

Jonas Bloch Thorlund  
Associate Professor  
Department of Sports Science and Clinical Biomechanics  
Musculoskeletal Function and Physiotherapy  
E-mail: [jthorlund@health.sdu.dk](mailto:jthorlund@health.sdu.dk)  
Direct phone: 65503894  
Mobile phone: 29125499



## Curriculum

JBT is employed as Professor of Musculoskeletal Health and is head of the Research Unit for Musculoskeletal Function and Physiotherapy at the Dept. of Sports Science and Clinical Biomechanics and is also affiliated to the Research Unit of General Practice at the Dept. of Public Health. He has a background in Sports Science and Health (MSc) and defended his PhD in 2011.

JBT is head of the PhD program in 'Physical activity and Musculoskeletal Health' at SDU and have supervised several PhD students and more than 30 MSc thesis of which about half has resulted in peer-reviewed publications. He holds several competitive grants from Independent Research Fund Denmark and has been Associate Editor for BMC Musculoskeletal Disorders (2018-2021). In addition, he perform numerous ad-hoc reviews of grants and for scientific journals including for top journals such as BMJ, Ann Intern Med, Ann Rheum Dis, Osteoarthritis & Cartilage and British Journal of Sports Medicine.

Follow JBT on twitter: [@jbtthorlund](https://twitter.com/@jbtthorlund)

Link to list of publications in PubMed: <http://www.ncbi.nlm.nih.gov/pubmed/?term=Thorlund+JB>

## Publications

- Range of motion, neuromechanical, and architectural adaptations to plantar flexor stretch training in humans**  
Blazevich, A. J., Cannavan, D., Waugh, C. M., Miller, S. C., Thorlund, J. B., Aagaard, P. & Kay, A. D., 1. Sept 2014, In: Journal of Applied Physiology. 117, 5, p. 452-462 11 p.
- Risk factors for knee osteoarthritis after traumatic knee injury: A systematic review and meta-analysis of randomised controlled trials and cohort studies for the OPTIKNEE Consensus**  
Whittaker, J. L., Losciale, J. M., Juhl, C. B., Thorlund, J. B., Lundberg, M., Truong, L. K., Miciak, M., Van Meer, B. L., Culvenor, A. G., Crossley, K. M., Roos, E. M., Lohmander, S. & Van Middelkoop, M., Dec 2022, In: British Journal of Sports Medicine. 56, 24, p. 1406-1421
- Knee extensor muscle weakness is a risk factor for the development of knee osteoarthritis: an updated systematic review and meta-analysis including 46 819 men and women**  
Øiestad, B. E., Juhl, C. B., Culvenor, A. G., Berg, B. & Thorlund, J. B., 3. Mar 2022, In: British Journal of Sports Medicine. 56, 6, p. 349-355
- OPTIKNEE 2022: consensus recommendations to optimise knee health after traumatic knee injury to prevent osteoarthritis**  
Whittaker, J. L., Culvenor, A. G., Juhl, C. B., Berg, B., Bricca, A., Filbay, S. R., Holm, P., Macri, E., Urhausen, A. P., Ardern, C. L., Bruder, A. M., Bullock, G. S., Ezzat, A. M., Girdwood, M., Haberfield, M., Hughes, M., Ingelsrud, L. H., Khan, K. M., Le, C. Y. & Losciale, J. M. & 18 others, Lundberg, M., Miciak, M., Øiestad, B. E., Patterson, B., Räsänen, A. M., Skou, S. T., Thorlund, J. B., Toomey, C., Truong, L. K., Meer, B. L. V., West, T. J., Young, J. J., Lohmander, L. S., Emery, C., Risberg, M. A., van Middelkoop, M., Roos, E. M. & Crossley, K. M., Dec 2022, In: British Journal of Sports Medicine. 56, 24, p. 1393-1405
- Readiness for return to sport in non-surgically treated patients with anterior cruciate ligament injury following a public municipal rehabilitation program**  
Pedersen, J. R., Holst Hansen, S., Grindem, H., Jepsen, A. P. & Thorlund, J. B., Jan 2022, In: Physical Therapy in Sport. 53, p. 7-13
- Knee extensor muscle weakness is a risk factor for development of knee osteoarthritis: A systematic review and meta-analysis**  
Oiestad, B. E., Juhl, C. B., Eitzen, I. & Thorlund, J. B., Feb 2015, In: Osteoarthritis and Cartilage. 23, 2, p. 171-177
- Association between widespread pain and psychosocial factors in people with knee osteoarthritis: a cross-sectional study of patients from primary care in Denmark**  
Peral Pérez, J., Mortensen, S. R., Lluch Girbés, E., Grønne, D. T., Thorlund, J. B., Roos, E. M. & Skou, S. T., 2024, (E-pub ahead of print) In: Physiotherapy Theory and Practice.
- Knee osteoarthritis risk is increased 4-6 fold after knee injury - a systematic review and meta-analysis**  
Poulsen, E., Goncalves, G. H., Bricca, A., Roos, E. M., Thorlund, J. B. & Juhl, C. B., 1. Dec 2019, In: British Journal of Sports Medicine. 53, 23, p. 1454-1463

