

CURRICULUM VITAE JAN EKSTRAND 2017.

Professor of Sports-Medicine, University of Linköping, Sweden . Swedish citizen.

M.D., University of Lund, Sweden	1971
ECFMG exam USA	1971
Specialist in Orthopedics	1979
Specialist in General Surgery	1979
PhD., University of Linköping (Thesis: Soccer Injury and their Prevention)	1982
Associate professor of Sports Medicine, University of Linköping	1983
Full professor of Sports Medicine, University of Linköping	2000- 2011
Guest professor, University of Linköping	2011-

Clinical experience

Totally, 37 years of practice in sports traumatology and orthopaedics

Sports and sports medicine experience

Former soccer player at amateur level in Sweden.

Formal education as soccer coach (2/4 steps) at Swedish FA

Team physician of the Swedish National Team in Soccer at more than 100 matches.

Sports administration

Member of the Medical Committee of the Swedish Football Association 1982-2014.

Member of the Medical Committee of UEFA 1992-2015, 1st vice president 2000-2015

Member of the Jury of the Sports Medicine Grant Programme of the Swedish Government 2005-2012

Member of the Board of the Swedish Society of Sports Medicine 2011-2014

Member of the Jury of the UEFA Research Grant Programme since 2011

Supervisor for PhD

Margaretha Möller, PhD 1984 "Athletic training and flexibility

Birgitta Öberg, Phd 1984 "Lower extremity muscle strength in soccer players

Hans Tropp, Phd 1985 "Functional instability of the ankle joint

Uffe Jörgensen, PhD 1989 "Implications of heel strike"

Martin Häggglund, PhD 2007 "Epidemiology and prevention of football injuries"

Markus Waldén, Phd 2007 "Epidemiology of injuries in elite football"

Karolina Kristenson PhD 2015 Risk factors for injury in men's professional football"

Håkan Bengtsson: On-going, planned dissertation during 2017

Matilda Lundblad: On-going, planned dissertation during 2018

Awards

- 1995, Sten-Otto Liljedahl memorial prize, Linköping University
- 1996, Lecture award, Swedish Society of Medicine
- 2002, UEFA special contribution award 2002 for the ongoing research:
Safety in sports. Prevention of soccer injuries
- 2008, Praktikertjänst AB, major award for sports medicine research
- 2010, Senior Sports Science Researcher Award by the Swedish Central Society for the Promotion of Sports, Sweden
- 2011, Swedish Sports Confederation, Gold award (the highest sport award in Sweden)

External examiner (opponent at dissertations), 17 times

- 1989, Marianne de Loes, Karolinska Institute, Stockholm
- 2000, Sveinbjörn Brandsson, The Sahlgrenska Academy, University of Gothenburg
- 2001, Kerstin Söderman, University of Umeå
- 2001, Anna Östenberg, Lund University
- 2005, Thor Einar Andersen, Oslo University, Norway
- 2006, Inger Jacobson, Luleå University
- 2007, Pia Thomée, The Sahlgrenska Academy, University of Gothenburg
- 2008, Michael Svensson, The Sahlgrenska Academy, University of Gothenburg
- 2008, Kathrin Steffen, Oslo University, Norway
- 2008, Amanda Johnson, University of Manchester, England
- 2009, Per Jonsson, University of Umeå
- 2010, Ana Borges de Couraça, École Polytechnique Fédérale de Lausanne, Switzerland
- 2011, Anders Engebretsen, Oslo University, Norway
- 2012 Fredrik Toss, University of Umeå
- 2013 Magnus Tveit, Lund University
- 2014 Per Hölmich, Copenhagen University
- 2015 Cristiano Eirale Copenhagen University

Scientific merits

- Publications in peer reviewed scientific journals during the last 5,5 years : 46 (~8 articles/ year)
- Impact factor/publication: 4.2
- Citations received (according to Research Gate, all publications): 7416
- H-index 43 (38 excluding selfcitations)
- RG (Research Gate) index: 40.16

