

Institute of  
Sports Medicine  
Copenhagen



**ISMC**  
Bispebjerg Hospital

# Annual Report 2021

**Institute of Sports Medicine  
Copenhagen**

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

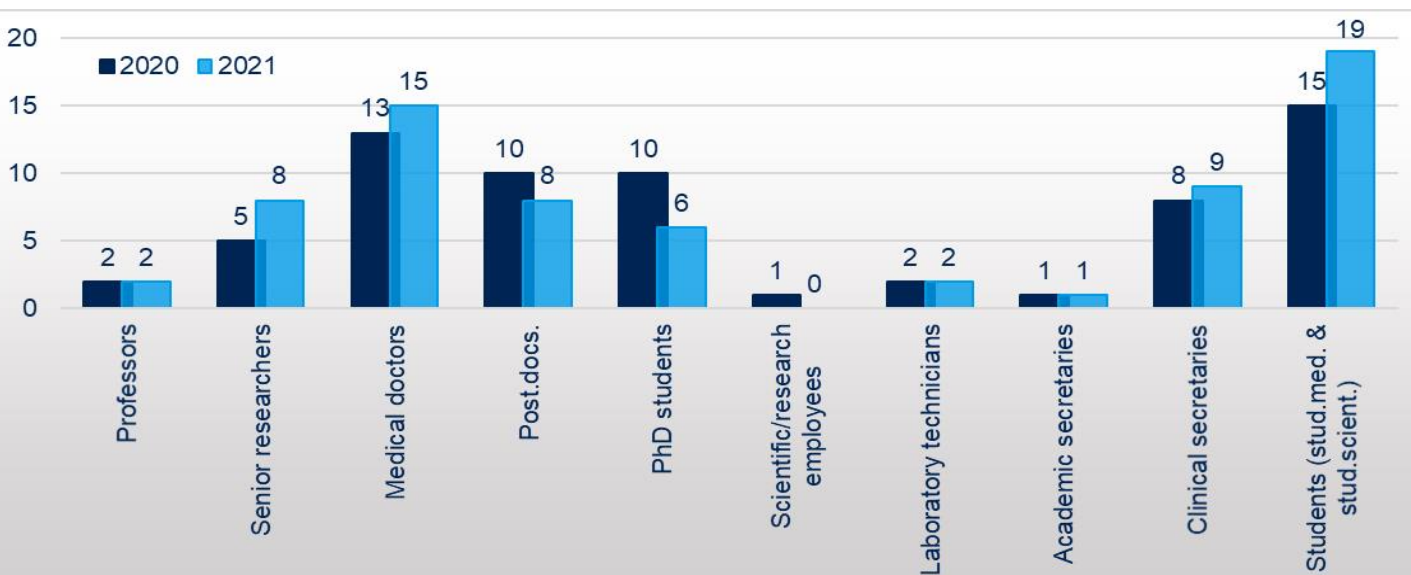
# Number of publications / activities per category

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

	2020	2021	Change
Original papers	52 (30/30)	59 (24/26)	↑ 13 pct.
Reviews and perspectives	5 (2/0)	9 (6/5)	↑ 80 pct.
Books and book chapters	4 (3/0)	0 (0/0)	↓ 100 pct.
Disseminating publications in Danish journals	2 (2/0)	6 (5/2)	↑ 200 pct.
PhD thesis	8	2	↓ 75 pct.
Master thesis	5	8	↑ 60 pct.
Bachelor thesis	15	20	↑ 33 pct.
Scientific talks and posters	21	42	↑ 100 pct.
<b>Lectures:</b>			
Guest at universities and hospitals abroad	5	5	-
Invited	16	35	↑ 119 pct.
Other	4	15	↑ 275 pct.
<b>Teaching activities:</b>			
Post graduate	14	19	↑ 36 pct.
Pre graduate	19	23	↑ 21 pct.
Other	4	4	-
Membership of editorial and other committees	11	9	↓ 18 pct.
Membership of evaluation and academic committees	12	10	↓ 17 pct.
Prizes	2	0	↓ 100 pct.

## Employees

A total of 51 employees (students excluded) delivered what corresponds to 38,62 full time employments, of which 13,19 was in the outpatient clinic and 25,43 was in research and development. The 19 students were working under our supervision corresponding to 102 months – or an equivalent of 8,5 full time employments.



## Who has been published?

A total of **50 people (28 currently employed and 22 formerly employed)** have been published within the categories *original papers (48 people)*, *reviews and perspectives (10 people)*, *disseminating publications in Danish journals (11 people)*.

### The top 10 most published people are:

1. Michael Kjaer	25 (0/9)	6. Abigail Mackey	10 (0/3)
2. Peter Magnusson	25 (0/8)	7. Carl-Johan Boraxbekk	8 (0/1)
3. René B Svensson	16 (2/0)	8. Jakob Agergaard	5 (3/1)
4. Peter Schjerling	11 (0/0)	9. Anne-Sofie Agergaard	5 (4/0)
5. Christian Couppé	10 (1/4)	10. Grith Højfeldt	5 (2/0)

## Where have we been published?

The 74 publications within the categories *original papers (59)*, *reviews and perspectives (9)*, *disseminating publications in Danish journals (6)* have been published in 51 different journals, with a **maximum of 6 publications** in *Translational Sports Medicine*. Combining the journal impact factor (IF) for each of the 51 journals with the number of publications in that journal gives a total combined impact for our publications of **275,03**.

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

Journal (no. publications)	Journal IF	Total impact
1. Nature (1)	49,96	49,96
2. American Journal of Sports Medicine (5)	5,04	25,20
3. Molecular Metabolism (2)	6,86	13,72
4. European Journal of Nutrition (2)	5,06	10,12
5. PNAS of the United States of America (1)	9,57	9,57
6. Scientific Reports (2)	4,13	8,26
7. Journal of Applied Physiology (3)	2,72	8,16
8. Journal of the Mechanical Behavior of Biomedical Materials (2)	3,93	7,86
9. Nutrition Research Reviews (1)	7,73	7,73
10. Scandinavian Journal of Medicine and Science in Sports (2)	3,66	7,32

These 10 journals contribute with a **total combined impact of 147,90 (~54 pct.)** of the total combined impact for all 74 publications of **275,03**.