9. **Opioid use among Danish patients with severe knee osteoarthritis: a drug utilization study**  
Lundberg, M., Johansson, M. S., Søndergaard, J. & Thorlund, J. B., Sept 2022, In: *European Journal of Clinical Pharmacology*. 78, 9, p. 1481-1486
10. **Knee extensor strength and body weight in adolescent men and the risk of knee osteoarthritis by middle age**  
Turkiewicz, A., Timpka, S., Thorlund, J. B., Ageberg, E. & Englund, M., Oct 2017, In: *Annals of the Rheumatic Diseases*. 76, 10, p. 1657-1661
11. **Similar Effects of Exercise Therapy, Nonsteroidal Anti-inflammatory Drugs, and Opioids for Knee Osteoarthritis Pain: A Systematic Review with Network Meta-analysis**  
Thorlund, J. B., Simic, M., Pihl, K., Berthelsen, D. B., Day, R., Koes, B. & Juhl, C. B., 20. Apr 2022, In: *Journal of Orthopaedic and Sports Physical Therapy*. 52, 4, p. 207-216
12. **Altered knee joint neuromuscular control during landing from a jump in 10-15year old children with Generalised Joint Hypermobility. A substudy of the CHAMPS-study Denmark**  
Junge, T., Wedderkopp, N., Thorlund, J. B., Sogaard, K. & Juul-Kristensen, B., Jun 2015, In: *Journal of Electromyography & Kinesiology*. 25, 3, p. 501-507
13. **Concurrent validity and intrarater reliability of two ultrasound-based methods for assessing patellar tendon stiffness**  
Henriksen, P., Brage, K., Junge, T., Juul-Kristensen, B., Bojsen-Møller, J. & Thorlund, J. B., Feb 2022, In: *Ultrasound*. 30, 1, p. 18-27
14. **Opioid dispensing in relation to arthroscopic knee surgery in Denmark from 2006 to 2018**  
Thorlund, J. B., Lundberg Christensen, M., Petersen, J. D., Englund, M., Viberg, B., Waldorff, F. B. & Søndergaard, J., 23. Aug 2023, In: *Danish Medical Journal*. 185, 18, p. 1716-1723 A01230032.
15. **Patients use fewer analgesics following supervised exercise therapy and patient education: an observational study of 16499 patients with knee or hip osteoarthritis**  
Thorlund, J. B., Roos, E. M., Goro, P., Ljungcrantz, E. G., Grønne, D. T. & Skou, S. T., 1. Jun 2021, In: *British Journal of Sports Medicine*. 55, 12, p. 670-675
16. **Long-term follow-up after acute achilles tendon rupture — Does treatment strategy influence functional outcomes?**  
Nilsson, L., Thorlund, J. B., Kjær, I. L., Kazlauskas, A. & Christensen, M., Jun 2021, In: *Foot*. 47, 7 p., 101769.
17. **Risk factors, diagnosis and non-surgical treatment for meniscal tears: evidence and recommendations: a statement paper commissioned by the Danish Society of Sports Physical Therapy (DSSF)**  
Thorlund, J. B., Juhl, C. B., Ingelsrud, L. H. & Skou, S. T., 2. May 2018, In: *British Journal of Sports Medicine*. 52, 9, p. 557-565
