



Norwegian research center for Active Rehabilitation (NAR)

Annual report 2010



Annual Report NAR 2010

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The Norwegian research center for Active Rehabilitation (NAR) was officially established in May 2003 and has received external funding from South-Eastern Norway Regional Health Authority from 2004, National Institutes of Health (NIH) from 2006, Helse og Rehabilitering (Revmatikerforbundet) from 2005-2009, VIRUUS, Oslo University Hospital from 2009, Ullevål, University of Southern Denmark, Odense, from 2009, Norwegian School of Sport Sciences from 2009 and Hjelp24 NIMI from 2009.

NAR is established as a serious and leading research center within active rehabilitation through a formal collaboration with:

- **Department of Orthopaedics, Oslo University Hospital, Ullevaal**
- **Hjelp24 NIMI (Norwegian Sport Medicine Clinic)**
- **Department of Sports Medicine, the Norwegian School of Sports Sciences.**

Vision

To be an internationally leading research center within the field of active rehabilitation of musculoskeletal injuries and disorders.

Main Goals

Active rehabilitation of patients with musculoskeletal injuries and disorders

- Clinical research
- Translational research
- Implementation of the research to evidence based practice

Our current research areas include active rehabilitation of (1) knee injuries and osteoarthritis, (2) hip osteoarthritis, (3) low back pain and (4) osteoporosis. Each research area consists of a research team with senior researchers, PhD students, clinicians and a research coordinator.

International and national collaboration

- Active collaboration with the University of Delaware, (www.udel.edu/PT/) represented by Professor Lynn Snyder-Mackler. This collaboration has resulted in research grant support from the National Institutes of Health (NIH) in the US since 2006. One large prospective cohort study is ongoing with data from each country, development of clinical and biomechanical methodology, exchange of post-doctoral and doctoral researchers in addition to seminars and biannually mutual visits.
- Close collaboration with the Sahlgrenska University Hospital, Gothenburg, Sweden, in 2006, (www.ortopaedics.gu.se) represented by associate professor Roland Thomeé, PhD, PT.
- Active collaboration with the University of Southern Denmark (SDU), Faculty of Health Sciences in 2009, represented by Professor, Ewa Roos, PhD, PT. One PhD student from the SDU has an ongoing study at the Department of Orthopaedics, Oslo University Hospital, NAR, on active rehabilitation of patients with meniscus injuries.
- Ongoing methodology study and clinical study of active rehabilitation of patients with cartilage injuries with University Bern, Dept. Clinical Research, senior researcher Tallal Charles Mamisch, MD, studying high resolution MRI and dGemric.
- The South- Eastern Norway Regional Health Authority - Osteoarthritis research group is a collaboration between two major research institutions within the field of osteoarthritis (Diakonhjemmet and the Department of Orthopaedics, Oslo University hospital) .

Staff Members



May Arna Risberg, Chairman

Professor, Physical therapist, PhD. Chairman of the Norwegian research center for Active Rehabilitation (NAR), Norwegian School of Sport Sciences, Hjelp24 NIMI, and Department of Orthopaedics, Oslo University Hospital. She has supervised 3 PhD students (defending 2009, 2010) and is currently the main supervisor for 8 PhD students and several master students within the field of active rehabilitation; ACL injuries, knee OA, hip OA, osteoporosis, active rehabilitation after breast cancer surgery, and active rehabilitation for patients with chronic heart failure. She is a professor at the Department of Sport Medicine, Norwegian School of Sport Sciences, master program in sport physical therapy.



Kjersti Storheim, Postdoctoral Research Fellow

Physical therapist, PhD. Her main research area is active rehabilitation of patients with low back pain, but she is also involved in studies of patients with osteoarthritis and neck pain. She is affiliated with the Communication- and research unit for musculoskeletal disorders at Oslo University Hospital (FORMI) and the master programs in sports physiotherapy at the School of Sport Sciences in Oslo and in manual therapy at the University of Bergen.