## Original papers

- Agergaard AS, Svensson RB, Hoeffner R, Hansen P, Couppé C, Kjaer M, Magnusson SP. Mechanical properties and UTE-T2\* in Patellar tendinopathy: The effect of load magnitude in exercise-based treatment. *Scand J Med Sci Sports*. Oct; 31(10): 1981-1990, 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. *Am J Sports Med*. Mar; 49(4): 982-993, 2021
- 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*. Feb; 62(2): 215-224, 2021
- Agergaard J, Hansen ET, van Hall G, Holm L. Postprandial amino acid availability after intake of intact or hydrolyzed meat protein in a mixed meal in healthy elderly subjects: a randomized, single blind crossover trial. *Amino Acids*. Jun; 53(6): 951-959, 2021
- Agergaard J, Zillmer MCF, Castro-Mejía JL, Mertz K, Kot W, Højfeldt G, van Hall G, Nielsen DS, Schjerling P, Holm L. Impaired skeletal muscle hypertrophy signaling and amino acid deprivation response in Apoe knockout mice with an unhealthy lipoprotein distribution. *Sci Rep*. Aug 12; 11(1): 16423, 2021
- Basse AL, Agerholm M, Farup J, Dalbram E, Nielsen J, Ørtenblad N, Altıntaş A, Ehrlich AM, Krag T, Bruzzone S, Dall M, de Guia RM, Jensen JB, Møller AB, Karlsen A, Kjær M, Barrès R, Vissing J, Larsen S, Jessen N, Trebak JT. Nampt controls skeletal muscle development by maintaining Ca<sup>2+</sup> homeostasis and mitochondrial integrity. *Mol Metab*. Nov; 53: 101271, 2021
- Bayer ML, Hoegberget-Kalisz M, Svensson RB, Hjortshøj MH, Olesen JL, Nybing JD, Boesen M, Magnusson SP, Kjaer M. Chronic Sequelae After Muscle Strain Injuries: Influence of Heavy Resistance Training on Functional and Structural Characteristics in a Randomized Controlled Trial. *Am J Sports Med*. Aug; 49(10): 2783-2794, 2021
- Bieler T, Kristensen ALR, Nyberg M, Magnusson SP, Kjaer M, Beyer N. Exercise in patients with hip osteoarthritis - effects on muscle and functional performance: A randomized trial. *Physiother Theory Pract*. May 6; 1-12, 2021
- Bjerre-Bastos JJ, Nielsen HB, Andersen JR, Karsdal M, Bay-Jensen AC, Boesen M, Mackey AL, Byrjalsen I, Bihlet AR. Does moderate intensity impact exercise and non-impact exercise induce acute changes in collagen biochemical markers related to osteoarthritis? - An exploratory randomized cross-over trial. *Osteoarthritis Cartilage*. Jul; 29(7): 986-994, 2021
- Bjerre-Bastos JJ, Nielsen HB, Andersen JR, Karsdal M, Boesen M, Mackey AL, Byrjalsen I, Thudium CS, Bihlet AR. A biomarker perspective on the acute effect of exercise with and without impact on joint tissue turnover: an exploratory randomized cross-over study. *Eur J Appl Physiol*. Oct; 121(10): 2799-2809, 2021
- Comins J, Siersma V, Couppe C, Svensson RB, Johansen F, Malmgaard-Clausen NM, Magnusson SP. Assessment of content validity and psychometric properties of VISA-A for Achilles tendinopathy. *PLoS One*. Mar 11; 16(3): e0247152, 2021
- 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 senior lifelong male athletes. *J Appl Physiol* (1985). Oct 1; 131(4): 1187-1199, 2021
- Cui M, Trimigno A, Castro-Mejía JL, Reitelseder S, Bülow J, Bechshøft RL, Nielsen DS, Holm L, Engelsen SB, Khakimov B. Human Fecal Metabolome Reflects Differences in Body Mass Index, Physical Fitness, and Blood Lipoproteins in Healthy Older Adults. *Metabolites*. Oct 21; 11(11): 717, 2021

- Demnitz N, Madsen KS, Johnsen LK, Kjaer M, Boraxbekk CJ, Siebner HR. Right-left asymmetry in corticospinal tract microstructure and dexterity are uncoupled in late adulthood. *Neuroimage*. Oct 15; 240: 118405, 2021
- Dunås T, Wåhlin A, Nyberg L, Boraxbekk CJ. Multimodal Image Analysis of Apparent Brain Age Identifies Physical Fitness as Predictor of Brain Maintenance. *Cereb Cortex*. Jun 10; 31(7): 3393-3407, 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. *J Phys Ther Sci*. Mar; 33(3): 250-260, 2021
- Gates AT, Mertz KH, Bloch-Ibenfeldt M, Garde E, Baekgaard M, Svensson RB, Kjaer M. Different training responses in elderly men and women following a prolonged muscle resistance training intervention. *Transl Sports Med*. Nov; 4(6): 892-899, 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. *J Mech Behav Biomed Mater*. Jul; 119: 104508, 2021
- Hagman M, Fristrup B, Michelin R, Krstrup P, Asghar M. Football and team handball training postpone cellular aging in women. *Sci Rep*. Jun 3; 11(1): 11733, 2021
- Hagman M, Helge EW, Fristrup B, Jørgensen NR, Helge JW, Krstrup P. High bone mineral density in lifelong trained female team handball players and young elite football players. *Eur J Appl Physiol*. Oct; 121(10): 2825-2836, 2021
- 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)*. Mar; 46: 101739, 2021
- Holden S, Roos EM, Straszek CL, Olesen JL, Jensen MB, Graven-Nielsen T, Rathleff MS. Prognosis and transition of multi-site pain during the course of 5 years: Results of knee pain and function from a prospective cohort study among 756 adolescents. *PLoS One*. May 21; 16(5): e0250415, 2021
- Højfeldt G, Bülow J, Agergaard J, Simonsen LR, Bülow J, Schjerling P, van Hall G, Holm L. Postprandial muscle protein synthesis rate is unaffected by 20-day habituation to a high protein intake: a randomized controlled, crossover trial. *Eur J Nutr*. Dec; 60(8): 4307-4319, 2021
- Jakobsen JR, Jakobsen NR, Mackey AL, Knudsen AB, Hannibal J, Koch M, Kjaer M, Krogsgaard MR. Adipocytes are present at human and murine myotendinous junctions. *Transl Sports Med*. Mar; 4(2): 223-230, 2021
- Jakobsen JR, Schjerling P, Svensson RB, Buhl R, Carstensen H, Koch M, Krogsgaard MR, Kjær M, Mackey AL. RNA sequencing and immunofluorescence of the myotendinous junction of mature horses and humans. *Am J Physiol Cell Physiol*. Sep 1; 321(3): C453-C470, 2021
- Jespersen SE, Agergaard J. Evenness of dietary protein distribution is associated with higher muscle mass but not muscle strength or protein turnover in healthy adults: a systematic review. *Eur J Nutr*. Sep; 60(6): 3185-3202, 2021
- Jessen S, Reitelseder S, Kalsen A, Kreiberg M, Onslev J, Gad A, Ørtenblad N, Backer V, Holm L, Bangsbo J, Hostrup M.  $\beta$ 2-Adrenergic agonist salbutamol augments hypertrophy in MHCIIa fibers and sprint mean power output but not muscle force during 11 weeks of resistance training in young men. *J Appl Physiol (1985)*. Mar 1; 130(3): 617-626, 2021
- Johansson AM, Grip H, Rönnqvist L, Selling J, Boraxbekk CJ, Strong A, Häger CK. Influence of visual feedback, hand dominance and sex on individuated finger movements. *Exp Brain Res*. Jun; 239(6): 1911-1928, 2021

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*. Dec; 13(2\_suppl): 408S-418S, 2021

Jørgensen NO, Kjøbsted R, Larsen MR, Birk JB, Andersen NR, Albuquerque B, Schjerling P, Miller R, Carling D, Pehmøller CK, Wojtaszewski JFP. Direct small molecule ADaM-site AMPK activators reveal an AMPK $\gamma$ 3-independent mechanism for blood glucose lowering. *Mol Metab*. Sep; 51: 101259, 2021

Kilen A, Bay J, Bejder J, Andersen AB, Bonne T, Larsen P, Carlsen A, Egelund J, Nybo L, Olsen NV, Aachmann-Andersen NJ, Andersen JL, Nordsborg NB. Distribution of concurrent training sessions does not impact endurance adaptation. *J Sci Med Sport*. Mar; 24(3): 291-296, 2021

Kjær BH, Magnusson SP, Henriksen M, Warming S, Boyle E, Krogsgaard MR, Al-Hamdani A, Juul-Kristensen B. Effects of 12 Weeks of Progressive Early Active Exercise Therapy After Surgical Rotator Cuff Repair: 12 Weeks and 1-Year Results From the CUT-N-MOVE Randomized Controlled Trial. *Am J Sports Med*. Feb; 49(2): 321-331, 2021

Knudsen AB, Mackey AL, Jakobsen JR, Krogsgaard MR. No demonstrable ultrastructural adaptation of the human myotendinous junction to immobilization or 4 weeks of heavy resistance training. *Transl Sports Med*. Jul; 4(4): 431-438, 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 randomised trial. *BMC Geriatr*. Jan 13; 21(1): 48, 2021