18. **Association of malalignment, muscular dysfunction, proprioception, laxity and abnormal joint loading with tibiofemoral knee osteoarthritis: A systematic review and meta-analysis**  
Van Tunen, J. A. C., Dell'Isola, A., Juhl, C., Dekker, J., Steultjens, M., Thorlund, J. B. & Lund, H., 28. Jul 2018, In: *BMC Musculoskeletal Disorders*. 19, 1, 15 p., 273.
19. **Opioid use in knee or hip osteoarthritis: a region-wide population-based cohort study**  
Thorlund, J. B., Turkiewicz, A., Prieto-Alhambra, D. & Englund, M., 1. Jun 2019, In: *Osteoarthritis and Cartilage*. 27, 6, p. 871-877
20. **Power of Words: Influence of Preexercise Information on Hypoalgesia after Exercise-Randomized Controlled Trial**  
Vaegter, H. B., Thinggaard, P., Madsen, C. H., Hasenbring, M. & Thorlund, J. B., Nov 2020, In: *Medicine and Science in Sports and Exercise*. 52, 11, p. 2373-2379
21. **Arthroscopic surgery for degenerative knee: systematic review and meta-analysis of benefits and harms**  
Thorlund, J. B., Juhl, C. B., Roos, E. M. & Lohmander, L. S., 16. Jun 2015, In: *The BMJ*. 350, 9 p., h2747.
22. **Joint hypermobility in athletes is associated with shoulder injuries: a systematic review and meta-analysis**  
Liaghat, B., Pedersen, J. R., Young, J. J., Thorlund, J. B., Juul-Kristensen, B. & Juhl, C. B., 26. Apr 2021, In: *BMC Musculoskeletal Disorders*. 22, 1, 9 p., 389.
23. **Popping pills in youth elite sports - fact or fiction? A 36-week prospective cohort study of analgesic use in 1195 youth elite athletes and student controls**  
Pedersen, J. R., Møller, M., Storm, L. K., Koes, B. W., Mohammadnejad, A. & Thorlund, J. B., 10. May 2024, (E-pub ahead of print) In: *Journal of Orthopaedic and Sports Physical Therapy*.
24. **Early Surgery or Exercise and Education for Meniscal Tears in Young Adults**  
Skou, S. T., Hölmich, P., Lind, M., Jensen, H. P., Jensen, C., Garval, M. & Thorlund, J. B., Feb 2022, In: *NEJM Evidence*. 1, 2, 12 p.
25. **Early surgery versus exercise therapy and patient education for traumatic and non-traumatic meniscal tears in young adults - an exploratory analysis from the DREAM-trial**  
Damsted, C., Skou, S. T., Hölmich, P., Lind, M., Varnum, C., Jensen, H. P., Hansen, M. S. & Thorlund, J. B., May 2024, In: *The Journal of orthopaedic and sports physical therapy*. 54, 5, p. 340-349
26. **Self-reported characteristics of people seeking primary care physiotherapy in Denmark: A cross-sectional study**  
Pedersen, J. R., Hartvigsen, J., Hoegh, M. & Thorlund, J. B., Jan 2024, In: *Physiotherapy Research International*. 29, 1, 8 p., e2068.

