

Curriculum Vitae For physiotherapist, M.Sc. Lasse Ishøi

Lasse Ishøi
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Date of Birth: 31. January 1989
Civil status: Cohabiting, domestic partnership, farther of twins



Short summary

I am an aspiring researcher, physiotherapist, and sports scientist with a great interest in hip/groin and hamstring injuries. I am part of the Sports Orthopedic Research Center - Copenhagen (SORC-C) at Hvidovre Hospital; an International Olympic Committee (IOC) research center centered around prevention, diagnostics and treatment of musculoskeletal problems.

I am a PhD student in SORC-C focusing on non-operative treatment of young patients with activity-related longstanding hip and groin pain as well as evaluating outcomes following hip arthroscopy.

I serve as the Sports Science Coordinator in Football Club Nordsjælland (FCN), a Danish premier league football club with associated youth academies in Denmark and Ghana (rated as one of the world's best academies according to Scouted Football (<https://www.scoutedftbl.com/best-young-football-players/academies/>), where I focus on structured data collection and associated analyses to support physical trainers and physiotherapists.

I was part of the 1st International Hip-related groin pain Research Network meeting in Zurich 2018 and co-author on four consensus papers regarding hip-related pain in young patients published in the British Journal of Sports Medicine.

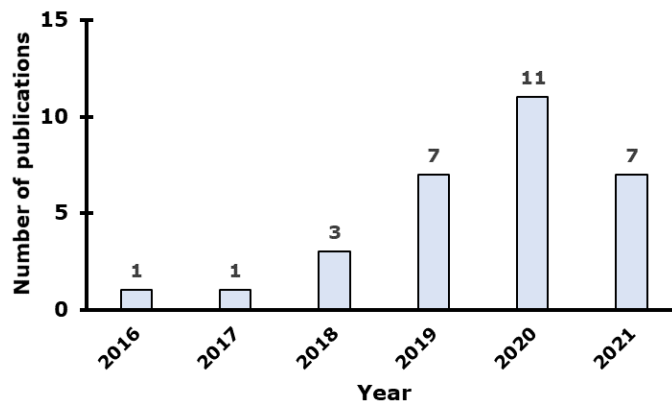
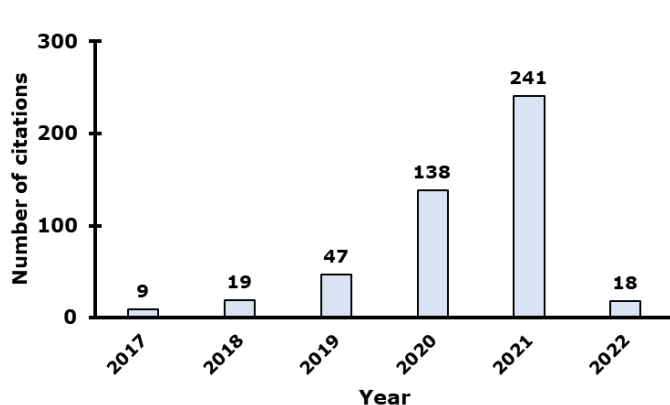
I am the lead author on two clinical statements commissioned by the Danish Association of Sports Physical Therapy (DSSF) concerning hip-related pain (2021) and acute muscles injuries in sport (2020) published in the British Journal of Sports Medicine 2020 (Impact Factor 13.8). The paper on acute muscle injuries has been downloaded >20.000 times and was among the top 5 most read articles in the journal during the first four months after publication, and the most read paper in April 2020.

I have published 31 papers (20 as lead author, 1 as senior author) in international peer-review journals in the area of hip/groin and muscle injuries, and sports performance, as well as co-authored 4 book chapters on hip and groin pain; and I have been invited as speaker to 9 conferences/symposiums.

