

KARIN GRÄVARE SILBERNAGEL, PT, PhD, ATC

Associate Professor & Associate Chair
 Department of Physical Therapy
 University of Delaware
 Email: kgs@udel.edu

EDUCATION

- 2001-2006 **Doctor of Philosophy in Medicine** (Orthopaedics), University of Gothenburg, Department of Orthopaedics, Gothenburg Sweden
- 2001 **Advanced Masters Degree in Physical Therapy** University of Gothenburg, Gothenburg, Sweden.
- 1986-1990 **Bachelor of Science in Physical Therapy, Summa Cum Laude**, Boston University, Boston, MA, USA,

EMPLOYMENT AND POSITIONS HELD

- 2021-present **Director**, Center for Human Research Coordination, University of Delaware, Newark DE
- 2020-present **Associate Chair**, Department of Physical Therapy, University of Delaware, Newark, DE.
- 2018-present **Associate Professor** Department of Physical Therapy, **Affiliated faculty** Department of Biomedical Engineering, **Faculty** Biomechanics and Movement Science program, University of Delaware, Newark, DE.
- 2014-2018 **Assistant Professor** Department of Physical Therapy, **Affiliated faculty** Department of Biomedical Engineering, **Faculty** Biomechanics and Movement Science program, University of Delaware, Newark, DE.
- 2011-2014 **Assistant Professor, Department of Physical Therapy**, Samson College of Health Professions, and **appointment to the Graduate Faculty** of the College of Graduate Studies, University of the Sciences, Philadelphia, PA.
- 2009-2011 **Postdoctoral position**, Biomechanics and Movement Science Program, Department of Mechanical Engineering, University of Delaware, USA. **Funded by the Swedish Research Council postdoctoral grant for two years (Vetenskapsrådet).**
- 2008-2009 **Varberg Hospital, Department of Research & Education**, Varberg, Sweden. Scientific Advisor, 50 %.
- 2008-2009 **IFK-klinken, Sports Physical Therapy clinic**, Gothenburg, Sweden. Part-time physical therapist
- 2008-2009 **University of Gothenburg, Department of Orthopaedics**, Gothenburg, Sweden. Research assistant 20%. Involved in clinical research, supporting and advising PhD and Master students.
- 2006-2009 **Sahlgrenska University Hospital, Lundberglab for Orthopaedic Research**, Gothenburg, Sweden. Research Assistant 30%.
- 2001-2006 **University of Gothenburg, Department of Orthopaedics**, Gothenburg, Sweden PhD student 50%, funded by the Swedish National Center for Research in Sports.
- 1996-2008 **SportRehab, Physical Therapy and Sports Medicine**, Gothenburg, Sweden. Senior Staff Physical Therapist.
- 1996-2001 **Gunnilse IS Soccer club**, Gothenburg, Sweden. Senior Athletic Trainer for Men's Division 1 team.
- 1996 **Sahlgrenska University Hospital**, Gothenburg, Sweden. Staff Physical Therapist.
- 1994-1996 **Curtis Work Rehabilitation Services, Union Memorial Hospital**, Baltimore, MD, USA. Senior Staff Physical Therapist.

- 1995 **University of Maryland at Baltimore, Physical Therapy department**, Baltimore, MD, USA. Adjunct professor
- 1990-1994 **The Bennett Institute for Sports Medicine and Rehabilitation**, Baltimore, MD, USA. Senior Staff Physical Therapist.

LICENSURE AND CERTIFICATIONS

- Licensed Physical Therapist in Pennsylvania #PT021399
- Licensed Physical Therapist in Delaware #J1-0002505
- Licensed Athletic Trainer in Delaware #J3-0000356
- Licensed Physical Therapist in Sweden
- Certified Athletic Trainer #01-0842
- Certified Specialist in Physiotherapy in Sports Medicine, Swedish Association of Registered Physiotherapists

MEMBERSHIP IN SCIENTIFIC/PROFESSIONAL ORGANIZATIONS INCLUDING POSITIONS HELD

- Since 1986 American Physical Therapy Association, Orthopaedic, Sports Physical Therapy and Research section member, Special interest groups Foot and Ankle Special, Biomechanics and Imaging
- Since 1986 National Athletic Trainers Association
- Since 1996 Swedish Society of Sports Medicine
- Since 2016 European Society of Sports Traumatology, Knee Surgery and Arthroscopy
- 2001-2002 President of the Swedish Soccer Physical Therapists Association
- 2007-2009 2nd Vice President of the Swedish Society of Sports Medicine, Swedish Society of Medicine

CONSULTATIVE AND ADVISORY POSITIONS HELD

- 2019-present **Research committee member**, the American Academy of Sports Physical
- 2016-present **Editor**, Journal of Orthopaedic and Sports Physical Therapy
- 2011-present **Editorial Board member**, Muscle Ligament and Tendon Journal
- 2011-present **Abstract Reviewer** for professional conferences such as the APTA CSM annual meeting sports and orthopaedic academies, Orthopedic research society
- 2021 **External Reviewer for PhD thesis**, Monash University, Melbourne, Australia
- 2020 **Grant reviewer**, KU Leuven (University of Leuven) Research Council and the Industrial Research Council, Belgium
- 2019 **Reviewer for Promotion and Tenure**, Northeastern University
- 2019 **Grant Reviewer**, Institute of Translation Health Sciences, University of Washington, Seattle, WA
- 2019 **Grant reviewer**, Barts Charity, London, United Kingdom
- 2019 **External reviewer for Master thesis**, University of Cape Town, Cape Town, South Africa
- 2018 **Assessment committee member for PhD thesis**, Graduate School of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark
- 2018 **Opponent for PhD thesis defense**, Faculty of Medicine, Lund University, Lund, Sweden
- 2018 **External reviewer for Master thesis**, University of Cape Town, Cape Town, South Africa
- 2017 **External reviewer for grant application**, Fonds Wetenschappelijk Onderzoek, Vlandereen, Brussels, Belgium
- 2017 **External reviewer for Master thesis**, University of Cape Town, Cape Town, South Africa
- 2017 **External reviewer for PhD thesis**, Curtin University, Perth, Australia
- 2017 **Grant reviewer**, Sports Legacy grant, Sports section, APTA, USA

- 2016 **External reviewer for PhD thesis**, University of Newcastle, Callaghan, Australia
- 2016 **External reviewer for PhD thesis**, University of Cape Town, Cape Town, South Africa
- 2016 **Grant reviewer** for ACCEL Pilot grants program, DE-CTR, Newark, DE, USA
- 2016 **Grant reviewer** for Orthopaedic Research and Education Foundation, USA
- 2016 **Grant reviewer** for Delaware INBRE Pilot proposal, DE, USA
- 2014-2016 **Associate Editor**, Journal of Orthopaedic and Sports Physical Therapy
- 2014 **Reviewer** for Research Training Fellowship for Healthcare Professionals, the Health Research Board in Ireland
- 2013 **External reviewer for a PhD Thesis** at Linköping University, Linköping Sweden
- 2012 **External reviewer for a Masters Thesis** at University of Melbourne, Australia
- 2010 **External reviewer for Postdoctoral application**, Fonds Wetenschappelijk Onderzoek, Vlandereen, Brussels, Belgium
- 2010-2020 **Editorial Board member**, Knee Surgery Sports Traumatology, Arthroscopy
- 2006-Present **Ad Hoc Reviewer** for over 20 journals, including Journal of Biomechanics, Clinical Biomechanics, Journal of Tissue Engineering and Regenerative Medicine, Physical Therapy, Scandinavian Journal of Medicine and Science in Sports, American Journal of Sports Medicine, British Journal of Sports Medicine, and The Lancet.

HONORS AND AWARDS

- 2021 Nominated for UD Midcareer research excellence award
- 2020 Selected to attend Faculty Success Bootcamp through National Center for Faculty Development and Diversity (NCFDD)
- 2018 **Excellence in Research Award**, College of Health Sciences, University of Delaware, Newark, DE, USA
- 2015 **2015 IJSPT Best Case Study Award** for paper "Distal Fibular Stress Fracture In Female Recreational Runner: A Case Report With Musculoskeletal Ultrasound Imaging Findings" Høglund LT, Silbernagel KG, Taweeel NR.
- 2013 **EATA Research to Reality Award 2013**
- 2013 **Nominated for the 2013 Faculty Special Recognition Award**, University of the Sciences
- 2013 **Bright Idea Teaching Award** for innovation in teaching of Evidence based practice for the physical therapist from University of the Sciences.
- 2012 **The World Village of Women Sports Award for best oral presentation by young investigators.** at The Scandinavian Congress of Medicine and Science in Sports in Malmo, Sweden 19-22 September 2012.
- 2011 The **Houghston Award** from the American Orthopedic Society for Sports Medicine for the article "Acute Achilles Tendon Rupture: A randomized, Controlled Study Comparing Surgical and Non-surgical Treatments Using Validated Outcome Measures". Nilsson-Helander K, Silbernagel KG, Faxén E, Thomeé R, Olsson N, Eriksson BI, Karlsson J. Am J Sports Med. 2010 Nov;38(11):2186-93.
- 2011 **Best presentation award**, Swedish Society of Sports Medicine, Annual meeting
- 2007 Swedish Association of Registered Physiotherapists, Sports Medicine Section. Honor stipend for Sports Medicine Thesis
- 2006 Aircast Scandinavia's award for best presentation, Swedish Society of Sports Medicine, Annual meeting.

RESEARCH FUNDING – ONGOING

- 2021 **NIH NIAMS R21 AR077282 Principal investigator.** (MPI Cortes & Silbernagel) 05/01/21 - 04/30/2024
Neuromuscular Electrical Stimulation for Achilles Tendon Rupture Rehabilitation
- 2021 **NIH R01 R01 AR078898 Co-investigator (PI: Baxter)** 04/01/2021-3/31/2026
Tendon loading profiles to promote healing in Achilles tendinopathy
- 2021 **NIH/NICHD R37HD037985, Principal Investigator** 3/1/2017 - 2/28/2022
Dynamic Stability in the ACL Injured Knee. This international cohort proposed studies will begin to elucidate the particular clinical markers that contribute to the success or failure following ACL rupture and reconstruction and/or return to full activity and provide clinicians with practical, useful and evidence-based treatment options that may improve function after ACL injury or reconstruction
- 2018 **NIH NIAMS R01 AR072034 Principal Investigator** 04/01/2018-03/31/2023
Recovery of symptoms, function, tendon structure and mechanical properties in patients with Achilles Tendinopathy: A comparison between men and women. The goal of this project is to evaluate the time-course of recovery in terms of tendon structure and viscoelastic properties along with symptoms and muscle-tendon function in 100 men and 100 women with Achilles tendinopathy treated with an exercise program. (\$2,380,000)
- 2020 **NIH NIAMS Diversity supplements 3R01AR072034-03S1** 5/1/2020 – 3/31/2023
Recovery of symptoms, function, tendon structure and mechanical properties in patients with Achilles Tendinopathy: A comparison between men and women
Diversity supplement for PhD student Kayla Seymore.
- 2019 **NHMRC Project Grant, APP1164268.** 2019-2021
Chief Investigators names P Malliaras, K Silbernagel, D Morrissey, M Underwood, R Kearney, T Haines, Connell D, Munteanu S, Menz H, Forbes A, Boesen A. Project Title: Efficacy of high volume injections compared to sham following failure of conservative therapy for Achilles tendinopathy. (574,000 AUS\$)
- 2021 **NIH T32HD007490E Co-investigator.** (PI: Reisman)
NIH RENEWAL PT/PHD PREDOCTORAL TRAINING PROGRAM
The goal of this pre-doctoral training program is to continue to improve the quality and quantity of individuals who will contribute to the knowledge and evidence that drives best practice in physical rehabilitation.
- 2021 21A00911 (MPI:Silbernagel & Hanlon) 7/1/2021 - 6/30/2022
Activity Modification and Load Management for Adolescents with Heel Pain. The purpose of this study is two-fold, first to explore the presence of isolated and concurrent Achilles tendon injury in adolescents with heel pain, second to evaluate the feasibility and effectiveness of exercise therapy and activity modification for adolescents with heel pain.
Role: Co-PI

RESEARCH FUNDING – PENDING

- 2021 **NIH T32HD007490E Co-investigator.** (PI: Reisman)
NIH RENEWAL PT/PHD PREDOCTORAL TRAINING PROGRAM
The goal of this pre-doctoral training program is to continue to improve the quality and quantity of individuals who will contribute to the knowledge and evidence that drives best practice in physical rehabilitation.
21A01417 (Felson/Gravare-Silbernagel) 4/1/2022 - 3/31/2027 2.16 academic
Boston Univ/NIH \$44,249
The Tendon and Enthesis and Knee Osteoarthritis
Dr. Silbernagel will oversee all aspects of the project together with Dr. David Felson (MPI). Role: MPI

RESEARCH FUNDING – COMPLETED

- 2016-2018 **Foundation for Physical Therapy, Foundation Research Grant, Principal investigator.** Evaluation of recovery following an Achilles tendon rupture. The purpose of this study is to evaluate if the degree of physical activity during the initial 8 weeks after an Achilles tendon rupture is related to the short-term and long-term outcome after an Achilles tendon rupture. (\$40,000)
- 2016-2017 **Delaware Bioscience Center for Advanced Technology Grant, Principal Investigator.** The effect of photobiomodulation on tendon. The goals of this study is to evaluate the immediate effect of photobiomodulation with Laser on the structure and mechanical properties of healthy and injured Achilles tendon. (\$50,000)
- 2015-2017 **University of Delaware Research Foundation (UDRF), Principal Investigator.** Evaluation of change in viscoelastic tendon properties following and Achilles tendon rupture.
- 2015-2017 **NIH R21, Co-Principal Investigator** "Continuous shear-wave elastography as a diagnostic marker for tendinopathy", February 2015 – December 2016; \$250,000 direct cost. Role – Principal Investigator. Co-Principal investigator: Daniel Cortes Corrales PhD
- 2014-2016 **Swedish National Center for Research in Sports, "Gait analysis of walking and running in patients' with an Achilles tendon rupture", Principal investigator, (\$13,000)**
- 2012-2015 **Research and development council in Sweden, "Gait and Physical function after Achilles tendon rupture", Co-investigator (\$15,000)**
- 2013-2014 **Seed Grant from Genesis CAREs, "The effect of added heel-rise training combined with a general strengthening and balance exercise program, on reducing risk factors in the older adult population". Co-Principal investigator, (\$3,000)**
- 2012-2013 **Swedish National Center for Research in Sports, "Long-term follow-up of patients with an Achilles tendon rupture", Principal investigator, (\$13,000)**
- 2012-2013 **The Local Research and Development Council of Gothenburg and Southern Bohuslän, "Long term follow-up of patients with Achilles tendon rupture", Co-investigator, (\$14,000)**
- 2011-2012 **Swedish National Center for Research in Sports, "Injury risk, injury incidence and amount of training in sailing athletes 16-50 years old", Principal investigator, (\$7,300)**
- 2009-2011 **Swedish Research Council (Vetenskapsrådet), "Tendon rupture – Biomechanical and Muscular aspect", Post-doctoral funding for two years (\$130,000)**
- 2010-2011 **Swedish National Center for Research in Sports, "Identifying, treating and preventing fear of movement in patients with overuse conditions", Co-investigator, (\$4,500)**
- 2009-2010 **Swedish National Center for Research in Sports, "Injury risk, injury incidence and amount of training in young athletes 15-20 years old", Principal investigator, (\$8,000)**
- 2009-2010 **The Local Research and Development Council of Gothenburg and Southern Bohuslän "Injury risk and incidence and amount of training in sailors 16-22 y/o", Co-Principal investigator (\$8,000)**
- 2008 **Doktor Felix Neuberghs Fund, "How to treat women with painful Achilles tendinopathy effectively to promote early return to physical activity", Principal investigator (\$8,500)**
- 2008 The Local Research and Development Council of Gothenburg and Southern Bohuslän "Injuries to the lower extremity, with focus on joint, cartilage, muscle/tendon and ligament injuries. New methods for evaluation and treatment. Studies on clinical issues, biomechanics, radiostereometry, kinematics, biochemistry, histology and blood circulation", **Co-Investigator (\$110,000)**
- 2007 **Swedish National Center for Research in Sports, "Evaluation, prevention and treatment of injuries to the Achilles tendon", Principal investigator (\$5,500)**
- 2002 **Swedish National Center for Research in Sports, "Achilles tendinopathy, evaluation and treatment", PhD student funding 50% for 4 years (\$130,000)**