27. **Pain trajectory and exercise-induced pain flares during 8 weeks of neuromuscular exercise in individuals with knee and hip pain**  
Sandal, L. F., Roos, E. M., Bøgesvang, S. J. & Thorlund, J. B., Apr 2016, In: Osteoarthritis and Cartilage. 24, 4, p. 589-592
28. **A Cognitive Functional Therapy+ Pathway Versus an Interdisciplinary Pain Management Pathway for Patients With Severe Chronic Low Back Pain (CONFETTI Trial): Protocol for a Pragmatic Randomized Controlled Trial**  
Vaegter, H. B., Johansen, J. V., Sopina, L., Smith, A., Kent, P., Fuglsang, K. S., Pedersen, J. F., Schutze, R., O'Sullivan, P., Handberg, G., Fatoye, F., Ussing, K., Stegemejer, I. & Thorlund, J. B., Sept 2021, In: Physical Therapy. 101, 9, 12 p., pzab132.
29. **Do self-reported knee instability, difficulty twisting, and knee confidence change after exercise and education in patients with knee osteoarthritis?**  
Selçuk, H., Roos, E. M., Grønne, D. T., Thorlund, J. B., Sari, Z. & Skou, S. T., Jun 2024, In: Musculoskeletal Care. 22, 2, 5 p., e1884.
30. **Knee Arthroscopy Cohort Southern Denmark (KACS): protocol for a prospective cohort study**  
Thorlund, J. B., Christensen, R., Nissen, N., Jørgensen, U., Schjerning, J., Pørneki, J. C., Englund, M. K. & Lohmander, L. S., 2013, In: BMJ Open. 3, 10, e003399.
31. **Study protocol for a randomised controlled trial of meniscal surgery compared with exercise and patient education for treatment of meniscal tears in young adults**  
Skou, S. T., Lind, M., Hölmich, P., Jensen, H. P., Jensen, C., Afzal, M., Jørgensen, U. & Thorlund, J. B., 2017, In: BMJ Open. 7, 8, 11 p., e017436.
32. **Patient reported outcomes in patients undergoing arthroscopic partial meniscectomy for traumatic or degenerative meniscal tears: comparative prospective cohort study**  
Thorlund, J. B., Englund, M., Christensen, R., Nissen, N., Pihl, K., Jørgensen, U., Schjerning, J. & Lohmander, L. S., 2017, In: The BMJ. 356, 9 p., j356.
33. **Knee Injury and Osteoarthritis Outcome Score Interpretation Thresholds at 3 and 12 Months After Arthroscopic Meniscal Surgery. What Changes, and What Stays the Same?**  
Ingelsrud, L. H., Terluin, B., Thorlund, J. B., Pedersen, J. R. & Roos, E. M., Nov 2023, In: Journal of Orthopaedic and Sports Physical Therapy. 53, 11, p. 685-702
34. **Patient-reported symptoms and changes up to 1 year after meniscal surgery: An observational cohort study of 641 adult patients with a meniscal tear**  
Skou, S. T., Pihl, K., Nissen, N., Jørgensen, U. & Thorlund, J. B., Jun 2018, In: Acta Orthopaedica. 89, 3, p. 336-344
35. **A 12-week supervised exercise therapy program for young adults with a meniscal tear: Program development and feasibility study**  
Skou, S. T. & Thorlund, J. B., Jul 2018, In: Journal of Bodywork and Movement Therapies. 22, 3, p. 786-791
36. **Wild goose chase - no predictable patient subgroups benefit from meniscal surgery: patient-reported outcomes of 641 patients 1 year after surgery**  
Pihl, K., Ensor, J., Peat, G., Englund, M., Lohmander, S., Jørgensen, U., Nissen, N., Fristed, J. V. & Thorlund, J. B., Jan 2020, In: British Journal of Sports Medicine. 54, 1, p. 13-22
37. **Walking increases pain tolerance in humans an experimental cross-over study**  
Hviid, J.-C. T., Thorlund, J. B. & Vaegter, H. B., 25. Oct 2019, In: Scandinavian Journal of Pain. 19, 4, p. 813-822
38. **The Surgeon's Role in the Opioid Crisis: A Narrative Review and Call to Action**  
Shadbolt, C., Abbott, J. H., Camacho, X., Clarke, P., Lohmander, L. S., Spelman, T., Sun, E. C., Thorlund, J. B., Zhang, Y., Dowsey, M. M., Choong, P. F. M. & CAOS (Consortium Against the Overuse of Opioids in Surgery), 18. Feb 2020, In: Frontiers in Surgery. 7, 4.
39. **Acute fatigue-induced changes in muscle mechanical properties and neuromuscular activity in elite handball players following a handball match**  
Thorlund, J. B., Michalsik, L. B., Madsen, K. & Aagaard, P., 1. Aug 2008, In: Scandinavian Journal of Medicine & Science in Sports. 18, 4, p. 462-72
40. **Rapid Muscle Force Capacity Changes after Soccer Match Play**  
Thorlund, J. B., Aagaard, P. & Madsen, K., 2009, In: International Journal of Sports Medicine. 30, p. 273-278
41. **Trajectory of self-reported pain and function and knee extensor muscle strength in young patients undergoing arthroscopic surgery for meniscal tears: A systematic review and meta-analysis**  
Thorlund, J. B., Østengaard, L., Cardy, N., Wilson, F., Jørgensen, C. & Juhl, C. B., Aug 2017, In: Journal of Science and Medicine in Sport. 20, 8, p. 712-717
42. **Supervised, Heavy Resistance Training Is Tolerated and Potentially Beneficial in Women with Knee Pain and Knee Joint Hypermobility: A Case Series**  
Henriksen, P., Junge, T., Bojsen-Møller, J., Juul-Kristensen, B. & Thorlund, J. B., 30. Dec 2022, In: Translational Sports Medicine. 2022, 11 p., 8367134.

