

## CURRICULUM VITAE

### PERSONAL DATA

Kari Bø, born July 5<sup>th</sup> 1955

Professor, PhD Norwegian School of Sport Sciences, Dept of Sports Medicine,

Research coordinator Akershus University Hospital, Dept of Obstetrics and Gynecology

PT, Exercise scientist

Married to: Svenn-Erik Nordby, son: Christian Nordby Bø, born 03.02.86

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### EDUCATION

\*Basic course in **sport and physical education** (1 year)

The Norwegian University of Sport and Physical Education 1975

\***Physical Therapy.** College of Physical Therapy, Oslo, Norway 1977

\*Bachelor degree. **Exercise physiology/ sport medicine/ health**

**promotion.** Norwegian University of Sport and Physical Education 1979

\***Master of Science/Cand Scient.** Norwegian University of Sport

and Physical Education. Thesis: "Body posture in a historical view" 1984

\***Doctor of science (Ph.D)** The Norwegian University of Sport and Physical

Education. Dept. of Exercise Physiology and Sport Medicine.

Thesis:"Pelvic floor muscle exercise in treatment of female stress

urinary incontinence. Methodological studies and clinical results" 1990

## **POSTGRADUATE COURSES**

\*Treatment of CP children,the Bobath method, London,

2 months 1980

\*Research in Physical therapy 1980- 1981

\*Research planning and statistics. MedStat. Center for

administration, design and statistical analysis in

medical research 1987

\*Statistics )

\*Epidemiology )

\*Biomedical research ) University of Oslo

\*Preventive health care)

\*Urology )

\*Urodynamic assessment ) 1986-1988

\*Clinical sexiology )

\*Surgery )

\*Urotherapy, Treatment, University of Gothenburg 1988

\*Education for University faculty members; University of Oslo,  
Norwegian College of Sport and Physical Education, 1994

\*In addition several postgraduate courses in physical therapy, sport medicine with emphasize of use of exercise in prevention, rehabilitation and treatment, movement science, project planning, research methods, media, and administration.

## **WORKING EXPERIENCE**

\***Physical education teacher**, Highschool/ College 1978

### **\*Physical therapist**

-CP children 1978

-Surgical and internal medicine depts. Akershus University Hospital 1979

-Private Physical therapy institute 1979-1981

\***Research fellow**, Norwegian University of Sport and Physical  
Education, Dept. of exercise physiology and sport medicine 1980-1981

\***Physical therapist/lecturer**. Norwegian College  
of Ballet/Norwegian State Ballet at the Norwegian  
Opera 1981

\***Head Physical therapist**, depts of **internal  
medicine, gynecology and obstetrics and neurology**.  
University hospital of Akershus 1981-1985

\***Research fellow/Lecturer/PhD. student**,

Norwegian University of Sport and Physical Education, Dept. of exercise physiology and sport medicine	1985-1990
* <b>Visiting scholar, Stanford University</b> , Medical school, Dept. of Urology, USA,	1990
* <b>Post doctorate fellowship</b> . Associate professor/ Norwegian Research Council.	1991-1993
* <b>Senior project supervisor</b> , Center for Research and Development in Physical Therapy (20%)	1991-1993
* <b>Associate professor</b> , Norwegian University of Sport and Physical Education, Dept of Exercise Physiology and Sport Medicine	1994-1995
* <b>Research director</b> , Norwegian Center for Physiotherapy Research	1995-1997
* <b>Associate professor</b> , University of Oslo, Section for Postgraduate Studies in Health Science (20% position)	1997-98
* <b>Full time professor</b> , Norwegian University of Sport and Physical Education, Dept of Exercise Physiology and Sport Medicine	1997-
* <b>Prorector/Associate Dean</b> , Norwegian University of Sport and Physical Education	1999-2002
Vice president of Activity Council in the Norwegian Directorate for Health and Social Affairs (advising the Minister of Health/Surgeon General)	1999-2007
* <b>Research coordinator</b> Akershus University Hospital, Dept of Obstetrics and Gynecology (20%)	2008-

## INTERNATIONAL VISITING FELLOWSHIPS

- Visiting fellow, Stanford University, School of Medicine, Dept of Urology  
California, USA, Jan-July 1990
- William Evans Fellowship **Visiting Professor**, University of Otago,  
School of Medicine, Department of Obstetrics and Gynecology,  
Dunedin, New Zealand Febr. 1999
- Windemere Fellowship. **Visiting Professor**, University of Melbourne,  
Australia (3 months) 2001- 2002
- The Ministry of Health. **Visiting Professor**, Singapore,  
September 16-27 2002

## ORGANISATIONAL WORK

### Memberships:

- The Norwegian Physical Therapy Association.
- The Norwegian Association for Sport Research.
- The Norwegian Association for Sport Physical Therapy.
- The Norwegian Gymnastics Federation.
- The Norwegian Sport Federation.
- International Dance Exercise Association.
- International Continence Society
- American College of Sports Medicine
- Urodynamic Discussion Group, National Hospital of Norway
- Interest Group in Research on Urinary Incontinence, University of Bergen

- The Norwegian Non-Fiction Writers and Translators Association

### **Elected member**

- Board of the Norwegian Physical Therapy Association, Dept. of Akershus County.1983-1985.
- Member of the Educational Committee, Norwegian Gymnastics Federation,1986-1987.
- Delegate to the yearly meeting of the Norwegian Physical Therapy Association,1985-1989.
- Member of the State Advisory Council for Education in Physical Therapy and Occupational Therapy in Norway,1986-1990.
- Member of the board of The Norwegian Association for Sport Research, 1991-1992.
- Member of Board of The Norwegian Aerobic Fitness Model, The Norwegian Gymnastic Federation, 1994-1997
- Member of the educational board of Health studies. The Norwegian University of Sport and Physical Education.
- Leader of the working group " Development of Physical Therapy Science" in Norway. Norwegian Centre for Research and Development in Physical Therapy.
- Norway's representative in the Nordic Planning Group for Scientific Conferences in Physical therapy 1991-
- Norway's representative in expert group in European Unions Network for Health Enhancing Physical Activity (HEPA)

