

PUBLICATIONS KARI BØ, PROFESSOR Ph.D

I. HOVEDFAG (MSci), Dr.Sci (Ph.D) THESES

- Bø K.: Sentrale trekk i kroppsholdningsdebatten i perioden 1840-1980. En analyse og vurdering med utgangspunkt i et litteraturstudium om kroppsholdningsbegrepet, undersøkelsesmetodikk, påvirkende faktorer og følgetilstander. Hovedfag, NIH 1984.
- Bø K.: Stress inkontinens. Årsaksforhold, terapeutisk strategi, forsøksplan. Fageksamen, Dr.scient studiet, NIH, 1988.
- Bø K.: Pelvic floor muscle exercise for the treatment of female stress urinary incontinence. Methodological studies and clinical results. Doctoral thesis. The Norwegian University of Sport and Physical Education, 1990.

II. ORIGINAL SCIENTIFIC ARTICLES in peer review journals

1. Bø K. og Hellerud G.: Fysioterapeuter- en viktig fag gruppe. En surveyundersøkelse av alle fysioterapeuter i Akershus' deltakelse i hjelpemiddelformidling. Fysioterapeuten, 53,5,1986.
(survey)

2. Bø K.: Palpasjon- en viktig metode for riktig bekkenbunnstrening ved stress inkontinens. Fysioterapeuten, 55, 21, 3-7, 1988. (palpation of pelvic floor muscle function in 60 women)

3. Bø K., England G., Holm KR, Økland I: Er banking og vibrasjoner ineffektivt i lungefysioterapi? Fysioterapeuten. Årg. 56, 1/2, 5-10, 1989.
(randomized cross-over study of respiratory physiotherapy)

4. Bø K, Hagen R, Kvarstein B, Larsen S: Pelvic floor muscle exercise for the treatment of female stress urinary incontinence: V. Female stress urinary incontinence and participation in different sport and social activities. Scand J Sports Sci, 11, 3: 117-121, 1989.

5. Bø K, Mæhlum S, Oseid S, Larsen S: The prevalence of stress urinary incontinence in physically active and sedentary female students. Scand J Sports Sci, 11, 3: 113-116, 1989.

6. Bø K., Kvarstein B., Hagen R., Larsen S.: Pelvic floor muscle exercise for the treatment of female stress urinary incontinence: I. Reliability of vaginal pressure measurements of pelvic floor muscle strength. Neurourol Urodyn, 9, 5: 471-477, 1990.

7. Bø K., Kvarstein B., Hagen RH., Larsen S.: Pelvic floor muscle exercise for the treatment of female stress urinary incontinence: II. Validity of vaginal pressure measurements of pelvic floor muscle strength. The necessity of supplementary methods for control of correct contraction. Neurourology and Urodynamics 9, 5: 479-487, 1990.

8. Bø K., Hagen RH., Kvarstein B., Jørgensen J., Larsen S.: Pelvic floor muscle exercise for the treatment of female stress urinary incontinence: III. Effects of two

- different degrees of pelvic floor muscle exercises.
Neurourol and Urodyn, 9,5:489-502, 1990.
9. Bø K: Pressure measurements during pelvic floor muscle contractions. The effects of different positions of the vaginal measuring device. Neurourol Urodyn, 11:107-113. 1992.
10. Bø K, Larsen S: Pelvic floor muscle exercise for the treatment of female stress urinary incontinence. Classification and characterization of responders. Neurourol Urodyn, 11:497-507. 1992.
11. Bø K: Reproducibility of instruments designed to measure subjective evaluation of female stress urinary incontinence. Scand J Urol Nephrol. 28:97-100, 1994.
12. Bø K, Stien R: Needle EMG registration of striated urethral wall and pelvic floor muscle activity patterns during cough, valsalva, abdominal, hip adductor and gluteal muscle contractions in nulliparous healthy females. Neurourol Urodyn. 13:35-41, 1994.
13. Bø K, Stien R, Kullsens-Hanssen S, Kristofferseen M: Clinical and urodynamic assessment of nulliparous young women with and without the symptom of stress urinary incontinence. A case control study. Obstet Gynecol, 84,6: 1028-32, 1994.
14. Bø K: Adherence to pelvic floor muscle exercise and long term effect. Scan J Med Sci Sports, 5:36-39, 1995.
15. Bø K, Talseth T: Long term effect of pelvic floor muscle exercise. Clinical and urodynamic assessment. Obstet Gynecol, 87:261-265, 1996.
16. Mørkved S, Bø K: Postnatal strength training of the pelvic floor muscles. Acta Obstet Gynecol Scan, 75:382-385, 1996.
17. Bø K, Maanum M: Does vaginal electrical stimulation cause pelvic floor muscle contraction? Scand J Nephrol Urol,

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1996.

