

Håkan Alfredson

CURRICULUM VITAE

HÅKAN ALFREDSON, MD, PhD, Professor

Håkan Kjell Bertil Alfredson born 5th of April 1955 in Hörby, Sweden.
Present address: Sports Medicine Unit, University of Umeå, S-901 87 Umeå, Sweden.
Home address: Sofiehemsvägen 21, 90738 Umeå, Sweden.

Academical degrees

Doctor of Medicine, University of Lund 1984.

Specialist in Orthopaedic Surgery 1991.

Medicine Doctor (dissertation = PhD), August 1997, Umeå, Sweden.

Associate Professor, February 1999, Umeå, Sweden.

University Lecturer, November 1999, Umeå, Sweden

Professor in Sports Medicine, June 2002, Umeå, Sweden

Hon Senior Clinical Lecturer at Royal London Sports Medicine Course,
Queen Marys Hospital, 2008

Honorary Professor of Sports Medicine, University College London Hospitals, 2008

Corresponding Fellowship Faculty of Sport and Exercise Medicine (Edinburg) 2014

Hospital positions

Recident, Dpt of Orthopaedic Surgery Karlstad Hospital, and Dpt of Surgery Kristinehamn
Hospital, Sweden 1986-1991.

Senior Recident, Dpt of Surgery, Kristinehamn Hospital 1991-1993.

Consultant Orthopaedic Surgeon at the Sports Medicine Clinic (Idrottshälsan) in Karlstad,

1992-1993.

1985-1993 Chief Doctor for the Swedish elite Icehockey team Färjestad, Karlstad.

1991-1994 Chief Doctor for the Swedish Junior National Icehockey Team (Team 16-18).

Senior Recident, Sports Medicine Unit, University Hospital, Umeå, 1993-2009.

Senior Recident Sports Medicine Clinic Inc. Umeå, Sweden 2009-2013.

Senior Recident and owner Alfredson Tendon Clinic Inc. Umeå, Sweden 2013-2020.

Professor in Sports Medicine, Sports Medicine Unit, University of Umeå since 2002

SCIENTIFIC PUBLICATIONS

FULL PAPERS

1. **Alfredson H**, Nordström P, Lorentzon R. Total and regional bone mass in female soccer players. *Calcif Tissue Int* 59: 438-442; 1996.
2. **Alfredson H**, Pietilä T, Lorentzon R. Chronic Achilles tendinitis and calf-muscle strength. *Am J Sports Med* 24(6): 829-833;1996.
3. **Alfredson H**, Nordström P, Lorentzon R. Bone mass in female volleyball players: A comparison of total and regional bone mass in female volleyball players and nonactive females. *Calcif Tissue Int* 60: 338-342; 1997.
4. **Alfredson H**, Nordström P, Lorentzon R. Aerobic workout and bone mass in females. *Scand J Med Sci Sports* 7: 336-341; 1997.
5. **Alfredson H**, Nordström P, Pietilä T, Lorentzon R. Long-term loading and regional bone mass of the arm in female volleyball players. *Calcif Tissue Int.* 62: 303-308; 1998.
6. **Alfredson H**, Nordström P, Lorentzon R. Prolonged progressive calcaneal bone-loss despite early weightbearing rehabilitation in patients surgically treated for Achilles tendinosis. *Calcif Tissue Int.* 62: 166-171; 1998.
7. **Alfredson H**, Pietilä T, Öberg L, Lorentzon R. Achilles tendinosis and calf-muscle strength. The effect of short-term immobilization after surgical treatment. *Am J Sports Med.* 26(2): 166-171; 1998.
8. **Alfredson H**, Hedberg G, Bergström E, Nordström P, Lorentzon R. High thigh muscle strength but not bone mass in young horse-riding females. *Calcif Tissue Int.* 62: 497-501; 1998.
9. **Alfredson H**, Pietilä T, Jonsson P, Lorentzon R. Heavy-loaded eccentric calf-muscle training for the treatment of chronic Achilles tendinosis. *Am J Sports Med.* 26(3):360-366; 1998.
10. Lorentzon R, **Alfredson H**. Transplantation of Periosteum, a review. *Sports Medicine and Arthroscopy Review* 6 (1); 1998.

11. Lorentzon R, **Alfredson H**, Hildingsson C. Treatment of deep cartilage defects of the patella with periosteal transplantation. *Knee Surg, Sports Traumatol Arthrosc* 6: 202-208; 1998.
12. **Alfredson H**, Pietilä T, Lorentzon R. Concentric and eccentric shoulder and elbow muscle strength in non-injured female volleyball players and non-active females. *Scand J Med Sci Sports* 8: 265-270; 1998.
13. **Alfredson H**, Nordström P, Pietilä T, Lorentzon R. Bone mass in the calcaneus after heavy loaded eccentric calf-muscle training in recreational athletes with chronic Achilles tendinosis. *Calcif Tissue Int* 64: 450-455, 1999.
14. **Alfredson H**, Thorsen K, Lorentzon R. Treatment of tear of the anterior cruciate ligament combined with localised deep cartilage defects in the knee with ligament reconstruction and autologous periosteum transplantation. *Knee Surg, Sports Traumatol, Arthrosc* 7: 69-74; 1999.
15. **Alfredson H**, Lorentzon R. Superior results with continuous passive motion than active motion after periosteum transplantation. A retrospective study of human patella cartilage defect treatment. *Knee Surg, Sports Traumatol Arthrosc* 7: 232-238, 1999.
16. ***Alfredson H**, Thorsen K, Lorentzon R. In situ microdialysis in tendon tissue: high levels of glutamate, but not prostaglandin E₂ in chronic Achilles tendon pain. *Knee Surg, Sports Traumatol Arthrosc* 7: 378-381, 1999.
17. **Alfredson H**, Lorentzon R. Chronic Achilles Tendinosis: Recommendations for treatment and prevention. A review. *Sports Med* 29 (2): 135-146, 2000.
18. Pettersson U, **Alfredson H**, Lorentzon R. Bone mass in female cross-country skiers: relationship between muscle strength and different BMD-sites. *Calcif Tissue Int.* 67: 199-206; 2000.
19. Pettersson U, Nordström P, **Alfredson H**, Henriksson-Larsén K, Lorentzon R. Effect of high impact activity on the bone mass and size in adolescent females. A comparative study between two different types of sports. *Calcif Tissue Int.* 67: 207-214; 2000.
20. Söderman K, **Alfredson H**, Lorentzon R. Bone mass and muscle strength in young female soccer players. *Calcif Tissue Int* 67: 297-303; 2000.
21. **Alfredson H**, Lorentzon R. Chronic Achilles tendinosis. A review. *Critical Reviews in Physical and Rehabilitation Medicine*, 12: 103-117; 2000.
22. **Alfredson H**, Ljung BO, Thorsen K, Lorentzon R. In vivo investigation of ECRB tendons with microdialysis technique: no signs of inflammation but high amounts of glutamate in tennis elbow. *Acta Orthop Scand* 71 (5); 475-479, 2000.