- 2001 **The Local Research and Development Council of Gothenburg and Southern Bohuslän, “Achilles tendinopathy, evaluation and treatment” Principal investigator, PhD Project (\$10,000)**

RESEARCH SUPERVISOR/ADVISOR EXPERIENCE

Current

- **Main advisor** for Nabeel Alghamdi PT, MS, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on insertional Achilles tendinopathy. Started 2016 and expected to defend 2021.
- **Main advisor** for Shawn Hanlon ATC, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on Achilles tendinopathy – shear wave elastography as an outcome measure of tendon healing for patients treated with rehabilitation exercise. Started 2018 and expected to defend 2022.
- **Main advisor** for Elanna Arhos, PT, DPT, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on Posttraumatic osteoarthritis after ACL rupture: Identifying clinical targets for rehabilitation.
- **Main advisor** for Naoaki Ito, PT, DPT, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on Graft Site Tendon Morphology in Athletes After Anterior Cruciate Ligament Reconstruction Using Bone-Patellar Tendon-Bone Autograft. Started 2019 and expected to defend 2023
- **Main advisor** for Brian Honick DPT, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on Achilles tendinopathy – shear wave elastography as an outcome measure of tendon healing for patients treated with rehabilitation exercise. Started 2019 and expected to defend 2023
- **Main advisor** for Kayla Seymore MSc, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on the muscle and tendon structure and function in patients with Achilles tendon injuries. Started 2020 and expected to defend 2024
- **Main advisor** for Hayley Powell ATC, DPT, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on Achilles tendinopathy – shear wave elastography as an outcome measure of tendon healing for patients treated with rehabilitation exercise. Started 2019 and expected to defend 2023
- **Co-advisor** Marianne Christensen, PT, PhD student, Faculty of Medicine, Department of Clinical Medicine, Aalborg University Hospital, Denmark. Research project on treatment after an Achilles tendon rupture. Started 2017 and expected to defend 2021

RESEARCH SUPERVISOR/ADVISOR EXPERIENCE continued

Completed

- **Co-advisor** for Susanna Aufwerber, PT, PhD student, Department of Molecular Medicine and Surgery, Karolinska Institutet, Stockholm, Sweden. Research project on treatment of patients with Achilles tendon rupture. Started 2015 and completed December 2020.
- **Main advisor** for Andrew Sprague PT, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on Achilles and Patellar tendinopathy – shear wave elastography as an outcome measure of tendon healing for patients treated with rehabilitation exercise. Started 2016 and completed June 2020.
- **Main advisor** for Patrick Corrigan PT, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on Achilles tendinopathy – shear wave elastography as an outcome measure of tendon healing for patients treated with rehabilitation exercise. Started 2015 and completed May 2019

- **Co-advisor** for Olof Westin, MD, PhD student, Department of Orthopaedics, University of Gothenburg. Research project on Achilles tendon rupture – health economical analysis, treatment and outcome. Completed December 2018.
- **Main advisor** for Jennifer Zellers, PT, PhD student, Biomechanics and Movement Sciences, Department of Physical Therapy, University of Delaware. Research project on Achilles tendon rupture – shear wave elastography as an outcome measure of tendon healing for patients treated with rehabilitation exercise. Completed February 2018.
- **Co-advisor for PhD**, Annelie Brorsson, PT, MSc, PhD, Department of Orthopaedics, University of Gothenburg. Research projects on the outcome and function in patients with Achilles tendon injuries. Complete December 15, 2017.
- **Co-advisor for PhD**, Michael Carmont, MD, PhD, Department of Orthopaedics, University of Gothenburg. Research projects on Achilles tendon ruptures – treatment and evaluation. Completed December 10, 2017.
- **Main Advisor for Advanced Masters**, University of Gothenburg. Study on the occurrence of injury in dingy sailors 16-22 years old. Lena Having, completed June 2013.
- **Co-advisor for PhD**, Nicklas Olsson MD, Department of Orthopaedics, University of Gothenburg. Research projects on treatment for Achilles tendon ruptures including a randomized clinical trial. Completed May, 2013.
- **Co-advisor for PhD**, Katarina Nilsson-Helander MD, Department of Orthopaedics, University of Gothenburg. Research projects on treatment for acute and chronic Achilles tendon ruptures including a randomized clinical trial. Completed May, 2009.
- **Main Advisor for Advanced Master**, University of Gothenburg, Department of Physical Therapy. Study on injury prevention in women’s handball, a randomized study. Karin Engström 2009.
- **Main Advisor for Advanced Master**, Karolinska Institutet, Dept of Molecular Medicine and Surgery, Section of Sports Medicine. Study on Evaluation of symptoms and functional performance after Achilles tendon rupture. A six-month follow-up after surgical treatment. Christine Gruffman 2008.

PhD COMMITTEE MEMBER

- Lauren Sara, Marquette University Graduate School, Completed Spring 2021
- Meredith Christiansen, Biomechanics and Movement Sciences, University of Delaware Completed Spring 2020
- Ryan Locke, Biomedical Engineering, University of Delaware, Completed spring 2020
- Ryan Zarzycki, Biomechanics and Movement Sciences, University of Delaware Completed Fall 2017
- Holly Silver, Biomechanics and Movement Sciences, University of Delaware Completed Spring 2017
- Andrea DiTrani, Biomechanics and Movement Sciences, University of Delaware Completed Spring 2017
- Amelia Arundel, Biomechanics and Movement Sciences, University of Delaware Completed Spring 2017
- Zakariya Nawasreh, Biomechanics and Movement Sciences, University of Delaware Completed Spring 2016

MENTORSHIP

- Megan Killian PhD, Assistant Professor, Department of Biomedical Engineering, University of Delaware.
- Josh Baxter, PhD, Director, Human Motion Lab, Penn Medicine at University City Philadelphia, PA

MENTORSHIP UNDERGRADUATE STUDENTS

2014-present Mentored a total of 26 undergraduate students for summer scholars research (via Delaware INBRE, REU, Peter Whites Fellowship, McNairs and ADaPT, DRI Summer Scholars). 7 of those students were in support of diversity and underrepresented minority (2 students through UD McNairs program and 5 Students through UDPT ADaPT program)

PEER-REVIEWED ARTICLES – PUBLISHED *Denotes student, trainee author

- 2021 Skovgaard D, Siersma VD, Klausen SB, Visnes H, Haukenes I, Bang CW, Bager P, Grävare Silbernagel K, Gaida J, Magnusson SP, Kjaer M, Couppé C. Chronic hyperglycemia, hypercholesterolemia, and metabolic syndrome are associated with risk of tendon injury. *Scand J Med Sci Sports*. 2021 Sep;31(9):1822-1831.
- 2021 *Alghamdi NH, Pohlig RT, Lundberg M, Silbernagel KG. The Impact of the Degree of Kinesiophobia on Recovery in Patients with Achilles Tendinopathy. *Phys Ther*. 2021 Jul 21;. doi: 10.1093/ptj/pzab178. [Epub ahead of print] PubMed PMID: 34289066.
- 2021 *Zellers JA, Baxter JR, Grävare Silbernagel K. Functional Ankle Range of Motion but Not Peak Achilles Tendon Force Diminished With Heel-Rise and Jumping Tasks After Achilles Tendon Repair. *Am J Sports Med*. 2021 Jul;49(9):2439-2446.
- 2021 Passini FS, Jaeger PK, Saab AS, *Hanlon S, Chittim NA, Arlt MJ, Ferrari KD, Haenni D, Caprara S, Bollhalder M, Niederöst B, Horvath AN, Götschi T, Ma S, Passini-Tall B, Fucntese SF, Blache U, Silván U, Weber B, Silbernagel KG, Snedeker JG. Shear-stress sensing by PIEZO1 regulates tendon stiffness in rodents and influences jumping performance in humans. *Nat Biomed Eng*. 2021 May 24;. doi: 10.1038/s41551-021-00716-x. [Epub ahead of print] PubMed PMID: 34031557.
- 2021 *Hanlon S, Pohlig R, Silbernagel KG. Beyond the Diagnosis: Using Patient Characteristics and Domains of Tendon Health to Identify Latent Subgroups of Achilles Tendinopathy. *The Journal of orthopaedic and sports physical therapy*. . NIHMSID: NIHMS1709481.
- 2021 *Sigurdsson HB, *Collazo Maguire M, *Balascio P, Silbernagel KG. Effects of kinesiophobia and pain on performance and willingness to perform jumping tests in Achilles tendinopathy: A cross-sectional study. *Phys Ther Sport*. 2021 Jul;50:139-144.
- 2021 *Cavalcante JGT, Marqueti RC, Geremia JM, de Sousa Neto IV, Baroni BM, Silbernagel KG, Bottaro M, Babault N, Durigan JLQ. The Effect of Quadriceps Muscle Length on Maximum Neuromuscular Electrical Stimulation Evoked Contraction, Muscle Architecture, and Tendon-Aponeurosis Stiffness. *Front Physiol*. 2021;12:633589. doi: 10.3389/fphys.2021.633589. eCollection 2021. PubMed PMID: 33854439;
- 2021 *Sprague AL, Couppé C, Pohlig RT, Snyder-Mackler L, Silbernagel KG. Pain-guided activity modification during treatment for patellar tendinopathy: a feasibility and pilot randomized clinical trial. *Pilot Feasibility Stud*. 2021 Feb 25;7(1):58. doi: 10.1186/s40814-021-00792-5.
- 2021 Millar NL, Silbernagel KG, Thorborg K, Kirwan PD, Galatz LM, Abrams GD, Murrell GAC, McInnes IB, Rodeo SA. [Tendinopathy](#). *Nat Rev Dis Primers*. 2021 Jan 7;7(1):1. doi: 10.1038/s41572-020-00234-1. Review. PubMed PMID: 33414454
- 2020 *Christensen M, Zellers JA, Kjær IL, Silbernagel KG, Rathleff MS. Resistance Exercises in Early Functional Rehabilitation for Achilles Tendon Ruptures Are Poorly Described: A Scoping Review. *J Orthop Sports Phys Ther*. 2020 Oct 23:1-41. doi: 10.2519/jospt.2020.9463. Epub ahead of print. PMID: 33094667.
- 2020 *Locke RC, Ford EM, Silbernagel KG, Kloxin AM, Killian ML. Success Criteria and Preclinical Testing of Multifunctional Hydrogels for Tendon Regeneration. *Tissue Eng Part C Methods*. 2020 Oct;26(10):506-518. doi: 10.1089/ten.TEC.2020.0199. PMID: 32988293.
- 2020 *Aufwerber S, Edman G, Grävare Silbernagel K, Ackermann PW. Changes in Tendon Elongation and Muscle Atrophy Over Time After Achilles Tendon Rupture Repair: A

- Prospective Cohort Study on the Effects of Early Functional Mobilization. *Am J Sports Med.* 2020 Sep 28;363546520956677. doi: 10.1177/0363546520956677. [Epub ahead of print] PubMed PMID: 32986466.
- 2020 Baxter JR, *Corrigan P, Hullfish TJ, *O'Rourke P, Silbernagel KG. Exercise Progression to Incrementally Load the Achilles Tendon. *Med Sci Sports Exerc. Med Sci Sports Exerc.* 2021 Jan;53(1):124-130.
- 2020 *Christiansen MB, Dix C, Master H, Jakiela JT, Habermann B, Silbernagel KG, White DK. "I've been to physical therapy before, but not for the knees." A qualitative study exploring barriers and facilitators to physical therapy utilization for knee osteoarthritis. *Musculoskeletal Care.* 2020 Jun 26;. doi: 10.1002/msc.1491. [Epub ahead of print] PubMed PMID: 32588487.
- 2020 Maritz CA, Pigman J, Silbernagel KG, Crenshaw J. Effects of backward walking training on balance, mobility, and gait in community-dwelling older adults. *Activities, Adaptation & Aging.* doi:10.1080/01924788.2020.1757329
- 2020 Silbernagel KG, *Hanlon S, *Sprague A. Current Clinical Concepts: Conservative Management of Achilles Tendinopathy. *J Athl Train.* 2020 Apr 8. doi:10.4085/1062-6050-356-19. [Epub ahead of print] PubMed PMID: 32267723.
- 2020 *Corrigan P, Cortes D, Pohlig R, Silbernagel KG. Tendon Morphology and Mechanical Properties Are Associated With the Recovery of Symptoms and Function in Patients With Achilles Tendinopathy. *Orthop J Sports Med.* 2020 Apr30;8(4): 232596712091727
- 2020 *Carmont MR, *Zellers JA, *Brorsson A, Nilsson-Helander K, Karlsson J, Grävare Silbernagel K. Age and Tightness of Repair Are Predictors of Heel-Rise Height After Achilles Tendon Rupture. *Orthop J Sports Med.* 2020 Mar25;8(3):2325967120909556. doi: 10.1177/2325967120909556. eCollection 2020 Mar. PubMed PMID: 32232072; PubMed Central PMCID: PMC7097876.
- 2020 *Sprague, AL, *Awokuse, D, Pohlig, RT, Cortes, DH, Grävare Silbernagel, K. Relationship between mechanical properties (shear modulus and viscosity), age, and sex in uninjured Achilles tendons. *Transl Sports Med.* 2020; 00: 1– 7. <https://doi.org/10.1002/tsm2.148>
- 2020 *Aufwerber S, Heijne A, Edman G, Silbernagel KG, Ackermann PW. Does Early Functional Mobilization Affect Long-Term Outcomes After an Achilles Tendon Rupture? A Randomized Clinical Trial. *Orthop J Sports Med.* 2020 Mar 16;8(3):2325967120906522. doi: 10.1177/2325967120906522. eCollection 2020 Mar. PubMed PMID: 32206673; PubMed Central PMCID: PMC7076581.
- 2019 *Zellers, J. A., *Christensen, M., Kjær, I. L., Rathleff, M. S., & Silbernagel, K. G. (2019). Defining Components of Early Functional Rehabilitation for Acute Achilles Tendon Rupture: A Systematic Review. *Orthopaedic Journal of Sports Medicine.* <https://doi.org/10.1177/2325967119884071>
- 2019 *Alghamdi NH, Killian M, Aitha B, Pohlig RT, Grävare Silbernagel K. Quantifying the Dimensions of Achilles Tendon Insertional Area Using Ultrasound Imaging A Validity and Reliability Study. *Muscles Ligaments Tendons J.* 2019;9 (4):544-551
- 2019 *Zellers, JA, *Brorsson, A, Grävare Silbernagel, K. Impact of seated and standing positions on triceps surae muscle activation in unilateral Achilles tendon rupture. *Transl Sports Med.* 2019; 00: 1– 6.
- 2019 Vicenzino B, de Vos RJ, Alfredson H, Bahr R, Cook JL, Coombes BK, Fu SN, Gravare Silbernagel K, Grimaldi A, Lewis JS, Maffulli N, Magnusson SP, Malliaras P, Mc Auliffe S, Oei EH, Purdam C, Rees JD, Rio EK, Scott A, Speed C, Akker-Scheek IVD, Weir A, Wolf JM, Zwerver J. ICON 2019-International Scientific Tendinopathy Symposium Consensus: There are nine core health-related domains for tendinopathy (CORE DOMAINS): Delphi study of healthcare professionals and patients. *Br J Sports Med.* 2020 Apr;54(8):444-451.