18. Bø K, Hilde G,
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19. Bø K, Talseth T: Change in urethral pressure during
voluntary pelvic floor muscle
contraction and vaginal electrical
stimulation. Int Urogyn J,8:3-7,
1997.
20. Mørkved S, Bø K: The effect of post partum pelvic
floor muscle exercise in prevention
and treatment of urinary
incontinence. Int Urogyn J,8:217-222,
1997
21. Glomsrød B, Lønn JH,
Soukup MG, Bø K,
Larsen S: «Activ Back School», Prophylactic
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up study. Spine, 24:865-871,1999.
Også utgitt på norsk:
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22. Hilde G, Bø K: Effect of exercise in the treatment
of chronic low back pain: a
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and dose of exercise. Phys Ther
Rev,3: 107-117,1998
23. Soukup MG, Glomsrød
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Larsen S: Effect of a Mensendieck exercise
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controlled trial with 12 month follow
up. Spine, 24,15,1585-1592,1999
24. Finckenhagen HB,
Bø K: Effekt av bekkenbunnstrening for
stressinkontinens. Tidsskr Nor
Lægefor, 118,13:2015-2017,1998
25. Bø K, Talseth T,
Holme I: Single blind, randomised controlled
trial of pelvic floor exercise,
electrical stimulation, vaginal cones
and no treatment in management of
genuine stress incontinence in
women. BMJ,318:487-93, 1999.

26. Mørkved S, Bø K: Effect of postpartum pelvic floor muscle exercise: a 12 month follow up. Br J Obstet Gynaecol, 107:1022-1028, 2000.
27. Mørkved S, Bø K: Prevalence of urinary incontinence during pregnancy and postpartum. Int Urogynecol J, 10:394-398, 1999.
28. Soukup MG, Glomsrød B, Lønn H, Bø K, Larsen S: Exercises and education as secondary prevention for recurrent low back pain. Physiotherapy Research International, 6, 1:27-39, 2001.
29. Bø K, Talseth T, Vinsnes A: Randomized controlled trial of pelvic floor muscle training on quality of life and sexual problems in genuine stress incontinent women. Acta Obstet Gynecol 79: 598-603, 2000.
30. Storheim K, Bø K: The effect of intensive group exercise in patients with chronic low back pain. Advances in physiotherapy 2:113-123. 2000
31. Bø K, Borgen JS: Prevalence of stress and urge urinary incontinence in elite athletes and controls. Med Sci Sports Exerc, 33: 1797-1802, 2001.
32. Bø K, Lilleås F, Talseth T, Hedlund H: Dynamic MRI of the pelvic floor muscles in an upright sitting position. Neurourol Urodyn, 20:167-174 2001.
33. Lønn JH, Glomsrød B, Soukup M, Bø K, Larsen S: Active back school, prophylactic management for low back pain: three year follow-up of a randomized controlled trial. J Rehab Med, 33:26-30, 2001.
34. Bø K, Finckenhagen HB: Vaginal palpation of pelvic floor muscle strength: inter-test reproducibility and comparison between palpation and vaginal squeeze pressure. Acta Obstet Gynecol Scand, 80:883-887, 2001.
35. Hedlund H, Bø K, Lilleås F, Talseth T,

