

## **CURRICULUM VITAE**

Hilde Stendal Robinson

PhD, Physiotherapist, Specialized in Manual Therapy

### **PERSONAL:**

Born 1959, married, one child (born 1986).

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### **EDUCATION:**

2010 PhD, Department of Interdisciplinary Health Sciences, Institute of Nursing and Health Sciences, University of Oslo (UiO)

2002 MSc, Section of Health Sciences, UiO

1999 Pedagogic (supervising – 1 year) Oslo University College

1993 Pedagogic (1 year) Oslo University College

1993 Approved Specialist in Manual Therapy, Oslo

1989 Diploma in Manual Therapy, Oslo

1982 Certificate in Physiotherapy, Oslo University College

1979 Examen Philosophicum, UiO

1979 Mathematics (1 year) Telemark University College

### ***Selected courses:***

2016 – 2017 Selected participant in the UiO Research Leadership Program Starting Level 2016

2013 – 2014 Selected participant (Adept) in the 5<sup>th</sup> Mentoring program for female postdocs, UiO

2012 – 2013 Completed education in University Pedagogics (Basic program), UiO

2013 Completed Program in management and project methodology, UiO

2011 Completed the course: “Using register data in research”, SKDE/UNN, Tromsø

2010 Completed the course: English for Academic purposes, UiO

2005 – 2007 Statistical and methodological courses:

- Principles and Methods of Epidemiologic Research, UiO (4 points)
- Applied regression analyses, UiO (2 points)
- Advanced methods of epidemiologic research, UiO (5 points)
- Measurements error models and methods, UiO (2.5 points)
- Advanced statistics: Repeated measures, UiO (3.5 points)

I have participated in several clinical courses for physiotherapists during the years, mainly in Sports Physiotherapy and Manual Therapy

### **EMPLOYMENT:**

#### ***At University of Oslo (UiO):***

01.01.2015 - dd	Associate professor (80%) at the Department of Interdisciplinary Health Sciences, Institute of Health and Society
21.07.2014 – 31.12.2014	Researcher (80%) at Department of Health Sciences
08.10.2010 – 20.07.2014	Post doctor (80%) at Department of Health Sciences
June 2010 – October 2010	Researcher (80%) at Department of Health Sciences
February 2005 – June 2010	PhD student at Institute of Nursing and Health Sciences
August 2003 – February 05	Research assistant at the Section for Health Sciences

### **Other relevant employment**

1985 - dd	Physiotherapist/Manual therapist at Hans & Olaf Physiotherapy Clinic, Oslo (outpatient physiotherapy practice) Full time and part time has changed during the years (100% 1985-1999).
2001 - dd	Clinical supervisor for students at the Master program in Manual Therapy for Physiotherapists, University of Bergen
1997 – 1998	Teacher (50%) at post graduate education in Manual Therapy, Oslo University College
1992 – 1994	Teacher (40%); clinical physiotherapy, bachelor level, Oslo University College
1989 – 2002	Physiotherapist for the Norwegian National Athletic team
1984 – 1985	Physiotherapist at Vestby Physiotherapy Clinic (outpatient physiotherapy practice)
1983 – 1984	Physiotherapist at “Sentralsjukehuset i Aalesund” (Hospital)

### **SUPERVISING, TEACHING and EXAMINATION:**

#### ***PhD candidates, completed:***

Co-supervisor for PhD student Elisabeth Thornes (Physiotherapist); *Effect of pre-operative training on patients with lumbar spinal stenosis, before and after surgery*. Public defense 14.02.20.

#### ***PhD students, supervisor:***

Pernille Irgens and (Co-supervisor) for Birgitte Lavaetz Myhrvold (both Chiropractors); *Identifying the course of neck pain in chiropractic patients and possible subgroups related to selected predictive factors (2015 - )*.(Forløp av nakkeplager blant pasienter hos kiropraktor.) Midway assessment 2017  
Lene Christensen (Physiotherapist); *Pelvic girdle pain in pregnancy – underlying factors and individualized treatment (2013 - 2019 )*. Delivered her thesis august 2019.