- Vice president, Activity Council, Norwegian Council of Nutrition and Physical Activity, The Norwegian Ministry of Health and Social Affairs 1999-2003 and 2003-2007.
- Vice president Subgroup for Women's Health, World Confederation of Physical Therapy (WCPT) 1999-
- Norwegian Council for Research in Higher Education 1999-2001
- Head of Committee for Studies, Research and doctoral program, and International Affairs Norwegian University of Sport and Physical Education 1999-2001
- Head of National Committee for Education in Sport Sciences 1999-2001
- Steering group of Section of Female Urology, European Association of Urology (EAU) 2000-
- Member of committee to authorize Sport physical therapists from 1993-
- Head of Committee for PhD program at the Norwegian School of Sport Sciences
- Vice president of the Norwegian Sport Physiotherapy Association 2003-2005
- Member of Program committee of the Norwegian Research Council Clinical Research Committee 2006-2010
- Scientific Committee European College of Sport Science annual meeting, Oslo 2009

## **AWARDS**

- \* 1987 Best research in "Sport Physiotherapy".
- \* 1991 Astra Meditec Urology Award "Science in Urology"
- \* 1997 Nycomed Pharma Award " Best presentation in Sport Medicine"
- \*1999 Award from the Norwegian Association for Urology "Science in Urology" for  
The Norwegian Pelvic Floor Study presented in BMJ
- \*2000 INKOforum Hungary award: In acknowledgement of her  
outstanding scientific achievements in the field of Incontinence
- \*2007 Life Long Achievement Honorary member of the Norwegian Physiotherapy  
Association Subgroup for Women's Health
- \*2008 Life Long Achievement Honorary member of the Brazilian Physiotherapy  
Association Subgroup for Women's Health

## **AUTHORSHIPS**

- \*"Kroppsholdning i historisk perspektiv" (Body posture in a historical view),  
University Press, Oslo, 1981.
- \*"Gymnastikk i tiden". (Norwegian aerobic fitness model, Instructor manual for aerobic  
instructors). University Press, Oslo, 1989.
- \*"Inkontinens". (Incontinence) University Press, Oslo, 1992
- \*"Pelvic floor muscle exercise to treat pelvic floor muscle exercise". Video. IBM, Menlo  
Park, California/Stanford University, 1990.
- \*" Kom i form med KK ". One hour video with aerobic, strength and flexibility training  
for women, 1992.
- \* "Trening av bekkenbunnen". 35 min video. Pelvic floor, abdominal and back muscle  
exercise", 1992.

\* “Kom i form med KK, 2”. One hour video with aerobic, strength and flexibility training for women, 1995.

\*”Ta sats”. Physical education book for highschool students. University Press, 1997 and 2000.

\*«Kvinner og trening», (Exercise for women), Boksenteret, 1999

\*«Trening for svangerskap og etter fødsel», (Exercise during pregnancy and after childbirth), Boksenteret, 1998

\* ”Overskudd til livet, motivasjon, mosjon, mat” (Exercise, nutrition, motivation for women), Aschehoug 2002

\*”Sprek, slank og sunn mamma” (Healthy, fit and lean mum) Boksenteret Erik Pettersen & Co AS, 2004

\*”Multidisciplinary management of female pelvic floor disorders” (Chapple, Zimmern, Brubaker, Smith, Bø) . Churchill Livingstone 2006

\*“Evidence based physiotherapy for the pelvic floor – bridging science and clinical practice” (Bø, Berghmans, van Kampen, Mørkved). Elsevier 2007.

\*Corewellness dvd: pelvic floor, abdominal and back training

**For scientific publications, see Publication list.**

**INVITED LECTURER:**

**1991**

\*Nordic Urology Scientific Meeting, Finland

\*American Urogynecology Society Annual Meeting, and Postgraduate course,  
Newport Beach, California 1991

**1992**

\* International consensus symposium on physical activity, fitness and health, Toronto,  
Canada, 1992

**1993**

\* University of Lund, Sweden, Dept. of Urology/School of Physical Therapy, 1993

\* Japanese Urogynecology meeting, Tokyo

\* University of Kanazawa, Japan

\* University of Nagoya, Japan

\* Oslo biennial meeting on Urology

**1995**

\*15<sup>th</sup> Annual Conference of the Association of Continence  
Advice; Weston Super Mare, England

\*Pelvic Floor Netherlands: The Foundation for the  
development of pelvic floor studies, Amsterdam, The Netherlands

\*Symposium on Pelvic floor, Women's Health Issues,  
Sydney, Australia

**1996**

\*Legitimerade Sjukgymnasters Riksförbund Workshop on  
inkontinens, Stockholm, Sweden

\*Nordic Association for Obstetrics and Gynecology, Stockholm, Sweden

\*IUGA 1996- International Uro-Gynecology Association 21st. Annual Meeting, Vienna, Austria

\*Pelvic Floor Symposium, Athens, Greece

### **1997**

\*1st. Urogynecology Symposium, Istanbul University, School of Medicine, Istanbul, Turkey

\*Urology Meeting, Sevilla, Spain

\*First International Conference on the Prevention of Incontinence, London, England

\*Neurogenic Bladder Society Annual Meeting, University of Tokyo, ICS, Yokohama

\*Prevention of Incontinence, Symposium, ICS, Yokohama, Japan

### **1998**

\*Fortbildung Pelvitrain für Ärztinnen und Physiotherapeutinnen, Kantonsspital Aarau, Switzerland

\*WHO 1<sup>st</sup> consultation on Incontinence. Co-chair Conservative treatment in women, Monaco

\*WHO Satellite Symposium Bladder overactivity: How to improve women's Quality of Life, «Physiotherapy and pelvic reeducation», Monaco

\*Chairman ICS Workshop on Pelvic Floor Muscle Exercise and Urinary Disorders, Jerusalem, Israel