- Tillung T: The clinical value of dynamic resonance imaging in normal and incontinent women - a preliminary study on micturition. Scan J Urol Nephrol 35, suppl 207, 87-91, 2001
36. Kristensen C, Bø K, Ommundsen Y: Level of physical activity and low back pain in randomly selected 15-year-olds in Oslo, Norway - an epidemiological study based on survey. Advances in Physiotherapy 3:86-91,2001.
37. Mørkved S, Bø K, Fjørtoft T: Is there any effect of adding biofeedback to pelvic floor muscle training for stress urinary incontinence? A single blind randomized controlled trial. Obstet Gynecol,100,4:730-739, 2002
38. Storheim K, Pederstad O, Bø K: Intratester reproducibility of pressure biofeedback in measurement of transversus abdominis function. Phys Ther Research I, 7,4: 241-251, 2002.
39. Byhring S, Bø K: Musculoskeletal injuries in the Norwegian National Ballet: a prospective cohort study. Scan J Med Sci Sports Exerc, 12, 6: 365-,2002
40. Mørkved S, Bø K, Schei B, Salvesen KÅ: Pelvic floor muscle training during pregnancy to prevent urinary incontinence- a single blind randomised controlled trial. Obstet Gynecol,101;313-319, 2003
41. Bø K, Sherburn M, Allen T: Transabdominal ultrasound measurement of pelvic floor muscle activity when activated directly or via a transversus abdominis muscle contraction. Neurourol Urodyn 22:582-588, 2003
42. Bø K, Finckenhagen HF: Is there any difference in measurement of pelvic floor muscle strength in supine and standing position? Acta Obstet Gynecol Scand 82:1-5, 2003

43. Storheim K, Holm I, Gunderson R, Brox JI, Bø K: The effect of comprehensive group training on muscular cross-sectional area, density and strength of paraspinal muscles in patients sick-listed for sub-acute low back pain. *J Spinal Disord Tech* 16, 3: 271-279, 2003.
44. Storheim K, Brox JI, Holm I, Keller AK, Bø K: Intensive group training compared with cognitive intervention in patients sick-listed for sub-acute low back pain: short term results of a single blind randomized controlled trial. *J Rehabil Med* 35,3: 132-140, 2003.
45. Bø K: Pelvic floor muscle strength and response to pelvic floor muscle training for stress urinary incontinence. *Neurourol Urodyn*, 22: 654-658, 2003.
46. Mørkved S, Salvesen KÅ, Bø K, Eik-Nes S: Pelvic floor muscle strength and thickness in continent and incontinent nulliparous pregnant women. *Int Urogynecol J* , 15: 384-390, 2004
47. Bø K, Hagen LA: Musculoskeletal fitness in a Norwegian population. *Advances in Physiotherapy* , 6:1-9, 2004.
48. Bø K, Råstad R, Finckenhagen HB: Does size of the vaginal probe affect measurement of pelvic floor muscle strength? *Acta Obstet Gynecol Scand*, 84: 129-133, 2005
49. Bø K, Kvarstein B, Nygaard I: Lower urinary tract symptoms and pelvic floor muscle exercise adherence after 15 years. *Obstet Gynecol*, 105, 4:999-1005, 2005.
50. Storheim K, Brox JI, Holm I, Bø K: Predictors of return to work in patients sick listed for sub-acute low back pain: a 12 month follow-up

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52. Frawley HC, Galea MP, Phillips Bev A, Sherburn M, Bø K: Effect of test position on pelvic floor muscle assessment. Int Urogynecol J, 17: 365-371, 2006
53. Morkved S, Salvesen KÅ, Schei B, Bø K: Does group training during pregnancy prevent lumbopelvic pain? A randomized clinical trial. Acta Obstet Gynecol Scand, 86,5: 276- 282, 2007
54. Wesnes SL, Rortveit GR, Bo K, Hunskaar SH: Urinary incontinence during pregnancy. Obstet Gynecol, 109, 4:922-928, 2007
55. Haakstad LAH, Bø K: Fitness and physical activity in Norwegian adults. Advances in Physiotherapy, 9: 89-96, 2007
56. Bø K, Bakke-Hansen KL: Do elite athletes experience low back pain, pelvic girdle and pelvic floor complaints during and after pregnancy? Scan J Med Sci Sports, 17: 480-487, 2007.
57. Bø K, Haakstad LA, Voldner N: Do pregnant women exercise their pelvic floor muscles? Int Urogynecol J, 18: 733-736, 2006
58. Haakstad LAH, Voldner N, Henriksen T, Bø K: Physical activity level and weight gain in a cohort of pregnant Norwegian women. Acta Obstet Gynecol Scand; 86: 559-564, 2007