- 2019 *Aufwerber S, Heijne A, Edman G, Grävare Silbernagel K, Ackermann PW. Early mobilization does not reduce the risk of deep venous thrombosis after Achilles tendon rupture: a randomized controlled trial. *Knee Surg Sports Traumatol Arthrosc.* 2019 Nov 2. doi: 10.1007/s00167-019-05767-x. [Epub ahead of print] PubMed PMID: 31679069.
- 2019 *Zellers JA, Bley BC, Pohlig RT, *Alghamdi NH, Silbernagel KG. FREQUENCY OF PATHOLOGY ON DIAGNOSTIC ULTRASOUND AND RELATIONSHIP TO PATIENT DEMOGRAPHICS IN INDIVIDUALS WITH INSERTIONAL ACHILLES TENDINOPATHY. *Int J Sports Phys Ther* 2019 Sep;14(5):761-769. PubMed PMID: 31598414; PubMed Central PMCID: PMC6769280.
- 2019 Rio EK, Mc Auliffe S, Kuipers I, Girdwood M, Alfredson H, Bahr R, Cook JL, Coombes B, Fu SN, Grimaldi A, de Vos RJ, Lewis JS, Maffulli N, Malliaras P, Magnusson SP, Oei EHG, Purdam CR, Rees JD, Scott A, Gravare Silbernagel K, Speed C, Akker-Scheek IVD, Vicenzino BT, Weir A, Wolf JM, Zwerver J. ICON PART-T 2019-International Scientific Tendinopathy Symposium Consensus: recommended standards for reporting participant characteristics in tendinopathy research (PART-T). *Br J Sports Med.* 2020 Jun;54(11):627-630.
- 2019 *Zellers JA, Cortes DH, Pohlig RT, Silbernagel KG. Tendon morphology and mechanical properties assessed by ultrasound show change early in recovery and potential prognostic ability for 6-month outcomes. *Knee Surg Sports Traumatol Arthrosc.* 2019 Sep;27(9):2831-2839. doi: 10.1007/s00167-018-5277-8. Epub 2018 Nov 10. PubMed PMID: 30415387; PubMed Central PMCID: PMC6510650.
- 2019 *Sprague A, Epsley S, Silbernagel KG. Distinguishing Quadriceps Tendinopathy and Patellar Tendinopathy: Semantics or Significant?. *J Orthop Sports Phys Ther.* 2019 Sep;49(9):627-630. doi: 10.2519/jospt.2019.0611. PubMed PMID: 31475629; PubMed Central PMCID: PMC6746230.
- 2019 Scott A, Squier K, Alfredson H, Bahr R, Cook JL, Coombes B, de Vos RJ, Fu SN, Grimaldi A, Lewis JS, Maffulli N, Magnusson SP, Malliaras P, Mc Auliffe S, Oei EHG, Purdam CR, Rees JD, Rio EK, Gravare Silbernagel K, Speed C, Weir A, Wolf JM, Akker-Scheek IVD, Vicenzino BT, Zwerver J. ICON 2019: International Scientific Tendinopathy Symposium Consensus: Clinical Terminology. *Br J Sports Med.* 2019 Aug 9;. doi: 10.1136/bjsports-2019-100885. [Epub ahead of print] PubMed PMID: 31399426.
- 2019 *Zellers JA, *Parker S, Marmon A, Grävare Silbernagel K. Muscle activation during maximum voluntary contraction and m-wave related in healthy but not in injured conditions: Implications when normalizing electromyography. *Clin Biomech (Bristol, Avon).* 2019 Jul 5;69:104-108. doi: 10.1016/j.clinbiomech.2019.07.007. [Epub ahead of print] PubMed PMID: 31326725; NIHMSID:NIHMS1535129.
- 2019 *Zellers JA, Pohlig RT, Cortes DH, Grävare Silbernagel K. Achilles tendon cross-sectional area at 12 weeks post-rupture relates to 1-year heel-rise height. *Knee Surg Sports Traumatol Arthrosc.* 2019 Jul 2;. doi: 10.1007/s00167-019-05608-x. [Epub ahead of print] PubMed PMID: 31267192; NIHMSID:NIHMS1533529.
- 2019 Gravare Silbernagel K, Vicenzino BT, Rathleff MS, Thorborg K. Isometric exercise for acute pain relief: is it relevant in tendinopathy management?. *Br J Sports Med.* 2019 May 10;. doi: 10.1136/bjsports-2019-100591. [Epub ahead of print] PubMed PMID: 31076398.
- 2019 *Corrigan P, *Zellers JA, *Balascio P, Silbernagel KG, Cortes DH. Quantification of Mechanical Properties in Healthy Achilles Tendon using Continuous Shear Wave Elastography: a Reliability and Validation Study. *Ultrasound Med Biol.* Jul;45(7):1574-1585

- 2019 *Corrigan, P, Cortes, DH, Grävare Silbernagel, K. Immediate effect of photobiomodulation therapy on Achilles tendon morphology and mechanical properties: An exploratory study. *Transl Sports Med.* 2019; 2: 164– 172.
- 2019 *Zellers JA, *Tucker LA, Higginson JS, Manal K, Grävare Silbernagel K. Changes in gait mechanics and muscle activity with wedge height in an orthopaedic boot. *Gait Posture.* 2019 Feb 25;70:59-64. doi: 10.1016/j.gaitpost.2019.02.027. [Epub ahead of print] PubMed PMID: 30825673.
- 2019 *Zellers JA, Marmon AR, Ebrahimi A, Silbernagel KG. Lower extremity work along with triceps surae structure and activation is altered with jumping after Achilles tendon repair. *J Orthop Res.* 2019 Apr;37(4):933-941.
- 2019 *Aufwerber S, Heijne A, Grävare Silbernagel K, Ackermann PW. High Plantar Force Loading After Achilles Tendon Rupture Repair With Early Functional Mobilization. *Am J Sports Med.* 2019 Mar;47(4):894-900.
- 2018 *Carmont MR, *Zellers JA, *Brorsson A, Silbernagel KG, Karlsson J, Nilsson-Helander K. No difference in strength and clinical outcome between early and late repair after Achilles tendon rupture. *Knee Surg Sports Traumatol Arthrosc.* 2018 Dec 29. doi: 10.1007/s00167-018-5340-5. [Epub ahead of print]
- 2018 Arch ES, *Colon S, Silbernagel KG, Crenshaw JR. Evaluating the relationship between gait and clinical measures of plantar flexor function. *J Electromyogr Kinesiol.* 2018 Dec;43:41-47.
- 2018 Østerås H, Paulsberg F, Grävare Silbernagel K. Are randomised control trials best for evaluating the effect of complex physical therapy interventions? *Br J Sports Med.* 2018 Aug;52(15):949-950.
- 2018 *Sprague AL, Smith AH, Knox P, Pohlig RT, Grävare Silbernagel K. Modifiable risk factors for patellar tendinopathy in athletes: a systematic review and meta-analysis. *Br J Sports Med.* 2018 Dec;52(24):1575-1585.
- 2018 *Westin O, Nilsson Helander K, Grävare Silbernagel K, Samuelsson K, *Brorsson A, Karlsson J. Patients with an Achilles tendon re-rupture have long-term functional deficits in function and worse patient-reported outcome than primary ruptures. *Knee Surg Sports Traumatol Arthrosc.* 2018 Oct;26(10):3063-3072.
- 2018 *Westin O, Svensson M, *Nilsson Helander K, Samuelsson K, Grävare Silbernagel K, *Olsson N, Karlsson J, Hansson Olofsson E. Cost-effectiveness analysis of surgical versus non-surgical management of acute Achilles tendon ruptures. *Knee Surg Sports Traumatol Arthrosc.* 2018 Oct;26(10):3074-3082.
- 2018 *Corrigan P, Cortes DH, Pontiggia L, Silbernagel KG. The degree of tendinosis is related to symptoms severity and physical activity levels in patients with midportion Achilles tendinopathy. *Int J Sports Phys Ther.* 2018 April;13(2):196-207.
- 2018 *Zellers JA, Cortes DH, *Corrigan P, Pontiggia L, Silbernagel KG. Side-to-side differences in Achilles tendon geometry and mechanical properties following achilles tendon rupture. *Muscles Ligaments Tendons J.* 2018 Jan 10;7(3):541-547.
- 2018 *Zellers JA, *Carmont MR, Silbernagel KG. Achilles Tendon Resting Angle Relates to Tendon Length and Function. *Foot Ankle Int.* 2018 Mar;39(3):343-348.
- 2017 *Powell HC, Silbernagel KG, *Brorsson A, Tranberg R, Willy RW. Individuals Post-Achilles Tendon Rupture Exhibit Asymmetrical Knee and Ankle Kinetics and Loading Rates During a Drop Countermovement Jump. *J Orthop Sports Phys Ther.* 2017 Oct 26:1-37.
- 2017 *Brorsson A, Grävare Silbernagel K, *Olsson N, *Nilsson Helander K. Calf Muscle Performance Deficits Remain 7 Years After an Achilles Tendon Rupture. *Am J Sports Med.* 2018 Feb;46(2):470-477.

- 2017 *Carmont MR, *Zellers JA, *Brorsson A, *Olsson N, *Nilsson-Helander K, Karlsson J, Grävare Silbernagel K. The functional outcome of Achilles tendon minimally invasive repair using 4- and 6-strand nonabsorbable suture. *Orthop J Sports Med.* 2017 Aug 23;5(8):2325967117723347.
- 2017 *Brorsson A, Willy RW, Tranberg R, Grävare Silbernagel K. Heel-Rise Height Deficit 1 Year After Achilles Tendon Rupture Relates to Changes in Ankle Biomechanics 6 Years After Injury. *Am J Sports Med.* 2017 Nov;45(13):3060-3068.
- 2017 Maritz CA, Silbernagel KG and Pohlig R. Relationship of backward walking to clinical outcome measures used to predict falls in the older population: A factor analysis. *Phys Ther Rehabil.* 2017; 4:14.
- 2017 *Carmont MR, Kuiper JH, Grävare Silbernagel K, Karlsson J, Nilsson-Helander K. Tendon end separation with loading in an Achilles tendon repair model: comparison of non-absorbable vs. absorbable sutures. *J Exp Orthop.* 2017 Dec;4(1):26.
- 2017 Fanchini M, Impellizzeri F, Silbernagel KG, Combi F, Benazzo F, Bizzini M. Return to competition after an Achilles tendon rupture using both on and off the field monitoring as guidance: A case report of a top-level soccer player. *Phys Ther Sport.* 2018 Jan;29:70-78.
- 2017 *Tigerstrand Grevnerts H, Grävare Silbernagel K, Sonesson S, Ardern C, Österberg A, Gauffin H, Kvist J. Translation and testing of measurement properties of the Swedish version of the IKDC subjective knee form. *Scand J Med Sci Sports.* 2017 May;27(5):554-562.
- 2017 *Zellers JA, van Ostrand K, Silbernagel KG. Calf Endurance and Achilles Tendon Structure in Classical Ballet Dancers. *J Dance Med Sci.* 2017 Jun 15;21(2):64-69.
- 2017 Willy RW, *Brorsson A, *Powell HC, Willson JD, Tranberg R, Grävare Silbernagel K. Elevated Knee Joint Kinetics and Reduced Ankle Kinetics Are Present During Jogging and Hopping After Achilles Tendon Ruptures. *Am J Sports Med.* 2017 Apr;45(5):1124-1133.
- 2016 *Zellers JA, Cortes DH, Silbernagel KG. From acute Achilles tendon rupture to return to play – A case report evaluating recovery of tendon structure, mechanical properties , clinical and functional outcomes. *Int J Sports Phys Ther.* 2016 Dec;11(7):1150-1159.
- 2016 *Westin O, Nilsson Helander K, Grävare Silbernagel K, Möller M, Kålebo P, Karlsson J. Acute Ultrasonography Investigation to Predict Reruptures and Outcomes in Patients with an Achilles Tendon Rupture. *Orthop J Sports Med.* 2016,Oct 14;4(10)
- 2016 Sonesson S, Kvist J, Ardern C, Österberg A, Silbernagel KG. Psychological factors are important to return to pre-injury sport activity after anterior cruciate ligament reconstruction: expect and motivate to satisfy. *Knee Surg Sport Traumatol Arthrosc.* 2017 May;25(5):1375-1384.
- 2016 *Zellers JA, *Carmont MR, Grävare Silbernagel K. Return to play post-Achilles tendon rupture: a systematic review and meta-analysis of rate and measures of return to play. *Br J Sports Med.* 2016 Nov;50(21):1325-1332
- 2016 Silbernagel KG, Shelley K, Powell S, Varrecchia S. Extended field of view ultrasound imaging to evaluate Achilles tendon length and thickness: a reliability and validity study. *Muscles Ligaments Tendons J.* 2016 May 19;6(1):104-10.
- 2016 Ardern CL, Glasgow P, Schneiders A, Witvrouw E, Clarsen B, Cools A, Gojanovic B, Griffin S, Khan KM, Moksnes H, Mutch SA, Phillips N, Reurink G, Sadler R, Silbernagel KG, Thorborg K, Wangensteen A, Wilk KE, Bizzini M. 2016 Consensus statement on return to sport from the First World Congress in Sports Physical Therapy, Bern. *Br J Sports Med.* 2016 Jul;50(14):853-64.

- 2016 Pearce CJ, Tourné Y, Zellers J, Terrier R, Toschi P, Silbernagel KG; ESKKA-AFAS Ankle Instability Group. Rehabilitation after anatomical ankle ligament repair or reconstruction. *Knee Surg Sports Traumatol Arthrosc.* 2016 Apr;24(4):1130-9.
- 2016 *Freedman BR, Gordon JA, Bhatt PB, Pardes AM, Thomas SJ, Sarver JJ, Riggin CN, Tucker JJ, Williams AW, Zanes RC, Hast MW, Farber DC, Silbernagel KG, Soslowky LJ. Nonsurgical treatment and early return to activity leads to improved Achilles tendon fatigue mechanics and functional outcomes during early healing in an animal model. *J Orthop Res.* 2016 Dec;34(12):2172-2180.
- 2015 Høglund LT, Silbernagel KG, Taweel NR. Distal fibular stress fracture in a female recreational runner: A case report with musculoskeletal ultrasound imaging findings. *Int J Sports Phys Ther.* 2015 Dec;10(7):1050-8.
- 2015 MacDermid JC, Silbernagel KG. Outcome Evaluation in Tendinopathy: Foundations of Assessment and a Summary of Selected Measures. *J Orthop Sports Phys Ther.* 2015 Nov;45(11):950-64.
- 2015 Couppé C, Svensson RB, Silbernagel KG, Langberg H, Magnusson SP. Eccentric or Concentric Exercises for the Treatment of Tendinopathies? *J Orthop Sports Phys Ther.* 2015 Nov;45(11):853-63.
- 2015 Silbernagel KG, Crossley KM. A Proposed Return to Sport Program for Patients With Midportion Achilles Tendinopathy: Rationale and Implementation. *J Orthop Sports Phys Ther.* 2015 Nov;45(11):876-86.
- 2015 *Carmont MR, Silbernagel KG, *Brorsson A, *Olsson N, Maffulli N, Karlsson J. The Achilles tendon resting angle as an indirect measure of Achilles tendon length following rupture, repair, and rehabilitation. *Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology.* 2015 April; 2(2):49-55
- 2015 *Tengman T, Coleman S, Silbernagel KG, Karlsson J, Riad J. Muscle fatigue after Achilles tendon rupture: A limited heel-rise test with electromyography reveals decreased endurance. *Euro J Physio.* 2015 Aug. Epub ahead of print.
- 2015 *Brorsson A, *Olsson N, *Nilsson-Helander K, Karlsson J, Eriksson BI, Silbernagel KG. Recovery of calf muscle endurance 3 months after an Achilles tendon rupture. *Scand J Med Sci Sports.* 2016 Jul;26(7):844-53.
- 2015 Maritz CA, Silbernagel KG. A Prospective Cohort Study on the Effect of a Balance Training Program, Including Calf Muscle Strengthening, in Community-Dwelling Older Adults. *J Geriatr Phys Ther.* 2016 Jul-Sep;39(3):125-31.
- 2015 Silbernagel KG, *Brorsson A, *Olsson N, Eriksson BI, Karlsson J, Nilsson-Helander K. Sex differences in Outcome after an Acute Achilles Tendon Rupture. *Ortho J Sports Med.* 2015 June 3(6).
- 2015 *Suydam SM, Soulas EM, Elliott DM, Silbernagel KG, Buchanan TS, Cortes DH. Viscoelastic properties of healthy achilles tendon are independent of isometric plantar flexion strength and cross-sectional area. *J Orthop Res.* 2015 Jun;33(6):926-31.
- 2015 Cortes DH, *Suydam SM, Silbernagel KG, Buchanan TS, Elliott DM. Continuous Shear Wave Elastography: A New Method to Measure Viscoelastic Properties of Tendons in Vivo. *Ultrasound Med Biol.* 2015 Jun;41(6):1518-29
- 2014 Silbernagel KG, Brorsson A, Karlsson J. Rehabiliteringsträning ger bäst effect vid akillestendinopati. *Lakartidningen.* 2014 Sep 3-9;111(36):1428-31. Swedish.
- 2014 *Olsson N, Petzold M, Brorsson A, Karlsson J, Eriksson BI, Silbernagel KG. Predictors of Clinical Outcome After Acute Achilles Tendon Ruptures. *Am J Sports Med.* 2014;42(6):1448-1455