Mari Tyrdal (Physiotherapist): *Function and disability among patients with musculoskeletal Disorders (2019- )*

#### ***Master students:***

I have been main supervisor for 6 master students and co supervisor for 2. I am now main supervisor for 5 students and co supervisor for 2 students. The master theses have had different methodological approach, from Single Subject Experimental Design and RCT's to clinical and epidemiological studies.

#### ***Teaching at the Master program in Interdisciplinary Health Sciences, UiO***

(<http://www.uio.no/studier/program/helsefagvitenskap-master/oppbygging/>)

2016 - 2019	Responsible for and teaching at the course HELSEF4200 “Research methods and research ethics” and the course HELSEF 4302 “Analyses” (quantitative part)
2005 – 2015	I have been involved in teaching at the following courses: HELSEF4302, “Analyses” (quantitative part), HELSEF4100 “Theory and theory development” HELSEF4200 “Research methods and research ethics” and HELSEF 4404 “Symptoms and signs”

#### ***Other teaching and supervising tasks***

Since 2001	Supervised master students in Manual Therapy (clinical work), University in Bergen
Since 1997	Supervised and taught Postgraduate students in Manual Therapy
Since 1992	Supervised and evaluated undergraduate students in Physiotherapy

I was third member and leader of the commission for evaluation of medical doctor Hedda Tschudi Madsens PhD thesis (2014) and of psychologist Marleen van Walsems PhD thesis (2017), both at UiO. I was the external opponent (examiner) for evaluation of Chiropractor Francesca Wuytacks PhD Thesis at the University of Dublin, Trinity College, Ireland (2016) I evaluated research protocol for PhD candidate Ragnhild Monsen for admission to the PhD program at the Medical Faculty, UiO. I am now third member in two evaluation committees at UiO. I have teaching experience from a number of courses for Physiotherapists, mainly in Manual Therapy and Sports Physiotherapy, since 1990. I have also teaching experiences from courses for medical doctors (physical medicine).

**Reviewer for:**

ANZJOG	Manual Therapy
BMC Musculoskeletal disorders	Physical Therapy
BMC Pregnancy and Childbirth	Scandinavian Journal of Pain
Chiropractic and Manual Therapies	The Clinical Journal of Pain
Disability and Rehabilitation	FYSIOTERAPEUTEN
European Journal of Pain	

The Norwegian Fund for Postgraduate Training in Physiotherapy

**RESEARCH PROJECTS that I am participating in**

**FYSIOPRIM:** A research program (10 years, 2010 - 2020) on musculoskeletal pain and physiotherapy in Primary health care, financed by “The Norwegian Fund for Postgraduate Training in Physiotherapy”. The project is a collaboration between researchers from the University of Oslo, the Norwegian University of Science and Technology, outpatient physiotherapy clinics and hospitals in Norway. I have participated in the development of the application for grants and had my position as a post doctor in the program. I have participated in developing a system for electronically data collection and we are collecting data from patients and physiotherapists in primary health care to build a database. I also have a project on elderly persons exercising regularly.

**“Pelvic girdle pain in pregnancy – underlying factors and individualized treatment”**

I am supervising PhD student Lene Christensen in this project as well as being responsible for the application for grants and being the project leader. The project is financed from “The Norwegian Fund for Postgraduate Training in physiotherapy” (4 years PhD position 2013)

**“Function and disability among patients with musculoskeletal disorders”** Granted Funding (Competitive) for one PhD Candidate (Mari Tyrdal) 3 years from the Medical Faculty at UiO (2019).

