

OLA ERIKSRUD

Norwegian School of Sport Sciences ♦ Postboks 4014 Ullevål stadion, 0806 Oslo, Norway ♦ 23 26 23 16 ♦ ola.eriksrud@nih.no

WORK EXPERIENCE

- Norwegian School of Sport Sciences, Oslo** 2005-present
- ♦ Lecturer in biomechanics, anatomy and exercise physiology
 - ♦ Research in biomechanics and functional performance
 - ♦ Development of educational material in anatomy, biomechanics, functional and flexibility training
- Eriksrud Functional Fitness, Oslo** 2005-present
- ♦ Sole proprietor business
 - ♦ Development and implementation of functional training programs
 - ♦ Educational presentations and clinics on the topics of functional training, rehabilitation and performance
- Olympiatoppen, Oslo** 2009-present
- ♦ Staff physical therapist in an outpatient orthopedic setting
 - ♦ Emphasis on manual physical therapy, functional training and evaluation
 - ♦ Development and implementation of functional training programs
- Stabæk-klinikken, Oslo** 2006-2008
- ♦ Staff physical therapist in an outpatient orthopedic setting
 - ♦ Emphasis on manual physical therapy, functional training and evaluation
 - ♦ Development and implementation of functional training programs
- University of Connecticut, Nayden Rehabilitation Clinic, Storrs, CT** 2003-2005
- ♦ Staff physical therapist in an outpatient orthopedic setting
 - ♦ Emphasis on manual physical therapy, functional retraining and clinical education
 - ♦ Development and implementation of functional training programs for club sports and individual athletes
- University of Connecticut, Student Health Services, Storrs, CT** 2003-2005
- ♦ Director of the Physical Therapy Department
 - ♦ Responsible for the administration, financial and clinical operation in a dynamic health care environment
 - ♦ Emphasis on manual physical therapy, functional retraining and clinical education
- University of Connecticut, School of Allied Health, Storrs, CT** 2003-2005
- ♦ Primary instructor of Human Anatomy (PT 213 and 215)
 - ♦ Clinical faculty for a variety of courses in the physical therapy program
 - ♦ Participation in clinical research
- Functional Personal Fitness, Mansfield Ctr, CT** 2004-2006
- ♦ Sole proprietor business
 - ♦ Development and implementation of functional training programs
 - ♦ Presentations and clinics on the topics of functional training, rehabilitation and performance
- Wilton Physical Therapy, Wilton, CT** 2000- 2003
- ♦ Staff physical therapist in an outpatient orthopedic setting
 - ♦ Focus on rehabilitation of patients with various musculoskeletal and neurological impairments
 - ♦ Emphasis on manual therapy, functional retraining, and sports rehabilitation
- Stamford Health System, Stamford, CT** 2000-2001
- ♦ Staff physical therapist in an out- and inpatient setting
 - ♦ Focus on musculoskeletal, neurological, integumentary, and cardiopulmonary rehabilitation
 - ♦ Treat patients suffering from various degrees of functional limitations and disabilities

EDUCATION

University of Connecticut, Storrs, CT

Masters of Science in Physical Therapy, May 2000

Bachelor of Science in Allied Health Pre-Physical Therapy, December 1998

Summa Cum Laude

Deans List in the 1995, 1996, 1997, 1998

OLA ERIKSRUD

Norwegian School of Sport Sciences ♦ Postboks 4014 Ullevål stadion, 0806 Oslo, Norway ♦ 23 26 23 16 ♦ ola.eriksrud@nih.no

PROFESSIONAL LICENSES

- ♦ Physiotherapist Norway
- ♦ Physical Therapist
- ♦ Certified Strength and Conditioning Specialist