23. Söderman K, Werner S, Pietilä T, Engström B, **Alfredson H**. Balance board training-prevention of traumatic injuries of the lower extremities in female soccer players? A prospective randomized intervention study. *Knee Surg Sports Traumatol, Arthrosc* 8: 356-363, 2000
24. **Alfredson H**, Forsgren S, Thorsen K, Fahlström M, Johansson H, Lorentzon R. Glutamate NMDAR1 receptors localised to nerves in human Achilles tendons. Implications for treatment? *Knee Surg Sports Traumatol, Arthrosc* 9: 123-126, 2000.
25. Mafi N, Lorentzon R, **Alfredson H**. Superior results with eccentric calf-muscle training compared to concentric training in a randomized prospective multi-center study on patients with chronic Achilles tendinosis. *Knee Surg, Sports Traumatol, Arthrosc* 9: 42-47, 2001.
26. Öhberg L, Lorentzon R, **Alfredson H**. Neovascularisation in Achilles tendons with painful tendinosis but not in normal tendons: an ultrasonographic investigation. *Knee Surg Sports Traumatol, Arthrosc* 9: 233-238, 2001.
27. **Alfredson H**, Forsgren S, Thorsen K, Lorentzon R. In vivo microdialysis and immunohistochemical analyses of tendon tissue demonstrated high amounts of free glutamate and glutamate NMDAR1 receptors, but no signs of inflammation, in Jumper's knee. *J Orthop Res* 19: 881-886, 2001.
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29. Öhberg L, Lorentzon R, **Alfredson H**. Good clinical results but persisting side-to-side differences in calf muscle strength after surgical treatment of chronic Achilles tendinosis: A 5-year follow-up. *Scand J Med Sci Sports* 11: 207-212, 2001.
30. Fahlström M, Lorentzon R, **Alfredson H**. Painful conditions in the Achilles tendon region in elite badminton players. *Am J Sports Med* Accepted for publication 2001.
31. Söderman K, **Alfredson H**, Pietilä T, Werner S. Risk factors for leg injuries in female soccer players. A prospective investigation during one out- door season. *Knee Surg, Sports Traumatol, Arthrosc.* 9: 313-321, 2001.
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33. **Alfredson H**, Lorentzon R. Autologous periosteum transplantation for the treatment of full thickness patellar cartilage defects. *Ortopedia Traumatologia Rehabilitacja* 3 (2): 216-223, 2001

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35. **Alfredson H**, Lorentzon R. Chronic tendon pain: no signs of chemical inflammation but high concentrations of the neurotransmitter glutamate. Implications for treatment? A review. *Current Drug Targets*, 2002; 3:43-54.
36. **Alfredson H**, Bjur D, Thorsen K, Lorentzon R. High intratendinous lactate levels in painful chronic Achilles tendinosis. An investigation using microdialysis technique. *J Orthop Res* 2002; 20: 934-938
37. Öhberg L, **Alfredson H**. Ultrasound guided sclerosis of neovessels in painful chronic Achilles tendinosis: pilot study of a new treatment. *Br J Sports Med* 2002; 36: 173-177
38. Öhberg L, Lorentzon R, **Alfredson H**. Eccentric training in patients with chronic Achilles tendinosis- normalized tendon structure and decreased thickness at follow-up. *Br J Sports Med* 2004, 38: 8-11..
39. **Alfredson H**, Lorentzon R. Intra-tendinous glutamate levels and eccentric training in chronic Achilles tendinosis-a prospective study using microdialysis technique. *Knee Surg, Sports Traumatol, Arthrosc* 11: 196-199, 2003.
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43. Öhberg L, **Alfredson H**. Sclerosing therapy in chronic Achilles tendon insertional pain-results of a pilot study. *Knee Surg, Sports Traumatol, Arthrosc* 2003;11 :339-343.
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51. Fahlström M, Joo Seng Yeap, **Alfredson H**, Söderman K. "Shoulder pain - a common problem in world class badminton players". *Scand J Med Sci Sports* 16: 168-173, 2006.
52. Flodgren G, Crenshaw A, **Alfredson H**, Fahlström M, Hellström F, Bronemo L, Djupsjöbacka M. Glutamate and Prostaglandin E2 in the trapezius muscle of female subjects with chronic muscle pain and controls determined by microdialysis. *The Eur J Pain* 2005, 9: 511-515.
53. Forsgren S, Danielsson P, **Alfredson H**. Vascular NK-1R receptor occurrence in normal and chronic painful Achilles and patellar tendons. Studies on chemically unfixed as well as fixed specimens. *Regul Pept* 126; 173-181, 2005.
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implications for research and treatment. *Knee Surg, Sports Traumatol, Arthrosc* Accepted 2005.

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67. **Alfredson H**. Strategies in treatment of tendon overuse injury. The chronic painful tendon. *European Journal of Sport Science*. Accepted 2006.
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69. Zeisig E, Öhberg L, **Alfredson H**. Sclerosing polidocanol injections in chronic painful tennis elbow-promising results in a pilot study. *Knee Surg, Sport Traumatol, Arthrosc* 14; 1218-1224, 2006.
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72. **Alfredson H**, Öhberg L. Increased intratendinous vascularity in the early period after sclerosing injection treatment in Achilles tendinosis: a healing response? *Knee Surg, Sport Traumatol, Arthrosc* 14(4): 399-401, 2006.
73. Högström M, Nordström A, **Alfredson H**, Lorentzon R, Thorsen K, Nordström P. Current physical activity is related to bone mineral density in males but not in females. *Int J Sports Med* 28: 431-436, 2007.
74. **Alfredson H**, Harstad H, Haugen S, Öhberg L. Sclerosing Polidocanol injections to treat chronic painful shoulder impingement syndrome-results of a two-center collaborative pilot study". *Knee Surg, Sport Traumatol, Arthrosc* 14: 1321-1326, 2006.
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77. Gisslén K, Gyulai C, Nordström P, **Alfredson H**. Normal clinical and ultrasound findings indicate a low risk to sustain Jumper's knee-patellar tendinopathy: a longitudinal study on Swedish elite junior volleyball players. *Br J Sports Med* 41: 253-258, 2007.
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87. Bjur D, Danielson P, **Alfredson H**, and Forsgren S. Presence of a non-neuronal cholinergic system and occurrence of up- and down regulation in expression of M2 muscarinic acetylcholine receptors - new aspects of importance concerning Achilles tendon tendinosis (tendinopathy). *Cell and Tissue Research* 331; 385-400, 2008.
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- in patients with tennis elbow: results of a randomised study. *Br J Sports Med* 42(4):267-71, 2008.
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 96. Danielsson P, Andersson G, **Alfredson H**, Forsgren S. Marked sympathetic component in the perivascular innervation of the dorsal paratendinous tissue of the patellar tendon in arthroscopically treated tendinosis patients. *Knee Surg Sports Traumatol Arthrosc.* 2008 Jun;16(6):621-626.
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 100. Gaida JE, Alfredson L, Kiss ZS, Cook JL, **Alfredson H**. Dyslipidaemia in Achilles tendinopathy is characteristic of insulin resistance. 2009 *Med Sci Sports Exerc* Jun;41(6):1194-1197
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109. **Alfredson H**. Ultrasound and Doppler-guided mini-surgery to treat midportion Achilles tendinosis: results of a large material and a randomised study comparing two scraping techniques *Br J Sports Med* 2011;45 407-410.
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123. Kalawi H, Stålnacke BM, Fahlström M, Öhberg L, Linetsky F, **Alfredson H.** New objective findings after whip lash injuries: High blood flow in painful cervical soft tissue: An ultrasound pilot study. *Scand J Pain* 2013.
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127. Ruergård A, **Alfredson H**. Major physical but also psychological effects after pain relief from surgical scraping in patients with Achilles tendinopathy-a 1-year follow-up study. *Pain studies and treatment PST* Vol.2 No.1: 21-25. 2014.
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129. Gaida J, **Alfredson H**, Forsgren S, Cook J. Decreased tumour necrosis factor alpha (tnf-a) in serum of patients with Achilles tendinopathy: further evidence against the role of inflammation in the chronic stage. *BJSM* 04/2014; 48(7):597.
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132. **Alfredson H**. Schmerzhaftes exzentrisches Wadenmuskeltraining für Patienten mit Midportion-Tendinopathie. *Manuelletherapie* July 2014; 18:113-116.
133. **Alfredson H**. Good Results with Painful Eccentric Calf Muscle Training for Patients with

Painful Midportion Achilles Tendinosis-Implications for New Treatments. *J Novel Physiother*, 2014

