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PhD from Aalborg University, May 2015

Employment

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University of Southern Denmark
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University of Southampton
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University of York
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Head of research

Næstved/Slagelse/Ringsted Sygehuse, Region Sjælland
Slagelse, Denmark
1. Jul 2016 → present

Publications

Comprehensive value-based occupational and lifestyle goal setting in adults living with chronic pain assisted by occupational therapists – a feasibility study - ID # 1114

Nielsen, S. S., Skou, S. T., Larsen, A. E., Søndergaard, J. & Christensen, J. R., 27. Mar 2022, (Accepted/In press).

Occupational engagement used as a tool of impact on lifestyle in chronic pain management – a systematic review and meta-analysis - ID # 1111

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Skou, S. T. & Roos, E., 2013.

Gruppetræning med patientuddannelse, træning og væggtabsrådgivning er gennemførlig til behandling af artroserelaterede smerter i knæ og hofter

Skou, S. T., Odgaard, A., Rasmussen, J. O. & Roos, E. M., 2013, In: Ugeskrift for Læger. 175, 3, p. 129

Intra- and interobserver reliability of ultrasonographic measurement of patellar tendon thickness

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Mechanical axis of the lower extremity determined by a new digital photographic method

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Precise determination of lower extremity

Simonsen, O., Andersen, M. M., Skou, S. T. & Thomsen, H., 2013.

Relating clinical measures of pain with experimentally assessed pain mechanisms in patients with knee osteoarthritis

Skou, S. T., Graven-Nielsen, T., Lingsø, L., Simonsen, O., Laursen, M. B. & Arendt-Nielsen, L., 2013, In: Scandinavian Journal of Pain. 4, 2, p. 111-117 7 p.

Sensitization in patients with pain after revision total knee arthroplasty

Skou, S. T., Graven-Nielsen, T., Rasmussen, S., Simonsen, O., Laursen, M. B. & Arendt-Nielsen, L., 2013, *Abstract Book of the 8th Congress of the European Federation of IASP Chapters (EFIC), 9-12 October 2013, Florence, Italy*. European Pain Federation EFIC, 179

Sensitization is more prominent in patients with pain after revision total knee arthroplasty than in painful knee osteoarthritis

Graven-Nielsen, T., Skou, S. T., Rasmussen, S., Simonsen, O., Laursen, M. B. & Arendt-Nielsen, L., 2013, *Abstract Book of the 8th Congress of the European Federation of IASP Chapters (EFIC), 9-12 October 2013, Florence, Italy*. European Pain Federation EFIC, 167

The value of routine radiography in patients with knee osteoarthritis consulting primary health care: a study of agreement

Skou, S. T., Thomsen, H. & Simonsen, O., 2013, In: European Journal of General Practice. 20, 1, p. 10-16 7 p.

Type of exercise and presence of varus thrust influences pain outcomes in people with medial knee osteoarthritis

Bennell, K., Egerton, T., Wrigley, T., Hodges, P., Hunt, M., Roos, E., Kyriakides, M., Metcalf, B., Forbes, A., Ageberg, E., Skou, S. T. & Hinman, R., 2013, In: Journal of Science and Medicine in Sport. 16, Suppl. 1, p. e89-e90 1 p., 15.

Ultrasonographic measurement of patellar tendon thickness: a study of intra- and interobserver reliability

Skou, S. T. & Aalkjaer, J. M., 2013, In: Clinical Imaging. 37, 5, p. 934-937 4 p.

Widespread sensitization in patients with chronic pain after revision total knee arthroplasty

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Efficacy of multimodal, systematic non-surgical treatment of knee osteoarthritis for patients not eligible for a total knee replacement: a study protocol of a randomised controlled trial

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Group education and exercise is feasible in knee and hip osteoarthritis

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Implementation of "Good Life with osteoArthritis in Denmark" (GLA:D), a program of education and exercise for hip and knee osteoarthritis: results from a pilot study in physiotherapy practice

Skou, S. T., Odgaard, A., Rasmussen, J. O. & Roos, E. M., 2012, p. 8-9. 1 p.

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Skou, S. T., Arendt-Nielsen, L. & Graven-Nielsen, T., 2012, In: Dansk Sportsmedicin. 16, 3, p. 14-18 5 p.

Predicting clinical pain in knee osteoarthritis using a multimodal pressure pain assessment procedure

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Pulsed electromagnetic field therapy reduces delayed onset muscle soreness in marathon runners: a double-blind randomized placebo-controlled study

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Total knee replacement plus physical and medical therapy or treatment with physical and medical therapy alone: A randomised controlled trial in patients with knee osteoarthritis (the MEDIC-study)

Skou, S. T., Roos, E. M., Laursen, M. B., Rathleff, M. S., Arendt-Nielsen, L., Simonsen, O. H. & Rasmussen, S., 2012, In: B M C Musculoskeletal Disorders. 13, 1, p. 67

Dual task and balance in male and female elite handball players

Skou, S. T., Villumsen, M. & Lingsø, L., 2011.

Dual task and balance in male and female elite handball players

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Insoles reduce pain and improve function in patients with medial compartment osteoarthritis of the knee

Skou, S. T., Højgaard, L. & Simonsen, O., 2011, In: European Journal of Pain Supplements. 5, 1, p. 93 1 p., T644.

Insoles reduces pain and improve function in patients with medial compartment osteoarthritis of the knee

Skou, S. T., Højgaard, L. & Simonsen, O. H., 2011.

Pulsed electromagnetic field therapy may reduce quadriceps muscle soreness in marathon runners: a randomized controlled pilot study

Rathleff, M. S., Knudsen, C. R., Skou, S. T., Jørgensen, M. G., Olesen, J. L. & Rasmussen, S., 2011.

