: 101028, 2020

Hoeffner R, Agergaard AS, Funaro A, Bjerregaard N, Svensson RB, Alkjaer T, Magnusson SP. The influence of an orthopaedic walker boot on forefoot force. *Foot (Edinb)*. Sep 10; 46: 101739, 2020

Hornstrup T, Póvoas S, Helge JW, Melcher PS, Frstrup B, Andersen JL, Møgelvang R, Hansen PR, Nybo L, Krstrup P. Cardiovascular and metabolic health effects of team handball training in overweight women: Impact of prior experience. *Scand J Med Sci Sports*. Feb; 30(2): 281-294, 2020

Højfeldt G, Bülow J, Agergaard J, Asmar A, Schjerling P, Simonsen L, Bülow J, van Hall G, Holm L. Impact of habituated dietary protein intake on fasting and postprandial whole-body protein turnover and splanchnic amino acid metabolism in elderly men: a randomized, controlled, crossover trial. *Am J Clin Nutr*. Dec 10; 112(6): 1468-1484, 2020

Højfeldt G, Nishimura Y, Mertz K, Schacht SR, Lindberg J, Jensen M, Hjulmand M, Lind MV, Jensen T, Jespersen AP, Reitelseder S, Tetens I, Holm L. Daily Protein and Energy Intake Are Not Associated with Muscle Mass and Physical Function in Healthy Older Individuals-A Cross-Sectional Study. *Nutrients*. Sep 12; 12(9): 2794, 2020

Jensen KK, Oma E, Kjaer M, Jørgensen LN, Andersen JL. Histology and Function of the Rectus Abdominis Muscle in Patients With Incisional Hernia. *J Surg Res*. Sep; 253: 245-251, 2020

Jensen SM, Bechshøft CJL, Heisterberg MF, Schjerling P, Andersen JL, Kjaer M, Mackey AL. Macrophage Subpopulations and the Acute Inflammatory Response of Elderly Human Skeletal Muscle to Physiological Resistance Exercise. *Front Physiol*. Jul 24; 11: 811, 2020

Johannsen F, Konradsen L, Herzog R, Krogsgaard MR. Endoscopic fasciotomy for plantar fasciitis provides superior results when compared to a controlled non-operative treatment protocol: a randomized controlled trial. *Knee Surg Sports Traumatol Arthrosc*. Oct; 28(10): 3301-3308, 2020

Jørgensen AEM, Schjerling P, Krogsgaard MR, Petersen MM, Olsen J, Kjær M, Heinemeier KM. Collagen Growth Pattern in Human Articular Cartilage of the Knee. *Cartilage*. Nov 4; 1947603520971016, 2020

Karlsen A, Cullum CK, Norheim KL, Scheel FU, Zinglarsen AH, Vahlgren J, Schjerling P, Kjaer M, Mackey AL. Neuromuscular Electrical Stimulation Preserves Leg Lean Mass in Geriatric Patients. *Med Sci Sports Exerc.* Apr; 52(4): 773-784, 2020

Karlsen A, Mackey AL, Suetta C, Kjaer M. What is the impact of acute inflammation on muscle performance in geriatric patients?. *Exp Gerontol.* Sep; 138: 111008, 2020

Karlsen A, Soendenbroe C, Malmgaard-Clausen NM, Wagener F, Moeller CE, Senhaji Z, Damberg K, Andersen JL, Schjerling P, Kjaer M, Mackey AL. Preserved capacity for satellite cell proliferation, regeneration, and hypertrophy in the skeletal muscle of healthy elderly men. *FASEB J.* May; 34(5): 6418-6436, 2020

Kilen A, Bay J, Bejder J, Andersen AB, Bonne TC, Larsen PD, Carlsen A, Egelund J, Nybo L, Mackey AL, Olsen NV, Aachmann-Andersen NJ, Andersen JL, Nordsborg NB. Impact of low-volume concurrent strength training distribution on muscular adaptation. *J Sci Med Sport.* Oct; 23(10): 999-1004, 2020

Kjaer Marie, Russell W, Schjerling P, Cottarelli E, Christjansen KN, Olsen DMG, Krarup PM, Jessen L, Berner-Hansen M, Jorgensen LN, Ågren MS. Glucagon-Like Peptide-2 Analogue ZP1849 Augments Colonic Anastomotic Wound Healing. *Gastroenterol Res Pract.* Oct 9; 2020: 8460508, 2020

Kjær BH, 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 Int.* Jan 14; 4(1): 85-90, 2020

Lassen AJ, Mertz K, Holm L, Jespersen AP. Retirement Rhythms: Retirees' Management of Time and Activities in Denmark. *Societies.* 10(3): 68, 2020

Lind A, Boraxbekk CJ, Petersen ET, Paulson OB, Siebner HR, Marsman A. Regional Myo-Inositol, Creatine, and Choline Levels Are Higher at Older Age and Scale Negatively with Visuospatial Working Memory: A Cross-Sectional Proton MR Spectroscopy Study at 7 Tesla on Normal Cognitive Ageing. *J Neurosci.* Oct 14; 40(42): 8149-8159, 2020

Magnusson SP, Agergaard AS, Couppe C, Svensson RB, Warming S, Krogsgaard MR, Kjaer M, Eliasson P. Heterotopic Ossification After an Achilles Tendon Rupture Cannot Be Prevented by Early Functional Rehabilitation: A Cohort Study. *Clin Orthop Relat Res.* May; 478(5): 1101-1108, 2020

