

ROALD BAHR MD PhD

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Born: July 25, 1957 in Narvik, Norway

Roald Bahr is the Professor of Sports Medicine and Chair of the Oslo Sports Trauma Research Center and the Department of Sports Medicine at the University of Sport and Physical Education. He also holds a clinical appointment in the Medical department at the National Olympic Training Center. He is authorized as Sports Medicine Physician by the Norwegian Society of Sports Medicine and is a fellow of the American College of Sports Medicine. He serves as Team Physician for the national teams in beach volleyball. He is past chair of the National Council on Physical Activity, past president of the Norwegian Society of Sports Medicine, a current member of the Sports Medicine Council of the Norwegian Olympic Committee and Confederation of Sports, President of the FIVB Medical Commission and member of the IOC Medical Commission – Medical and Scientific Group. His main research area is sports injury prevention, and he has published more than 150 original research articles, review papers and book chapters, in addition to several books. He is the main editor of the acclaimed textbook "Clinical Guide to Sports Injuries", which is published in seven languages, as well as the new "Handbook of Sports Injury Prevention". He is also a former national team volleyball player and coach, and is married with three children.

EXPERIENCE & QUALIFICATIONS

- 1) Chairman of the Medical Commission of the Norwegian Volleyball Association (NVBF) since 1986. Physician for the NVBF national teams since 1986. Member of the Beach Volleyball Commission of the European Volleyball Federation 1995-1999. Member of the Sports Medicine Council of the Norwegian Olympic Committee and Confederation of Sports 1997-present.
- 2) President of the Norwegian Society of Sports Medicine 1997-1999. Vice president of the Norwegian Society of Sports Medicine 1994-1997. Member of the board of the Norwegian Society of Sports Medicine 1990-1994. Member of the Subcommittee on Education 1990-1992, Chairman of the Subcommittee on Research 1992-1997, Member of the Subcommittee on Research 1997-present, Member of the Subcommittee on Quality Control 1994-1995.
- 3) President of the Medical Commission of the International Volleyball Federation (FIVB) 2006-present. Secretary of the FIVB Medical Commission 2000-2006 and member of the commission 1998-2000. Member of FIFA Panel of instructors and advisors in Football medicine.

- 4) Member of the IOC Medical Commission – Medical and Scientific Group 2008-present.
- 5) Coordinator of the annual certification courses in Sports medicine for physicians and physical therapists at University of Trondheim 1992-2003. Multiple lectures at certification courses in Trondheim (Oppdalkursene) and Oslo 1992-2003.
- 6) Program Manager Doping Control and responsible for the planning and execution of doping controls for the 1994 Winter Olympic Games at Lillehammer. Serving as advisor to the ACOG Doping Control Committee in preparation for the 1996 Summer Olympic Games in Atlanta 1994-1996. Co-chairman of the Medical Commission of the 1995 All-Africa Games in Harare, Zimbabwe. Authorized as Doping Control Officer by the Norwegian Confederation of Sports.
- 7) Appointed to the Editorial Board of Scandinavian Journal of Medicine & Science in Sports 1996, British Journal of Sports Medicine 1999, Clinical Journal of Sports Medicine 1999, Tidsskrift for den norske lægeforening 2004 and Sports Medicine 2007. Co-editor of themed issue for British Journal of Sports Medicine on sports injury prevention in June 2005. Referee for JAMA, American Journal of Sports Medicine, Journal of Applied Physiology, Medicine & Science in Sports and Exercise, European Journal of Applied Physiology, British Journal of Sports Medicine, Clinical Journal of Sports Medicine, the Lancet, Tidsskrift for den norske lægeforening, Scandinavian Journal of Medicine & Science in Sports, and American Journal of Cardiology.
- 8) Member of the Norwegian Medical Association and the Norwegian Society of Sports Medicine. Fellow of the American College of Sports Medicine.
- 9) Advisor for the following Ph.D. students: Elisabet Børsheim (completed 1998), Ola Rønsen (completed 2003), Grethe Myklebust (completed 2003), Arni Arnason (completed 2004), Thor Einar Andersen (completed 2005), Odd Egil Olsen (completed 2005), Tron Krosshaug (completed 2006), Øystein Lian (completed 2007), Kathrin Steffen (completed 2008), Steinar Sulheim, Truls Martin Straume-Næsheim (completed 2008), Albin Tenga, Mario Bizzini, Torbjørn Soligard.
- 10) Vice-chairman of the National Council on Nutrition and Physical Activity 1999-2004. Chairman of the National Physical Activity Council 1999-2007.
- 11) Authorized as Sports Medicine Physician (Idrettslege NIMF) by the Norwegian Society of Sports Medicine November 2000.
- 12) Founder and chair of the Oslo Sports Trauma Research Center since 2000. Chair of the Scientific Committee for the 1st World Congress on Sports Injury Prevention in Oslo June 2005. President of the Scientific Committee for the 2nd World Congress on Sports Injury Prevention in Tromsø June 2008.
- 13) Competitive experience at top national level in volleyball 1977-1985 (two national championships and 58 national team selections). Coaching experience in volleyball at top national level as head coach for Kolbotn IL 1983-1988 (two national championships) and as Head Coach National Team Men 1986-1990 for the Norwegian Volleyball Federation (Nordic champions 1988, overall record: 40 wins - 17 losses). Coach for the Norwegian Olympic Men's