134. **Alfredson H.**, Masci L.M. Ultrasound and Doppler-guided surgery for the treatment of Jumper's knee in professional rugby players. *PST* Vol.3 No.1 :1-5, 2015.
135. Christensen J, **Alfredson H**, Andersson G. Protease-activated receptors in the Achilles tendon – a potential explanation for the excessive pain signalling in tendinopathy. *J Mol Pain* 2015.
136. Masci L, Spang C, van Schie H TM, **Alfredson H**. Achilles tendinopathy-do plantaris tendon removal and Achilles scraping improve tendon structure? A prospective study using ultrasound tissue characterisation. *BMJ Open Sport Exerc Med* 2015;1:e000005
doi:10.1136/bmjsem-2015-000005
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138. Forsgren S, **Alfredson H**, Andersson G. Further proof of the existence of a non-neuronal cholinergic system in the human Achilles tendon-presence of the AChR α 7 receptor in tendon cells and cells in the peritendinous tissue. *INTIMP* 2015.
139. **Alfredson H**. Clinical commentary of the Evolution of the treatment for Chronic painful Midportion Achilles Tendinopathy. *BJTP-Brazilian J Phys Ther* 19(5):429-432, 2015.
140. Spang C, Harandi VM, **Alfredson H**, Forsgren S. Marked innervation but also signs of nerve degeneration between the Achilles and plantaris tendons and presence of innervation within the plantaris tendon in midportion Achilles tendinopathy. *J Mus. Skel Neur Interact* 2015.

141. Gaida JE, **Alfredson H**, Forsgren S, Cook Jill L. A pilot study on biomarkers for tendinopathy: lower serum TNF- α and other cytokines in females but not males with Achilles tendinopathy. *BMC Sports Science, Medicine and Rehabilitation* (2016) 8:5.
142. Masci L, Spang C, van Shie H, **Alfredson H**. How to diagnose plantaris tendon involvement in midportion Achilles tendinopathy - clinical and imaging findings. *BMC Musculoskeletal Disorders* (2016) 17:97.
143. **Alfredson H**. Low recurrence rate after mini surgery outside the tendon combined with short rehabilitation in patients with midportion Achilles tendinopathy. *Open J Sports Med* 2016;7 :51-54.
144. Spang C, **Alfredson H**, Docking SI, Masci L, Andersson G. The plantaris tendon. A narrative review focusing on anatomical features and clinical importance. *Bone Joint J* 2016; 98-B:1312-1319.
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146. Andersson G, Backman L, Christensen J, **Alfredson H**. Nerve distributions in insertional Achilles tendinopathy - a comparison of bone, bursae and tendon. *Histol Histopathol* 2017; 32: 263-270.
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148. Spang C, Renström L, **Alfredson H**, Forsgren S. Marked expression of TNF receptors in human peritendinous tissues including in nerve fascicles with axonal damage-Studies on

- tendinopathy and tennis elbow. *J Musculoskelet Neuronal Interact* 2017; 17(3):226-236.
149. **Alfredson H.** Education review: Persistent pain in the Achilles mid-portion? Consider the plantaris tendon as a possible culprit! <http://dx.doi.org/10.1136/bjsports-2016-097360>
Br J Sports Med 2017; 51 (15):833-834.
150. Spang C, **Alfredson H.** Richly innervated soft tissues covering the superficial aspect of the extensor origin in patients with chronic painful tennis elbow – Implication for treatment? *J Musculoskelet Neuronal Interact* 2017; 17(2):97-103.
151. Spang C, **Alfredson H.** Clinical presentation and surgical management of chronic Achilles tendon disorders—A retrospective observation on a set of consecutive patients being operated by the same orthopedic surgeon. *Foot and Ankle Surg.* 2017.
152. F. Abat, **H. Alfredson**, M. Cucchiari, H. Madry, A. Marmotti, C. Mouton, J.M. Oliveira, H. Pereira, G. M. Peretti, D. Romero-Rodriguez, C. Spang, J. Stephen, C. J. A. van Bergen and L. de Girolamo. Current trends in tendinopathy: consensus of the ESSKA basic science committee. Part I: biology, biomechanics, anatomy and exercise-based approach. *J Experimental Orthopaedics* 4:18, (2017).
153. Gaida JE, **Alfredson H**, Scott A, Mousavizadeh R, Forsgren S. Apolipoprotein A1 distribution pattern in the human Achilles tendon. *Scand J Med Sci Sports* accepted 2018.
154. **Alfredson H.** Achilles and patellar tendons operated in local anesthesia. *Am J Anest and pain Med* 2018;1(1): 001-002.
155. Welford P, **Alfredson H.** Achilles insertion bone pathology not related to pain in a triathlete with cystic fibrosis. *J Surg Case Reports* 2018, August.

156. Smith J, **Alfredson H**, Masci L, Sellon J, Woods CD. Sonographically guided plantaris tendon release: A cadaveric validation study. *PM &R* 11 (2019): 56-63.
157. F. Abat, **H. Alfredson**, M. Cucchiari, H. Madry, A. Marmotti, C. Mouton, J.M. Oliveira, H. Pereira, G. M. Peretti, D. Romero-Rodriguez, C. Spang, J. Stephen, C. J. A. van Bergen and L. de Girolamo. Current trends in tendinopathy: consensus of the ESSKA basic science committee. Part II:Treatment options. *J Experimental Orthopaedics* 5:38, (2018).
158. **H. Alfredson**, L Masci, C. Spang. Surgical plantaris removal for patients with plantaris tendon related pain only and a normal Achilles tendon: A case series. *BMJ Open Sport Exercise Med* 2018;4
159. L. Masci, C. Spang, **H. Alfredson**. Plantaris tendon and association with mid-portion Achilles tendinopathy Is plantaris tendon a contributing factor in mid-portion Achilles tendinopathy?" (Ref. APUNTS-D-18-00063) has been accepted for publication.
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161. **Alfredson H**, Masci L. Partial ruptures and bone pathology in Patellar Tendinopathy- ultrasound and surgical findings. *Rheumatol Orthop Med*, 2019
doi: 10.15761/ROM.1000164
162. **Alfredson H**, Masci L. Can a normal Achilles tendon rupture? 4 cases in rugby players examined with UTC. *Rheumatol Orthop Med*, 2019 doi: 10.15761/ROM.1000165.
163. A. Scott, K Squier, **H. Alfredson** et.al. ICON 2019: International Scientific Tendinopathy Symposium Consensus: Clinical Terminology. *BJSM* 2020 Vol 54, Issue 5.
164. Vicenzino B, de Vos R,J, **Alfredson H** et al. ICON 2019-International Scientific Tendinopathy Symposium Consensus: There are 9 core health-related domains for

Tendinopathy (CORE DOMAINS): A Delphi Study of Health Care Professionals and Patients. *BJSM* 2019.

165. Masci L, **Alfredson H**, Neal B, Wynter Bee W. Ultrasound-guided tendon debridement improves pain, function and structure in persistent patellar tendinopathy: short term follow-up of a case series. *BMJ Open Sport Exercise Med* 2020.

Böcker-bokkapitel-Books-chapters

Alfredson H, Lorentzon R. 2000. Autologe Periosttransplantation zur Behandlung von Knorpeldefekten der Patella. Das patellofemorale Schmerzsyndrom, Wirth CJ, Rudert M, ISBN 3-7985-1262-0 Steinkopff Verlag, Darmstadt, Germany, 2000.

Alfredson H. 2000. Chapter 28 "Pain in the Achilles region". Clinical Sports Medicine (second edition). Brukner P, Khan K. ISBN 0 074 70651 9 McGraw-Hill Book Company ,Roseville NSW 2069, Australia, 2000.

Alfredson H, Lorentzon R. 2003. Chapter 13. Autologous periosteum transplantation for the treatment of full thickness patellar cartilage defects associated with severe anterior knee-pain. "Dolor anterior de rodilla e inestabilidad rotulina en el paciente joven" Spansk bok om "Anterior knee pain". Huvudförfattare Vicente Sanchis Alfonso. Editorial Medica panamericana 2003, ISBN: 84-7903-788-1.