**INTERNATIONAL COLLABORATION**

*“Nordic network on pregnancy-related low back and pelvic girdle pain”* was funded by the Swedish Council for Working Life and Social Research for the period 2008-2011. It includes collaboration between researchers from the University of Oslo, the Norwegian University of Science and Technology in Trondheim, Oslo University hospital, dept Ullevål, Norway as well as Karolinska Institutet in Stockholm and Linköping University in Linköping, Sweden. The collaboration is ongoing and has been extended, and includes researchers from Trinity University, Ireland and from Universidad Estatal del Valle de Ecatepec, Mexico. **Funding:** The network has received funding for one-year post doctor position, through the European Centre for Chiropractic Research Excellence (ECCRE) 2018. The post doctor (Alexandria Remus) was working at Trinity University, Dublin and the project was about pelvic girdle pain. She administered our Delphi Study.

**SCHOLARSHIPS:**

- 2005 PhD scholarship (3 years) from The Norwegian Extra Foundation for Health and Rehabilitation
- 2005 PhD scholarship (6 mnd) from The Norwegian Fund for Postgraduate Training in Physiotherapy
- 2004 “Examination of clinical tests for low back and pelvic area” 6 mnd scholarship from The Norwegian Fund for Postgraduate Training in Physiotherapy

**AWARDS, Honors for current research:**

- 2014 Julsvoll, EH, Vøllestad, NK, Robinson, HS Validating clinical tests for temporomandibular disorders (TMD) A methodological study. “The musculoskeletal award”, Norway
- 2006 Mengshoel, A.M., Robinson, H.S. Usefulness of Specific spinal mobilization on patients with Ankylosing spondylitis. The Norwegian Manual Therapy (MT) Research Award
- 2003 Robinson, H.S. “Reliability of Sacroiliac tests” The Norwegian MT Research Award

**Research groups**

I am leading the research group “BODYFUNC” (Body and Function) at the Department <http://www.med.uio.no/helsam/english/research/groups/bodyfunc/index.html>

## **Other**

**Invited** speaker at “Knowledge on a Saturday” (“Viten på lørdag”). Public seminar arranged by UiO 23.4.2016. In the session about “Happy Elderly” with the presentation: “Why don’t more elderly persons exercise?”

**Invited** participant at the “Research days” (Forskningsdagene) Public seminar 2016<sup>1</sup> and 2019<sup>2</sup> arranged by UiO with <sup>1</sup>poster on the project: Elderly that exercise (Eldre som trener) and <sup>2</sup>Functional testing (practical demonstrations)

**Invited** participant in «Talk show about health apps» 27.9.2017 arranged by the Medical faculty at UiO and the Norwegian Research Council

## **PUBLICATION LIST:**

### **National guideline:**

Co-author on the National Guideline on the use of Image diagnostics in Primary Health Care (*Nasjonal faglig retningslinje for bildediagnostikk ved ikke-traumatiske muskel- og skjelettlidelser. Anbefalinger for primærhelsetjenesten.*) The Norwegian Directorate of Health 2014, ISBN: 978-82-8081-305-3

### **Book Chapters:**

**Robinson HS** “Kunnskapsbasert praksis» (Evidence based Practice), in Julsvoll EH (Editor) *Temperomandibulær dysfunksjon. Cappelen Damm Oslo 2018, Chapter 9, page 87-89*

**Robinson HS** “Kliniske tester og metodiske egenskaper” (Clinical tests and methodological characteristics) in Julsvoll EH (Editor) *Temperomandibulær dysfunksjon. Cappelen Damm Oslo 2018, Chapter 13, page 121-124*

### **Chronicle:**

**Woodhouse A, Robinson HS, Evensen KAI, Meisingset I, Thielemann M, Bjorbækmo W, Hansen AE, Vasseljen O, Vøllestad N**, Fysioterapeuter i primærhelsetjenesten – hva gjør vi egentlig? *FYSIOTERAPEUTEN 10/2017*

### **Other:**

Engbretsen E, Vøllestad NK, Wahl AK, Robinson HS, Heggen K: **Opening the black box of clinical decision making: Interpretation is a central feature in evidence-based medicine.** In: *LSE Impact blog*. 2015.