Møller LLV, Jaurji M, Kjøbsted R, Joseph GA, Madsen AB, Knudsen JR, Lundsgaard AM, Andersen NR, Schjerling P, Jensen TE, Krauss RS, Richter EA, Sylow L. Insulin-stimulated glucose uptake partly relies on p21-activated kinase (PAK)2, but not PAK1, in mouse skeletal muscle. *J Physiol.* Dec; 598(23): 5351-5377, 2020

Nicolaisen TS, Klein AB, Dmytriyeva O, Lund J, Ingerslev LR, Fritzen AM, Carl CS, Lundsgaard AM, Frost M, Ma T, Schjerling P, Gerhart-Hines Z, Flamant F, Gauthier K, Larsen S, Richter EA, Kiens B, Clemmensen C. Thyroid hormone receptor  $\alpha$  in skeletal muscle is essential for T3-mediated increase in energy expenditure. *FASEB J.* Nov; 34(11): 15480-15491, 2020

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. *Int J Environ Res Public Health.* Oct 21; 17(20): 7668, 2020

Olesen AT, Malchow-Møller L, Bendixen RD, Kjær M, Svensson RB, Andersen JL, Magnusson SP. Age-related myofiber atrophy in old mice is reversed by ten weeks voluntary high-resistance wheel running. *Exp Gerontol.* Nov 9; 143: 111150, 2020

Reitelseder S, Tranberg B, Agergaard J, Dideriksen K, Højfeldt G, Merry ME, Storm AC, Poulsen KR, Hansen ET, van Hall G, Lund P, Holm L. Phenylalanine stable isotope tracer labeling of cow milk and meat and human experimental applications to study dietary protein-derived amino acid availability. *Clin Nutr.* Dec; 39(12): 3652-3662, 2020

- Schaarup SO, Burgaard P, Johannsen FE. Surgical Repair of Complete Plantar Fascia Ruptures in High-Demand Power Athletes: An Alternative Treatment Option. *J Foot Ankle Surg.* Jan-Feb 2020; 59(1): 195-200, 2020
- 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, Silbernagel KG, Speed C, Weir A, Wolf JM, van den Akker-Scheek I, Vicenzino BT, Zwerver J. ICON 2019: International Scientific Tendinopathy Symposium Consensus: Clinical Terminology. *Br J Sports Med.* Mar; 54(5): 260-262, 2020
- Skovlund SV, 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. *Transl Sports Med.* Jul; 3(4): 342-352, 2020
- Soendenbro C, Bechshøft CJL, Heisterberg MF, Jensen SM, Bomme E, Schjerling P, Karlsen A, Kjaer M, Andersen JL, Mackey AL. Key Components of Human Myofibre Denervation and Neuromuscular Junction Stability are Modulated by Age and Exercise. *Cells.* Apr 6; 9(4): 893, 2020
- Tran PHT, Malmgaard-Clausen NM, Puggaard RS, Svensson RB, Nybing JD, 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. *FASEB J.* Jan; 34(1): 776-788, 2020
- Vicenzino B, de Vos RJ, Alfredson H, Bahr R, Cook JL, Coombes BK, Fu SN, Silbernagel KG, 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, van den Akker-Scheek I, Weir A, Wolf JM, 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. *Br J Sports Med.* Apr; 54(8): 444-451, 2020
- Våben C, Heinemeier KM, Schjerling P, Olsen J, Petersen MM, Kjaer M, Krogsgaard MR. No detectable remodelling in adult human menisci: an analysis based on the C14 bomb pulse. *Br J Sports Med.* Dec; 54(23): 1433-1437, 2020
- Yeung CYC, Schoof EM, Tamáš M, Mackey AL, Kjaer M. Proteomics identifies differences in fibrotic potential of extracellular vesicles from human tendon and muscle fibroblasts. *Cell Commun Signal.* Nov 4; 18(1): 177, 2020
- Zhang C, Couppé C, Scheijen JLJM, Schalkwijk CG, Kjaer M, Magnusson SP, Svensson RB. Regional collagen turnover and composition of the human patellar tendon. *J Appl Physiol (1985).* Apr 1; 128(4): 884-891, 2020
- Zhang C, Svensson RB, Couppé C, Schjerling P, Skovgaard D, Kjaer M, Magnusson SP. Regional differences in turnover, composition, and mechanics of the porcine flexor tendon. *Connect Tissue Res.* Sep; 61(5): 475-484, 2020
- Zhang C, Svensson RB, Montagna C, Carstensen H, Buhl R, Schoof EM, Kjaer M, Magnusson SP, Yeung CYC. Comparison of Tenocyte Populations from the Core and Periphery of Equine Tendons. *J Proteome Res.* Oct 2; 19(10): 4137-4144, 2020

## Overviews and proceedings

Habich A, Fehér KD, Antonenko D, Boraxbekk CJ, Flöel A, Nissen C, Siebner HR, Thielscher A, Klöppel S. Stimulating aged brains with transcranial direct current stimulation: Opportunities and challenges. *Psychiatry Res Neuroimaging*. Dec 30; 306: 111179, 2020