Pulsed electromagnetic field therapy may reduce quadriceps muscle soreness in marathon runners: a randomized controlled pilot study

Rathleff, M. S., Knudsen, C. R., Skou, S. T., Jørgensen, M. G., Olesen, J. L. & Rasmussen, S., 2011.

Pulsed electromagnetic field therapy may reduce quadriceps muscle soreness in maratón runners: a randomized controlled pilot study

Rasmussen, S., Knudsen, C. R., Skou, S. T., Jørgensen, M. G., Olesen, J. L. & Rathleff, M. S., 2011.

Pulsed electromagnetic field therapy may reduce thigh muscle soreness in marathon runners: a randomized controlled pilot study

Rasmussen, S., Knudsen, C., Skou, S. T., Gronbech, M., Olesen, J. & Rathleff, M., 2011, *12th EFORT Congress 2011: Official Congress Programme, 1-4 June 2011, Copenhagen, Denmark*. European Federation of National Associations of Orthopaedics and Traumatology, p. 115 1 p.

Pulserende elektromagnetisk feltterapi (PEMF) har ingen effekt på funktionsniveau og livskvalitet hos patienter med kroniske lænderygsmærter: et randomiseret, kontrolleret pilotstudie

Skou, S. T., Rathleff, M. S. & Rasmussen, S., 2011, *Fysioterapi & rehabilitering: en abstraktsamling fra det årlige forsknings- og udviklingssymposium i Nordjylland for fysioterapeuter 2011, 22. november 2011, Aalborg, Danmark*. Aalborg: University College Nordjylland, UCN, p. 34-35

Balance training with Nintendo Wii Fit: a parallel RCT study

Skou, S. T., Friberg, T., Odum, H. & Villumsen, M., 2010.

Health Technology Assessment of ultrasonography as a guidance tool for peritendinous steroid injections in patients with Achilles tendinopathy

Villumsen, M., Skou, S. T., Rønved, S. M. M. & Hejlesen, O. K., 2010, *SHI2010 Proceedings*. Bygholm, A., Elberg, P. & Hejlesen, O. (eds.). Trondheim: TAPIR Akademisk Forlag, p. 54-58

Health Technology Assessment of ultrasonography as a guidance tool for peritendinous steroid injections in patients with Achilles tendinopathy

Villumsen, M., Skou, S. T., Rønved, S. M. M., Hejlesen, O. & Hejlesen, O., 2010.

Risikofaktorer for udvikling af fasciitis plantaris

Skou, S. T., 2010, In: *Dansk Sportsmedicin*. 14, 4, p. 15-17 3 p.

Running has no effect on the diameter of the plantar fascia

Skou, S. T., Rathleff, M. S. & Olesen, J. L., 2010.

Running has no effect on the diameter of the plantar fascia

Skou, S. T., Rathleff, M. S. & Olesen, J. L., 2010, *2nd i-FAB Congress - Program and Abstracts*. 33

Time of day influences the diameter of the plantar fascia

Skou, S. T., Rathleff, M. S., Mølgaard, C. M. & Olesen, J. L., 2010, *2nd i-FAB Congress - Program and Abstracts*. 146

Time-of-day influences the diameter of the plantar fascia

Skou, S. T., Rathleff, M. S., Mølgaard, C. & Olesen, J. L., 2010.

Activities

Bringing evidence and guidelines into action

Søren Thorgaard Skou (Guest lecturer)
23. Aug 2021

Research Management Masterclass

Søren Thorgaard Skou (Participant)
26. Apr 2021 → 27. Apr 2021

Træning ved hofteartrose – evidens og anbefalinger til praksis

Søren Thorgaard Skou (Lecturer)
8. Apr 2021

Danish Society for Multimorbidity and Polypharmacy (External organisation)

Søren Thorgaard Skou (Member)

2021 → ...

International Experience with the GLA:D Program

Søren Thorgaard Skou (Guest lecturer)

8. Dec 2020

Individuelt tilpasset træning og uddannelse til patienter med multisygdom – kan vi hjælpe patienterne til i højere grad at håndtere deres egne sygdomme?

Søren Thorgaard Skou (Guest lecturer)

12. Nov 2020

Kan træning og self-management være en del af nøglen til et bedre liv for den multisyge patient?

Søren Thorgaard Skou (Guest lecturer)

1. Sep 2020

Chairman of PhD committee

Søren Thorgaard Skou (Participant)

Aug 2020 → Dec 2020

OARSI Task Force on Interactive Education Program for Raising Awareness of Osteoarthritis Treatment and Pain Management (External organisation)

Søren Thorgaard Skou (Member)

6. Mar 2020 → ...

Multisyge bliver fremtidens patienter og fysioterapi kan få en central rolle i behandlingen

Søren Thorgaard Skou (Lecturer)

5. Mar 2020

Exercise as treatment of medial osteoarthritis in the athletic knee

Søren Thorgaard Skou (Guest lecturer)

31. Jan 2020

Exercise as treatment of chronic pain patients – with knee osteoarthritis as the example

Søren Thorgaard Skou (Guest lecturer)

28. Jan 2020

Artrose – skal man træne eller operere?

Søren Thorgaard Skou (Lecturer)

9. Jan 2020

Scientific committee of the Danish Physiotherapy Congress 2022 (External organisation)

Søren Thorgaard Skou (Member)

2020

Hvad indeholder en moderne ikke-operativ behandlingsstrategi

Søren Thorgaard Skou (Lecturer)

12. Dec 2019

Exercise as medicine in osteoarthritis – evidence and implementation

Søren Thorgaard Skou (Guest lecturer)

25. Nov 2019

Diagnosis and treatment of knee and hip osteoarthritis – evidence, guidelines and implementation

Søren Thorgaard Skou (Guest lecturer)

25. Oct 2019

Neuromuscular exercise as treatment of knee and hip osteoarthritis in theory and practice

Søren Thorgaard Skou (Guest lecturer)

25. Oct 2019

Multisyge bliver fremtidens patienter: Hvad betyder det for fysioterapi?