Ingrid Eitzen, PhD, Senior Researcher

Physical therapist, MSc in Movement Science from the Norwegian University of Science and Technology, Trondheim. PhD and defended her PhD thesis: "Knee function and rehabilitation after anterior cruciate ligament injury. Early functional assessments and interventions" in August 2010. This research project is in collaboration with the University of Delaware.



Linda Fernandes, PhD student

Physical therapist, MSc in Sports Medicine, Karolinska Institute, Stockholm. She has been a PhD student at NAR since 2005 and submitted her doctoral thesis to the University of Oslo in July 2010 with the title: "Functioning, disability, and management of patients with hip osteoarthritis".



Britt Elin Øiestad, PhD student

Physical therapist, MSc in Health Science from the Norwegian University of Science and Technology, Trondheim. She has been a PhD student at NAR since March 2006 and submitted her doctoral thesis to the University of Oslo in July 2010 with the title: "Knee osteoarthritis and knee function after anterior cruciate ligament reconstruction. Long term results". Britt Elin Øiestad has also worked as a teacher at the Physical Therapy program, Oslo University College since August 2010.



Håvard Moksnes, PhD student

Physical Therapist, MSc in Sports Sciences from the Norwegian School of Sport Sciences, Oslo. He has been a PhD student at NAR since October 2009 on the research project: "A prospective cohort study on ACL injured children under the age of 13 years" and co-researcher in the NAR/Delaware study: "Dynamic stability of the ACL deficient subject". Daily clinical practice at Hjelp24 NIMI primarily involved in active rehabilitation of patients with knee injuries.



Ida Svege, PhD student

Physical Therapist, MSc in Sports Sciences from the Norwegian School of Sport Sciences, Oslo. She has been a PhD student at NAR since January 2009 on the research-project " Exercise therapy and patient education for individuals with hip osteoarthritis - Long-term follow-up of a randomized, controlled intervention study".



Silje Stensrud, PhD student

Physical Therapist and MSc in Sports Physiotherapy from the Norwegian School of Sport Sciences, Oslo. She has been a PhD student since September 2009 on the project "Arthroscopic surgery and exercise therapy as treatment of degenerative meniscus tears". This research project is in collaboration with the University of Southern Denmark, Faculty of Health Sciences.



Kari Anne Hakestad, PhD student

Nurse, MSc in Health Science, University of Oslo. She has been a PhD student at NAR since 2010 on the research project “Effect of active rehabilitation on risk factors for fall, bone mineral density, and the quality of life in osteoporotic patients. A randomized, controlled intervention study”. She is also the Assistant Administrative Research Manager at the Department of Orthopaedics, Oslo University Hospital.



Hege Grindem, PhD Student

Physical Therapist, MSc in Sports Physiotherapy from the Norwegian School of Sport Sciences, Oslo. She has been a PhD student since February 2010 on the research project: “Dynamic stability of the ACL deficient knee”, a collaboration between NAR, Department of Orthopedics, Oslo University Hospital and University of Delaware, Dept. of Physical Therapy.



Barbara Wondrasch, PhD student

Physical Therapist, Master of Science in Physiotherapy, PhD Student on the research project: “Active rehabilitation for patients with cartilage lesions. A new approach to rehabilitation after cartilage lesions and cartilage repair”.



Kristin Bølstad, Research Coordinator

Research Coordinator at NAR and Hjelp24 NIMI. MSc in Sports Science from the Norwegian School of Sport Sciences. Fields of study: Physical Activity and Health.



Emilie Jul-Larsen, Research Coordinator

Physical therapist and research coordinator at Oslo University Hospital. Involved in different projects at NAR as a coordinator and research assistant. At the moment primarily working as a research coordinator in the project: “Musculoskeletal pain in Ullensaker”.