Kjaer M. COVID-19 and sports medicine research. *Transl Sports Med*. Jul; 3(4): 287, 2020

Montagna C, Cirotti C, Rizza S, Filomeni G. When S-Nitrosylation Gets to Mitochondria: From Signaling to Age-Related Diseases. *Antioxid Redox Signal*. Apr 20; 32(12): 884-905, 2020

Nuckolls GH, Kinnett K, Dayanidhi S, Domenighetti AA, Duong T, Hathout Y, Lawlor MW, Lee SSM, Magnusson SP, McDonald CM, McNally EM, Miller NF, Olwin BB, Raghavan P, Roberts TJ, Rutkove SB, Sarwark JF, Senesac CR, Vogel LF, Walter GA, Willcocks RJ, Rymer WZ, Lieber RL. Conference report on contractures in musculoskeletal and neurological conditions. *Muscle Nerve*. Jun; 61(6): 740-744, 2020

Nyberg L, Boraxbekk CJ, Sörman DE, Hansson P, Herlitz A, Kauppi K, Ljungberg JK, Lövheim H, Lundquist A, Adolfsson AN, Oudin A, Pudas S, Rönnlund M, Stiernstedt M, Sundström A, Adolfsson R. Biological and environmental predictors of heterogeneity in neurocognitive ageing: Evidence from Betula and other longitudinal studies. *Ageing Res Rev*. Dec; 64: 101184, 2020



## Books and book chapters

Couppé C. Fysioterapi som behandling af tendinopati og myotendinøse smertetilstande (chapter 24). In: Danneskiold-Samsøe B, Wæhrens EE, Amris K, Henriksen M ed(s). Klinisk reumatologi. Munksgaard, København, ed. 3, pp 496, 2020

Johannsen F. Regionale smertetilstande. In: Baslund B, Feldt-Rasmussen U, Kastrup J, Sørensen PS ed(s). Medicin. FADL's Forlag, ed. 3, p 820-841, pp 1200, 2020

Bayer ML, Järvinen TAH. Basic Muscle Physiology in Relation to Hamstring Injury and Repair (chapter 2). In: Thorborg K, Opar D, Shield A ed(s). Prevention and Rehabilitation of Hamstring Injuries. Springer, Cham, ed. 1, p 31-63, pp 347, 2020

Kjær M. Foreword. In: Thorborg K, Opar D, Shield A ed(s). Prevention and Rehabilitation of Hamstring Injuries. Springer, Cham, ed. 1, p vii-viii, pp 347, 2020

## Disseminating publications in Danish journals

Kjær M, Kjældgaard LH, Riis J, Greisen G, Rasmussen AJ. Film for læger i en pandemitid. Ugeskrift for læger. 26/06 2020, 2020

Kjær M, Kjældgaard LH, Riis J, Greisen G, Rasmussen AJ. Skønlitteratur for læger i en pandemitid. Ugeskrift for læger. 12/06 2020, 2020

## Doctoral dissertations and PhD thesis

Tran PHT. The mechanisms behind development of tendinopathy: Early structural, inflammatory, nociceptive and clinical changes. January 17, 2020. Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (Kjær M, Magnusson SP)

Kjær BH. Postoperative physiotherapy treatment for surgical Rotator cuff Repair - a prospective randomized controlled trial with one-year follow-up. February 6, 2020. Department of Sports Science and Clinical Biomechanics, University of Southern Denmark (PhD thesis) (Juul-Kristensen B, Henriksen M, Magnusson SP, Krosgaard MR)

Olesen AST. The effect of aging and training on intramuscular connective tissue. April 2, 2020. Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (Kjaer M, Magnusson SP, Svensson RB)

Bülow J. The Ageing Skeletal Muscle: Effects of Training and Protein supplementation. June 23, 2020. Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (Kjær M, Holm L, Engelsen SB)

Mertz KH. Preservation of muscle mass and function through protein supplementation and exercise. October 2, 2020. Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (Kjær M, Mackey A, Holm L)

Zhang C. Tendon composition and turnover - Is it uniform throughout the tissue?. October 30, 2020. Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (Kjær M, Magnusson SP, Svensson RB)

Gyilling AT. Physical activity as intervention for age-related loss of muscle mass and function, the LISA study: A randomized controlled trial. November 24, 2020. Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (Kjær M, Mackey A)

Jørgensen AEM. Human cartilage growth, regional turnover in vivo, and the effect of exercise in late-stage knee osteoarthritis. November 27, 2020. Faculty of Health and Medical Sciences, University of Copenhagen (PhD thesis) (Kjær M, Heinemeier KM, Krosgaard MR)

## Master and Bachelor thesis

Master thesis (Medicine): AH Madsen. Treatment of tendinopathy with platelet rich plasma (PRP). Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Master thesis (Medicine): NB Harsløff. MR-spectroscopy study of changes in glutamate, glutamine and lactate in the anterior cingulate cortex following intense sprint exercise. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Boraxbekk CJ, Kjær M)

Master thesis (Medicine): NU Fredskild. Ultrasonography in human calf muscle: A validation study. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Bayer ML, Kjær M)

Master thesis (Medicine): TEH Justesen. Effect of Presleep Protein Ingestion: A Systematic Review. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Agergaard J, Kjær M)

Master thesis: US Nielsen. The role of ageing and exercise in the macrophage content of human skeletal muscle. University of Copenhagen 2020 (Mackey AL)