\*Pelvic Floor Dysfunction, Front, Middle and Rear, Montreal, Canada

\*Urogynecology Association, University of Taipei, Taiwan

## **1999**

\* 2<sup>nd</sup> International Pelvic Disorder Conference, Barcelona, Spain

\*1<sup>nd</sup> International Urogynecology Symposium, Istanbul University,  
School of Medicine, Istanbul, Turkey,

\*Portuguese Urogynecology Meeting, Porto, Portugal

\*Lecturing at conference as William Evans Visiting Fellow in  
University of Otago, Dunedin, New Zealand

\*Overactive Bladder and its treatments Meeting, London, UK

\* Workshop: Pelvic floor rehabilitation, ICS, Denver, USA

\*International Forum. 51<sup>st</sup> Kongress der Deutschen Gesellschaft  
für Urologie. Wiesbaden, Germany

## **2000**

\*Current Controversies in Urinary Incontinence and Overactive  
bladder. Università di Modena 24-25 March

\*Inko forum, Budapest, Hungary, May

\*Norisk Forening for gynekologi.  
XXXII Kongressen, Oslo 3 juni

\*Workshop: Pelvic floor rehabilitation, ICS, Tampere, Finland,  
28<sup>th</sup> August

\*Postgraduate course, IUGA, Rome, Italy, 22<sup>nd</sup> October

\*Bristol Urological Institute, 6-7 December

2day operative course in stress incontinence and pelvic floor  
dysfunction. 1: Pelvic floor functional anatomy and exercise  
science. Theoretical base for pelvic floor muscle straining.  
2: Effect of pelvic floor muscle training with and without  
biofeedback, vaginal cones, and electrical stimulation in stress  
and urge incontinence.

## **2001**

\*ICS, UK section Annual meeting, 3-4 April: The pelvic floor  
in the athletic woman

\*Pelvic floor muscle exercise for male incontinence. 22<sup>nd</sup>  
Annual Meeting of the Society for the study of urodynamics  
and female urology, AUA, Anaheim, California, USA, June 3<sup>rd</sup>

\*1. Pelvic floor physical therapy. Theoretical basis. 2. Pelvic floor  
muscle exercise class. 3. Vaginal palpation. Is it reproducible and  
valid? 4. Evidence for PFM exercise for stress and urge incontinence  
in men. 5. Difference between PFM exercise programs. How does  
it work? An exercise science perspective. 6. Female athlete and the  
pelvic floor. Evidence based physical therapy for the pelvic floor.  
Bridging science and clinical practice. Norwegian University of  
Sport and Physical Education, Oslo Norway 25-27 June

\*2<sup>nd</sup> International Consultation on Incontinence, Conservative  
treatment in women, Paris, France,  
July 1-3,

\*Pelvic floor reeducation as monotherapy or combined with  
electrotherapy or biofeedback, what is proven, are there specific  
indications? The pelvic floor in the athletic woman. New aspects  
on pelvic floor muscle function- the theoretical basis for physical  
therapy. Evaluation of pelvic floor muscle function and strength.  
11<sup>th</sup> Annual Meeting of the Austrian Incontinence Help Society.  
Innsbruck Sept 14-15

\*Pelvic floor rehabilitation in urinary incontinence with urethral  
sphincter insufficiency. 11<sup>th</sup> National Congress AIUG.  
Salsomaggiore Terme. Italia.

\*Physiotherapeutic techniques. Incontinence in women. Royal  
College of Obstetricians & Gynaecologists. Setting standards to  
improve women's health. London 1-3 October

\*Stress incontinence: conservative treatment.  
European Association of Female Urology. Verona, Italy  
8-9 October

\*Conservative therapy for stress incontinence. International  
symposium on female incontinence with live surgery. Philipps-  
Universitat Marburg, Germany Oct 19-20th

\*1. Physical therapy in urge incontinence. 2. Physical therapy in  
stress incontinence. Sixt International congress of Dutch Urological  
Association, Noordwijkerhout, The Netherlands Oct 25-27

\*1. Pelvic floor evaluation- aims & techniques. 2. Pelvic floor  
reduction, selection, pelvic floor exercises, electrical & other

techniques 3. practical session on pelvic floor muscle exercise  
 4. practical demonstration of mechanical & electrical devices  
 & stimulators. 5. Symposium: multidisciplinary approach for  
 managing pelvic floor dysfunction: The physiotherapist's point of  
 view. 6. Plenary lecture: pelvic floor dysfunction causing urologic,  
 gynecologic & coloproctology disorders & management. Asian  
 Surgical Association Congress 1-4 Nov. Singapore

\*State of the art: Exercising the Pelvic Floor muscles- does it work  
 and why? Workshop: The theoretical basis for pelvic floor muscle  
 training for stress and urge incontinence. 26<sup>th</sup> Annual Congress.  
 International Urogynecology Association, Melbourne, Australia,  
 Dec 5-8

## 2002

\*1. Pelvic floor exercise; the theory behind practice. 2. Pelvic floor exercise for stress  
 incontinence. Do they work? 3. State of the art: Sport and the pelvic floor. 4. Pelvic floor  
 rehabilitation for overactive bladder. Cape Town Pelvic Floor Society, Cape Town, South  
 Africa, March 6th

\*State of the art lecture on evidence for the effect of pelvic floor muscle training: Chartered  
 Physiotherapists in Women's Health, Ireland, May 24th

\*Workshop: Pelvic floor rehabilitation. Multi-national meeting on pelvic floor disorders.  
 Ernobio, Como, Italy, June 13-15

\*Ministry of Health and KK Women's & Children's Hospital, Singapore September 16-27th

\*Incontinence during pregnancy and after childbirth, risk factors, prevention and  
 intervention. European Congress on Prevention of Diseases through Physiotherapy, Vienna,  
 Austria, November 27-30

\*1. Is there any place for conservative treatment of prolapse and incontinence. The  
 physiotherapist's point of view. 2. Incontinence in athletic women. Advanced course &  
 challenges in urogynecologic urology. Montreal December 13-14

## 2003

### Association (EUA), Madrid March 15<sup>th</sup> 2003

\*Physiotherapy versus surgery in the initial treatment of female stress urinary incontinence.  
 Is there still a place for physiotherapy in treatment of female SUI?. European Urology

### Physiotherapy Association of British Columbia, Canada 29-30 March, 2003

\*Physiotherapy for pelvic floor dysfunction and incontinence in a multidisciplinary  
 approach to incontinence management

\*Functional anatomy of the pelvic floor and dysfunction causing urological, gynaecological,  
 and coloproctology disorders.

