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Employment

Department of Sports Science and Clinical Biomechanics

SDU

Odense M

1. Jul 2023 → 31. Jul 2027

Professor

Research Unit of Musculoskeletal Function and Physiotherapy

SDU

1. Jul 2023 → 31. Jul 2027

Professor

Center for Muscle and Joint Health

SDU

2. Jan 2024 → 31. Jul 2027

Research outputs

EULAR recommendations for physical activity in people with inflammatory arthritis and osteoarthritis: 2025 update

Rausch Osthoff, A. K., Vlieland, T. P. M. V., Ferreira, R. J. O., Amarnani, R., Battista, S., Orlinov, D., Boyadzhieva, V., Brodin, N., Cox, A., Davergne, T., Duruöz, T., Esbensen, B. A., Fongen, C., Günther, K. P., Henrotin, Y., Juhl, C., Kennedy, N., Kiltz, U., Knittle, K. & Metsios, G. & 6 others, Nurmohamed, M., Pazos, V. R., Swinnen, T. W., Thomsen, T., Warburton, L. & Niedermann, K., Jun 2026, In: *Annals of the Rheumatic Diseases*. 85, 6, p. 1026-1038

Pre-stroke Fulfilment of WHO Recommendations for Physical Activity: A Cross-Sectional Study

Krogh, D. B., Juhl, C. B., Kruuse, C. & Steen Krawczyk, R., Jun 2026, In: *Western Journal of Nursing Research*. 48, 6, p. 589-598

The Validity of Measures in Specific Training According to BaLance Evaluation (STABLE) – An Exercise-based Approach to Balance Rehabilitation for Older Adults at Risk of Falling

Søndergaard, K., Juhl, C. B., Zwicky, E. E., Bencke, J., Caye-Thomasen, P. & Curtis, D. J., Jun 2026, In: *Ageing International*. 51, 2, 35 p., 23.

Benefit of adjuvant chemotherapy in patients with T1a-bN0, triple-negative breast cancer - A systematic review and meta-analysis

Hassing, C. M. S., Juhl, C. B., Tvedskov, T. H. F., Nielsen, D. L., Knoop, A. S., Kroman, N. T., Lænkholm, A.-V. & Kümler, I., May 2026, In: *Critical Reviews in Oncology/Hematology*. 221, 9 p., 105225.

Association Between Changes in Shoulder Strength and Self-Reported Shoulder Symptoms in Patients With Hypermobility Following 16-Weeks of High-Load or Low-Load Exercise: A Secondary Analysis of an RCT

Christensen, T., Juhl, C. B., Juul-Kristensen, B., Skou, S. T., Søndergaard, J., Søggaard, K. & Liaghat, B., Apr 2026, In: *Physiotherapy Research International*. 31, 2, 10 p., e70197.

Measuring patient adherence in secondary prevention of atherosclerotic cardiovascular disease: a scoping review

Glud, M., Krarup, N. T., Juhl, C. B., Stenholt, L., Andersen, J. K., Kongsgaard Nielsen, L. & Dahl, M., 26. Mar 2026, In: *BMJ Open*. 16, 3, 11 p., e109666.

The IBD-FITT Study—Moderate-Intensity Exercise for Patients with Active Inflammatory Bowel Disease: An Open-Label Randomized Controlled Trial

Lund, K., Knudsen, T., Kjeldsen, J., Lambertsen, K. L., Nielsen, R. G., Juhl, C. B. & Nørgård, B. M., 10. Mar 2026, In: *Journal of Clinical Medicine*. 15, 6, 9 p., 2106.

Reliability and agreement of speckle-tracking ultrasonography for assessing muscle function of the rotator cuff in patients with subacromial pain syndrome

Brekke, A. F., Krag-Andersen, K. K., Frich, L. H., Lambertsen, K. L., Jacobsen, P. K., Knold, F. S., Juhl, C. B. & Holsgaard-Larsen, A., Mar 2026, In: *Ultrasound in Medicine & Biology*. 52, 3, p. 684-692

Latent classes of trial reporting and publication practices in spinal manipulation research: a meta-epidemiological study

Nim, C., Frederiksen, M., Aspinall, S., Downie, A., Funabashi, M., Harsted, S., Jenkins, H., McNaughton, D., Nyirö, L., Roseen, E. J., Young, J. J., Dennett, L., Perle, S. M., Cook, C., Juhl, C. & Hartvigsen, J., Feb 2026, In: *Musculoskeletal Science and Practice*. 81, 9 p., 103480.

