

## Professor May Arna Risberg, PT, PhD

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Born: May 17, 1962

Married, two children



May Arna Risberg is professor in Sport Physical Therapy at the Norwegian School Sport Sciences (50%) and the Division 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 and Diakonhjemmet Hospital. She also holds a clinical appointment and research position at the Norwegian Sports Medicine Clinic (Nimi).

She has an extensive international collaboration and holds an Affiliated Assistant Professor position at the Department of Physical Therapy, College of Health Sciences, University of Delaware, USA. She has for the last 15 years a formal collaboration with the University of Delaware (Professor Lynn Snyder-Mackler) with a National Institutes of Health grant (NIH) on the "Delaware-Oslo ACL Cohort Study", a formal collaborations with the University of Southern Denmark (Professor Ewa Roos) with the OMEX Study, and an international grant as PI with Professor Kay Crossley and Dr Joanne Kemp (Australia), the HIPARTI Study. Furthermore she has worked with the "Clinical rehabilitation trial group of the Task Force of the Osteoarthritis Research Society International (OARSI)" publishing OARSI guidelines, the latest 2015. Her main research area is active rehabilitation of knee injuries, knee and hip osteoarthritis. She has been the main supervisor of 10 PhD students, as well as 3 postdocs. She has published more than 100 original research articles, systematic reviews, and book chapters.

### Current Positions

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| <i>2010-Present</i>  | Professor in Sport Physical Therapy, Norwegian School of Sport Sciences, Dept. of Sports Medicine, Oslo (50% position)   |
| <i>2003- Present</i> | Senior researcher and chair research group, NAR, Division of Orthopedic Surgery, Oslo University Hospital (50% position) |
| <i>2006-Present</i>  | Physical therapist and researcher, NIMI, Sports Medicine Clinic, Oslo, Norway (20% position)                             |
| <i>2008-Present</i>  | Affiliated Assistant Professor, Department of Physical Therapy, College of Health Sciences                               |

### Ongoing international, multicenter clinical trials (as PI or co-PI)

- The HIPARTI Study – a multicenter, international, randomized controlled trial with University of LaTrobe, Melbourne, Australia, Ottawa University, Canada, Lund University, Sweden, Aarhus University Hospital, Denmark, Oxford University, UK
- The OMEX Study – a randomized clinical trial. Collaboration with University of Southern Denmark.
- The Delaware-Oslo ACL Cohort Study. Collaboration with University of Delaware. NIH grant # 5 R37 HD 037985 -11

### Research Mentorship PhD students (n=10+1+4)

- Main supervisor of 10 PhD 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), Kari Anne Hakestad (2016).
- Current main supervisor PhD student: Nina Kise (2012-2018).
- Co-supervisor of PhD students: Silje Stensrud (2013) (main supervisor professor Ewa Roos, Southern University, Denmark), Cathrine Age (2012-2018), Martina Hansens Hospital, Guri R Ekås (2015 - 2019), Division of Orthopedic Surgery, Oslo University Hospital and Norwegian School Sport Sciences, Gilbert Moatshe (2015-2017).

### Knowledge Translation and implementation

- Established an implementation program for treatment of osteoarthritis; a new innovative osteoarthritis program called AktivA ([www.aktivmedartrose.no](http://www.aktivmedartrose.no)). AktivA is based on evidence-based guidelines of exercises and patient education for patients with knee and hip osteoarthritis with the aim of establishing a national quality registry in Norway (implementation started march 2015 and currently educated more than 300 physical therapists and more than 2000 patients included in the quality registry). We are collaborating with Sweden and Denmark who have implemented similar models successfully. The model is based on interactive websites, certification programs of health professionals, education program for patients, and electronic data collection for a future national quality registry for osteoarthritis.
- Has given hundreds of presentations at international and national medical and physical therapy conferences, including keynote lectures and invited lectures at major international sports-, orthopedic-, and physical therapy societies [ISAKOS (International Society of Arthroscopy, Knee Surgery, and Orthopedic Sports Medicine), ESSKA (European Society of Sport Traumatology, Knee Surgery and Arthroscopy), APA (Australian Physiotherapy Association), OARSI (Osteoarthritis Research Society International), IFSPT (International Federation Sport Physical Therapy), ICRS (International Cartilage Repair Society), European Conference of Sports Rehabilitation, Scandinavian Congress of Medicine and Science in Sports, NFF (Norwegian Physiotherapy Association), FIFA (Norwegian Sport Physiotherapy Association).