\*Assessment of pelvic floor muscle function and strength

\*Exercise science and strength training principles to be applied in treatment of stress urinary incontinence

\*Group training of the pelvic floor – advantages and disadvantages

\*The pelvic floor muscle exercise class (Practical group training)

\*Electrical stimulation to treat stress and urge incontinence

\*Evidence for strength training with and without biofeedback, vaginal cones and el.stim to treat stress urinary incontinence

\*Evidence for pelvic floor muscle training and electrical stimulation to treat bladder overactivity

\*Pelvic floor muscle training in prevention and treatment during pregnancy and after childbirth

\*Potential risks and benefits of general exercise training during pregnancy

\*Pelvic floor muscle training in the elderly

\*Female athlete, sport and the pelvic floor

\*Evidence for pelvic floor muscle training for stress and urge incontinence in men

**European congress of Women Physician, Naples April 11<sup>th</sup>, 2003**

\*Seminology of the pelvic floor: the point of view of the physiatrist”

**28 th International Urogynecological Association (IUGA) Annual Meeting, Buenos Aires, Argentina October 29-31, 2003. Non-surgical treatment workshop**

\*What is today’s place of conservative treatment in urogynecology

\*New developments in the conservative treatment of urinary incontinence in women during pregnancy and after delivery

\*Conservative treatment and pelvic organ prolapse; recovery or only compensation

**Danske Fysioterapeuter Fagfestival November 20-22, 2003**

\*Bækkenbundstræning til ældre kvinder

\*Dysfunktion af bækkenbundsmuskulaturen og urinvejsincontinens hos idrætsaktive kvinder

## 2004

- 8<sup>th</sup> International Organization of Orthopedic and Manual therapy (IFOMT), Cape Town, SouthAfrica
  - \*Key note: Balancing outcome in evidence: quality of the intervention
  - \*The pelvic floor muscle training class. Evidence for PFMT and how does it work (exercise science)
  - \* Practical class
  - \* Finding the balance – the future of OMT: Evidence
- Universite de Montreal, Montreal, Canada. Konferanse 20.04.04.
  - \*“ PFM training is effective to treat female stress urinary incontinence, but how does it work?”
- University of Iowa. Seminar “The pelvic floor muscle exercise class” practice + discussion
- University of Michigan. “The pelvic floor muscle exercise class”, practice + discussion
- ICS/IUGA, Paris, France 22-24 august 2004. Workshop: Pelvic floor evaluation in physiotherapy: “Terminology in pelvic floor dysfunction Clinical Assessment Group ICS”. Workshop: Stress urinary incontinence in women: “Physiotherapy”. Workshop: Conservative treatment for urinary incontinence and pelvic floor disorders. ”What is

today's place for conservative treatment in urogynecology", "Conservative treatment and pelvic organ prolapse: Recovery or only compensation?"

- XXVIII Congresso Nazionale Società Italiana di Urodinamica 13-16 October, Udine, Italy 2004. "Pelvic floor rehabilitation – State of the art"
- European Congress on Physiotherapy Education. Estoril, Portugal 4-5 November 2004. "How can research change practice?"
- Forum Internacional de Estudantes de Fisioterapia. Estoril, Portugal 6 November, 2004. « Evidence based practice ».
- Spanish Urogynecology Association, Barcelona, Spain, 3-5 th December 2004: 1. "How does pelvic floor training work in the treatment of female urinary incontinence. Functional anatomical basis. 2. "Different exercise protocols and different theories to support them 3. Clinical cases. 4. Practical sessions: 1. Observation and palpation 2. Pressure measurement 3. Biofeedback

## 2005

- Erasmus University, Rotterdam, the Netherlands 28.01.05. Graduation for "pelvic physiotherapists": Bø K: Pelvic (floor) physiotherapy international.
- European Association of Urology, Istanbul, Turkey 16-19 March 2005. Poster presentation: Lower urinary tract symptoms 15 years after ending a randomised controlled trial of pelvic floor muscle training for urodynamic stress incontinence.
- Tena/SCA: "Pelvic floor exercise". Paris 14-15 april 2005
- Associazione di Riabilitazione del Friuli-Venezia Giulia (A.R.T). Disfunzioni Perinellia: Dianosi, Prevenzione, Riabilitazione, Nursing: Lettura magistrale "La riabilitazione dell'incontinenza urinaria". Riccione, Italy 19-21 May 2005
- The 6<sup>th</sup> Nordic Physiotherapy Congress, 1-3 June 2005, Helsingør, Denmark.
  1. Invited Keynote: "Important factors to make research change clinical practice".
  2. Oral presentation: "15 year follow-up of pelvic floor muscle training to treat female stress urinary incontinence"
- European Workshop on electrical stimulation in urology. Possibilities and limitations. 10-11 June 2005, Göteborg, Sweden. Invited speaker: "Evidence based medicine: The problem of control trials in electrical stimulation study protocols"
- 1st World Congress on Sports Injury Prevention. Symposium IFSP and FFI June 22: "The female athlete and pelvic floor dysfunction" Oslo June 23-25 2005
- International Continence Society (ICS) 35<sup>th</sup> Annual Meeting, Aug 28-Sept 2<sup>nd</sup> 2005 Montreal, Canada:
- Linland M, Bø K: "Does Strenuous general physical activity cause pelvic floor muscle fatigue?" Oral poster presentation

- Frawley H, Sherburn M, Galea M, Bø K: “Even weak pelvic floor muscles lift” Oral poster presentation
- Bø K: “Pelvic floor pick me ups” Practical pelvic floor muscle exercise class (x 2)”
- “Conservative therapy: Physiotherapy” in ICS educational workshop: Stress urinary incontinence in women. Monday 29<sup>th</sup> Aug 2005
- “Vaginal squeeze pressure measurement”. ICS course: Pelvic floor muscle evaluation in physiotherapy”, Tuesday 30<sup>th</sup> 2005.
  