Søren Thorgaard Skou (Guest lecturer)

6. Oct 2019

Steno Diabetes Center Sjællands forskningsråd (External organisation)

Søren Thorgaard Skou (Member)

3. Oct 2019 → 2. Oct 2022

Træning som vejen til mindre smerte og bedre funktion ved artrose og andre kroniske sygdomme

Søren Thorgaard Skou (Guest lecturer)

15. Sep 2019

Individualiseret træning og uddannelse til patienter med multimorbiditet

Søren Thorgaard Skou (Guest lecturer)

11. Sep 2019

GLA:D Contest 2019

Søren Thorgaard Skou (Participant)

17. Jun 2019 → 18. Jun 2019

MOBILIZE: Individualiseret træning og uddannelse til patienter med multimorbiditet

Søren Thorgaard Skou (Guest lecturer)

24. May 2019

Nationwide implementation of education and exercise to improve pain and function in patients with osteoarthritis

Søren Thorgaard Skou (Lecturer)

13. May 2019

Træning ved artrose (slidgigt) i knæ og hofter - Hvorfor og hvordan?

Søren Thorgaard Skou (Guest lecturer)

23. Apr 2019

How I got my ERC grant?

Søren Thorgaard Skou (Guest lecturer)

13. Nov 2018

Træning og fysisk aktivitet som vejen til det gode liv ved kroniske sygdomme – hvorfor og hvordan?

Søren Thorgaard Skou (Guest lecturer)

31. Oct 2018

National Survey of Current Practice and Opinions on Rehabilitation for Intermittent Claudication in the Danish Public Healthcare System,

Janne Dyrby Jensen (Lecturer), Lars Tang (Lecturer), Ann Dorthe Olsen Zwisler (Guest lecturer), Kim Christian Houliind (Lecturer) & Søren Thorgaard Skou (Guest lecturer)

26. Oct 2018 → 27. Oct 2018

Hvorfor valgte jeg at blive forsker og hvordan?

Søren Thorgaard Skou (Guest lecturer)

20. Sep 2018

Good Life with osteoArthritis from Denmark - Successful implementation of education and exercise in clinical practice

Søren Thorgaard Skou (Guest lecturer)

19. Sep 2018

The Global Burden of Disease collaborator network (External organisation)

Søren Thorgaard Skou (Member)

5. Sep 2018 → ...

Clinical Academic Group on Osteoarthritis in Copenhagen Health Science Partners - a partnership between University of Copenhagen and the Capital region of Denmark. (External organisation)

Søren Thorgaard Skou (Member)

28. Jun 2018 → ...

Chairman of PhD committee

Søren Thorgaard Skou (Participant)

1. Jun 2018

Evidence-based diagnosis and treatment of knee osteoarthritis and implementation in clinical practice

Søren Thorgaard Skou (Guest lecturer)

22. May 2018

Physical Activity for Precision Health Cluster (External organisation)

Søren Thorgaard Skou (Member)

1. May 2018 → ...

OARSI World Congress 2018

Søren Thorgaard Skou (Participant)

27. Apr 2018

Forskningens Døgn 2018

Søren Thorgaard Skou (Organizer)

20. Apr 2018 → 21. Apr 2018

Course in PhD Supervision

Søren Thorgaard Skou (Participant)

1. Apr 2018 → 21. Aug 2018

Træning eller operation ved knæ- og hofteartrose?

Søren Thorgaard Skou (Guest lecturer)

6. Feb 2018

Exercise as treatment of the young and sports active patient with knee osteoarthritis

Søren Thorgaard Skou (Guest lecturer)

2. Feb 2018

PhD course: Using news media and social media to increase the awareness and dissemination of your research

Søren Thorgaard Skou (Organizer)

1. Nov 2017 → 2. Nov 2017

Knee replacement and non-surgical treatment of knee osteoarthritis: Results from two clinical trials and implementation in clinical practice

Søren Thorgaard Skou (Guest lecturer)
11. Sep 2017

University of Oxford

Søren Thorgaard Skou (Visiting researcher)
10. Sep 2017 → 15. Sep 2017

Research Management Course

Søren Thorgaard Skou (Participant)
6. Sep 2017 → 19. Jan 2018

Total knee replacement and non-surgical treatment of knee osteoarthritis – Evidence from two parallel RCTs and implementation in clinical practice

Søren Thorgaard Skou (Guest lecturer)
13. Jul 2017

Træning bør altid være en del af behandling af artrose i primær praksis

Søren Thorgaard Skou (Guest lecturer)
5. May 2017

Good life with osteoarthritis in Denmark (GLA:D TM): a nationwide implementation of clinical recommendations of education and supervised exercise in knee and hip osteoarthritis

Søren Thorgaard Skou (Guest lecturer)
29. Apr 2017

Two year outcome from two parallel randomized trials on total knee replacement and non-surgical treatment of knee osteoarthritis

Søren Thorgaard Skou (Guest lecturer)
28. Apr 2017

Diagnosis and treatment of knee osteoarthritis - current evidence and implementation in clinical practice

Søren Thorgaard Skou (Guest lecturer)
25. Apr 2017

Non-Pharmacological management of osteoarthritis

Søren Thorgaard Skou (Guest lecturer)
20. Apr 2017

Reviewer of funding applications for the National Institute for Health Research under NHS in the UK

Søren Thorgaard Skou (Other)
11. Apr 2017 → ...