Google Scholar citations since 2017: 507

Google Scholar H index: 11

Research Grants raised: 1.347.235 Dkr. (~185.000 Euro)



Work experience

2021/03 – Present	Sports Science Coordinator Football Club Nordsjælland (FCN), Denmark Primary focus: Development of the sports science group and strategy. This also includes communication with universities regarding “hiring” interns and coordinating MSc. theses in the organization. Webpage: https://fcn.dk/
2016/05 – Present	Research Assistant / PhD student Sports Orthopedic Research Center – Copenhagen, Hvidovre Hospital Web: https://www.hvidovrehospital.dk/sorc-c/Pages/default.aspx
2016/04 – 2017/05	Physiotherapist Men’s National Team, Danish Volleyball Federation
2015/10 – 2017/05	Head Physiotherapist / Strength and Conditioning Coach Talent Team East, Women, Danish Volleyball Federation
2016/09 – 2017/07	Head Physiotherapist, Hvidovre Volley Club
2012/09 – 2015/06	Physiotherapist F.C. Copenhagen – School of Excellence, Football Academy
2012/09 – 2014/07	Assistant teacher in exercise physiology Metropolitan University College, Department of Physiotherapy, Copenhagen, Denmark

Educational background

2019/01 – Present	Enrolled as PhD student at University of Copenhagen, Graduate School of Health and Medical Sciences, Basic and Clinical Research in Musculoskeletal Sciences, Department of Clinical Medicine
2015/02 – 2017/01	MSc. Sports Science and Health, University of Southern Denmark, Odense, Denmark Overall Grade: 11 (scale to 12) Thesis Grade: 12 (scale to 12)
2015/09 – 2016/09	Post Graduate Diploma in Sports and Exercise Medicine, University of South Wales, Cardiff, Wales Overall Grade: Distinction
2011/09 – 2015/01	Bachelor of Physiotherapy, Metropolitan University College, Copenhagen, Denmark Overall Grade: 10.8 (scale to 12) Thesis Grade: 12 (scale to 12)

Academic Positions

2018/10 – Present	<p>Coordinator of MSc courses in cooperation with the University of Southern Denmark and The Danish Association of Sports Physiotherapy. The courses run every second year (alternating each year) for a duration of 6 weeks with a work burden of 5 ECTS.</p> <p>Assessment and rehabilitation of muscle injuries – in relation to sport.</p> <p>Assessment and rehabilitation of tendon injuries – in relation to sport.</p>
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Teaching activities

2019/10	<p>Quadriceps and lower leg muscle strain injuries: clinical assessment, rehabilitation, and prevention, <i>MSc Course, Assessment and rehabilitation of muscle injuries - in relation to sport.</i></p> <p>Hip and groin muscle injuries: clinical assessment, rehabilitation, and prevention, <i>MSc Course, Assessment and rehabilitation of muscle injuries - in relation to sport.</i></p>
2020/10	<p>Common lower extremity tendon issues and general principles for treatment, <i>MSc Course, Assessment and rehabilitation of muscle injuries - in relation to sport.</i></p>

Consensus/Agreement meetings

2018/11 – Present	<p>Part of the 1st International Hip-related groin pain Research Network meeting, Zurich.</p> <p>Four consensus papers have published in British Journal of Sports Medicine regarding hip and groin pain in young to middle-aged individuals.</p> <p>Webpage: https://hipresearch.net/</p>
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Academic Supervision

2016/03 – Present	External supervisor for eight Bachelor theses in physiotherapy
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Editorial work

2021/01 - Present	Editorial board (reviewer) at International Journal of Sports Physical therapy
2020/08 – Present	Associate Editor at BMC Sports Science, Medicine and Rehabilitation
2017/08 – Present	<p>Reviewer for international peer-review journals, including:</p> <p>European Journal of Physiotherapy, Journal of Sports Science, Danish Medical Journal, PeerJ, Sports Medicine, BMJ Open Sport & Exercise Medicine, Journal of Hip Preservation Surgery, Journal of Sport Rehabilitation, International Journal of Sports Physiology and Performance, Physical Therapy in Sport, Journal of Sport and Health Science, British Journal of Sports Medicine, Scandinavian Journal of</p>