- International Organization of Physical Therapists in Women’s Health “Update on Pelvic Floor Research and Rehabilitation” Ljubljana, Slovenia, 17-18 Sept 2005.
- Bø K:
- “Updated exercise science”
- “PFM exercises are effective, but how does it work?”
- “Abdominals or PFM training, what is the evidence?”
- “Pelvic organ prolapse and PFM training”
- “Exercise class” (practical)
  
- Oppdatering innen sjukgymnastik og inkontinens, Göteborg, Sweden 27.09.05
- “Bekkenbunnstrening er effektiv behandling av stress inkontinens hos kvinner, men hvordan virker det?”
- Bø K:
- ”Kan vi trene bukmuskulatur i stedet for bekkenbunnsuskler?”
- ”Kan bekkenbunnstrening forebygge og behandle underlivs prolaps?”
  
- Akershus Universitetssykehus Scandinavian Centre of Gynecological Endoscopy: Workshop: Vaginale bekymringer. 11-13 oktober 2005
- Bø K: “Kan vi trene bort prolaps?”
  
- XXX Brazilian Congress of Urology, Brazilia 22-27 Oct 2005.
- Bø K:
- “Prevention of urinary incontinence: how can the conservative treatment help?”
- “Urinary incontinence in athletes”
- “Urogenital prolapse: what does the physiotherapist need to know?”
- “How to function, what to expect? Functional aspects of pelvic floor for urinary incontinence in women”
- “How to measure? What to treasure?”
- “Practical class of exercise”
  
- International Pelvic Floor Dysfunction Society Congress, Buenos Aires, Argentina 8-11 Nov 2005:
- Chairman pregress Course 1: Female perineum health care
- “Function and dysfunction of the Pelvic Floor, Exercise science”
- “Assessment of Pelvic Floor Muscle. Function and practical instructions”
- “How do we treat: Urinary incontinence”
- “How do we treat: prolapse”

- “Practical Pelvic Floor Exercise Class”
- Debate I: Sphincteric incontinence in the new millennium. Multidisciplinary approach. Female sphincteric incontinence: Conservative treatment
- ICS Educational Course, Barcelona, Spain 11-12 Nov 2005
- “Discussant What the physiotherapist can offer?”
- “Discussant My sling is best for SUI”
- National Meeting of Urogynecology, Barcelona, Spain 14-15 Nov 2005
- “How does the pelvic floor training work in the treatment of female urinary stress incontinence? Functional anatomical bases”
- “Methods of assessment of pelvic floor muscle function. Terminology of Clinical Assessment Group of ICS to test PFMF”
- “Selection of the PFMT parameters based on the aim of the treatment. Different exercise protocols and different theories that support them”
- “Practical pelvic floor session”

## 2006

\*Danish Sports Medicine Society (DIMS) and Danish Association of Physiotherapists (FFI), København, Danmark 2-5 februar 2006 :

“Bækkenbundsdysfunktioner og stressinkontinens i forbindelse med fysisk aktivitet – epidemiologi og evidens. Fokus på bækkenbundstræning”.

\*III Congreso Nacional de Suelo Pelvico. Cadiz, Spain 15-18 March 2006:

“Role of physiotherapy in treatment of urinary incontinence”

“Pelvic floor evaluation in physiotherapy and treatment options”

“Practical pelvic floor Pick-me ups”

\*Tena International Meeting, London, England, 22 March 2006

“Pelvic floor muscle exercise. Treatment and prevention”

\*Fagfestival, Odense, Danmark 23-25 mars 2006:

“Fra teori til praksis – eller omvendt? Hvordan endrer fysioterapeuter deres praksis?”

“Udvikling og implementering af evidens – Hvem har ansvaret?”

\*China 18-23 April 2006 Beijing Gynecology and Obstetric Hospital and Zhengzhou First Teaching Hospital, Zhengzhou

“Prevention of urinary incontinence”

“Evidence based physiotherapy for urinary incontinence in women”

“Measurement of pelvic floor muscle function and strength”

“Pelvic floor muscle training is effective in treating SUI in women- but how does it work”

“Group exercise – Let’s exercise”

\*Association for Continence Advice (ACA), Torquay, England 15-17<sup>th</sup> May 2006

Keynote: “Pelvic floor – in dept. The latest research presented on causes of pelvic floor dysfunction and treatment modalities”

\* Primo corso internazionale teorico-prattico: Il team interdisciplinare del pavimento pelvico. Ospedale Treviglio Caravaggio, Italy 15-16 June 2006:  
“The preventive role of rehabilitation”.

\*International Urogynecology Association (IUGA) 31st Annual Meeting, 6-9 Sept Athens, Greece:  
Sept 5<sup>th</sup> Workshop 4: Invited: OAB-What else can we do?  
“Pelvic floor muscle training for refractory OAB”

\*Zdrufenje ginekologov in porodnicarjev Slovenije- ZGPS 22 Sept 2006.  
“Updated exercise science related to pelvic floor muscle training”.

\*University of Utah, Salt Lake City, USA 16 Oct 2006. Grand Round:  
“Pelvic floor muscle training is effective in treating stress urinary incontinence – but how does it work?”

\*American Urogynecology Association (AUGS) Annual Meeting, Palm Springs, USA 17-21 Oct.