Patientuddannelse og træning – kerneydelser til patienter med knæ- og hofteartrose

Søren Thorgaard Skou (Guest lecturer)
1. Mar 2017

Patientuddannelse og træning – kerneydelser til patienter med knæ- og hofteartrose

Søren Thorgaard Skou (Guest lecturer)
24. Jan 2017

Videnskabeligt Råd i Center for Kliniske Retningslinjer (External organisation)

Søren Thorgaard Skou (Member)

29. Nov 2016 → ...

Surgical and nonsurgical treatment of knee osteoarthritis - evidence and implementation in clinical practice

Søren Thorgaard Skou (Lecturer)

16. Nov 2016

Artrose - diagnostik og behandling

Søren Thorgaard Skou (Lecturer)

14. Nov 2016

Fra forskningsbaseret viden til implementering i klinisk praksis GLA:D-projektet – en tværsektoriel behandlingsstrategi for artrose

Søren Thorgaard Skou (Lecturer)

10. Nov 2016

Exercise in knee joint pain – an essential part of first line treatment

Søren Thorgaard Skou (Lecturer)

25. Sep 2016

Exercise or surgery in patients with knee osteoarthritis? - A physiotherapist's perspective

Søren Thorgaard Skou (Lecturer)

16. Sep 2016

Fra forskningsbaseret viden til behandlingskoncept for hofte- og knæartrose. GLA:D-projektet – en implementeringssucces

Søren Thorgaard Skou (Lecturer)

14. Sep 2016

PhD course: Using news media and social media to increase the awareness and dissemination of your research

Søren Thorgaard Skou (Organizer)

6. Sep 2016 → 7. Sep 2016

Træning ved artrose – en særdeles effektiv behandling

Søren Thorgaard Skou (Lecturer)

26. Aug 2016

Implementering af nationale kliniske retningslinjer for knæartrose i klinisk praksis

Søren Thorgaard Skou (Lecturer)

7. Apr 2016

OARSI 2016 World Congress

Søren Thorgaard Skou (Speaker)

31. Mar 2016

Meeting experts in Osteoarthritis studies

Søren Thorgaard Skou (Speaker)

30. Mar 2016

Research seminar OLVG Amsterdam

Søren Thorgaard Skou (Speaker)

29. Mar 2016

Dansk SmerteForums Årsmøde 2016

Søren Thorgaard Skou (Speaker)

12. Mar 2016

GLA:D Australia

Søren Thorgaard Skou (Guest lecturer)
2016 → ...

Journal of Orthopaedic and Sports Physical Therapy (Journal)

Søren Thorgaard Skou (Editor)
2016

Patienter med hofteartrose i GLA:D - Hvem er de og hvordan går det dem?

Søren Thorgaard Skou (Lecturer)
2. Dec 2015

Artrose i knæ og hofter - diagnostik og behandling

Søren Thorgaard Skou (Lecturer)
12. Nov 2015

Træning ved artrose – den mest effektfulde ikke-kirurgisk behandling

Søren Thorgaard Skou (Lecturer)
21. Oct 2015

Good Life with Arthritis in Denmark (GLA:D) - Implementation of clinical guidelines for osteoarthritis

Søren Thorgaard Skou (Lecturer)
6. Oct 2015

Good Life with osteoArthritis, from Denmark

Søren Thorgaard Skou (Organizer)
1. Oct 2015 → 3. Oct 2015

Træning ved artrose (slidgigt) i knæ eller hofter

Søren Thorgaard Skou (Lecturer)
28. Sep 2015

Exercise therapy - an essential part of first line treatment of knee osteoarthritis

Søren Thorgaard Skou (Lecturer)
25. Jun 2015

Good Life with Arthritis in Denmark (GLA:D) - Education and exercise in clinical practice

Søren Thorgaard Skou (Lecturer)
6. Mar 2015

Sundhedsstyrelsens arbejdsgruppe for udarbejdelsen af en national klinisk retningslinje for meniskpatologi i knæet (External organisation)

Søren Thorgaard Skou (Member)
3. Mar 2015 → 30. Jan 2016

Neuromuscular exercise as treatment for the middle-aged and elderly degenerative knee

Søren Thorgaard Skou (Lecturer)
23. Jan 2015

GLA:D Canada

Søren Thorgaard Skou (Guest lecturer)
2015 → ...

Artrose - diagnostik og behandling

Søren Thorgaard Skou (Lecturer)

11. Nov 2014

Osteoarthritis Research Society International (OARSI) clinical trial recommendations panel (External organisation)

Søren Thorgaard Skou (Member)

27. Apr 2014 → ...

Exercise in painful knee and hip osteoarthritis: existing evidence and implementation in clinical practice

Søren Thorgaard Skou (Lecturer)

3. Dec 2013

Artrose i knæ og hofter – diagnostik og behandling – et område i rivende udvikling

Søren Thorgaard Skou (Lecturer)

11. Nov 2013

Smerteoverfølsomhed ved knæartrose og kronisk postoperativ smerte efter indsættelse af kunstigt knæled

Søren Thorgaard Skou (Lecturer)

8. Nov 2013

Knæ- og hofteartrose - evidens for træning og GLA:D

Søren Thorgaard Skou (Other)

24. Sep 2013

Træning ved knæ- og hofteartrose - evidens og introduktion til GLA:D

Søren Thorgaard Skou (Other)

3. Jul 2013

Træning ved knæ- og hofteartrose - evidens og introduktion til GLA:D

Søren Thorgaard Skou (Other)

19. Jun 2013

Knee osteoarthritis - multimodal treatment and sensitiation

Søren Thorgaard Skou (Lecturer)

1. May 2013

University of Queensland

Søren Thorgaard Skou (Visiting researcher)