Grants received**Total research grants received: 1.347.235 kr. (~185.000 Euro)****Main applicant: 1.022.236 kr. (~140.000 Euro):**

- Fond for Forskning, Kvalitet og Uddannelse i Fysioterapipraksis (Foundation of Research, Quality, and Education in Physiotherapy): **400.000 kr.**
- Hvidovre Hospital Research Grant: **170.000 kr.**
- Aase & Ejnar Danielsens Fond (Foundation of Aase & Ejnar Danielsen): **100.000 kr.**
- Dansk Selskab for Sportsfysioterapi (Danish Association of Sports Physiotherapy) Research Grant: **20.000 kr.**
- Gigtforeningen (The Danish Rheumatism Association) Research Grant for pre-PhD candidates: **187.236 kr.**
- Gigtforeningen (The Danish Rheumatism Association): **25.000 kr.**
- Danske Fysioterapeuter (The Danish Association of Physiotherapy) Research Grant: **30.000 kr.**
- Hvidovre Hospital Research Grant for PhD project: **90.000 kr.**

Co-applicant: 325.000 kr. (~45.000 Euro):

- Hvidovre Hospital Strategic Research Grant: **225.000 kr.**
- Hvidovre Hospital Research Grant for PhD project: **100.000 kr.**

Peer-review publications

31 peer-review publications in international journals

Lead Author: 20**Senior Author: 1****Co-Author: 10****Top three most cited papers**

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| Ishøi L , Sorensen CN, Kaae NM, Jorgensen LB, Holmich P, Serner A. Large eccentric strength increase using the Copenhagen Adduction exercise in football: A randomized controlled trial. <i>Scand J Med Sci Sports</i> . 2016;26(11):1334-1342. | 90 |
| Ishøi L , Holmich P, Aagaard P, Thorborg K, Bandholm T, Serner A. Effects of the Nordic Hamstring exercise on sprint capacity in male football players: a randomized controlled trial. <i>Journal of Sports Sciences</i> . 2018;36(14):1663-1672. | 82 |
| Ishøi L , Thorborg K, Kraemer O, Holmich P. Return to Sport and Performance After Hip Arthroscopy for Femoroacetabular Impingement in 18- to 30-Year-Old Athletes: A Cross-sectional Cohort Study of 189 Athletes. <i>Am J Sports Med</i> . 2018:363546518789070. | 73 |

All papers

Nielsen, M.F., Thorborg, K., Krommes, K., Thornton, K.B., Hölmich, P., Penalver, J.J.J., **Ishøi, L.**, 2022. Hip adduction strength and provoked groin pain: A comparison of long-lever squeeze testing using the ForceFrame and the Copenhagen 5-Second-Squeeze test. *Phys. Ther. Sport*. Doi.org/10.1016/j.ptsp.2022.02.002

Ishøi, L., Thorborg, K., 2021. Why clinical context and relevant protocols matter: response to Impellizzeri et al. *J. Clin. Epidemiol.* S0895-4356(21)00345-0. Doi.org/10.1016/j.jclinepi.2021.10.021

Ishøi, L., Nielsen, M.F., Krommes, K., Husted, R.S., Hölmich, P., Pedersen, L.L., Thorborg, K., 2021. Femoroacetabular impingement syndrome and labral injuries: grading the evidence on diagnosis and non-operative treatment—a statement paper commissioned by the Danish Society of Sports Physical Therapy (DSSF). *Br. J. Sports Med.* Doi.org/10.1136/bjsports-2021-104060

Ishøi, L., Thorborg, K., Kemp, J.L., Reiman, M.P., Hölmich, P., 2021. Maximal hip muscle strength and rate of torque development 6-30 months after hip arthroscopy for femoroacetabular impingement syndrome: A cross-sectional study. *J. Sci. Med. Sport.* Doi.org/10.1016/j.jsams.2021.05.006