Li J, Knudsen JR, Henriquez-Olguin C, Li Z, Birk JB, Persson KW, Hellsten Y, Offergeld A, Jarassier W, Le Grand F, Schjerling P, Wojtaszewski JFP, Jensen TE. AXIN1 knockout does not alter AMPK/mTORC1 regulation and glucose metabolism in mouse skeletal muscle. *J Physiol*. Jun; 599(12): 3081-3100, 2021

Lind A, Boraxbekk CJ, Petersen ET, Paulson OB, Andersen O, Siebner HR, Marsman A. Do glia provide the link between low-grade systemic inflammation and normal cognitive ageing? A 1H magnetic resonance spectroscopy study at 7 tesla. *J Neurochem*. Oct; 159(1): 185-196, 2021

Maiani E, Milletti G, Nazio F, Holdgaard SG, Bartkova J, Rizza S, Cianfanelli V, Lorente M, Simoneschi D, Di Marco M, D'Acunzo P, Di Leo L, Rasmussen R, Montagna C, Raciti M, De Stefanis C, Gabicagogeascoa E, Rona G, Salvador N, Pupo E, Merchut-Maya JM, Daniel CJ, Carinci M, Cesarini V, O'sullivan A, Jeong YT, Bordi M, Russo F, Campello S, Gallo A, Filomeni G, Lanzetti L, Sears RC, Hamerlik P, Bartolazzi A, Hynds RE, Pearce DR, Swanton C, Pagano M, Velasco G, Papaleo E, De Zio D, Maya-Mendoza A, Locatelli F, Bartek J, Cecconi F. AMBRA1 regulates cyclin D to guard S-phase entry and genomic integrity. *Nature*. Apr; 592(7856): 799-803, 2021

Malmgaard-Clausen NM, Jørgensen OH, Høffner R, Andersen PEB, Svensson RB, Hansen P, Nybing JD, Magnusson SP, Kjær M. No Additive Clinical or Physiological Effects of Short-term Anti-inflammatory Treatment to Physical Rehabilitation in the Early Phase of Human Achilles Tendinopathy: A Randomized Controlled Trial. *Am J Sports Med*. Jun; 49(7): 1711-1720, 2021

Malmgaard-Clausen NM, Tran P, Svensson RB, Hansen P, Nybing JD, Magnusson SP, Kjær M. Magnetic Resonance T2\* Is Increased in Patients With Early-Stage Achilles and Patellar Tendinopathy. *J Magn Reson Imaging*. Sep; 54(3): 832-839, 2021

Marker L, Schjerling P, Mackey AL, Hansen T, Jakobsen J, Kjær M, Krogsgaard MR. Collagens in primary frozen shoulder: expression of collagen mRNA isoforms in the different phases of the disease. *Rheumatology (Oxford)*. Aug 2; 60(8): 3879-3887, 2021

Mertz KH, Reitelseder S, Bechshoef R, Bulow J, Højfeldt G, Jensen M, Schacht SR, Lind MV, Rasmussen MA, Mikkelsen UR, Tetens I, Engelsen SB, Nielsen DS, Jespersen AP, Holm L. The effect of daily protein supplementation, with or without resistance training for 1 year, on muscle size, strength, and function in healthy older adults: A randomized controlled trial. *Am J Clin Nutr*. Apr 6; 113(4): 790-800, 2021



Moltubakk MM, Villars FO, Magulas MM, Magnusson SP, Seynnes OR, Bojsen-Møller J. Altered Triceps Surae Muscle–Tendon Unit Properties after 6 Months of Static Stretching. *Med Sci Sports Exerc.* Sep 1; 53(9): 1975-1986, 2021

Nelson A, Gavelin HM, Boraxbekk CJ, Eskilsson T, Josefsson M, Järholm LS, Neely AS. Subjective cognitive complaints in patients with stress-related exhaustion disorder: a cross sectional study. *BMC Psychol.* May 18; 9(1): 84, 2021

Nyberg L, Magnussen F, Lundquist A, Baaré W, Bartrés-Faz D, Bertram L, Boraxbekk CJ, Brandmaier AM, Drevon CA, Ebmeier K, Ghisletta P, Henson RN, Junqué C, Kievit R, Kleemeyer M, Knights E, Kühn S, Lindenberger U, Penninx BWJH, Pudas S, Sørensen Ø, Vaqué-Alcázar L, Walhovd KB, Fjell AM. Educational attainment does not influence brain aging. *Proc Natl Acad Sci U S A.* May 4; 118(18): e2101644118, 2021

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.* Jan; 143: 111150, 2021

Olesen JL, Hansen M, Turtumoygard IF, Hoffner R, Schjerling P, Christensen J, Mendias CL, Magnusson PS, 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. *Am J Sports Med.* Jul; 49(9): 2361-2370, 2021

Reitelseder S, Bülow J, Holm L. Divergent Anabolic Response to Exercise in Young and Older Adult Men-Dependency on Time Frame of Measurement. *J Gerontol A Biol Sci Med Sci.* May 22; 76(6): 996-999, 2021

Sandberg P, Boraxbekk CJ, Zogaj I, Nyberg L. Ancient Mnemonic in New Format - Episodic Memory Training With the Method of Loci in a Smart Phone Application. *J Gerontol B Psychol Sci Soc Sci.* Mar 14; 76(4): 681-691, 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 - A Preliminary Study. *Sports (Basel).* Mar 31; 9(4): 48, 2021

Skovgaard D, Siersma VD, Klausen SB, Visnes H, Haukenes I, Bang CW, Bager P, Silbernagel KG, Gaida J, Magnusson SP, Kjaer M, Couppé C. Chronic hyperglycemia, hypercholesterolemia, and metabolic syndrome are associated with risk of tendon injury. *Scand J Med Sci Sports.* Sep; 31(9): 1822-1831, 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 Stud.* Feb 25; 7(1): 58, 2021

Stausholm MB, Baun M, Bjordal JM, Nielsen D, Aagaard H, Magnusson SP, Couppé C. Shoulder Rotational Strength Profiles of Danish National Level Badminton Players. *Int J Sports Phys Ther.* Apr 1; 16(2): 504-510, 2021

Stausholm MB, Naterstad IF, Couppé C, Fersum KV, Leal-Junior ECP, Lopes-Martins RAB, 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 Protoc.* Mar 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. *J Mech Behav Biomed Mater.* Dec; 124: 104864, 2021

Tamáš M, Pankratova S, Schjerling P, Soendenbroe C, Yeung CYC, Pennisi CP, Jakobsen JR, Krogsgaard MR, Kjaer M, Mackey AL. Mutual stimulatory signaling between human myogenic cells and rat cerebellar neurons. *Physiol Rep.* Nov; 9(21): e15077, 2021

Tsuchiya Y, Goto K. Myokine secretion following moderate-intensity endurance exercise under different environmental temperatures. *Cytokine*. Aug; 144: 155553, 2021

Türlü C, Willumsen N, Marando D, Schjerling P, Biskup E, Hannibal J, Jorgensen LN, Ågren MS. A Human Cellular Model for Colorectal Anastomotic Repair: The Effect of Localization and Transforming Growth Factor- $\beta$ 1 Treatment on Collagen Deposition and Biomarkers. *Int J Mol Sci*. Feb 5; 22(4): 1616, 2021

Walton L, Domellöf ME, Boraxbekk CJ, Domellöf E, Rönnqvist L, Bäckström D, Forsgren L, Neely AS. The Effects of Working Memory Updating Training in Parkinson's Disease: A Feasibility and Single-Subject Study on Cognition, Movement and Functional Brain Response. *Front Psychol*. Jan 13; 11: 587925, 2021

Ågren MS, Chafanska L, Eriksen JO, Forman JL, Bjerrum MJ, Schjerling P, Larsen HF, Cottarelli E, Jorgensen LN, Gjerdrum LMR. Spatial expression of metallothionein, matrix metalloproteinase-1 and Ki-67 in human epidermal wounds treated with zinc and determined by quantitative immunohistochemistry: A randomised double-blind trial. *Eur J Cell Biol*. Apr; 100(3): 151147, 2021