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60. Ree ML, Nygaard I, Bø K:
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61. Hoff Brækken I, Majida M, Engh ME, Dietz PH, Umek W, Bø K:
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62. Voldner N, Frøslie KF, Bø K, Haakstad LAH, Hoff C, Godang K, Bollerslev J, Henriksen T:
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63. Owe KM, Nystad W, Bø K:
Correlates of physical activity before and during pregnancy. In press, Scand J Med Sci Sports, 2009
64. Hoff Brækken I, Majida M, Engh ME, Dietz PH, Umek W, Bø K:
Test-retest reliability of pelvic floor muscle contraction measured by 4D ultrasound. Neurourol Urodyn, 28: 68-73, 2009
65. Bø K, Brækken IH, Majida M, Engh ME:
Constriction of the levator hiatus during instruction of pelvic floor or transversus abdominis contraction: a 4D ultrasound study. Int Urogynecol J, 20: 27-32, 2009

66. Sherburn MJ, Bird M, Carey M, Bø K, Galea MP: Incontinence improves in older women after intensive pelvic floor muscle training: an assessor blinded randomized controlled trial. Submitted to BMJ 2009
67. Owe KM, Nystad W, Bø K: Association between maternal exercise and excessive birth weight of the infant. The Norwegian Mother and Child Cohort Study. Submitted to Obstet Gynecol 2009
68. Voldner N, Frøslie KF, Haakstad LAH, Bø K, Henriksen T: Birth complications, overweight and physical inactivity. In press Acta Obstet Gynecol Scand, 2009
69. Sigurdaradottir T, Steingrimsdottir T, Arnason A, Bø K: Test-retest intra-rater reliability of vaginal measurement of pelvic floor muscle strength using MYOMED 932. In press Acta Obstetrica Gynecologica Scandinavica 2009
70. Haakstad LAH, Voldner N, Henriksen T, Bø K: Why do pregnant women stop exercising in the 3rd trimester? Submitted Acta Obstet Gynecol Scand 2009
71. Haakstad LAH, Gundersen I, Bø K: Self report versus motion monitor in measurement of physical activity during pregnancy. Submitted to Acta Obstet Gynecol Scand 2009
72. Bø K, Fleten AC, Nystad W: Effect of antenatal pelvic floor muscle training on labour and birth. In press Obstet Gynecol 2009
73. Wesnes SL, Hunskaar S, Bø K, Rortveit G: The effect of urinary incontinence status during pregnancy and delivery mode on incontinence postpartum. A cohort study. BJOG;116: 700-707, 2009

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75. Frawley HC, Galea MP, Phillips BA, Bø K: The effect of a physical therapy exercise program as an adjunct to gynecological surgery: a randomized controlled trial. Submitted to Int Urogynecol J 2009
76. Majida M, Brækken IH, Bø K, Benth JS, Engh ME: Comparative study of the pubovisceral muscle at rest using three dimensional perineal ultrasound and magnetic resonance imaging. A validation study. Submitted to
77. Wiken E, Haakstad LAH, Bø K: Comparison of demographic variables, physical activity level and job strain in women with and without pelvic girdle pain. In manuscript. Acta Obstet Gynecol Scand
78. Ferreira CHJ, Barbosa PB, Souza FO, Antonio FI, Franco MM, Bø K: Inter-rater reliability study of the Modified Oxford Grading Scale and the Peritron manometer. Submitted to Int Urogynecol J 2009
79. Sherburn MJ, Bird M, Carey M, Bø K, Galea MP: Incontinence improves in older women after intensive pelvic floor muscle training: an assessor blinded randomized controlled trial. Submitted to BMJ 2009