Ishøi, L., Krommes, K., Nielsen, M.F., Thornton, K.B., Hölmich, P., Aagaard, P., Penalver, J.J.J., Thorborg, K., 2021. Hamstring and Quadriceps Muscle Strength in Youth to Senior Elite Soccer: A Cross-Sectional Study Including 125 Players. *Int. J. Sports Physiol. Perform.* 1–7. Doi.org/10.1123/ijsp.2020-0713

Ishøi, L., Thorborg, K., Ørum, M.G., Kemp, J.L., Reiman, M.P., Hölmich, P., 2021. How Many Patients Achieve an Acceptable Symptom State After Hip Arthroscopy for Femoroacetabular Impingement Syndrome? A Cross-sectional Study Including PASS Cutoff Values for the HAGOS and iHOT-33. *Orthop. J. Sports Med.* 9, 2325967121995267.

Ishøi L., Thorborg K., 2021. Copenhagen adduction exercise can increase eccentric strength and mitigate the risk of groin problems: but how much is enough! *Br. J. Sports Med.* Doi.org/10.1136/bjsports-2020-103564

Dawkins J., **Ishøi L.,** Willott J.O., Andersen L.L., Thorborg K., 2021. Effects of a low-dose Copenhagen Adduction exercise intervention on adduction strength in sub-elite male footballers: a randomised controlled trial. *Transl Sports Med.* Doi.org/10.1002/tsm2.238

Ishøi, L., Thorborg, K., Hölmich, P., Krommes, K., 2020. Sprint performance in football (soccer) players with and without a previous hamstring strain injury: An explorative cross-sectional study. *Int. J. Sports Phys. Ther.* 15, 947–957. Doi.org/10.26603/ijsp.20200947

Ishøi, L., Nielsen, M.F., Hölmich, P., Thorborg, K., 2020. Now you see it - Now you don't: A letter to the editor concerning "Surgery is no more effective than conservative treatment for femoroacetabular impingement syndrome: Systematic review and meta-analysis of randomized controlled trials." *Clin. Rehabil.* 269215520981695. Doi.org/10.1177/0269215520981695

Ishøi, L., Nielsen, M.F., Hölmich, P., Thorborg, K., 2020. "Can't see the right forest plot for the wrong trees!" - Letter to the editor concerning "Operative Versus Nonoperative Treatment of Femoroacetabular Impingement Syndrome: A Meta-analysis of Short-Term Outcomes." *Arthrosc. J. Arthrosc. Relat. Surg. Off. Publ. Arthrosc. Assoc. N. Am. Int. Arthrosc. Assoc.* Doi.org/10.1016/j.arthro.2020.07.046

Reiman, M.P., Agricola, R., Kemp, J.L., Heerey, J.J., Weir, A., van Klij, P., Kassarian, A., Mosler, A.B., Ageberg, E., Hölmich, P., Warholm, K.M., Griffin, D., Mayes, S., Khan, K.M., Crossley, K.M., Bizzini, M., Bloom, N., Casartelli, N.C., Diamond, L.E., Di Stasi, S., Drew, M., Friedman, D.J., Freke, M., Glyn-Jones, S., Gojanovic, B., Harris-Hayes, M., Hunt, M.A., Impellizzeri, F.M., **Ishøi, L.,** Jones, D.M., King, M.G., Lawrenson, P.R., Leunig, M., Lewis, C.L., Mathieu, N., Moksnes, H., Risberg, M.A., Scholes, M.J., Semciw, A.I., Serner, A., Thorborg, K.,

Virgile, A., Wörner, T., Dijkstra, H.P., 2020. Infographic. Consensus recommendations on the classification, definition and diagnostic criteria of hip-related pain in young and middle-aged active adults from the International Hip-related Pain Research Network, Zurich 2018. Br. J. Sports Med. [Doi.org/10.1136/bjsports-2020-102219](https://doi.org/10.1136/bjsports-2020-102219)

Vicens-Bordas, J., Esteve, E., Fort-Vanmeerhaeghe, A., Casals, M., Bandholm, T., **Ishøi, L.**, Opar, D., Shield, A., Thorborg, K., 2020. Performance changes during the off-season period in football players - Effects of age and previous hamstring injury. J. Sports Sci. 1–11. doi.org/10.1080/02640414.2020.1792160