Bachelor thesis (Medicine): CH Pedersen. Kirurgisk vs konservativ behandling af Achilleseneruptur. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Bachelor thesis (Medicine): D Schefte. Muscle adaption after an Achilles tendon rupture. Lindköping University, Sweden 2020 (Magnusson SP)

Bachelor thesis (Medicine): JH Retoft. Kardio-metabolisk risiko reduktion ved motionsfodbold hos voksne. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Bachelor thesis (Physiotherapy): JVE Jørgensen, TA Madsen, E Tørnøe. Behandling af springerknæ - Betydning af belastningsstørrelse for senens mekaniske egenskaber og funktion. Institut for Terapeut- og Jordemoderuddannelser, Det Sundhedsfaglige Fakultet, Københavns Professionshøjskole 2020 (Agergaard AS)

Bachelor thesis (Medicine): K Kjærgaard. Behandling af Achilleseneoverbelastning. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Bachelor thesis (Medicine): K Yurchenko. Investigation of Time-Dependent Changes in the Collagen ECM of Human Patellar Tendons. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Yeung CYC)

Bachelor thesis (Medicine): KE Mortensen. Behandling af Achilleseneruptur. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Bachelor thesis: LW Andreasen. Neurotrofiske faktorer og den neuromuskulære junction. University of Copenhagen 2020 (Mackey AL)

Bachelor thesis (Medicine): M Bertelsen. Negative effekter af anabole steroider på hjertet, mandlige kønshormoner, kønsorganer og reversibiliteten af disse. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Bachelor thesis (Medicine): MN Kracht. Tidlig tendinopati hos eliteatleter. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Bachelor thesis (Medicine): N Adler. Optimal styrketræning hos ældre patienter, med fokus på sarkopeni. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Bachelor thesis (Medicine): NM Bjerregaard. Achilles tendon loading. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Magnusson SP)

Bachelor thesis (Medicine): R Egholm. Effekt af fysisk aktivitet hos børn og unge på knoglemasse og peak bone mass. Faculty of Health and Medical Sciences, University of Copenhagen 2020 (Kjær M)

Bachelor thesis: S Bouju. Skade og regenerering af muskler vs sener. University of Copenhagen 2020 (Mackey AL)

Bachelor thesis: V Münter. Motions effekt på neuromuskulære junctions og tilhørende komponenter af unge, voksne og aldrende dyr: et litteraturstudie. University of Copenhagen 2020 (Mackey AL)



## Scientific talks and posters

Tsuchiya Y, Ono Y. Tenocytes contribute myogenic proliferation and differentiation. The 75th Japanese Society of Physical Fitness and Sports Medicine, September 2020. Kagoshima, Japan (online) (Scientific talk).

Karlsen A, Soendenbroe C, Malmgaard-Clausen NM, Wagener F, Moeller CE, Senhaji Z, Damberg K, Andersen JL, Schjerling P, Kjaer M, Mackey AL. Preserved capacity for satellite cell proliferation, regeneration and hypertrophy in the skeletal muscle of healthy elderly men. 25th European College of Sport Science Anniversary Congress, October 2020. ECSS Virtual (Scientific talk).

Kjaer M, Tran PHT, Malmgaard-Clausen NM, Puggaard RS, Svensson RB, Nybing JD, Hansen P, Schjerling P, Zinglarsen AH, Couppé C, Boesen M, Magnusson SP. Early development of tendon overuse injury (tendinopathy) in humans: Sequence of pathological changes in structure and tissue turnover signaling. 25th European College of Sport Science Anniversary Congress, October 2020. ECSS Virtual (Scientific talk).

Malmgaard-Clausen NM, Jørgensen OH, Høffner R, Svensson R, Magnusson SP, Kjær M. No effect of short term NSAID treatment as an additive to rehabilitation in early phase tendinopathy. 25th European College of Sport Science Anniversary Congress, October 2020. ECSS Virtual (Scientific talk).

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's (APS) Integrative Physiology of Exercise (IPE) Conference 2020, November 2020. Virtual (Poster).

Yeung CYC, Yurchenko K, Malmgaard-Clausen NM, Tryggedsson I, Jokipii-Utton A, Heinemeier KM, Olesen JL, Lu Y, Kadler KE, Svensson RB, Schjerling P, Kjaer M. Day-to-night changes in expression of clock genes in human tendon indicate a conserved circadian clock. Pan Pacific Connective Tissue Societies Symposium 2020, November 2020. Virtual Meeting (Scientific talk).

Montagna C, Bayer ML, Yeung CYC, Schjerling P, Svensson RB, Kjaer M. Autophagy at the crossroad between cells and matrix implications in tendon mechanobiology. 2020 Danish Society for Matrix Biology Annual Meeting: Extracellular Matrix as a Therapeutic Target, December 2020. Copenhagen, Denmark (online) (Scientific talk).

Tsuchiya Y, Ono Y. Do tenocytes contribute to muscle regeneration?. 2020 Danish Society for Matrix Biology Annual Meeting: Extracellular Matrix as a Therapeutic Target, December 2020. Copenhagen, Denmark (online) (Poster).