Karin Rydevik, Research Assistant

Physical Therapist and Research Assistant at NAR. MSc in Sports Physiotherapy from the Norwegian School of Sport Sciences, Oslo with the thesis: "Functioning and disability in patients with hip osteoarthritis with mild to moderate pain". Her main working area is testing patients in the project "Arthroscopic surgery and exercise therapy as treatment of degenerative meniscus tears" and she is responsible for the Osteoarthritis School - a patient education program for patients with osteoarthritis at Hjelp24 NIMI. She has daily clinical practice at Hjelp24 NIMI primarily involved in active rehabilitation of patients with musculoskeletal injuries.



Annika Storevold, Research Assistant

Physical Therapist, MSc in Sports Sciences from the Norwegian School of Sport Sciences, Oslo within the field of biomechanics and ACL injuries. She has mainly work as a research assistant on the project "Dynamic stability of the ACL deficient knee" a collaboration between NAR, Department of Orthopedics, Oslo University Hospital and University of Delaware, Dept. of Physical Therapy. She works as a physical therapist at Hjelp24 NIMI primarily involved in active rehabilitation of patients with musculoskeletal injuries and female health.



Ben Clarsen, Research Assistant

Physical Therapist and Research Assistant at NAR. MSc in Sports Physiotherapy from the Norwegian School of Sport Sciences, Oslo, with the thesis "Overuse injuries in professional road cyclists". Research assistant on the project "Dynamic stability of the ACL deficient knee".



Marte Lund, Research Assistant

Physical Therapist, MSc in Musculoskeletal Physiotherapy from University of Queensland 2008. Her main working area is testing patients in the projects "Dynamic stability of the ACL deficient knee" and "Arthroscopic surgery and exercise therapy as treatment of degenerative meniscus tears". She has daily clinical practice at Hjelp24 NIMI.

Others

Professor Lars Nordsletten

Professor Lars Engebretsen

Professor Roald Bahr

Professor Inger Holm

Professor Lynn Snyder-Mackler

Professor Ewa Roos

Post doc student and orthopaedic surgeon Asbjørn Årøen

PhD student and orthopaedic surgeon Jan Harald Røtterud

Physical therapist, MSc, Turid Høysveen

Senior Researcher and physical therapist Britt Stuge

PhD student and chiropractor Philip Wilkens

Board

Professor Lars Engebretsen (Head of Board)

Professor and Medical Director Hjelp 24 Sverre Mæhlum (Board member)

Professor Kari Bø (Board member)

Publications 2010 - summary

Publications 2010

International publications	16
National publications	3
International abstracts	11
National abstracts	4
International posters	7
Invited speaker – international	11
Invited speaker – national	5
Book chapters	1

International publications

1. Eitzen I, Eitzen TJ, Holm I, Snyder-Mackler L, Risberg MA. Anterior cruciate ligament-deficient potential copers and noncopers reveal different isokinetic quadriceps strength profiles in the early stage after injury. *Am J Sports Med.* 2010 Mar;38(3):586-93. Epub 2010 Jan 28. PMID: 20110458
2. Eitzen I, Moksnes H, Snyder-Mackler L, Engebretsen L, Risberg MA. Functional tests should be accentuated more in the decision for ACL reconstruction. *Knee Surg Sports Traumatol Arthrosc.* 2010 Nov;18(11):1517-25. Epub 2010 Apr 22. PMID: 20411377
3. Eitzen I, Moksnes H, Snyder-Mackler L, Risberg MA. A Progressive 5-Week Exercise Therapy Program Leads to Significant Improvement in Knee Function Early After Anterior Cruciate Ligament Injury. *J Orthop Sports Phys Ther.* 2010; 40(11):705. Epub 2010 Aug 6. PMID: 20710097
4. Fernandes L., Storheim K., Nordsletten L., Risberg M.A. Development of a therapeutic exercise program for patients with osteoarthritis of the hip. A case report. *Phys Ther.* 2010;90(4);592-601. PMID: 20185613
5. Fernandes L., Storheim K., Sandvik L., Nordsletten L., Risberg M.A. Efficacy of patient education and supervised exercise versus patient education alone in patients with hip osteoarthritis. A single blind randomized clinical trial. *Osteoarthritis Cartilage.* 2010 Oct;18(10):1237-43. Epub 2010 Jul 13. PMID: 20633669
6. Hjertrud V, Bjune TK, Risberg MA, Engebretsen L, Arøen A. Full-thickness cartilage lesion do not affect knee function in patients with ACL injury. *Knee Surg Sports Traumatol Arthrosc.* 2010 Mar;18(3):298-303. Epub 2009 Sep 4. PMID: 19760401
7. Holm I, Øiestad BE, Risberg MA, Aune AK. No difference in knee function or prevalence of osteoarthritis after reconstruction of the anterior cruciate ligament with 4-strand hamstring autograft versus patellar-tendon-bone autograft. *Am J Sports Med.* 2010 Nov;38(11):2201-10. Epub 2010 Aug 16. PMID: 20097928
8. LaPrade R, Johansen S, Agel J, Risberg MA, Moksnes H, Engebretsen. Outcomes of an anatomic posterolateral knee reconstruction. *J Bone Joint Surg Am.* 2010 Jan;92(1):16-22. PMID: 20048091
9. Nilsson BB, Westheim A, Risberg MA, Arnesen H, Seljeflot I. No effect of group-based aerobic interval training on N-terminal pro- B-type natriuretic peptide levels in patients with chronic heart failure. *Scand Cardiovasc J.* 2010 Aug;44(4):223-9. PMID: 20636229