43. **Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions Revision 2018**  
Logerstedt, D. S., Scalzitti, D. A., Bennell, K. L., Hinman, R. S., Silvers-Granelli, H., Ebert, J., Hambly, K., Carey, J. L., Snyder-Mackler, L., Axe, M. J., McDonough, C. M., Beattie, P. (Member of author group), DeWitt, J. (Member of author group), Ferland, A. (Member of author group), Howard, J. S. (Member of author group), Kaplan, S. (Member of author group), Killoran, D. (Member of author group), Schmitt, L. (Member of author group), Bloch Thorlund, J. & Torburn, L. (Member of author group) & 3 others, McDonough, C. M. (Editor), Simoneau, G. G. (Editor) & Godges, J. J. (Editor), 1. Feb 2018, In: Journal of Orthopaedic and Sports Physical Therapy. 48, 2, p. A1-A50
44. **Stretch-shortening cycle muscle power in women and men aged 18-81 years: Influence of age and gender**  
Edwén, C. E., Thorlund, J. B., Magnusson, S. P., Slinde, F., Svantesson, U., Hulthén, L. & Aagaard, P., Aug 2014, In: Scandinavian Journal of Medicine & Science in Sports. 24, 4, p. 717-726
45. **Less improvement following meniscal repair compared with arthroscopic partial meniscectomy: a prospective cohort study of patient-reported outcomes in 150 young adults at 1- and 5-years' follow-up**  
Pihl, K., Englund, M., Christensen, R., Lohmander, L. S., Jørgensen, U., Viberg, B., Fristed, J. V. & Thorlund, J. B., Oct 2021, In: Acta Orthopaedica. 92, 5, p. 589-596
46. **Variability in effect sizes of exercise therapy for knee osteoarthritis depending on comparator interventions**  
Pedersen, J. R., Sari, D. M., Juhl, C. B., Thorlund, J. B., Skou, S. T., Roos, E. M. & Bricca, A., 2022, In: Annals of Physical and Rehabilitation Medicine. 66, 4, 11 p., 101708.
47. **Influence of self-reported knee instability on outcomes following education and exercise: a cohort study of 2466 patients with knee osteoarthritis**  
Selçuk, H., Roos, E. M., Grønne, D. T., Thorlund, J. B., Sari, Z. & Skou, S. T., Jul 2023, In: Arthritis Care & Research. 75, 7, p. 1538-1543
48. **Large increase in arthroscopic meniscus surgery in the middle-aged and older population in Denmark from 2000 to 2011**  
Thorlund, J. B., Hare, K. B. & Lohmander, S., Jun 2014, In: Acta Orthopaedica. 85, 3, p. 287-292 6 p.
49. **Signs of knee osteoarthritis common in 620 patients undergoing arthroscopic surgery for meniscal tear**  
Pihl, K., Englund, M., Lohmander, L. S., Jørgensen, U., Nissen, N., Schjerning, J. & Thorlund, J. B., Feb 2017, In: Acta Orthopaedica. 88, 1, p. 90-95
50. **Two-year MRI-defined structural damage and patient-reported outcomes following surgery or exercise for meniscal tears in young adults**  
Clausen, S. H., Skou, S. T., Boesen, M. P., Radev, D. I., Kurt, E. Y., Damsted, C., Hölmich, P., Lind, M., Tørring, S., Isaksen, C., Varnum, C., Englund, M. & Thorlund, J. B., 10. Dec 2023, In: British Journal of Sports Medicine. 57, 24, p. 1566-1572
51. **Conundrum of mechanical knee symptoms: Signifying feature of a meniscal tear?**  
Thorlund, J. B., Pihl, K., Nissen, N., Jørgensen, U., Fristed, J. V., Lohmander, L. S. & Englund, M., Mar 2019, In: British Journal of Sports Medicine. 53, 5, p. 299-303
52. **Room for improvement: a randomised controlled trial with nested qualitative interviews on space, place and treatment delivery**  
Sandal, L. F., Thorlund, J. B., Moore, A. J., S. Ulrich, R., A. Dieppe, P. & Roos, E. M., Mar 2019, In: British Journal of Sports Medicine. 53, 6, p. 359-367
53. **Assessing baseline dependency of anchor-based minimal important change (MIC): don't stratify on the baseline score!**  
Terluin, B., Roos, E. M., Terwee, C. B., Thorlund, J. B. & Ingelsrud, L. H., Oct 2021, In: Quality of Life Research. 30, 10, p. 2773-2782
54. **Arthroscopic surgery for degenerative knee: systematic review and meta-analysis of benefits and harms**  
Thorlund, J. B., Juhl, C. B., Roos, E. M. & Lohmander, L. S., 2015, In: British Journal of Sports Medicine. 49, 19, p. 1229-1235 49.
55. **The association between smoking and knee osteoarthritis in a cohort of Danish patients undergoing knee arthroscopy**  
Johnsen, M. B., Pihl, K., Nissen, N., Sørensen, R. R., Jørgensen, U., Englund, M. & Thorlund, J. B., 1. Apr 2019, In: BMC Musculoskeletal Disorders. 20, 1, 141.
56. **Changes in knee joint load indices from before to 12 months after arthroscopic partial meniscectomy: a prospective cohort study**  
Thorlund, J. B., Holsgaard-Larsen, A., Creaby, M. W., Jørgensen, G. M., Nissen, N., Englund, M. & Lohmander, S., 1. Jul 2016, In: Osteoarthritis and Cartilage. 24, 7, p. 1153-1159
57. **Knee and hip osteoarthritis are more alike than different in baseline characteristics and outcomes: A longitudinal study of 32,599 patients participating in supervised education and exercise therapy**  
Roos, E. M., Grønne, D. T., Thorlund, J. B. & Skou, S. T., May 2022, In: Osteoarthritis and Cartilage. 30, 5, p. 681-688
58. **Knee joint laxity and passive stiffness in meniscectomized patients compared with healthy controls**  
Thorlund, J. B., Creaby, M. W., Wrigley, T. V., Metcalf, B. R. & Bennell, K. L., Oct 2014, In: Knee. 21, 5, p. 886-890