Oct 18<sup>th</sup> Postgraduate Course:

“Treating urinary incontinence and prolapse without surgery” Bø K: Practical Pelvic floor muscle training class”

Oct 19<sup>th</sup> Guest lecture. “

Pelvic floor muscle training is effective in treatment of stress urinary incontinence, but how does it work?”

“Group exercise for the pelvic floor”

Oct 20<sup>th</sup>: Roundtable discussion.

“Pelvic floor muscle exercise: how to get the best results?”

\*Irish Society of Chartered Physiotherapists Conference: Broadening Horizons, Dublin, Ireland 10-11 Nov 2006:

“Should all research change practice?”

“Updated exercise science related to pelvic floor muscle training”

\*Chartered Physiotherapists in Women’s Health, Irish Society of Chartered Physiotherapists, Dublin, Ireland Nov 12<sup>th</sup> 2006:

“Pelvic floor muscle training: we know it works but how?”

“Physiotherapy for pelvic organ prolapse”

“Exercise session for pelvic floor and abdominal training”

\*International Pelvic Floor Dysfunction Society 2006 Official course. Pelvic floor surgical and rehabilitative therapy. Vicenza, Italy 5-7 Dec 2006

“Function and dysfunction of the pelvic floor. Exercise science”

“Assessment of pelvic floor. Function and practical instructions”

“Effect of PFMT during pregnancy and after childbirth”

“Effect of PFMT for urinary incontinence”

“Effect of PFMT for prolapse”

“Practical pelvic floor exercise class”

## 2007

\*Portuguese Society of Urogynecology (IUGA/ EUGA Affiliated Meeting) Jan 12<sup>th</sup> 2007

Bø K: “Evaluation of pelvic floor strength: novel parameters, novel devices”

\*FFI vinterseminar, Storefjell 4 feb 2007.

Bø K: ”Skal all forskning endre praksis – fra klinikk til forskning eller omvendt?”

\*1<sup>st</sup> European conference of Sports Rehabilitation, Stockholm 16-17/03 2007

Bø K: “The pelvic floor muscles are important core muscles, but are they important in prevention and treatment of low back pain?”

\*Nordiske konferanse om Ehler- Danlos Syndrom, Vetre, Asker 27-28 april 2007

Bø K: ”Bekkenbunn til besvær- Dysfunksjon i bekkenbunnsmuskulaturen, symptomer, prevalens, årsaker og effekt av bekkenbunnstrening”.

\*Urology 2007. State of the art... Looking at the future. Messina, Sicily, Italy 2-5 May 2007

Bø K: “Female pelvic floor disorders conservative management”.

\*Moving with pain”. 40 års jubileum for Medisinsk treningsterapi. NIH, Oslo 11.05 2007

Bø K: Dose-respons effekten.

\*Fagdager Fitness NIH 23.05. 2007

Bø K: Fysisk aktivitet og fitness

- WCPT, Vancouver, Canada 1-6 June 2007

Bø K: Which women do pelvic floor muscle exercise six months postpartum?

Bø K: Group PFMT training

Bø K: Practical pelvic floor muscle training class

\*IUGA, Cancun, Mexico 12-16 June 2007

Workshop 14, June 12<sup>th</sup> “Evidence-based physiotherapy for the pelvic floor – Bridging science and clinical practice”:

Bø K: Pelvic floor muscle training is effective to treat female SUI- but how does it work?

Bø K: Can pelvic organ prolapse be prevented or treated with pelvic floor muscle training?

- Norsk fysioterapeut forbund. Fagdager i fysioterapi, Domus Athletica 21-22 June 2007

Bø K: Hva skal til for å få effekt av trening? Hva er fysisk aktivitet og hva er fitness? Om dose respons forhold rundt trening av styrke, bevegelighet og utholdenhet i et helseperspektiv.

Bø K: Dysfunksjon i bekkenbunnen og fysisk aktivitet

Bø K: Bekkenbunnstrening i praksis (60 min)

Bø K: Gymnastikk i tiden (60 min praksisklasse)

\*SCA møte Frankfurt 27.07.2007: The pelvic floor muscle exercise class

\*ICS Rotterdam, The Netherlands 20-24<sup>th</sup> August 2007

Bø K: Does pelvic floor muscle training during pregnancy negatively affect labour and birth? Oral presentation and poster

Bø K:Invited “Point- counterpoint discussion”: Physiotherapy is the first line treatment for women eith Stress Urinary Incontinence

Workshop 30: Strategies to implement pelvic floor muscle training during pregnancy and after childbirth

Bø K: Which women exercise the pelvic floor muscles during pregnancy and after childbirth?

Bø K: How to implement evidence based knowledge

Bø K: Mini pelvic floor, abdominal and back exercise program

\*Palermo, Sicily, Italy 6-9 Sept 2007

Bø K: Pelvic floor rehabilitation: first line or alternative treatment

\*ROAD, London 11-12 Sept 2007. Meeting for journalists: Pelvic floor muscle training + practical class

\*TENA Paris 14-15 Sept 2007. Le Parisienne. Pelvic floor muscle training and core stability practical class for journalists and participants

\*XVII Congresso Brasileiro de Fisioterapia, Sao Paulo, Brasil 10-12 Oct 2007 Bø K:

Bø K: State of the art: How training of pelvic floor muscles prevents urinary incontinence and improves the quality of sexual life

Bø K: Mini Course: Biofeedback and kinesiotherapy in the treatment of urinary and fecal incontinence (4 lectures 6.00 hours)

Bø K: Evidence for PFMT with and without biofeedback, vaginal cones and electrical stimulation for urinary incontinence

Bø K: Evidence for PFMT for pelvic organ prolapse

Bø K: Exercise science and PFMT

Bø K: Pelvic floor muscle training is effective in treatment of female urinary stress urinary incontinence – but how does it work?

\*8<sup>th</sup> International Congress of PRM (Rehabilitation Medicine) of Hospital of St. John, Casa do Medico, Porto, Portugal 18-19 Oct 2007

Bø K: Pelvic floor muscle training is effective in treatment of female stress urinary incontinence - but how does it work?

