

Curriculum Vitae

Lisa Urup Tønning
Fysioterapeut, Kandidat i Sundhedsvidenskab

PERSONLIG INFORMATION

Navn Lisa Urup Tønning
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8200 Aarhus N
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Fødselsdato 25.12.1990
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UDDANNELSE

2020- Ph.d.-studerende, Aarhus Universitet, Institut for Klinisk Medicin (igangværende)
2016-2018 Kandidat i sundhedsvidenskab, Aarhus Universitet, Institut for Folkesundhedsvidenskab
2011-2015 Bachelor i fysioterapi, VIA UC Aarhus

ANSÆTTELSER

2020- Ph.d.-studerende, Ortopædkirurgisk afdeling, Aarhus Universitetshospital og Institut for Klinisk Medicin, Aarhus Universitet
2019-2020 Videnskabelig assistent, Ortopædkirurgisk afdeling, Aarhus Universitetshospital
2018-2019 Barselsorlov
2015-2016 Fysioterapeut, Benefit Rønne Fysioterapi & Træningscenter, Rønne
2013-2015 Instruktør, Benefit Rønne Fysioterapi & Træningscenter, Rønne

PUBLIKATIONER (1-20)

Citationer (Google Scholar): 82

1. Kjeldsen T, Skou ST, Dalgas U, Tønning LU, Ingwersen KG, Birch S, et al. Progressive Resistance Training or Neuromuscular Exercise for Hip Osteoarthritis: A Multicenter Cluster Randomized Controlled Trial. 2024.
2. O'Brien MJ, Semciw AI, Mechlenburg I, Tønning LU, Stewart CJ, Kemp JL. Pain, function and quality of life are impaired in adults undergoing periacetabular osteotomy (PAO) for hip dysplasia: a systematic review and meta-analysis. *Hip Int.* 2024;34(1):96-114.
3. Schrøder CK, Tønning LU, Tjur M, Kristensen PK, Mechlenburg I. Reference Values for Daily Physical Activity Measured with Accelerometers in a Danish Background Population between 18 and 80 Years of Age. *Applied Sciences.* 2023;13(3).
4. Tønning LU, Mygind-Klavnsen B, Kjeldsen T, Dalgas U, Brincks J, Mechlenburg I. Muscle Strength, Oxygen Saturation and Physical Activity in Patients with Chronic Exertional Compartment Syndrome Compared to Asymptomatic Controls. *International Journal of Sports Physical Therapy.* 2023;18(2).
5. Høgsholt M, Jørgensen SL, Rolving N, Mechlenburg I, Tønning LU, Bohn MB. Exercise With Low-Loads and Concurrent Partial Blood Flow Restriction Combined With Patient Education in Females Suffering From Gluteal Tendinopathy: A Feasibility Study. *Front Sports Act Living.* 2022;4:881054.
6. Tønning LU, Schmid M, Barroso J, Hovind B, Hessain D, Balling M, et al. Is the Femoral-Epiphyseal Acetabular Roof (FEAR) index associated with hip pain in patients with hip dysplasia? *Acta Radiologica.* 2022;64(2):666-74.
7. Larsen JB, Østergaard HK, Thillemann TM, Jensen TF, Reimer LU, Noe S, et al. Are progressive shoulder exercises feasible in patients with glenohumeral osteoarthritis or rotator cuff tear arthropathy? Pilot and Feasibility Studies. 2022;8(168):1-10.
8. Tønning LU, Mechlenburg I, Christiansen DH, Andersen NV, Stabel HH, Pedersen AR, et al. Disability and physical activity in people with chronic disease receiving physiotherapy. A prospective cohort study. *Front Sports Act Living.* 2022;4:1006422.
9. Tønning LU, O'Brien M, Semciw A, Stewart C, Kemp JL, Mechlenburg I. Periacetabular osteotomy to treat hip dysplasia: a systematic review of harms and benefits. *Archives of Orthopaedic and Trauma Surgery.* 2022.
10. O'Brien MJM, Jacobsen JS, Semciw AI, Mechlenburg I, Tønning LU, Stewart CJW, et al. Physical impairments in Adults with Developmental Dysplasia of the Hip (DDH) undergoing

