May Arna Risberg, PT PhD

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Born: May 17, 1962

Married, two children

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| May Arna Risberg is professor of Sport Physical Therapy at the Norwegian School Sport Sciences (50%) and the Department of Orthopedic Surgery, Oslo University Hospital (50%). She is the chair of the Norwegian Research Center for Active Rehabilitation (NAR), and the co-chair of the Osteoarthritis Research Group, Oslo University Hospital, funded by the South Eastern Norway Health Authority. She has an extensive international collaboration and holds an Adjunct Clinical Professor position at the Department of Physical Therapy, College of Arts & Sciences, University of Delaware, USA. She has for the last 10 years a formal collaboration with the University of Delaware (Professor Lynn Snyder-Mackler) with a National Institutes of Health grant (NIH), as well as formal collaborations with the University of Southern Denmark (Professor Ewa Roos) and an international grant with Professor Kay Crossley and Dr Joanne Kemp (Australia). Her main research area is active rehabilitation of knee injuries, and knee and hip osteoarthritis. She has been the main supervisor of 9 PhD students who have successfully defended their thesis, as well as 3 postdocs. She has published more than 100 original research articles, systematic reviews, and book chapters, with a citation index (H-index) of 26. |

EDUCATION:

**University of Oslo,** Faculty of Medicine, Oslo Norway, 1999

Doctor Philosophiae

**Oslo University College**, Faculty of Health Sciences, 1988

Candidata magisterii

**Oslo University College**, Faculty of Health Sciences, 1988

Bachelor of Physiotherapy

CURRENT POSITIONS:

2003 **NORWEGIAN RESEARCH CENTER FOR ACTIVE REHABILITATION (NAR),** Department of Orthopaedic Surgery, Oslo University Hospital, Ullevål, Oslo

Present Chair

2006 **NIMI,** Sports Medicine Center, Oslo, Norway

Present Researcher physical therapist

2008 **UNIVERSITY OF DELAWARE**, Dept. of Physical Therapy, College of Arts & Sciences

Present Adjunct Clinical Professor

2010 **NORWEGIAN SCHOOL OF SPORT SCIENCES**, Dept. of Sports Medicine, Oslo

Present Professor in Physical Therapy

OTHER EXPERIENCE & QUALIFICATIONS

* Visiting professor, Health and Rehabilitation Sciences, Division of Physiotherapy, University of Queensland, Brisbane, Australia (July 2013-January 2014);
* Guest professor, Interdisciplinary program in Biomechanics and Movement Science, Physical Therapy Department, University of Delaware (February 2002-July 2002)
* Associate professor, Norwegian School Sport Sciences, Oslo (2006-2010); Chair, Research unit (FOU), Orthopaedic Center, Ullevål University Hospital (2003-2010); Post-Doctoral Fellow, Funding Norwegian Research Council, Orthopaedic Center, Ullevaal University Hospital and University of Delaware (2002-2005); Senior researcher, Center for Clinical Research, Ullevaal University Hospital (1999-2003); PhD student, Funding Norwegian Research Council, Medical faculty, IOKS, University of Oslo (1998-1999); PhD student, McClure Muskuloskeletal Research Center, Department of Orthopaedic and Rehabilitation, University of Vermont Funding: Norwegian Research Council (1997-1998); PhD student, Medical faculty, IOKS, University of Oslo, (60% position) (1996-9197); Clinical Research Physical Therapist (50% position), Orthopaedic Center, Ullevaal University Hospital. 1994-1996 (50% clinical researcher and 50% physical therapist: out-patient clinic); Staff Physical Therapist, Outpatient clinic, Othopaedic Center, Ullevaal University Hospital (1992-1996); Chairman, Physical Therapy, Surgical Department, Akershus Universitetssykehus (1990-1992); Physical therapist, Stabekk Fysikalske Institutt (driftsavtale Bærum kommune) (1988-1989); Staff Physical Therapist, Orthopaedic Center, Ullevaal University Hospital (1987-1990)
* Advisor for the following Ph.D. students: Birgitta Blakstad Nilsson (Nov 2009), Åse Sagen ( Jan 2010). Ingrid Eitzen (Aug 2010), Linda Fernandes (Jan 2011), Britt Elin Øiestad (Jan 2011), Håvard Moksnes (May 2013), Hege Grindem (2014), Ida Svege (2014), Barbara Wondrasch (2015). Co-supervisor: Silje Stensrud (2013) (main supervisor professor Ewa Roos, Southern University, Denmark). Current phd students: Kari Anne Hakestad (2009-2015), Nina Kise (2011-2016). Current co-supervisor: Cathrine Aga (2012-2015) and Gilbert Moatshe (2015-2017) (main supervisor: professor Lars Engebretsen).