- 2013 van Eck CF, Gravare-Silbernagel K, Samuelsson K, Musahl V, van Dijk CN, Karlsson J, Irrgang JJ, Fu FH. Evidence to support the interpretation and use of the anatomic anterior cruciate ligament reconstruction checklist. *J Bone Joint Surg Am.* 2013 Oct 16;95(20):e1531-9.
- 2013 *Carmont MR, Silbernagel KG, Mathy A, Mulji Y, Karlsson J, Maffulli N. Reliability of Achilles Tendon Resting Angle and Calf Circumference Measurement Techniques. *Foot Ankle Surg.* 2013;19:245-249.
- 2013 *Olsson N, Silbernagel KG, Eriksson BI, Sansone M, Brorsson A, Nilsson-Helander K, Karlsson J. Stable Surgical Repair With Accelerated Rehabilitation Versus Nonsurgical Treatment for Acute Achilles Tendon Ruptures: A Randomized Controlled Study. *Am J Sports Med.* 2013;41(12):2867-76.
- 2013 *Carmont MR, Silbernagel KG, Edge A, Mei-Dan O, Karlsson J, Maffulli N. Functional Outcome of Percutaneous Achilles Repair: Improvements in Achilles tendon Total Rupture Score During the First Year. *Ortho J Sports Med.* January-June 2013 (1).
- 2013 *Macleod TD, Manal K, Silbernagel KG, Snyder-Mackler L, Buchanan TS. Characteristics of human knee muscle coordination during isometric contractions in a standing posture: The effect of limb task. *J Electromyogr Kinesiol.* 2013;23(6):1398-405.
- 2013 *Bøymo-Having L, Grävare M, Silbernagel KG. A prospective study on dinghy sailors' training habits and injury incidence with a comparison between elite sailor and club sailor during a 12-month period. *Br J Sports Med.* 2013;47(13):826-31.
- 2013 *Suydam SM, Buchanan TS, Manal K, Silbernagel KG. Compensatory muscle activation caused by tendo lengthening post-Achilles tendo rupture. *Knee Surg Sports Traumatol Arthrosc.* 2015 Mar;23(3):868-74.
- 2013 *Carmont MR, Heaver C, Pradhan A, Mei-Dan O, Silbernagel KG. Surgical repair of the ruptured Achilles tendon: the cost-effectiveness of open versus percutaneous repair. *Knee Surg Sports Traumatol Arthrosc.* 2013 Jun;21(6):1361-8.
- 2012 *Carmont MR, Silbernagel KG, Nilsson-Helander K, Mei-Dan O, Karlsson J, Maffulli N. Cross cultural adaptation of the Achilles tendon Total Rupture Score with reliability, validity and responsiveness evaluation. *Knee Surg Sports Traumatol Arthrosc.* 2013;21(6):1356-60.
- 2012 *Olsson N, Karlsson J, Eriksson BI, Brorsson A, Lundberg M, Silbernagel KG. Ability to perform a single heel-rise is significantly related to patient-reported outcome after Achilles tendon rupture. *Scand J Med Sci Sports.* 2014;24(1):152-8
- 2012 Silbernagel KG, Steele R, Manal K. Deficits in heel-rise height and achilles tendon elongation occur in patients recovering from an achilles tendon rupture. *Am J Sports Med.* Jul 2012;40(7):1564-1571.
- 2012 Silbernagel KG, Willy R, Davis I. Preinjury and postinjury running analysis along with measurements of strength and tendon length in a patient with a surgically repaired Achilles tendon rupture. *J Orthop Sports Phys Ther.* Jun 2012;42(6):521-529.
- 2012 Manal K, Gravare-Silbernagel K, Buchanan T. A real-time EMG-driven musculoskeletal model of the ankle. *Multibody System Dynamics.* 2012;28(1):169-180.
- 2011 *Olsson N, *Nilsson-Helander K, Eriksson BI, Karlsson J, Silbernagel KG. Major functional deficits persists two years after an Achilles tendon rupture, independent of treatment. *Knee Surg Sports Traumatol Arthrosc.* 2011 Aug;19(8):1385-93
- 2011 Silbernagel KG, *Brorsson A, Lundberg M. The majority of patients with Achilles tendinopathy recover fully when treated with exercise alone – A five year follow-up. *Am J Sports Med.* 2011;39:607-13.

- 2010 *Elengard T, Karlsson J, Silbernagel KG. Posterior heel pain in young athletes – Aspects of treatment. *OAJSM*. 2010 Dec;2010(1):223-32
- 2010 *Nilsson-Helander K, Silbernagel KG, Faxén E, Thomeé R, Olsson N, Eriksson BI, Karlsson J. Acute Achilles Tendon Rupture: A randomized, Controlled Study Comparing Surgical and Non-surgical Treatments Using Validated Outcome Measures. *Am J Sports Med*. 2010 Nov;38(11):2186-93.
- 2010 Silbernagel KG, Nilsson-Helander K, Thomeé R, Eriksson BI, Karlsson J. A new measurement of heel-rise endurance with the ability to detect functional deficits in patients with Achilles tendon rupture. *Knee Surg Sports Traumatol Arthrosc*. 2010 Feb;18(2):258-64
- 2009 Abate M, Gravare-Silbernagel K, Siljeholm C, Di Iorio A, De Amicis D, Salini V, Werner S, Paganelli R. Pathogenesis of tendinopathies: inflammation or degeneration? *Arthritis Res Ther*. 2009 Jun 30;11(3):235
- 2009 Ageberg E, Roos HP, Silbernagel KG, Thomée R, Roos EM. Knee extension and flexion muscle power after anterior cruciate ligament reconstruction with patellar or hamstrings tendon graft: A cross-sectional comparison 3 years post surgery. *Knee Surg Sports Traumatol Arthrosc*. 2009 Feb;17(2):162-9.
- 2008 Ageberg E, Thomée R, Neeter C, Silbernagel KG, Roos EM. Muscle strength and functional performance in patients with ACL injury treated with training and surgical reconstruction or training only: A 2 to 5 year follow-up. *Arthritis Rheum*. 2008;15;59(12):1773-9
- 2008 *Nilsson-Helander K, Swärd L, Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. A new surgical method to treat chronic ruptures and reruptures of the Achilles tendon. *Knee Surg Sports Traumatol Arthrosc*. 2008 Jun;16(6):614-20
- 2007 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Continued sports activity, using a pain monitoring model, during rehabilitation in patients Achilles tendinopathy - a randomized controlled study. *Am J Sports Med*. 2007;35:897-906
- 2007 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Full symptomatic recovery does not ensure full recovery of muscle-tendon function in patients with Achilles tendinopathy. *Br J Sports Med*. 2007;41:276-80
- 2007 *Helander KN, Thomeé R, Silbernagel KG, Thomeé P, Faxen E, Eriksson BI, Karlsson J. Achilles Tendon Rupture Score (ATRS) – Development and validation-. *Am J Sports Med*. 2007;35:421-6
- 2006 Silbernagel KG, Gustavsson A, Thomeé R, Karlsson J. Evaluation of lower leg function in patients with Achilles tendinopathy. *Knee Surg Sports Traumatol Arthrosc*. 2006;14:1207-17
- 2006 Gustavsson A, Neeter C, Thomeé P, Silbernagel KG, Augustsson J, Thomeé R, Karlsson J. A test battery for evaluating hop performance in patients with an ACL injury and patients who have undergone ACL reconstruction. *Knee Surg Sports Traumatol Arthrosc*. 2006;14:778-88
- 2005 Silbernagel KG, Thomeé R, Karlsson J. Cross-cultural adaptation of the VISA-A questionnaire, an index of clinical severity for patients with Achilles tendinopathy, with reliability, validity and structure evaluations. *BMC Musculoskeletal Disorders* 2005, 6:12
- 2003 Neeter C, Thomeé R, Silbernagel KG, Thomeé P, Karlsson J. Iontophoresis with or without dexamethazone in the treatment of acute Achilles tendon pain. *Scand J Med Sci Sports*. 2003;13:376-82

- 2001 Silbernagel KG, Thomeé R, Thomeé P, Karlsson J. Eccentric overload training for patients with chronic Achilles tendon pain – a randomized controlled study with reliability testing of the evaluation methods. *Scan J Med Sci Sports*. 2001;11:197-206
- 1994 Mont MA, Cohen BD, Campbell KR, Gravare K, Mathur SK. Isokinetic Concentric Versus Eccentric Training of Shoulder Rotators with Functional Evaluation of Performance Enhancement in Elite Tennis Players. *Am J Sports Med*. 1994; 22:513-23.

PEER-REVIEWED CONFERENCE CONTRIBUTIONS *Denotes student, trainee author

- 2021 *Seymore KD, Sigurðsson HB, Silbernagel KG. Functional Performance Associated with Triceps Surae Muscle and Tendon Morphology in Patients with Achilles Tendinopathy. Proceedings at the 28th Congress of the International Biomechanics Society, Virtual, July 2021.
- 2021 *Sprague AL, Couppé C, Pohlig RT, Snyder-Mackler L, Silbernagel KG. Pain-guided activity modification during treatment for patellar tendinopathy: a feasibility and pilot randomized clinical trial. Platform presented at APTA Combined Sections Meeting 2021.
- 2021 *Mitchell J, *Kim S, *Bachman S, Sigurdsson H, Silbernagel KG. Increasing Physical Activity in the Face of Pain during Achilles Tendinopathy Rehabilitation. American Physical Therapy Association Combined Sections Meeting, Virtual. Feb 1-28, 2021. Poster presentation.
- 2021 *Kwon J, Sigurdsson H, Silbernagel KG. Submaximal heel-rise power as a possible new outcome measure in patients with Achilles tendinopathy. American Physical Therapy Association Combined Sections Meeting, Virtual. Feb 1-28, 2021. Poster presentation.
- 2021 *Honick B, Sigurdsson H, Silbernagel KG. Patients with Achilles tendinopathy and neovascularization have worse tendon structure and function. American Physical Therapy Association Combined Sections Meeting, Virtual. Feb 1-28, 2021. Platform presentation.
- 2021 *Alghamdi N, Pohlig R, Sions M, Crenshaw J, Silbernagel KG. Determine Achilles Tendon Structure Differences between Patients with Insertional Achilles Tendinopathy and Midportion Achilles Tendinopathy. American Physical Therapy Association Combined Sections Meeting, Virtual. Feb 1-28, 2021. Poster presentation.
- 2021 *Hanlon SL, Pohlig RT, Silbernagel KG. Patients with Achilles tendinopathy can be classified into three subgroups: High Loaders, Symptom Focused, and Structurally Impaired. American Physical Therapy Association Combined Sections Meeting, Virtual. Feb 1-28, 2021. Platform presentation.
- 2021 *Seymore KD, Sigurðsson HB, *Hanlon S, Honick B, Silbernagel KG. Clinical Improvements Relate to Gait Adaptations in Patients with Mid-Portion Achilles Tendinopathy. American Physical Therapy Association Combined Sections Meeting, Virtual. Feb 1-28, 2021. Poster presentation.
- 2020 *Hanlon, SL, Pohlig RT, Silbernagel KG. Patients with Achilles tendinopathy can be classified into three subgroups: High Loaders, Symptom Focused, and Structurally Impaired. Sports Medicine Student Showcase, La Trobe University Sport and Exercise Medicine Research Centre, October 2020
- 2020 *Seymore KD, Corrigan P, Sigurðsson HB, Silbernagel KG. Using the Return-to-Sport Program and Wireless Sensors to Monitor Runners with Achilles Tendinopathy in a Real-World Setting. Proceedings at the La Trobe Sport and Exercise Medicine Research Centre Sports Medicine Student Showcase, Virtual, October 2020
- 2020 *Honick B, Sigurdsson H, Silbernagel KG. Inferior tendon structure and function seen in patients with Achilles tendinopathy and neovascularization of the Achilles tendon. American College of Rheumatology Convergence 2020, Washington, D.C. Nov 5-9, 2020. Poster Presentation.

- 2020 Post A, Rio E, Silbernagel K, Moseley GL, Sluka K, Chimenti R. Achilles Tendinopathy Patient Beliefs on Activity Avoidance and Symptom Improvement: Implications for Physical Therapy Practice. Accepted Poster Abstract. IASP World Congress on Pain. Amsterdam, Netherlands, 2020
- 2020 *Seymore KD, Sigurðsson HB, Hanlon S, Honick B, Sprague A, Silbernagel KG. Clinical Improvements Relate to Gait Function in Patients with Achilles Tendinopathy. Proceedings at the 44th Meeting of the American Society of Biomechanics, Virtual, August 2020.
- 2020 *Christensen M, *Zellers JA, Lunding Kjær I, Silbernagel KG, Skovdal Rathleff M. How can we implement Early Functional Rehabilitation for Achilles tendon ruptures if the original studies didn't describe what they did? A systematic review. 19th European Society of Sports Traumatology, Knee Surgery, and Arthroscopy Congress, Milan, Italy. May 6-9, 2020. Poster presentation
- 2020 *Hanlon SL, Silbernagel KG. The effect of duration of symptoms on tendon health in patients with Achilles tendinopathy. 19th European Society of Sports Traumatology, Knee Surgery, and Arthroscopy Congress, Milan, Italy. May 6-9, 2020. Platform Presentation.
- 2020 *Sprague A, Grävare Silbernagel K. Relationships between changes in injury severity and associated impairments in patellar tendinopathy. 19th European Society of Sports Traumatology, Knee Surgery, and Arthroscopy Congress, Milan, Italy. May 6-9, 2020. Poster Presentation.
- 2020 *Hanlon SL, Silbernagel KG. Higher kinesiophobia present in patients with Achilles tendinopathy with longer duration of symptoms. American Physical Therapy Association Combined Sections Meeting, Denver, Colorado. Feb 12-15, 2020. Platform presentation.
- 2020 *Sprague A, Grävare Silbernagel K. Alterations in Tendon Structure May Relate to Symptom Severity and Functional Deficits in Patellar Tendinopathy. American Physical Therapy Association Combined Sections Meeting, Denver, Colorado. Feb 12-15, 2020. Platform presentation.
- 2020 *Zellers JA, Hastings MK, Silbernagel KG. Inferior tendon mechanical properties in presence of diabetes in individuals with Achilles tendinopathy. American Physical Therapy Association Combined Sections Meeting, Denver, Colorado. Feb 12-15, 2020. Platform presentation.
- 2020 *Corrigan P, Cortes DH, Pohlig RT, Silbernagel KG. Tendon morphology and mechanical properties predict symptom and functional recovery for patients with Achilles tendinopathy. American Physical Therapy Association Combined Sections Meeting, Denver, Colorado. Feb 12-15, 2020. Platform presentation.
- 2020 *Corrigan P, *Hornsby S, Silbernagel KG. Jump performance and tendon pain related to running mechanics in runners with Achilles tendinopathy. American Physical Therapy Association Combined Sections Meeting, Denver, Colorado. Feb 12-15, 2020. Platform presentation.
- 2020 *Sprague A, *Awokuse D, Pohlig RT, Cortes DH, Grävare Silbernagel K. Relationship Between Viscoelastic Properties, Age and Sex in Asymptomatic Achilles Tendons. Orthopedic Research Society Annual Meeting, Phoenix, Arizona, Feb 8-11, 2020. Poster presentation.
- 2020 *Hanlon SL, Silbernagel KG. The effect of duration of symptoms on tendon structure and viscoelastic properties in patients with Achilles tendinopathy. Orthopedic Research Society Annual Meeting, Phoenix, Arizona, Feb 8-11, 2020. Poster presentation.
- 2020 *Corrigan P, Cortes DH, Pohlig RT, Silbernagel KG. Tendon Thickening and Mechanical Properties Predict Long-term Outcomes for Patients with Achilles Tendinopathy. Orthopaedic Research Society Annual Meeting, Phoenix, Arizona, Feb 8-11, 2020. Poster Presentation.