- Periacetabular osteotomy (PAO): A Systematic Review and Meta-Analysis. *International Journal of Sports Physical Therapy*. 2022;17(6):988-1001.
11. Foldager FN, Aslerin SL, Bækdal S, Tønning LU, Mechlenburg I. Interrater, Test-retest Reliability of the Y Balance Test. A Reliability Study including 51 Healthy Participants. *International Journal of Exercise Science*. 2022;16(4):182-92.
 12. Foldager F, Jørgensen PB, Tønning LU, Petersen ET, Jakobsen SS, Vainorius D, et al. The relationship between muscle power, functional performance, accelerometer-based measurement of physical activity and patient-reported outcomes in patients with hip osteoarthritis: A cross-sectional study. *Musculoskeletal Science and Practice*. 2022:102678.
 13. Reimer LCU, Kierkegaard S, Mechlenburg I, Jacobsen JS. Does Daily Physical Activity Differ Between Patients with Femoroacetabular Impingement Syndrome and Patients with Hip Dysplasia? A Cross-Sectional Study in 157 Patients and 60 Healthy Volunteers. *Int J Sports Phys Ther*. 2021;16(4):1084-92.
 14. Mechlenburg I, Reimer LU, Kjeldsen T, Frydendal T, Dalgas U, Universitetshospital A, et al. Træning ved hofteartrose og efter hoftealloplastik. *Ugeskr Laeger*. 2021;183(V11200860):1-7.
 15. Mechlenburg I, Reimer LCU, Kjeldsen T, Frydendal T, Dalgas U. Exercise as Medicine During the Course of Hip Osteoarthritis. *Exercise and Sport Sciences Reviews*. 2021;49(2):77-87.
 16. Kjeldsen T, Reimer LU, Drejer SM, Hvid LG, Dalgas U, Kjeldsen T, et al. Is progressive resistance training feasible in patients with symptomatic external snapping hip ? *Physiotherapy Theory and Practice*. 2020:1-13.
 17. Reimer LCU, Jakobsen SS, Mortensen L, Dalgas U, Jacobsen JS, Soballe K, et al. Efficacy of periacetabular osteotomy followed by progressive resistance training compared to progressive resistance training as non-surgical treatment in patients with hip dysplasia (PreserveHip) - a protocol for a randomised controlled trial. *BMJ open*. 2019;9:e032782-e.
 18. Kjeldsen T, Dalgas U, Lamm M, Reimer LCU, Mechlenburg I. Behandling af ekstern springhofte med målrettet styrketræning. *Fysioterapeuten*. 2019;4(V12180832).
 19. Kjeldsen T, Dalgas U, Lamm M, Reimer LCU, Mechlenburg I. Treatment of external snapping hip with targeted resistance training intervention. *Ugeskr Laeger*. 2019;181(V12180832).
 20. Reimer LCU, Jacobsen JS, Mechlenburg I. Hypermobility among patients with greater trochanteric pain syndrome. *Dan Med J*. 2019;66(4):A5539-A.

VEJLEDNING

Specialeprojekter:

- Troels Kjeldsen, Sektion for Idræt, AU, 2019
- Mathias Høgsholt, Den Sundhedsfaglige Kandidatuddannelse, AU, 2021
- Frederik Nicolai Foldager, Den Sundhedsfaglige Kandidatuddannelse, AU, 2022

Semesterprojekter:

- Dunia Hessain, Den Sundhedsfaglige Kandidatuddannelse, AU, 2021
- Marie Balling, Den Sundhedsfaglige Kandidatuddannelse, AU, 2021
- Benedicte Hovind, Den Sundhedsfaglige Kandidatuddannelse, AU, 2021
- Sofie Louise Aslerin, Den Sundhedsfaglige Kandidatuddannelse, AU, 2021
- Sarah Bækdahl Petersen, Den Sundhedsfaglige Kandidatuddannelse, AU, 2021
- Frederik Nicolai Foldager, Den Sundhedsfaglige Kandidatuddannelse, AU, 2021
- Katrine Iversen, Den Sundhedsfaglige Kandidatuddannelse, AU, 2022
- Marlene Jessing, Den Sundhedsfaglige Kandidatuddannelse, AU, 2022
- Rikke Sommer, Den Sundhedsfaglige Kandidatuddannelse, AU, 2022
- Cecilie Iversen, Den Sundhedsfaglige Kandidatuddannelse, AU, 2023
- Rikke B. Ørholst, Den Sundhedsfaglige Kandidatuddannelse, AU, 2023

Bachelorprojekter:

- Rasmus Albjerg, Fysioterapeutuddannelsen, VIA University College, 2018
- Nikolaj Svendsen, Fysioterapeutuddannelsen, VIA University College, 2018
- Anna Karina Beck, Fysioterapeutuddannelsen, VIA University College, 2022
- Signe Schütt-Kobberrød, Fysioterapeutuddannelsen, VIA University College, 2022

ORGANISATORISK ARBEJDE

- 2022- Censor ved Fysioterapeutuddannelsen, Professionshøjskolernes Censorsekretariat
2020-2022 Underviser, Akademiet for Talentfulde Unge, ATU Midt
2019- Forsker, Nordic Innovative trial to Evaluate Osteoporotic Fractures, NITEP-group

Reviewer (ad hoc):

- BMC Musculoskeletal Disorders
 - Physiotherapy Theory and Practice
 - Journal of Orthopedics and Orthopedic Surgery
 - Clinical Rehabilitation
 - Osteoarthritis and Cartilage
-

PRÆSENTATIONER

Foredrag:

- Is the Femoral-Epiphyseal Acetabular Roof (FEAR) index associated with hip pain in patients with hip dysplasia? Dansk Ortopædkirurgisk Selskab (DOS) Kongressen, Vejle, Danmark, 2022
- Træning ved hofteartrose og efter hoftealloplastik, Danske Fysioterapeuters Fagkongres, Odense, Danmark 2022
- Behandling af hofte dysplasi – et lodtrækningsstudie, ATU Introduktionsseminar, Aarhus, Danmark 2021
- Does daily physical activity differ between patients with femoroacetabular impingement syndrome and patients with hip dysplasia? PhD day, Aarhus, Danmark 2021
- Accelerometer-based measurements of forearm physical activity in patients after distal radius fracture – preliminary results, NITEP Annual Meeting, Stockholm, Sverige, 2020
- Hypermobility among patients with greater trochanteric pain syndrome, European Orthopaedic Research Society 27th Annual Meeting, Maastricht, Holland, 2019
- PreserveHIP – a randomized controlled trial, Research meeting, Department of Orthopaedics, Aarhus University Hospital, Aarhus, Danmark, 2019
- Greater trochanteric hip pain og styrketræning til patienter med ekstern springhofte, Forsknings symposium om diagnostik, kirurgisk og non-kirurgisk behandling af hofterelaterede lidelser hos yngre og midaldrende, VIA University College Aarhus N, Aarhus, Danmark 2019

Poster:

- 5th Annual Research Meeting, Aarhus, Danmark, 2022
 - Sportskongres, Scandinavian Sports Medicine Congress, København, Danmark, 2022
 - Dansk Ortopædkirurgisk Selskab (DOS) Kongressen, København, Danmark, 2021
 - 4th Annual Research Meeting, Aarhus, Danmark, 2021
 - European Orthopaedic Research Society (EORS) 29th Annual Meeting, Rom, Italien, 2021
 - 3rd Annual Research Meeting, Aarhus, Danmark, 2019
 - Dansk Ortopædkirurgisk Selskab (DOS) Kongressen, Vejle, Danmark, 2019
-

AKADEMISKE PRISER

- Tildelt skriveophold i Husumgade, København, 2021
 - Tildelt skriveophold i Møllehuset ved Sandbjerg Gods, 2021
 - Tildelt skriveophold i Møllehuset ved Sandbjerg Gods, 2020
-