Thorborg, K., **Ishøi, L.**, Krommes, K., 2020. Strong and stringent hamstring strain science: trials and error! Br. J. Sports Med. doi.org/10.1136/bjsports-2020-102213

Ishøi, L., Krommes, K., Husted, R.S., Juhl, C.B., Virgile, A., Thorborg, K., 2020. Infographic. Diagnosis, prevention and treatment of common lower extremity muscle injuries in sport—grading the evidence: a statement paper commissioned by the Danish Society of Sports Physical Therapy (DSSF). Br. J. Sports Med. [Doi.org/10.1136/bjsports-2020-102119](https://doi.org/10.1136/bjsports-2020-102119)

Ishøi, L., Krommes, K., Husted, R.S., Juhl, C.B., Thorborg, K., 2020. Diagnosis, prevention and treatment of common lower extremity muscle injuries in sport – grading the evidence: a statement paper commissioned by the Danish Society of Sports Physical Therapy (DSSF). Br. J. Sports Med. 54, 528–537. doi.org/10.1136/bjsports-2019-101228

Impellizzeri, F.M., Jones, D.M., Griffin, D., Harris-Hayes, M., Thorborg, K., Crossley, K.M., Reiman, M.P., Scholes, M.J., Ageberg, E., Agricola, R., Bizzini, M., Bloom, N., Casartelli, N.C., Diamond, L.E., Dijkstra, H.P., Di Stasi, S., Drew, M., Friedman, D.J., Freke, M., Gojanovic, B., Heerey, J.J., Hölmich, P., Hunt, M.A., **Ishøi, L.**, Kassarian, A., King, M., Lawrenson, P.R., Leunig, M., Lewis, C.L., Warholm, K.M., Mayes, S., Moksnes, H., Mosler, A.B., Risberg, M.A., Semciw, A., Serner, A., van Klij, P., Wörner, T., Kemp, J., 2020. Patient-reported outcome measures for hip-related pain: a review of the available evidence and a consensus statement from the International Hip-related Pain Research Network, Zurich 2018. Br. J. Sports Med. doi.org/10.1136/bjsports-2019-101456

Reiman, M.P., Agricola, R., Kemp, J.L., Heerey, J.J., Weir, A., van Klij, P., Kassarian, A., Mosler, A.B., Ageberg, E., Hölmich, P., Warholm, K.M., Griffin, D., Mayes, S., Khan, K.M., Crossley, K.M., Bizzini, M., Bloom, N., Casartelli, N.C., Diamond, L.E., Di Stasi, S., Drew, M., Friedman, D.J., Freke, M., Gojanovic, B., Glyn-Jones, S., Harris-Hayes, M., Hunt, M.A., Impellizzeri, F.M., **Ishøi, L.**, Jones, D.M., King, M.G., Lawrenson, P.R., Leunig, M., Lewis, C.L., Mathieu, N., Moksnes, H., Risberg, M.-A., Scholes, M.J., Semciw, A.I., Serner, A., Thorborg, K., Wörner, T., Dijkstra, H.P., 2020. Consensus recommendations on the classification, definition and diagnostic criteria of hip-related pain in young and middle-aged active adults from the International Hip-related Pain Research Network, Zurich 2018. Br. J. Sports Med. [Doi.org/10.1136/bjsports-2019-101453](https://doi.org/10.1136/bjsports-2019-101453)