Yeung CYC, Yurchenko K, Malmgaard-Clausen NM, Tryggedsson I, Jokipii-Utton A, Heinemeier KM, Olesen JL, Lu Y, Kadler KE, Svensson RB, Schjerling P, Kjaer M. Day-to-night changes in expression of clock genes in human tendon indicate a conserved circadian clock. 2020 Danish Society for Matrix Biology Annual Meeting: Extracellular Matrix as a Therapeutic Target, December 2020. Copenhagen, Denmark (online) (Poster).

Agergaard AS, Svensson RB, Malmgaard-Clausen NM, Couppé C, Hjortshøj MH, Doessing S, Kjaer M, Magnusson SP. Clinical outcome, structure and function improve with both heavy and moderate load in the treatment of patellar tendinopathy: A Randomized clinical trial. Lassedagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Scientific talk).

Mertz KH, Reitelseder S, Rasmussen MA, Bülow J, Højfeldt G, Jensen M, Hjulmand M, Lindberg J, Kramer MU, Bechshoef R, Holm L. Temporal changes in muscle size and strength in older adults during a one-year center- or home-based resistance training intervention with six months follow-up. Lassedagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Scientific talk).

Agergaard J, Svensson R, van Hall G, Kjær M. Localized protein turnover of tendon tissue - a pilot study. Lassedagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Brinch S, Hansen P, Boesen MP, Nybing JD, Johannsen FE. Reproducibility of navicular bone drop on weight bearing Cone Beam CT. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Couppé C, Svensson RB, Skovlund SV, Jensen JK, Eriksen CS, Malmgaard-Clausen NM, Nybing JD, 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. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Gylling AT, Bloch-Ibenfeldt M, Eriksen CS, Ziegler AK, Wimmelmann CL, Bækgaard M, Boraxbekk CJ, Siebner HR, Mortensen EL, Kjaer M. The maintenance of muscle strength following a one-year resistance training program in moderately old men and women. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Høffner R, Agergaard AS, Boesen M, Hansen P, Svensson R, Petersen J, Christensen M, Rasmussen P, Mikkelen R, Konradsen L, Krogsgaard M, Kjær M, Magnusson SP. Delayed loading following repair of ruptured Achilles tendon - a randomized controlled trial. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Jakobsen JR, Schjerling P, Kjaer M, Mackey AL, Krogsgaard MR. Identification of genes with increased expression at the myotendinous junction. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Kjær BH, Magnusson SP, Warming S, Henriksen M, Krogsgaard MR, Boyle E, 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. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Montagna C, Bayer M, Rizza S, Filomeni G, Yeung CYC, Schjerling P, Svensson RB, Kjær M. Collagen I is an autophagy substrate in human tendon cells: implications in tendon mechanobiology. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Soendenbroe C, Schjerling P, Kjaer M, Andersen JL, Mackey AL. Heavy resistance exercise decreases gene expression markers of muscle fibre denervation. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

Tsuchiya Y, Kjær M. Tendon-derived cells contribute for myogenic differentiation. Lassemdagen 2020, Bisbebjerg Hospital, December 2020. Copenhagen, Denmark (online) (Poster).

## Lectures (Invited, Guest at universities and hospitals abroad, Other)

Abigail L Mackey. Human skeletal muscle adaptation to exercise and injury from a cellular perspective. Online seminar at University of Melbourne, August 2020. Melbourne, Australia (online) (Guest lecture abroad)

Michael Kjaer. Exercise and Clinical Physiology: The Copenhagen Tradition. The 2020 Saltin International Graduate Webinar in Exercise and Clinical Physiology: Foundations to Frontiers, University of British Columbia, October 2020. Vancouver, Canada (online) (Guest lecture abroad)

Michael Kjaer. August Krogh Nobel Laureate: 100 Year Anniversary Celebration. American Physiological Society's (APS) Integrative Physiology of Exercise (IPE) Conference 2020, November 2020. Virtual (Guest lecture abroad)

Michael Kjaer. Cellular and molecular responses to exercise and inactivity in human tendon muscle loading. American Physiological Society's (APS) Integrative Physiology of Exercise (IPE) Conference 2020, November 2020. Virtual (Guest lecture abroad)

Peter Magnusson. Chair for Symposium 4: Homeostasis & adaptation of tendons to exercise. American Physiological Society's (APS) Integrative Physiology of Exercise (IPE) Conference 2020, November 2020. Virtual (Guest lecture abroad)

Carl-Johan Boraxbekk. Session: Exercise and the brain. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Christian Couppe. Chair for session: Early tendinopathy - is the tendon different from the chronic tendon?. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Christian Couppe. Chair for session: Risk factors and managements of Achilles tendinopathy. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Christian Couppe. Session: Imaging the tendon. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Christian Couppé. Chair for Workshop 19: Clinical management of Achilles Tendinopathy. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Michael Kjær. Chair for session: Alpine skiing - health and injuries. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Michael Kjær. Session: How inflamed is the tendinopathic tendon?. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Monika Bayer. Chair for session: How inflamed is the tendinopathic tendon?. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Monika Bayer. Chair for session: Imaging the tendon. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Nikolaj M Clausen. Session: Imaging the tendon. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Peter Magnusson. Johannes Lindhard Prize Lecture: Connective Tissue Structure & Function. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Rikke Høffner. Session: Early tendinopathy - is the tendon different from the chronic tendon?. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Invited lecture)