Beach Volleyball team 1994-1998 (European Champions 1994, World Champions 1995, 9th place OG 1996).

RECENT SELECTED PUBLICATIONS – ORIGINAL RESEARCH

61. KROSSHAUG, T. & R. BAHR. A model-based image-matching technique for three-dimensional reconstruction of human motion from uncalibrated video sequences. *J Biomech* 38 (4): 919-929, 2005.
63. OLSEN, O.E., G. MYKLEBUST, L. ENGBRETSSEN, I. HOLME & R. BAHR. Exercises to prevent lower limb injuries in youth sport: cluster randomized controlled trial. *BMJ* 330 (7489): 449 (Feb 26), 2005. doi:10.1136/bmj.38330.632801.8F (Epub 2005 Feb 07). Selected as Paper of the month by British Medical Journal editorial staff. Winner of the NIMI Award 2005 for best Norwegian sports medicine paper published 2004-2005.
64. LIAN, Ø., ENGBRETSSEN, L. & R. BAHR. Prevalence of jumper's knee among elite athletes from different sports – a cross sectional study. *Am. J. Sports Med.* 33 (4): 561-567, 2005.
65. VISNES, H., A. HOKSRUD, J. COOK & R. BAHR. No effect of eccentric training on jumper's knee in volleyball players during the competitive season: a randomized clinical trial. *Clin. J. Sports Med.* 15 (4): 227-234, 2005.
69. SULHEIM, S., HOLME, I., A. EKELAND & R. BAHR. Helmet use reduces the risk of head injuries in alpine skiing disciplines and snowboarding – case-control study. *JAMA*, 295 (8, February 22): 919-924, 2006.
70. BAHR, R., B. FOSSAN, S. LØKEN & L. ENGBRETSSEN. Surgical treatment versus eccentric training for patellar tendinopathy (jumper's knee) – a randomized controlled trial. *J. Bone Joint Surg. Am.* 88: 1689-1698, 2006. (doi:10.2106/JBJS.E.01181) Winner of the NIMI Award 2006 for best Norwegian sports medicine paper published 2005-2006.
72. HOKSRUD, A., L. ÖHBERG H. ALFREDSON, & R. BAHR. Ultrasound-guided sclerosis of neovessels in painful chronic patellar tendinopathy – a randomized controlled trial. *Am. J. Sports Med.* 34: 1738-1746, 2006. (DOI: 10.1177/0363546506289169) [Jul 10; Epub ahead of print].
73. LIAN, Ø., J. DAHL, P. ACKERMANN, F. FRIHAGEN, L. ENGBRETSSEN & R. BAHR. Pro- and anti-inflammatory neuromediators in patellar tendinopathy. *Am. J. Sports Med.* 34: 1801-1808, 2006. (DOI: 10.1177/0363546506289169) [Jun 30; Epub ahead of print].
75. KROSSHAUG, K., J.R. SLAUTERBECK, L. ENGBRETSSEN & R. BAHR. Biomechanical analysis of anterior cruciate ligament injury mechanisms: three-dimensional motion reconstruction from video sequences. *Scand. J. Med. Sci Sports.* Epub Dec 20 2006 [ahead of print]. 17(5): 508-519, 2007.
76. KROSSHAUG, K., A. NAKAMAE, B. BODEN, L. ENGBRETSSEN, G. SMITH, J. SLAUTERBECK, T. HEWETT & R. BAHR. Mechanisms of anterior cruciate ligament injury in basketball: analysis of 39 cases. *Am. J. Sports Med.* Epub 2006 Nov 7 [ahead of print]. 35 (3): 359-367, 2007.