III. REVIEW ARTICLES IN PEER REVIEW JOURNALS AND TEXTBOOKS

- 1.Bø K: Strength training theory applied to pelvic floor muscle exercise. Syllabus/summary of course content. **Invited** American Urogynecologic Society Postgraduate Course Oct. 26th 1991, Newport, California.
- 2.Bø K: Measurements of pelvic floor muscle strength. Syllabus/summary of course content. **Invited** American Urogynecologic Society Postgraduate Course Oct. 26th 1991, Newport, California.
- 3.Bø K: Pelvic floor muscle exercise for the treatment of female stress urinary incontinence. Methodological studies and clinical results. **Invited** Summary of doctoral thesis. Acta Obstet Gynecol Scand. 70:637-639, 1992.
- 4.Bø K: Stress urinary incontinence, physical activity and pelvic floor muscle strength training. **Invited** Scand J Med Sci Sports. 2: 197-206, 1992.
- 5.Bø K: Physical activity, fitness and bladder control. I: Bouchard, Shephard, Stephens (Ed): Physical activity, fitness and health. **Invited** Consensus statement. Human Kinetics Publishers: 74-75. 1993.
- 6.Bø K: Incontinence and exercise in the elderly. Muscular changes with age. **Invited** Japan Urogynecological Association/University of Kanazawa/University of Nagoya, mai 1993
- 7.Bø K: 4.3.1. Isolated muscle exercises. Techniques
4.4.1. Clinical results
In: Pelvic floor re-education in the female - Principles and practice. **Invited** Springer Verlag, London. 1994.: 135-139, 157-160.
8. Bø K: Physical activity, fitness and bladder control. I: Bouchard, Shepherd, Stephens: Physical activity, fitness and health. **Invited** International Proceedings and Consensus Statement. Human Kinetics Publishers, 1994. Chap. 53: 774-795.

9. Bø K: Evaluering av funksjon og styrke i bekkenbunnsmusklene. Review artikkel. Fysioterapeuten, 11: 15-22, 1994.
10. Bø K: Vaginal weight cones. Theoretical framework, effect on pelvic floor muscle strength and stress urinary incontinence. Acta Obstet Gynecol Scan, 74: 87-92, 1995.
11. Bø K: Functional aspects of striated muscles on and around the female urethra. **Invited** Scand J Nephrol Urol, 29: Suppl, 175: 27-35, 1995.
12. Bø K: Prevention of female stress urinary incontinence. **Invited** Agency for Health Care Policy & Research (AHCPR), USA. Urinary Incontinence in Adults Update Panel, 1996.
13. Bø K: Pelvic floor muscle exercise for the treatment of stress urinary incontinence: An exercise physiology perspective. **Invited** Int Urogynecol J, 6: 282-291, 1996.
14. Bump R, Bø K, Brubaker L, Delancey JOL, Klarskov P, Shull R, Smith A: The standardisation of terminology of female pelvic organ prolapse and pelvic floor dysfunction. Am J Obstet Gynecol, 175: 10-17, 1996
15. Bø K: Physiotherapy to treat genuine stress incontinence. Clinical outcome and practical recommendations based on prospective randomized studies. **Invited** International Continence Survey, 6, 2: 2-8, 1996.
16. Mørkved S, Bø K: Prevention and treatment of post-partum urinary incontinence. Norsk Epidemiologi, 7, 1: 123-7, 1997.
17. Bø K: Fysioterapi som behandling for inkontinens hos eldre. Tidsskr Norske Legerforen, 117: 2623-6, 1997.
18. Bø K: 1. Pelvic floor muscle exercises.

2. Fitness activities.
SAS Sport Medicine Journal.
Invited. Submitted.

19. Bø K: Risk factors for development and recurrence of urinary incontinence in women. **Invited.** Current Opinion in Urology. 7:193-196,1997.
20. Bø K: Effect of electrical stimulation on stress and urge urinary incontinence. Clinical outcome and practical recommendations based on randomized controlled trials. **Invited.** Acta Obstet Gynecol Scand, Suppl 168:77:3-11,1998
21. Berghmans LCM,
Bernards ATM,
Hendricks E,
Bø K, Gruppung MHM: Guidelines for the physiotherapeutic management of genuine stress incontinence. Phys Ther Rev, 3:133-147, 1998.
22. Berghmans LCM,
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Bø K, Hay- Smith
EJ, deBie RA, van
Waalwijk von Doorn
ESC: Systematic review on conservative treatment of genuine stress incontinence. Br J Urol, 82:181-191 1998
23. Bø K: Incontinence in the sexually active woman: Sports. In: Cardozo L, and Staskin D: Textbook of female urology and urogynecology. Isis Medical Media Ltd, Oxford, UK, 2001, **Invited**
24. Bø K: Inkontinens i NOU 13, Kvinners helse 1999.
25. Hay Smith J, Wilson
D, Bø K: Outcome of conservative treatment on urinary incontinence. In: Cardozo L, and Staskin D: Textbook of female urology and urogynecology. Isis Medical Media Ltd, Oxford, UK, 2001, **Invited**
26. Bø K, Berghmans LCM: Overactive bladder and its treatments. Nonpharmacological treatments for overactive bladder- Pelvic floor muscle exercises.