Abigail L Mackey. Challenges of hypertrophy and repair in aging human skeletal muscle. Muscle Science Talks; A virtual seminar series on satellite cells and skeletal muscle in their different states, June 2020. Online (Invited lecture)

Monika L Bayer. Strength training after injury: Timing and progression to improve muscle and connective tissue regeneration. 25th European College of Sport Science Anniversary Congress, October 2020. ECSS Virtual (Invited lecture)

Peter Magnusson. The impact of loading and unloading on healthy and injured human tendon. 25th European College of Sport Science Anniversary Congress, October 2020. ECSS Virtual (Invited lecture)

René Svensson. The Aging tendon at the Nanoscale. 25th European College of Sport Science Anniversary Congress, October 2020. ECSS Virtual (Invited lecture)

Michael Kjær. Prioritering af forskning på Bispebjerg Hospital. Lecture at 'Lederforum', Bispebjerg Hospital, June 2020. Copenhagen, Denmark (Other invited lecture)

Jesper L Andersen. Tidlig opsporing, diagnostik og behandling af skader og sygdom hos eliteatleter. Opening Seminar for Team Denmark's Networks, September 2020. Brøndby, Denmark (Other invited lecture)

Michael Kjær. Akutte og kroniske idrætsskader. Lecture at Team Denmark Symposium on "Forskning indenfor Eliteidræt", October 2020. Brøndby, Denmark (Other invited lecture)

Michael Kjær. August Krogh. Nobelprisen i 1920: Musklernes iltforsyning i hvile og under arbejde. August Krogh-symposium - sport, muskler og sundhed, Det Kongelige Danske Videnskabernes Selskab, November 2020. Copenhagen, Denmark (Other invited lecture)

## Teaching activities (Post graduate, Pre graduate, Other)

Finn E Johannsen. Ryg - ekstremitet og idrætsmedicin. One-week course in "Dansk Selskab for Muskuloskeletal Medicin (DSMM)", January 2020. Club La Santa, Lanzarote, Spain (Post graduate)

Michael Kjær. Muscle injury. Post graduate course for MD's "Sports Orthopedics and Sports Medicine" (Danish Medical Doctors Organization (DADL)), May 2020. Copenhagen, Denmark (Post graduate)

Finn E Johannsen. Smerter i ryg, overekstremitet, underekstremitet. A-Course for Rheumatology residents, 3-day course, September 2020. Gentofte, Denmark (Post graduate)

Michael Kjær. Motion i reumatoloisk perspektiv og idrætsmedicin. Resident course in Rheumatology, October 2020. Aalborg, Denmark (Post graduate)

Abigail L Mackey. Hypertrophy and repair of human skeletal muscle. PhD Course "Advances in skeletal muscle research" (Department of Health Science and Technology, University of Aalborg), November 2020. Aalborg, Denmark (Post graduate)

Chloé Yeung. Mechanotransduction: How the extracellular matrix influences cell behavior. PhD Course "Matrix Biology - physiology and function of extracellular matrix" (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Post graduate)

Chloé Yeung. PhD Course "Matrix Biology - physiology and function of extracellular matrix" (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Post graduate)

Costanza Montagna. Recycling the matrix by autophagy. PhD Course "Matrix Biology - physiology and function of extracellular matrix" (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Post graduate)

Finn E Johannsen. Børn og idrætsskader. SE Course for General Practitioners, November 2020. Copenhagen, Denmark (Post graduate)

Finn E Johannsen. Den diagnostiske udfordring. 3-day course for General Practitioners "Særlig efteruddannelse" (Dansk Selskab for Muskuloskeletal Medicin (DSMM)), November 2020. Vejle, Denmark (Post graduate)

Peter Schjerling. Combining analyses to maximise information output from small connective tissue samples. PhD Course "Matrix Biology - physiology and function of extracellular matrix" (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Post graduate)

René B Svensson. Measuring Matrix Mechanics from Tissues to Molecules. PhD Course "Matrix Biology - physiology and function of extracellular matrix" (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Post graduate)

Jakob Agergaard. Aging from a cross disciplinary perspective. PhD Course (Faculty of Health and Medical Sciences, University of Copenhagen), December 2020. Copenhagen, Denmark (Post graduate)

Michael Kjær. Job seeking in hospitals after PhD. PhD Course "After the PhD?" (Faculty of Health and Medical Sciences, University of Copenhagen), April, May, November 2020. Copenhagen, Denmark (Post graduate)

Abigail L Mackey. Human Diseases for non-clinicians. Course (lectures and SAU classes) at 2nd Semester 'Folkesundhedvidenskab MedTek' (Faculty of Health and Medical Sciences, University of Copenhagen), February 2020. Copenhagen, Denmark (Pre graduate)



Michael Kjær. Kroniske sygdomme og fysisk træning - Bevægeapparatet. Course at 8th Semester Human Physiology (Faculty of Science, University of Copenhagen), March 2020. Copenhagen, Denmark (Pre graduate)

Jakob Agergaard. Musculoskeletal system, ageing and muscle function and the effects of physical activity. Master of Science Program "Nutrition and physical activity for the improvement of health in the aged" (University of Copenhagen), April 2020. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Idrætsfysiologiske/medicinske eksempler. Course at 4th Semester "Energiomsætning" (Faculty of Health and Medical Sciences, University of Copenhagen), June 2020. Copenhagen, Denmark (Pre graduate)

