

Merete Møller  
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Forskningsenheden Muskuloskeletal Funktion og Fysioterapi  
Center for Sundhed i Muskler og Led  
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## CV

### Education/degrees

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**PhD**, Faculty of Health, Aarhus University  
2016  
**MHSc**, Faculty of health, Aarhus University  
2011  
**Bachelor in Physiotherapy**, School of Physiotherapy, Via University College, Aarhus  
2005

### Biosketch

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Merete Møller (MM) is a physiotherapist and a former elite handball player with a desire to help youth athletes achieving their full potentials and keeping them active throughout their lives by reducing the long- and short-term burden of injury through prevention.

MM contributes to the field of injury prevention in sport within research communities at national and international levels. Nationally, MM is employed as an assistant professor at SDU, where she is the principal investigator in the Health And Performance Promotion in Youth sport (HAPPY) project. The HAPPY project is the first study in Danish sports, to develop and implement injury prevention initiatives in close collaboration with relevant stakeholders in the Danish handball environment. A substantial achievement of this project is the successful involvement of key knowledge-users, e.g., sports federations, coaches, and athletes. We are currently applying for funding for the evaluation part of the Happy project. Internationally, MM is working with some of the world-leading experts within the field of injury prevention at Oslo Sports Trauma Research Center (OSTRC), Norway, where she has been a part of the "Skadefri" ([www.skadefri.no](http://www.skadefri.no)) and "GetSet" project team. These applications were created to prevent sports injuries by providing effective and evidence-based warm-up and training routines in close collaboration with Olympiatoppen.

As part of her master thesis and doctoral work, MM conducted two of the world's most extensive epidemiological studies in handball players, both published in high-impact journals. In particular, her doctoral work contributed to a better understanding of the etiology of sport-related injuries and training load management in terms of both performance enhancement and muscle and joint health. Her strong methodological expertise in this area has been recognized internationally, and she was recently highlighted as a talent within sports medicine research in the British Journal of Sports Medicine (BJSM) (<https://bjsm.bmj.com/content/53/23/1503>). BJSM is a prestigious journal, of which MM is a Senior Associate Editor.

MM is the author of 22 peer-reviewed publications, of which she is the first author of five, and last author on one (in press). Of her 22 publications, 18 were published within the last three years. MM has contributed to three book chapters and has co-chaired scientific committees of two respected international conferences. As a principal applicant, MM has attained national research funding for approximately 3.5 million dkr.

### Employment

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#### Current primary position

Assistant professor, University of Southern Denmark  
2019 - 31.12. 2021  
Researcher, Oslo Sports Trauma Research Center, Norwegian School of Sport Sciences, Oslo, Norway  
2019 - 01.10.2020

#### Selected previous employments

Teaching assistant professor, University of Southern Denmark  
2018 - 2019  
Advisor, Oslo Sports Trauma Research Center, Norwegian School of Sport Sciences, Oslo, Norway  
2017 - 2018  
PhD candidate, Section of Sport Science, Department of Public Health, Aarhus University  
2012 - 2016

Physiotherapist, Viborg Handball Club  
2007 - 2008  
Physiotherapist, Benefit – Fysioterapi og Træning i Viborg  
2005 - 2007

### **Funding (main applicant)**

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Amount (Dkr)

Year

**The Team Denmark Elite Sports Association & Danish Handball Federation**

Forebyggelse af skader blandt unge håndboldspillere – optimering, implementering og evaluering af fysiske træningsindsatser

450.000

2018

**Ministry of Culture**

Forebyggelse af skader blandt unge håndboldspillere – optimering, implementering og evaluering af fysiske træningsindsatser

724.698

2018

**The Team Denmark Elite Sports Association**

Screening og forebyggelse af skulderskader blandt unge håndboldspillere

560.000

2013

**The Danish Rheumatism Association (Gigtforeningen)**

Kan kliniske skuldertests identificere risikofaktorer for skulderskader blandt unge håndboldspillere?