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## Publications last 5 years – selected

Citation index (H-index): 31

1. Hare KB, Stefan Lohmander L, Kise NJ, Risberg MA, Roos EM. [Middle-aged patients with an MRI-verified medial meniscal tear report symptoms commonly associated with knee osteoarthritis](#). Acta Orthop. 2017 Aug 8:1-6. doi: 10.1080/17453674.2017.1360985. [Epub ahead of print] PubMed PMID: 28787249.

[Related citations](#)

2. Lombnæs GØ, Magnusson K, Østerås N, Nordsletten L, Risberg MA, Hagen KB. [Distribution of osteoarthritis in a Norwegian population-based cohort: associations to risk factor profiles and health-related quality of life](#). Rheumatol Int. 2017 Apr 27. doi: 10.1007/s00296-017-3721-6. [Epub ahead of print] PubMed PMID: 28451795.

[Related citations](#)

3: Eitzen I, Grindem H, Nilstad A, Moksnes H, Risberg MA. Quantifying Quadriceps Muscle Strength in Patients With ACL Injury, Focal Cartilage Lesions, and Degenerative Meniscus Tears: Differences and Clinical Implications. Orthop J Sports Med. 2016 Oct 11;4(10):2325967116667717. PubMed PMID: 27766275; PubMed Central PMCID: PMC5063093.

4: Culvenor AG, Øiestad BE, Holm I, Gunderson RB, Crossley KM, Risberg MA. Anterior knee pain following anterior cruciate ligament reconstruction does not increase the risk of patellofemoral osteoarthritis at 15- and 20-year follow-ups. Osteoarthritis Cartilage. 2017 Jan;25(1):30-33. doi: 10.1016/j.joca.2016.09.012. PubMed PMID: 27693503.

7: Kise NJ, Risberg MA, Stensrud S, Ranstam J, Engebretsen L, Roos EM. Exercise therapy versus arthroscopic partial meniscectomy for degenerative meniscal tear in middle aged patients: randomised controlled trial with two year follow-up. BMJ. 2016 Jul 20;354:i3740. doi: 10.1136/bmj.i3740. PubMed PMID: 27440192.

10: Grindem H, Snyder-Mackler L, Moksnes H, Engebretsen L, Risberg MA. Simple decision rules can reduce reinjury risk by 84% after ACL reconstruction: the Delaware-Oslo ACL cohort study. Br J Sports Med. 2016 Jul;50(13):804-8. doi: 10.1136/bjsports-2016-096031. PubMed PMID: 27162233; PubMed Central PMCID: PMC4912389.

11: Risberg MA, Oiestad BE, Gunderson R, Aune AK, Engebretsen L, Culvenor A, Holm I. Changes in Knee Osteoarthritis, Symptoms, and Function After Anterior Cruciate Ligament Reconstruction: A 20-Year Prospective Follow-up Study. Am J Sports Med. 2016 May;44(5):1215-24. doi: 10.1177/0363546515626539. PubMed PMID: 26912282.

13: Svege I, Fernandes L, Nordsletten L, Holm I, Risberg MA. Long-Term Effect of Exercise Therapy and Patient Education on Impairments and Activity Limitations in People With Hip Osteoarthritis: Secondary Outcome Analysis of a Randomized Clinical Trial. Phys Ther. 2016 Jun;96(6):818-27. doi: 10.2522/ptj.20140520. PubMed PMID: 26678445.