## Reviews and perspectives

Agergaard J, Kjær M. How Do We Explore Heterogeneity in Turnover of Musculoskeletal Proteins?. *Function*. Jun; 2(4): zqab034, 2021

Fridh MK, Simonsen C, Schmidt-Andersen P, Nissen AA, Christensen JF, Larsen A, Mackey AL, Larsen HB, Müller K. Cardiorespiratory fitness and physical performance after childhood hematopoietic stem cell transplantation: a systematic review and meta-analysis. *Bone Marrow Transplant*. Sep; 56(9): 2063-2078, 2021

Lendal MS, Kjaer M. Musculoskeletal sports medicine injuries in special operations forces soldiers. *Transl Sports Med*. Nov; 4(6): 872-881, 2021

Merkel MFR, Hellsten Y, Magnusson SP, Kjaer M. Tendon blood flow, angiogenesis, and tendinopathy pathogenesis. *Transl Sports Med*. Nov; 4(6): 756-771, 2021

Nishimura Y, Højfeldt G, Breen L, Tetens I, Holm L. Dietary protein requirements and recommendations for healthy older adults: a critical narrative review of the scientific evidence. *Nutr Res Rev*. Oct 20; 1-17, 2021

Soendenbroe C, Andersen JL, Mackey AL. Muscle-nerve communication and the molecular assessment of human skeletal muscle denervation with aging. *Am J Physiol Cell Physiol*. Aug 1; 321(2): C317-C329, 2021

Soendenbroe C, Mackey AL, Kjaer M. Resting in bed - how quickly does the muscle lose its nerve?. *J Physiol*. Jun; 599(12): 2995-2996, 2021

Svensson RB, Slane LC, Magnusson SP, Bogaerts S. Ultrasound-based speckle-tracking in tendons: a critical analysis for the technician and the clinician. *J Appl Physiol (1985)*. Feb 1; 130(2): 445-456, 2021

Sørensen LB, Rathleff MS, Dean BJF, Oei E, Magnusson SP, Olesen JL, Holden S. A systematic review of imaging findings in patients with Osgood-Schlatter disease. *Transl Sports Med*. Nov; 4(6): 772-787, 2021

## Disseminating publications in Danish journals

Agergaard AS. PH.D. // Både moderat og tung styrketræning giver positiv effekt ved behandling af patellar tendinopati (springerknæ). Fysioterapeuten. 2021(7): 12/11 2021, 2021

Højfeldt G, Holm L. Mere protein forbedrer ikke optagelseevnen - Tilvænnning til et højt proteinindtag forbedrer ikke kroppens evne til at optage og udnytte mælkeprotein. Mælkeritidende. Feb; 134(2): 14-15, 2021

Jensen MHH, Skovlund S, Aagaard P, Magnusson SP, Couppé C. Okklusionstræning til rehabilitering af sene-overbelastningsskader - en potentiel ny genoptræningsmodalitet?. Dansk Sportsmedicin. 2021/04/18, 2021

Jørgensen A. Humant bruskvæv: Vækst, omsætning og effekt af fysisk aktivitet ved svær knæ artrose. Dansk Sportsmedicin. 2021/02/05, 2021

Malmgaard-Clausen NM. Karakterisering og behandling af tendinopati i den tidlige fase - træning fremfor NSAID?. Dansk Sportsmedicin. 2021/06/07, 2021

Mertz KH, Reitelseder S, Holm L, Bülow J. Valleprotein alene forbedrer ikke ældres muskelmasse - Ét års dagligt indtag af valleprotein forbedrer ikke muskelmasse og funktionsevne hos raske ældre alene - der skal træning til, viser forskningsprojekt. Mælkeritidende. Jan; 134(1): 12-13, 2021

## Doctoral dissertations and PhD thesis

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

Agergaard AS. 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 P, Kjær M)

## Master and Bachelor thesis

Master thesis (Medicine): BC Knudsen. Treatment of persistent sports-related post-concussion syndrome. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Master thesis (Public health): EC Meldgaard. Strength training in elderly close to retirement age: An investigation of the association between resistance training and the structure and function of the brain. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Master thesis (Medicine): J Garoussian. Mapping the Undiscovered Components and Their Interactions at the Myotendinous Junction (MTJ) in the search for a Potential Target for Treatment of Skeletal Muscle Strains. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Mackey AL)

Master thesis (Medicine): LR Møller. Recovery after experimental muscle damage. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjær M, Højfeldt G)

Master thesis (Medicine): LT Gerdes. Effekt af 1-års styrketræning på muskelmasse, styrke og funktion hos ældre. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Master thesis (Human physiology): MFR Merkel. Exploring angiogenesis and blood flow in tendinopathy. Department of Nutrition, Exercise and Sports, Faculty of Science, University of Copenhagen 2021 (Hellsten Y, Kjaer M)

Master thesis (Medicine): MS Lendal. Tendon morphology and vascular changes in patients with early or chronic tendinopathy. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Master thesis (Medicine): S Christensen. Interference effekten ved concurrent træning. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Andersen JL, Kjaer M)

Bachelor thesis (Medicine): ALE Christensen. Behandling af Achilleseneruptur: Kirurgisk vs konservativ behandling. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Bachelor thesis (Medicine): BDL Rosborg. The effect of 1-yr resistance training on predictors of fall-related injuries in elderly. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Boraxbekk CJ, Kjaer M)

Bachelor thesis (Exercise and Sport Sciences): BW Helge. A comparison of indirect markers of muscle damage after an initial and a repeated bout of electrical stimulation. Faculty of Science, University of Copenhagen 2021 (Højfeldt G)

Bachelor thesis (Exercise physiology): CD Storgaard. Effekten af styrketræning med restriktion af blodtilførsel (BFR) på det hormonelle respons. Et systematisk review med meta-analyse. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Jensen M, Couppé C)

Bachelor thesis (Medicine): EH úr Skúoy. Growth hormone's mechanisms on skeletal muscle and bone repair. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Mackey AL)

Bachelor thesis (Medicine): H Poulsen, J Prestá. Early treatment of acute injuries. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Mackey AL)

Bachelor thesis (Medicine): HM Christensen. The relationship between the function of motor units and ageing. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Mackey AL)

Bachelor thesis (Medicine): HS Aarstad. Prevention of acute muscle strain injuries. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Bachelor thesis (Medicine): J Jensen-Abbew. Vegan diet and sports performance. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Bachelor thesis (Medicine): JC Dalgaard. Ligamentskader i kvindelige idrætsudøvere i relation til hormonvariationer i menstruationscyklus. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Bachelor thesis (Medicine): LB Nielsen. Muskelstruktur i human lægmskulatur. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Bayer ML, Kjaer M)

Bachelor thesis (Medicine): LM Schrøder. Behandling af akut Achilleseneruptur. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Bachelor thesis (Medicine): M Seidler. Optimal rehabilitation and treatment of muscle strain injuries in the lower extremity. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Bayer ML, Kjaer M)

Bachelor thesis (Medicine): M Tangbjerg. Effect of IGF-I on Skeletal Muscle in Preterm Born Pigs. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Mackey AL)

Bachelor thesis (Biology): MB Cuadrado. Analysis on the myonuclear domain in hypertrophied human vastus lateralis muscle tissue. Department of Biology, Faculty of Science, University of Copenhagen 2021 (Mackey AL)

Bachelor thesis (Medicine): MC Wang. Long term side effects of misuse of anabolic steroids on hemostasis. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

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

Bachelor thesis (Medicine): NM Mogensen. Effect of regular physical exercise on tendon extracellular matrix. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Yeung CYC)

Bachelor thesis (Medicine): TS Bodilsen. Treatment of sternoclavicular instability. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

Bachelor thesis (Medicine): VB Lorenzen. Optimal resistance training for better athletic performance. Faculty of Health and Medical Sciences, University of Copenhagen 2021 (Kjaer M)

## Scientific talks and posters

Yeung CYC, Jakobsen JR, Schjerling P, Jokipii-Utton A, Montagna C, Batiuk MY, Khodosevich K, Mackey AL, Krogsgaard MR, Kjaer M. Using single-nucleus RNA sequencing to investigate impact of mechanical loading on cells in human connective tissue. 2021 British Society for Matrix Biology Spring Meeting: Inflammation, Fibrosis, Resolution and the Matrix, April 2021. Oxford, UK (online) (Poster).