100.000

2013

Validering af kliniske skuldertests til måling af risikofaktorer for skulderskader og registrering af disse blandt unge håndboldspillere

50.000

2012

**Aarhus University**

Shoulder injuries in youth handball – aetiology and prevention

1.600.000

2012

### **List of publications**

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#### **Articles with peer-review**

22

Statement on Methods in Sport Injury Research from the 1st METHODS MATTER Meeting, Copenhagen, 2019. *Br J Sports Med.* 2020 May 4. pii: bjsports-2019-101323. doi: 10.1136/bjsports-2019-101323. [Epub ahead of print].

2020

21

Liaghat B, Bencke J, Zebis MK, Sørensen H, Myklebust G, Wedderkopp N, Lind M, Møller M. Shoulder rotation strength changes from preseason to midseason: a cohort study of 292 youth elite handball players without shoulder problems. *Journal of Orthopaedic and Sports Physiotherapy* 2020 Jul;50(7):381-7.

2020

20

Nielsen RO, Bertelsen ML, Møller M, et al. Methods matter: exploring the 'too much, too soon' theory, part 1: causal questions in sports injury research [published online ahead of print, 2020 Mar 5]. *Br J Sports Med.* 2020;bjsports-2018-100245. doi:10.1136/bjsports-2018-100245

2020

19

Clarsen B, Bahr R, Myklebust G, Andersson SH, Docking SI, Drew M, et al. Improved reporting of overuse injuries and health problems in sport: an update of the Oslo Sport Trauma Research Center questionnaires. *Br J Sport Med*.

2020;54:390–6

2020

18

Zebis MK, Sanderhoff C, Andersen Lars L, Fernandes L, Møller M, Ageberg E, Myklebust G, Aagaard P, Bencke J. Acute Neuromuscular Activity in Selected Injury Prevention Exercises with app-based Versus Personal On-site Instruction: A Randomized Cross-sectional Study. *Journal of Sports Medicine*.

2019

17

Skejø SD, Møller M, Bencke J, Sørensen H. Shoulder kinematics and kinetics of team handball throwing: A scoping review. *Human Movement Science*. DOI: <https://doi.org/10.1016/j.humov.2019.02.006>

2019

16

Gabbett T, Nielsen RO, Bertelsen M, Bittencourt N, Fonseca S, Malone S, Møller M, Oetter E, Verhagen E, Windt J. In Pursuit of the “Unbreakable” Athlete: What is the Role of Moderating Factors and Circular Causation? *British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2018-099995

2018

15

Nielsen RO, Bertelsen M, Ramskov D, Møller M, Hulme A, Theisen D, Finch CF, Fortington LV, Mansournia MA, Parner ET. Time-to-Event Analysis for Sports Injury Research Part 1: Time-Varying Exposures. *British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2018-099408

2018

14

Nielsen R.O, Bertelsen M, Ramskov D, Møller M, Hulme A, Theisen D, Finch CF, Fortington LV, Mansournia MA, Parner ET. Time-to-Event Analysis for Sports Injury Research Part 2: Time-Varying outcomes. *British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2018-100000

2018

13

Nielsen R.O, Chapman C.M, Winnifred R.L, Stowitz S.D, Mansournia M.A, Windt J, Møller M, Parner E.T, Hulme A, Bertelsen M, Finch CF, Casals M, Verhagen E. Seven sins when interpreting statistics in sports injury science. *British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2017-098524

2018

12

Møller M, Attermann J, Myklebust G, Lind M, Sorensen H, Hebert JJ, Nielsen RO, Bertelsen S, Wedderkopp N, The inter- and intrarater reliability and agreement for field-based assessment of scapular control, shoulder range of motion, and shoulder isometric strength in elite youth athletes.

*Physical Therapy in Sport*. DOI: 10.1016/j.ptsp.2018.04.005

2018

11

Møller M, Wedderkopp N, Myklebust G, Lind M, Sorensen H, Hebert JJ, Emery CA, Attermann J. The SMS, Phone and medical Examination sports injury surveillance (SPEX) system is a feasible and valid approach to measuring handball exposure, injury occurrence and consequences in elite youth sport. *Scand J Med Sci Sports*. DOI:10.1111/sms.13049

2018

10

Zebis MK, Thorborg K, Andersen LL, Møller M, Christensen KB, Clausen MB, Hölmich P, Wedderkopp N, Andersen TB, Krstrup P. Effects of a lighter, smaller football on acute match injuries in adolescent football: A pilot cluster-randomised controlled trial. *J Sports Med Phys Fitness*. DOI: 10.23736/S0022-4707.17.07903-8

2017

9

Nielsen R.O, Debes-Kristiansen K, Hulme A, Bertelsen M, Møller M, Parner E, Mansournia M.A.

