

Annual Symposium

Thursday 26th November – Friday 27th November 2020

Comwell Borupgaard, Nørrevej 80, 3070 Snekkersten

Basic and Clinical Research in Musculo-skeletal Sciences (MUSKOS)

Post graduate research program, Faculty of Health and Medical Sciences – Univ of Copenhagen

in collaboration with

Clinical Academic Groups, Greater Copenhagen Health Science Partners (GCHSP)



Physical Activity and Sports in Clinical Medicine (ImPact)

and



ROAD

Research in OsteoArthritis Denmark

Research OsteoArthritis Denmark (ROAD)

THURSDAY 26. NOVEMBER

9.55 – 10.00

Welcome

(Michael Kjær, MUSKOS, Flemming Dela, ImPact, Anders Troelsen, ROAD)

10.00 – 10.45

Key-note lecture:

Making a hole of the continuum of treatment of osteoarthritis.

Professor Henning Bliddal, Bispebjerg and Frederiksberg Hospital

Chair: Professor Anders Troelsen and Professor Stine Jacobsen

10.50 – 12.30

Free oral presentations from PhD students (MUSKOS)

Auditorium A	Auditorium B
Presentations each 8+4 min	Presentations each 8+4 min
The oral presentations are followed by feedback on the presentation technique (20 min)	The oral presentations are followed by feedback on the presentation technique (20 min)
Chairs: TBA	Chairs: TBA
Comments on presentation technique: BA in rhetoric Thore Keitum Fisker	Comments on presentation technique: MA in rhetoric Mads Højlyng

12.30 – 13.15

Lunch

SYMPOSIUM 1 (auditorium A):

Strength training in sports and in the clinical work

Chairs: Professor Jens Bangsbo and Professor Kristian Thorborg

13.15 – 13.55

Strength training in sports

Head of Laboratory Jesper Løvind Andersen, Bispebjerg and Frederiksberg Hospital

14.00 – 14.40

Strength training in relation to injuries and their prevention

Associate Professor Mette Zebis, University College Metropol

SYMPOSIUM 2 (auditorium B):

Cartilage and Osteoarthritis: Laboratory, animals, humans and imaging

Chairs: Professor Henning Bliddal and Professor Per Hölmich

13.15 – 13.40

Basic and advanced imaging

Professor Mikael Boesen, Bispebjerg and Frederiksberg Hospital

13.45 – 14.10 Animal models and understanding cartilage behavior
Professor Stine Jacobsen, University of Copenhagen

14.15 – 14.40 Cartilage regional turnover in human osteoarthritis
Dr Adam Jørgensen, Bispebjerg and Frederiksberg Hospital

SYMPOSIUM 3 (auditorium X):

How to present scientific results

Chairs: Professor Thomas Bandholm and TBA

13.15 – 13.40 Oral presentation of scientific results
BA (Rhetoric) Tore Keitum Fisker, University of Copenhagen

13.45 – 14.10 Poster presentation of scientific results
MA (Rhetoric) Mads Højlyng, Department of Management, CBS

14.45-15.15 Break (coffee/tea)

SYMPOSIUM 4 (auditorium A):

Physical activity and chronic disease

Chairs: Professor Jørn Helge and Professor Vibeke Backer

15.15 – 15.40 Physical training of type 2 diabetes
Chief Consultant Mathias Ried-Larsen, Rigshospitalet

15.45 – 16.10 Physical activity and chronic obstructive pulmonary disease
Associate professor Ronan Berg, Rigshospitalet

16.15 – 16.40 Physical activity and cardiac fat
Postdoc Regitse Højgaard Christensen, Rigshospitalet

SYMPOSIUM 5 (auditorium B):

The king of Osteoarthritis – the knee joint: Contemporary management strategies

Chairs: Professor Anders Troelsen and Professor Søren Skou

- 15.15 – 15.40 The evidence for current first-line treatments initiated by the General Practitioner (GP)
Postdoc Anne Møller, University of Copenhagen
- 15.45 – 16.10 The evidence for current surgical management
Associate Professor Henrik Schrøder, Næstved Hospital
- 16.15 – 16.40 Principles of fast-track arthroplasty surgery and the evidence for safety and efficacy
Associate Professor Kirill Gromov, University Hospital Hvidovre
- 17.00 - 18.30 **Poster presentation in Aud A** (3 min for each poster)
Posters from all other researchers than MUSKOS PhD students.
Afterwards poster walk including drinks
Chairs: TBA
- 19.30 **Dinner (including PhD CUP)**
Chairs: Professor Thomas Bandholm and Professor Kristian Thorborg

FRIDAY 27. NOVEMBER

- 8.30 – 9.15 **Key-note lecture:**
Glucose metabolism in skeletal muscle during and after exercise
Professor Jørgen Wojtaszewski, University of Copenhagen
Chairs: Professor Flemming Dela and Professor Michael Kjær

9.20- 10.40 Free oral presentations from PhD students

<p>Room Auditorium A Presentations each 8+4 min</p> <p>The oral presentations are followed by feedback on the presentation technique (20 min)</p> <p>Chairs: TBA</p> <p>Comments on presentation technique: BA in rhetoric Thore Keitum Fisker</p>	<p>Room Auditorium B Presentations each 8+4 min</p> <p>The oral presentations are followed by feedback on the presentation technique (20 min)</p> <p>Chairs: TBA</p> <p>Comments on presentation technique: MA in rhetoric Mads Højlyng</p>
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- 10.40 – 11.00 **Coffee/tea break**

SYMPOSIUM 6 (auditorium A):

Exercise and early interventions in the prevention and treatment of knee osteoarthritis

Chairs: Postdoc Anne Møller and Professor Michael Boesen

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| 11.00 – 11.20 | Intraarticular pain treatment
Associate professor Susan Weng Larsen, University of Copenhagen |
| 11.20 – 11.40 | What conditions can be successfully managed with arthroscopic surgery?
Professor Per Hölmich, University Hospital Hvidovre |
| 11.40 – 12.00 | Exercise as medicine in knee osteoarthritis
Professor Søren Skou, University of Southern Denmark |
| 12.00 – 12.20 | Is there a need for postoperative rehabilitation?
Professor Thomas Bandholm, University Hospital Hvidovre |

SYMPOSIUM 7 (auditorium B):

Ischemia in skeletal muscle: Friend or enemy? Effects and mechanisms of blood-flow restricted exercise (BFRE) in sports and clinical practice

Chair: Professor Peter Magnusson and Professor Ylva Hellsten

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| 11.00 – 11.20 | Introduction & background
Professor Per Aagaard, University of Southern Denmark |
| 11.20 – 11.40 | Myocellular effects and mechanisms of adaption with BFRE
Postdoc Jakob L. Nielsen, University of Southern Denmark |
| 11.40 – 12.00 | Myocellular and remote tissue effects of BFRE with special emphasis on miRNA and circulation factors
Associate Professor Kristian Vissing, Aarhus University |
| 12.00 – 12.20 | Effects of BFRE on muscle K ⁺ regulation and endurance performance
Professor Jens Bangsbo, University of Copenhagen |
| 12.30 – 13.15 | Lunch |