Alfredson H. 2003. Chapter 3 and chapter 12 "Evolving strategies in the diagnosis and treatment of tendinopathy". Monograph ISAKOS Sports Medicine Committee 2003.

Alfredson H. 2003. Chapter: "Chronic midportion Achilles tendinopathy: an update on research and treatment". Clinics in Sports Medicine, Current concepts in tendinopathy 22(2003) 727-741.

Alfredson H. 2003. "Senor". Astra Zeneca 2003.

Alfredson H. 2005. Conservative management of Achilles tendinopathy: New ideas. Foot and Ankle Clinics of North America Vol 10 (2): 321-329, 2005.

Alfredson H. 2010. Achilles Tendinopathy-Current Concepts. Current Concepts in Orthopaedics. Chapter 11. ISBN number: 978-0-9558873-2-1. DJO Publications 2010.

Lower Leg 2012. Jón Karlson · Håkan Alfredson · C. Niek van Dijk · Roland Thomée Chapter · Jun 2012

Alfredson H, Willberg L, Öhberg L, Forsgren S. 2011. Chapter 27 "Ultrasound and Doppler-guided arthroscopic shaving for the treatment of patellar

tendinopathy/Jumper's knee: Biological background and description of method". In book **Anterior Knee Pain and Patellar Instability** (Vicente Sanchis Alfonso).

Alfredson H. 2012. The IOC Manual of Sports Injuries 2012.

Alfredson H. 2013. Ultrasound and Doppler-Guided Arthroscopic Shaving for the Treatment of Patellar Tendinopathy/Jumper's Knee: Biological Background and Description of Method Ph.D. Håkan Alfredson M.D. · Lotta Willberg M.D. · Ph.D. Lars Öhberg M.D. · Ph.D. Sture Forsgren M.D.

Alfredson H. 2013. AAPM's State-of-the-Art, Comprehensive Textbook of Pain Medicine. "Comprehensive treatment of chronic pain by medical, interventional, and behavioral approaches": The American Academy of Pain Medicine Textbook on Patient Management. Springer 2013.

Alfredson H et al. 2015. Treatment of Chronic Painful Musculoskeletal Injuries and Diseases with Regenerative Injection Therapy (RIT): Regenerative Injection Therapy Principles and Practice Felix S. Linetsky M.D. · Ph.D. Hakan Alfredson M.D. · David Crane M.D. · Christopher J. Centeno M.D.

Alfredson et al. 2016. Clinical Utility of Diagnostic Ultrasound in Athletes with Tendinopathy (ICL 22) ESSKA 2016. Ferran Abat · Nicola Maffulli · H. Alfredson

Alfredson H. Chapter "Pain in the Achilles region". Clinical Sports Medicine New Edition **2017.** Brukner P, Khan K. ISBN 0 074 70651 9 McGraw-Hill Book Company, Roseville NSW 2069, Australia.

Letters

Alfredson H. *Scand J Med Sci Sports* 2004;14 :269-272

Alfredson H., Öhberg L. Increased intratendinous vascularity in the early period after sclerosing injection treatment in Achilles tendinosis. A healing response? *Knee Surg Sports Traumatol. Arthrosc.* 2006.

Alfredson H. Reply to the letter from Dr Karsten Knobloch regarding our article "Sclerosing injections to treat midportion Achilles tendinosis: a randomized controlled study evaluating two different concentrations of polidocanol". *Knee Surg Sports Traumatol Arthrosc* **Volume 17, Issue1 (2009), Page 113.**

AWARDS

The Swedish Price in Sports Science for 2003-2003 års pris i Idrottsvetenskap Sveriges Centralförening för Idrottens Främjande.

The Athena Award 2009-Athenapriset-Second place

For clinical research on the chronic painful tendon. Dagens Medicin, November 26, 2009.

IKSU Vetenskapliga pris i Jan Åmans mine 2019.

Best poster presentation

Alfredson H. "Microdialysis in the investigation of chronic Achilles tendinosis". Poster at the 113th **American Orthopaedic Association** Meeting, Homestead Hot Springs, VA, USA, June 14-17, 2000.

Best poster presentation

Alfredson H. "Vasculo-neural ingrowth as a possible source of pain in chronic achilles tendinosis-an investigation using ultrasonography and colour doppler, immunohistochemistry, and diagnostic injections". Scandinavian Congress on Medicine and Science in Sports, Stockholm, March 25-27, 2004.

Best presentation

Hoksrud A., Öhberg L. **Alfredson H.** Bahr R. Ultrasound-guided sclerosis of neovessels in painful chronic patellar tendinopathy – a randomized controlled trial. The Norwegian Sports Medicine Annual Meeting 2005.

Best manuscript –young doctors

Hoksrud A., Öhberg L. **Alfredson H.** Bahr R. Ultrasound-guided sclerosis of neovessels in painful chronic patellar tendinopathy – a randomized controlled trial. ACSM-Annual Meeting in Denver 2006.

Oral presentation award (1500 Euro)

Andersson G, Danielsson P, **Alfredson H,** Forsgren S. The arteries in the area targeted with successful sclerosing injections for Achilles tendinosis are under distinct neural control. 10th International Conference on Orthopaedics, Biomechanics, and Sports Rehabilitation, Assisi Italy, 2006.

Second Place poster presentation

Alfredson H. "No signs of inflammation but high amounts of the neurotransmitter glutamate in common tendinopathies: An investigation using microdialysis and immunohistochemical techniques". Third Biennial **ISAKOS Congress**, May 14-18, 2001, Montreux Switzerland

Third Place paper presentation

Alfredson H. "Eccentric calf-muscle training is a good treatment model for patients with painful chronic Achilles tendinosis". Third Biennial **ISAKOS Congress**, May 14-18, 2001, Montreux Switzerland

Bästa Poster

Alfredson H. "Microdialysis in the investigation of chronic Achilles tendinosis". Poster vid **Svenska Läkarstämman**, Idrottsmedicin, 1999.

Handledarskap-Tutor-Dissertations

Huvudhandledare för doktorand Kerstin Söderman (Kvinnliga Fotbollspelare) 1996-2001. Disputationsdatum: 010608.

Huvudhandledare för doktorand Martin Fahlström (Akillessenebesvär hos badmintonspelare) 1996-2001. Disputationsdatum: 011109.

Huvudhandledare för doktorand Lars Öhberg (Radiologiska aspekter på kronisk Akillestendinos) 1998-2003. Disputationsdatum 031114.

Huvudhandledare för doktorand Karl Gisslén (Hopparknä vid volleybollgymnasiet i Falköping) 2002-2006. Disputationsdatum 061208.

Huvudhandledare för doktorand Eva Zeisig (Skleroserande injektioner som behandlingsmetod vid kronisk sensmärta i armbåge) 2004-2008. Disputationsdatum 081010.

Huvudhandledare för doktorand Per Jonsson (Excentrisk träning som behandlingsmetod vid kronisk sensmärta) 2003-2009. Disputationsdatum 091009.

Huvudhandledare för doktorand Lotta Willberg (Nya behandlingsmetoder vid Hopparknä) 2006-2013. Disputationsdatum 041013.

Biträdande handledare för doktorand Nebojsa Kalezic (Autonomic reactivity in muscle pain clinical and experimental assessment). Disputationsdatum 061130.

Biträdande handledare för doktorand Patrik Danielsson (Immunhistokemiska aspekter på patellarsenetendinos) 2000-2007. Disputationsdatum 070608.

Biträdande handledare för doktorand Dennis Bjur (Immunhistokemiska aspekter på Akilles och patellarsenetendinos) 2000-2010. Disputationsdatum 20100114.

Biträdande handledare för doktorand Gustav Andersson (Influences of paratendinous innervation and non-neuronal substance P in tendinopathy) 2000-2010. Disputationsdatum 20101001.

Biträdande handledare för doktorand Johan Bagge (TNF-alfa and Neurotrphins in Achilles tendinosis) 2007-2013. Disputationsdatum 20130125.