Jesper L Andersen. Applied Training Aspects: Use of Resistance Training in Team sports. Course on "Muscle" at Master of Science (University of Southern Denmark), July 2020. Odense, Denmark (Pre graduate)

Abigail L Mackey. Human Biology. Course (lectures and SAU classes) at 1st Semester 'Folkesundhedvidenskab MedTek' (Faculty of Health and Medical Sciences, University of Copenhagen), September 2020. Copenhagen, Denmark (Pre graduate)

René B Svensson. Biomechanics of the Locomotor System. Bachelor Course (1 lecture and 6 lab exercises) (Department of Biomedical Sciences, Faculty of Health and Medical Sciences, University of Copenhagen), September 2020. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Film and medical ethics. Course "Narrative Medicine" at 2nd Semester (Faculty of Health Sciences, University of Southern Denmark), October 2020. Odense, Denmark (Pre graduate)

René B Svensson. Tissue and Movement Biomechanics. Bachelor and Master Courses (1 lecture, 1 class instruction and 1 lab exercise) (Technical University of Denmark), October 2020. Lyngby, Denmark (Pre graduate)

Christian Couppé. Lectures at cand.scient.san. (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Pre graduate)

Christian Couppé. The effect of aging and gender on tendon, lateral elbow tendinopathy. Course at Master of Science in Physical Therapy (Department of Sports Science and Clinical Biomechanics, University of Southern Denmark), November 2020. Odense, Denmark (Pre graduate)

Michael Kjær. Fysisk aktivitet og inaktivitet. Lectures at cand.scient.san. (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Inaktivitet og sygdomsudvikling. Lectures at cand.scient.san. (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Kroniske sygdomme og fysisk træning. Lectures at cand.scient.san. (Faculty of Health and Medical Sciences, University of Copenhagen), November 2020. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Course in Ethical Dilemmas in Medicine - The Doctors Role: Literature and Film (Head of Course, 40h) (Faculty of Health and Medical Sciences, University of Copenhagen), February-May, September-December 2020. Copenhagen, Denmark (Pre graduate)

Abigail L Mackey. Bachelor's Thesis. Course (SAU classes) at 5th Semester Medicine (Faculty of Health and Medical Sciences, University of Copenhagen), 2020. Copenhagen, Denmark (Pre graduate)

Abigail L Mackey. SAU student exercises on lung mechanics. Course (SAU student exercises) at 5th Semester Medicine (Faculty of Health and Medical Sciences, University of Copenhagen), 2020. Copenhagen, Denmark (Pre graduate)

Peter Magnusson. Muscle-tendon anatomy, physiology and biomechanics in relations to sport. Course at Bachelor of Science in Physical Therapy (Department of Sports Science and Clinical Biomechanics, University of Southern Denmark), 2020. Odense, Denmark (Pre graduate)

Peter Magnusson. Physical activity - Journal Club. Lectures at cand.scient.san. (12h) (Faculty of Health and Medical Sciences, University of Copenhagen), 2020. Copenhagen, Denmark (Pre graduate)

Peter Magnusson. Achilles tendon rupture. Lecture at Department of Orthopedic Surgery, Copenhagen University Hospital – Bispebjerg and Frederiksberg, May 2020. Copenhagen, Denmark (Other)

Rikke Høffner. Ortopædi med rehabilitering af skulder og hofte. Teaching at 'Kiropraktornes turnusuddannelse' (4h) (Department of Sports Science and Clinical Biomechanics, University of Southern Denmark), June 2020. Odense, Denmark (Other)

Michael Kjær. Health and wine. LIFE (Faculty of Science, University of Copenhagen), September 2020. Copenhagen, Denmark (Other)

Rikke Høffner. Idrætsvalgfag: Skulderundersøgelse og behandling samt Achilles- og patellatendinopati. Teaching at Physiotherapists education at 7th Semester (University College Copenhagen (KP)), September 2020. Copenhagen, Denmark (Other)

## Membership of editorial and academic committees and prizes

Abigail L Mackey. Editorial board member of journal. "American Journal of Physiology - Cell Physiology", 2020. (Editorial committee)

Abigail L Mackey. Editorial board member of journal. "Translational Sports Medicine", Wiley, 2020. (Editorial committee)

Michael Kjær. Editor in Chief of journal. "Translational Sports Medicine", Wiley, 2020. (Editorial committee)

Peter Magnusson. Editor of journal. "Translational Sports Medicine", Wiley, 2020. (Editorial committee)

Peter Magnusson. Evaluation of applications for Bispebjerg Hospital Research Council "Frie Forskningsmidler". 2020. Copenhagen, Denmark (Evaluation committee)

Peter Magnusson. Evaluation of candidates for Research position at Nordsjælland Hospital. 2020. Hillerød, Denmark (Evaluation committee)

Peter Magnusson. Evaluation of candidates for National Institute for Health Research Fellowship Program. 2020. UK (Evaluation committee)

Peter Magnusson. Evaluation of applications for Lundbeck (UCSF) Research Committee. 2020. (Evaluation committee)

Christian Couppé. Opponent at Andrew Sprague PhD thesis (University of Delaware). PhD defence, 2020. Delaware, USA (online) (Academic opponent)