List of publications in peer-reviewed scientific journals 2011-2016

1. Ekstrand J, Häggglund M, Waldén M. Injury incidence and injury pattern in professional football - the UEFA injury study. *Br J Sports Med* 2011; 45: 553-8.
2. Ekstrand J, Häggglund M, Fuller CW. Comparison of injuries sustained on artificial turf and grass by male and female elite football players. *Scand J Med Sci Sports*, 2011; 21: 824-32.
3. Waldén M, Häggglund M, Magnusson H, Ekstrand J. Anterior cruciate ligament injury in elite football: a prospective three-cohort study. *Knee Surg Sports Traumatol Arthrosc* 2011; 19: 11-9.
4. Waldén M, Häggglund M, Werner J, Ekstrand J. The epidemiology of anterior cruciate ligament injury in football (soccer): a review of the literature from a gender-related perspective. *Knee Surg Sports Traumatol Arthrosc* 2011; 19: 3-10.
5. Ekstrand J. A 94% return to elite level football after ACL surgery: a proof of possibilities with optimal caretaking or a sign of knee abuse? *Knee Surg Sports Traumatol Arthrosc* 2011; 19: 1-2.
6. Ekstrand J, Häggglund M, Waldén M. Epidemiology of muscle injuries in professional football (soccer). *Am J Sports Med* 2011; 39: 1226-32.
7. Häggglund M, Zwerver J, Ekstrand J. Epidemiology of patellar tendinopathy in elite male soccer players. *Am J Sports Med* 2011; 39: 1906-11.
8. Ekstrand J, Torstveit M. Stress fractures in elite male football players. *Scand J Med Sci Sports* 2012; 22: 341-6.
9. Ekstrand J, Healy J, Waldén M, Lee J, English B, Häggglund M. Hamstring muscle injuries in professional football: the correlation of MRI findings with return to play. *Br J Sports Med* 2012; 46: 112-7.
10. Müller-Wohlfahrt H, Hänsel L, Mithoefer K, et al. Terminology and classification of muscle injuries in sport: The Munich consensus statement. *Br J Sports Med* 2012; 47: 342-50.
11. Waldén M, Häggglund M, Orchard J, Kristenson K, Ekstrand J. Regional differences in injury incidence in European professional football. *Scand J Med Sci Sports* 2013; 23: 424-30.
12. Ekstrand J. Playing too many matches is negative for both performance and player availability- results from the on-going UEFA injury study. *Deutsche Zeitschrift für Sportmedizin* 2013; 64: 163-7.
13. Häggglund M, Waldén M, Ekstrand J. Risk factors for lower extremity muscle injury in professional soccer: The UEFA injury study. *Am J Sports Med* 2013; 41: 327-35.
14. Nilsson M, Häggglund M, Ekstrand J, et al. Head and neck injuries in professional soccer. *Clin J Sport Med* 2013; 23: 255-60.
15. Ekstrand J, Häggglund M, Törnqvist H, et al. Upper extremity injuries in male elite football players. *Knee Surg Sports Traumatol Arthrosc* 2013; 21: 1626-32.
16. Kristenson K, Waldén M, Ekstrand J, et al. Lower injury rates for newcomers to professional soccer: A prospective cohort study over 9 consecutive seasons. *Am J Sports Med* 2013; 41: 1419-25.
17. Waldén M, Häggglund M, Ekstrand J. Time-trends and circumstances surrounding ankle injuries in men's professional football: An 11-year follow-up of the UEFA Champions League injury study. *Br J Sports Med* 2013; 47: 748-53.
18. Häggglund M, Waldén M, Magnusson H, et al. Injuries affect team performance negatively in professional football: An 11-year follow-up of the UEFA Champions League injury study. *Br J Sports Med* 2013; 47: 738-42.