Diagnostic Accuracy of Speckle Tracking Ultrasonography in Differentiating Patients with Subacromial Pain Syndrome from Asymptomatic Controls: A Cross-Sectional Study

Krag-Andersen, K. K., Brekke, A. F., Frich, L. H., Lambertsen, K. L., Jacobsen, P., Knold, F. S., Juhl, C. & Holsgaard-Larsen, A., 29. Jan 2026.

Cross-sectoral use of Patient-Reported Outcomes (C-PRO)-the effect on the cost per improvement in quality of life for patients with chronic degenerative shoulder conditions-a protocol for a randomised controlled trial

Nyholm, A. M., Esbensen, B. A., Westergaard, C. L., Kjellberg, J., Juhl, C. B., Olsen, B. S. & Odgaard, A., 19. Jan 2026, In: *Trials*. 27, 13 p., 47.

Immune checkpoint inhibitor-related neurotoxicity: Incidence and management. A systematic review and meta-analysis

Nielsen, D. L., Juhl, C. B., Chen, I. M., Wang, Y., Nielsen, O. H. & Santomaso, B. D., Nov 2025, In: *Cancer Treatment Reviews*. 140, 11 p., 103011.

Effect of Components and Delivery Modes of Digital Health Interventions Targeting Physical Activity in People With a Chronic Condition or Multimorbidity: A Systematic Review and Component Network Meta-Analysis of Randomized Controlled Trials

Nøhr, N., Zangger, G., Dalum, F. B., Skou, S. T., Juhl, C. & Bricca, A., 1. Oct 2025, In: *Journal of Physical Activity and Health*. 22, 10, p. 1209-1217

Full-Season Injury Epidemiology in TeamGym-A Prospective Cohort Study Involving 474 Gymnasts

Anker-Petersen, C., Clausen, M. B., Juul-Kristensen, B., Hölmich, P., Juhl, C. B. & Thorborg, K., Sept 2025, In: *Scandinavian Journal of Medicine & Science in Sports*. 35, 9, 14 p., e70135.

Association between speckle-tracking ultrasonography and isometric load of shoulder muscles in patients with subacromial pain syndrome – A cross-sectional study

Brekke, A. F., Krag-Andersen, K. K., Frich, L. H., Lambertsen, K. L., Jacobsen, P., Knold, F. S., Juhl, C. & Holsgaard-Larsen, A., Aug 2025, In: *Clinical Biomechanics*. 128, 7 p., 106616.

High-intensity resistance and impact training for patients with hormone-sensitive prostate cancer and bone metastases—study protocol of a randomized clinical trial

Ragle, A. M., Mikkelsen, M. K., Vinther, A., Zerahn, B., Bogh Juhl, C., Theile, S., Madsen, K., Nielsen, D. L. & Østergren, P. B., 28. Jul 2025, In: *Trials*. 26, 12 p., 259.

Exercise Therapy "Wears Down" My Knee Joint: Myth or Reality?

Bricca, A., Juhl, C. B. & Roos, E. M., Jul 2025, In: *Journal of Orthopaedic & Sports Physical Therapy*. 55, 7, p. 463-467

Exercise and cancer-related lymphedema in the lower limbs-a randomized cross-over trial on high-intensity interval training (HIIT) with and without compression garments

Wittenkamp, M. C., Juhl, C. B., Zerahn, B. & Vinther, A., May 2025, In: *Supportive Care in Cancer*. 33, 5, 10 p., 391.

Health Problems in Danish Adolescent Handball Players: Findings From the One-Season Health and Performance Promotion in Youth Sport (HAPPY) Study of 945 Players Aged 11-17Years

Larsen, A. C., Roos, E. M., Möller, S., Juhl, C., Storm, L. K., Kongsted, A. & Møller, M., Apr 2025, In: Scandinavian Journal of Medicine & Science in Sports. 35, 4, 12 p., e70048.

The effect of exercise in patients with lower limb lymphedema: a systematic review

Wittenkamp, M. C., Christensen, J., Vinther, A. & Juhl, C. B., 31. Mar 2025, In: Acta oncologica (Stockholm, Sweden). 64, p. 484-498

Tumor necrosis factor (TNF) inhibitors for juvenile idiopathic arthritis

Cagnotto, G., Juhl, C. B., Ahlström, F., Wikström, F., Bruschetini, M., Petersson, I., Dreyer, L. & Compagno, M., 20. Feb 2025, In: Cochrane Database of Systematic Reviews. 2025, 2, 108 p., CD013715.

