

Name	Louise Fleng Sandal	Nationality	Danish
Date of Birth	16.01.1984	Sex	Female
Research ID	ORCID: 0000-0001-8436-1046, SCOPUS AUTHOR ID: 54977208700		

Summary

My main research focus is on musculoskeletal health and applying exercise or physical activity as prevention or treatment of musculoskeletal pain or disease and in an occupational and workplace setting. I have expertise in developing and conducting clinical and workplace interventions and a strong research interest in digital health intervention to support prevention and treatment as well as in how digital technology affects health and wellbeing. Recently, I was strongly involved in the EU-funded selfBACK project investigating the effectiveness of a digital support system for self-management in low back pain patients with results published in JAMA int. med. in Aug 2021 as leading author.

Education

2016	PhD degree in Health science, University of Southern Denmark.
2012	MSc degree in Sports Science and Health, University of Southern Denmark
2009	BSc degree in Sports Science and Health, University of Southern Denmark

Research positions

2024 -	Head of Research Unit for Physical Activity and Health in Working life, Department of Sport Science and Clinical Biomechanics, University of Southern Denmark
2022 –	Associate Professor, Research Unit for Physical Activity and Health in Working Life, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark
2021-2017	Assistant Professor at the Research Unit of Physical Activity and Health in Working Life, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark [Maternity leave from Aug 2019 – June 2020]
2017-2016	Maternity leave
2016	Research Assistant at the Research Unit of Physical Activity and Health in Working Life, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.
2016-2013	PhD fellow at the Research Unit for Musculoskeletal Function and Physiotherapy, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

Research experiences

2026-2022	PhD project: <i>Stress in working life</i> Work tasks: main-supervisor of PhD-student: Charlotte Brøgger Bond
2023-2017	PhD project: <i>Individualized Physical Exercise Training and Enhanced Protein Intake During Rehabilitation of Elderly Citizens</i> Work tasks: main-supervisor of PhD-student: Sanel Teljigovic
2022-2017	Industrial PhD project: Physical health in the offshore wind industry Work tasks: co-supervisor of PhD: Anne Skov Østergaard
2020-2016	EU project: <i>A decision support system for self-management of low back pain – selfBACK</i> . Work tasks: study planning, data collection and synthesis and manuscript writing for systematic literature review, pilot trial and randomised controlled trial.
2016 -2013	PhD project: <i>influence of the physical environment on treatment effect in exercise therapy for knee or hip pain</i> (PhD Louise Fleng Sandal). Work tasks: planning, implementation and evaluation of a randomised controlled trial, data collection, data analysis and manuscript writing, submission and revision.

2011	PhD project: <i>Neuromuscular function in meniscectomized patients</i> (PhD Jonas Bloch Thorlund). Work tasks included: data collection and data processing.
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Research stays abroad

2015	Musculoskeletal Research Unit (Research fellow Andrew J. Moore) School of Clinical Science, University of Bristol, UK (4 weeks)
2012	Exeter Medical School (Prof. Paul Dieppe), University of Exeter, UK (4 days)

Attained research grants

2022	EUopSTART funding from the Ministry of Children and Education "Application work for Horizon Europe funds" Main applicant for coordinator call: Louise Fleng Sandal (DKK 75.000)
2021	EUopSTART funding from the Ministry of Children and Education "Application work for Horizon Europe funds" Main applicant: Louise Fleng Sandal (DKK 50.000 spring, DKK 50.000 autumn)
2013	Danish Rheumatism Association: <i>"Exploiting components of the placebo effect to enhance the effect of exercise as a treatment for knee pain and knee osteoarthritis."</i> Main applicant: Louise Fleng Sandal, (DKK 25.000).

Development of academic skills

2024-2025	SDU New to Research Leadership Volume: 6 days course work and intermittent development Content: SDU Leadership compass, leadership styles, academic management, group dynamics and development, conflict management and strategic development. Network groups for academic leaders
2024	SDU Research Academy Volume: 4 days course work and intermittent group-work Skills obtained: enhanced project and research management skills, skills in leading grant application processes, network development and peer support, continuous learning and practical application with the help of implementation consultants, increase career readiness.
2023	SDU Leadership Aspirant programme Volume: 4 days course work Content: introduction to leadership and management in academia, leadership styles and personality as a leader, decision making processes and career mentoring.
2020	Lecturer Training Programme from the University of Southern Denmark Volume: 10 ECTS point
2016-2013	Course programme during PhD Volume: 30 ECTS point Courses: Research methods in health science, Literature search, Systematic critical literature reading, the randomized clinical trial for surgical and complex interventions, exercise as prevention or treatment for musculoskeletal disease, Biostatistics I & II, data documentation, supervision – roles and relation, database

Administration and organisational experience

2020 -	Coordinator for speciality line within BSc for Sports and health Science.
2021 - 2025	Co-coordinator for speciality line within MSc for Sports and health Science.

2016-2014	Student member of the Steering Committee for the graduate programme for Physical Activity/Musculoskeletal Health at Faculty of Health Science, University of Southern Denmark.
2013	Organising PhD course <i>Exercise as an intervention to prevent or treat musculoskeletal disease</i> (Course responsible Prof. Ewa Roos).

Publications

No. of peer reviewed publications: 32

No. of published conference abstracts as first author: 4

No. of published conference abstracts: 17

No. of research reports: 4