Biträdande handledare för doktorand Ludvig Backman

Disputationsdatum 20130605.

Biträdande handledare för doktorand Christoph Spang

Disputationsdatum 2015.

Uppdrag

Ledamot i Vetenskapliga Rådet vid Centrum för Idrottsforskning (CIF). Ledamot 2003-2005.

Styrelseledamot Svensk Idrottsmedicinsk Förening. Styrelseledamot 2000. Vetenskaplig sekreterare 2003-2005.

Styrelseledamot i Centrum för Idrottsforskning (CIF) 2005-2009.

Scientific board member vetenskapliga tidskrifter

British Journal of Sports Medicine(2005)

Knee Surg, Sports Traumatol, Arthrosc(2004-2010)

Scandinavian Journal of Medicine and Science in Sports(2003-)

Sakkunniguppdrag

Utsedd att vara **opponent** vid disputation Göteborgs Universitet 010914.
"On the treatment of Achilles tendon rupture", Michael Möller

Utsedd att vara **opponent** vid disputation Lunds Universitet 021129.
"BMP-treatment for improving tendon repair. Experimental studies with rat and rabbit Achilles tendons", Carina Forslund

Utsedd att vara **opponent** vid disputation Oslo Universitet 070511.
"On the causes of patellar tendinopathy", Øystein Bjerkestrand Lian.

Utsedd att vara **opponent** vid disputation Oslo Universitet 20110506.
"Focal cartilage defects in the knee". Stig Heir.

Utsedd att vara **förste opponent** vid disputation Bergens Universitet 20140912.
"Risk factors for Jumper's knee", Håvard Visnes.

Utsedd att vara **Evaluador Externo** vid Doctoral Thesis i Murcia Spanien. "Correlacion clinico-radiologica en el diagnostico del choque femoroacetabular en deportistas". Dr D. Juan Francisco Abellán Guillén. 20120326.

Utsedd att vara **extern expert i betygsnämnden** vid disputation Linköpings Universitet 011019.
" The supraspinatus tendon-clinical and histopathological aspects", Bo Tillander

Utsedd att vara **extern expert i betygsnämnden** vid disputation Karolinska Institutet Stockholm 040326. "Magnetic Resonance imaging in chronic Achilles tendinopathy", Adel Shalabi

Utsedd att ingå i **betygsnämnden** vid Barbro Fribergs Disputation "Aerobiology in the operating room and it's implications for working standards", den 16/10, 1998.

Utsedd att ingå i **betygsnämnden** vid Bo Nivbrants Disputation "The femoral component in total hip arthroplasty", den 26/11, 1999.

Utsedd att ingå i **betygsnämnden** vid Ming-Guo Li Disputation "Preoperative bone quality and postoperative bone remodeling at the proximal tibia", den 15/2, 2001.

Utsedd att ingå i **betygsnämnden** vid Ji Guo Yu Disputation "Re-evaluation of exercise-induced muscle soreness", den 25/9, 2003.

Utsedd att ingå i **betygsnämnden** (Examination Board) vid Nele Mahieu Disputation "Detection and approach of intrinsic risk factors for Achilles tendinopathy", den 23/2, 2007. Gent University, Belgium.

Utsedd att ingå i **betygsnämnden** (Examination Board) vid Anton Westmans Disputation "dangers in sport parachuting", Umeå Univeersitet 27/3, 2009.

Utsedd att ingå som extern expert i **betygsnämnden** (Examination Board) vid Daniel Brings Disputation "Neuronal Mechanisms in tendon healing", Karolinska Institutet 13/6, 2009.

Utsedd att vara **ordförande** vid Sasa Radinovic Disputation "Effects of altered muscle afferent inputs on brain activation, proprioception and movement performance" 25/10, 2002.

Utsedd att vara **member of the Editorial board** vid vetenskapliga tidskriften British Journal of Sports Medicine.

Utsedd att vara **member of the Editorial board** vid vetenskapliga tidskriften Scandinavian Journal of Medicine and Science in Sports, 2003.

Utsedd att vara **member of the Editorial board** vid vetenskapliga tidskriften Knee Surg, Sports Traumatol, Arthrosc 2004.

Invitations

Key-Note

- 2003: Canberra, Australia, Australian Sports Medicine Annual Meeting October 25-29.
- 2003: Melbourne, Australia, Latrobe University
- 2003: International Olympic Committee Tendinopathy workshop in Athens
- 2003: Groningen, Netherlands, Sports Medicine Symposium, January 24
- 2003: Stavanger, Norway, Norwegian Annual Sports Medicine Meeting November 6-9.
- 2004: Madrid, Spain, Spanish Olympic Committee
- 2004: Ibiza, Spain, Spanish Olympic Committee
- 2005: Melbourne Australia, APA
- 2005: New Zealand Sports Medicine Conference, Queenstown, November 3-5, 2005.
- 2005: Victoria, Canada, Sports Medicine

- 2006: Birmingham, England, BASEM annual meeting
- 2006: Barcelona, FC Barcelona Sports Medicine Meeting
- 2007: Kuwait, Kuwait Radiology and Nuclear Medicine Society
- 2007: Groningen, Holland, Groningen Sports Medicine, Wenckebach Instituut
- 2007: Bled, Slovenia, Sports Medicine
- 2008: Stavanger, Norway, Scandinavian Sports Medicine Meeting November 2008.
- 2008: Köpenhamn, Danmark, Dansk Idrottsmedicinsk Förening (DIMS)
- 2008: Clearwater Florida, American Sports Medicine Society, USA
- 2008: Stavern, Norge, Tendon-meeting
- 2009: Tampa Florida, USA, AMSSM 18th Annual meeting, April 25-29
- 2009: Pavia, Italy, Simposi Della Fondazione Mario Boni, October 02
- 2010: Cape Town and Johannesburg (The Tendon Injury Conference), South Africa, November 03-05
- 2011: Dublin Ireland-Faculty Sports and Exercise Medicine-Eight Scientific Conference, September 9-10.
- 2011: Orlando, USA, AAPM&R, November 17-20.
- 2012: Vancouver Canada, International Scientific Tendinopathy Symposium, September 27-29.
- 2013: Rochester USA, Mayo Clinic, US-course, June 26-30, 2013.
- 2014: Glasgow Scotland, Scottish Society for Rheumatology, May 23, 2014.
- 2016: Madrid, Spain. International Theoretical and Practical course on knee disorders Clinica Centro, January 28-30.
- 2016: Dallas, USA. AMSSM April 16-19.
- 2016: Cape Town, South Africa. ISTS October 21-25.
- 2016: Oslo, Norway. Norwegian Annual Sports Medicine Meeting. November 4-6.
- 2017: Pontevedra, Spain. Spanish Orthopaedic Society Annual Meeting, May.
- 2017: Stockholm, Sweden. The 7th Stockholm Arthroscopy and Rehabilitation Conference. **The Ejnar Eriksson Lecture**, October 06.
- 2018: Barcelona, Spain-Sonosurgery Conference. February 23-24, 2018.

Other invitations

Invited "**Member of the faculty**" at the 2nd Advanced Course of Arthroscopy, Courmayeur, Italien, January 1999-2005.

Invited by the **American Orthopaedic Association** to present our research at the 113th annual meeting in Homestead Hot Springs (VA) June 14-17, 2000.

Invited "**Member of the faculty**" at the Corso Internazionale Ortopedia Biomeccanica e Riabilitazione Sportiva, Assisi, Italy 2001-2006

Invited "**Member of the faculty**" Instructional Course Lecture" at the 3rd Biennial ISAKOS Congress in Montreux Switzerland, May 14-18, 2001

Invited "**Keynote speaker**" at the

Invited to the International Olympic Committee Tendinopathy workshop in Athens in 2003, as one of 14 **international experts** in tendinopathy. Was selected as one of four presenters at the subsequent VII IOC Olympic Congress on Sports Science.