The Effectiveness of Spinal Manipulative Therapy in Treating Spinal Pain Does Not Depend on the Application Procedures: A Systematic Review and Network Meta-analysis

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Inter-tester reliability of speckle-tracking ultrasonography for assessing rotator cuff muscle function in patients with subacromial pain syndrome

Krag-Andersen, K. K., Brekke, A. F., Frich, L. H., Lambertsen, K. L., Jacobsen, P., Knold, F. S., Juhl, C. & Holsgaard-Larsen, A., 23. Jan 2025.

Hierarchies in focus: crafting the gold standard for pain measures in knee osteoarthritis trials and meta-analyses

Christensen, R. & Juhl, C. B., Jan 2025, In: Osteoarthritis and Cartilage. 33, 1, p. 14-16

Association between muscle strain and external isometric load of shoulder muscles in patients with subacromial pain syndrome using speckle-tracking ultrasonography

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Inter-Tester Reliability of Speckle-Tracking Ultrasonography for Assessing Rotator Cuff Muscle Function in Patients with Subacromial Pain Syndrome - Preliminary Results

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Health And Performance Promotion in Youth (HAPPY) hybrid effectiveness-implementation cluster randomised trial: comparison of two strategies to implement an injury prevention exercise programme in Danish youth handball

Møller, M., Nygaard Andersen, L., Möller, S., Kongsted, A., Juhl, C. B. & Roos, E. M., 22. Oct 2024, In: British Journal of Sports Medicine. 58, 20, p. 1205-1214

Psychosocial predictors of doping intentions and use in sport and exercise: a systematic review and meta-analysis

Ntoumanis, N., Dølven, S., Barkoukis, V., Boardley, I. D., Hvidemose, J. S., Juhl, C. B. & Gucciardi, D. F., 17. Oct 2024, In: British Journal of Sports Medicine. 58, 19, p. 1145-1156

Immune Checkpoint Inhibitor-Induced Cardiotoxicity: A Systematic Review and Meta-Analysis

Nielsen, D. L., Juhl, C. B., Nielsen, O. H., Chen, I. M. & Herrmann, J., 1. Oct 2024, In: JAMA Oncology. 10, 10, p. 1390-1399

Prevention of weight loss in patients with head and neck cancer in ongoing radiation or chemoradiation therapy—A systematic review and meta-analysis

Bøjesen, M., Juhl, C. B. & Nørgaard, B., Oct 2024, In: European Journal of Oncology Nursing. 72, 15 p., 102668.

How to get children moving? The effectiveness of school-based interventions promoting physical activity in children and adolescents - A systematic review and meta-analysis of randomized controlled- and controlled studies

Moeller, N. C., Østergaard, L., Rasmussen, M. G. B., Schmidt-Persson, J., Larsen, K. T. & Juhl, C. B., Sept 2024, In: Health & Place. 89, 12 p., 103333.

Limited Evidence for the Benefits of Exercise in Older Adults with Hematological Malignancies: A Systematic Review and Meta-Analysis

Jarden, M., Tscherning Lindholm, S., Kaldan, G., Grønset, C., Faebo Larsen, R., Larsen, A. T. S., Schaufuss Engedal, M., Kramer Mikkelsen, M., Nielsen, D., Vinther, A., Abildgaard, N., Tolver, A. & Bogh Juhl, C., Sept 2024, In: Cancers. 16, 17, 34 p., 2962.

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Stryhn, J., Rosendahl, A., Juhl, C. B., Thomsen, T., Brandstrup, B. & Møller, A. M., Jul 2024, In: Acta Anaesthesiologica Scandinavica. 68, 6, p. 852-856

One-year effectiveness of high-load compared with low-load strengthening exercise on self-reported function in patients with hypermobile shoulders: a secondary analysis from a randomised controlled trial

Liaghat, B., Juul-Kristensen, B., Faber, D. A., Christensen, E. O., Søgaard, K., Skou, S. T., Søndergaard, J. & Juhl, C. B., 31. Mar 2024, In: British Journal of Sports Medicine. 58, 7, p. 373-381

General strengthening exercise for chronic low back pain

Bülow, K., Bricca, A., Skou, S. T., Hartvigsen, J., Kongsted, A. & Juhl, C. B., 12. Mar 2024, In: Cochrane Database of Systematic Reviews. 2024, 3, 13 p., CD015497.

Childhood and adolescence physical activity and multimorbidity later in life: A systematic review

Souilla, L., Larsen, A. C., Juhl, C. B., Skou, S. T. & Bricca, A., 7. Feb 2024, In: Journal of Multimorbidity and Comorbidity. 14, 13 p., 26335565241231403.

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Which are the most effective digital health components to promote physical activity in interventions for people with a chronic condition?