59. **Large regional differences in incidence of arthroscopic meniscal procedures in the public and private sector in Denmark**  
Hare, K. B., Vinther, J. H., Lohmander, L. S. & Thorlund, J. B., 2015, In: *BMJ Open*. 5, 2, p. e006659
60. **Knee extensor muscle strength in middle-aged and older individuals undergoing arthroscopic partial meniscectomy: A systematic review and meta-analysis**  
Hall, M., Juhl, C. B., Lund, H. & Thorlund, J. B., Sept 2015, In: *Arthritis Care & Research*. 67, 9, p. 1289–1296
61. **Use of prescribed analgesics before and after exercise therapy and patient education in patients with knee or hip osteoarthritis**  
Johansson, M. S., Pottegård, A., Søndergaard, J., Englund, M., Grønne, D. T., Skou, S. T., Roos, E. M. & Thorlund, J. B., Feb 2024, In: *Rheumatology International*. 44, 2, p. 319-328
62. **Patients with severe acquired brain injury show increased arousal in tilt-table training**  
Riberholt, C. G., Thorlund, J. B., Mehlsen, J. & Nordenbo, A. M., 2013, In: *Danish Medical Journal*. 60, 12, p. A4739
63. **Prevalence, frequency, adverse events, and reasons for analgesic use in youth athletes: A systematic review and meta-analysis of 44,381 athletes**  
Pedersen, J. R., Andreucci, A., Thorlund, J. B., Koes, B. W., Møller, M., Storm, L. K. & Bricca, A., Oct 2022, In: *Journal of Science and Medicine in Sport*. 25, 10, p. 810-819
64. **Chronic opioid use before and after exercise therapy and patient education among patients with knee or hip osteoarthritis**  
Johansson, M. S., Pottegård, A., Søndergaard, J., Englund, M., Grønne, D. T., Skou, S. T., Roos, E. M. & Thorlund, J. B., 16. Oct 2022, In: *Osteoarthritis and Cartilage*. 30, 11, p. 1536-1544
65. **Recovery of lower extremity muscle strength and functional performance in middle-aged patients undergoing arthroscopic partial meniscectomy**  
Ganderup, T., Jensen, C., Holsgaard-Larsen, A. & Thorlund, J. B., Feb 2017, In: *Knee Surgery, Sports Traumatology, Arthroscopy*. 25, 2, p. 347–354
66. **Effect of knee unloading shoes on regional plantar forces in people with symptomatic knee osteoarthritis - an exploratory study**  
van Tunen, J., Paterson, K., Wrigley, T. V., Metcalf, B. R., Thorlund, J. B. & Hinman, R. S., 26. Jun 2018, In: *Journal of Foot and Ankle Research*. 11, 34.
67. **Arthroscopic partial meniscectomy for the degenerative meniscus tear: a comparison of patients included in RCTs and prospective cohort studies**  
Wijn, S. R. W., Hannink, G., Thorlund, J. B., Sihvonen, R., Englund, M., Rovers, M. M. & Meniscus IPDMA collaboration group, 30. Nov 2023, In: *Acta Orthopaedica*. 94, p. 570-576
68. **Changes in medial-to-lateral knee joint loading patterns assessed by Dual-Energy X-ray Absorptiometry following supervised neuromuscular exercise therapy and patient education in patients with knee osteoarthritis: an exploratory cohort study**  
Pedersen, J. R., Skou, S. T., Roos, E. M., Shakoore, N. & Thorlund, J. B., 22. May 2023, In: *Physiotherapy Theory and Practice*. 39, 6, p. 1205-1214
69. **Does pain medication use influence the outcome of 8 weeks of education and exercise therapy in patients with knee or hip osteoarthritis? An observational study**  
Koes, B. W., Chiarotto, A., Thorlund, J. B., Grønne, D. T., Roos, E. M. & Skou, S. T., 1. Aug 2022, In: *Pain Medicine*. 23, 8, p. 1457-1463
70. **Changes in muscle strength and morphology after muscle unloading in Special Forces missions**  
Thorlund, J. B., Jakobsen, O., Madsen, T., Christensen, P. A., Nedergaard, A., Andersen, J. L., Suetta, C. & Aagaard, P., 2011, In: *Scandinavian Journal of Medicine & Science in Sports*. 21, 6, p. e56–e63 8 p.
71. **Alterations in molecular muscle mass regulators after 8 days immobilizing Special Forces mission**  
Jespersen, J. G., Mikkelsen, U. R., Nedergaard, A., Thorlund, J. B., Schjerling, P., Suetta, C., Christensen, P. A. & Aagaard, P., Apr 2015, In: *Scandinavian Journal of Medicine & Science in Sports*. 25, 2, p. 175–183 9 p.
72. **Changes in Maximum Muscle Strength and Rapid Muscle Force Characteristics after Long Term Special Support and Reconnaissance Missions: A Preliminary Report**  
Christensen, P. A., Jacobsen, O., Thorlund, J. B., Madsen, T., Møller, C., Jensen, C., Suetta, C. & Aagaard, P., 1. Sept 2008, In: *Military Medicine*. 173, 9, p. 889-894
73. **The translated Danish version of the Western Ontario Meniscal Evaluation Tool (WOMET) is reliable and responsive**  
Clements, J. M., Skou, S. T., Hansen, S. L., Eshøj, H. R., Mølgaard, C. M., Mikkelsen, L. R. & Thorlund, J. B., Dec 2021, In: *Knee Surgery, Sports Traumatology, Arthroscopy*. 29, 12, p. 4278-4285
74. **Inappropriate opioid dispensing in patients with knee and hip osteoarthritis: a population-based cohort study**  
Thorlund, J. B., Turkiewicz, A., Prieto-Alhambra, D. & Englund, M., Feb 2020, In: *Osteoarthritis and Cartilage*. 28, 2, p. 146-153