10. Rydevik K, Fernandes L, Nordsletten L, Risberg MA. Functioning and Disability in Patients With Hip Osteoarthritis With Mild to Moderate Pain. *J Orthop Sports Phys Ther.* 2010 Oct;40(10):616-24. PMID: 20811166
11. Soligard T, Grindem H, Bahr R, Andersen TE. Are skilled players at greater risk of injury in female youth football? *Br J Sports Med.* 2010 Dec;44(15):1118-23. Epub 2010 Nov 3. PMID: 21047836
12. Stensrud S, Myklebust G, Kristianslund E, Bahr E, Krosshaug T. Correlation between two-dimensional video analysis and subjective assessment in evaluating knee control among elite female team handball players. *Br J Sports Med.* 2010 Dec 9 [Epub ahead of print]. PMID: 21148569
13. Wilkens P, Scheel IB, Grundnes O, Hellum C, Storheim K. Effect of glucosamine on pain-related disability in patients with chronic low back pain and degenerative lumbar osteoarthritis: a randomized controlled trial. *JAMA.* 2010 Jul 7;304(1):45-52. PMID: 20606148
14. Øiestad BE, Holm I, Engebretsen L, Risberg MA. The association between radiographic knee osteoarthritis and knee symptoms, function and quality of life 10-15 years after anterior cruciate ligament reconstruction. *Br J Sports Med.* 2010 Jul 20. [Epub ahead of print]. PMID: 20647299
15. Øiestad BE, Holm I, Aune AK, Gunderson R, Myklebust G, Engebretsen L, Fosdahl MA, Risberg MA. Knee Function and Prevalence of Knee Osteoarthritis After Anterior Cruciate Ligament Reconstruction: A Prospective Study With 10 to 15 Years of Follow-up. *Am J Sports Med.* 2010 Nov;38(11):2201-10. Epub 2010 Aug 16. PMID: 20713644
16. Øiestad BE, Holm I, Myklebust G, Gunderson R, Risberg MA. Quadriceps muscle weakness after ACL reconstruction: a risk factor for knee osteoarthritis? *Arthritis Arthritis Care Res (Hoboken).* 2010 Dec;62(12):1706-14. doi: 10.1002/acr.20299. Epub 2010 Jul 26. PMID: 20662041