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Measuring the usability of a novel ergonomic chinrest during violin playing: A feasibility study

Mann, S., Juhl, C. B., Paarup, H. M. & Søgaard, K., 12. Jan 2024, In: Work. 77, 1, p. 147-160

Quality of reporting and nature of harms in clinical trials on supervised exercise in patients with rheumatoid arthritis or axial spondyloarthritis

Teuwen, M. M. H., Vlieland, T. P. M. V., van Weely, S. F. E., Schoones, J. W., Rausch Osthoff, A.-K., Juhl, C. B., Niedermann, K., Gademan, M. G. J. & van den Ende, C. H. M., Jan 2024, In: Rheumatology International. 44, 1, p. 25-39

Telephone consultation for cancer survivors with unclarified need for rehabilitation in a primary healthcare setting: a mixed methods process evaluation

Askjær, T., Juhl, C. B., Maribo, T., Christiansen, A. F. & Oestergaard, L. G., 2024, In: Disability and Rehabilitation. 46, 13, p. 2901-2909

The IBD-FITT study - moderate-intensity exercise for patients with inflammatory bowel disease with moderate disease activity: an open-label randomized controlled trial

Lund, K., Knudsen, T., Kjeldsen, J., Nielsen, R. G., Juhl, C. B. & Nørgård, B. M., 20. Nov 2023, In: Trials. 24, 742.

Muscle strength and osteoarthritis of the knee: a systematic review and meta-analysis of longitudinal studies

Patterson, B. E., Girdwood, M. A., West, T. J., Bruder, A. M., Øiestad, B. E., Juhl, C. & Culvenor, A. G., Nov 2023, In: Skeletal Radiology. 52, 11, p. 2085-2097

Spinal Manipulative Therapy for Non-Specific Low Back Pain - Does Targeting a Specific Vertebral Level Make a Difference? A Systematic Review With Meta-Analysis

Sørensen, P. W., Nim, C. G., Poulsen, E. & Juhl, C. B., Sept 2023, In: Journal of Orthopaedic & Sports Physical Therapy. 53, 9, p. 529-539

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Psychological factors and symptom duration are associated with exercise-based treatment effect in people with hypermobile shoulders: A secondary analysis of a randomised controlled trial

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Benefits and Harms of Digital Health Interventions Promoting Physical Activity in People With Chronic Conditions: Systematic Review and Meta-Analysis

Zangger, G., Bricca, A., Liaghat, B., Juhl, C. B., Mortensen, S. R., Andersen, R. M., Damsted, C., Hamborg, T. G., Ried-Larsen, M., Tang, L. H., Thygesen, L. C. & Skou, S. T., 6. Jul 2023, In: Journal of Medical Internet Research. 25, e46439.

Effectiveness of Non-Budesonide Therapies in Management of Microscopic Colitis: A Systematic Review and Meta-analysis

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The Effects of Exercise during Pregnancy on Gestational Diabetes Mellitus, Preeclampsia, and Spontaneous Abortion among Healthy Women: A Systematic Review and Meta-Analysis

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The effectiveness of spinal manipulative therapy procedures for spine pain: protocol for a systematic review and network meta-analysis

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Adjuvant treatment with trastuzumab of patients with HER2-positive, T1a-bN0M0 breast tumors: A systematic review and meta-analysis

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Diagnosis, prevention and treatment of common shoulder injuries in sport: grading the evidence - a statement paper commissioned by the Danish Society of Sports Physical Therapy (DSSF)

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Prevalence of bilateral vestibulopathy among older adults above 65 years on the indication of vestibular impairment and the association with Dynamic Gait Index and Dizziness Handicap Inventory

Piper, K. S., Juhl, C. B., Andersen, H. E., Christensen, J. & Søndergaard, K., Apr 2023, In: Disability and Rehabilitation. 45, 7, p. 1220-1228

The effects of different management strategies or rehabilitation approaches on knee joint structural and molecular biomarkers following traumatic knee injury: a systematic review of randomized controlled trials for the OPTIKNEE consensus

Holm, P. M., Juhl, C., Culvenor, A. G., Whittaker, J. L., Crossley, K. M., Roos, E. M., Patterson, B. E., Larsson, S., Struglics, A. & Bricca, A., Apr 2023, In: Journal of Orthopaedic & Sports Physical Therapy. 53, 4, p. 172-193

Biopsychosocial Rehabilitation for Inflammatory Arthritis and Osteoarthritis Patients: A systematic review and meta-analysis of randomized trials

Pedersen, M. B., Thinggaard, P., Geenen, R., Rasmussen, M. U., De Wit, M., March, L., Mease, P., Choy, E., Conaghan, P. G., Simon, L., Hansen, A. F., Tarp, S., Schiøtz-Christensen, B., Juhl, C. B., Nielsen, S. M., Amris, K. & Christensen, R., Feb 2023, In: Arthritis Care & Research. 75, 2, p. 423-436

Pain provocation tests and clinical entities in male football players with longstanding groin pain are associated with pain intensity and disability

Nielsen, M. F., Ishøi, L., Juhl, C., Hölmich, P. & Thorborg, K., Feb 2023, In: Musculoskeletal Science and Practice. 63, 10 p., 102719.