Agergaard A, Svensson RB, Høffner 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. 26th Annual Congress of the European College of Sports Science, September 2021. ECSS Virtual (Scientific talk).

Couppé C, Siersma V, Klausen SB, Visnes H, Haukeness I, Bang CW, Bager PM, Silbernagel KG, Gaida J, Magnusson SP, Kjær M, Skovgaard D. Chronic hyperglycemia, hypercholesterolemia and metabolic syndrome are associated with risk of tendon injury. 26th Annual Congress of the European College of Sports Science, September 2021. ECSS Virtual (Scientific talk).

Mackey A. Connective tissue regeneration in skeletal muscle after eccentric contraction. 26th Annual Congress of the European College of Sports Science, September 2021. ECSS Virtual (Scientific talk).

Soendenbroe C. Why does the ageing muscle lose its nerve?. Center for Healthy Ageing Annual meeting, September 2021. Copenhagen, Denmark (Scientific talk).

Agergaard AS. The role of restitution time in exercise-based treatment of Patellar tendinopathy: "How low can we go in treatment frequency?. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Bloch-Ibenfeldt M. The LISA study - lasting effects 3 years after stop of intervention?. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Damgaard A. Regional protein turnover in healthy and overuse-diseased tendon - influence of exercise and growth hormone. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Gates AT. Training responses in elderly men and women following a one-year resistance training intervention - is there any difference?. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Høffner R. Delayed loading following repair of ruptured Achilles tendon. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Høgsbjerg C. A proteomics and Immuno-histochemical analysis of the myotendinous junction of single human myofibers. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Højfeldt G. Collagen metabolism in acutely ruptured Achilles tendons. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Merkel MFR. Angiogenesis and Neovascularization in Tendinopathy. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Mertz KH. Protein supplementation during rehabilitation after acute muscle strain injuries - an ongoing study. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Søndenbroe C. What happens when the ageing muscle lose its nerve?. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Scientific talk).

Agergaard J, Ehlig-Jensen T, Jespersen SE, Thomsen TT, Holm L, van Hall G. Does the distribution pattern of daily dietary protein intake influence amino acid utilization and muscle protein synthesis?. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Poster).

Bloch-Ibenfeldt M, Gates AT, Mertz KH, Bækgaard M, Demnitz N, Boraxbekk CJ, Kjær M. The LISA-study: adaptive responses and lasting effects years after the intervention?. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Scientific talk).

Damgaard A. Regional protein turnover in healthy and overuse-diseased tendon - influence of exercise and growth hormone. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Scientific talk).

Denz L, Karlsen A, Mackey A, Kjær M. Changes at the Myotendinous Junctions in the First Weeks of Life of IGF-1 treated Prematurely Born Pigs. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Poster).

Høffner R, Agergaard AS, Boesen M, Hansen P, Svensson R, Petersen J, Rasmussen P, Mikkelen R, Konradsen L, Krogsgaard M, Kjær M, Magnusson SP. Delayed loading following repair of ruptured Achilles tendon - a randomized controlled trial. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Scientific talk).

Høgsbjerg C, Mackey-Sennels A, Karlsen A. A proteomics and Immunohistochemical analysis of the myotendinous junction of single human myofibers. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Poster).

Jensen MHH, Aagaard P, Svensson RB, Kjær 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. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Scientific talk).

Karlsen A, Gonzalez-Franquesa A, Jakobsen JR, Krogsgaard MR, Koch M, Kjaer M, Schiaffino S, Mann M, Mackey AL, Deshmukh AS. Deep proteome analysis of human musculo-tendinous unit revealed novel markers for myotendinous junction. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Poster).

Soendenbroe C, Svensson RB, Schjerling P, Kjaer M, Andersen JL, Mackey AL. Satellite cells and denervation indices of the skeletal muscle of elderly lifelong recreational exercisers. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Scientific talk).

Tsuchiya Y, Svensson RB, Yeung CYC, Kjær M. Impact on myogenic progression by mechanical loading of three-dimensional tendon constructs. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Poster).

Jakobsen JR, Hannibal J, Mackey A, Krogsgaard MR. A new gold standard to measure the surface area of the myotendinous junction in humans. Dansk Ortopædisk Selskab Kongres 2021, November 2021. Copenhagen, Denmark (Poster).



Jakobsen JR, Schjerling P, Kjaer M, Mackey A, Krogsgaard MR. Sampling of the myotendinous junction - how can we do it?. Dansk Ortopædisk Selskab Kongres 2021, November 2021. Copenhagen, Denmark (Scientific talk).

Jakobsen JR, Schjerling P, Kjaer M, Mackey A, Krogsgaard MR. What is so special about the myotendinous junction ? - a RNA-sequencing study. Dansk Ortopædisk Selskab Kongres 2021, November 2021. Copenhagen, Denmark (Poster).

Agergaard AS, Svensson RB, Malmgaard-Clausen NM, Magnusson SP. Long-term follow-up after Patellar tendinopathy - a Prospective study. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Bloch-Ibenfeldt M, Gates AT, Mertz KH, Bækgaard M, Boraxbekk CJ, Kjær M. The LISA study - lasting effects 3 years after the intervention?. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Couppé C, Døssing S, Bülow PM, Siersma VD, Kamp-Zilmer C, Bang CW, Høffner R, Kracht MN, 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 - A three-arm randomized double-blinded placebo-controlled study with 52 weeks follow-up. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Scientific talk).

Cramer A, Højfeldt G, Schjerling P, Agergaard J, Hölmich P, Kjær M, Barfod KW. Collagen metabolism in acutely ruptured Achilles tendons. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Gates AT, Mertz KH, Bloch-Ibenfeldt M, Garde E, Bækgaard M, Svensson RB, Kjaer M. Different training responses between elderly men and women following a one-year resistance training intervention. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Scientific talk).

Hjortshøj MH, Doessing S, 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. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Høffner R, Agergaard AS, Boesen M, Hansen P, Svensson R, Haglund ML, Petersen J, Rasmussen P, Mikkelen R, Konradsen L, Krogsgaard M, Kjær M, Magnusson SP. Achilles tendon length one week post surgery. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Jakobsen JR, Mackey AL, Hannibal J, Kjær M, Krogsgaard MR. Fiber type differences in the surface area of the human myotendinous junction. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Karlsen A, Gonzalez-Franquesa A, Jakobsen JR, Krogsgaard MR, Koch M, Kjaer M, Schiaffino S, Mann M, Mackey AL, Deshmukh AS. Novel tissue-specific markers revealed by in-depth proteome analysis of human myotendinous junction. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Mertz KH, Stangerup I, Kjær M, Melin A. Effects of low energy availability on bone health and hormone levels in Danish female athletes - an ongoing study. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Soendenbroe C, Schjerling P, Kjaer M, Andersen JL, Mackey AL. Satellite cells and denervation indices of the skeletal muscle of elderly lifelong recreational exercisers. Lassedagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Tsuchiya Y, Svensson RB, Yeung CYC, Kjær M. A myogenic progression response to mechanical loading in engineered human tendon construct. Lassendagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Aarøe M, Madsen CV, Gudmundsdottir HL, Mertz KH, Mikkelsen AD, Vall-Lamora MHD, Thune JJ, Rasmusen HK. To cases med COVID-19 relateret myokarditis blandt atleter. Lassendagen 2021, Bispebjerg Hospital, December 2021. Copenhagen, Denmark (online) (Poster).