INTERNATIONALE SAMARBEJDESPARTNERE

- AHORSE, Department of Orthopaedics, Zuyderland Medical Centre, The Netherlands
- Department of Health Sciences, Vrije Universiteit Amsterdam, The Netherlands
- Department of Orthopaedics Unit of Musculoskeletal Surgery, Tampere University Hospital, Finland
- Department of Orthopedic Surgery, Oslo University Hospital, Oslo, Norway
- Department of Physical Therapy, Boston University, Boston, USA
- Department of Physiotherapy, Podiatry and Prosthetics and Orthotics, La Trobe University, Melbourne, Australia
- Latrobe Sports Exercise Medicine Research Centre, School of Allied Health, Human Services and Sport, La Trobe University, Melbourne, Australia

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- Luxembourg Institute of Health, Human Motion, Orthopaedics, Sports Medicine, Digital Methods (HOSD) Platform, Luxembourg
- Section Sports Medicine, Faculty of Health Sciences, University of Pretoria, Pretoria, South Africa

IGANGVÆRENDE PROJEKTER

- DRIFT. Non-operative treatment versus surgery with volar locking plate in the treatment of distal radius fracture in patients aged 65 and over
- PreserveHip. Efficacy of periacetabular osteotomy followed by progressive resistance training compared to progressive resistance training as non-surgical treatment in patients with hip dysplasia
- PROHIP. The effect of progressive resistance training versus total hip arthroplasty in patients with end-stage hip osteoarthritis
- The Hip Booster Trial. Progressive resistance training compared to neuromuscular exercise in patients with hip osteoarthritis and the additive effect of booster sessions.
- The EXKnee Project. The efficacy of low-load blood flow restriction exercise in patients scheduled for knee arthroplasty

KURSER

2022	Public and patient involvement in health research Retire statistical significance: a world beyond $p < 0.05$ PhD-student as supervisor for undergraduate students – how and when?
2021	Synthesizing evidence: Meta-Analyses and Systematic Reviews Developing complex interventions addressing health behavior change on multiple levels ANOVA and Repeated Measurements Basic Biostatistics Part 2 Basic Biostatistics Part 1 Registries, databases and other electronic data sources in clinical research
2020	The Talented Researcher Datamangement and Stata Basic Course in Written English Responsible Conduct of Research Preparation and critical reading of meta-analysis
2019	Systematic Reviews, NorDoc Summit 2019 Introduction to REDCap, Aarhus University

FONDSMIDLER

2022	Helga and Peter Kornings Foundation	10,000 dkk
	Ortopædkirurgisk Forskningsfond	7,000 dkk
2021	The Danish Orthopedic Societies Foundation	6,000 dkk
2020	Health Research Foundation of Central Denmark Region	408,000 dkk
	Bevica Foundation	36,085 dkk
	King Christian X of Denmark Foundation	25,000 dkk
	Søster and Verner Lipperts Foundation	40,000 dkk
	Christen Møller Sørensen og hustrus legat	2,250 dkk
	Julie von Müllens Foundation	10,000 dkk
	The Family Hede Nielsens Foundation	6,000 dkk
	Alice and Torben Frimodts Foundation	10,002 dkk
	Christian and Ottilia Brorsons Travel grant	5,000 dkk
	The Lundbeck Foundation	7,000 dkk
	The Augustinus Foundation	8,000 dkk
	The Danish Rheumatism Association	6,850 dkk
	The William Demant Foundation	2,346 dkk
	The William Demant Foundation	6,000 dkk
	The Danish Orthopedic Societies Foundation	6,000 dkk
	The Graduate School of Health	10,000 dkk
	A P Møller Foundation	30,000 dkk

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2019	Christen Møller Sørensen og hustrus legat	2,600 dkk
	Association of Danish Physiotherapists	50,000 dkk
	Gangsted Foundation	330,000 dkk
	The Frimodt-Heineke Foundation	15,000 dkk
	Aarhus University	550,000 dkk
	The Riisfort Foundation	104,800 dkk
	The Danish Rheumatism Association	408,000 dkk