Invited, Urology, 55, 5a: 7-11.
Supplement 2000.

27. Wilson PD, Bø K,
Bourchier A,
Hay-Smith J, Staskin
D, Nygaard I, Wyman
J:

Conservative management in women. In:
Abrams Å, Khoury S, Wein A:
Incontinence. 1st International
Consultation on Incontinence, June
28-July 1 1998- Monaco, WHO,
Plymbridge Distributors Ltd, UK.
Health Publications Ltd. 579-636,
1999.

28. Berghmans LCM, Hendriks
HJM, De Bie RA, Van Wallwijk
Van Doorn ESC, Bø K, Van
Kerrebroeck PHEV:

Conservative treatment for urge
incontinence in women; A systematic
review of randomized clinical trials.
BJU International, 85, 3: 254-263, 2000

29. Bø K:

Physical therapy. Pelvic floor muscle
exercises. In Corcos J & Schick E:
The Urinary Sphincter. Textbook.
Marcel Dekker. New York. 2001,
Invited

30 Hay-Smith EJC, Bø K,
Berghmans LCM, Hendricks
HJM, DeBie, RA, van
Waalwijk van Doorn, ESC:

Pelvic floor muscle training for
urinary incontinence in women.
(Cochrane Review. In: The Cochrane
Library, issue 3, 2001, Oxford, update
software.

31. Bø K:

O Tratamento Clínico da Incontinência
de Esforço. In D'Acona L & Netto NL:
Aplicações Clínicas da URODINÂMICA,
3ª edição. Atheneu, São Paulo, 2001.
Invited

32. Bø K:

Physiotherapeutic techniques. In:
MacLean AB & Cardozo L: Incontinence
in women. ROCG Press, London. Chapter
19: 256-271, 2002

33. Bø K:

Wissenschaftlich fundierte
Physiotherapie bei Stress- und
Dränginkontinenz. In: Carriere B:
Beckenboden. Georg Thieme Verlag,

Stuttgart, Germany Chapter 1.7:112-128, 2003 **Invited**

34. Bø K: Is there still a place for physiotherapy in the treatment of female incontinence? **Invited** European Urology Update series, 1,3:145-153, 2003
35. Berghmans LCM, Bernard's ATM, Hendriks HJM, Bø K, Gruppings MHM: Clinical practice guidelines for the physical therapy of patients with stress urinary incontinence. Urologica e uroginecologia, 6,1:1-14, 2003
36. Bø K: Urinary incontinence, pelvic floor dysfunction, exercise and sport. Sports Medicine, 34,7:451-464, 2004
Invited
37. Bø K: Pelvic floor muscle training is effective in treatment of female stress urinary incontinence, but how does it work? Int Urogynecol J, 15: 76-84, 2004
38. Bø K, Sherburn M, Mørkved S: Evaluation of pelvic floor muscle function and strength. **Invited.** Physical Therapy, 85, 3: 269-282, 2005
39. Messelink B, Benson T, Berghmans B, Bø K, Corcos J, Fowler C, Laycock J, Lim Huat-Chye P, van Lunsen R, Lycklama A Nijeholt G, Pemberton J, Wang A, Watier A, van Kerrebroeck P: Standardization of terminology of pelvic floor muscle function and dysfunction: report from the pelvic floor clinical assessment group of the International Continence Society. Neurourol Urodyn, 24: 374-380, 2005.
40. Herbert RD, Bø K: Analysis of quality of interventions in systematic reviews. BMJ, 331: 507-509, 2005.
41. Bø K: Can pelvic floor muscle training prevent and treat pelvic organ