- 2020 *Zellers JA, Hastings MK, Silbernagel KG. Decreased shear viscosity with Achilles tendinopathy in individuals with diabetes compared to non-diabetics. International Symposium on Ligaments and Tendons, Annual Meeting, 2020, Phoenix, AZ. Poster presentation.
- 2020 *Christensen M, *Zellers JA, Kjær IL, Silbernagel KG, Rathleff MS. How can we implement early rehabilitation for Achilles tendon ruptures if original studies didn't describe the content? A systematic review. Sportskongress, Copenhagen Denmark. Jan 30- Feb 1, 2020. Poster presentation.
- 2019 *Christensen M, *Zellers JA, Kjær IL, Silbernagel KG, Rathleff MS. How can we implement Early Functional Rehabilitation for Achilles tendon ruptures if the original studies didn't describe what they did? A systematic review. DOS Kongressen 2019. Platform presentation.
- 2019 *Christensen M, *Zellers JA, Kjær IL, Rathleff MS, Silbernagel KG. Defining components of Early Functional Rehabilitation for acute Achilles tendon rupture: A systematic review. DOS Kongressen 2019. Platform presentation.
- 2019 *Aufwerber S, Heijne A, Edman G, Silbernagel KG, Ackermann PW. Early mobilization Does Not Reduce the Risk of Deep Venous Thrombosis after Achilles Tendon Rupture - A Randomized Controlled Trial. Ortopediveckan 2019 in Norrköping, Sweden, August 27–30, 2019. Oral presentation.
- 2019 *Aufwerber S, Heijne A, Silbernagel KG, Ackermann PW. High plantar force loading after Achilles tendon rupture repair with early functional mobilization. Fysioterapi 2019 in Stockholm, Sweden, October 24, 2019. Oral presentation
- 2019 *Corrigan P, Silbernagel KG. Achilles tendon loading patterns during a 30-minute steady-state run in patients with Achilles tendinopathy. 2019 American College of Sports Medicine Annual Meeting, Orlando, Florida. Thematic Poster.
- 2019 *Corrigan P, Silbernagel KG. Altered running mechanics relate to kinesiophobia in runners with Achilles tendinopathy. 28th Isokinetic Medical Group Conference: Football Medicine Meets the Universe of Sport, London, United Kingdom. Platform Presentation.
- 2019 *Alghamdi N, *Zellers J, Silbernagel KG. Identifying differences among patients with Achilles tendinopathy who present with and without kinesiophobia. Poster Presentation. American Physical Therapy Association Combined Section Meeting 2019. Poster presentation.
- 2019 *Corrigan P, *Alghamdi N, Silbernagel KG. Comparison of patient-reported symptoms, tendon structure, mechanical properties and function between patients with insertional and midportion Achilles tendinopathy. APTA CSM 2019, Washington DC. Platform Presentation.
- 2019 *Zellers JA, Marmon AR, Silbernagel KG. Lateral gastrocnemius and soleus compensation, and medial gastrocnemius atrophy after Achilles tendon rupture. American Physical Therapy Association Combined Sections Meeting 2019. Platform Presentation.
- 2019 *Zellers JA, Ebrahimi A, Silbernagel KG. Contributions from lower extremity joints to absolute work in individuals after Achilles tendon rupture: Applying the CLEW approach. American Physical Therapy Association Combined Sections Meeting 2019. Platform Presentation
- 2019 *Sprague A, Grävare Silbernagel, K. High prevalence of Kinesiophobia in patellar and quadriceps tendinopathies. APTA Combined Sections Meeting 2019, Washington, DC. Poster presentation.

- 2019 *Sprague A, Grävare Silbernagel, K. Patients with patellar tendinopathy compensate with the plantar flexors to maintain jump performance. APTA Combined Sections Meeting 2019, Washington, DC. Poster presentation.
- 2019 *Hanlon SL, Silbernagel KG. Recovery of patients with Achilles tendinopathy over 1 year. 15th Scandinavian Congress of Medicine & Science in Sports, Copenhagen, Denmark. Poster Presentation.
- 2019 *Corrigan P, Silbernagel KG. Do clinical measures relate to running asymmetries in patients with Achilles tendinopathy? 15th Scandinavian Congress of Medicine & Science in Sports, Copenhagen, Denmark. Platform Presentation.
- 2019 *Sprague A, Grävare Silbernagel K. Almost half of jumper's knee cases have high kinesiophobia. 15th Scandinavian Congress of Medicine & Science in Sports, Copenhagen, DK. Poster presentation.
- 2019 *Sprague A, Grävare Silbernagel K. Insertional Achilles tendinopathy has a higher prevalence of ultrasound abnormalities than midportion. 15th Scandinavian Congress of Medicine & Science in Sports, Copenhagen, DK. Poster presentation.
- 2018 *Ball K, *Sprague A, Hanlon S, Grävare Silbernagel K. Lower extremity function may be used as a surrogate measure of tendon mechanical properties in patients with unilateral patellar tendinopathy. Platform to be presented at: Eastern Athletic Trainers' Association Conference 2019; King of Prussia, PA Free Communications Undergraduate Oral Presentation Winner
- 2018 Silbernagel KG, *Alghamdi N, *Sprague A, *Corrigan P. Comparison of tendon structure, symptoms, and function in patients with either midportion or insertional Achilles tendinopathy. Orthopaedic Research Society, Tendon Section 2018 Conference, Portland, Oregon. Platform presentation
- 2018 Silbernagel KG, *Alghamdi N, *Corrigan P. Structural, functional, and symptomatic differences in patients with insertional or midportion Achilles tendinopathy. 5th International Scientific Tendinopathy Symposium 2018, Groeningen, Netherlands. Platform presentation
- 2018 *Aufwerber S, Naili Eriksson J, Heijne A, Silbernagel KG, Ackermann PW. Comparing gait patterns 8 weeks after surgical treatment of acute Achilles tendon rupture – a randomized controlled trial. Ortopediveckan 2018 in Karlstad, Sweden, August 28–30, 2018. Oral presentation.
- 2018 Silbernagel KG, *Zellers JA, Bley BC, Pohlig RT. Frequency of pathology on diagnostic ultrasound in individuals with insertional Achilles tendinopathy. 5th International Scientific Tendinopathy Symposium 2018, Groeningen, Netherlands. Poster Pitch and Poster Presentation.
- 2018 *Tucker LA, *Zellers JA, Silbernagel KG. Effect of wedge height on triceps surae activity with walking in an orthopaedic boot. Biomedical Engineering Society Annual Meeting 2018. Poster Presentation.
- 2018 *Zellers JA, Ebrahimi A, Silbernagel KG. Hopping performance in individuals with Achilles tendon rupture. American Society of Biomechanics Annual Conference 2018, Rochester, MN. Poster Presentation,
- 2018 *Parker S, *Zellers JA, Silbernagel KG. Electromyography normalization strategies in individuals with Achilles tendon rupture. World Congress of Biomechanics 2018. Poster Presentation.
- 2018 *Sprague A, Hutchinson Smith A, Silbernagel KG. Impaired quadriceps Function may not be captured by standard clinical measures in patellar tendinopathy. 18th European

- Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA) Congress in Glasgow, Scotland, May 10th, 2018.
- 2018 *Corrigan P, Cortes DH, Silbernagel KG. Immediate effects of photobiomodulation therapy on Achilles tendon structural and viscoelastic properties. 18th European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA) Congress in Glasgow, Scotland, May 10th, 2018. Platform presentation
- 2018 Zellers JA, Silbernagel KG. Achilles tendon cross sectional area and heel rise performance in individuals following surgical repair. Orthopaedic Research Society, Annual Meeting 2018, Orlando FL. Poster Presentation.
- 2018 Aufwerber S, Heijne A, Silbernagel KG, Ackermann PW. Mobile plantar pressure loading assessments in patients with Achilles tendon rupture. American Physical Therapy Association Combined Sections Meeting 2018, New Orleans LA, February 21–24, 2018. Poster presentation.
- 2018 Zellers JA, Alghamdi N, Silbernagel KG. Frequency of insertional pathology on ultrasound imaging and functional deficits in individuals with insertional Achilles tendinopathy. American Physical Therapy Association Combined Sections Meeting 2018, New Orleans LA. Platform Presentation.
- 2018 Zellers JA, Thoma L, Silbernagel KG. Physical Activity, Gait, and Self-Reported Function Twelve Weeks Following Achilles Tendon Rupture. American Physical Therapy Association Combined Sections Meeting 2018, New Orleans LA. Platform Presentation.
- 2018 Corrigan P, Zellers JA, Silbernagel KG. Triceps surae activation during walking and running post Achilles tendon rupture. American Physical Therapy Association Combined Sections Meeting 2018, New Orleans LA. Poster Presentation.
- 2018 Corrigan P, Cortes DH, Silbernagel KG. Degree of tendon structural change relates to symptomatic recovery in patients with Achilles tendinopathy. American Physical Therapy Association Combined Sections Meeting 2018, New Orleans LA. Poster Presentation.
- 2018 Alghamdi N, Aitha B, Killian M, Silbernagel KG. Quantifying Achilles Tendon Insertional Area Dimensions Using US imaging – A Validity and Reliability Study. American Physical Therapy Association Combined Section Meeting 2018, New Orleans LA. Poster Presentation
- 2018 Sprague, AL. Hutchinson Smith, A. Silbernagel, KG. Impaired Quadriceps Function may not be Captured by Standard Clinical Measures in Patellar Tendinopathy. American Physical Therapy Association Combined Section Meeting 2018, New Orleans LA. Platform Presentation
- 2018 Sprague AL, Ahmad r, Cortes DH, Silbernagel KG. Continuous Shear Wave Elastography Quantifies Patellar Tendon Pathology. American Physical Therapy Association Combined Section Meeting 2018, New Orleans LA. Poster
- 2018 Corrigan P, Cortes DH, Silbernagel KG. Immediate effects of photobiomodulation therapy on Achilles tendon structural and viscoelastic properties. Scandinavian Congress of Medicine & Science in Sports. Copenhagen, Denmark, February 1-3, 2018. Poster Presentation.
- 2018 *Sprague A, Hutchinson Smith A, Silbernagel KG. Bilateral quadriceps deficits are present in patients with unilateral patellar tendinopathy. Scandinavian Sports Medicine Congress 2018 in Copenhagen, Denmark, February 2nd, 2018.
- 2018 *Sprague A, Smith A, *Knox P, Pholig R, Silbernagel KG. Modifiable Risk factors for Patellar Tendinopathy: A systematic review and meta-analysis. Scandinavian Congress of

- Medicine & Science in Sports. Copenhagen, Denmark, February 1-3, 2018. Poster Presentation.
- 2017 Aufwerber S, Heijne A, Silbernagel KG, Ackermann PW. Tryckmätning med sulor för att utvärdera belastning i ortos sex veckor postoperativt hos patienter opererade för hälseneruptur. Fysioterapi 2017 in Stockholm, Sweden, October 26, 2017. Poster presentation.
- 2017 *Ahmad R, Sprague A, Cortes D, Grävare Silbernagel K. Quantification of viscoelastic properties in unilateral patellar tendinopathy. Platform presented at: Biomedical Engineering Society, Annual Meeting 2017; Phoenix, AZ.
- 2017 *Lopez R, Zellers J, Parker S, Silbernagel KG. Relationship Of Muscle Activation Amplitude With Elongation And Mechanical Properties Of The Achilles Tendon. Biomedical Engineering Society, Annual meeting 2017. Platform presentation.
- 2017 *Sprague AL, Silbernagel KG. Central Activation Deficits of the Quadriceps Muscle in Patellar Tendinopathy. American Society of Biomechanics, Annual Meeting 2017. Poster presentation.
- 2017 *Zellers JA, Balascio P, Corrigan P, Cortes DH, Silbernagel KG. Relationship between Young's modulus, shear modulus, and viscosity in healthy Achilles tendon. American Society of Biomechanics, Annual Meeting 2017. Poster presentation.
- 2017 *Corrigan P, Cortes DH, Zellers JA, Sprague A, Silbernagel KG. Effects of photobiomodulation therapy on Achilles tendon structure. American Society of Biomechanics, Annual Meeting 2017. Poster Presentation.
- 2017 *Zellers JA, Gotha H, Silbernagel KG. Use of ankle resting angle as a surrogate for tendon elongation in individuals following Achilles tendon rupture. American Orthopaedic Foot & Ankle Society, Annual Meeting 2017. ePoster presentation.
- 2017 *Balascio P, Zellers JA, Cortes DH, Silbernagel KG. Healthy Achilles tendon properties in vivo: Shear modulus, viscosity, and Young's modulus. BMES Mid-Atlantic Research Day 2017. Platform presentation.
- 2017 *Zellers JA, Pontiggia LP, Cortes DH, Silbernagel KG. Achilles tendon viscoelastic properties relate to clinical outcomes following rupture. Orthopaedic Research Society, Annual Meeting 2017. Poster presentation.
- 2017 *Sprague A, Cox CT, Cortes, DH, Silbernagel KG. Influence of knee flexion angle on patellar tendon structure and mechanical properties. Orthopaedic Research Society, Annual Meeting 2017. Poster Presentation.
- 2017 *Corrigan P, Pontiggia L, Cortes DH, Silbernagel KG. Barriers for remaining physical active in patients with Achilles tendinopathy. Orthopaedic Research Society, Annual Meeting 2017. Poster Presentation.
- 2017 *Aufwerber S, Heijne A, Silbernagel KG, Ackermann PW. Mobile plantar pressure loading assessment in patients with Achilles tendon rupture. International Symposium on Ligaments & Tendons (ISL&T) – XVI in San Diego, CA, March 18, 2017. Poster presentation.
- 2017 *Corrigan P, Cortes DH, Silbernagel KG. Immediate effects of photobiomodulation therapy on Achilles tendon viscoelastic properties. International Symposium on Ligaments and Tendons-XVI 2017. Platform Presentation.
- 2017 *Corrigan P, Cortes DH, Pontiggia L, Silbernagel KG. Patients with tendinopathy who remain physically active have lesser degree of symptoms and change in tendon structure. APTA Combined Sections Meeting 2017 in San Antonio, TX, February 15-18, 2017. Platform Presentation.