75. **Patients with osteoarthritis are least likely to receive lifestyle advice compared with patients with diabetes and hypertension: A national health survey study from Denmark**  
Baumbach, L., Roos, E. M., Lykkegaard, J., Sloth Thomsen, K., Kristensen, P. L., Christensen, A. I. & Thorlund, J. B., Sept 2020, In: Osteoarthritis and Cartilage Open. 2, 3, 7 p., 100067.
76. **The effect of targeted exercise on knee-muscle function in patients with persistent hamstring deficiency following ACL reconstruction: study protocol for a randomized controlled trial**  
Bregenhof, B., Jørgensen, U., Aagaard, P., Nissen, N., Creaby, M. W., Thorlund, J. B., Jensen, C., Torfing, T. & Holsgaard-Larsen, A., 26. Jan 2018, In: Trials. 19, 13 p., 75.
77. **Declining trends in arthroscopic meniscus surgery and other arthroscopic knee procedures in Denmark: a nationwide register-based study**  
Lundberg, M., Søndergaard, J., Viberg, B., Lohmander, L. S. & Thorlund, J. B., 28. Sept 2022, In: Acta Orthopaedica. 93, p. 783-793
78. **Change in patient-reported outcomes in patients with and without mechanical symptoms undergoing arthroscopic meniscal surgery: A prospective cohort study**  
Pihl, K., Turkiewicz, A., Englund, M., Lohmander, S., Jørgensen, U., Nissen, N., Schjerning, J. & Thorlund, J. B., Aug 2018, In: Osteoarthritis and Cartilage. 26, 8, p. 1008-1016
79. **Association of osteoarthritis risk factors with knee and hip pain in a population-based sample of 29–59 year olds in Denmark: a cross-sectional analysis**  
van Tunen, J., Peat, G., Bricca, A., Bruun Larsen, L., Søndergaard, J., Thilsing, T., Roos, E. M. & Thorlund, J. B., 21. Aug 2018, In: BMC Musculoskeletal Disorders. 19, 11 p., 300.
80. **Variation in Patient-Reported Outcomes in Young and Old Patients Up to 4 to 6 Years After Arthroscopic Partial Meniscectomy**  
Tayfur, B., Pihl, K., Varnum, C., Lohmander, S., Englund, M. & Thorlund, J. B., 1. Sept 2022, In: Clinical Journal of Sport Medicine. 32, 5, p. 523-530
81. **The effect of progressive resistance exercise on knee muscle strength and function in participants with persistent hamstring deficit following ACL reconstruction: a randomized controlled trial**  
Bregenhof, B., Aagaard, P., Nissen, N., Creaby, M. W., Thorlund, J. B., Jensen, C., Torfing, T. & Holsgaard-Larsen, A., 1. Jan 2023, In: The Journal of orthopaedic and sports physical therapy. 53, 1, p. 40-48
82. **Sports Participation and Performance 5 Years After Arthroscopic Partial Meniscectomy: A Retrospective Cohort Study of 288 Patients**  
Giladi, J. O., Holsgaard-Larsen, A., Varnum, C. & Thorlund, J. B., 20. Apr 2022, In: Journal of Orthopaedic and Sports Physical Therapy. 52, 4, p. 224-232
83. **Association of specific meniscal pathologies and other structural pathologies with self-reported mechanical symptoms: A cross-sectional study of 566 patients undergoing meniscal surgery**  
Pihl, K., Turkiewicz, A., Englund, M., Lohmander, L. S., Jørgensen, U., Nissen, N., Schjerning, J. & Thorlund, J. B., Feb 2019, In: Journal of Science and Medicine in Sport. 22, 2, p. 151-157
84. **Cut-Off Values to Interpret Short-Term Treatment Outcomes After Arthroscopic Meniscal Surgery Measured With the Knee Injury and Osteoarthritis Outcome Score**  
Pedersen, J. R., Roos, E. M., Thorlund, J. B., Terluin, B. & Ingelsrud, L. H., Jun 2021, In: Journal of Orthopaedic and Sports Physical Therapy. 51, 6, p. 281-288
85. **Over-optimistic patient expectations of recovery and leisure activities after arthroscopic meniscus surgery: A prospective cohort study of 478 patients**  
Pihl, K., Roos, E. M., Nissen, N., Jørgensen, U., Schjerning, J. & Thorlund, J. B., 1. Nov 2016, In: Acta Orthopaedica. 87, 6, p. 615-621 7 p.
86. **Effect of Knee Extensor Strength on Incident Radiographic and Symptomatic Knee Osteoarthritis in Individuals with Meniscal Pathology: Data from the Multicenter Osteoarthritis Study**  
Thorlund, J. B., Felson, D. T., Segal, N. A., Nevitt, M. C., Niu, J., Neogi, T., Lewis, C. E., Guermazi, A., Roemer, F. & Englund, M., Nov 2016, In: Arthritis Care & Research. 68, 11, p. 1640–1646
87. **Early tibial subchondral bone texture changes after arthroscopic partial meniscectomy in knees without radiographic OA: a prospective cohort study**  
Wolski, M., Thorlund, J. B., Stachowiak, G. W., Holsgaard-Larsen, A., Creaby, M. W., Jørgensen, G. M., Englund, M. & Podsiadlo, P., Aug 2020, In: Journal of Orthopaedic Research. 38, 8, p. 1819-1825
88. **Immediate effect of valgus bracing on knee joint moments in meniscectomised patients: An exploratory study**  
Thorning, M., Thorlund, J. B., Roos, E. M., Wrigley, T. V. & Hall, M., Dec 2016, In: Journal of Science and Medicine in Sport. 19, 12, p. 964–969
89. **A more correct interpretation**  
Roos, E. M., Thorlund, J. B., Juhl, C. B. & Lohmander, L. S., 17. Mar 2015, In: CMAJ. 187, 5, p. 358
90. **Exploring the effect of space and place on response to exercise therapy for knee and hip pain—a protocol for a double-blind randomised controlled clinical trial: the CONEX trial**  
Sandal, L. F., Thorlund, J. B., Ulrich, R. S., Dieppe, P. A. & Roos, E. M., 2015, In: BMJ Open. 5, 3, 12 p., e007701.