- 17: Eitzen I, Fernandes L, Kallerud H, Nordsletten L, Knarr B, Risberg MA. Gait Characteristics, Symptoms, and Function in Persons With Hip Osteoarthritis: A Longitudinal Study With 6 to 7 Years of Follow-up. *J Orthop Sports Phys Ther*. 2015 Jul;45(7):539-49. doi:10.2519/jospt.2015.5441. PubMed PMID: 25996360.
- 18: Fitzgerald GK, Hinman RS, Zeni J Jr, Risberg MA, Snyder-Mackler L, Bennell KL. OARS Clinical Trials Recommendations: Design and conduct of clinical trials of rehabilitation interventions for osteoarthritis. *Osteoarthritis Cartilage*. 2015 May;23(5):803-14. doi: 10.1016/j.joca.2015.03.013. Review. PubMed PMID: 25952351.
- 19: Eitzen I, Fernandes L, Nordsletten L, Risberg MA. Erratum: Sagittal plane gait characteristics in hip osteoarthritis patients with mild to moderate symptoms compared to healthy controls: a cross-sectional study. *BMC Musculoskelet Disord*. 2015 Mar 13;16:52. doi: 10.1186/s12891-015-0483-8. PubMed PMID: 25887966; PubMed Central PMCID: PMC4357053.
- 20: Eitzen I, Fernandes L, Nordsletten L, Risberg MA. No effects of a 12-week supervised exercise therapy program on gait in patients with mild to moderate osteoarthritis: a secondary analysis of a randomized trial. *J Negat Results Biomed*. 2015 Mar 5;14:5. doi: 10.1186/s12952-015-0023-y. PubMed PMID: 25886499; PubMed Central PMCID: PMC4355150.
- 22: 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. doi: 10.1177/0363546514554910. Erratum in: *Am J Sports Med*. 2015 Apr;43(4):NP7. PubMed PMID: 25378208.
- 25: Stensrud S, 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*. 2015 Jun;94(6):460-73. doi: 10.1097/PHM.0000000000000209. PubMed PMID: 25299520.
- 26: Grindem H, Eitzen I, Engebretsen L, Snyder-Mackler L, Risberg MA. Nonsurgical or Surgical Treatment of ACL Injuries: Knee Function, Sports Participation, and Knee Reinjury: The Delaware-Oslo ACL Cohort Study. *J Bone Joint Surg Am*. 2014 Aug 6;96(15):1233-1241. PubMed PMID: 25100769; PubMed Central PMCID: PMC4116562.
- 28: Culvenor AG, Engen CN, Øiestad BE, Engebretsen L, Risberg MA. Defining the presence of radiographic knee osteoarthritis: a comparison between the Kellgren and Lawrence system and OARS atlas criteria. *Knee Surg Sports Traumatol Arthrosc*. 2015 Dec;23(12):3532-9. doi: 10.1007/s00167-014-3205-0. PubMed PMID: 25079135.
- 32: 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*. 2015 Jan;74(1):164-9. doi: 10.1136/annrheumdis-2013-203628. PubMed PMID: 24255546; PubMed Central PMCID: PMC4283660.

- 33: 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. *Gait Posture*. 2014 Feb;39(2):683-8. doi: 10.1016/j.gaitpost.2013.09.010. PubMed PMID: 24238750.
- 34: 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. doi: 10.1186/1471-2474-14-266. PubMed PMID: 24028201; PubMed Central PMCID: PMC3847462.
- 36: 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, Kjekken 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;14:201. doi: 10.1186/1471-2474-14-201. PubMed PMID: 23826721; PubMed Central PMCID: PMC3704709.
- 37: 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. doi: 10.1177/0363546513491092. PubMed PMID: 23771955.
- 41: 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. doi: 10.1186/1471-2474-13-258. Erratum in: *BMC Musculoskelet Disord*. 2015;16:52. PubMed PMID: 23256709; PubMed Central PMCID: PMC3542161.
- 42: Stensrud S, Risberg MA, Roos EM. Knee function and knee muscle strength in middle-aged patients with degenerative meniscal tears eligible for arthroscopic partial meniscectomy. *Br J Sports Med*. 2014 May;48(9):784-8. doi: 10.1136/bjsports-2012-091540. PubMed PMID: 23242961.
- 45: 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 Nov;42(11):919-31. doi: 10.2519/jospt.2012.4165. PubMed PMID: 22960783.
- 47: 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. doi: 10.1007/s00167-012-2161-9. PubMed PMID: 22898911.
- 49: 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. doi: 10.1186/1471-2474-13-26. PubMed PMID: 22353558; PubMed Central PMCID: PMC3305439.