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## Research focus

I am a post doc researcher at Physical Medicine & Rehabilitation Research - Copenhagen (PMR-C) which is a multi-disciplinary research program in physical medicine and rehabilitation.

During my time as a PhD student, the research area in focus we optimized treatment for patients with an Achilles tendon rupture. My postdoc project focuses on physical activity and exercise among hospitalized patients following a hip fracture.

## Current employment

Postdoc  
Department of Physical Therapy & Department of Orthopaedic Surgery  
The Capital Region of Denmark  
9 May 2022 → present

## Education

2022 PhD in basic and clinical research in musculoskeletal sciences, Faculty of health and medical sciences, University of Copenhagen, Denmark

2015 Master of medical sciences (Physiotherapy), Lunds university, Sweden

2006 Bachelor in Physiotherapy, Uppsala University, Sweden

## Other professional experience

Member of the steering group for Danish Achilles tendon Database

## Publikationer

### **Strategies used by patients when getting in and out of bed early after hip fracture surgery - the HIP-ME-UP cohort**

Hansen, M. S., Wassar Kirk, J., Kristensen, M. T., Kampp Zilmer, C., Marie Skibdal, K., Bandholm, T., Pedersen, M. M. & HIP-ME-UP Collaborative Group, 30 apr. 2025, (E-pub ahead of print) I: Hospital practice. 53, 1, s. 2491305 2491305.

### **Impact of symptomatic deep vein thrombosis on self-reported function and treatment outcome following an acute Achilles tendon rupture: A register study**

Gandløse, J. S., Barfod, K. W., Hoeffner, R., Hansen, M. S., Christensen, M. & Riel, H., 6 feb. 2025, I: Foot and Ankle Surgery.

### **Very low levels of physical activity among patients hospitalized following hip fracture surgery: a prospective cohort study**

Hansen, M. S., Kristensen, M. T., Zilmer, C. K., Berger, A. L., Kirk, J. W., Marie Skibdal, K., Kallermose, T., Bandholm, T., Pedersen, M. M. & HIP-ME-UP Collaborative Group, 21 jan. 2025, (E-pub ahead of print) I: Disability and Rehabilitation. s. 1-10 10 s.

### **Effect of the Copenhagen Achilles Rupture Treatment Algorithm (CARTA) on Calf Muscle Volume and Tendon Elongation After Acute Achilles Tendon Rupture: A Predefined Secondary Analysis of the First 60 Patients in a Randomized Controlled Trial**

Barfod, K. W., Overgård, A. B., Hansen, M. S., Haddouchi, I. E., Toft, M. & Hölmich, P., nov. 2023, I: Orthopaedic Journal of Sports Medicine. 11, 11, s. 23259671231211282

### **Early Feasibility of an Activity-Based Intervention for Improving Ingestive Functions in Older Adults with Oropharyngeal Dysphagia**

Hansen, T., Laursen, L. B. & Hansen, M. S., 19 apr. 2023, I: Geriatrics (Basel, Switzerland). 8, 2, 44.

**Achilles tendon gait dynamics after rupture: A three-armed randomized controlled trial comparing an individualized treatment algorithm vs. operative or non-operative treatment**

Hansen, M. S., Bencke, J., Kristensen, M. T., Kallemose, T., Hölmich, P. & Barfod, K. W., 28 feb. 2023, I: Foot and Ankle Surgery. 29, 2, s. 143-150 8 s.

**Treatment outcome at 1 year did not differ between use of cast or walker in the first 3 weeks after an acute Achilles tendon rupture. A registry study of 1304 patients from the Danish Achilles tendon database**

Henriksen, G. J., Cramer, A., Hölmich, P., Hansen, M. S., Hansen, J. K., Christensen, M. & Barfod, K. W., 17 jan. 2023, I: Foot and Ankle Surgery. 29, 1, s. 56-62 7 s.

**The Copenhagen Achilles Length Measurement Performed at Time of Acute Achilles Tendon Rupture is Correlated to Tendon Elongation After 1 Year**

Barfod, K. W., Hansen, M. S., Sandholdt, H., Boesen, A., Hölmich, P., Troelsen, A. & Kristensen, M. T., 1 sep. 2022, I: The Journal of foot and ankle surgery : official publication of the American College of Foot and Ankle Surgeons. 61, 5, s. 1098-1102 5 s.

**Neither heel-rise Height (HRH) nor Achilles tendon resting angle (ATRA) show strong correlations to patient limitations and return to previous activities one year after acute Achilles tendon rupture**

Cramer, A., Hansen, M. S., Hölmich, P. & Barfod, K. W., aug. 2022, I: Foot and Ankle Surgery. 28, 6, s. 795-799 5 s.

**Achilles tendon rupture: Tendon elongation, gait dynamics, and individualized treatment**

Swennergren Hansen, M., 4 maj 2022

**Estimation of Patient Acceptable Symptom State (PASS) and Treatment Failure (TF) Threshold Values for the Achilles Tendon Total Rupture Score (ATRS) at 6 Months, 1 Year, and 2 Years After Acute Achilles Tendon Rupture**

Cramer, A., Ingelsrud, L. H., Hansen, M. S., Hölmich, P. & Barfod, K. W., 5 okt. 2021, I: The Journal of foot and ankle surgery : official publication of the American College of Foot and Ankle Surgeons. 61, 3, s. 503-507 5 s.