SELECTED PUBLICATIONS May 2015:

H-index (per May 2015): 26

Original articles in refereed international journals:

22. Risberg MA, Holm I, Myklebust G, Engebretsen L. Neuromuscular training versus strength training during first 6 months after anterior cruciate ligament reconstruction: a randomized clinical trial. Phys Ther. 2007 Jun;87(6):737-50

23. Moksnes H, Engebretsen L, Risberg MA. Performance-based functional outcome for children 12 years or younger following anterior cruciate ligament injury: a two- to nine-year follow-up study. Knee Surg Sport Traumatol 16(3); 214-223, 2008

25. Moksnes H, Risberg MA. Performance-based functional evaluation of non-operative and operative treatment after anterior cruciate ligament injury. Scand J Med Sci Sports 2009 Jun;19(3):345-55.

26. Moksnes H, Snyder-Mackler L, Risberg MA. [Individuals with an anterior cruciate ligament-deficient knee classified as noncopers may be candidates for nonsurgical rehabilitation.](http://www.ncbi.nlm.nih.gov/pubmed/18979658?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum) Orthop Sports Phys Ther. 2008 Oct;38(10):586-95.

28. Eitzen I, Holm I, Risberg MA. Preoperative quadriceps strength is a significant predictor of knee function two years after anterior cruciate ligament reconstruction. Br J Sports Med. 2009 May;43(5):371-6.

29. Risberg MA, Moksnes H, Storevold A, Holm I, Snyder-Mackler L. Rehabilitation after anterior cruciate ligament injury influences joint loading during walking but not hopping. Br J Sports Med. 2009 Jun;43(6):423-8.

33. Risberg MA, Holm I. The long-term effect of 2 postoperative rehabilitation programs after anterior cruciate ligament reconstruction: a randomized controlled clinical trial with 2 years of follow-up. Am J Sports Med. 2009 Oct;37(10):1958-66.

36. Hjermundrud 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. Mar;18(3):298-303;2010

38. Holm I, Øiestad BE, Risberg MA, Aune AK. No difference in knee function or prevalence of osteoarthritis after reconstruction of the ACL with four-strand hamstring autograft versus patellar tendon-bone autograft. A randomized study with 10-years follow-up. Am J Sport Med Mar;38(3):448-54, 2010

39. Fernandes L, Storheim K, Nordsletten L, Risberg MA. Development of a therapeutic exercise program for patients with osteoarthritis of the hip. Phys Ther Apr;90(4):592-601 Phys Ther. 2010 Apr;90(4):592-601.

40. Eitzen I, Eitzen T, Risberg MA. ACL deficient potential copers and non-copers reveal different isokinetic quadriceps strength profiles in the early stage after injury. Am J Sport Med Mar;38(3):586-93

42. Fernandes L, Storheim K, Nordsletten L. The efficacy of patient education and supervised exercise vs patient education alone in patients with hip osteoarthritis. A single blind randomized clinical trial. Osteoarthritis and Cartilage July 2010

43. 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.

44. 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. Am J Sport Med 2010 Nov;38(11):2201-10.

45. Eitzen I, Moksnes H, Snyder-Mackler L, Risberg MA. A progressive five-week exercise therapy program leads to significant improvements in knee function early after ACL injury. J Orthop Sports Phys Ther Epub Aug 6, 2010

46. 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 Sport Med Epub Jul 2010

47. Rydevik K, Fernandes L, Nordsletten L, Risberg MA. Physical Function in Patients with Hip Osteoarthritis with Mild to Moderate Pain. Journal of Orthopaedic & Sports Physical Therapy 2010 July; 40(10):616-24.

48. Øiestad BE, Holm I, Gunderson R, Myklebust G, Risberg MA. [Quadriceps muscle weakness after anterior cruciate ligament reconstruction: a risk factor for knee osteoarthritis?](http://www.ncbi.nlm.nih.gov/pubmed/20662041) Arthritis Care Res. 2010 Dec;62(12):1706-14.