Mertz KH, Andersen JL, Kjær M. Tidlig opsporing, diagnostik og behandling af skader og sygdom hos eliteatleter. Team Danmark Symposium on Research in the field og Elite Sports, December 2021. Copenhagen, Denmark (Scientific talk).

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

Abigail Louise Mackey. Mechanisms behind the loss and gain of skeletal muscle mass in humans. Seminar at Department of Kinesiology, Faculty of Science, McMaster University, February 2021. Ontario, Canada (online) (Guest lecture abroad)

Abigail Louise Mackey. Human skeletal muscle from the cellular perspective in vivo and in vitro. Monday Muscle Seminar M&Ms, Sorbonne University Center of Research for Myology, March 2021. Paris, France (online) (Guest lecture abroad)

Abigail Louise Mackey. Key components of human myofibre denervation and neuromuscular junction stability are modulated by age and exercise. Lecture at Department of Biomedical Sciences, University of Padua, March 2021. Padova, Italy (online) (Guest lecture abroad)

Abigail Louise Mackey. Cell and tissue junctions of skeletal muscle fibres. Myology Institute Seminar Series Spring 2021, University of Florida, April 2021. Gainesville, Florida, USA (online) (Guest lecture abroad)

Christian Couppé. Different Treatment modalities for tendinopathy. Lecture at University of Bergen, December 2021. Bergen, Norway (Guest lecture abroad)

Michael Kjær. Influence of mechanical loading on tendon tissue - exercise, inactivity, overloading. 3rd International Congress CONNECT 2021 Connective tissue in Sports Medicine, March 2021. Munich, Germany (online) (Invited lecture)

Michael Kjær. Physical exercise and adaptation of connective tissue in tendon and muscle. Padua Days on Myology & Mobility Medicine (PDM3), University of Padua, May 2021. Padova, Italy (online) (Invited lecture)

Michael Kjær. Loss of skeletal muscle and development of sarcopenia in ageing - a sports medicine perspective. International Sarcopenia Translation Research Conference (ISTRIC), Newcastle University, June 2021. Newcastle, UK (online) (Invited lecture)

Michael Kjær. Physical activity and loss of muscle mass with aging. 8th Annual Aging Research and Drug Discovery Meeting, Workshop Longevity medicine and clinical research, Center for Healthy Aging, University of Copenhagen, August 2021. Copenhagen, Denmark (Invited lecture)

Abigail Louise Mackey. Microscopic imaging perspectives. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Abigail Louise Mackey. Nerves and muscles in ageing. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Anders Karlsen. Sarcopenia and satellite cells - gaining muscle mass with ageing. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Carl-Johan Boraxbekk. Influence of life-long exercise on brain structure and function. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Carl-Johan Boraxbekk. Measurements of brain function. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Christian Couppé. Different treatment modalities for tendinopathy/rupture. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Christoffer Brushøj, Jesper Petersen. Handling of elite athletes - clinical experiences. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Finn E Johannsen. Effects of training vs glucocorticoids in tendinopathy treatment. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Finn E Johannsen. Training, glucocorticoid injection or operation in fasciitis plantaris. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Grith Højfeldt. Research career in private companies. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Jakob Agergaard. Measure muscle and tendon tissue turnover: Stable isotopes. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Jakob Agergaard. Muscle protein balance with training and food in elderly. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Jesper Løvind Andersen. Physical training of elite football players. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Michael Kjær. Loss of skeletal muscle with aging and the adaptability to training - is it ever too late?. 8th Annual Aging Research and Drug Discovery Meeting, Center for Healthy Aging, University of Copenhagen, September 2021. Copenhagen, Denmark (Invited lecture)

Michael Kjær. Research career at university hospitals. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Peter Magnusson. Tendon basic research and clinical use of physical training. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Peter Schjerling, Lene Juel Rasmussen. Molecular approaches, use of -omics?. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

René B Svensson. Identification and role of the smallest structures in tendon. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

René B Svensson. Ways to determine connective tissue structure and function. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Simon Døssing. Chronic compartment syndrome - operation or not?. Symposium: Physical activity induced adaptations in skeletal muscle and connective tissue - Function, Health, Performance and Injury, September 2021. Crete, Greece (Invited lecture)

Simon Døssing. Lower leg exertional compartment syndrome. SAKS Focus symposium: Sports Orthopedics - When is surgery indicated? and how to do it, September 2021. Roskilde, Denmark (Invited lecture)

Abigail Louise Mackey. Muscle and its extracellular matrix. Molecular Exercise Physiology Interest Group, November 2021. Munich, Germany (online) (Invited lecture)

Abigail Louise Mackey. Skeletal muscle cell adaptation to exercise and tissue injury. Sports Tomorrow Congress, November 2021. Barcelona, Spain (online) (Invited lecture)

Adam El Mongy Jørgensen. Cartilage regional turnover in human osteoarthritis. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Invited lecture)

Jesper Løvind Andersen. Strength training in sports. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Invited lecture)

Michael Kjær. Development of tendinopathy. IOC World Conference on Prevention of Injury & Illness in Sport, November 2021. Monaco (Invited lecture)

Michael Kjær. Do tendons regenerate? Training, overload, inactivity and aging?. Isokinetic Conference Voyage - Achilles Tendon Ruptures: From injury to return to play (FIFA), November 2021. Virtual (Invited lecture)

Michael Kjær. Is there a place for cortisone injections in the treatment of acute musculoskeletal injuries?. 12th IOC Advanced Team Physician Course, November 2021. Istanbul, Turkey (Invited lecture)

Michael Kjær. What is tendinopathy and why does it happen?. 12th IOC Advanced Team Physician Course, November 2021. Istanbul, Turkey (Invited lecture)

Simon Døssing. Tendinoser. Dansk Ortopædisk Selskab: Kongressen 2021, November 2021. Copenhagen, Denmark (Invited lecture)

Michael Kjær. Breaking News i Idrætsmedicin. Dansk Reumatologisk Selskab Årsmødet 2021, December 2021. Kolding, Denmark (Invited lecture)

Michael Kjær. Betydning af fysisk aktivitet og dets samspil med farmakologisk behandling indenfor klinisk medicin (Clinical Academic Group). Lecture at Region Hovedstadens Forskningspolitiske Udvalg, June 2021. Hillerød, Denmark (Other invited lecture)

Michael Kjær. Forskning på Bispebjerg-Frederiksberg Hospital. Direktionsmøde med Koncerndirektionen, September 2021. Copenhagen, Denmark (Other invited lecture)

Rikke Høffner. Physiotherapy treatment of thoracoscapular disorders. Danske Reumatologers og Fysiurgers Organisation Årsmøde 2021, October 2021. Svendborg, Denmark (Other invited lecture)

Abigail Louise Mackey, Carl-Johan Boraxbekk. Chair for session: How to present scientific results. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Other invited lecture)

Flemming Dela, Michael Kjær. Chair for: Key-note lecture. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Other invited lecture)

Flemming Dela, Peter Magnusson. Chair for: Poster presentations. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Other invited lecture)

Michael Kjær. Clinical Research into Age-related Diseases - Strategy 2023-28. Lecture at Scientific Advisory Board meeting, Center for Healthy Aging, University of Copenhagen, November 2021. Copenhagen, Denmark (Other invited lecture)

Peter Magnusson, Christian Couppé. Chair for session: Strength training in sports and in the clinical work. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Other invited lecture)

Peter Magnusson, Ylva Hellsten. Chair for session: Ischemia in skeletal muscle: Friend or enemy? Effects and mechanisms of blood-flow restricted exercise (BFRE) in sports and clinical practice. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Other invited lecture)