- 2017 *Zellers JA, Pontiggia L, Cortes DH, Silbernagel KG. Clinical measures relate to tendon mechanical properties following Achilles tendon rupture. APTA Combined Sections Meeting 2017 in San Antonio, TX, February 15-18, 2017. Poster presentation.
- 2017 *Dreger M, Zellers JA, Giordano A, Silbernagel KG. The Use of a Modified Tendon Loading Program in a Patient with Complex Unilateral Achilles Tendon Repair. APTA Combined Sections Meeting 2017 in San Antonio, TX, February 15-18, 2017. Poster presentation.
- 2017 *Sprague AL, Pontiggia L, Cortes DH, Silbernagel KG. Achilles tendinopathy occurs across the lifespan and affects quality of life. APTA Combined Sections Meeting 2017 in San Antonio, TX February 15-18, 2017. Poster presentation.
- 2017 *Tice T, Dargis S, Zellers JA, Silbernagel KG. Changes in gait pattern and triceps surae activity in immobilization boots. Eastern Athletic Trainers Association Meeting and Clinical Symposium 2017. Poster presentation.
- 2016 *Corrigan P, Sprague A, Zellers JA, Cortes DH, Silbernagel KG. Mechanical properties and clinical outcomes in Achilles tendinopathy. American Society of Biomechanics, Annual Meeting 2016. Poster presentation.
- 2016 Colon S, Silbernagel K, Arch ES. A Feasibility Study to Evaluate Associations between Clinical and Gait Measures of Plantar Flexor Strength and Function. American Society of Biomechanics Annual Meeting, 2016.
- 2016 *Cox C, Zellers JA, Cortes DH, and Silbernagel KG. Viscoelastic properties of human patellar tendons measured using continuous shear wave elastography. Summer Biomechanics, Bioengineering and Biotransport Conference 2016. Poster presentation. Finalist for BS-level student poster competition.
- 2016 *Brorsson A, Willy RW, Powell H, Tranberg R, Silbernagel KG. "The ability to regain normal ankle biomechanics during jumping after an Achilles tendon rupture is related to single leg heel-rise height." European Society of Sports Traumatology, Knee Surgery & Arthroscopy 2016. ePoster presentation.
- 2016 *Zellers JA, Cortes DH, and Silbernagel KG. Changes in Achilles tendon viscoelastic properties in individuals with insertional tendinopathy. European Society of Sports Traumatology, Knee Surgery & Arthroscopy 2016. ePoster presentation.
- 2016 *Zellers JA, Carmont MR, and Silbernagel KG. Return to play metrics in Achilles tendon rupture: A systematic review. European Society of Sports Traumatology, Knee Surgery & Arthroscopy 2016. ePoster presentation.
- 2016 *Zellers JA, Fish J, Cortes DH, and Silbernagel KG. Recovery of viscoelastic properties of Achilles tendon following rupture. International Symposium on Ligaments & Tendons XV 2016. Poster presentation.
- 2016 *Zellers JA, Cortes DH, Silbernagel KG. Relationship Between Calf Endurance and Achilles Tendon Viscoelastic Properties in the Heel Rise Test. APTA Combined Sections Meeting 2016 in Anaheim, CA, February 17-20, 2016. Poster presentation.
- 2016 *Brorsson A, Willy R, Powell H, Tranberg R, Silbernagel KG. The heel-rise height one year after an Achilles tendon rupture relates to ankle biomechanics during jumping 5 years later. APTA Combined Sections Meeting 2016 in Anaheim, CA, February 17-20, 2016. Platform presentation.
- 2016 *Powell H, Silbernagel KG, Brorsson A, Tranberg R, Willson J, Willy R. Patellofemoral and tibiofemoral joint loading asymmetries are present during running and hopping in individuals 5 years post-Achilles tendon rupture. APTA Combined Sections Meeting 2016 in Anaheim, CA, February 17-20, 2016. Platform presentation.
- 2016 *Lutter K, McKinney J, O'Hara C, Skacel A, Brorsson A, Silbernagel KG. Electromyographic Activity of the Calf Musculature in Seated and Standing Heel Rise Post Achilles Tendon

- Rupture. APTA Combined Sections Meeting 2016 in Anaheim, CA, February 17-20, 2016. Poster presentation.
- 2016 *Nagel K, Giordano AO, Silbernagel KG. How Ultrasound Imaging Guided Treatment in a Professional Football Player After a Quadriceps Strain. APTA Combined Sections Meeting 2016 in Anaheim, CA, February 17-20, 2016. Poster presentation.
- 2016 *Wellsandt M, Silbernagel KG. Recurrent Proximal Hamstring Strain in a Division 1 College Football Athlete. APTA Combined Sections Meeting 2016 in Anaheim, CA, February 17-20, 2016. Poster presentation.
- 2015 *Zellers J, Van Ostrand KM, Silbernagel KG. Achilles tendon structure and function in classical ballet dancers. International Association for Dance Medicine & Science, Pittsburgh, PA, October 9-11, 2015.
- 2015 *Zellers J, Cortes DH, Silbernagel KG. Biomechanical, Clinical, and Functional Changes with Achilles Tendon Pathology. American Society of Biomechanics, Columbus, OH, August 5-8, 2015.
- 2015 *Suydam SM, Buchanan TS, Silbernagel KG, Cortes DH. Mechanical properties of the Achilles do not relate to strength or tendon size. (Podium) International Society of Biomechanics Congress, Glasgow, UK, July 2015
- 2015 Cortes DH, Suydam SM, Zellers JA, Silbernagel KG, Buchanan TS, Elliott DM. Evaluation of Tendon Injuries Using Shear Wave Elastography: Preliminary in-vivo Results in Human Achilles and Semitendinosus Tendons. Summer Biomechanics, Bioengineering and Biotransport Conference, Snowbird, UT, 2015.
- 2015 *Carmont MR, Silbernagel KG, Brorsson A, Olsson N, Maffulli N, Karlsson J. The Achilles Tendon Resting Angle As An Indirect Measure Of Achilles Tendon Length Following Rupture, Repair And Rehabilitation. 10th Biennial ISAKOS Congress, Lyon, France, June 7-11, 2015
- 2015 *Brorsson A, Olsson N, Nilsson-Helander K, Karlsson J, Eriksson BI, Silbernagel KG. Recovery of calf muscle function after an Achilles tendon rupture. Swedish Society of Sports Medicine Annual Congress, Linköping, Sweden, May 7-9, 2015.
- 2015 Silbernagel KG. The Use of the Peer-Review Process to Teach Evidence-Based Practice to Doctor of Physical Therapy Students. APTA Combined Sections Meeting 2015 in Indianapolis, IN, February 4-7, 2015.
- 2015 Silbernagel KG, Shelley K, Powell S, Varrecchia S. Extended field of view Ultrasound imaging to evaluate Achilles tendon structure: A reliability and validity study. APTA Combined Sections Meeting 2015 in Indianapolis, IN, February 4-7, 2015.
- 2015 *Chau S, Maddatu H, Silbernagel KG. The effect of a short bout of exercise on Achilles tendon and soleus measurements using ultrasound imaging. APTA Combined Sections Meeting 2015 in Indianapolis, IN, February 4-7, 2015.
- 2015 *Brorsson A, Silbernagel KG, Eriksson BI, Karlsson J, Helander KN. Long-term follow up after acute Achilles tendon rupture. Danish Sports Medicine Annual Congress i Köpenhamn, Danmark January 22-24, 2015.
- 2014 Cortes D.H., Suydam S.M., Silbernagel K.G., Buchanan T.S., Elliott D.M. Shear wave elastography as a functional biomarker in human tendon. 7th World Congress of Biomechanics, Boston, MA, 2014.
- 2014 Silbernagel KG, Nilsson-Helander K, Olsson N, Brorsson A, Eriksson B, Karlsson J. Gender differences in outcome after an Achilles tendon rupture. AOSSM Annual Meeting, Seattle WA, July 10-13, 2014, Platform presentation
- 2014 *Brorsson A, Olsson N, Eriksson B, Karlsson J, Nilsson-Helander K, Silbernagel KG. Development and evaluation of a new seated heel-rise test to evaluate function during

- the early stages of rehabilitation after an acute Achilles tendon rupture. 16th ESSKA Congress, Amsterdam, Netherlands, May 14-17
- 2014 *Carmont M, Silbernagel KG, Brorsson A, Olsson N, Maffulli N, Karlsson J. Achilles tendon elongation, functional outcome and return to sport following minimally invasive Achilles tendon repair. 16th ESSKA Congress, Amsterdam, Netherlands, May 14-17
- 2014 Silbernagel KG, Nilsson-Helander K, Olsson N, Brorsson A, Eriksson B., Karlsson J. Gender differences in outcome after an acute Achilles tendon rupture. 16th ESSKA Congress, Amsterdam, Netherlands, May 14-17
- 2014 *Olsson N, Petzold M, Brorsson A, Karlsson J, Eriksson B, Silbernagel KG. Predictors of clinical outcome after an acute achilles tendon rupture. 16th ESSKA Congress, Amsterdam, Netherlands, May 14-17
- 2014 *Buriani R, Handwerk M, Nicklasson J, Zetterlund J, Lundberg M, Silbernagel KG Evaluating Health Related Physical Activity Amongst Physical Therapy Students, an International Perspective. APTA Combined Sections Meeting 2014 in Las Vegas, NV, February 3-6, 2014.
- 2014 *Galade GG, Kapuschinsky MG, Silbernagel KG. Electromyographic Activity of the Calf Musculature Comparing Seated and Standing Heel Rises: A Pilot Study. APTA Combined Sections Meeting 2014 in Las Vegas, NV, February 3-6, 2014.
- 2013 Silbernagel KG, Olsson N, Eriksson BI, Brorsson A, Lundberg M, Karlsson J. Only half of the patients with an Achilles tendon rupture can perform a single leg heel-rise 12 weeks after injury, with no difference between surgically and non-surgically treated patients. APTA Combined Sections Meeting 2013 in San Diego, CA, January 21-24, 2013.
- 2012 *Brown J, Feinberg R, Silbernagel KG. Evaluation of calf muscle endurance: A comparison between standing heel-rise test and supine ankle plantar flexion test using the biodex dynamometer. Pennsylvania Physical Therapy Association Annual Conference, Lancaster PA. October 26-28, 2012. Poster presentation
- 2012 Silbernagel KG, Willy R, Davis I. Pre- and post-injury running mechanics in a patient with an Achilles tendon rupture. The Scandinavian Congress of Medicine and Science in Sports in Malmö, Sweden 19-22 September, 2012. Award for best oral presentation by young investigator.
- 2012 *Suydam S, Buchanan T, Manal K, Silbernagel KG. Muscle activations in response to Achilles tendo rupture and repair. American Society of Biomechanics, Annual meeting, Gainseville, FL, August 15-18, 2012. Poster presentation
- 2012 *Olsson N, Karlsson J, Eriksson B, Lundberg M, Silbernagel KG. The ability to perform a single heel-rise is significantly related to patient reported outcome 12 weeks after an Achilles tendon rupture. 15th ESSKA Congress, Geneva, Switzerland, May 2-5, 2012.
- 2012 Silbernagel KG, Willy R, Davis I. Pre- and post-injury running mechanics in a patient with an Achilles tendon rupture. APTA Combined Sections Meeting 2012 in Chicago, IL, February 8-11, 2012.
- 2011 Sharma A, Danielson P, Silbernagel KG, Scott A. Effect of rest insertion on collagen (col1a1) gene expression in response to mechanical loading: a laboratory study. World Physical Therapy 2011, Amsterdam, Holland, June 20-23, 2011
- 2011 Schmitt L, Manal T, Silbernagel KG. Use of an Algorithm to Return a Patient with Achilles Tendinopathy to Painfree Running. American College of Sports Medicine, Annual Congress, Denver, USA, May 31 – June 1, 2011
- 2011 Silbernagel KG, Manal K. Heel-Rise height as a measure of tendon elongation following Achilles tendon rupture. 8th Biennial ISAKOS Congress, Rio de Janeiro, Brazil, May 15-19, 2011

- 2011 Hoshino Y, van Eck CF, Silbernagel KG, Macalena J, Musahl V, Tashman S, Irrgang JJ, Fu FH. Developing a new rating system for clinical relevance of biomechanical studies related to ACL reconstruction. 8th Biennial ISAKOS Congress, Rio de Janeiro, Brazil, May 15-19, 2011
- 2011 Silbernagel KG, Manal K. Achilles tendon elongation following Achilles tendon rupture. Swedish Society of Sports Medicine Annual Congress, Gothenburg, Sweden, May 5-7, 2011. Award for best presentation.
- 2011 Silbernagel KG, *Brorsson A, Lundberg M. The Majority of Patients With Achilles Tendinopathy Recover Fully When Treated With Exercise Alone – A five year follow-up. Swedish Society of Sports Medicine Annual Congress, Gothenburg, Sweden, May 5-7, 2011.
- 2011 *Larsson M, *Jonsen K, Silbernagel KG. A 14-minute injury prevention warm-up program in young female handball players – a randomized controlled trial. Swedish Society of Sports Medicine Annual Congress, Gothenburg, Sweden, May 5-7, 2011.
- 2011 Manal K, Silbernagel KG, Buchanan TS. A real-time EMG-driven musculoskeletal model of the ankle. EUROMECH Colloquium 511 on Biomechanics of Human Motion. J. Ambrósio et.al. (eds.) Ponta Delgada, Azores, Portugal, March 9-12, 2011
- 2011 Silbernagel KG, *Brorsson A, Lundberg M. Fear of movement influences the effect of exercise as treatment in patients with Achilles tendinopathy. APTA Combined Sections Meeting 2011 in New Orleans, LA from February 9-12, 2011. Poster presentation.
- 2010 Silbernagel KG, Manal K. Deficits in the heel-rise test in patients with Achilles tendon ruptures can be explained by tendon elongation and muscular weakness. American Society of Biomechanics, ASB, Annual meeting, Providence, RI 18-21, 2010. Poster presentation
- 2010 Silbernagel KG, Nilsson-Helander K, Thomeé R, Eriksson BI, Karlsson J. Evaluation of function with a new heel-rise work test reveals deficit in function two years after injury in the majority of the patients with Achilles tendon rupture. 14th ESSKA Congress, Oslo, Norway, 9-12 June, 2010. Oral presentation. Nominated to Best presentation award.
- 2010 Silbernagel KG, Brorsson A, Lundberg M. Long-term outcome of patients with Achilles tendinopathy treated with exercise. American College of Sports Medicine, ACSM, Annual meeting, Baltimore, MD, 2-5 June, 2010. Oral presentation
- 2010 Silbernagel KG, Nilsson-Helander K, Thomeé R, Eriksson BI, Karlsson J. A heel-rise work test which can detect functional deficits in patients with Achilles tendon rupture. American Academy of Orthopaedic Surgeons, AAOS Annual meeting, New Orleans, LA 9-13 March, 2010. Poster presentation
- 2009 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Continued sports activity, using a pain monitoring model, during rehabilitation in patients Achilles tendinopathy - a randomized controlled study. International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine (ISAKOS) Congress, Osaka, Japan, 5-9 April, 2009. Oral presentation
- 2009 Ageberg E, Thomée R, Neeter C, Silbernagel KG, Roos E. Muscle strength and functional performance in patients with ACL injury treated with training and surgical reconstruction or training only: A 2 to 5-year follow-up. International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine (ISAKOS) Congress, Osaka, Japan, 5-9 April, 2009. Oral presentation
- 2009 Ageberg E, Roos HP, Silbernagel KG, Thomée R, Roos EM. Knee extension and flexion muscle power after anterior cruciate ligament reconstruction with patellar or hamstrings tendon graft: A cross-sectional comparison 3 years post surgery.