Invited to **lead a symposium** “The chronic painful patellar tendon” at the ISAKOS-meeting in Auckland, New Zealand, March 10-14, 2003.

Invited to **lead 2 symposiums** “The chronic painful Achilles tendon”, and “Microdialysis in research” at the 7th Scandinavian Congress on Medicine and Science in Sports in Stockholm, March 25-27, 2004.

Invited to **lead a symposium** “The chronic painful Achilles and patellar tendon” at the ESSKA-meeting in Athens, Greece, May 5-9, 2004.

Invited ”**Member of the faculty**” at the Amsterdam Foot and Ankle Course, May 27-28, 2004.

Invited ”**Member of the faculty**” at the Amsterdam Foot and Ankle Course, 2005.

Invited Canadian Orthopaedic Association 60 th annual meeting, June 3-5, 2005

No further up-dating regarding invitations after 2005.

Other invitations

Invited speaker and course participant “Sports Medicine-Team Physician Course-IOC Medical Committee”, Calvi, Corsica, April 03-05, 2011.

Invited speaker “SEMS Conference Arsenal FC”, February 28, 2012.
(Accounts for 5,5 hours CPD)

Invited speaker “FA-meeting”, London, April?, 2012.

Invited speaker “Norwegian Foot and Ankle Surgeons faculty-Norsk Fotkirurgisk förening”, May 11, 2012.

Invited speaker “From pain to performance”, Marriott, Heathrow, London, May 12, 2012.
(Accounts for 8 hours CPD).

Participant 4th IOC Advanced Team Physician Course, Oslo Norway, May 30-June 01, 2012.
(15 CME Credits-ECMEC)

Invited speaker International Scientific Tendinopathy Symposium, Vancouver, Canada, October 28-29, 2012.

Invited speaker CPD event on Tendinopathies at The Holiday Inn Regent’s Park Hotel, London, October 22, 2012.

Invited external expert OSTRC Oslo, Spring seminar at Kleivstua Norway, May 06-08, 2013.

Invited speaker Football Medicine Strategies, XXII International Conference on Sports Rehabilitation and Traumatology, London, April 20-21st, 2013.

Invited speaker FA Tendon Master Class, St Georges Park, England, September 23, 2013.

Invited speaker UCL, education in Sports Medicine for Masters students, Tendinopathy, November 26, 2013.

Invited lecturer-to hold a Workshop on Achilles tendinopathy at the IOC PreventionWorld Congress in Monte Carlo, April 11-12, 2014. (2 hours).

Invited speaker at the Scottish Society for Rheumatology in Glasgow, Scotland, May 23, 2014.

Invited speaker RFU Premiership Rugby, RPA Rugby Medicine Meeting, July 02, 2014.

Invited-International Scientific Tendinopathy Symposium, Oxford September 5-6, 2014.
Committee member and Chair.

First Opponent Thesis defence (Risk factors for Jumpers knee) Håvard Visnes, Bergen, Norway,
September 12, 2014.

Invited speaker IADMS World Congress for dancing in Basel, October 17-19, 2014.

Invited lecturer:

Lecture CPD physiotherapists London March 26, 2014.

Lecture Master Class Pure London, May 14, 2014.

Lecture CPD physiotherapists London June 16, 2014.

Lecture CPD physiotherapists London June 18, 2014.

Lecture CPD physiotherapists London August, 2014.

Lecture CPD Doctors London September 04, 2014.

Invited speaker

The Royal Society of Medicine-ISEH-Sports Injuries and sports orthopaedics: State of the art-
London January 21-22, 2015.

Achilles tendinopathy-“Surgical options, timing and outcomes”

Congress-Football Medicine strategies for player care-London, April 11-12, 2015. “Imaging in
tendinopathy”.

7th Muscletech Network Workshop and 4th ECOSEP Congress-Barcelona October 7-9,
2015.Tendinopathy-New Treatments-“What’s the role of surgery and When?”

Fortius International Sports Injury Conference October 13-14, 2015.

“Midportion Achilles Tendinopathy-Eccentric training and New treatment”.

International Theoretical and Practical course on knee disorders Clinica Centro, Madrid, Spain,
January 28-30, 2016.

Övrigt

Har deltagit i **TV program** (Sportspegeln 1998, 2004, 2004 och Livslust 1999) där jag talat om behandling av smärttillstånd i hälsenan.

Har deltagit i **TV programmet** Reportrarna där jag gett expertutlåtande om broskskador i knäleden (2000).

Avslutad uppdatering efter 2000.

ADDITIONAL SCIENTIFIC MERITS:

- **Organizer and co-chair**, International Scientific Tendinopathy Symposium, Umeå, 2010, (95 delegates from 11 countries)

POSTERS

1. Alfredson H. Skade och sjukdomsbilden i ett elit-ishockeylag. Poster Svensk Idrottsmedicinsk förenings årsmöte 1988.
2. Alfredson H, Nordström P, Lorentzon R. Total and regional bone mass in female soccer players. Poster at The XXIVth European Symposium on Calcified Tissues, Aarhus, Denmark May 1995.
3. Alfredson H, Hildingsson C, Lorentzon R. Treatment of deep cartilage defects in the patella with periosteum transplantation. Poster at the 7th annual conference of the European Orthopaedic Research Society in Barcelona, Spain April 1997.
4. Alfredson H, Lorentzon R. Autologous periosteum transplantation in patients with full-thickness cartilage defects of the knee. Poster at the third combined meeting of the orthopaedic research societies of the USA, CANADA, EUROPE and JAPAN. Hamamatsu Japan, September 28-30, 1998.
5. Alfredson H. "Microdialysis in the investigation of chronic Achilles tendinosis". Poster vid Svenska Läkarstämman, Idrottsmedicin, 1999.
6. Alfredson H. "Microdialysis in the investigation of chronic Achilles tendinosis". Poster at the World Congress On Orthopaedic Sports Trauma, Gold Coast, Queensland, Australia, 10-13/5, 2000.
7. Alfredson H. "Full-thickness cartilage defects at the medial femoral condyle treated with periosteum transplantation". Poster at the International Cartilage Repair Society, 3rd symposium, Gothenburg, April 27-29, 2000.
8. Alfredson H. "Microdialysis in the investigation of chronic Achilles tendinosis". Poster at the 113th American Orthopaedic Association Meeting, Homestead Hot Springs, VA, USA, June 14-17, 2000.
9. Alfredson H. "No signs of inflammation but high amounts of the neurotransmitter glutamate in common tendinopathies: An investigation using microdialysis and immunohistochemical techniques". Third Biennial ISAKOS Congress, May 14-18, 2001, Montreux Switzerland

Avslutad uppdatering efter 2001.

Övrigt handledarskap

Handledare specialarbete (4 poäng) ”Hälsenebesvär” (4 poäng). Idrottslärestud. J Ekenkrantz M Stenhäll 1997-98.

Handledare specialarbete (4 poäng) ”Handball goalies elbow” (Agneta Kemle’n Enberg). Idrottsmedicin B2, (4 poäng), 2000.

Handledare specialarbete (4 poäng) ”Akuta fysiska skador hos elever på en högstadieskola, kopplat till träningstillstånd, intresse, aktivitet och kön”. (Jan Rittenberg) Idrottsmedicin B2, (4 poäng), 2000.

Handledare specialarbete (4 poäng) ”Lateral Epikonylit” (Mattias Georgsson). Idrottsmedicin A2 Vuxen Hälsa, (4 poäng), 2000-2001.

Handledare specialarbete (4 poäng) ”Pectoralis Major Ruptur ” (Mika Jutila, Teimur Khasal). Idrottsmedicin A2 Vuxen Hälsa, 2000-2001.

Handledare specialarbete (4 poäng) ”Löparknä” (Per Ola Bengtsson, Jan Ove Henriksson) A2 Barn Ungdom 2001.

Handledare specialarbete (4 poäng) ”Distal biceps ruptur ” (Mika Jutila, Teimur Khasal) B2 2001.