Participated in the work, led by Professor Asbjørn Jokstad UiT, of translating the **DC/TMD into Norwegian language** (2018/2019):

**Jokstad A, Bjørnland T, Dahl BL, Hansen TL, Hjortsjö C, Julsvoll EH, Mo A, Olsen-Bergem H, Robinson HS, Skeie MS.** Diagnostiske kriterier for temporomandibulære forstyrrelser (TMD): Vurderingsverktøy: Norwegian. Version 28Apr2019. <https://ubwp.buffalo.edu/rdc-tmdinternational/tmd-assessmentdiagnosis/dc-tmd/dc-tmd-translations/> International Network for Orofacial Pain and Related Disorders Methodology 2019 65 s. UiT UiB UiO THTKS

### **Peer-reviewed publications, last 5 years:**

#### **2019**

**Myhrvold BL, Kongsted A, Irgens P, Robinson HS, Thoresen M, Vøllestad NK**, Broad external validation and update of a prediction model for persistent neck pain after 12 weeks. *Spine July 2019*  
DOI: 10.1097/BRS.0000000000003144

**Christensen L, Veierød MB, Vøllestad NK, Jakobsen VE, Stuge B, Cabri J, Robinson HS**, Kinematic and spatiotemporal gait characteristics in pregnant women with pelvic girdle pain, asymptomatic pregnant and non-pregnant women. *Clinical Biomechanics 68 (2019) 45–52*

**Stafne SN, Vøllestad NK, Mørkved S, Salvesen KÅ, Robinson HS** Impact of job adjustment, pain location and exercise on sick leave due to lumbopelvic pain in pregnancy: a longitudinal study. *Scandinavian Journal of Primary Health Care Online* 6. May 2019 <https://doi.org/10.1080/02813432.2019.1608058>

**Tangen GG, Robinson, HS** Measuring physical performance in highly active older adults: associations with age and gender? *Aging Clinical and Experimental Research* April 2019 <https://doi.org/10.1007/s40520-019-01190-x>

**Robinson HS, Tangen GG** Fysisk aktive eldre og treningsvaner. *FYSIOTERAPEUTEN* 4/19, p 24-29

**Vegstein K, Robinson HS, Jensen R** Neurodynamic tests for patellofemoral pain syndrome: a pilot study *Chiropractic & Manual Therapies* 2019 <https://doi.org/10.1186/s12998-019-0242-2>

**Christensen L, Vøllestad NK, Veierød M, Stuge B, Cabri J, Robinson HS** The Timed Up & Go test in pregnant women with pelvic girdle pain compared to asymptomatic pregnant and non-pregnant women *Musculoskeletal Science and Practice* (2019), doi: <https://doi.org/10.1016/j.msksp.2019.03.006>.

**Thornes E, Robinson HS, Moosmayer S, Ekeland A, Vøllestad NK (2019)** Low-impact exercise program for patients with symptomatic lumbar spinal stenosis awaiting surgery: a controlled pilot study. *European Journal of Physiotherapy*, DOI: 10.1080/21679169.2018.1554000

#### **2018**

**Wuytack F, Gutke A, Stuge B, Mørkved S, Olsson C, Robinson HS, Vøllestad NK, Öberg B, Nilsson-Wikmar L, Mena JJS, Smith V** Protocol for the development of a core outcome set for pelvic girdle pain, including methods for measuring the outcomes: the PGP-COS study. *BMC Medical Research Methodology* (2018) 18:158

**Evensen KAI, Robinson HS, Meisingset I, Woodhouse A, Thielemann M, Bjorbækmo W, Myhre G, Hansen AE, Vasseljen O, Vøllestad NK** Characteristics, course and outcome of patients receiving physiotherapy in primary health care in Norway: design of a longitudinal observational project. *BMC Health Services Research* (2018) 18:936

**Thornes E, Robinson HS, Vøllestad NK**, Degenerative lumbar spinal stenosis and physical functioning: an exploration of associations between self-reported measures and physical performance tests. *Disabil Rehabil*, 2018. **40**(2): p. 232-237.