**The Achilles Tendon Length Measure and the Achilles Tendon Resting Angle show acceptable construct validity using the Copenhagen Achilles Length Measure as gold standard**

Hansen, M. S., Kristensen, M. T., Hölmich, P. & Barfod, K. W., 1 aug. 2021, I: Foot and Ankle Surgery. 27, 6, s. 655-659 5 s.

**Diabetes and treatment with orally administrated corticosteroids negatively affect treatment outcome at follow-up after acute Achilles tendon rupture**

Cramer, A., Jacobsen, N. C., Hansen, M. S., Sandholdt, H., Hölmich, P. & Barfod, K. W., maj 2021, I: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 29, 5, s. 1584-1592 9 s.

**No clinically relevant difference between operative and non-operative treatment in tendon elongation measured with the Achilles tendon resting angle (ATRA) 1 year after acute Achilles tendon rupture**

Cramer, A., Rahdi, E., Hansen, M. S., Sandholdt, H., Hölmich, P. & Barfod, K. W., maj 2021, I: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 29, 5, s. 1617-1626 10 s.

**The heel-rise work test overestimates the performed work with 21-25% after an Achilles tendon rupture**

Andreasen, K. R., Hansen, M. S., Bencke, J., Hölmich, P. & Barfod, K. W., maj 2021, I: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 29, 5, s. 1604-1611 8 s.

**Outcome after acute Achilles tendon rupture is not negatively affected by female sex and age over 65 years**

Cramer, A., Jacobsen, N. C., Hansen, M. S., Sandholdt, H., Hölmich, P. & Barfod, K. W., dec. 2020, I: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 28, 12, s. 3994-4002 9 s.

**Efficacy of early controlled motion of the ankle compared with immobilisation in non-operative treatment of patients with an acute Achilles tendon rupture: an assessor-blinded, randomised controlled trial**

Barfod, K. W., Hansen, M. S., Hölmich, P., Kristensen, M. T. & Troelsen, A., jun. 2020, I: British Journal of Sports Medicine. 54, 12, s. 719-724 6 s.

**Individualized treatment for acute Achilles tendon rupture based on the Copenhagen Achilles Rupture Treatment Algorithm (CARTA): a study protocol for a multicenter randomized controlled trial**

Hansen, M. S., Vestermark, M. T., Hölmich, P., Kristensen, M. T. & Barfod, K. W., 12 maj 2020, I: Trials. 21, 1, s. 399 399.

**Performance of the Achilles Tendon Total Rupture Score Over Time in a Large National Database: Development of an Instruction Manual for Accurate Use**

Hansen, M. S., Nilsson Helander, K., Karlsson, J. & Barfod, K. W., maj 2020, I: The American journal of sports medicine. 48, 6, s. 1423-1429 7 s.

**Reliability of the Copenhagen Achilles length measure (CALM) on patients with an Achilles tendon rupture**

Hansen, M. S., Kristensen, M. T., Budolfson, T., Ellegaard, K., Hölmich, P. & Barfod, K. W., jan. 2020, I: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 28, 1, s. 281-290 10 s.

**Completeness and data validity in the Danish Achilles tendon Database**

Cramer, A., Hansen, M. S., Sandholdt, H., Jones, P. K., Christensen, M., Jensen, S. M. L., Hölmich, P. & Barfod, K. W., jun. 2019, I: Danish Medical Journal. 66, 6

**Corrigendum to "Development and reliability of the Achilles Tendon Length Measure and comparison with the Achilles Tendon Resting Angle on patients with an Achilles tendon rupture" [Foot Ankle Surg 2017;23(December (4)):275-80]**

Hansen, M. S., Barfod, K. W. & Kristensen, M. T., feb. 2018, I: Foot and Ankle Surgery. 24, 1, s. 78

**Dansk akillessenedatabase - Kvalitetssikring, forskning og anbefalinger til træning efter akillesseneruptur**

Swennergren Hansen, M. & Barfod, K. W., 2018, I: Dansk Sportsmedicin.

**Development and reliability of the Achilles Tendon Length Measure and comparison with the Achilles Tendon Resting Angle on patients with an Achilles tendon rupture**

Hansen, M. S., Barfod, K. W. & Kristensen, M. T., dec. 2017, I: Foot and Ankle Surgery. 23, 4, s. 275-280 6 s.

**Efficacy of early controlled motion of the ankle compared with no motion after non-operative treatment of an acute Achilles tendon rupture: study protocol for a randomized controlled trial**

Barfod, K. W., Hansen, M. S., Holmich, P., Troelsen, A. & Kristensen, M. T., 29 nov. 2016, I: Trials. 17, 1, s. 564

**Achilles tendon Total Rupture Score at 3 months can predict patients' ability to return to sport 1 year after injury**

Hansen, M. S., Christensen, M., Budolfson, T., Østergaard, T. F., Kallemose, T., Troelsen, A. & Barfod, K. W., apr. 2016, I: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 24, 4, s. 1365-1371

**Korrekt behandling af akut akillesseneruptur - det svære valg**

Barfod, K. W., Ganestam, A., Madsen, B. L., Ebskov, L. B., Hansen, M. S. & Hölmich, P., 9 nov. 2015, I: Ugeskrift for Læger. 177, 46