Michael Kjær. Opponent at Jolet Mimpen Savikj PhD thesis "Synovial inflammation and the role of IL-17" (Oxford University). PhD defence, January 2020. Oxford, UK (Academic opponent)

Michael Kjær. Opponent at Anders Føhrby Overgaard PhD thesis "Pharmacological and surgical intervention in knees of obese OA patients" (University of Copenhagen). PhD defence, February 2020. Copenhagen, Denmark (Academic opponent)

Michael Kjær. Head of Defence Mikkel Faurschou Doctoral thesis "Comorbidities in patients treated for granulomatosis with polyangiitis" (University of Copenhagen). Doctoral dissertation, August 2020. Copenhagen, Denmark (Academic opponent)

Michael Kjær. Opponent at Jeppe Hvedstrup Mann PhD thesis "Myofascial pain involvement in migraine" (University of Copenhagen). PhD defence, September 2020. Copenhagen, Denmark (Academic opponent)

Michael Kjær. Opponent at Simon Krabbe PhD thesis "Whole-body MRI in patients with spondyl-arthritis" (University of Copenhagen). PhD defence, October 2020. Copenhagen, Denmark (Academic opponent)

Michael Kjær. Opponent at Maïke Mose PhD thesis "Human metabolism during combined inflammation, fast, and bedrest and in response to oral protein and ketone supplementation" (Aarhus University). PhD defence, November 2020. Aarhus, Denmark (Academic opponent)

Michael Kjær. Opponent at Sara Nysom Christensen PhD thesis "Ultrasonography and dual-energy CT for optimized diagnostics and management of gout" (University of Copenhagen). PhD defence, November 2020. Copenhagen, Denmark (Academic opponent)

Michael Kjær. Hagedorn Prize (Novo Nordisk Foundation). February 2020. (Prize)

Peter Magnusson. Johannes Lindhard Prize. Scandinavian Sports Medicine Congress 2020, January 2020. Copenhagen, Denmark (Prize)

Abigail L Mackey. Member of the Scientific Board. European College of Sport Science, 2020. (Other)

Christian Couppé. Member of the Scientific Committee. European College of Sport Science, 2020. (Other)

Christian Couppé. Board member. The Danish Society for Matrix Biology, 2020. (Other)

Michael Kjær. Member of Lundbeck Foundation Executive board and Research board. 2020. (Other)

Michael Kjær. Member of Helsefonden Research board. 2020. (Other)

Michael Kjær. Head of Weimann foundation Research board. 2020. (Other)

Peter Magnusson. Organizing committee. "American Physiological Society's (APS) Integrative Physiology of Exercise (IPE) Conference 2020", November 2020. Virtual (Other)

## Employees

### Professors

Michael Kjær  
Peter Magnusson

### Senior researchers

Jesper Løvind Andersen  
Peter Schjerling  
Abigail Mackey  
Christian Couppé  
Carl-Johan Boraxbekk

### Medical doctors

Tommy Frisgaard Øhlenschläger  
Per Bülow  
Finn Johannsen  
Christoffer Brushøj  
Simon Døssing  
Jesper Petersen  
Morten Storgaard  
Mads Münster Karlsson  
Julie Paaske Rydahl  
Sanne Toftgaard Christensen

### Medical doctors (Specialist education)

Tanja Fromberg Gørlén  
Jane Kallesøe Bartholdy  
Signe Ribbjerg-Madsen

### Post.docs.

Monika Lucia Bayer  
René Brüggebusch Svensson  
Jakob Agergaard  
Chloé Yeung  
Costanza Montagna  
Anders Karlsen  
Yoshifumi Tsuchiya  
Anne Theil Gylling (1 month)  
Grith Højfeldt  
Kenneth Hudlebusch Mertz (3 months)

### PhD students

Anne Theil Gylling (11 months)  
Adam El Mongy Jørgensen  
Anne-Sofie Agergaard  
Cheng Zhang  
Nikolaj Mølkjær Malmgaard Clausen  
Jacob Bülow  
Casper Søndenbroe  
Kenneth Hudlebusch Mertz (9 months)  
Rikke Høffner  
Mads Bloch-Ibenfeldt (6 months)

### Scientific/research employees

Mads Bloch-Ibenfeldt (6 months)

### Laboratory technicians

Anja Sisko Kaarina Jokipii-Utzon  
Ann-Christina Ronnié Reimann

### Academic secretaries

Maria Bækgaard Kjær

### Clinical secretaries

Pia Søderberg  
Else Pedersen  
Kirsten Nielsen  
Trine Stefanski  
Charlotte Bilde  
Henriette Kirstine Larsen  
Michelle Nørmark Blicher Jørgensen

### Clinical secretaries (education)

Birgitte Mee-Sun Knudsen

### Stud.med.

Christopher Meulengracht  
Andreas Ruhvald Madsen  
Louise Kirkegaard Svendsen  
Marius Sartvin Lendal  
Mathilde Nørgård Kracht  
Niels Bo Harsløf  
Niels Ungermann Fredskild  
Thomas Ehlig Hjermand Justesen  
Ulrik Steen Nielsen

### Students (BSc/MSc)

Peter Emil Brix Andersen  
Christian Høgsbjerg  
Emilie Charlotte Meldgaard  
Kateryna Yurchenko  
Max Flemming Ravn Merkel  
Sabina Couto Ovejero (Visiting for 6 months)