- International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine (ISAKOS) Congress, Osaka, Japan, 5-9 April, 2009. Poster presentation
- 2009 *Gruffman C, Silbernagel KG. Evaluation of symptoms and function in patients with Achilles tendon rupture six months after injury. Swedish Society of Sports Medicine Annual Congress, Umeå, Sweden, 7-9 May, 2009. Oral presentation
- 2008 Ageberg E, Thomée R, Neeter C, Silbernagel KG, Roos E. Muscle strength and functional performance in patients with ACL injury treated with training and surgical reconstruction or training only: A 2 to 5-year follow-up. Osteoarthritis Research Society International (OARSI) Congress, Rome, Italy, September 18-21, 2008. Poster presentation. Osteoarthritis and Cartilage, Volume 16, Supplement 4, September 2008, Page S234
- 2008 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Full symptomatic recovery does not ensure full recovery of muscle-tendon function in patients with Achilles tendinopathy. ESSKA Congress, Porto, Portugal, 21-24 May, 2008. Poster presentation. Nominated to Best poster award.
- 2008 *Helander KN, Thomeé R, Silbernagel KG, Thomeé P, Faxen E, Eriksson BI, Karlsson J. Achilles Tendon Rupture Score (ATRS) – Development and validation-. ESSKA Congress, Porto, Portugal, 21-24 May, 2008. Podium presentation
- 2008 *Nilsson-Helander K, Swärd L, Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. A new surgical method to treat chronic ruptures and reruptures of the Achilles tendon. ESSKA Congress, Porto, Portugal, 21-24 May, 2008. Poster presentation. Nominated to Best poster award
- 2008 Ageberg E, Thomée R, Neeter C, Silbernagel KG, Roos E. Muscle strength and functional performance in patients with ACL injury treated with training and surgical reconstruction or training only: A 2 to 5-year follow-up. ESSKA Congress, Porto, Portugal, May 21-24, 2008. Podium presentation.
- 2008 Ageberg E, Thomée R, Neeter C, Silbernagel KG, Roos EM. Muscle strength and functional performance in patients with ACL injury treated with training and surgical reconstruction or training only: A 2 to 5-year follow-up. Swedish Society of Sports Medicine Annual Congress, Stockholm 24-26 april, 2008. Podium presentation, Nominated to Best presentation award.
- 2008 Ageberg E, Roos HP, Silbernagel KG, Thomée R, Roos EM. Knee extension and flexion muscle power after anterior cruciate ligament reconstruction with patellar or hamstrings tendon graft: A cross-sectional comparison 3 years post surgery. Swedish Society of Sports Medicine Annual Congress, Stockholm 24-26 april, 2008. Podium presentation
- 2008 *Nilsson-Helander K, Swärd L, Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. A new surgical method to treat chronic ruptures and reruptures of the Achilles tendon. American Academy of Orthopaedic Surgeons (AAOS) Annual meeting, San Francisco, USA, 5-9 March, 2008. Poster presentation
- 2007 *Nilsson-Helander K, Swärd L, Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. A new surgical method to treat chronic ruptures and reruptures of the Achilles tendon. Swedish Society of Medicine, Annual meeting, Stockholm, Sweden. 28-29 November, 2007. Podium presentation
- 2007 *Nilsson-Helander K, Swärd L, Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. A new surgical method to treat chronic ruptures and reruptures of the Achilles tendon. Swedish Orthopaedic Association, Annual meeting. Umeå, Sweden. 27-31 August, 2007. Poster presentation

- 2007 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Continued sports activity, using a pain monitoring model, during rehabilitation in patients Achilles tendinopathy – a randomized controlled study. World Congress of Physical Therapy, Vancouver, Canada. 2-6 June, 2007. Poster presentation.
- 2007 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Full symptomatic recovery does not ensure full recovery of muscle-tendon function in patients with Achilles tendinopathy. Swedish Society of Sports Medicine, Annual meeting, Uppsala, Sweden, 19-21 April, 2007. Podium presentation. Nominated to Best presentation award.
- 2006 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Continued sports activity, using a pain monitoring model, during rehabilitation in patients Achilles tendinopathy - a randomized controlled study. Swedish Society of Medicine, Annual meeting, Gothenburg, Sweden. 29 November-2 December, 2006. Podium presentation.
- 2006 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Positive effect of continued running and jumping activity during rehabilitation with strengthening exercises in patients with Achilles tendinopathy – A randomized clinical trial. ESSKA Congress, Innsbruck, Austria. 24-27 May, 2006. Podium presentation.
- 2006 Silbernagel KG, Gustavsson A, Thomeé R, Karlsson J. Evaluation of lower leg function in patients with Achilles tendinopathy. ESSKA Congress, Innsbruck, Austria. 24-27 May, 2006. Oral presentation.
- 2006 Gustavsson A, Neeter C, Thomeé P, Silbernagel KG, Augustsson J, Thomeé R, Karlsson J. A test battery for evaluating hop performance in patients with an ACL injury and patients who have undergone ACL reconstruction. ESSKA Congress, Innsbruck, Austria. 24-27 May, 2006. Podium presentation.
- 2006 Silbernagel KG, Thomeé R, Eriksson BI, Karlsson J. Continued sports activity, using a pain monitoring model, during rehabilitation in patients Achilles tendinopathy - a randomized controlled study. Swedish Society of Sports Medicine, Annual meeting, Örebro Sweden. 11-13 May, 2006. Oral presentation. Received award for Best presentation
- 2006 Silbernagel KG, Gustavsson A, Thomeé R, Karlsson J. Evaluation of lower leg function in patients with Achilles tendinopathy. Swedish Society of Sports Medicine, Annual meeting, Örebro, Sweden. 11-13 May, 2006. Podium presentation.
- 2006 Gustavsson A, Neeter C, Thomeé P, Silbernagel KG, Augustsson J, Thomeé R, Karlsson J. A test battery for evaluating hop performance in patients with an ACL injury and patients who have undergone ACL reconstruction. Swedish Society of Sports Medicine, Annual meeting, Örebro, Sweden. 11-13 May, 2006. Podium presentation.
- 2005 Silbernagel KG, Thomeé R, Thomeé P, Karlsson J. Eccentric overload training for patients with chronic Achilles tendon pain – a randomized controlled study with reliability testing of the evaluation methods. International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine (ISAKOS) Congress, Florida, USA. 3-7 April, 2005. Podium presentation
- 2004 Silbernagel KG, Thomeé R, Karlsson J. Cross-cultural adaptation of the VISA-A questionnaire, an index of clinical severity for patients with Achilles tendinopathy, with reliability, validity and structure evaluations. Swedish Society of Sports Medicine, Annual meeting, Stockholm, Sweden. 25-27 March, 2004. Podium presentation.
- 2004 Neeter C, Thomeé R, Silbernagel KG, Thomeé P, Karlsson J. Iontophoresis with or without dexamethazone in the treatment of acute Achilles tendon pain. Swedish Society of Sports Medicine, Annual meeting, Stockholm, Sweden. 25-27 March, 2004. Podium presentation.

- 2002 Silbernagel KG, Thomeé R, Thomeé P, Karlsson J. Eccentric overload training for patients with chronic Achilles tendon pain – a randomized controlled study with reliability testing of the evaluation methods. 6th Scandinavian Congress on Medicine and Science in Sports, Aarhus, Danmark. 20-23 November, 2002. Podium presentation
- 2002 Neeter C, Thomeé R, Silbernagel KG, Thomeé P, Karlsson J. Iontophoresis with or without dexamethazone in the treatment of acute Achilles tendon pain. 6th Scandinavian Congress on Medicine and Science in Sports, Aarhus, Danmark. 20-23 November, 2002. Podium presentation

BOOK CHAPTERS

- 2020 Sprague A, O'Rourke P, Silbernagel KG. Rehabilitation of Tendinopathy in Basketball. In Basketball Sports Medicine and Science. Springer, Berlin, Heidelberg. <https://doi.org/10.1007/978-3-662-61070-1>
- 2020 Zellers J, Silbernagel KG. Rehabilitation of Foot and Ankle Injuries in Basketball Players. In Basketball Sports Medicine and Science. Springer, Berlin, Heidelberg. <https://doi.org/10.1007/978-3-662-61070-1>
- 2019 Karlsson J, Brorsson A, Jonsdottir U, Silbernagel KG. Treatment of Achilles Tendinopathies. In The Sports Medicine Physician. Springer Nature Switzerland AG. <https://doi.org/10.1007/978-3-030-10433-7>
- 2018 Pizzari T, Green B, Silbernagel KG, Schache A. Return to Play following Calf muscle injury. In: Muscle Injury Guide: Prevention and return to play from muscle injuries. FCB Marketing Department Barc Innovation Hub.
- 2018 Silbernagel KG, Nilsson Helander K, Möller M, Olsson N, Styf J. Underben. In: Ortopedi-patofysiologi, sjukdomar och trauma hos barn och vuxna. Studentlitteratur, Lund. ISBN:9789144090849
- 2018 Zellers J, Silbernagel KG. Fot och Fotledsskador. In: Idrottskada, Studentlitteratur, Lund. ISBN:9789144103600
- 2018 Brorsson A, Silbernagel KG. Hälseneskador. In: Idrottskada, Studentlitteratur, Lund ISBN:9789144103600
- 2018 Michael R. Carmont, Jennifer A. Zellers, Maurizio Fanchini, Jon Karlsson, Karin Grävare Silbernagel. Return to Football Following Achilles Tendon Rupture. In: Return to Play in Football, Springer, Berlin, Heidelberg. DOI: 10.1007/978-3-662-55713-6_32
- 2017 Michael R. Carmont, Karin Grävare Silbernagel, Katarina Nilsson-Helander, Jon Karlsson. Free Hamstring Open Augmentation for Delayed Achilles Tendon Rupture. In: The Achilles Tendon: An Atlas of Surgical Procedures. Springer, Bern, Heidelberg. DOI: 10.1007/978-3-662-54074-9_14
- 2017 Alfredson H, Cook J, **Silbernagel K**, Karlsson J. Pain in the Achilles Region In: Brukner P, Khan K (2012) Clinical sports medicine. 5th ed. ed. McGraw-Hill: Sydney ; London; 2017
- 2016 Rees J, Gaida JE, **Silbernagel KG**, Zwerver J, Anthony JS, Scott A. Rehabilitation of Tendon Problems in Patients with Diabetes Mellitus. Adv Exp Med Biol. 2016;920:199-208.
- 2015 **Silbernagel KG**. Non-surgical treatment of Achilles tendinopathy. In Sports Injuries, Prevention, Diagnosis, Treatment and Rehabilitation. Doral MD, Karlsson J.
- 2014 Sierevelt I, van Bergen CA, **Silbernagel KG**, Haverkamp D, Karlsson Jn. Outcome Scores. In: van Dijk CN, Kennedy JG, eds. *Talar Osteochondral Defects*. Springer Berlin Heidelberg; 2014:95-104.
- 2014 Carmont M, **Silbernagel KG**, Karlsson J, Maffulli N. Biomechanical aspects of the Achilles tendon In: Karlsson J, Calder J, van Dijk CN, Maffulli N, Thermann H (2014) Achilles

- tendon disorders, a comprehensive overview of diagnosis and treatment. 2014 DJO Publications. ISBN: 978-0-9558873-4-5
- 2014 **Silbernagel KG**, Brorsson A, Karlsson J. Assessment and outcome measures In: Karlsson J, Calder J, van Dijk CN, Maffulli N, Thermann H (2014) Achilles tendon disorders, a comprehensive overview of diagnosis and treatment. 2014 DJO Publications. ISBN: 978-0-9558873-4-5
- 2014 **Silbernagel KG**, Malliaras P, Brorsson A, Karlsson J. Non-invasive non-surgical treatment and rehabilitation for Achilles tendinopathy. Karlsson J, Calder J, van Dijk CN, Maffulli N, Thermann H (2014) Achilles tendon disorders, a comprehensive overview of diagnosis and treatment. 2014 DJO Publications. ISBN: 978-0-9558873-4-5
- 2014 **Silbernagel KG**, Brorsson A, Karlsson J. Rehabilitation following Achilles tendon rupture In: Karlsson J, Calder J, van Dijk CN, Maffulli N, Thermann H (2014) Achilles tendon disorders, a comprehensive overview of diagnosis and treatment. 2014 DJO Publications. ISBN: 978-0-9558873-4-5
- 2012 **Silbernagel KG**, Malliaras P, Karlsson J. Non-invasive Non-Surgical Management In: Calder J, Karlsson J, Maffulli N, Thermann H, van Dijk CN (2012) Disorders of the Achilles tendon insertion – Current Concepts. 2012 DJO publications. ISBN: 978-0-9558873-3-8
- 2012 **Silbernagel KG**, Karlsson J. Rehabilitation Following Surgical Intervention In: Calder J, Karlsson J, Maffulli N, Thermann H, van Dijk CN (2012) Disorders of the Achilles tendon insertion – Current Concepts. 2012 DJO publications. ISBN: 978-0-9558873-3-8
- 2012 **Silbernagel KG**, Scott A, Karlsson J. Outcome Measures and Scoring Systems In: Calder J, Karlsson J, Maffulli N, Thermann H, van Dijk CN (2012) Disorders of the Achilles tendon insertion – Current Concepts. 2012 DJO publications. ISBN: 978-0-9558873-3-8
- 2012 Alfredson H, Cook J, **Silbernagel K**, Karlsson J. Pain in the Achilles In: Brukner P, Khan K (2012) Clinical sports medicine. 4th ed. ed. McGraw-Hill: Sydney ; London; 2012:776-805.
- 2010 **Silbernagel KG**, van Sterkenburg MN, Karlsson J. Diagnosis. Achilles tendinopathy – Current Concepts. 2010 by DJO publications. ISBN: 978-0-9558873-2-1
- 2010 **Silbernagel KG**, van Sterkenburg MN, Brorsson A, Karlsson J. Outcome measures and assessment tools. Achilles tendinopathy – Current Concepts. 2010 by DJO publications. ISBN: 978-0-9558873-2-1
- 2010 **Silbernagel KG**, Khan K, Thomeé R, Karlsson J. Management of tendinopathy of the main body of the Achilles tendon: Exercise. Achilles tendinopathy – Current Concepts. 2010 by DJO publications. ISBN: 978-0-9558873-2-1
- 2010 **Silbernagel KG**, Crossley K, Karlsson J. Return to sport. Achilles tendinopathy – Current Concepts. 2010 by DJO publications. ISBN: 978-0-9558873-2-1
- 2008 Stroink AC, **Silbernagel KG**, Karlsson J, Van Diek CN, Outcome measures and scoring systems. Achilles tendon rupture – Current Concepts. 2008 DJO Publications. ISBN: 978-0-9558873-0-7
- 2007 **Silbernagel KG**, Thomeé R. Akilles tendinopati. (Achilles tendinopathy), Centrum för idrottsforskning, CIF, 2007, ISBN91-87154-17-X
- 2007 **Silbernagel KG**, Nilsson-Helander K. Hur skall patienter med skador i hälsenan utvärderas. Idrottsskador, (How should patients with Achilles tendon injury be evaluated) Centrum för idrottsforskning, CIF , 2007, ISBN91-87154-17-X