29. Apr 2013 → 5. May 2013

Knee osteoarthritis - multimodal treatment, pain and instability

Søren Thorgaard Skou (Lecturer)

25. Mar 2013

Godt Liv med Artrose i Danmark : Implementering af evidensbaseret basisbehandling ved artrose

Søren Thorgaard Skou (Lecturer)

12. Mar 2013

University of Melbourne

Søren Thorgaard Skou (Visiting researcher)

1. Feb 2013 → 28. Apr 2013

Fysisk aktivitet og træning som behandling

Søren Thorgaard Skou (Organizer)

28. Nov 2012

Forskning - metode, planlægning og udførelse

Søren Thorgaard Skou (Lecturer)

21. Nov 2011

Prizes**ERC Starting Grant**

Skou, Søren Thorgaard (Recipient), 27. Jul 2018

Fyens Stiftstidendes Research Award 2019

Skou, Søren Thorgaard (Recipient), 9. May 2019

Sapere Aude: Research Talent Award 2016

Skou, Søren Thorgaard (Recipient), 2016

Spar Nord Foundation's Research Award 2016

Skou, Søren Thorgaard (Recipient), 2016

The Association of Danish Physiotherapists' Award 2015

Skou, Søren Thorgaard (Recipient), 2015

The VBHC Prize 2019

Skou, Søren Thorgaard (Recipient) & Roos, Ewa M. (Recipient), 18. Apr 2019

Press / Media**[Slidgigt]**

Søren Thorgaard Skou

31/03/2014

1 item of Media coverage

11 millioner kroner til forskning i multi-syge

Søren Thorgaard Skou

28/08/2018

1 Media contribution

5 alternativer til knæoperation ved slidgigt

Søren Thorgaard Skou

01/08/2012

1 item of Media coverage

701 forskere i opråb: Politikerne bør behandle klimakrisen med samme alvor som covid-19

Søren Thorgaard Skou

05/02/2021

1 Media contribution

A bungled bundle

Søren Thorgaard Skou

26/10/2015

1 item of Media coverage

Ældres sundhed udfordret af coronanedlukningen

Søren Thorgaard Skou
21/02/2021
1 Media contribution

Al motion kan bruges til at holde slidgigt fra døren

Søren Thorgaard Skou
28/04/2019
1 Media contribution

Artrose i knæ eller hofter? Træn dig GLA:D

Søren Thorgaard Skou
27/02/2018
1 Media contribution

ARTROSE -SMERTER KAN AFHJÆLPES

Søren Thorgaard Skou
01/04/2019
1 Media contribution

Artrose-smerter kan afhjælpes

Søren Thorgaard Skou
25/03/2019
1 Media contribution

Astrid Krag besøgte gigtskolen SLID i Hvidovre

Søren Thorgaard Skou
04/11/2013
1 item of Media coverage

Avisens Forskerpris går til bæredygtighed og knæ smerter

Søren Thorgaard Skou
08/05/2019
1 Media contribution

Bedre hjælp til unge med slidgigt

Søren Thorgaard Skou
20/01/2018
1 Media contribution

Bedre hjælp til unge med slidgigt

Søren Thorgaard Skou
20/01/2018
1 Media contribution

Bjørn trodser gigten: Dansk behandling går kloden rundt

Søren Thorgaard Skou
17/02/2018
1 Media contribution

BLIVER KUN: GIGTBOMBE: HVER FEMTE DANSKER LIDER AF SLIDGIGT

Søren Thorgaard Skou
04/02/2015
1 item of Media coverage

Brug knæet

Søren Thorgaard Skou

07/09/2015

1 item of Media coverage

Brug motion til at holde slidgigt fra døren

Søren Thorgaard Skou

06/04/2019

1 Media contribution

Brug motion til at holde slidgigt fra døren

Søren Thorgaard Skou

06/04/2019

1 Media contribution

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PRM / Stor international pris til forskerteam fra Syddansk Universitet
Søren Thorgaard Skou
24/04/2019
1 Media contribution

PRM / Stor international pris til forskerteam fra Syddansk Universitet
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PRM / Stor international pris til forskerteam fra Syddansk Universitet
Søren Thorgaard Skou
24/04/2019
1 Media contribution

Professor i træning og sundhed
Søren Thorgaard Skou
16/10/2019
1 Media contribution

Professor i træning og sundhed
Søren Thorgaard Skou
16/10/2019
1 Media contribution

Professor i træning og sundhed
Søren Thorgaard Skou
16/10/2019
1 Media contribution