National publications

1. Fernandes L. Er det mulig å lindre plagene ved hofteartrose? *Revmatikeren* 5:10, s 31
2. Flugsrud GB, Nordsletten L, Reinholt FP, Risberg MA, Rydevik K, Uhlig T. Osteoarthritis. *Tidsskr Nor Laegeforen.* 2010 Nov 4;130(21):2136-40. Review. Norwegian. PMID: 21052117
3. Storheim K, Gjersing L, Bølstad K, Risberg MA. Sjøkkbølge- og trykkbølgebehandling ved kroniske muskel- og skjelettsmerter. *Tidsskr Nor Laegeforen.* 2010 Dec 2;130(23):2360-4. Review. Norwegian. PMID: 21139662

International abstracts

1. Eitzen I, Moksnes H, Engebretsen L, Snyder-Mackler L, Risberg MA. A multi-factorial functional test battery can improve the prognostic accuracy in the decision-making for surgery or non-operative management after ACL-injury. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S90. FP34-1377. The14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
2. Eitzen I, Eitzen T, Holm I, Snyder-Mackler L, Risberg MA. Peak torque may be of questionable validity as primary outcome measurement for quadriceps strength assessments after ACL-injury. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S89-90. FP34-1326. The14th ESSKA Congress. Oslo, Norway, June 9-12, 2010

3. Eitzen I, Moksnes H, Snyder-Mackler L, Risberg MA. An aggressive five-week exercise therapy program is sufficient to optimize muscle strength and knee function before ACL reconstruction. Scandinavian Congress of Medicine and Science in Sports. Copenhagen, Denmark, February 4-6, 2010
4. Fernandes L, Storheim K, Nordsletten L, Risberg MA. Effect of patient education and supervised exercise versus patient education alone in patients with hip osteoarthritis. A single blinded randomized clinical trial. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S86. FP34-804. The14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
5. Moksnes H, Eitzen I, Risberg MA. Hamstring muscle strength can be regained six months after ACL reconstruction with hamstring tendon graft using a specific rehabilitation program. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S86. FP34-1059. The14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
6. Moksnes H, Engebretsen L, Risberg MA. Functional outcome one year after anterior cruciate ligament injury in non-operated children 12 years or younger. Abstractnr C106. Winner of best abstract award, Scandinavian Congress of Medicine and Science in Sports. Copenhagen, Denmark, February 4-6, 2010
7. Risberg MA, Røtterud JH, Engebretsen L, Bølstad K, Høysveen T, Årøen A. A preoperative active rehabilitation program for patients with a focal knee cartilage lesion significantly improved knee function and postponed the need for cartilage repair surgery. *Osteoarthritis and Cartilage* Volume 18, Supplement 2 September 2010: S27, Abstractnummer 44. The 2010 World Congress on Osteoarthritis. Brussels, Belgium, September 23–26, 2010
8. Øiestad BE, Holm I, Aune AK, Gunderson R, Myklebust G, Engebretsen L, Fosdahl M, Risberg MA. Knee function and prevalence of knee osteoarthritis after anterior cruciate ligament reconstruction. A prospective study with 10-15 years follow-up. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S71. FP32-933. The14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
9. Øiestad BE, Holm I, Myklebust G, Gunderson R, Risberg MA. Quadriceps muscle weakness after ACL reconstruction: a risk factor for knee osteoarthritis? *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S87. FP34-954. The14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
10. Årøen A, Mamisch T, Røtterud J, Engebretsen L, Risberg MA. Biochemical MRI evaluation of surrounding articular cartilage in knees with a focal cartilage defect using T2 mapping and d´GEMRIC. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S51. FP23-1405. The14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
11. Årøen A, Røtterud J, Høysveen T, Engebretsen L, Risberg MA. Three months preoperative active rehabilitation program in patients with a focal knee cartilage defect postponed or reduced the need for cartilage repair surgery. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S90-91. FP34-1397. The14th ESSKA Congress. Oslo, Norway, June 9-12, 2010

National abstracts

1. Eitzen I, Moksnes H, Risberg MA. Pasienter med ruptur av fremre korsbånd bør trene intensivt før rekonstruksjon. Høstmøtet i Norsk Ortopedisk Forening. Abstractnr 138. Oslo, Norge, October 25-29, 2010

