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Physical Activity and Health in Work Life
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Uddannelse

2014 Ph.d. fra Idræt og Biomekanik, Det Sundhedsvidenskabelige Fakultet, Syddansk Universitet
2010 Cand. scient. i Idræt og Sundhed, Syddansk Universitet
1999 Fysioterapeut, Fysioterapeutskolen i Århus

Publications

Udvikling af fælles indsatser for arbejdsfastholdelse for medarbejdere med muskelskeletbesvær og fysisk krævende arbejde (VEJEN FREM): Rapport fra et forskningsprojekt

Stochkendahl, M. J., Andersen, L. N., Møller, A., Bond, C. B., Søgaard, K., Holtermann, A. & Hartvigsen, J., 26. Mar 2021, Kiropraktorernes Videnscenter i samarbejde med Syddansk Universitet. 129 p.

Finding 'the inner drive' for a rehabilitation process: a small- scale qualitative investigation among male patients with primary glioma

Fahrenholt, M. L., Hansen, A., Søgaard, K. & Nygaard, L., 8. Dec 2019, In: B M J Open. 9, 12, 10 p., e031665.

Motivation and Barriers for Physical Activity in Male Blue-Collar Workers

Nygaard, L., Carl, L. R., Stochkendahl, M. J. & Søgaard, K., 6. Jun 2019.

Preventive initiatives among violinists to change their workload demands: a PhD protocol

Mann, S., Paarup, H. M., Nygaard, L., Brandt, L. & Søgaard, K., 6. Jun 2019.

The independent Association Between Number Of Pain Sites And Return To Work. An Explanatory, Prospective Cohort Study

Drongstrup Jensen, J. S., Nygaard, L. & Stochkendahl, M. J., 5. Jun 2019.

What Are The Main Risk Factors For Sick Leave In Individuals With Self-Reported, Symptomatic Knee Pain?

Winther, N. S., Nygaard, L., Boyle, E. & Stochkendahl, M. J., 5. Jun 2019.

What are the main risk factors for sick leave in individuals with self-reported, symptomatic knee osteoarthritis?

Winther, N. S., Nygaard, L. & Stochkendahl, M. J., 22. Mar 2019.

Using an intervention mapping approach to develop prevention and rehabilitation strategies for musculoskeletal pain among surgeons

Dalager, T., Nielsen, A. H., Jensen, P. T., Søgaard, K. & Nygaard Andersen, L., 18. Mar 2019, In: BMC Public Health. 19, 320.

Using an Intervention Mapping approach to develop prevention and rehabilitation strategies for musculoskeletal pain among surgeons

Dalager, T., Nielsen, A. H., Jensen, P. T., Søgaard, K. & Nygaard, L., 2019.

Using an Intervention Mapping approach to develop prevention and rehabilitation strategies for musculoskeletal pain among surgeons

Dalager, T., Nielsen, A. H., Jensen, P. T., Søgaard, K. & Nygaard, L., 2019.

A municipality-based vocational rehabilitation programme for occupationally marginalized citizens: a study protocol for a mixed methods study

Nygaard Andersen, L., Stochkendahl, M. J. & Roessler, K. K., 3. Jul 2018, In: B M C Health Services Research. 18, 517.

'What an Eye-opener': a qualitative study of vulnerable citizens participating in a municipality-based intervention
Ilvig, P. M., Kjær, M., Jones, D. L., Christensen, J. R. & Nygaard Andersen, L., 2018, In: International Journal of Qualitative Studies on Health and Well-Being. 13, 1, 11 p., 1438698.

Comparing the Impact of Specific Strength Training vs General Fitness Training on Professional Symphony Orchestra Musicians: A Feasibility Study
Nygaard Andersen, L., Mann, S., Juul-Kristensen, B. & Søgaard, K., Jun 2017, In: Medical Problems of Performing Artists. 32, 2, p. 94-100

Tilpasset fysisk aktivitet reducerer smerte og hjælper sygemeldte tilbage til arbejdet: resultater fra et randomiseret kontrolleret studie i Sønderborg Kommune
Nygaard Andersen, L., Juul-Kristensen, B., Sørensen, T. L., Gram Herborg, L., Roessler, K. K. & Søgaard, K., 9. Dec 2016, In: BestPractice Reumatologi. december

Longer term follow-up of the effects of tailored physical activity or chronic pain self-management programme on return-to-work: A randomized controlled trial
Andersen, L. N., Juul-Kristensen, B., Sørensen, T. L., Herborg, L. G., Roessler, K. K. & Søgaard, K., 26. Oct 2016, In: Journal of Rehabilitation Medicine. 48, 10, p. 887-892

Employee Perspectives Of A Workplace Health Programme
Bond, C. B., Søgaard, K. & Nygaard, L., 5. Jun 2016.