Risk Factors for Knee Osteoarthritis after Knee Joint Injury, An OPTIKNEE Systematic Review with Meta-Analysis

Whittaker, J. L., Losciale, J. M., Juhl, C., Thorlund, J. B., Lundberg Christensen, M., Truong, L. K., Miciak, M., Van Meer, B. L., Culvenor, A. G., Crossley, K. M., Roos, E. M., Lohmander, L. S. & van Middelkoop, M., 2023.

The reliability and agreement of scores in a novel balance measure for older adults: Specific Training According to BaLance Evaluation (STABLE)

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Long-term quality of life, work limitation, physical activity, economic cost and disease burden following ACL and meniscal injury: a systematic review and meta-analysis for the OPTIKNEE consensus

Filbay, S. R., Skou, S. T., Bullock, G. S., Le, C. Y., Räsänen, A. M., Toomey, C., Ezzat, A. M., Hayden, A., Culvenor, A. G., Whittaker, J. L., Roos, E. M., Crossley, K. M., Juhl, C. B. & Emery, C., Dec 2022, In: British Journal of Sports Medicine. 56, 24, p. 1465-1474

Meaningful thresholds for patient-reported outcomes following interventions for anterior cruciate ligament tear or traumatic meniscus injury: a systematic review for the OPTIKNEE consensus

Macri, E. M., Young, J. J., Ingelsrud, L. H., Khan, K. M., Terluin, B., Juhl, C. B., Whittaker, J. L., Culvenor, A. G., Crossley, K. M. & Roos, E. M., Dec 2022, In: British Journal of Sports Medicine. 56, 24, p. 1432-1444

Measurement properties for muscle strength tests following anterior cruciate ligament and/or meniscus injury: What tests to use and where do we need to go? A systematic review with meta-analyses for the OPTIKNEE consensus

Urhausen, A. P., Berg, B., Øiestad, B. E., Whittaker, J. L., Culvenor, A. G., Crossley, K. M., Juhl, C. B. & Risberg, M. A., Dec 2022, In: British Journal of Sports Medicine. 56, 24, p. 1422-1431

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., Arden, 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

Rehabilitation after anterior cruciate ligament and meniscal injuries: a best-evidence synthesis of systematic reviews for the OPTIKNEE consensus

Culvenor, A. G., Girdwood, M. A., Juhl, C. B., Patterson, B. E., Haberfield, M. J., Holm, P. M., Bricca, A., Whittaker, J. L., Roos, E. M. & Crossley, K. M., Dec 2022, In: British Journal of Sports Medicine. 56, 24, p. 1445-1453

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

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What tests should be used to assess functional performance in youth and young adults following anterior cruciate ligament or meniscal injury? A systematic review of measurement properties for the OPTIKNEE consensus

Berg, B., Urhausen, A. P., Øiestad, B. E., Whittaker, J. L., Culvenor, A. G., Roos, E. M., Crossley, K. M., Juhl, C. B. & Risberg, M. A., Dec 2022, In: British Journal of Sports Medicine. 56, 24, p. 1454-1464

Meta-research evaluating redundancy and use of systematic reviews when planning new studies in health research: a scoping review

Lund, H., Robinson, K. A., Gjerland, A., Nykvist, H., Drachen, T. M., Christensen, R., Juhl, C. B., Jamtvedt, G., Nortvedt, M., Bjerrum, M., Westmore, M., Yost, J., Brunnhuber, K. & Evidence-Based Research Network, 15. Nov 2022, In: Systematic Reviews. 11, 1, 241.

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Objectively measured physical activity levels and adherence to physical activity guidelines in people with multimorbidity—A systematic review and meta-analysis

Jørgensen, L. B., Bricca, A., Bernhardt, A., Juhl, C. B., Tang, L. H., Mortensen, S. R., Eriksen, J. A., Walløe, S. & Skou, S. T., 12. Oct 2022, In: PLOS ONE. 17, 10, 22 p., e0274846.

Effectiveness of different types, delivery modes and extensiveness of exercise in patients with breast cancer receiving systemic treatment - A systematic review and meta-analysis

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