2. Grindem H, Logerstedt D, Snyder-Mackler L, Risberg MA. Hinketester som prediktorer for funksjon hos ikke-opererte pasienter med fremre korsbåndsskade. Idrettsmedisinsk Høstkongress. Kristiansand, Norge, November 4-7, 2010
3. Svege IC, Fernandes L, Nordsletten L, Risberg MA. Langtidseffekt av veiledet trening og pasientundervisning for pasienter med hofteartrose. Nominert fordrag til Nycomed Pharmaprisen, Idrettsmedisinsk Høstkongress. Idrettsmedisinsk Høstkongress. Kristiansand, Norge, November 4-7, 2010
4. Årøen A, Mamisch T., Røtterud J., Engebretsen L, Risberg MA. MR dGMERIC og T2 av knær med ledd bruskskade. Høstmøtet i Norsk Ortopedisk Forening. Abstractnr. 134. Oslo, Norge, October 25-29, 2010

International posters

1. Fernandes L, Grotle M, Storheim M, Nordsletten L, Risberg MA. Hip flexion, social functioning, and self-efficacy for pain predict physical function at 16 months in patients with hip osteoarthritis. *Osteoarthritis and Cartilage* Volume 18, Supplement 2 September 2010: S127. 284. The 2010 World Congress on Osteoarthritis. Brussels, Belgium, September 23–26, 2010.
2. Mamisch T, Årøen A., Engebretsen L, Risberg MA. MR assessment of focal cartilage defects using a high resolution imaging protocol with planes perpendicular to the defect: preliminary results. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S111. SCP11-1338. The 14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
3. Moksnes H, Engebretsen L, Risberg MA. Prospective functional evaluation of children 12 years or younger after anterior cruciate ligament injury. *Knee Surg Sports Traumatol Arthrosc* (2010) 18 (Suppl 1) S179. P13-768. The 14th ESSKA Congress. Oslo, Norway, June 9-12 2010
4. Sagen A, Kåresen R, Hjermsstad MJ, Risberg MA. Prevalence of lymphedema and upper-limb impairments after axillary lymph node dissection or sentinel lymph node dissection in breast cancer: A two-year follow-up study. *J Clin Oncol* 28:15s, 2010 (suppl; abstr 9137) 9137. ASCO (American Society Clinical Oncology). Chicago, USA, June 4-8, 2010
5. Stensrud S, Roos EM, Risberg MA. The feasibility of a progressive twelve-week neuromuscular and strength training program in middle aged patients with degenerative meniscus- tears. *Osteoarthritis and Cartilage* Volume 18, Supplement 2 September 2010: S229. 512. The 2010 World Congress on Osteoarthritis. Brussels, Belgium, September 23-26, 2010
6. Svege IC, Fernandes L, Nordsletten L, Risberg MA. Long term effect of a supervised exercise program and patient education for patients with hip osteoarthritis. A randomized controlled trial. *Osteoarthritis and Cartilage* Volume 18, Supplement 2 September 2010: S142. 322. The 2010 World Congress on Osteoarthritis. Brussels, Belgium, September 23-26, 2010
7. Øiestad BE, Holm I, Engebretsen L, Risberg MA. The association between radiographic knee osteoarthritis and knee symptoms, function and quality of life 10-15 years after anterior cruciate ligament reconstruction. *Osteoarthritis and Cartilage* Volume 18, Supplement 2 September 2010: S131. 293. The 2010 World Congress on Osteoarthritis. Brussels, Belgium, September 23-26, 2010

