Norwegian research center for Active Rehabilitation (NAR)

Annual report 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 osteoarthrosis, (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.oropaedics.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

International publications

National publications


National publications
1. Fernandes L. Er det mulig å lindre plagene ved hofteartrose? Revmatikeren 5:10, s 31

International abstracts
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


National abstracts


**International posters**


**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
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
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
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**

5. Stensrud S. NFFs Temadager fysisk aktivitet og bevegelse i fysioterapi. Oslo, June 17-18, 2010

**Book chapters**

Prices and nominations


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 Hellum

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-
- Norsk Forening for Ryggforskning: Board member 2004-

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.