Reduced sickness absence after a physical activity intervention among health care workers: one-year follow-up of a randomized controlled trial
Nygaard Andersen, L., Juul-Kristensen, B., Sørensen, T. L., Gram Herborg, L., Roessler, K. K. & Søgaard, K., 2016, In: International Journal of Physical Medicine & Rehabilitation. 4, 5, p. 367-72

Efficacy of 'Tailored Physical Activity' on reducing sickness absence among health care workers: A 3-months randomised controlled trial
Andersen, L. N., Juul-Kristensen, B., Roessler, K. K., Herborg, L. G., Sørensen, T. L. & Søgaard, K., 1. Oct 2015, In: Manual Therapy. 20, 5, p. 666-671

Fysisk aktivitet, handleplaner og gode mestringsstrategier kan få langtidssygemeldte i arbejde
Nygaard Andersen, L., Oct 2015, In: Fysioterapeuten. 97, 10, p. 26-30

Efficacy of Tailored Physical Activity or Chronic Pain Self-Management Programme on return to work for sick-listed citizens: A 3-month randomised controlled trial
Andersen, L. N., Juul-Kristensen, B., Sørensen, T. L., Herborg, L. G., Roessler, K. K. & Søgaard, K., 25. Jun 2015, In: Scandinavian Journal of Public Health. 43, 7, p. 694-703

Når smerter i bevægeapparatet bliver til sygemelding
Andersen, L. N., Jan 2015, In: Helse. p. 62 1 p.

A qualitative study of citizens' experience of participating in health counseling
Andersen, L. N., Andersen, S. S., Muurholm, B. & Roessler, K. K., Dec 2014, In: Scandinavian Journal of Psychology. 55, 6, p. 558-566 9 p.

"Here we're all in the same boat" - a qualitative study of group based rehabilitation for sick-listed citizens with chronic pain
Andersen, L. N., Kohberg, M., Herborg, L. G., Søgaard, K. & Roessler, K. K., Aug 2014, In: Scandinavian Journal of Psychology. 55, 4, p. 333-342 10 p.

Psychosocial aspects of everyday life with chronic musculoskeletal pain: A systematic review
Nygaard Andersen, L., Kohberg, M., Juul-Kristensen, B., Gram Herborg, L., Søgaard, K. & Roessler, K. K., Apr 2014, In: Scandinavian Journal of Pain. 5, 2, p. 131-148

Er smerte en naturlig del af det at være professionel musiker i et symfoniorkester? - et casestudie inden for kropskultur og sundhedspsykologi

Andersen, L. N., 2014, *Bevægelser og kropskulturelle mønstre: konfigurationsanalysen i teori og praksis*. Mindegaard, P., Andkjær, S. & Munk Svendsen, A. (eds.). Syddansk Universitetsforlag, p. 103-116 (University of Southern Denmark Studies in Sport and Movement, Vol. 4).

Tilbagevenden til arbejde: 'Tilpasset fysisk aktivitet' og 'Lær at tackle kroniske smerter' i en hverdag med kroniske smerter

Andersen, L. N., 2014, Syddansk Universitet. Det Sundhedsvidenskabelige Fakultet. 147 p.

Efficacy of 'Tailored Physical Activity' in reducing sickness absence among health care workers: design of a randomised controlled trial

Nygaard Andersen, L., Juul-Kristensen, B., Roessler, K. K., Herborg, L. G., Sørensen, T. L. & Søgaard, K., 2. Oct 2013, In: *B M C Public Health*. 13, 1, 917.

Efficacy of 'Tailored Physical Activity' or 'Chronic Pain Self-Management Program' on return to work for sick-listed citizens: design of a randomised controlled trial

Nygaard Andersen, L., Juul-Kristensen, B., Roessler, K. K., Herborg, L. G., Sørensen, T. L. & Søgaard, K., 23. Jan 2013, In: *B M C Public Health*. 13, p. 66

Efficacy of 'specific strength training' or 'general fitness training' and influence on self-assessed physical fitness in professional symphony orchestra musicians: a randomized controlled pilot trial

Nygaard Andersen, L., Larsen, C. M., Paarup, H. M., Juul-Kristensen, B., Boyle, E. & Søgaard, K., 2013.