77. KROSSHAUG, K., A. NAKAMAE, B. BODEN, L. ENGBRETSSEN, G. SMITH, J. SLAUTERBECK, T. HEWETT & R. BAHR. Estimating 3D joint kinematics from video sequences of running and cutting maneuvers--assessing the accuracy of simple visual inspection. *Gait Posture*. Epub Dec 1 2006 [ahead of print]. 26 (3): 378-385. 2007.
78. LIAN, Ø., A. SCOTT, L. ENGBRETSSEN, V. DURONIO, K. KHAN & R. BAHR. Excessive apoptosis in patellar tendinopathy in athletes. *Am. J. Sports Med.* 35 (4): 605-611, 2007. Epub Jan 23 2007 [ahead of print]. doi: 10.1177/0363546506295702
79. ARNASON, A., T.E. ANDERSEN, I. HOLME, L. ENGBRETSSEN & R. BAHR. Prevention of hamstring strains in elite soccer: an intervention study. *Scand J Med Sci Sports*. Epub Mar 12 2007 [ahead of print].
82. STEFFEN, K., I. HOLME & R. BAHR. Risk of injury on artificial turf and natural grass in young female football players. *Br J Sports Med.* 41 (Suppl 1):i33-37, 2007. Epub 2007 Jun 5. [ahead of print].
83. GRANAN, L.-P., R. BAHR, K. STEINDAL, O.N. FURNES & L. ENGBRETSSEN. Development of a National Cruciate Ligament Surgery Registry: The Norwegian National Knee Ligament Registry. *Am J Sports Med.* 36: 308-315, 2008. Epub 2007 Nov 7 [ahead of print] doi:10.1177/0363546507308939.
85. STEFFEN, K., G. MYKLEBUST, T.E. ANDERSEN, I. HOLME & R. BAHR. Self-reported injury history and lower limb function as risk factors for injuries in female youth football. In press, *Am J Sports Med.*
86. TEGNANDER, T., O.-E. OLSEN, T.T. MOHOLDT, L. ENGBRETSSEN & R. BAHR. Injuries in Norwegian female elite soccer: A prospective one-season cohort study. *Knee Surg Sports Traumatol Arthroscopy*. Epub 2007 Sep 26 [ahead of print]
87. SCOTT, A., Ø. LIAN, R. BAHR, R. SOBOUTI, D.A. HART, V. DURONIO & K.M. KHAN. Elevated mast cell numbers in human patellar tendinosis. In press, *Br. J. Sports Med.*
88. ENGBRETSSEN, A.H., G. MYKLEBUST, I. HOLME, L. ENGBRETSSEN & R. BAHR. Prevention of injuries among male soccer players – a prospective, randomized intervention study targeting players with previous injuries or reduced function. *Am. J. Sports Med.* 36 (6): 1052-1060, 2008. Epub 2008 April 3 [ahead of print] doi: 10.1177/0363546508314432
89. STRAUME-NAESHEIM, T., T.E. ANDERSEN, M. JOCHUM, J. DVORAK & R. BAHR. Minor head trauma in football and serum levels of s100b. In press, *Neurosurgery*.
90. STEFFEN, K., A.M. PENSGAARD, R. BAHR. Self-reported psychological characteristics as risk factors for injuries in female youth football. In press, *Scand. J. Med. Sci. Sports*.
93. STRAUME-NAESHEIM, T., T.E. ANDERSEN, A. MCINTOSH, J. DVORAK & R. BAHR. Can minor head traumas in football cause concussive injury? – a prospective case control study. In revision, *Neurosurgery*.
110. SOLIGARD, T., G. MYKLEBUST, K. STEFFEN, I. HOLME, H. SILVERS, M. BIZZINI, A. JUNGE, J. DVORAK, R. BAHR & T.E. ANDERSEN. A comprehensive warm-up

programme to prevent injuries in female youth football - a cluster randomised controlled trial. In review, BMJ.