Invited speaker international

1. Eitzen I. Evidence for rehabilitation after ACL injury - what is new? The 14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
2. Eitzen I. Classification of knee function following ACL injury – copers or non-copers. 7ème Congres du GIBL. Brüssel, Belgia, November 27th, 2010
3. Moksnes H. ACL rehabilitation in children. 7ème Congres du GIBL, Brüssel, Belgia, November 27th, 2010
4. Moksnes H, Eitzen I. WORKSHOP: Intensive rehabilitation after ACL injury. The 14th ESSKA Congress, Oslo, Norway, June 9-12, 2010
5. Risberg MA. Is it possible to reduce the progression of symptomatic knee OA? The 14th ESSKA Congress, Oslo, Norway, June 9-12, 2010
6. Risberg MA. Pre-and post-operative rehabilitation after articular cartilage repair. The 14th ESSKA Congress, Oslo, Norway, June 9-12, 2010
7. Risberg MA. Evidence based rehabilitation of ACL injured individuals. 27th AGA-Congress 2010 – Vienna: Physical therapy program. Vienna, Austria, September 9-10, 2010
8. Risberg MA. How good and where to go? Sports Medicine in Norway. Scandinavian Congress of Medicine and Science in Sports 2010. Copenhagen, Denmark, 4-6 February 2010
9. Risberg MA. An overview on current functional evaluations in ACL operated and non-operated patients. 7ème Congres du GIBL. Brüssel, Belgia, November 27th, 2010
10. Risberg MA, Moksnes H. Implementation of guidelines for knee rehabilitation - do we use them? The 14th ESSKA Congress. Oslo, Norway, June 9-12, 2010
11. Stensrud S. Exercise therapy for patients with meniscus injuries – prevention for osteoarthritis? The 14th ESSKA Congress. Oslo, Norway, June 9-12, 2010

Invited speaker national

1. Hakestad, Kari Anne. Nasjonalt senter for telemedisin Universitetssykehuset i Nord – Norge. Oslo universitetssykehus, Norway, October 5th, 2010
2. Moksnes H. Funksjonstesting og rehabilitering av pasienter med fremre korsbåndsskade. Telemedisin Oslo Universitetssykehus. Oslo, Norway, Februar 2nd, 2010
3. Risberg MA. Muskel- og skjelettskader - "du skal ikke gå hjem og ta det med ro et par uker". Primær medisinsk Uke, Institutt for allmenntmedisin, Universitetet i Oslo. Oslo, Norway, October 25-29, 2010
4. Rydevik K. Tiltak for mennesker som har artrose. UiO Videreutdanning: fysioterapi for eldre. Oslo, Norway, March 18, 2010
5. Stensrud S. NFFs Temadager fysisk aktivitet og bevegelse i fysioterapi. Oslo, June 17-18, 2010

Book chapters

1. Van Assche D, Wondrasch B, Risberg MA. Rehabilitation Following Cartilage Injury and Repair procedures. In: CARTILAGE REPAIR. CURRENT CONCEPTS. Chapter 19. Editors: Mats Brittberg, Andreas Imhoff, Henning Madry, Bert Mandelbaum. A DJO Incorporated initiative International Headquarters – London. www.DJOpublications.com. First edition 2010. ISBN number: 978-0-9558873-1-4

Prices and nominations

1. Moksnes H, Engebretsen L, Risberg MA. Functional outcome one year after anterior cruciate ligament injury in non-operated children 12 years or younger. Abstractnr C106. Winner of best Norwegian abstract, Scandinavian Congress of Medicine and Science in Sports. Copenhagen, Denmark, February 4-6, 2010
2. Øiestad BE, Holm I, Myklebust G, Gunderson R, Risberg MA. Quadriceps muscle weakness after ACL reconstruction: a risk factor for knee osteoarthritis? Nominated for "Best free paper PT programme" – DJO Research Award, The 14th ESSKA Congress, Oslo, Norway, June 9-12, 2010
3. Øiestad BE, Holm I, Aune AK, Gunderson R, Myklebust G, Engebretsen L, Fosdahl MA, Risberg MA. Knee function and prevalence of knee osteoarthritis after anterior cruciate ligament reconstruction: a prospective study with 10 to 15 years of follow-up. Am J Sports Med. 2010 Nov;38(11):2201-10. Winner of "Hjelp24 NIMI-award". The Norwegian Sports Medicine Congress. Kristiansand, Norway, November 4-7, 2010
4. Svege IC, Fernandes L, Nordsletten L, Risberg MA. Langtidseffekt av veiledet trening og pasientundervisning for pasienter med hofteartrose. Nominated for "Nycomed Pharma-award", Idrettsmedisinsk Høstkongress. The Norwegian Sports Medicine Congress. Kristiansand, Norge, November 4-7, 2010

