

Maria Swennergren Hansen
PT, MSc, PhD, Postdoc researcher
Department of Physical Therapy &
Department of Orthopaedic Surgery

Email: maria.swennergren.hansen@regionh.dk



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

Research outputs

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., Aug 2025, In: Foot and Ankle Surgery. 31, 6, p. 498-504 7 p.

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, 2025, In: Hospital practice. 53, 1, 16 p., 2491305.

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., Kallmose, T., Bandholm, T., Pedersen, M. M. & HIP-ME-UP Collaborative Group, 2025, In: Disability and Rehabilitation. 47, 17, p. 4486-4495 10 p.

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, In: Orthopaedic Journal of Sports Medicine. 11, 11, p. 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, In: 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., Kallelose, T., Hölmich, P. & Barfod, K. W., 28 Feb 2023, In: Foot and Ankle Surgery. 29, 2, p. 143-150 8 p.

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, In: Foot and Ankle Surgery. 29, 1, p. 56-62 7 p.

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 Sept 2022, In: The Journal of foot and ankle surgery : official publication of the American College of Foot and Ankle Surgeons. 61, 5, p. 1098-1102 5 p.

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, In: Foot and Ankle Surgery. 28, 6, p. 795-799 5 p.

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

Swennergren Hansen, M., 4 May 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 Oct 2021, In: The Journal of foot and ankle surgery : official publication of the American College of Foot and Ankle Surgeons. 61, 3, p. 503-507 5 p.

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, In: Foot and Ankle Surgery. 27, 6, p. 655-659 5 p.

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., May 2021, In: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 29, 5, p. 1584-1592 9 p.

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., May 2021, In: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 29, 5, p. 1617-1626 10 p.

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., May 2021, In: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 29, 5, p. 1604-1611 8 p.

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, In: Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA. 28, 12, p. 3994-4002 9 p.

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, In: British Journal of Sports Medicine. 54, 12, p. 719-724 6 p.

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 May 2020, In: *Trials*. 21, 1, p. 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., May 2020, In: *The American journal of sports medicine*. 48, 6, p. 1423-1429 7 p.

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, In: *Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA*. 28, 1, p. 281-290 10 p.

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, In: *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, In: *Foot and Ankle Surgery*. 24, 1, p. 78

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

Swennergren Hansen, M. & Barfod, K. W., 2018, In: *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, In: *Foot and Ankle Surgery*. 23, 4, p. 275-280 6 p.

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, In: *Trials*. 17, 1, p. 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., Kalleose, T., Troelsen, A. & Barfod, K. W., Apr 2016, In: *Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA*. 24, 4, p. 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, In: *Ugeskrift for Læger*. 177, 46