Mosler, A.B., Kemp, J., King, M., Lawrenson, P.R., Semciw, A., Freke, M., Jones, D.M., Casartelli, N.C., Wörner, T., **Ishøi, L.**, Ageberg, E., Diamond, L.E., Hunt, M.A., Di Stasi, S., Reiman, M.P., Drew, M., Friedman, D., Thorborg, K., Leunig, M., Bizzini, M., Khan, K.M., Crossley, K.M., Agricola, R., Bloom, N., Dijkstra, H.P., Griffin, D., Gojanovic, B., Harris-Hayes, M., Heerey, J.J., Hölmich, P., Impellizzeri, F.M., Kassarian, A., Warholm, K.M., Mayes, S., Moksnes, H., Risberg, M.A., Scholes, M.J., Serner, A., van Klij, P., Lewis, C.L., 2019. Standardised measurement of physical capacity in young and middle-aged active adults with hip-related pain: recommendations from the first International Hip-related Pain Research Network (IHIPRN) meeting, Zurich, 2018. Br. J. Sports Med. [Doi.org/10.1136/bjsports-2019-101457](https://doi.org/10.1136/bjsports-2019-101457)

Kemp, J.L., Risberg, M.A., Mosler, A., Harris-Hayes, M., Serner, A., Moksnes, H., Bloom, N., Crossley, K.M., Gojanovic, B., Hunt, M.A., **Ishøi, L.**, Mathieu, N., Mayes, S., Scholes, M.J., Gimpel, M., Friedman, D., Ageberg, E., Agricola, R., Casartelli, N.C., Diamond, L.E., Dijkstra, H., Di Stasi, S., Drew, M., Freke, M., Griffin, D., Heerey, J.J., Hölmich, P., Impellizzeri, F.M., Jones, D.M., Kassarian, A., Khan, K.M., King, M.G., Lawrenson, P.R., Leunig, M., Lewis, C.L., Warholm, K.M., Reiman, M.P., Semciw, A., Thorborg, K., van Klij, P., Wörner, T., Bizzini, M., 2019. Physiotherapist-led treatment for young to middle-aged active adults with hip-related pain: consensus recommendations from the International Hip-related Pain Research Network, Zurich 2018. *Br. J. Sports Med.* doi.org/10.1136/bjsports-2019-101458

Larsen, R.T., Hessner, A.L., **Ishøi, L.**, Langberg, H., Christensen, J., 2020. Injuries in Novice Participants during an Eight-Week Start up CrossFit Program-A Prospective Cohort Study. *Sports Basel Switz.* 8. doi.org/10.3390/sports8020021

Ishøi, L., Hölmich, P., Thorborg, K., 2019. Measures of hip muscle strength and rate of force development using a fixated handheld dynamometer: Intra-tester intra-day reliability of a clinical set-up. *Int. J. Sports Phys. Ther.* 14, 715–723

Ishøi, L., Thorborg, K., Kraemer, O., Hölmich, P., 2019. The association between specific sports activities and sport performance following hip arthroscopy for femoroacetabular impingement syndrome: A secondary analysis of a cross-sectional cohort study including 184 athletes. *J. Hip Preserv. Surg.* 6, 124–133.

Ishøi, L., Thorborg, K., Kraemer, O., Lund, B., Mygind-Klavsen, B., Hölmich, P., 2019. Demographic and Radiographic Factors Associated With Intra-articular Hip Cartilage Injury: A Cross-sectional Study of 1511 Hip Arthroscopy Procedures. *Am. J. Sports Med.* 47, 2617–2625.

Ishøi, L., Aagaard, P., Nielsen, M.F., Thornton, K.B., Krommes, K.K., Hölmich, P., Thorborg, K., 2019. The Influence of Hamstring Muscle Peak Torque and Rate of Torque Development for Sprinting Performance in Football Players: A Cross-Sectional Study. *Int. J. Sports Physiol. Perform.* 14, 665–673.

Ishøi L, Kraemer O, Mygind-Klavsen B, Lund B. Femoroacetabulær Impingement-syndrom (Status artikel), *Ugeskrift Læger* 2019;181:V09180653

Ishøi L, Thorborg K, Kraemer O, Holmich P. Return to Sport and Performance After Hip Arthroscopy for Femoroacetabular Impingement in 18- to 30-Year-Old Athletes: A Cross-sectional Cohort Study of 189 Athletes. *Am J Sports Med.* 2018:363546518789070.