Musculoskeletal troubles in professional orchestral musicians: The influence on general health and playing performance?

Larsen, C. M., Nygaard Andersen, L., Paarup, H. M., Boyle, E., Juul-Kristensen, B. & Søgaard, K., 2013.

Pain among professional orchestral musicians: a case study in body culture and health psychology

Nygaard Andersen, L., Roessler, K. K. & Eichberg, H., 2013, In: *Medical Problems of Performing Artists*. 28, 3, p. 124-130

Pain among professional orchestral musicians: a case study in body culture and health psychology

Nygaard Andersen, L., Roessler, K. K. & Eichberg, H., 2013.

Efficacy and suitability of "specific strength training" or "general fitness training" in professional symphony orchestra musicians - a randomized controlled pilot trial

Nygaard Andersen, L., Juul-Kristensen, B., Mann, S., Bjerre, K., Marhauer, J., Andersen, C. H., Paarup, H. M. & Søgaard, K., Oct 2011.

Tilbagevenden til arbejde: 'Tilpasset fysisk aktivitet' og 'Lær at tackle kroniske smerter' i en hverdag med kroniske smerter

Nygaard Andersen, L., Roessler, K. K., Juul-Kristensen, B., Herborg, L. G., Sørensen, T. L. & Søgaard, K., 31. May 2011.

Efficacy and suitability of "specific strength training" or "general fitness training" in professional symphony orchestra musicians - a randomized controlled pilot trial

Nygaard Andersen, L., Juul-Kristensen, B., Mann, S., Bjerre, K., Marhauer, J., Andersen, C. H., Paarup, H. & Søgaard, K., 2011, *The Work Environment - Impact of Technological, Social and Climate Change*. Albin, M. (ed.). University of Gothenburg, p. 4 1 p. (Arbete och hälsa; No. 5, Vol. 45).

Activities

Formand for bedømmelsesudvalg af kandidat til stilling som adjunkt (Event)

Lotte Nygaard (Member)

May 2020

Sagkyndig bedømmelse af kandidat til stilling som postdoc (Event)

Lotte Nygaard (Member)
Feb 2020

HAPPY - Health & Performance Promotion in Youth Sport

Lotte Nygaard (Organizer)
24. Jun 2019

Work Disability Prevention and Integration Conference 2019

Lotte Nygaard (Participant)
4. Jun 2019 → 7. Jun 2019

Workshop om klyngevejledning

Lotte Nygaard Andersen (Participant)
9. Nov 2018

Medical Problems of Performing Artists (Journal)

Lotte Nygaard Andersen (Peer reviewer)
Aug 2018

Ph.D. Bedømmelsesudvalg (External organisation)

Lotte Nygaard Andersen (Chairman)
Aug 2018 → Nov 2018

Ph.D. Bedømmelsesudvalg (External organisation)

Lotte Nygaard Andersen (Chairman)
Jun 2018 → ...

Bedømmelse af kandidater til stilling som adjunkt (Event)

Lotte Nygaard Andersen (Member)
Jan 2018

Mellem forskning og praksis: Seminar om viden, der virker

Lotte Nygaard Andersen (Organizer)
Dec 2017

Ph.D. Bedømmelsesudvalg (External organisation)

Lotte Nygaard Andersen (Chairman)
19. May 2017

Veje til arbejdslivet

Lotte Nygaard Andersen (Lecturer)
15. Sep 2016

Sundhed i Muskler og Led

Lotte Nygaard Andersen (Participant)
19. May 2016

Første nationale konference om forskning i sundhed i muskler og led

Lotte Nygaard Andersen (Participant)
16. May 2016

Følgegruppe for evaluering (External organisation)

Lotte Nygaard Andersen (Member)
2016

Tilbagevenden til arbejde

Lotte Nygaard Andersen (Lecturer)
18. Feb 2015

Vejen til udvikling (External organisation)

Lotte Nygaard Andersen (Member)
2015 → 2018

Tilbagevenden til arbejde

Lotte Nygaard Andersen (Lecturer)
9. Dec 2014

Tilbagevenden til arbejde: 'Tilpasset fysisk aktivitet' og 'Lær at tackle kroniske smerter' i en hverdag med kroniske smerter