Bø K: Pelvic floor muscle training in prevention and treatment of UI during pregnancy and after childbirth.

\*Second Italian Perineology Meeting. Ospital Treviglio- Caravaggio. Treviglio, Italy 27th Oct 2007

Bø K: PFME during pregnancy: Do they work as prevention?

\*Milano Nov 24<sup>th</sup>

Bø K: Pelvicore. Corewellness DVD presentation. Practical class

**2008**

\*STORK Groruddalen. Fagdag for ansatte i helsestasjon- og skolehelsetjenstern i Bydelene Bjerke, Grorud og Stovner 28.03.2008: Bø K: "Fysisk aktivitet og helse i svangerskapet"

\*Ulster Gynae-Urology Society 15<sup>th</sup> Annual Scientific Meeting, Belfast, Ireland 24<sup>th</sup> April 2008: Bø K: Keynote: 1. "Is there evidence of pelvic floor muscle training during pregnancy and after childbirth?" 2. "Can PFMT treat pelvic organ prolapse?"

\*Women's Health Rehabilitation Symposium, Rehabilitation Institute of Chicago, May 9-10 2008. Bø K: Keynote: 1. The female pelvic floor: structure, function in pregnancy. 2.

Postpartum pelvic floor: assessment, treatment and future implications of pelvic floor dysfunction

\*Uroterapeutisk forenings nordiske møte, Holmenkollen Park , Oslo 14.05.2008: Bø K: “Bekkenbunnstrening er effektivt i behandling av stressinkontinens, men hvordan virker det?”

\*16th European Congress of Physical and Rehabilitation Medicine. From Cell to Society, Brugge. Belgium 3-6 June 2008:Bø K: ”Pelvic floor muscle assessment and training”

\*3<sup>rd</sup> Bi-annual meeting on perineology, Guissano, Milano, Italy 9-11.06.2008: Bø K: “Pelvic Floor Rehabilitation: methods and results”

\*Le alterazioni della statica pelvica: up-to date, Napoli, Italy 19-21.06.2008: Keynote: Bø K: “New insight in pelvic floor rehabilitation”

\*La Parisienne 5-6 Sept 2008: Praktisk treningsklasse x 2 foran Eiffeltårnet

\*Europeisk Urologi uke, Rikshospitalet 17-18 Sept 2008: ”Kjenn din bekkenbunn” og Praktisk treningsklasse

\*2<sup>nd</sup> European Conference of Sports Rehabilitation. Karolinska Institutet. Stockholm Sports Trauma Research Center and Caprio Artro Clinic. Stockholm 19-20 Sept 2008. Bø K: Key note lecture: “The importance of the pelvic floor muscles in sport”.

\*IUGA regional symposia. Urogynecology: From science to practice. Ljubjana, Slovenia University Medical Center Oct 3-4 2008: Bø K: ”Conservative treatment of pelvic floor dysfunction”.

\*Women’s Health Institution, Oxfordshire, England: “Corewellness and pelvicores technique”. 7<sup>th</sup> Oct 2008

\*SCA Årets helsedag: “Corewellness”, Gøteborg 10 Oct 2008 (30 min forelesning + 30 min Praksis x 3)

\*International Continence Society 38th Annual Meeting, Kairo, Egypt 20-24 Oct 2008: Bø K: in Physical therapy roundtable. Randomised controlled trial of pelvic floor muscle training to prevent and reverse pelvic organ prolaps

Bø K: Chair: Workshop 25: Strategies to implement pelvic floor muscle training during pregnancy and after childbirth

1.Bø K: Who exercise the pelvic floor muscles during pregnancy and after childbirth?

2.Bø K: 20 min Practical pelvic floor muscle, abdominal and back training session

Bø K: Chair: Interdisciplinary approach of pelvic floor muscle disorders: Keynote: Role of physical therapist in interdisciplinary approach of pelvic floor disorders

Bø K: Meet the expert

\*Corewellness meeting in Warsawa, Poland 30-31 Oct 2008:

Bø K: Workshop: Pelvic floor muscle training for physical therapists and fitness instructors

1.Evidence for pelvic floor muscle training in perlvic floor dysorders

2.Practical class

Bø K: Pelvic floor muscle training and corewellness for journalists

\*Fagmøte Norsk fysioterapiforening avd Buskerud 06.11.08: Bø K: Fysisk aktivitet og helse, form og trening – dose – respons forhold

\*Åpent hus Ahus 11.11.08 Bø K: Bekkenbunnstrening - viktig for kvinner i alle aldre

\*Curso Internacional de "Pesquisa Clinica Sobre Fisioterapia na Reabilitacao do Assoalho Pelvico Feminino, Medical Faculty of Ribeirao Preto, University of Sao Paulo Nov 27<sup>th</sup> 2009:

Bø K: "Physiotherapy in the rehabilitation of the female pelvic floor – an overview"

Bø K: "PFMT is effective in treatment of SUI, but how does it work?"

Bø K: " Research on electrotherapy in female urinary incontinence"

Bø K: " Research on pelvic floor training during pregnancy and after childbirth

## **INTERNATIONAL SCIENTIFIC WORK**

- \* Planning Committee for Nordic Research Symposium in Physiotherapy, 1990-2005
  
- \* Support Group for Nordic Ph.D students in Physiotherapy, NorFa, 1994-1997
  
- \* International Continence Society Standardization Committee Subcommittee on Prolapse and Pelvic Floor Dysfunction
  
- \* Cochrane Collaborative review group on incontinence, University of Aberdeen, 1995-
  
- \* Planning Committee for the Pelvic Floor Symposium, ICS, Athen 1996, 1994-96
  
- \* Peer Reviewer and technical expert Clinical Practice Guideline on Urinary Incontinence in Adults, Department of Health & Human Service, Agency for Health Care Policy and Research, (AHCPR) USA, 1994-
  