Thorborg K, **Ishøi L**, Kraemer O, Reiman MP, Hölmich P. Letter to the editor: HAGOS Could Be Important in the Evaluation of Patients Undergoing Hip Arthroscopy - Why Ignore It in a Sport Medicine Update When the Scientific Data Suggests Otherwise? *American Journal of Sports Medicine.* 2018;46(4):NP6-NP7.

Ishøi L, Clausen MB, Aagaard P. Inappropriate Methods and Flawed Conclusion in: Can Resistance Training Enhance the Rapid Force Development in Unloaded Dynamic Isoinertial Multijoint Movements? A Systematic Review. *Journal of strength and conditioning research.* 2018;32(1):e1-e2.

Ishøi L, Holmich P, Aagaard P, Thorborg K, Bandholm T, Serner A. Effects of the Nordic Hamstring exercise on sprint capacity in male football players: a randomized controlled trial. *Journal of Sports Sciences*. 2018;36(14):1663-1672.

Ishøi L, Sorensen CN, Kaae NM, Jorgensen LB, Holmich P, Serner A. Large eccentric strength increase using the Copenhagen Adduction exercise in football: A randomized controlled trial. *Scand J Med Sci Sports*. 2016;26(11):1334-1342.

Book chapters: 4

Hölmich P. & **Ishøi L**. Clinical Examination and Diagnosis of Extra-Articular Hip and Groin Pain in *Hip and Groin Pain in the Athlete*, 2019 Editors: Safran M. & Karahan M.

Hölmich P. & **Ishøi L**. Muscular Function and Treatment of Musculotendinous Groin Pain in *Hip and Groin Pain in the Athlete*, 2019 Editors: Safran M. & Karahan M.

Hölmich P., **Ishøi L.**, Serner A., Thorborg K. Groin injuries in *The Sports Medicine Physician*, 2019 Editors: Rocha Piedade S., Imhoff A., Clatworthy M., Cohen M., Espregueira-Mendes J.

Hölmich P., **Ishøi L.**, Wurn M., Mei-Dan O., Laver L. Hip, Groin, and Abdominal Injuries in Handball in *Handball Sports Medicine: Basic science, Injury Management and Return to Play*, 2018 Editors: Laver L., Seil R., Landreau P., Popovic N.

Other publications: 2

Clinical Statement on acute muscle injuries in sport for Danish Society of Sports Physical Therapy ("Fagligt Katalog"), published in Danish, 2019;
www.sportsfysioterapi.dk/fagligt/fagligt-katalog/muskelskader-2019/

Clinical Statement on femoroacetabular impingement syndrome and labrum injuries for Danish Society of Sports Physical Therapy ("Fagligt Katalog"), published in Danish, 2020;
<https://www.sportsfysioterapi.dk/fagligt/fagligt-katalog/hofte-2013-2020/femoroacetabular-impingementlabrumskade-2020/>

Relevant Courses

Ultrasound Scanning of the lower extremity – the Basics, *Organized by Danish Society of Sports Physical Therapy and Danish Society of Ultrasound Scanning in Physiotherapy*

Various online courses in Rstudio, www.DataCamp.com

Invited presentations (Conference/symposium): 9

Prognosis after hip scope: Time to re-calibrate expectations?, *Swedish Sports Medicine Conference (IDROTTSMEDICINSKT HÖSTMÖTE) 2021, Malmö, Sweden*

Acute hamstring injuries: Clinical guidance, 2021 *SPiF (Health Professionals in Elite Football) webinar organized by the Danish League and the University of Southern Denmark*

Update on conservative v surgical management of FAI in athletes, 2020 *International Sports Medicine Conference, Ireland, Online conference organized by UPMC*

Acute muscle injuries: The Danish Society of Sports Physical Therapy (DSSF) 2019 clinical guidance catalogue, *SportsKongres 2020, Copenhagen, Denmark*

Treatment options for femoroacetabular impingement syndrome: Exercise-based treatment versus hip arthroscopy? *Norwegian Sports Medicine Conference 2019, Lillehammer, Norway*