19. Ekstrand J, van Dijk CN. Fifth metatarsal fractures among male professional footballers: A potential career-ending disease. *Br J Sports Med* 2013; 47: 754-8.
20. Lundblad M, Waldén M, Magnusson H, et al. The UEFA injury study: 11-year data concerning 346 MCL injuries and time to return to play. *Br J Sports Med* 2013;
21. Gajhede Knudsen M, Ekstrand J, Magnusson H, et al. Recurrence of Achilles tendon injuries in elite male football players is more common after early return to play: An 11-year follow-up of the UEFA Champions League injury study. *Br J Sports Med* 2013; 47: 763-8.
22. Ekstrand J, Askling C, Magnusson H, et al. Return to play after thigh muscle injury in elite football players: Implementation and validation of the Munich muscle injury classification. *Br J Sports Med* 2013; 47: 769-74.
23. ***Ekstrand J, Hägglund M, Kristenson K, et al. Fewer ligament injuries but no preventive effect on muscle injuries and severe injuries: An 11-year follow-up of the UEFA Champions League injury study. *Br J Sports Med* 2013; 47: 732-7.**
24. ***Ekstrand J, Dvorak J, D'Hooghe M. Sport medicine research needs funding: The international football federations are leading the way. *Br J Sports Med* 2013; 47:**
25. Ekstrand J. Keeping your top players on the pitch: The key to football medicine at a professional level. *Br J Sports Med* 2013; 47: 723-4.
26. Kristenson K, Björneboe J, Waldén M, et al. The Nordic football injury audit: Higher injury rates for professional football clubs with third-generation artificial turf at their home venue. *Br J Sports Med* 2013; 47: 775-81.
27. Bengtsson H, Ekstrand J, Waldén M, et al. Match injury rates in professional soccer vary with match result, match venue, and type of competition. *Am J Sports Med* 2013; 41: 1505-10.
28. Bengtsson H, Ekstrand J, Hägglund M. Muscle injury rates in professional football increase with fixture congestion: an 11-year follow-up of the UEFA Champions League injury study. *Br J Sports Med* 2013; 47: 743-7.
29. Hallén A, Ekstrand J. Return to play following muscle injuries in professional footballers. *J Sports Sci.* 2014;32(13):1229-36.
30. Nordström A, Nordström P, Ekstrand J. Sports-related concussion increases the risk of subsequent injury by about 50% in elite male football players. *Br J Sports Med.* 2014, (48), 19, 1447-1450
31. Weir A, Brukner P, Delahunt E, Ekstrand J, Griffin D, Khan KM, Lovell G, Meyers WC, Muschawek U, Orchard J, Paajanen H, Philippon M, Reboul G, Robinson P, Schache AG, Schilders E, Serner A, Silvers H, Thorborg K, Tyler T, Verrall G, de Vos RJ, Vuckovic Z, Hölmich P. Doha agreement meeting on terminology and definitions in groin pain in athletes. *Br J Sports Med* 2015 49: 768-774.
32. Bahr R, Thorborg K, Ekstrand J. Evidence-based hamstring injury prevention is not adopted by the majority of Champions League or Norwegian Premier League football teams: the Nordic Hamstring survey *Br J Sports Med* 2015 Nov;49(22):1466-71
33. Uebliacker P, Muller-Wohlfahrt HW, Ekstrand J. Epidemiological and clinical outcome comparison of indirect ('strain') versus direct ('contusion') anterior and posterior thigh muscle injuries in male elite football players: UEFA elite league study of 2287 thigh injuries (2001-2013). *Br J Sports Med* 2015;49:1461-5
34. Waldén M, Hägglund M, Ekstrand J. The epidemiology of groin injury in senior football: A systematic review of prospective studies. *Br J Sports Med* 2015;49:792-7.

35. Gouttebarga V, Aoki H, Ekstrand J, et al. Are severe musculoskeletal injuries associated with symptoms of common mental disorders among male European professional footballers? *Knee Surg Sports Traumatol Arthrosc* 2015 doi:10.1007/s00167-015-3729-y.
36. Kristenson K, Björneboe J, Waldén M, et al. Injuries in male professional football: A prospective comparison between individual and team-based exposure registration. *Scand J Med Sci Sports* 2015 doi: 10.1111/sms.12551.
37. Björneboe J, Kristenson K, Waldén M, *et al.* Role of illness in male professional football: Not a major contributor to time loss. *Br J Sports Med* 2016;50:699-702.
38. Kristenson K, Björneboe J, Walden M, et al. No association between surface shifts and time-loss overuse injury risk in male professional football. *J Sci Med Sport* 2016; 19; 218-221
39. ***Ekstrand J, Waldén M, Hägglund M. Hamstring injuries have increased by 4% annually in men's professional football, since 2001: A 13-year longitudinal analysis of the UEFA elite club injury study. *Br J Sports Med* 2016; 50:731-7.**
40. ***McCall A, Dupont G, Ekstrand J. Injury prevention strategies, coach compliance and player adherence of 33 of the UEFA elite club injury study teams: A survey of teams' head medical officers. *Br J Sports Med* 2016;50: 725-30.**
41. Larsson D, Ekstrand J, Karlsson MK. Fracture epidemiology in male elite football players from 2001 to 2013: 'How long will this fracture keep me out?'. *Br J Sports Med* 2016;50: 759-63
42. Ekstrand J, Lee JC, Healy JC. MRI findings and return to play in football: A prospective analysis of 255 hamstring injuries in the UEFA elite club injury study. *Br J Sports Med* 2016.;50:738-43
43. Hägglund M, Waldén M, Ekstrand J. Injury recurrence is lower at the highest professional football level than at national and amateur levels: Does sports medicine and sports physiotherapy deliver? *Br J Sports Med* 2016;50: 751-8.
44. Waldén M, Hägglund M, Magnusson H, et al. Acl injuries in men's professional football: A 15-year prospective study on time trends and return-to-play rates reveals only 65% of players still play at the top level 3 years after acl rupture. *Br J Sports Med* 2016;50; 744-50.
45. ***Ekstrand J. Preventing injuries in professional football: Thinking bigger and working together. *Br J Sports Med* 2016;50:709-10.**
46. Gabbett TJ, Kennelly S, Sheehan J, Ekstrand J *et al.* If overuse injury is a 'training load error', should undertraining be viewed the same way? *Br J Sports Med* 2016;50:1017-8.