49. Grindem H, Logerstedt D, Eitzen I, Moksnes H, Axe MJ, Snyder-Mackler L, Engebretsen L, Risberg MA. Single-legged hop tests as predictors of self-reported knee function in nonoperatively treated individuals with anterior cruciate ligament injury. Am J Sports Med 2011 Nov; 39 (11): 2347-54.

50. Moksnes H, Engebretsen L, Risberg MA. Management of anterior cruciate ligament injuries in skeletally immature individuals. J Orthop Sports Phys Ther. 2012 Mar;42(3):172-83.

52. Røtterud JH, Risberg MA, Engebretsen L, Arøen A. Patients with focal full-thickness cartilage lesions benefit less from ACL reconstruction at 2-5 years follow-up. Knee Surg Sports Traumatol Arthrosc. 2011 Nov 8.

55. Svege I, Kolle E, Risberg MA. Reliability and validity of the Physical Activity Scale for the Elderly (PASE) in patients with hip osteoarthritis. BMC Musculoskelet Disord. 2012 Feb 21;13:26.

56. Moksnes H, Engebretsen L, Risberg MA. [The current evidence for treatment of ACL injuries in children is low: a systematic review.](http://www.ncbi.nlm.nih.gov/pubmed/22717830) J Bone Joint Surg Am. 2012 Jun 20;94(12):1112-9. Review.

57. Øiestad BE, Holm I, Engebretsen L, Aune AK, Gunderson R, Risberg MA. The prevalence of patellofemoral osteoarthritis 12 years after anterior cruciate ligament reconstruction. Knee Surg Sports Traumatol Arthrosc. 2013 Apr;21(4):942-9.

58. Logerstedt D, Grindem H, Lynch A, Eitzen I, Engebretsen L, Risberg MA, Axe MJ, Snyder-Mackler L. Single-legged hop tests as predictors of self-reported knee function after anterior cruciate ligament reconstruction: the Delaware-Oslo ACL cohort study. Am J Sports Med. 2012 Oct;40(10):2348-56.

59. Stensrud S, Roos EM, Risberg MA. A 12-week exercise therapy program in middle-aged patients with degenerative meniscus tears: a case series with 1-year follow-up. J Orthop Sports Phys Ther. 2012;42(11):919-31.

60. Grindem H, Eitzen I, Moksnes H, Snyder-Mackler L, Risberg MA. A pair-matched comparison of return to pivoting sports at 1 year in anterior cruciate ligament-injured patients after a nonoperative versus an operative treatment course. Am J Sports Med. 2012 Nov;40(11):2509-16.

61. Holm I, Oiestad BE, Risberg MA, Gunderson R, Aune AK. No differences in prevalence of osteoarthritis or function after open versus endoscopic technique for anterior cruciate ligament reconstruction: 12-year follow-up report of a randomized controlled trial. Am J Sports Med. 2012 Nov;40(11):2492-8.

63. Eitzen I, Fernandes L, Nordsletten L, Risberg MA. Sagittal plane gait characteristics in hip osteoarthritis patients with mild to moderate symptoms compared to healthy controls: a cross-sectional study. BMC Musculoskelet Disord. 2012 Dec 20;13:258.

64. Moksnes H, Engebretsen L, Eitzen I, Risberg MA. Functional outcomes following a non-operative treatment algorithm for anterior cruciate ligament injuries in skeletally immature children 12 years and younger. A prospective cohort with 2 years follow-up. Br J Sports Med. 2013 May;47(8):488-94.

65. Wondrasch B, Arøen A, Røtterud JH, Høysveen T, Bølstad K, Risberg MA. The feasibility of a 3-month active rehabilitation program for patients with knee full-thickness articular cartilage lesions: the Oslo Cartilage Active Rehabilitation and Education Study.J Orthop Sports Phys Ther. 2013 May;43(5):310-24. PMID: 23485794

66. Grindem H, Eitzen I, Snyder-Mackler L, Risberg MA. Online registration of monthly sports participation after anterior cruciate ligament injury: a reliability and validity study. Br J Sports Med. 2013 May 3.