- \* Review Editor: International Continence Survey, 1991-
  
- \* Section Editor: Rehabilitation: Neurourology and Urodynamics, 1994-
  
- \* Associate Editor: Int J Urogynecology 1998-
  
- \* Editorial board: Physical Therapy Reviews, 1996-
  
- \* Editorial board: "Nordisk fysioterapi", 1997-2005
- \* Advisory board: Australian physiotherapy 2003-
- \* Editorial Board Advances in Physiotherapy

\*Reviewer Am J Obstet and Gynecol, 2001-

\*Reviewer European Urology, 2001-

\*Chairman International Continence Society  
Annual Meetings, 1990-

\*International Continence Society Steering Committee, 1995-1997

\*Chair workshop on Pelvic Floor Muscle Exercise to Treat  
Urinary Tract Disorders, ICS, Jerusalem, Israel, 1998

\*Member of ICS Pelvic Floor Clinical Assessment Group 1998-

\*Vice President Women's Health Subgroup World Confederation of Physical Therapy  
(WCPT) 1999-

\*World Confederation of Physical Therapy (WCPT) Evidence based practice Advisory  
Group

**LECTURER, SUPERVISER**

\*Lecturer in research methodology for master and PhD students, physical activity, fitness and health, ergonomics, musculo-skeletal disorders, dance exercise and pregnancy and physical activity at the Norwegian School of Sport Sciences, Oslo

\*Lecturer in methodology and science at the University of Bergen, University of Oslo, Section for Postgraduate Studies in Health Science, and University of Sport and Physical Education (master level).

\*Representative of the Norwegian Center for Research and Development in Physical Therapy in forming study plans for Master studies in Physical Therapy, University of Bergen.

\*Member of the study committee for "bachelor studies": "Preventive health care and physical activity", "Ergonomics", and "Gymnastics, aerobics and dance", Norwegian University of Sport and Physical Education.

\*Lecturer/coordinator of the master program Norwegian University of Sport and Physical Education

\*Supervisor for master and Ph.d students

\*Head of one week postgraduate course on Pelvic floor dysfunction for physiotherapists since 1991

**\*Graduated PhD students:**

Siv Mørkved, NTNU, Det medisinske fakultet, Trondheim (2003)

Kjersti Storheim, Norges idrettshøgskole (2003)

Margaret Sherburn, The University of Melbourne, Australia (co-supervisor)

Helena Frawley, The University of Melbourne, Australia (co-supervisor)

**\*Ongoing PhD students:**

Katrine Mari Owe Norwegian School of Sport Sciences

Lene A. H.Haakstad Norwegian School of Sport Sciences

Ingeborg Hoff Brækken Norwegian School of Sport Sciences

Stian Langeland UiB (co- supervizer with Prof. dr.med Steinar Hunsgaard)

Nanna Voldner UiO (co- supervizer with Prof. dr.med Tore Henriksen)

Memona Majida UiO (co- supervizer with associate professor Marie Ellstrøm Engh, Akershus Universitetssykehus)

**University committees for judgement of applicants and doctoral thesis:**

- University of Bergen: Associate professor in Physiotherapy 1995
- University of Trondheim (NTNU): Professor in Sport and Movement Science 1999
- University of Sydney, Australia. External reviewer for promotion to Associate professor 2004
- University of Sydney, Australia. Postdoctor fellowship, 2005
- University of Oslo, Faculty of Medicine. Professor in Health Sciences, 2005
- Leader of Ph.D committee Norwegian University of Sport and Physical Education: Per Morten Fredriksen: "Physical functioning in children and adolescents with congenital heart disease", Ph.D thesis 2000
- Member of Ph.D committee University of Maastricht, the Netherlands. Bary Berghmans: "Conservative treatment for women with stress incontinence and bladder overactivity", Ph.D thesis 2000
- Member of Ph.D committee University of Newcastle, Australia. Pauline Chiarelli: "Female urinary incontinence in Australia: prevalence and prevention in postpartum women". Ph.D thesis 2001
- Leader of Ph.D committee Norwegian University of Sport and Physical Education: Eystein Enoksen: "Utviklingsprosessen fra talent til eliteutøver. En longitudinell og retrospektiv undersøkelse av en utvalgt gruppe talentfulle friidrettsutøvere". Ph. D thesis 2002

- Leader of Ph.D committee Norwegian University of Sport and Physical Education: Grethe Myklebust: “Anterior Cruciate Ligament Injuries in Team Handball “. Ph.D thesis 2003
- Member of Ph.D committee, Montreal University, Canada: Chantale Dumolin: “Efficacite des traitements physiotherapiques pour l’incontinence urinaire d’effort chez la femme en periode postnatale”, 2004
- Leader of PhD committee Norwegian University of Sport and Physical Education: Arni Arnason: “Injuries in football. Risk factors, injury mechanisms, team performance and prevention” 2004
- Oponent Kerstin Eliasson: ”Urinary leakage and physical activity in young women”, Karolinska Institutet , Stockholm December, 2005.
- Leader of PhD committee Norwegian School of Sport Sciences: Tron Krosshaug: “Video analysis of the mechanisms for ACL injuries” August 2006.
- Member of committee for Professor judgement of kvantitative methods. Department of Health Sciences, University of Oslo, 2006
- External reviewer of qualification of dr. Janis Miller for promotion to Associate Research Scientist at the University of Michigan, USA, 2006
- Opponent ML Harringe: “Swedish TeamGym – Injury incidence, mechanism, diagnosis and postural control” PhD Karoliniska Institutet, Stockholm, Sept 2007
- Opponent S Tibak: ”Urinary incontinence and pelvic floor muscle training in stroke patients”. University of Lund, Sweden 2007
- Leader of PhD committee Katrin Steffen ” Injuries in female youth fottball. Prevention, performance and risk factors”. Norwegian School of Sport Sciences 2008

- Member of PhD committee Marijke Slieker ten-Hove "Pelvic floor function and dysfunction in a general female population". Erasmus MC Universitair Medisch Centrum Rotterdam, The Netherlands