Peter Schwarz, Jesper Løvind Andersen. Chair for: Free oral presentations from PhD students. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Other invited lecture)

Søren Overgaard, Michael Kjær. Chair for: Free oral presentations from PhD students. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Other invited lecture)

Ylva Hellsten, Carl-Johan Boraxbekk. Chair for: Free oral presentations from PhD students. Basic and Clinical Research in Musculo-skeletal Sciences Annual Symposium, November 2021. Snekkersten, Denmark (Other invited lecture)

Michael Kjær. Akutte og kroniske idrætsskader. Team Danmark Symposium on Research in the field og Elite Sports, December 2021. Copenhagen, Denmark (Other invited lecture)

Anne-Sofie Agergaard. Load magnitude in exercise-based treatment of Patellar tendinopathy: Effect on clinical outcome, tendon structure and function. Video presentaiton of PhD thesis at Dansk Selskab for Sportsfysioterapi, 2021. Online (kortlink.dk/2d6pt) (Other invited lecture)

Carl-Johan Boraxbekk. Fysisk aktivitet. Appearance in TV show on SVT "Fråga doktorn Hälsa", starts 39:05 into the show (<https://www.svtplay.se/video/29823502/fraga-doktorn-halsa/fraga-doktorn-halsa-sasong-1-avsnitt-2?start=auto>), 2021. Sweden (Other invited lecture)

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

Jakob Agergaard. Effects of aging on the musculoskeletal system. One-day course "Why do we age? Molecular and physiological mechanisms of ageing" (University Magna Graecia of Catanzaro + Faculty of Health and Medical Sciences, University of Copenhagen), March 2021. Virtual (Post graduate)

Simon Døssing. Ultralyd hofte. Course for General Practitioners, April 2021. (Post graduate)

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

Jakob Agergaard. Effects of aging on the musculoskeletal system. Course "Why do we age? Molecular and cellular models of ageing" (Faculty of Health and Medical Sciences, University of Copenhagen), May 2021. Copenhagen, Denmark (Post graduate)

Simon Døssing. De hyppigste skader i underekstremiteten. A-Course, May 2021. (Post graduate)

Michael Kjær. Introduktion til idrætsmedicin. Diplomalægekursus Trin 1 (Dansk Idrætsmedicinsk Selskab), August 2021. Copenhagen, Denmark (Post graduate)

Simon Døssing. Knæ-dag. Diplomalægekursus Trin 1 (Dansk Idrætsmedicinsk Selskab), August 2021. Copenhagen, Denmark (Post graduate)

Simon Døssing. Underben-ankel-dag. Diplomalægekursus Trin 1 (Dansk Idrætsmedicinsk Selskab), August 2021. Copenhagen, Denmark (Post graduate)

Tommy Øhlenschlæger. Alternative medicine in Sports. Diplomalægekursus Trin 1 (Dansk Idrætsmedicinsk Selskab), August 2021. Copenhagen, Denmark (Post graduate)

Tommy Øhlenschlæger. Sportinjuries in children. Diplomalægekursus Trin 1 (Dansk Idrætsmedicinsk Selskab), August 2021. Copenhagen, Denmark (Post graduate)

Michael Kjær. Motion i reumatologisk perspektiv og Idrætsmedicin. Resident course in Rheumatology, October 2021. Aalborg, Denmark (Post graduate)

Michael Kjær. Vævsforandringer ved idrætsskader. Diplomalægekursus Trin 2 (Dansk Idrætsmedicinsk Selskab), November 2021. Copenhagen, Denmark (Post graduate)

Michael Kjær. Tissue specific injuries - bone, cartilage, tendon, muscle and ligaments. Lecture as part of the "IOC Diploma in Sports Medicine" courses, December 2021. Online (Post graduate)

Simon Døssing. Skulder patologi og UL. One-day course in Yngre Ortopædkirurger Danmark (YODA), December 2021. (Post graduate)

Simon Døssing. Ultralyd Patologi OE. One-day course in Dansk Selskab for Sportsfysioterapi (DSSF), December 2021. (Post graduate)

Simon Døssing. Ultralyd Patologi UE. One-day course in Dansk Selskab for Sportsfysioterapi (DSSF), December 2021. (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 2021. Copenhagen, Denmark (Post graduate)

Tommy Øhlenschlæger. Shoulder injuries in the military. Course for Military Doctors, 2021. Aarhus, Denmark (Post graduate)



Tommy Øhlenschlæger. Sportsinjuries in children. Course for General Practitioners, 2021. Helsingør, Denmark (Post graduate)

Abigail Louise 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 2021. 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 2021. Copenhagen, Denmark (Pre graduate)

Jakob Agergaard. Musculoskeletal system, ageing and muscle function and physical activity. Course "Nutrition and physical activity for the improvement of health in the aged" (Department of Nutrition, Exercise and Sports, University of Copenhagen), May 2021. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Film and medical ethics. Course "Narrative Medicine" at 2nd Semester (Faculty of Health Sciences, University of Southern Denmark), May 2021. Odense, Denmark (Pre graduate)

Michael Kjær. Idrætsfysiologiske/medicinske eksempler. Course "Energiomsætning" at 4th Semester (Faculty of Health and Medical Sciences, University of Copenhagen), June 2021. Copenhagen, Denmark (Pre graduate)

Jesper Løvind Andersen. Applied Training Aspects: Use of Resistance Training in Team sports. Course "Muscle" at Master of Science (University of Southern Denmark), July 2021. Odense, Denmark (Pre graduate)

Abigail Louise Mackey. Human Biology. Course (lectures and SAU classes) at 1st Semester 'Folkesundhedvidenskab MedTek' (Faculty of Health and Medical Sciences, University of Copenhagen), September 2021. Copenhagen, Denmark (Pre graduate)

Christian Couppé. Course "Biomechanics (Isokinetic Muscle Strength testing)" (1 lecture) at cand.med.tech (University of Copenhagen), September 2021. Copenhagen, Denmark (Pre graduate)

René B Svensson. Tissue biomechanics. Course "Biomechanics of the Locomotor System" (lecture and laboratory exercises) (Biomedical Institute, Faculty of Health and Medical Sciences, University of Copenhagen), September 2021. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Fysisk aktivitet og inaktivitet. Lectures at cand.scient.san. (Faculty of Health and Medical Sciences, University of Copenhagen), October 2021. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Inaktivitet og sygdomsudvikling. Lectures at cand.scient.san. (Faculty of Health and Medical Sciences, University of Copenhagen), October 2021. 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), October 2021. Copenhagen, Denmark (Pre graduate)

René B Svensson. Tendon biomechanics. Course "Tissue and Movement Biomechanics" (lecture and laboratory exercises) (Technical University of Denmark), October 2021. Lyngby, Denmark (Pre graduate)

Monika Lucia Bayer. Basic muscle physiology in relation to muscle injuries. Master of Science Physiotherapy (University of Southern Denmark), November 2021. Copenhagen, Denmark (Pre graduate)

Jens Rithamer Jakobsen. Acute muscle injuries and the myotendinous junction. Course "Assessment and rehabilitation of muscle injuries - in relation to sport" (University of Southern Denmark), December 2021. Hvidovre Hospital, Copenhagen, Denmark (Pre graduate)

Christian Couppé. Problem-based learning. Lectures (6 sessions) at cand.scient.san. (Faculty of Health and Medical Sciences, University of Copenhagen), Fall 2021. Copenhagen, Denmark (Pre graduate)

Peter Magnusson. Physical activity - Journal Club. Lectures at cand.scient.san. (12h) (Faculty of Health and Medical Sciences, University of Copenhagen), Fall 2021. Copenhagen, Denmark (Pre graduate)

Michael Kjær. Course "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 2021. Copenhagen, Denmark (Pre graduate)