INVITED SPEAKER AND PRESENTATIONS

- 2021 **Mountain Land Running Summit**, Park City, Utah, September 24-25. Achilles tendinopathy treatment and return to sport. Lower extremity tendinopathy: Testing and Evaluation
- 2021 **ISAKOS Webinar on Achilles tendon rupture**. February 10. Non-Operative Management and Post-Operative Rehabilitation
- 2020 **Team Concept Conference, American Academy of Sports Physical Therapy**, December 4. Current concept in the clinical treatment of tendinopathy. Virtual
- 2020 **AOFAS Allied Health Conference**. December 11. Use of ultrasound in practice, with a focus on the Achilles, and for research. Virtual
- 2020 **La Trobe Sport and Exercise Medicine Research Centre Sports Medicine Student Showcase, Virtual**, October 2020. Keynote Lecture: Achilles tendon rupture treatment and expectations for recovery. Virtual
- 2020 **Midwest Podiatry Conference**, October 30. Rehabilitation after Acute Achilles Tendon Rupture & Achilles Tendinopathy. Virtual
- 2020 **Barca Innovation Hub Sports Tomorrow Conference**. Barcelona Spain. October 2020. Achilles tendinopathy. Virtual
- 2020 **Kine, Kinesiologia Deportiva Y Funcional, Buenos Aires, Argentina**, July 31, 2020. Achilles tendinopathy treatment and return to sport. Virtual
- 2020 **Kinesiologia sede KPT, Santiago, Chile**. May 14, 2020. Optimal load for tendon, clinical research.
- 2020 **American Physical Therapy Association Combined Sections Meeting**, Denver, Colorado. Feb 12-15, 2020. "Research Spotlight" The spectrum of tendinopathy; from the young athlete to the sedentary older adult. Silbernagel KG, Zellers J, Michener L, Kulig K.
- 2019 **IX-VII Congresso SONAFE 2019**. Sports Physical Therapy conference in Fortaleza Brazil. October 23-26. Lecture presentation and a 1 day workshop.
- 2019 **21st Annual Conference in Sports & Exercise Medicine**, Queen Mary University of London. London, UK. September 12-14, 2019. Invited speaker.
- 2019 **HB Sports and Entertainment, STTAR summit**. Invited speaker on tendinopathy in sports. Philadelphia, PA, USA. June 25-26, 2019
- 2019 **ISAKOS Sports Rehabilitation Concurrent Course** at the 12th Biennial Congress of the international Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, May 12-14, 2019 in Cancun, Mexico. Three different lectures regarding treatment for tendinopathy and tendon rupture.
- 2019 **Football Medicine Meets the Universe of Sports**, London, UK, April 27-29. Invited speaker for presentations on "Tendinopathies in elite female athletes" and "Achilles tendinopathy: How to assess progress towards return to sport".
- 2019 **University of Wisconsin Sports Medicine Symposium**, Madison, WI, April 25-26. Invited speaker for presentation "Achilles Tendinopathy: Management from Injury to Return to Sport".
- 2019 **Optimal Load Conference, Oslo, Norway**, March 14-15. Invited Speaker for presentations "Optimal Load for Tendon, basic science to clinical implication"
- 2019 **15th Scandinavian Congress of Medicine & Science in Sports**, Copenhagen, Denmark, January 30 – February 2, 2019. Invited speaker for presentation "How to successfully rehabilitate Achilles injury in athletes".
- 2018 **2018 ACR/ARHP Annual Meeting, Chicago IL**, October 19-24, 2018. Invited speaker for two presentations on overuse injury prevention and tendinopathy.

- 2018 **18th European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA)** Congress in Glasgow, Scotland, May 10th, 2018. Presentation on Return to play following Achilles tendon rupture: What are the key rehabilitation goals and criterion?
- 2017 **Delaware Athletic Trainers Association Meeting**, Newark, DE, December 3, 2017. Invited Speaker
- 2017 **Fysioterapi 2017**, Stockholm, Sweden, October 25-27, 2017. Keynote speaker.
- 2017 **Sanford Sports Medicine Symposium**, Sioux Falls, SD, April 28-29, 2017. Invited speaker for three presentations on tendon rehabilitation and return to sports.
- 2017 **Pain Science in Motion 2017**, Karolinska Institutet, Stockholm, Sweden, March 24-25, 2017. **Keynote Speaker**. Two presentations in pain management in athletes and meet the expert session.
- 2017 **APTA Combined Sections Meeting 2017** in San Antonio, TX, February 15-18, 2017. Educational session: Achilles Tendinopathy: Beyond Eccentrics. Silbernagel KG, Zellers JZ, Houck J, Lundberg M
- 2016 **Team Concept Conference**, Las Vegas NV, December 1-3, 2016. Invited speaker for presentation on Tendinopathy and return to sport.
- 2016 **Penn Center for Musculoskeletal Disorder Annual Scientific Symposium**, Philadelphia, PA, November 9, 2016. Invited Speaker. Title: Patients' recovery after an Achilles tendon Injury.
- 2016 **9th Annual Delaware Orthopaedic Symposium**, Newark, DE, October 29, 2016. Invited speaker. How ultrasound imaging can inform treatment decisions in physical therapy.
- 2016 **Sports Science and Fitness Congress**, Cologne, Germany, September 23-25, 2016. Invited speaker for two presentations on How to maintain tendon health and Balance training in rehabilitation and prevention.
- 2016 **2016 MDT Conference of the Americas**, Miami, FL, August 5-7, 2016. **Keynote speaker** Two presentations on Tendinopathy: Does one size fit all and Tendinopathy and Sports.
- 2016 **Delaware Grand Rounds**, Newark, DE, July 19, 2016. Invited Speaker. Title: Obstacles to full recovery after an Achilles tendon rupture.
- 2016 **Finish Sports Physiotherapists Association, FSPA Congress**. Prevention – Mission Possible, Helsinki, Finland, March 11-12, 2016. Invited speaker for two presentations and workshops
- 2016 **APTA Combined Sections Meeting 2016 in Anaheim, CA**, February 17-20, 2016. Educational session: Achilles Tendon Rupture: Is Full Recovery Possible? Perspectives From an Orthopedic Surgeon, a Physical Therapist, and a Biomechanist. Speakers: Katarina Nilsson Helander, MD, PhD , Karin Silbernagel, PT, PhD, ATC , Richard Willy, PT, PhD, OCS
- 2015 **1st World Congress of Sports Physical Therapy**. Return to Play Conference, Bern Switzerland November 20-21, 2015. Two presentations on return to play after Achilles tendinopathy and Achilles tendon rupture.
- 2015 **ISAKOS Sports Rehabilitation Course: Global Perspectives for the Physical Therapist & Athletic Trainer**. This Course was held concurrently with the ISAKOS Congress, June 7-10, 2015 in Lyon, France. Three different lectures regarding treatment for tendinopathy and tendon rupture.
- 2015 **APTA Combined Sections Meeting 2015 in Indianapolis, IN**, February 4-7, 2015. Session on Move the fear away - physical therapy a central treatment strategy for fear of movement.

- 2015 **Danish Sports Medicine Annual Congress in Copenhagen**, Denmark January 22-24, 2015. Two presentations on Non-operative treatment after an Achilles tendon rupture and The influence of Achilles tendon elongation on gait and running.
- 2014 **XI Congreso Argentino De Kinesiología Del Deporte, Buenos Aires, Argentina** September 4-6. Three presentations and one workshop on various aspects of treatment of tendon injuries in general and Achilles tendinopathy and Achilles tendon rupture specifically.
- 2014 **NATA Annual meeting & Clinical Symposia, Indianapolis, IN**, June 25-28. Successful rehabilitation of Achilles tendinopathy.
- 2014 **16th ESSKA Congress, Amsterdam, Netherlands**, May 14-17. Achilles tendon rupture – an update of recovery and rehabilitation.
- 2013 **ISB 2013, Satellite Symposium of the VII World Congress of Biomechanics VII WCB 2014**. Natal, Brazil, August 4-9, 2013. Eccentric training for the rehabilitation of Achilles tendon injuries.
- 2013 **ISAKOS Sports Rehabilitation Course: Global Perspectives for the Physical Therapist & Athletic Trainer**. This Course was held concurrently with the ISAKOS Congress, May 12-14, 2013 in Toronto, Canada. Three different lectures regarding treatment for tendinopathy and tendon rupture.
- 2013 **65th Annual Eastern Athletic Trainers' Association Meeting and Clinical Symposium, Buffalo, NY**, January 4-7, 2013. To be or not to be active with painful tendinopathy? Practical clinical applications based on current research using the Achilles tendon as a model. Research to Reality presentation.
- 2012 **The Scandinavian Congress of Medicine and Science in Sports, Malmö, Sweden**, 19-22 September, 2012. "Injury prevention in individual sports: Sailing" and "Does the tendon know the difference between eccentric and concentric exercise?"
- 2012 **The New Hampshire Musculoskeletal Institutes 19th Annual Symposium, Bedford NH, USA**, September 15th, 2012. "Tendinitis or Tendinopathy: What is the difference?", and "How to successfully rehabilitate Achilles tendinopathy."
- 2012 **Keynote Speaker at FoMM 2012, Forum on Manual Medicine at Infracity, Upplandsväsby, Sweden** March 22-24, 2012. Presentations: 1. Evaluation of patients with an Achilles tendon rupture. 2. Painful tendons, What is the problem? 3. How do we effectively treat painful tendinopathy?
- 2011 **NATA Annual meeting & Clinical Symposia, New Orleans, LA, USA**, June 19-22, 2011. To be or not to be active with painful Achilles tendinopathy?
- 2011 **ISAKOS Sports Rehabilitation Course: Global Perspectives for the Physical Therapist & Athletic Trainer**. This Course was held concurrently with the ISAKOS Congress, May 15-17, 2011 in Rio de Janeiro, Brazil. ISAKOS. Three different lectures regarding treatment for tendinopathy and tendon rupture.
- 2011 **Swedish Society of Sports Medicine, Gothenburg, Sweden**. May 5-7, 2011 Chair of a session on tendon injuries.
- 2010 **Seventh SICOT/SIROT Annual International Conference, Gothenburg, Sweden**. August 31 –September 3, 2010. Rehabilitation following an Achilles tendon rupture and Achilles tendinopathy.
- 2010 **ESSKA Congress, Oslo, Norway**. June 9-12, 2010. Exercise as treatment for Achilles tendinopathy.
- 2010 **ESSKA Congress, Oslo, Norway**. June 9-12, 2010. Outcome measures for Achilles tendinopathy.

- 2009 **Physical Therapy School, Ghent University, Ghent, Belgium.** February 19, 2009. Current research on tendon injuries.
- 2009 **Norwegian Sports Physical Therapy Association, Annual meeting,** Tjome, Norway. June 12-14, 2009. Rehabilitation and return to sports after acute Achilles tendon rupture.
- 2009 **Norwegian Sports Physical Therapy Association, Annual meeting,** Tjome, Norway. June 12-14, 2009. Rehabilitation and treatment for Achilles tendinopathy.
- 2009 **Norwegian Sports Physical Therapy Association, Annual meeting,** Tjome, Norway. June 12-14, 2009. Evaluation of lower leg function in patients with Achilles injury.
- 2008 **2nd European Conference of Sports Rehabilitation, Stockholm, Sweden.** September 16-19, 2008. How I treat Achilles tendinopathy.
- 2008 **ESSKA Congress, Physical therapy section meeting,** Porto, Portugal. May 21-24, 2008. To be or not to be active with painful Achilles tendinopathy.
- 2008 **ESSKA Congress, Porto, Portugal.** May 21-24, 2008. Scoring the Achilles, acute and chronic. In a symposium on scoring scales.
- 2008 **ESSKA Congress, Porto, Portugal.** May 21-24, 2008. Outcome measure after Achilles tendon rupture. In a symposium by the Achilles tendon study group.
- 2008 **Swedish Football Physical Therapists Association and Swedish Football Doctors Association** Annual meeting, Stockholm, Sweden. January 26. Active or passive after tendon injury.
- 2007 **Belgian Sports Podiatry Conference, Antwerp,** Belgium. October 26, 2007. To be or not to be active with painful tendinopathy.
- 2007 **Australian Physiotherapy Association Conference Week 2007,** Sports Physiotherapy Conference, Cairns, Australia. October 6-8, 2007. *Keynote Speaker.* To be active or not to be active with painful tendinopathy.
- 2007 **Australian Physiotherapy Association Conference Week 2007,** Sports Physiotherapy Conference, Cairns, Australia. October 6-8, 2007. Outcome measures in Sports Physiotherapy – The Scandinavian Experience.
- 2007 **Australian Physiotherapy Association Conference Week 2007,** Sports Physiotherapy Conference, Cairns, Australia. October 6-8, 2007. When is an athlete ready to return to sport.
- 2007 **NIMI, Oslo, Norway.** September 10-11. Rehabilitation of Achilles tendinopathy.
- 2007 **NIMI, Oslo, Norway.** September 10-11. Evaluation of function in patients with Achilles tendon injury.
- 2007 **Swedish National Center for Research in Sports, Stockholm, Sweden.** June 12-13, 2007. Recovery after tendon injury. In a symposium on recovery after musculoskeletal injury.
- 2007 **1st European Conference of Sports Rehabilitation, Stockholm, Sweden.** March 15-16, 2007. Achilles tendinopathy, evaluation and treatment.
- 2007 **Sports Medicine Högland, Jönköping, Sweden.** February 26, 2007. How to treat tendon injuries.
- 2006 **Royal Belgian Society of Physical and Rehabilitation Medicine, Brussels.** December 8, 2006. *Keynote Speaker.* Tendinopathy, the Scandinavian experience.
- 2006 **Swedish Society of Sports Medicine, Örebro Sweden.** May 11-13, 2006. Evaluation of lower leg function. In symposium on evaluation of function.
- 2005 **Swedish Orthopaedic Society (SOF), Örebro, Sweden.** August 23-25. Crosscultural adaptation of a questionnaire. In a symposium on scoring scales.

- 2004 **Swedish Society of Sports Medicine, Annual meeting, Stockholm, Sweden.** March 25-27, 2004. How I manage athletes with Achilles tendinopathy.
- 2001 **Swedish Society of Sports Medicine, Annual Meeting, Skövde, Sweden.** May 15-17, 2001. Latest research regarding the treatment of Achilles tendinopathy.
- 2001 **Swedish National Center for Research in Sports, Stockholm, Sweden.** May 26-27, 2001. Strength training and rehabilitation, tendon aspects.

PEDAGOGICAL EDUCATION

- 2011 Teaching and Learning in Higher Education 1: Basic Course (5 credits) University of Gothenburg, Sweden
- 2012 Teaching and Learning in Higher Education 3: Applied Analysis (5 credits) University of Gothenburg, Sweden

TEACHING EXPERIENCE - Instructor

Doctor of Physical Therapy Curriculum Course Instruction

At University of Delaware

- 2018-present Course instructor: BMSC 867-011 (for PhD students)/PHYT867-101 (for DPT students) Musculoskeletal Ultrasound Imaging in Clinical Practice & Research
- 2015-2019 Course instructor: PHYT 624 Basic Evaluation Techniques
- 2015-present Course Instructor: PHYT 608 Musculoskeletal Evaluation & Treatment
- 2014-2019 PHYT 604 Functional Anatomy & Biomechanics: Teaching foot and ankle content

At University of the Sciences

- 2012-2014 Course instructor: PT 415 Kinesiology
- 2011-2014 Course instructor: PT 489 Introduction to Research
- 2012-2014 Course instructor: PT 567 Evidence Based Medicine
- 2012-2014 Course instructor-coordinator: PT 501 Qualitative Research Methods for the Physical Therapist – **Developed this new course for the DPT curriculum**
- 2014 Course instructor: PT 690/699 International independent study in Physical Therapy

Guest Lecturer

At University of Delaware

- 2011- 2013 PHYT 608 Musculoskeletal Evaluation & Treatment
- 2014- present PHYT 604 Functional Anatomy & Biomechanics

At University of the Sciences

- 2011-2014 PT 515 Musculoskeletal PT I
- 2012 PT 554 Clinical Decision Making
- 2011-2014 PT 612 Musculoskeletal PT III
- 2012-2014 HS 111 Health Science Orientation II

SERVICE UNIVERSITY OF DELAWARE

- 2018-present Associate Chair Department of Physical Therapy
- 2019-2021 Graduate College Council member
- 2017-2020 CHS Governance Committee member and chair (year 2)
- 2015-2021 Institutional Review Board Committee member
- 2015-2017 Curriculum Committee member and chair (year 2)
- 2016-present Admissions committee member, Department of Physical Therapy