67. Moksnes H, Engebretsen L, Risberg MA. Prevalence and Incidence of New Meniscus and Cartilage Injuries After a Nonoperative Treatment Algorithm for ACL Tears in Skeletally Immature Children: A Prospective MRI Study. Am J Sports Med. 2013 Aug;41(8):1771-9.

68. Østerås N, Risberg MA, Kvien TK, Engebretsen L, Nordsletten L, Bruusgaard D, Schjervheim UB, Haugen IK, Hammer HB, Provan S, Øiestad BE, Semb AG, Rollefstad S, Hagen KB, Uhlig T, Slatkowsky-Christensen B, Kjeken I, Flugsrud G, Grotle M, Sesseng S, Edvardsen H, Natvig B. Hand, hip and knee osteoarthritis in a Norwegian population-based study--the MUST protocol. BMC Musculoskelet Disord. 2013 Jul 5

69. Lynch AD, Logerstedt DS, Grindem H, Eitzen I, Hicks GE, Axe MJ, Engebretsen L, Risberg MA, Snyder-Mackler L. Consensus criteria for defining 'successful outcome' after ACL injury and reconstruction: a Delaware-Oslo ACL cohort investigation. Br J Sports Med. 2013 Jul 23.

70. Sagen A, Kaaresen R, Sandvik L, Thune I, Risberg MA. Upper Limb Physical Function and Side Effects after Breast Cancer Surgery: a prospective 2.5-year follow-up study and preoperative measures Archives of Physical Medicine and Rehabilitation Arch Phys Med Rehabil. 2014 Jan 2.

71. Johnsen MB, Eitzen I, Moksnes H, Risberg MA. Inter- and intrarater reliability of four single-legged hop tests and isokinetic muscle torque measurements in children.Knee Surg Sports Traumatol Arthrosc. 2013 Nov 15.

72. Eitzen I, Fernandes L, Nordsletten L, Snyder-Mackler L, Risberg MA. [Weight-bearing asymmetries during Sit-To-Stand in patients with mild-to-moderate hip osteoarthritis.](http://www.ncbi.nlm.nih.gov/pubmed/24238750) Gait Posture. 2014 Feb;39(2):683-8.

73. Svege I, Nordsletten L, Fernandes L, Risberg MA. Exercise therapy may postpone total hip replacement surgery in patients with hip osteoarthritis: a long-term follow-up of a randomised trial. Ann Rheum Dis. 2013 Nov 20.

74. Øiestad BE, Østerås N, Frobell R, Grotle M, Brøgger H, Risberg MA. Efficacy of strength and aerobic exercise on patient-reported outcomes and structural changes in patients with knee osteoarthritis: study protocol for a randomized controlled trial. BMC Musculoskelet Disord. 2013 Sep 12;14:266.

75. Stensrud S1, Risberg MA, Roos EM. Effect of Exercise Therapy Compared with Arthroscopic Surgery on Knee Muscle Strength and Functional Performance in Middle-Aged Patients with Degenerative Meniscus Tears: A 3-Mo Follow-up of a Randomized Controlled Trial. Am J Phys Med Rehabil. 2014 Oct 8.

77. Wondrasch B, Risberg MA, Zak L, Marlovits S, Aldrian S. Effect of accelerated weightbearing after matrix-associated autologous chondrocyte implantation on the femoral condyle: a prospective, randomized controlled study presenting MRI-based and clinical outcomes after 5 years. Am J Sports Med. 2015 Jan;43(1):146-53.

78. Grindem H, Granan LP, Risberg MA, Engebretsen L, Snyder-Mackler L, Eitzen I. How does a combined preoperative and postoperative rehabilitation programme influence the outcome of ACL reconstruction 2 years after surgery? A comparison between patients in the Delaware-Oslo ACL Cohort and the Norwegian National Knee Ligament Registry. Br J Sports Med. 2014 Oct 28.

79. Logerstedt D, Di Stasi S, Grindem H, Lynch A, Eitzen I, Engebretsen L, Risberg MA, Axe MJ, Snyder-Mackler L. Self-reported knee function can identify athletes who fail return-to-activity criteria up to 1 year after anterior cruciate ligament reconstruction: a delaware-oslo ACL cohort study. J Orthop Sports Phys Ther. 2014 Dec;44(12):914-23.