Professor i træning og sundhed

Søren Thørgaard Skou
16/10/2019
1 Media contribution

RCT supports TKR in eligible patients with osteoarthritis

Søren Thørgaard Skou
10/11/2015
1 item of Media coverage

Rejser verden rundt med dansk forskning

Søren Thørgaard Skou
04/05/2019
1 Media contribution

Rejser verden rundt med dansk forskning

Søren Thørgaard Skou
04/05/2019
1 Media contribution

Roadshow om retningslinjerne

Søren Thørgaard Skou
06/03/2017
1 item of Media coverage

Sådan redder du dine knæ fra slidgigt og smerter

Søren Thørgaard Skou
04/08/2018
1 Media contribution

SÅDAN REDDER DU DINE KNÆ FRA SLIDGIGT OG SMERTER

Søren Thørgaard Skou
04/08/2018
1 Media contribution

SÅDAN REDDER DU DINE KNÆ FRA SLIDGIGT OG SMERTER

Søren Thørgaard Skou
02/03/2019
1 Media contribution

Sådan skal du træne med slidgigt

Søren Thørgaard Skou
25/03/2019
1 Media contribution

Sådan skal du træne med slidgigt

Søren Thørgaard Skou
25/03/2019
1 Media contribution

Sådan skal du træne med slidgigt

Søren Thørgaard Skou
25/03/2019
1 Media contribution

Sådan skal du træne med slidgigt

Søren Thorgaard Skou
25/03/2019
1 Media contribution

Sådan skal du træne med slidgigt

Søren Thorgaard Skou
28/03/2019
1 Media contribution

Sådan skal du træne med slidgigt

Søren Thorgaard Skou
03/04/2019
1 Media contribution

Sådan træner du slidgigt væk

Søren Thorgaard Skou
24/11/2014
1 item of Media coverage

Sådan vedligeholder du formen i vinterhalvåret

Søren Thorgaard Skou
20/09/2019
1 Media contribution

Sådan vedligeholder du formen i vinterhalvåret

Søren Thorgaard Skou
22/09/2019
1 Media contribution

Sådan vedligeholder du formen i vinterhalvåret

Søren Thorgaard Skou
20/09/2019
1 Media contribution

Sådan vedligeholder du formen i vinterhalvåret

Søren Thorgaard Skou
20/09/2019
1 Media contribution

Sådan vedligeholder du formen i vinterhalvåret

Søren Thorgaard Skou
15/10/2019
1 Media contribution

Sådan vedligeholder du formen i vinterhalvåret

Søren Thorgaard Skou
23/11/2019
1 Media contribution

Sarah fra Faaborg er ekspert i slidgigt: Nu rejser fysioterapeuten verden rundt med fynsk forskning

Søren Thorgaard Skou
03/05/2019
1 Media contribution

Satser alt på træning: "Jeg skal være invalid, før jeg vil opereres"

Søren Thorgaard Skou & Ewa M. Roos

12/10/2020

1 Media contribution

SDU er ved at udvikle et GLA:D-forløb for ryggen

Søren Thorgaard Skou

21/12/2017

1 Media contribution

SDU-forsker får 1,6 mio. kr. til forskning i kikkertkirurgi

Søren Thorgaard Skou

18/03/2016

1 item of Media coverage

Skal knæsmarter trænes eller opereres væk?

Søren Thorgaard Skou

30/03/2016

1 item of Media coverage

Skal knæsmarter trænes eller opereres væk?

Søren Thorgaard Skou

30/03/2016

2 items of Media coverage

Slidgigt har godt af korrekt træning

Søren Thorgaard Skou

20/03/2019

1 Media contribution

Slidgigt har godt af korrekt træning

Søren Thorgaard Skou

23/03/2019

1 Media contribution

Slidgigt har godt af korrekt træning

Søren Thorgaard Skou

23/03/2019

1 Media contribution

Slidgigt har godt af korrekt træning

Søren Thorgaard Skou

23/03/2019

1 Media contribution

Slidgigt har godt af korrekt træning

Søren Thorgaard Skou

25/03/2019

1 Media contribution

Slidgigt har godt af korrekt træning

Søren Thorgaard Skou

22/03/2019

1 Media contribution

Slidgigt har godt af korrekt træning
Søren Thorgaard Skou
23/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
Søren Thorgaard Skou
26/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
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26/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
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26/03/2019
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Søren Thorgaard Skou
26/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
Søren Thorgaard Skou
27/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
Søren Thorgaard Skou
26/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
Søren Thorgaard Skou
26/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
Søren Thorgaard Skou
26/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
Søren Thorgaard Skou
27/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning
Søren Thorgaard Skou
30/03/2019
1 Media contribution

Slidgigt har godt af korrekt træning

Søren Thorgaard Skou
01/04/2019
1 Media contribution

Slidgigt i knæet - er operation nødvendig?

Søren Thorgaard Skou
15/10/2012
1 item of Media coverage

Slidgigt kan opstå tidligt - og skal behandles tidligt

Søren Thorgaard Skou
27/11/2015
1 item of Media coverage

Slidgigt kan trænes væk

Søren Thorgaard Skou
05/08/2018
1 Media contribution

Slidgigt skal trænes væk

Søren Thorgaard Skou
27/01/2015
1 item of Media coverage

Slidgigt: Få kommuner tilbyder gratis træningsforløb

Søren Thorgaard Skou
02/11/2015
3 items of Media coverage

Slidgigtpatienter ud af smertehelvede: Styrketræning er løsningen

Søren Thorgaard Skou
20/01/2018
1 Media contribution

Slidgigtpatienter ud af smertehelvede: Styrketræning er løsningen

Søren Thorgaard Skou
20/01/2018
1 Media contribution

Slut med smerter: Else er kommet tilbage på cyklen

Søren Thorgaard Skou
25/03/2019
1 Media contribution

Smerte og sensitisering ved knæartrose og vedvarende smerte efter operation

Søren Thorgaard Skou
20/05/2015
1 item of Media coverage

Smerte og smerteoverfølsomhed skal behandles inden operation

Søren Thorgaard Skou
20/05/2015
1 item of Media coverage

Smerter i hofte og knæ efter slidgigt kan trænes væk
Søren Thorgaard Skou
05/08/2018
1 Media contribution

Smerter i hofte og knæ efter slidgigt kan trænes væk
Søren Thorgaard Skou
05/08/2018
1 Media contribution

Smerter i hofte og knæ efter slidgigt kan trænes væk
Søren Thorgaard Skou
05/08/2018
1 Media contribution

Smerter i hofte og knæ efter slidgigt kan trænes væk
Søren Thorgaard Skou
05/08/2018
1 Media contribution

Smerter trænes væk
Søren Thorgaard Skou
16/04/2015
1 item of Media coverage

Smertetest skal hjælpe folk med slidgigt
Søren Thorgaard Skou
21/12/2012
1 item of Media coverage

