

Anders Falk Brekke
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Education

2000 Authorization in Physiotherapy (PT), Denmark
2013 Master of Science in Physiotherapy (MSPT), University of Southern Denmark
2020 Ph.D., Faculty of Health Sciences, University of Southern Denmark, Department of Clinical Research, "Nonsurgical intervention and assessment of anterior pelvic tilt in patients with symptomatic acetabular retroversion"
2024: Certified project manager, by Promentum Copenhagen (CVR 43477390)

Employment

2000 - 2009 Private physiotherapy practice
2009 - 2015 Lecturer at Department of Physiotherapy, University College Zealand
2015 - now Senior lecturer at Department of Physiotherapy, University College Absalon
2016 - 2020 Ph.D. student, The Research Unit of Orthopaedic Surgery, SDU
2022 Research Assistant (part time), The Research Unit of Orthopaedic Surgery, SDU
2022 - 2025 Postdoc (part time), The Research Unit of Orthopaedic Surgery, SDU

Peer reviewed publications

- 1) Falk Brekke, A., Overgaard, S., Hróbjartsson, A., Holsgaard-Larsen, A. (2020). Non-surgical interventions for excessive anterior pelvic tilt in symptomatic and non-symptomatic adults: a systematic review. *EFORT open reviews*, 5(1), 37-45.
- 2) Brekke, A. F., Sørensen, A. N., Buhr, C., Johannesdottir, I. O., Jakobsen, T. L. (2020). The validity and reliability of the handheld oximeter to determine limb occlusion pressure for blood flow restriction exercise in the lower extremity. *International Journal of Sports Physical Therapy*, 15(5), 783.
- 3) Brekke, A. F., Holsgaard-Larsen, A., Torfing, T., Sonne-Holm, S., Overgaard, S. (2021). Increased anterior pelvic tilt in patients with acetabular retroversion compared to the general population: A radiographic and prevalence study. *Radiography*, 28(2), 400-406.
- 4) Johansson, M., Nielsen, C. P., Brekke, A. F., Lindahl, M. (2021). Return to physical activity six months after fracture—a prospective cohort study. *European Journal of Physiotherapy*, 23(4), 241-247.
- 5) Falk Brekke A., Overgaard S, Mussmann B, Poulsen E, Holsgaard-Larsen A. (2022). Exercise in patients with acetabular retroversion and excessive anterior pelvic tilt: A feasibility and intervention study. *Musculoskeletal Science and Practice*. 61:102613.
- 6) Naili, J.E., Brekke, A.F., Simonsen, M.B., Hirata, R.P., Overgaard, S., Holsgaard-Larsen, A. (2023). Change in functional biomechanics following a targeted exercise intervention in patients with acetabular retroversion and femoroacetabular impingement syndrome. *Gait & Posture*, 100(2), 96-102.

Conference presentations (oral)

- 1) Brekke AF., Eriksson N., Bilde MS., Pessoto RH., Holsgaard-Larsen A. Improved functional biomechanics during squat following an exercise program targeting excessive anterior pelvic tilt in patients with symptomatic hip dysplasia. ESMAC virtual conference Oct. 14 2021. Abstract published in *Gait & Posture*, Volume 90, Supplement 1, p. 19-20 (Oct 2021)
- 2) Brekke AF., Overgaard S., Mussmann BR., Poulsen E., Holsgaard-Larsen A. A home-based exercise and activity modification program in patients with acetabular retroversion and excessive anterior pelvic tilt: A feasibility and intervention study. Accepted for oral presentation at the Danish Orthopedic Society Congress (Oct. 2020), but was published as an abstract due to Covid-19.
- 3) Brekke AF., Sørensen AN., Madsen CSL., Johannesdottir IO, Jakobsen TL. The validity and reliability of the handheld oximeter to determine limb occlusion pressure for blood flow restriction exercise in the lower extremity. Oral presentation at the Scandinavian Sports Medicine Congress, Denmark (Jan. 2020).

Conference presentations (poster)

- 1) Brekke AF., Holsgaard-Larsen A., Torfing T., Sonne-holm S., Overgaard S. Increased anterior pelvic tilt in patients with acetabular retroversion compared to the general population: A radiographic and prevalence study. Danish Orthopaedic Society Congress, Denmark (Nov. 2021).
- 2) Brekke AF., Overgaard S., Mussmann BR., Poulsen E., Holsgaard-Larsen A. A home-based exercise and activity modification program in patients with acetabular retroversion and excessive anterior pelvic tilt - a feasibility and intervention study. Danish Orthopaedic Society Congress, Denmark (Nov. 2021).
- 3) Brekke AF., Overgaard S., Mussmann BR., Poulsen E., Holsgaard-Larsen A. A home-based exercise and activity modification program in patients with acetabular retroversion and excessive anterior pelvic tilt. Virtual ESMAC conference (Sep. 2020). Abstract published in: Gait & Posture. 81, Supplement 1, p. 52-53
- 4) Brekke AF., Overgaard S., Hróbjartsson A., Holsgaard-Larsen A. Conservative treatment of excessive anterior pelvic tilt: A systematic review. Danish Orthopaedic Society Congress, Denmark (Oct. 2017).
- 5) Juneja H., Brekke AF. (shared). Promoting Clinical Reasoning in Undergraduate Physical Therapy Education: A Review of Strategies and Approaches. World Confederation for Physical Therapy Congress (May 2015), Singapore.
- 6) Brekke AF., Nielsen DB., Holsgaard-Larsen A. Relationship between knee kinetic outcome measures in counter-movement jumps and self-reported function in ACL reconstructed subjects. Scandinavian Sports Medicine Congress, Denmark (Jan. 2014). Abstract published in Dansk Sports Medicine no. 1 (18)2014, ISSN 1397-4211. Abstract no. 5.
- 7) Hansen EA., Berner MJC., Gade NH., Bjørnkjær MH., Brekke AF., Grønlund V. Persons with Parkinson's disease show the motor behavioral phenomenon repeated bout rate enhancement during cycling. World Congress on Parkinson's Disease and Related Disorders (May 2024) Lisbon, Portugal. Abstract published in Parkinsonism & Related Disorders, Volume 122, May 2024.

Conference presentations (chair)

Adult and Aging session at ESMAC virtual conference Oct. 2021

Peer reviewing

Acta Orthopaedica

Frontiers in Sports and Active Living (section: Biomechanics and Control of Human Movement)

Clinical Biomechanics

Supervision

Ph.d. co-supervisor. Kasper Bülow. 1/1 2022 - 31/12 2026

Standardizing Measurement of Effect as well as Attaining and Reporting the Best General Strengthening Training Program regarding Frequency, Intensity, Time, and Type

Podcast

Brekke AF., Naili JE. Acetabular retroversion, pelvic tilt, femoroacetabular impingement and physical therapy interventions. Spotify series: Straight from the hip, Pablo Castañeda. June 2024

Funding

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| 2015 | The Danish Rheumatism Association. 30.000 kr. The relationship Between Anterior Pelvic Tilt and Functional Acetabular Retroversion in Patients with Symptomatic Anterior Femoroacetabular Impingement |
| 2016 | Vanførefonden. 123.000 kr. The relationship Between Anterior Pelvic Tilt and Functional Acetabular Retroversion in Patients with Symptomatic Anterior Femoroacetabular Impingement |