

**WORK EXPERIENCE**

<b>Norwegian School of Sport Sciences, Oslo</b>	2005-present
<ul style="list-style-type: none"> <li>♦ Assistant Professor in biomechanics, anatomy and exercise physiology</li> <li>♦ Research in biomechanics and functional performance</li> <li>♦ Development of educational material in anatomy, biomechanics, functional and flexibility training</li> </ul>	
<b>3D Functional Science, Oslo</b>	2005-present
<ul style="list-style-type: none"> <li>♦ Provider of lectures, seminars and programs on functional training and rehabilitation in Scandinavia and Europe</li> <li>♦ Development and implementation of functional training and rehabilitation programs</li> <li>♦ Collaboration with Jessica Parnevik-Muth</li> </ul>	
<b>Olympiatoppen, Oslo</b>	2009-present
<ul style="list-style-type: none"> <li>♦ Staff physical therapist in an outpatient orthopedic setting</li> <li>♦ Emphasis on manual physical therapy, functional training and evaluation</li> <li>♦ Development and implementation of functional training programs</li> </ul>	
<b>FACTS AS</b>	2011-present
<ul style="list-style-type: none"> <li>♦ Grunder FACT AS</li> <li>♦ Inventor of unique core training and rehabilitation system</li> <li>♦ Collaboration with Norwegian School of Sport Sciences and Oslo Innovation Center, Innovation Norway</li> </ul>	
<b>Stabæk-klinikken, Oslo</b>	2006-2008
<ul style="list-style-type: none"> <li>♦ Staff physical therapist in an outpatient orthopedic setting</li> <li>♦ Emphasis on manual physical therapy, functional training and evaluation</li> <li>♦ Development and implementation of functional training programs</li> </ul>	
<b>University of Connecticut, Nayden Rehabilitation Clinic, Storrs, CT</b>	2003-2005
<ul style="list-style-type: none"> <li>♦ Staff physical therapist in an outpatient orthopedic setting</li> <li>♦ Emphasis on manual physical therapy, functional retraining and clinical education</li> <li>♦ Development and implementation of functional training programs for club sports and individual athletes</li> </ul>	
<b>University of Connecticut, Student Health Services, Storrs, CT</b>	2003-2005
<ul style="list-style-type: none"> <li>♦ Director of the Physical Therapy Department</li> <li>♦ Responsible for the administration, financial and clinical operation in a dynamic health care environment</li> <li>♦ Emphasis on manual physical therapy, functional retraining and clinical education</li> </ul>	
<b>University of Connecticut, School of Allied Health, Storrs, CT</b>	2003-2005
<ul style="list-style-type: none"> <li>♦ Primary instructor of Human Anatomy (PT 213 and 215)</li> <li>♦ Clinical faculty for a variety of courses in the physical therapy program</li> <li>♦ Participation in clinical research</li> </ul>	
<b>Functional Personal Fitness, Mansfield Ctr, CT</b>	2004-2006
<ul style="list-style-type: none"> <li>♦ Sole proprietor business</li> <li>♦ Development and implementation of functional training programs</li> <li>♦ Presentations and clinics on the topics of functional training, rehabilitation and performance</li> </ul>	
<b>Wilton Physical Therapy, Wilton, CT</b>	2000- 2003
<ul style="list-style-type: none"> <li>♦ Staff physical therapist in an outpatient orthopedic setting</li> <li>♦ Focus on rehabilitation of patients with various musculoskeletal and neurological impairments</li> <li>♦ Emphasis on manual therapy, functional retraining, and sports rehabilitation</li> </ul>	
<b>Stamford Health System, Stamford, CT</b>	2000-2001
<ul style="list-style-type: none"> <li>♦ Staff physical therapist in an out- and inpatient setting</li> <li>♦ Focus on musculoskeletal, neurological, integumentary, and cardiopulmonary rehabilitation</li> <li>♦ Treat patients suffering from various degrees of functional limitations and disabilities</li> </ul>	

## OLA ERIKSRUD

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

### EDUCATION

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#### 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

### PROFESSIONAL LICENSES AND CERTIFICATIONS

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- ♦ Physiotherapist Norway
- ♦ Physical Therapist (MSPT)
- ♦ Fellow of Applied Functional Sciences (FAFS)
- ♦ Functional Manual Reaction Certification (FMR)

### PROFESSIONAL DEVELOPMENT

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- ♦ Fellow at the Gray Institute through GIFT program, 2010
- ♦ Idrettsmedisinsk Høstkonkress, *November 2009*
- ♦ ECSS 14<sup>th</sup> Annual Meeting, *June 2009*
- ♦ ECSS 13<sup>th</sup> Annual Meeting, *July 2008*
- ♦ ECSS 12<sup>th</sup> Annual Meeting, *July 2007*
- ♦ ACSM 54<sup>th</sup> Annual Meeting, *May 2007*
- ♦ Annual Congress Norwegian Association of Sports Medicine, *November 2006*
- ♦ International Congress on Sciences and Nordic Skiing, *June 2006*
- ♦ 1<sup>st</sup> 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

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- ♦ Eriksrud, O & Hoff, T. (2009) Kliniske fotstillingsmål og pronasjon ved løp hos friske unge kvinner. *Annual Congress of Sports Medicine Norway*.
- ♦ Eriksrud, O. Gjesdal, B.E. (2009) Fotens maksimale bevegelsesutslag følger en fast sekvens in de tre kardinale planene ved moderat løpshastighet. *Annual Congress of Sports Medicine Norway*.
- ♦ Eriksrud, O. Eltarvåg, B & Smith, G. (2009) Relationship of rearfoot angular velocity to vertical and leg stiffness in running. *Proceedings of the 14<sup>th</sup> Annual Congress of the European College of Sport Sciences*.
- ♦ Eltarvåg, B. Eriksrud, O. & Smith, G. (2009) Relationship of rearfoot motion to vertical and leg stiffness in running. *Proceedings of the 14<sup>th</sup> Annual Congress of the European College of Sport Sciences*.
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## PUBLICATIONS CONTINUED

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- ♦ Eriksrud, O. & Smith, G. (2008) Asymmetry of unilateral stiffness. *Proceedings of the 13<sup>th</sup> 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 12<sup>th</sup> 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 12<sup>th</sup> 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.

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## OTHER PUBLICATIONS

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- ♦ Eriksrud, O. (2009) Anatomy and biomechanics – bachelor students in sports science. *NIH*
- ♦ 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*

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## WEBSITES

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- ♦ [www.3dfunctionalscience.com](http://www.3dfunctionalscience.com)
- ♦ [www.3dfunctionalperspectives.com](http://www.3dfunctionalperspectives.com)

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## HONORS AND AWARDS

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- ♦ 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

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## MEMBERSHIPS

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