Supervising

May Arna Risberg:

Main supervisor doctoral students:

Åse Sagen (Dissertation January 22nd 2010)
Ingrid Eitzen (Dissertation August 25th 2010)
Linda Fernandes (Submitted July 22nd 2010)
Britt Elin Øiestad (Submitted July 5th 2010)
Håvard Moksnes
Ida Svege
Kari Anne Hakestad
Hege Grindem

Co-supervisor doctoral students

Silje Stensrud

Supervisor masterstudents

Johann Knutsen (Finished June 2010)
Iren Hansen
Marianne Bakke Johnsen
Carina Wold
Maren Hjelle Guddal

Kjersti Storheim:

Main supervisor doctoral students:

Philip Wilkens

Co-supervisor doctoral students

Linda Fernandes (Submitted July 22nd 2010)
Christian Helling

Ingrid Eitzen:

Co-supervisor doctoral students

Hege Grindem

Supervisor masterstudents

Maren Hjelle Guddal
Marianne Bakke Johnsen
Carina Wold

Håvard Moksnes:

Co-supervisor masterstudents

Marianne Bakke Johnsen
Carina Wold

Clinical supervisor for 6 masterstudents, Hjelp24 NIMI

Kari Anne Hakestad:

Co-supervisor masterstudents

Marte T. Magnusson

Other tasks

May Arna Risberg:

- Assoc. Editor JOSPT January 2008-
- Referee ESSKA- journal: Knee Surgery, Sports Traumatology, Arthroscopy
- Chair, the scientific program committee for the Physical Therapy program ESSKA 2010
- Faggruppen For Idrettsfysioterapi (FFI)'s forskningsråd: Board member from 1999-
- European Board of Sport Rehabilitation (EBSR): Board member from 2008-

Kjersti Storheim:

- Referee Scandinavian Journal of Medicine and Science in Sports
- Referee Scandinavian Journal of Primary Health Care
- Faggruppen For Idrettsfysioterapi (FFI)'s forskningsråd: Board member 1999-
- Fond til fremme for Norsk Idrettsmedisin og Idrettsfysioterapi: Board member 1999- head from 2007.
- Norsk Forening for Ryggforskning: Board member 2004-
- Fond til etter- og videreutdanning av fysioterapeuter: suppleant til styret fra 2004- nestleder fra 2007.

Håvard Moksnes:

- Head Department of Health Sciences Norwegian Sportsmedicine Clinic (Hjelp24 NIMI)
- Physiotherapist Norwegian U21 soccerteam

Britt Elin Øiestad:

- Britt Elin Øiestad has worked as a teacher at the Physical Therapy program, Oslo University College since August 2010.

Karin Rydevik:

- Fagforbundet for Idrettsfysioterapi: Board member November 2007-

Kristin Bølstad:

- Member of the local organization committee, ESSKA 2010

Kari Anne Hakestad:

- Member of the local organization committee, ESSKA 2010
- Member of the research group SOLO (low energy fractures) at Oslo University Hospital.

Silje Stensrud:

- Member of the local organization committee, ESSKA 2010

www.active-rehab.no / www.aktiv-rehab.no

Our homepage contains information about our research unit, staff, ongoing projects, publications, annual reports, collaborators and news- in English and Norwegian.

Conclusion

2010 have been our so far most productive year with 16 international peer reviewed articles and two PhD defences. Of international presentations 11 free papers, 7 poster presentations, and 11 as invited international speakers. We continue to grow in number of researchers and in number of international publications and presentations, and have become a major international contributor to clinical research within the area of active rehabilitation of musculoskeletal injuries and disorders. The first PhD-student from NAR has defended her PhD and 2 others have handed in their thesis, and will defend this in January 2011.