Søren Skou er ny professor i træning og sundhed på SDU
Søren Thorgaard Skou
17/09/2019
1 Media contribution

Søren Skou er ny professor i træning og sundhed på SDU
Søren Thorgaard Skou
07/10/2019
1 Media contribution

Søren T. Skou får Fyens Stiftstidendes Forskerpris
Søren Thorgaard Skou
09/05/2019
1 Media contribution

Søren Thorgaard Skou får Danske Fysioterapeuters Pris 2015
Søren Thorgaard Skou
02/09/2015
1 item of Media coverage

Stor international pris til forskerteam fra Syddansk Universitet
Søren Thorgaard Skou
24/04/2019
1 Media contribution

Stor international pris til forskerteam fra Syddansk Universitet

Søren Thorgaard Skou & Ewa M. Roos

24/04/2019

1 Media contribution

Stor pris for forskning i slidgigt

Søren Thorgaard Skou

24/04/2016

5 items of Media coverage

Stort potentiale i at udbrede slidgigt-tilbud

Søren Thorgaard Skou

19/02/2015

1 item of Media coverage

Study Points to Benefits of Knee Replacement Surgery Over Therapy Alone

Søren Thorgaard Skou

21/10/2015

1 item of Media coverage

Study shows value of knee replacement surgery, other options

Søren Thorgaard Skou

21/10/2015

1 item of Media coverage

Study tackles non-surgical treatment of knee osteoarthritis

Søren Thorgaard Skou

07/09/2018

1 Media contribution

Sundhedsministeren på gigtskole

Søren Thorgaard Skou

01/12/2013

1 item of Media coverage

The GLA:D Program for Osteoarthritis

Søren Thorgaard Skou

28/05/2018

1 Media contribution

Total knee replacement is linked to reduced pain but with serious side effects, trial finds

Søren Thorgaard Skou

23/10/2015

1 item of Media coverage

Træn dig GLA:D med artrose - slidgigt

Søren Thorgaard Skou

26/10/2015

1 item of Media coverage

TRÆN GIGTEN VÆK - OG FÅ DIT ARBEJDSLIV TILBAGE

Søren Thorgaard Skou

17/02/2018

1 Media contribution

Træn knæet og behold arbejdet : nordjysk pilotprojekt lover godt for hele landet

Søren Thorgaard Skou

12/03/2012

1 item of Media coverage

Træning er vejen frem

Søren Thorgaard Skou

02/12/2016

1 item of Media coverage

Træning frem for knæoperation

Søren Thorgaard Skou

22/10/2015

1 item of Media coverage

Træning mindsker smerten ved slidgigt

Søren Thorgaard Skou

30/04/2019

1 Media contribution

Træning mindsker smerten ved slidgigt

Søren Thorgaard Skou

30/04/2019

1 Media contribution

Træning skal være en naturlig del af hverdagen

Søren Thorgaard Skou

15/01/2020

1 Media contribution

Træning som første behandling af kroniske sygdomme

Søren Thorgaard Skou

07/02/2020

1 Media contribution

Træning som medicin

Søren Thorgaard Skou

16/01/2020

1 Media contribution

Træning som medicin

Søren Thorgaard Skou

16/01/2020

1 Media contribution

Træning som medicin

Søren Thorgaard Skou

16/01/2020

1 Media contribution

Træning som medicin

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16/01/2020

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16/01/2020
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Træning som medicin
Søren Thorgaard Skou
16/01/2020
1 Media contribution

Træning som medicin
Søren Thorgaard Skou
16/01/2020
1 Media contribution

Træning ved artrose
Søren Thorgaard Skou
28/04/2019
1 Media contribution

TRÆNINGEN DÆMPER SMERTERNE
Søren Thorgaard Skou
14/09/2019
1 Media contribution

Træningen giver færre smerter - også på lang sigt
Søren Thorgaard Skou
16/04/2015
2 items of Media coverage

Træningsfællesskab i naturen skal styrke gigtpatienter
Søren Thorgaard Skou
15/06/2021
1 Media contribution

Tusindvis ramt af slidgigt
Søren Thorgaard Skou
17/09/2015
1 item of Media coverage

TV 2 Fyn 19.30
Søren Thorgaard Skou
29/04/2019
1 Media contribution

Udnævnelse

Søren Thorgaard Skou
16/09/2019
1 Media contribution

Udnævnelse

Søren Thorgaard Skou
13/09/2019
1 Media contribution

Udnævnelse

Søren Thorgaard Skou
16/09/2019
1 Media contribution

Udnævnelse

Søren Thorgaard Skou
13/09/2019
1 Media contribution

Udnævnelse

Søren Thorgaard Skou
17/09/2019
1 Media contribution

UDNÆVNT

Søren Thorgaard Skou
16/09/2019
1 Media contribution

Undersøgelse: Knæoperationer mere succesfulde, hvis de udskydes

Søren Thorgaard Skou
22/10/2015
1 item of Media coverage

Undgå slidgigt

Søren Thorgaard Skou
07/04/2019
1 Media contribution

Vægttab og træning kan udskyde operation for slidgigt

Søren Thorgaard Skou
14/05/2019
1 Media contribution

Vedligehold formen i vinterhalvåret

Søren Thorgaard Skou
21/09/2019
1 Media contribution

Vi opererer årligt knæ for 600 mio. kr. - men er det fornuftigt, spørger forskere

Søren Thorgaard Skou
22/10/2015
1 item of Media coverage

Vi opererer årligt knæ for 600 mio. kr. – men er det fornuftigt, spørger forskere

Søren Thorgaard Skou

22/10/2015

1 item of Media coverage

Vi skal fortsat have fokus på ventetiderne

Søren Thorgaard Skou

09/11/2015

1 item of Media coverage

Videnskabeligt boost af yngre forskere

Søren Thorgaard Skou

23/08/2018

1 Media contribution

Yngre forskere henter rekord mange penge fra EU

Søren Thorgaard Skou

24/08/2018

1 Media contribution

Formal educational training

2018 PhD Supervisor course, IOB, SDU

2015-2017 Formal teaching qualification certificate in higher education pedagogy at AAU (10 ECTS)

(adjunktpædagogikum)

2016 Certified on C1 level in English language on the Common European Framework of Reference for Languages: learning, teaching, assessment.