Which hamstring exercises may improve sprinting performance – and how? *Sportskongres 2019, Copenhagen, Denmark.*

Return to play after arthroscopy: the Danish registry, *Sports Hip 2018, University of Warwick, Warwick, England*

The theory and evidence of physiotherapy for patients with hip-related pain, *Scandinavian Hip Arthroscopy Meeting 2018, Tivoli Hotel, Copenhagen, Denmark*

Hamstring injuries – Prevention and Performance, *SPiF workshop 2018, F.C. København, Telia Parken, Copenhagen, Denmark.*

Conference/symposium work

Chair at workshop: *Clinical examination of injuries to hamstrings* by Anne Van der Made, *Sportskongres 2020, Copenhagen, Denmark*

Conference abstract presentations (Oral/Poster): 27

Oral presentations: 14

Nielsen A., **Ishøj L.**, Krohn L., Zebis M., Andersen L., Thorborg K., Clausen M. Assessment of maximal and explosive muscle strength during hip adduction squeeze and hip abduction press test: An intra- and inter-tester reliability study using a hand-held dynamometer, *Dansk Ortopædkirurgisk Selskab (DOS) 2020, Copenhagen, Denmark (Cancelled due to COVID-19)*

Krommes K., Dyhr J., Vibberstoft T., Møller A., Nedergaard N., Bencke J., Thorborg K., Hölmich P., **Ishøj L.** Intra-day and Inter-day reliability and validity of the Reactive Strength Index derived from unilateral drop jumps measured on the My Jump 2 app and a force platform, *Dansk Ortopædkirurgisk Selskab (DOS) 2020, Copenhagen, Denmark (Cancelled due to COVID-19)*

Ishøj L., Krommes, K., Nielsen, M., Thornton, K., Hölmich, P., Aagaard, P., Penalver, J., Thorborg, K. Hamstring and quadriceps muscle strength in youth to senior elite footballers: a cross-sectional study including 125 players. *Sportskongres 2020, Copenhagen, Denmark*

Ishøj L., Thorborg K., Kemp, J., Reiman, M., Hölmich, P. Between-hip differences in maximal and explosive hip muscle strength after hip arthroscopy for femoroacetabular impingement syndrome: A cross-sectional study. *Sportskongres 2020, Copenhagen, Denmark*

Larsen, R.T., Hessner, A.L., **Ishøj, L.**, Langberg, H., Christensen, J. Injuries in novice participants during an eight-week start up CrossFit program – a prospective cohort study. *Sportskongres 2020, Copenhagen, Denmark*

Ishøj L., Thorborg K., Kraemer O., Lund, B., Mygind-Klavsen B., Hölmich P. The impact of demographic and radiological findings on intra-articular hip cartilage pathology in patients undergoing hip arthroscopy: a cross-sectional study of 1511 hip arthroscopy procedures, *Sportskongres 2019, Copenhagen, Denmark.*

Ishøj L., Thorborg K., Kraemer O., Hölmich P. Return to sport rates and performance after hip arthroscopy for femoroacetabular impingement syndrome: A cross-sectional cohort study of 189 athletes, *International Abstract Competition at 1st Sportfisio Swiss & Swiss Sports Med Conference 2018, Bern, Switzerland.*

Ishøj L., Thorborg K., Kraemer O., Hölmich P. Return to sport rates and performance after hip arthroscopy for femoroacetabular impingement syndrome: A cross-sectional cohort study of 189 athletes, *Dansk Ortopædkirurgisk Selskab (DOS) 2018, Copenhagen, Denmark.*

Ishøi L., Thorborg K., Kraemer O., Lund, B., Mygind-Klavsen B., Hölmich P. The impact of demographic and radiological findings on intra-articular hip cartilage pathology in patients undergoing hip arthroscopy: a cross-sectional study of 1511 hip arthroscopy procedures *Dansk Ortopædkirurgisk Selskab (DOS) 2018, Copenhagen, Denmark.*

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