Lotte Nygaard Andersen (Lecturer)
5. Nov 2014

Smertekultur hos musikere, effekt af træning for musikere samt fremtidigt forskningsprojekt: "kunstner i virkeligheden – udfordringer i arbejdsmiljøet"

Lotte Nygaard Andersen (Lecturer)
28. Oct 2014

Temadag for praktikvejledere

Lotte Nygaard Andersen (Organizer)
24. Oct 2014

"Temaer i handicapdrætten med forskningspotentiale"

Lotte Nygaard Andersen (Participant)
23. Sep 2013

Efficacy of 'specific strength training' or 'general fitness training' and influence on self-assessed physical fitness in professional symphony orchestra musicians - a randomized controlled pilot trial

Lotte Nygaard Andersen (Speaker)
14. Jun 2013

Musicians' Health and Performance 1st Nordic Conference 2013

Lotte Nygaard Andersen (Participant)
13. Jun 2013 → 14. Jun 2013

Musicians' Health and Performance 1st Nordic Conference 2013 (Event)

Lotte Nygaard Andersen (Member)
13. Jun 2013 → 14. Jun 2013

Pain among professional orchestral musicians: a case study in body culture and health psychology

Lotte Nygaard Andersen (Speaker)
13. Jun 2013

Movement practices in psychiatric and psychosocial rehabilitation

Lotte Nygaard Andersen (Participant)
2013

Tilbagevenden til arbejde - "Tilpasset fysisk aktivitet" og "Lær at tackle kroniske smerter" i en hverdag med kroniske smerter

Lotte Nygaard Andersen (Lecturer)
19. Jun 2012

Tilbagevenden til arbejde: "Tilpasset fysisk aktivitet" og "Patientuddannelse i en hverdag med smerter"
Lotte Nygaard Andersen (Speaker)
2. Mar 2012

Efficacy and suitability of "specific strengts training" and "general fitness training" in professional symphony orchestra musicians - a randomized controlled pilot trial
Lotte Nygaard Andersen (Lecturer)
19. Oct 2011

Tilbagevenden til arbejde: 'Tilpasset fysisk aktivitet' og 'Lær at tackle kroniske smerter' i en hverdag med kroniske smerter
Lotte Nygaard Andersen (Speaker)
31. May 2011

Sønderborg Kommune (External organisation)
Lotte Nygaard Andersen (Member)
2010 → 2011

Press clippings

Forskning bakker Sønderborgs smertebehandling op
Lotte Nygaard Andersen
11/11/2014
1 item of Media coverage

Forskning i Sønderborg Kommune
Lotte Nygaard Andersen
30/11/2014
1 Media contribution

Fysisk træning gav færre smerter
Lotte Nygaard Andersen
01/10/2015
1 item of Media coverage

Musik kan også gøre ondt
Lotte Nygaard Andersen
01/02/2017
2 items of Media coverage

Musik kan også gøre ondt
Lotte Nygaard Andersen
11/02/2017
1 item of Media coverage

Musik kan også gøre ondt
Lotte Nygaard Andersen
15/02/2017
1 item of Media coverage

Musikere døjer med skader: Violin-arm og cello-albue kan forebygges
Lotte Nygaard Andersen
30/01/2017
1 item of Media coverage

Når smerter i bevægeapparatet bliver til sygemelding

http://issuu.com/mediegruppen/docs/3745_rentegning_helse_01_2015_epape?e=1131916/8970210

Lotte Nygaard Andersen

01/01/2015

1 Media contribution

Ny ph.d. bakker op om sundhedscentrets individuelt tilrettelagte indsatser

Lotte Nygaard Andersen

11/11/2014

1 item of Media coverage

Ph. d i kommunal træning

Lotte Nygaard Andersen

15/11/2014

1 item of Media coverage

Ph.d. i smerter

Lotte Nygaard Andersen

12/11/2014

1 item of Media coverage

Sygemeldte træner sig raske

Lotte Nygaard Andersen

01/12/2014

1 item of Media coverage

Sygemeldte træner sig raske: Træning og kursus hjælper borgere med kroniske ryg-, nakke- og skuldersmerter tilbage i arbejde

Lotte Nygaard Andersen

01/12/2014

1 Media contribution

Træning får sygemeldte i arbejde

Lotte Nygaard Andersen

30/01/2017

1 item of Media coverage

Træning får sygemeldte tilbage i job

Lotte Nygaard Andersen

06/01/2015

1 item of Media coverage