PROFESSIONAL DEVELOPMENT

- ♦ ECSS 13th Annual Meeting, *July 2008*
- ♦ ECSS 12th Annual Meeting, *July 2007*
- ♦ ACSM 54th Annual Meeting, *May 2007*
- ♦ Annual Congress Norwegian Association of Sports Medicine, *November 2006*
- ♦ International Congress on Sciences and Nordic Skiing, *June 2006*
- ♦ 1st World Congress on Sports Injury Prevention, *June 2005*
- ♦ University of St Augustine: S4 Functional Analysis and Management of the Lumbo-Pelvic-Hip Complex, *November 2004*
- ♦ University of St Augustine: S3 Advanced Evaluation and Manipulation of Craniofacial, Cervical and Upper Thoracic Spine, *July 2004*
- ♦ University of St Augustine: S2 Advanced Evaluation and Manipulation of Pelvis, Lumbar and Thoracic Spine, *April 2004*
- ♦ Wynn Marketing: Chain reaction explosion, *October 2003*
- ♦ University of St Augustine: Myofascial Manipulation, *April 2003*
- ♦ University of St Augustine: S1 Introduction to spinal evaluation and manipulation, *March 2003*
- ♦ Functional Golf Links Seminar, *September 2002*
- ♦ Dialogues in Contemporary Rehabilitation: Type III dysfunction of the spine and extremity joints with bone bruises, *May 2002*
- ♦ Upledger Institute: Craniosacral therapy level I workshop, *May 2002*
- ♦ Wynn Marketing: Building and rebuilding the athlete, *April 2002*
- ♦ Wynn Marketing: Chain reaction explosion, *March 2002*
- ♦ New England Seminars/ Dialogues in Contemporary Rehabilitation: Myofascial release, *May 2001*
- ♦ Dialogues in Contemporary Rehabilitation: Myofascial mapping, *March 2001*
- ♦ Dialogues in Contemporary Rehabilitation: Muscle energy and beyond; the spine, *March 2001*
- ♦ Presentation: Knee extension force predicts sit to stand independence of patients in acute rehabilitation. Connecticut Physical Therapy Association Annual Symposium, *November 2000*
- ♦ American Physical Therapy Association Combined Sections Meeting, Boston, MA, 1998.

PUBLICATIONS

- ♦ Eriksrud, O. & Smith, G. (2008) Asymmetry of unilateral stiffness. *Proceedings of the 13th Annual Congress of the European College of Sport Sciences*.
- ♦ Eriksrud, O. Moltubakk, M.M. & Smith, G. (2007) Static flexibility measures do not determine active range of motion during running. *Proceedings of the 12th Annual Congress of the European College of Sport Sciences*.
- ♦ Smith, G. Moltubakk, M.M. & Eriksrud, O. (2007) Relationship between stiffness, passive flexibility, dynamic range of motion and running economy. *Proceedings of the 12th Annual Congress of the European College of Sport Sciences*.
- ♦ Buteau, J.L. Eriksrud, O. & Hasson, S. (2007) Rehabilitation of a glenohumeral instability using the body blade. *Physiotherapy Theory and Practice*. 22:333-349.
- ♦ Eriksrud, O. Moltubakk, M.M. & Smith, G. (2007) Flexibility and Stiffness Interactions influencing Running Economy. *Med Sci Sports Exerc*. 39 (5 Suppl): S70
- ♦ Eriksrud, O. & Bohannon, R.W. (2005) Effectiveness of the easy-up handle in acute rehabilitation. *Clin Rehabil*, 19:381-386
- ♦ Eriksrud, O. & Bohannon, R.W. (2003) Relationship of knee extension force to independence in sit-to-stand performance in patients receiving acute rehabilitation. *Phys Ther* 83:544-551, 2003.
- ♦ Bohannon, R.W. & Eriksrud, O. (2001) What measure of lower extremity muscle strength best explains walking independence? *J Phys Ther Sci* 13:1-3.

OLA ERIKSRUD

Norwegian School of Sport Sciences ♦ Postboks 4014 Ullevål stadion, 0806 Oslo, Norway ♦ 23 26 23 16 ♦ ola.eriksrud@nih.no

OTHER PUBLICATIONS

- ♦ Eriksrud, O. (2007) Functional abdominal training – a dynamic perspective. *NIH media*.
- ♦ Eriksrud, O. (2006) Flexibility – the functional muscle. *NIH*.
- ♦ Eriksrud, O. (2005) Anatomy – muscles, joints and ligaments for the entire body. *NIH*

HONORS AND AWARDS

- ♦ Distinguished Clinician Award from the University of Connecticut School of Allied Health, Department of Physical Therapy, May 2000
- ♦ University Scholarship from the Graduate School for spring 1999, and the 1999/2000 academic year
- ♦ Class of 1936 Alumni Scholarship for the 1999/2000 academic year
- ♦ Wagenlis Foundation Scholarship for the spring semester 1999
- ♦ Class of 1941 Scholarship for the 1998/1999 academic year
- ♦ Kjell Nordviks Foundation Scholarship for the 1998/1999 academic year
- ♦ Harry Eaton Stewart Scholarship Fund for the summer semester 1998
- ♦ New England Scholar in the 1996/1997 and 1997/1998 academic year
- ♦ Deans List in the 1995, 1996, 1997, 1998

MEMBERSHIPS

- ♦ European College of Sport Sciences
- ♦ National Strength and Conditioning Association