

## Martin B. Josefsen

Musculoskeletal Physiotherapist, PT, DipMT

[www.rygfys.dk](http://www.rygfys.dk) – [mbj@rygfys.dk](mailto:mbj@rygfys.dk)



## Curriculum Vitae - Overview

For full CV (in Danish) please see [www.martinjosefsen.dk](http://www.martinjosefsen.dk)

### Main areas of interest:

Cervical Spine & Headache – assessment, diagnosis, differential diagnosis and treatment

1 September 2009

### Contents

1. Current main areas of work and engagements – overview
2. Current memberships
3. CV – Overview
  1. Qualifications
  2. Clinical Practice
  3. Teaching
  4. Publications / Editorial work
  5. Research & Development / Projects
  6. Organizational work
4. CV Appendix online
  - Full CV (Danish)
  - Teaching curriculum Appendix (Danish)
  - Publications curriculum Appendix (Danish)

## 1. Current main areas of work and engagements - Overview

- Back and Neck Pain Clinic - Centre for Musculoskeletal Physiotherapy – [www.rygfys.dk](http://www.rygfys.dk).
- Danish Musculoskeletal Physiotherapy Association (IFOMT MO) – [www.muskuloskeletal.dk](http://www.muskuloskeletal.dk) ([www.ifomt.org](http://www.ifomt.org))
  - President
  - Educational Committee member
- Teaching
  - Teacher - post graduate programme in Musculoskeletal Physiotherapy (full IFOMT acknowledged programme).
  - Courses on cervicogenic headache assessment, diagnosis, differential diagnosis and treatment.
  - External Teacher – University College Lillebaelt, Southern Denmark, Physiotherapy programme.
- Interest Group on Neck Pain, Headache and Whiplash – [www.muskuloskeletal.dk/migs](http://www.muskuloskeletal.dk/migs)
  - Founder, Resourceperson
- Nordic Contact Committee in Orthopaedic Manual Therapy & Medicine
  - Chairman
- Editor / Editorial Board
  - Editor-in-Chief: Muskuloskeletal Fysioterapi – Danish Journal on Musculoskeletal Physiotherapy.
  - Editorial Board: Fysioterapeuter (Danish Physiotherapy Journal).
- Research and Development project on evidence-based musculoskeletal physiotherapy diagnosis and treatment
  - Project on evidence for segmental diagnosis of the spine.

## 2. Current memberships

- Danish Musculoskeletal Physiotherapy Association (President) – [www.muskuloskeletal.dk](http://www.muskuloskeletal.dk).
  - Full IFOMT Member Organization – [www.ifomt.org](http://www.ifomt.org).
- International Headache Society – [www.i-h-s.org](http://www.i-h-s.org).
- Danish Sports Physiotherapy Association – [www.sportsfysioterapi.dk](http://www.sportsfysioterapi.dk).
- Danish Physiotherapy Association – [www.fysio.dk](http://www.fysio.dk).



### 3. CV – overview

#### 3.1 Qualifications (also see Appendix – Full CV)

- 2008: Teacher in Musculoskeletal Physiotherapy – completed internal teachers programme.
- 2008: PostGrad. Dip. Musculoskeletal Physiotherapist (DipMT) – Postgraduate Programme in Musculoskeletal Physiotherapy by the Danish Musculoskeletal Physiotherapy Association, IFOMT-MO.
- 2000-present: Diverse courses in manual/musculoskeletal physiotherapy.
- 2000-present: Various international and national congresses on Musculoskeletal Physiotherapy, Headache, Pain and Physiotherapy.
- 2000: Grad. Physiotherapist (PT) – Physiotherapy School at University College Lillebaelt, Southern Denmark.

#### 3.2 Clinical Practice (also see Appendix – Full CV)

- 2008-present: Back and Neck Pain Clinic (at Centre for Musculoskeletal Physiotherapy) – [www.rygfys.dk](http://www.rygfys.dk).
- 2000-present: Physiotherapy clinics in Odense, Denmark.

#### 3.3 Teaching (also see Appendix – Teaching Curriculum)

- 2008-present: Teacher at the postgraduate programme in Musculoskeletal Physiotherapy, Denmark.
- 2005-present: External teacher at University College Lillebaelt, School of Physiotherapy, Southern Denmark.
- Invited Speaker:
  - 2009: Cervicogenic Headache – diagnosis, differential diagnosis and treatment  
- Upcoming Congress day on headache (multidisciplinary) held in Denmark 26<sup>th</sup> of November 2009.
  - 2009: Interest Group on Neck Pain, Headache and Whiplash – First Meeting (Denmark).  
- At the Danish tri-annual fysio-festival congress. (Guest speakers Gwendolen Jull and Deborah Falla).
  - 2008: Cervicogenic Headache - diagnosis, differential diagnosis and treatment  
- Annual Meeting Congress held by Danish Musculoskeletal Physiotherapy Association, McKenzie Institute Denmark and Physiotherapists in Private Practice, Denmark.
  - 2007: Whiplash – Evidence of pathomechanics, pathoanatomics, diagnosis and treatment.  
- Congress day on Whiplash held by the Danish Physiotherapy Association.
  - 2006: Cervicogenic Dizziness – assessment, differential diagnosis and treatment.  
- Congress day on Balance held by the Danish Physiotherapy Association.
  - 2006: Cervicogenic Headache  
- At the Danish tri-annual fysio-festival congress.
  - 2004-2005: Evidence on diagnosis and treatment of the cervical spine  
- As part of a quality development project and audit held by the Danish Physiotherapy Association.
- Courses for physiotherapists / musculoskeletal physiotherapists:
  - 2006-present: Cervicogenic Headache – assessment, diagnosis, differential diagnosis and treatment.
    - 3-day Courses held with 1-2 other teachers.
  - Diverse courses (see appendix) and Diverse workshops (see appendix).