2016 Electronic multiple choice tests to evaluate students at SDU,

2015 GRADE guidelines (system for rating quality of evidence) at The Danish Health Authority, .

2015 Online and blended learning for teaching at university level at the course "Teaching for tomorrow" at SDU (5 ECTS).

Administrative tasks relating to education

Responsible for module on the Master of Physiotherapy from September 2015 to January 2018, responsible for theme and lecturer in RCT/study design at SDU in September 2016-January 2017, and responsible for theme and lecturer in Statistics at SDU in September 2015-January 2016.

Course developer and leader of PhD-course at SDU: Using news media and social media to increase the awareness and dissemination of your research" from September 2016

Course developer and co-leader of the GLA:D-course at SDU, which has now been exported to Canada and Australia.

Experience concerning study programs, supervision and examinations

Teaching

More than 1200 hours of teaching activities at bachelor, master or PhD level

Furthermore, several presentations and courses for patients with knee and hip pain aimed at teaching them about their disease and how to treat it with a special emphasis on exercise and help to self-help.

Examiner experience

Chairman of PhD committee at SDU, Spring 2018

Examiner at nine examinations at MSc-level or BA-level

Examiner in Randomized Controlled Trials (RCT) and study design at the MSc in Physiotherapy at SDU Autumn 2016

Examiner in Basic statistics at the MSc in Physiotherapy at SDU Autumn 2015

Examiner of two projects at the MSc in Public Health at SDU Summer 2015

Examiner of a project at the MSc in Medicine with industrial specialization at AAU Winter 2014/2015

Examiner of a project at the MSc in Clinical Science and Technology at AAU Winter 2012/2013

Examiner of Assessment and treatment of musculoskeletal disorders at the BA in physiotherapy at UCN Winter 2012 and Summer 2012.

Examiner of MPhil thesis at University of Queensland, Australia, February 2018.

Referee of application for an academic position at the School of Health and Rehabilitation Sciences, University of Queensland, Australia (2017).

Furthermore, I have been censor at four examinations at the BA in Medicine at Aalborg University, 2016.

Methods, materials and tools and reflection on own teaching practice and future development

I have been teaching a broad group of students at various levels and clinicians both at the university, the hospital and in other settings. The organization of the teaching has also been multiple, as it has been in large classes of more than 100, medium size classes, classes of no more than 20 and groups of 4-5 students. The teaching has involved different approaches, sometimes being lectures, other times being workshops, group-based teaching, laboratory-based teaching and practical teaching of specific clinical methods. I have intentionally tried to challenge myself by changing the audience, setting and approach to develop my teaching skills as much as possible. I have experienced that this has increased my possibilities and variation when approaching a specific teaching task, both new ones and tasks that I have previously performed. Furthermore, I have developed my teaching skills by taking a course in online and blended learning at university level, which gave me very relevant tools to use in my teaching, and a course in electronic multiple-choice tests, which can be used actively as formative assessment to support the learning process throughout a course.

Whenever possible, I have tried to approach students based on the level that they are at by using differentiated teaching, giving more skilled students additional tasks and students challenged by the specific task extra supervision, motivation or help to succeed. One example is the Basic statistics course at the Master of Physiotherapy at SDU, where the level of previous knowledge within statistics was very different among the students. Here a practical approach applying differentiated teaching helped improve the learning process of the individual student. I also try to employ different methods and media in my teaching to help the students learn based on their preferred method in the most effective way. Two examples of this are that I some years ago started using screencasts for the students to watch before the lecture and small group work sessions during a lecture. This was well received by the students and seems to be helpful tools for my future teaching career.

From my own MSc and as a supervisor for several projects at AAU, I have personal experiences and competences of using the problem-based learning method (PBL) both as student and as supervisor. I believe that these experiences and competences are beneficial and applicable to the teaching I am delivering at SDU. By giving students the possibility to acquire knowledge and skills independently working with a specific problem, PBL offers an important method used alongside other teaching methods. Furthermore, I use different online resources aimed at refining my teaching competences.

I believe that teaching competences can be improved continuously throughout a teaching career. To develop my own competences further, I underwent the formal teaching qualification certificate in higher education pedagogy (Adjunktpædagogikum) at AAU in January 2017. In the official evaluation statement, my two supervisors evaluated the work I undertook during the Adjunktpædagogikum as "excellent" and commented that I am a "committed" and "dedicated" teacher and supervisor with "clear visions for continuing his development of his pedagogical competencies". As part of the program I completed several workshops related to teaching, including a workshop on assessment and another one on flipped classroom. My pedagogical supervisor helped me improve my teaching by increasing my focus on using dialogs and discussions as part of my teaching and increasing my awareness of my role as a teacher in the classroom and as a supervisor of projects. I also underwent English language certification, ensuring that I am on level C1 of the Common European Framework of Reference for Languages. Combined with future courses, and the actual teaching and supervision at SDU and other institutions my qualifications as a teacher will be further developed.

Uddannelsesudvikling og universitetspædagogisk (følge)forskning, herunder pædagogiske priser

Responsible for module on the Master of Physiotherapy from September 2015 to January 2018

Research Management Course

Research Management Course at Copenhagen Business School 2017-2018 with the aim of professionalizing research leadership