**Robinson PS, Balasundaram AP, Vøllestad NK, Robinson HS**. The association between pregnancy, pelvic girdle pain and health-related quality of life – a comparison of two instruments. *Journal of Patient-Reported Outcomes*. 2018;2(1):45.

**Thornes E, Robinson HS, Vøllestad NK** Dynamic balance in patients with degenerative lumbar spinal stenosis. *BMC Musculoskeletal Disorders* (2018) 19:192

**Balasundaram AP, Robinson HS, Vøllestad NK**, Do the key prognostic factors for non-specific neck pain have moderation effects? - A study protocol, *Med. Hypotheses* 114 (2018) 65-68.

**Bjorbækmo W, Robinson HS, Engebretsen E**, Which knowledge? An examination of the knowledge at play in physiotherapy with children, *Physiotherapy theory and practice* (2018) 1-10.

**Mahmood AK, Moen A, Stafne SN, Robinson HS, Vøllestad NK, Salvesen KÅ, Mørkved S, Gjerstad J**, The MMP9 rs17576 A>G polymorphism is associated with increased lumbopelvic pain-intensity in pregnant women, *Scand J of Pain*, 2018, <https://doi.org/10.1515/sjpain-2017-0168>, Published online 14.02.2018

#### **2017**

**Balasundaram AP, Robinson HS**, Effectiveness of physical therapy interventions for pregnancy related pelvic girdle pain (PEDro synthesis). *BJSM Online First*, published on September 27, 2017 as 10.1136/bjsports-2017-098287

**Julsvoll, EH, Vøllestad NK, Robinson, HS**. Inter-tester reliability of selected clinical tests for long-lasting temporomandibular disorders. *Published online JMM T*, May 14. 2017

**Robinson HS, Coward C, Bjorbækmo WS, Langeland E**: Long term sick leave, subjective health complaints and sense of coherence, a cross-sectional study. *Cogent Medicine* 2017, 4(1):1308082.

**Julsvoll, EH, Vøllestad NK, Robinson, HS** Kan smerte og funksjon bidra til å diagnostisere kjeveleddsdisfunksjon? *Fysioterapeuten* 2017; 3: 20-25

**Robinson, HS, Dagfinrud, H** Reliability and screening ability of the StarT Back screening tool in patients with low back pain in physiotherapy practice, a cohort study *BMC Musculoskeletal Disorders* May 2017

**Bjorbækmo, Wenche Schrøder; Robinson, Hilde Stendal; Engebretsen, Eivind.**

A phenomenological and critical examination of knowledge expressed and exchanged in physiotherapy with children. *European Journal of Physiotherapy* 2017; Volum 19. Suppl. 1 s. 36-38 UiO

#### **2016**

**Thornes, E, Robinson, HS, Vøllestad NK** Degenerative lumbar spinal stenosis and physical functioning: an exploration of associations between self-reported measures and physical performance tests. *Disabil Rehabil*. 2016;1-6. doi:10.1080/09638288.2016.1250123.

**Julsvoll, EH, Vøllestad, NK, Robinson, HS**. Validation of clinical tests for patients with long-lasting painful temporomandibular disorders with anterior disc displacement without reduction *Manual Therapy* 2016 Feb;21:109-19. doi: 10.1016/j.math.2015.06.005. Epub 2015 Jun 23

#### **2015**

**Haukaas, F, Vøllestad, NK, Robinson, HS, Aas, E**. Helseøkonomisk evaluering - en aktuell metode for fysioterapi. *Fysioterapeuten* 2015; 10: 22-27

**Engh, L, Strand, LI, Robinson, HS, Tveter, AT, Moseng, T, Dagfinrud, H** Back Performance Scale (BPS): Funksjonsvurdering av pasienter med ryggplager i primærhelsetjenesten. *Fysioterapeuten* 2015; 9: 22-27

**Engebretsen, E, Vøllestad, NK, Wahl, A, Robinson, HS, Heggen, K**. Unpacking the process of interpretation in evidence-based decision making. *Journal of Evaluation in Clinical Practice* 2015