#### 3.4 Publications / Editorial work (also see Appendix – Publications curriculum)

- Editorial work
  - 2008-present: Editor of Journal - Muskuloskeletal Fysioterapi – [www.muskuloskeletal.dk/fagblad](http://www.muskuloskeletal.dk/fagblad) .
  - 2003-2007: Editor of Journal – Muskuloskeletal Forum  
(Journal of the Manual/Musculoskeletal Physiotherapy & Medicine Associations Denmark).
  - 2006-present: Editorial Board – Fysioterapeuten - musculoskeletal area (Danish Physiotherapy Journal).
  - 2003-present: Editor [www.muskuloskeletal.dk](http://www.muskuloskeletal.dk) .
- Articles
  - Josefsen, MB - Sparsom evidens for kraniosakral puls og rytme,  
- Muskuloskeletal Forum, nr. 4, 2006, pp 6-11., [muskuloskeletal.dk](http://muskuloskeletal.dk), [ffyd.dk](http://ffyd.dk).

- Josefsen, MB - Traktion til lænderygbesvær med eller uden ischias (Cochrane review - gennemgang og kommentarer),  
- Fysioterapeuten, nr. 16 - 2005, pp 4-7, muskuloskeletal.dk, ffy.dk.
- Josefsen, MB - Massage til lænderygbesvær (Cochrane review - gennemgang og kommentarer),  
- Fysioterapeuten, nr. 3 - 2006, pp 14-17, muskuloskeletal.dk, ffy.dk.
- Josefsen, MB - Manipulation til lænderygbesvær (Cochrane review - gennemgang og kommentarer),  
- Fysioterapeuten, nr. 21 - 2005, pp 14-18, muskuloskeletal.dk, ffy.dk.
- Josefsen, MB - Øvelser til lænderygbesvær (Cochrane review - gennemgang og kommentarer),  
- Fysioterapeuten, nr. 20 - 2005, pp 4-9, muskuloskeletal.dk, ffy.dk.
- Josefsen, MB - Mobilisering og manipulation til nakkebesvær (Cochrane review - gennemgang og kommentarer),  
- Fysioterapeuten, nr. 18 - 2005, pp 4-9, Muskuloskeletalt Forum, nr. 1, 2006, pp 6-11, muskuloskeletal.dk, ffy.dk.
- Josefsen, MB - Øvelser til nakkebesvær (Cochrane review - gennemgang og kommentarer),  
- Fysioterapeuten, nr. 17 - 2005, pp 6-10, Muskuloskeletalt Forum, nr. 3, 2006, pp 7-10, muskuloskeletal.dk, ffy.dk.
- Josefsen, MB - Konservativ behandling af hovedpine (Cochrane review - gennemgang og kommentarer),  
- Fysioterapeuten, nr. 3 - 2005, pp 27-30, Muskuloskeletalt Forum, nr. 4, 2005, pp 6-10, muskuloskeletal.dk, ffy.dk.
- Josefsen, MB - Aktiv strakt benløft test,  
- Fysioterapeuten, nr. 3 - 2004, pp 16-18, muskuloskeletal.dk, ffy.dk, fysio.dk.
- Josefsen, MB - Specifik stabilitetstræning til graviditetsrelaterede bækkensmerter post partum,  
- Muskuloskeletalt Forum, nr. 2 – 2004, muskuloskeletal.dk
- Josefsen, MB - Manuel terapi og specifik øvelsesterapi ved cervikogen hovedpine,  
- Muskuloskeletalt Forum, nr. 1 - 2003, pp 28-29, muskuloskeletal.dk, ffy.dk.
- And more... see appendix.
- Book Reviews: See appendix

### 3.5 Research & Development / Projects (also see Appendix – Full CV)

- Current: Research and Development project on evidence-based musculoskeletal physiotherapy diagnosis and treatment
  - Project on evidence for segmental diagnosis of the spine.
- 2005-present: “Project Cochrane Reviews”
  - Presentations of reviews relevant within the musculoskeletal / spinal area (Danish Physiotherapy Journal and Online).
- 2005: Case Report on Cervicogenic Headache (published “raw”, article unpublished - in progress).
- 2000: Reproducibility study – Inter-reliability of Palpation of the lumbar multifidus muscle in Low Back Pain and correlation with Magnetic Resonance Imaging (Part of undergraduate project in conjunction with PhD project).

### 3.6 Organizational work (see Appendix – Full CV)

## 4. CV Appendix online

[www.martinjosefsen.dk](http://www.martinjosefsen.dk) (CV)

Direct links:

- [Full CV \(Danish\)](#)
- [Teaching curriculum – Appendix \(Danish\)](#)
- [Publications curriculum – Appendix \(Danish\)](#)