prolapse? Acta Obstet Gynecol Scand, 85,3:263-268, 2006

42. Bø K: Pelvic floor muscle training. In: Chapple et al: Multidisciplinary management of female pelvic floor dysfunction. Section 5: Treatment of urinary incontinence. Chapter 14: 141-150. Elsevier 2006. **Editor**
43. Bø K: Non-surgical management. In: Chapple et al: Multidisciplinary management of female pelvic floor dysfunction. Section 7: Treatment of pelvic organ prolapse. Chapter 18: 181-188. Elsevier 2006. **Editor**
44. Bø K: Evidence based physiotherapy for stress and urge incontinence. In Carriere B and Feldt CM: The pelvic floor. Georg Thieme Verlag, Chapter 1.8: 128-142, 2006
45. Berghmans B, d'Bie R, Hendriks E, Bø K, van Kampen M: Cochrane review: Electrical stimulation with non-implanted electrodes for urinary incontinence in adults. Cochrane Library 2006, In press
46. Bø K, Berghmans B, Van Kampen M, Mørkved S: Evidence based physiotherapy for the pelvic floor- bridging science and clinical practice. Elsevier 2007. **Editor + several chapters**
47. Bø K: Pelvic floor rehabilitation. In: Badlani GH, Davila GW, Michel MC, de la Rosette JJMCH: Continence: Current concepts and treatment strategies. Springer 2009
48. Bø K, Mørkved S, Frawley H, Sherburn M: Deep abdominal or pelvic floor muscle training to treat female stress urinary incontinence? In press NeuroUrol Urodyn 2009
49. Bø K, Herbert R: When and how should new therapies become routine clinical practice? Physiother, 95, 51-57, 2009

50. Bø K: Practice Point Commentary on Hay-Smith J et al: Pelvic floor muscle training for prevention and treatment of urinary and fecal incontinence in antenatal and postnatal women. Cochrane Database Syst Rev.2008 Oct 8; (4): CD007471. Nature Clinical Practice Urology. www.nature.com/clinicalpractice/uro March 6th 2009
51. Mørkved S, Bø K: Is there evidence to advice pelvic floor musce training to prevent and treat urinary incontinence during pregnancy and after childbirth? European Urological Review. In press 2009

IV. SCIENTIFIC REVIEW ARTICLES IN NORWEGIAN/NORDIC JOURNALS

1. Bø K.: Forekomst av stress inkontinens hos kvinnelige idrettsutøvere. Norsk tidsskrift for idrettsmedisin. Årg. 3, 1, 6-7, 9-10, 23, 1988.
2. Bø K: Effekt av bekkenbunnstrening for stress inkontinens hos kvinner. Dr. gradsavhandling. Tidsskrift for den Norske Lægeforening, 6:734-735, 1991.
3. Bø K: Effekt av bekkenbunnstrening for stress inkontinens hos kvinner. Idrettsmedisin, 3: 6-7. 1991. (samme tittel, men forskjellig innhold fra foregående)
4. Bø K: Kvinners egenopplevelse av stress-inkontinens. Fysioterapeuten, 10:18-23. 1991.
5. Bø K: Effekt av bekkenbunnstrening. Fysioterapeuten, 10:24-26. 1991.
6. Sjøgaard AJ, Bø K, Klungland M, Koster Jacobsen B: Hvor mye beveger vi oss i fritiden? En oversikt over norske studier av fysisk aktivitet i den norske befolkning. Tidsskrift for den norske lægeforening 120,28:3439-46, 2000.
7. Bø K: Tren deg tett. Tidsskrift for den norske Lægeforening 120,29: 3583-9, 2000.
8. Bø K: Dysfunksjon i bekkenbunnsmusklene og stress inkontinens - hos mosjonister og elite idrettsutøvere. Norsk idrettsmedisin, 4: 3-8, 2003

**V. ABSTRACTS PRESENTED AT NATIONAL OR INTERNATIONAL
CONFERENCES, PUBLISHED IN CONFERENCE BOOKS/PROCEEDINGS**

1. Bø K.:
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VI. LETTER TO THE EDITOR/COMMENTS

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VIII. VIDEOS/DVD

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IX. POSTERS

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Etter 1998 har jeg ikke registrert dette med titler, men det dreier seg om ca 15-20 intervjuer/artikler innen ulike områder av fitness og trening pr år i aviser, ukepresse, radio og TV.