Handledare specialarbete (4 poäng) ”Rörelseinskränkning efter ACL-ruptur” (Ulrika Bergström) B2 2001.

Handledare specialarbete (4 poäng) ”Impingement i axelleden” (Ylva Carlsson, Louise Crommert) A2 Barn Ungdom 2001.

Handledare specialarbete (4 poäng) ”Fotledsdistorsion” (Maria Gustavsson) B2 2001.

Handledare specialarbete (4 poäng) ”Axelskador i volleyboll” (Ola Wiklund) B2 2001.

Handledare specialarbete (4 poäng) ”Impingement hos simmare ” (Ari Harju, Lars Lundstedt) A2 Barn Ungdom 2001.

Handledare specialarbete (4 poäng) ”Skador på supraskapularisnerven hos volleybollspelare” (Lina Nordström, Magnus Eriksson) A2 Barn Ungdom 2001.

Handledare specialarbete (4 poäng) ”Diskbråck” 2000.

Handledare specialarbete (4 poäng) ”Hälsenesmärtor” 2000.

Handledare specialarbete (5 poäng) vid kurs i Ortopedisk Medicin (20 poäng) ”Konservativ behandling av subakromial impingement” Monica Långström (oktober 2001).

Handledare specialarbete (4 poäng) "Volleyboll Skador och prevention" (Anneli Kula, Ida Landin). Idrottsmedicin A2 Vuxen Hälsa, 2001.

Handledare specialarbete (4 poäng) "Kreatinsupplementering" (Matti Hansson, Jens Fröding). Idrottsmedicin A2 Vuxen Hälsa, 2001.

Handledare specialarbete (4 poäng) "Iliotibiala band syndromet" (Maja Jonsson). Idrottsmedicin A2 Vuxen Hälsa, 2001.

Avslutad uppdatering efter 2001.

Examinator

D-betygsuppsats "Excentrisk vadmuskelträning vid kronisk Akillestendinos", Sjukgymnast Tom Pietilä, 1999.

D-betygsuppsats "Balance in ACL-injured patients and non-injured controls: an investigation using KAT-2000 methodology", Sjukgymnast Per Olof Hampusson, Maj 2001.

Avslutad uppdatering efter 2001.

Administrativa uppgifter-föreningsmeriter

Ordförande i Föreningen "Periosttransplantation vid broskskador" sedan 1996.

Styrelsemedlem i Svensk Idrottsmedicinsk Förening (2001-)

Arrangerat internationellt symposium "Kronisk Sensmärta" samt "Bentäthet hos Ungdomar" 22-23/5, 2001. Gästföreläsare Professor Karim Khan och Professor Heather McKay Vancouver Canada.

Arrangerat internationellt symposium "Jumper's Knee-Patellarsenetendinos" 2-3/10, 2001. Gästföreläsare PhD Jill Cook, La Trobe University, Melbourne, Australia

Avslutad uppdatering efter 2001.

ORAL PRESENTATIONS

1. Alfredson H, Holmlund I, Lorentzon R, Hultdin J. Kollagenmarkörer i serum vid hälsenekirurgi. Svensk Idrottsmedicinsk Förenings årsmöte i Umeå, Maj 1994.
2. Alfredson H, Sandström T, Lorentzon R. Benmassa hos kvinnliga idrottsutövare. Svensk Idrottsmedicinsk Förenings årsmöte i Umeå, Maj 1994.
3. Alfredson H, Sandström T, Lorentzon R. Benmassa och idrottsinducerad amenorré hos gympaledare. Svensk Idrottsmedicinsk Förenings årsmöte i Umeå, Maj 1994.
4. Alfredson H, Pietilä T, Lorentzon R. Vadmuskelstyka hos patienter med kronisk Akillestendinos. Svenska Läkarsällskapets Riksstämma 1995.
5. Alfredson H, Nordström P, Lorentzon R. Total and regional bone mass in female soccerplayers. 3rd Scandinavian Congress of Sports Medicine, Linköping Sweden, May 1996.
6. Lorentzon R, Hildingsson C, Alfredson H. Treatment of deep cartilage defects in the knee with periosteum transplantation. FIMS World Congress Sports Medicine, Orlando Florida USA, June 1996.
7. Alfredson H, Thorsen K, Lorentzon R. Treatment of combined injuries of the anterior cruciate ligament and localized deep cartilage defects in the knee with ligament reconstruction and autologous periosteum transplantation. Svensk Ortopedisk Förenings årsmöte, Karlstad september 1996.
8. Alfredson H, Pietilä T, Lorentzon R. Rehabilitation after autologous periosteum transplantation in the treatment of deep cartilage defects in the knee joint. Svensk Ortopedisk Förenings årsmöte, Karlstad september 1996.
9. Lorentzon R, Hildingsson C, Alfredson H. Treatment of deep cartilage defects in the knee with periosteum transplantation. Svensk Ortopedisk Förenings årsmöte, Karlstad september 1996.
10. Alfredson H, Pietilä T, Lorentzon R. Vadmuskelstyrka efter operation för Akillestendinos. Svenska Läkarsällskapets Riksstämma 1996.
11. Alfredson H. Inbjuden deltagare i symposium om "Den kroniska hälsenan". Konservativ behandling av akillesenebesvär. Svenska Läkarsällskapets Riksstämma 1996.
12. Alfredson H, Pietilä T, Jonsson P, Lorentzon R. Excentrisk vadmuskelträning vid kronisk Akilles tendinos. Svensk Idrottsmedicinsk förenings årsmöte, Visby Gotland, Juni 1997.
13. Alfredson H. Inbjuden deltagare i symposium om "Eccentrisk träning-från grundforskning till elitidrott och rehabilitering. Svensk Idrottsmedicinsk förenings årsmöte, Visby Gotland, Juni 1997.

14. Alfredson H. Achilles tendinosis, conservative versus surgical treatment. *Traumatologia e Medicina dello sport*. Montecastello di Vibio (Perugia) Italy, Sept. 1997.
15. Alfredson H. Bone mass in the calcaneus after surgically treated Achilles tendinosis. *Traumatologia e Medicina dello sport*. Montecastello di Vibio (Perugia) Italy, Sept. 1997.
16. Alfredson H. Bentäthet hos kvinnliga idrottsutövare och kirurgisk respektive konservativ behandling med excentrisk vadmuskelt träning hos patienter med kronisk Akillestendinos. Möte *Idrottsmedicin Väst*, Göteborg oktober 1997.
17. Alfredson H. Kirurgisk behandling och konservativ behandling med excentrisk vadmuskelt träning hos patienter med kronisk Akillestendinos. Möte *Norrlands Naprapatförening*, Umeå oktober 1997.
18. Alfredson H. Treatment of deep cartilage defects in the knee with periosteum transplantation. "Cartilage Repair" 2nd Fribourg International Symposium, Switzerland October 29-31, 1997.
19. Alfredson H. Treatment of tear of the anterior cruciate ligament combined with localized deep cartilage defects in the knee with ligament reconstruction and autologous periosteum transplantation. *Svensk Idrottsmedicinsk Förenings årsmöte*, Lund 23-25 April, 1998.
20. Alfredson H. Achilles tendinosis and treatment with eccentric calf-muscle training-a short-term follow-up. *Svensk Idrottsmedicinsk Förenings årsmöte*, Lund 23-25 April, 1998.
21. Utsedd till expertkommentator av hälseneföredrag vid *Svensk Idrottsmedicinsk Förenings årsmöte*, Lund 23-25 April, 1998.
22. Lorentzon R, Alfredson H. Treatment of deep cartilage defects in the knee with periosteum transplantation. 8Th Congress European Society of Sports Traumatology, Knee Surgery and Arthroscopy. Nice April 29-May 2, 1998.
23. Alfredson H. Invited Symposium "Cartilage Repair", Nordic Orthopaedic Federation 49th Congress. Copenhagen June 3-6, 1998.
24. Alfredson H. Inbjuden NOK-möte. Konservativ och kirurgisk behandling vid kronisk akillestendinos. Skellefteå 15/10, 1998.
25. Alfredson H. Inbjuden Symposium "Economy of surgical procedures". The periost transplantation at the patella-Cost considerations. Munchen, Tyskland, 27/11, 1998.
26. Alfredson H. Heavy-load eccentric calf-muscle training instead of surgical treatment of chronic Achilles tendinosis. SICOT 21st Triennial World Congress, Sydney, Australia 18-23 April, 1999.
27. Alfredson H. Periosttransplantation vid svåra främre knäsmärtor beroende på traumatisk djup broskskada i patella. *Svensk Idrottsmedicinsk förenings årsmöte*, Ystad, 7-9 Maj, 1999.