Abigail Louise Mackey. Bachelor's Thesis. Course (SAU classes) at 5th Semester Medicine (Faculty of Health and Medical Sciences, University of Copenhagen), 2021. Copenhagen, Denmark (Pre graduate)

Abigail Louise Mackey. SAU student exercises on lung mechanics. Course (SAU student exercises) at 4th Semester Medicine (Faculty of Health and Medical Sciences, University of Copenhagen), 2021. Copenhagen, Denmark (Pre graduate)

Kenneth Hudlebusch Mertz. Bachelor course "Atletik, fysisk træning og friluftsliv" (Faculty of Science, University of Copenhagen), 2021. Copenhagen, Denmark (Pre graduate)

Christian Couppé. The Tendon. Lectures at University College Absalon, Spring, Fall 2021. Roskilde, Denmark (Pre graduate)

Anne-Sofie Agergaard. Senevævs adaptationsevne. Lectures (3) at Fysioterapiuddannelsen, Københavns Professionshøjskole, Summer, Winter 2021. Copenhagen, Denmark (Pre graduate)

Rikke Høffner. Orthopedics with rehabilitation of shoulder and hip. Teaching at 'Kiropraktornes turnusuddannelse' (4h) (Department of Sports Science and Clinical Biomechanics, University of Southern Denmark), April 2021. Odense, Denmark (Other)

Michael Kjær. Hvad er tendinopati og hvor forekommer det?. Symposium at Frømandsskolen, August 2021. Kongsøre, Denmark (Other)

Michael Kjær. Health and wine. LIFE (Faculty of Science, University of Copenhagen), September 2021. Copenhagen, Denmark (Other)

Michael Kjær. Artrose og fysisk aktivitet. Lecture at Gigtforeningen, Sønderjyllands Kreds, October 2021. Sønderjylland, Denmark (Other)

## Membership of editorial and academic committees and prizes

Abigail Louise Mackey. Editorial board member of journal. "American Journal of Physiology - Cell Physiology", 2021. (Editorial committee)

Abigail Louise Mackey. Academic editor of journal. "Translational Sports Medicine", Wiley, 2021. (Editorial committee)

Carl-Johan Boraxbekk. Academic editor of journal. "Translational Sports Medicine", Wiley, 2021. (Editorial committee)

Michael Kjær. Editor in Chief of journal. "Translational Sports Medicine", Wiley, 2021. (Editorial committee)

Peter Magnusson. Academic editor of journal. "Translational Sports Medicine", Wiley, 2021. (Editorial committee)

Christian Couppé. Evaluation of abstracts for "2021 ECSS Anniversary Congress". European College of Sport Science, 2021. (Evaluation committee)

Peter Magnusson. Evaluation of applications for Bispebjerg Hospital Research Council "Frie Forskningsmidler". 2021. Copenhagen, Denmark (Evaluation committee)

Peter Magnusson. Evaluation of post-doc applications for Lundbeck/UCSF Research Committee . 2021. Copenhagen, Denmark (Evaluation committee)

Abigail Louise Mackey. Chair of assessment committee at Tim Schauer PhD thesis "Systemic inflammation and immune function in patients with cancer" (University of Copenhagen). PhD defence, May 2021. Copenhagen, Denmark (Academic opponent)

Abigail Louise Mackey. Opponent at Sebastiaan Dalle PhD thesis "Inflammatory signaling & muscle plasticity" (Katholieke Universiteit Leuven). PhD defence, May 2021. Leuven, Belgium (Academic opponent)

Christian Couppé. Opponent at Peter Henriksen PhD thesis "Symptomatic knee joint hypermobility - prevalence, severity and management" (University of Southern Denmark). PhD defence, June 2021. Odense, Denmark (Academic opponent)

Michael Kjær. Opponent at Morten Bilde Simonsen PhD thesis "Analytic synthesis of the effect of foot orthoses on gait biomechanics and pain in patients with rheumatoid arthritis: An explorative experimental and clinical approach" (Aalborg University). PhD defence, February 2021. Aalborg, Denmark (Academic opponent)

Michael Kjær. Opponent at Jørgen Guldborg-Møller PhD thesis "Structural changes in psoriatic arthritis disease: A thesis on multimodal imaging and surgical incidence" (University of Copenhagen). PhD defence, August 2021. Copenhagen, Denmark (Academic opponent)

Michael Kjær. Opponent at Sengül Seven PhD thesis "Magnetic resonans imaging of the sarco-iliac joints in the differential diagnostics of axial spondylarthropathy" (University of Copenhagen). PhD defence, September 2021. Copenhagen, Denmark (Academic opponent)

Michael Kjær. Opponent at Marie Wetterslev PhD thesis "Axial Spondylarthropathy: Course of clinical and MRI findings after dose change in biological therapy" (University of Copenhagen). PhD defence, November 2021. Copenhagen, Denmark (Academic opponent)

Christian Couppé. Member of the Scientific Committee. European College of Sport Science, 2021. (Other)

Michael Kjær. Member of Lundbeck Foundation Executive board and Research board. 2021. (Other)

Michael Kjær. Member of Helsefonden Research board. 2021. (Other)

Tommy Øhlenschläger. Member of Danish Society of Medical Education. 2021. (Other)

## Employees

### Professors:

Michael Kjær  
Peter Magnusson

### Senior researchers:

Jesper Løvind Andersen  
Peter Schjerling  
Abigail Louise Mackey  
Christian Couppé  
Carl-Johan Boraxbekk  
Monika Lucia Bayer  
Jakob Agergaard  
René Brüggerbusch Svensson

### Medical doctors:

Tommy Frisgaard Øhlenschläger  
Per Martin Bülow  
Finn Elkjær Johannsen  
Christoffer Brushøj  
Simon Døssing  
Jesper Petersen  
Morten Storgaard  
Julie Paaske Rydahl  
Ulrich Fredberg  
Christian Skou Eriksen  
Jens Rithamer Jakobsen

### Medical doctors (Specialist education):

Jane Kallesøe Bartholdy  
Niclas Alexander Hansen  
Signe Kaas Møller-Bisgaard  
Signe Rifbjerg-Madsen

### Post.docs.:

Chloé Yeung  
Costanza Montagna  
Anders Karlsen  
Yoshifumi Tsuchiya (Guest from Japan)  
Anne Theil Gates  
Kenneth Hudlebusch Mertz  
Anne-Sofie Agergaard  
Grith Stougaard Højfeldt

### PhD students:

Casper Søndebro  
Rikke Høffner  
Mikkel Holm Hjortshøj Jensen  
Mads Bloch-Ibenfeldt  
Ann Damgaard  
Miriam Gelabert Rebato (Guest from Gran Canaria)

**Laboratory technicians:**

Ann-Christina Ronnié Reimann  
Anja Sisko Kaarina Jokipii-Utzon

**Academic secretary:**

Maria Bækgaard Kjær

**Clinical secretaries:**

Pia Vibeke Søderberg  
Else Pedersen  
Trine Stefanski  
Kirsten Nielsen  
Charlotte Bilde  
Henriette Kirstine Larsen  
Sandra Hvalsø Petersen

**Clinical secretaries (education):**

Mette Brøndum Schmidt  
Birgitte Mee-Sun Knudsen

**Stud.med.:**

Louise Kirkegaard Svendsen  
Marius Sartvin Lendal  
Benjamin David Larsen Rosborg  
Marc Seidler  
Mikkel Lammers Haglund  
Marc Cleemann Wang

**Student (BSc/MSc):**

Christian Høgsbjerg  
Max Flemming Ravn Merkel  
Emilie Charlotte Meldgaard  
Bjørk Wulff Helge  
Malene Tangbjerg  
Linda Denz (Guest from Austria)  
Mathilde Nygaard Winther  
Nour Jaber  
Karoline Karlog  
Sarah Hebsgaard Birkmose  
Laura Rishøj Møller  
Nikoline M Mogensen  
William Max Hagemann