91. **Neuromuscular function during a forward lunge in meniscectomized patients**  
Thorlund, J. B., Damgaard, J., Roos, E. M. & Aagaard, P., 2012, In: *Medicine and Science in Sports and Exercise*. 44, 7, p. 1358-65 8 p.
92. **Clinically assessed mediolateral knee motion: impact on gait**  
Thorlund, J. B., Creaby, M. W., Simic, M., Hunt, M. A., Bennell, K. L. & Ageberg, E., 2011, In: *Clinical Journal of Sport Medicine*. 21, 6, p. 515-20 6 p.
93. **Muscle strength and functional performance in patients at high risk of knee osteoarthritis: a follow-up study**  
Thorlund, J. B., Aagaard, P. & Roos, E. M., 2012, In: *Knee Surgery, Sports Traumatology, Arthroscopy*. 20, 6, p. 1110-1117
94. **Vibratory perception threshold in young and middle-aged patients at high risk of knee osteoarthritis compared to controls**  
Thorlund, J. B., Shakoor, N., Ageberg, E., Sandal, L. F., Block, J. A. & Roos, E. M., 2012, In: *Arthritis Care & Research*. 64, 1, p. 144-8 5 p.
95. **Neuromuscular function during stair descent in meniscectomized patients and controls**  
Thorlund, J. B., Roos, E. M. & Aagaard, P., 1. Jul 2011, In: *Medicine and Science in Sports and Exercise*. 43, 7, p. 1272-9 8 p.
96. **Thigh Muscle Strength, Functional Capacity, and Self-Reported Function in Patients at High Risk of Knee Osteoarthritis Compared With Controls**  
Thorlund, J. B., Aagaard, P. & Roos, E. M., Sept 2010, In: *Arthritis Care & Research*. 62, 9, p. 1244-1251 8 p.
97. **Sick leave before and after arthroscopic partial meniscectomy due to traumatic meniscal tear**  
Bergkvist, D., Dahlberg, L. E., Thorlund, J. B., Neuman, P., Zhou, C. & Englund, M., Jun 2020, In: *Osteoarthritis and Cartilage Open*. 2, 2, p. 100040 4 p.
98. **To rest or to compete? A 4-week cohort study of analgesic use and willingness to compete hurt in Danish youth elite athletes: A 4-week cohort study of analgesic use and willingness to compete hurt in Danish youth elite athletes**  
Pedersen, J. R., Møller, M., Storm, L. K., Koes, B. W., Ntoumanis, N. & Thorlund, J. B., Nov 2023, In: *Journal of Science and Medicine in Sport*. 26, 11, p. 580-585
99. **Effect of exercise therapy versus surgery on mechanical symptoms in young patients with a meniscal tear: a secondary analysis of the DREAM trial**  
Damsted, C., Thorlund, J. B., Hölmich, P., Lind, M., Varnum, C., Villumsen, M. D., Hansen, M. S. & Skou, S. T., 4. May 2023, In: *British Journal of Sports Medicine*. 57, 9, p. 521-527
100. **Importance of patellofemoral and tibiofemoral cartilage lesions on trajectory of self-reported outcomes in patients at high risk of knee OA: 4–6 years follow-up of patients undergoing meniscal surgery**  
Macri, E. M., Culvenor, A. G., Englund, M., Pihl, K., Varnum, C., Knudsen, R., Lohmander, L. S. & Thorlund, J. B., Sept 2021, In: *Osteoarthritis and Cartilage*. 29, 9, p. 1291-1295
101. **The relationship between patellofemoral and tibiofemoral morphology and gait biomechanics following arthroscopic partial medial meniscectomy**  
Dempsey, A. R., Wang, Y., Thorlund, J. B., Mills, P. M., Wrigley, T. V., Bennell, K. L., Metcalf, B. R., Hanna, F., Cicuttini, F. M. & Lloyd, D. G., May 2013, In: *Knee Surgery, Sports Traumatology, Arthroscopy*. 21, 5, p. 1097-1103 7 p.
102. **Structural pathology is not related to patient-reported pain and function in patients undergoing meniscal surgery**  
Christensen, S. T., Nissen, N., Englund, M., Jørgensen, U., Schjerning, J., Lohmander, L. S. & Thorlund, J. B., 1. Jan 2017, In: *British Journal of Sports Medicine*. 51, 6, p. 525–530
103. **Changes in total lower limb support moment in middle-aged patients undergoing arthroscopic partial meniscectomy - A longitudinal observational cohort study**  
Holsgaard-Larsen, A., Thorlund, J. B., Blackmore, T. & Creaby, M. W., Jun 2019, In: *The Knee*. 26, 3, p. 595-602
104. **Danish version of the National Institutes of Health–Chronic Prostatitis Symptom Index (NIH-CPSI) questionnaire: a linguistic translation, cross-cultural adaptation and test–re-test reliability study**  
Kildegaard, D., Graugaard-Jensen, C., Andersen, K. & Thorlund, J. B., 2019, In: *Scandinavian Journal of Urology*. 53, 1, p. 62-68
105. **Pain medication use in youth athletes: A cross-sectional study of 466 youth handball players**  
Merve Sari, D., Pedersen, J. R., Thorlund, J. B., Mikkelsen, U. R. & Møller, M., Nov 2021, In: *Translational Sports Medicine*. 4, 6, p. 914-920
106. **Forward lunge knee biomechanics before and after partial meniscectomy**  
Hall, M., Nielsen, J. H., Holsgaard-Larsen, A., Nielsen, D. B., Creaby, M. W. & Thorlund, J. B., 2015, In: *The Knee*. 22, 6, p. 506-509
107. **Hvad er den bedste behandlingsstrategi for unge patienter med meniskskader?**  
Thorlund, J. B. & Skou, S. T., 26. Nov 2019, In: *Dansk Sportsmedicin*.
108. **Study design does not always allow a simple conclusion**  
Roos, E. M., Thorlund, J. B., Juhl, C. B. & Lohmander, S., 2. Sept 2014, In: *CMAJ*.

109. **Føringet kontrol af knæet under hop hos børn/unge med hypermobilitet**  
Junge, T., Juul-Kristensen, B., Søgaard, K., Thorlund, J. B. & Wedderkopp, N., 2015, In: Børn i Fysioterapi. 2015, 2, p. 16-18