Are prevalence measures better than incidence measures in sports injury research?

*British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2017-098205

2017

8

Nielsen R.O, Bertelsen M, Møller M, Hulme A, Windt J, Verhagen E, Mansournia MA, Casals M, Parner ET. Training load and structure-specific load: Applications for sport injury causality and data analyses. *British Journal of Sports Medicine*.

DOI: 10.1136/bjsports-2017-097838

2017

7

Nielsen RO, Bertelsen ML, Verhagen E, Mansournia MA, Hulme A, Møller M, Casals M. When is a study result important for athletes, clinicians and team coaches/staff? *British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2017-097759

2017

6

Møller M, Wedderkopp N, Myklebust G, Lind M, Sorensen H, Hebert JJ, Emery CA, Attermann J. Validity of the SMS, Phone, and medical staff Examination sports injury surveillance system for time-loss and medical attention injuries in sports. *Scand J Med Sci Sports*. DOI: 10.1111/sms.12869  
2017

5

Møller M, Nielsen R.O, Attermann J, Wedderkopp N, Lind M, Sørensen H, Myklebust G. Handball load and shoulder injury rate: a 31-week cohort study of 679 elite youth handball players. *British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2016-096927  
2017

4

Nielsen R.O, Malisoux L, Møller M, Theisen D, Parner ET. Shedding light on the Etiology of Sports injuries: A Look Behind the Scenes of Time-to-Event Analyses. *Journal of Orthopaedic and Sports Physical Therapy*. DOI: 10.2519/jospt.2016.6510  
2016

3

Clausen MB, Tang L, Zebis MK, Krstrup P, Hölmich P, Wedderkopp N, Andersen LL, Christensen KB, Møller M, Thorborg K. Self-reported previous knee injury and low knee function increase knee injury risk in adolescent female football. *Scandinavian Journal of Medicine and Science in Sports*. DOI: 10.1111/sms.12521  
2015

2

Clausen MB, Zebis MK, Møller M, Krstrup P, Hölmich P, Wedderkopp N, Andersen LL, Christensen KB, Thorborg K. High Injury-Incidence in Adolescent Female Soccer. *American Journal of Sports Medicine*. DOI: 10.1177/0363546514541224  
2014

1

Møller M, Attermann J, Myklebust G, Wedderkopp N. Injury risk in Danish youth and senior elite handball using a new SMS text messages approach. *British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2012-091022  
2012

#### **Articles in Danish**

Møller M. A call to action: Manglende indsats fratager vores unge idrætsudøvere muligheden for at være fysisk aktive gennem livet. *Dansk Sports Medicin*.  
2018

Møller M. Pludselig ugentlig øgning i trænings og kampmængde øger risikoen for skulderskader blandt unge håndboldspillere. *Dansk Sports Medicin*.  
2017

#### **Book Chapters**

Møller M, Ageberg E, Bencke J, Zebis MK, Myklebust G. Implementing Handball Injury Prevention Programs: A Practical Guideline. In: Laver L, Landreau P, Seil R, Popovic N. *Handball Sports Medicine*. Springer.  
2018

Asker M, Møller M. Training Load Issues in Young Handball Players. In: Laver L, Landreau P, Seil R, Popovic N. *Handball Sports Medicine*. Springer.  
2018

Bencke J, van den Tillar R, Møller M, Wagner H. Throwing Biomechanics: Aspects of throwing Performance in Shoulder Injury Risk. In: Laver L, Landreau P, Seil R, Popovic N. *Handball Sports Medicine*. Springer.  
2018

#### **Abstracts**

18 peer-reviewed abstracts have been presented at national and international conferences, 8 as first author and 4 as last author.

**Winner of the oral competition at the Scandinavian Sports Medicine Congress 2017**