28. Alfredson H. Excentrisk vadmuskelträning vid kronisk Akillestendinos: utökat patientmaterial-uppföljning. Svensk Idrottsmedicinsk förenings årsmöte, Ystad, 7-9 Maj, 1999.
29. Alfredson H. Tung excentrisk vadmuskelträning vid kroniska distala Akillessenebesvär-en pilotundersökning. Svensk Idrottsmedicinsk förenings årsmöte, Ystad, 7-9 Maj, 1999.
30. Alfredson H. Passiv rörelseträning i Kinetec gav bättre resultat än aktiv rörelseträning efter periosttransplantation som behandlingsmetod vid djup broskskada i patella. Svensk Idrottsmedicinsk förenings årsmöte, Ystad, 7-9 Maj, 1999.
31. Alfredson H. Mikrodialys för undersökning av metabolism i hälsenan hos patienter med kronisk Akillestendinos och i friska hälsenor. Svensk Idrottsmedicinsk förenings årsmöte, Ystad, 7-9 Maj, 1999.
32. Alfredson H. "Periosteum transplantation in painful full-thickness cartilage defects at the patella". World Congress On Orthopaedic Sports Trauma, Gold Coast, Queensland, Australia, 10-13/5, 2000.
33. Alfredson H. Symposium tendons: Eccentric calf-muscle training in patients with painful chronic Achilles tendinosis". World Congress On Orthopaedic Sports Trauma, Gold Coast, Queensland, Australia, 10-13/5, 2000.
34. Alfredson H. "Periosteum transplantation in patients with anterior knee-pain and full-thickness cartilage defects at the patella". International Cartilage Repair Society, 3rd symposium, Gothenburg, April 27-29, 2000
35. Alfredson H. Inbjuden föreläsare i symposium "Kroniska sensmärter i idrott", Svensk Idrottsmedicinsk förenings årsmöte Stockholm, 18-28/5, 2000.
36. Alfredson H. Inbjuden föreläsare "Broskskadebehandling-periosttransplantation", Svensk Idrottsmedicinsk förenings årsmöte Stockholm, 18-28/5, 2000.
37. Alfredson H. Inbjuden deltagare i symposium om Hälsenebesvär vid Sv. Idrottsmedicinsk Förenings Årsmöte i Skövde 18-20/5, 2001.

Avsluatd uppdatering efter 2001.

Undervisning

Akut Ortopedi för ambulanspersonal, Karlstad 1988.

Kost-Träning-Vila för ishockeyspelare, Karlstad 1987-1990.

Ortopedi för **AT-läkare**, Kristinehamn 1991-1993.

Idrottsmedicin, Kristinehamn 1992.

Ishockeyskador, Arvika **läkarförening** 1992.

Osteoporos, Kristinehamn 1993.

Kost-Träning-Vila för ishockeyspelare, Sv. Juniorlandslaget i Ishockey Team16-18, 1991-94.

Ishockeyskador, ledare, Vännäs 1994.

Idrottsmedicin, kirurgkursen, **läkarutbildningen**, 4 timmar/vecka, Umeå 1995.

Axelskador, Idrottsmedicin för **idrottslärare/idrottspedagoger** (10 p), Umeå 1995

Axelskador, Idrottsmedicin sommaruniversitetet (5 p), Umeå 1995

Idrottsmedicin, kirurgkursen, **läkarutbildningen**, 4 timmar/vecka, Umeå 1996

Axelskador, Idrottsmedicin för **idrottslärare/idrottspedagoger** (10 p), Umeå 1996

Axelskador, Idrottsmedicin sommaruniversitetet (5 p), Umeå 1996

Idrottsmedicin **läkare** (20 p), Umeå 1996

Operationsteknik och bakgrundsteori vid periosttransplantation för behandling av djup broskskada i knäleden. **Läkare-Ortopeder** från Huddinge Mars 1997.

Operationsteknik och bakgrundsteori vid periosttransplantation för behandling av djup broskskada i knäleden. **Läkare-Ortoped** från Mölndal April 1997.

Operationsteknik och bakgrundsteori vid periosttransplantation för behandling av djup broskskada i knäleden. **Läkare-Ortoped** från Linköping April 1997.

Idrottsmedicin, kirurgkursen, **läkarutbildningen**, 4 timmar/vecka, Umeå 1997

Axelskador, Idrottsmedicin för **idrottslärare/idrottspedagoger** (10 p), Umeå 1997

Axelskador, Idrottsmedicin sommaruniversitetet (5 p), Umeå 1997

Idrottsmedicin **läkare** (20 p), Umeå 1997

Operationsteknik och bakgrundsteori vid periosttransplantation för behandling av djup broskskada i knäleden. **Gästoperatör vid Östra Sjukhuset Göteborg** Oktober 1997.

Operationsteknik och bakgrundsteori vid periosttransplantation för behandling av djup broskskada i knäleden. Tre dagars undervisning för **Läkare-Ortoped** Ermanno Trinchese Perugia Italien.

Idrottsskador för **Distriktssköterskor**, Umeå pågående 1997.

Belastningsskador-"Belastning på benstommen kan vara på gott och ont". 2-dagars kurs för tandvårdspersonal. Värmlands **Tandläkar**förening, Smögen November 1997.

Axelskador, Idrottsmedicin för **idrottslärare/idrottspedagoger** (10 p), Umeå 1998

Axelskador, Idrottsmedicin sommaruniversitetet (5 p), Umeå 1998

Idrottsmedicin **läkare** (20 p), Umeå 1998

Idrottsskador för **Distriktssköterskor**, Umeå 1998

Traumatologi, **Idrottslärare**, Umeå 1998

Traumatologi, **Idrottslärare**, Umeå 1998

Axelskador, Idrottsmedicin för **idrottslärare/idrottspedagoger** (10 p), Umeå 1999

Axelskador, Idrottsmedicin sommaruniversitetet (5 p), Umeå 1999

Tentamen **medicine kandidater** (muntligt förhör + rättning av skrivning) 27-28/5 1999

Idrottsmedicin **läkare** (20 p), Umeå 1999-2000-2001

Traumatologi, **Idrottslärare**, Umeå 1999

Traumatologi, **Idrottslärare**, Umeå 1999

Klinisk undervisning av **ST-Läkare** i Ortopedi (Thomas Isaksson) 2000 (6 månader).

Ansvarig för kurs i Idrottsmedicin för Läkare 20 poäng sedan 2000-

Ansvarig för kurs i Idrottsmedicin A2 Vuxen Hälsa 10 poäng 1999-2000-2001

Ansvarig för kurs i Idrottsmedicin A2 Barn Ungdom 10 poäng 1999-2000-2001

Ansvarig för kurs i Idrottsmedicin B1 10 poäng 1999-2000-2001

Ansvarig för kurs i Idrottsmedicin B2 10 poäng 1999-2000-2001

Klinisk undervisning av **ST-Läkare** i allmänmedicin (Anna-Maria Ingvarsson) Hösten 2001 (3 månader).

Idrottsmedicin, kirurgkursen, **läkarutbildningen Umeå**, 4 timmar/vecka, sedan 1996-

Avsöutad uppdatering efter 2001.

