# Curriculum Vitae

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| **Name** | Morten Høgh (Hoegh), MSc, PhD. |
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| **Title** | Associate professor in Musculoskeletal pain |
| **Contact** | Musculoskeletal Health and Implementation *Dept. of Health Science and Technology* The Faculty of Medicine, SMI Aalborg University, Denmark |

***Professional background:***

1996-1999 School of Physiotherapy in Aarhus (Denmark)

1999- Clinical physiotherapist (private clinic)

2001-2021 CEO FysioDanmark Aarhus (Denmark)

2010-2012 MSc Pain: Science & Society, King’s College London (UK)

2012- Pain Science Educator (post-graduate level; pain and neuroscience)

2015-2019 PhD-fellow, Center for Neuroplasticity and Pain (CNAP), Aalborg University

2019-2020 External lecturer, Faculty of Medicine, Aalborg University

2020-2022 Assistant Professor, Faculty of Medicine, Aalborg University

2022-2024 Constituted Associate Professor, Faculty of Medicine, Aalborg University

2024- Associate professor in Musculoskeletal Pain, Aalborg University

My work life is focused around improving care for people with chronic pain. I focus on science education (combining the clinical and academic competencies) while I also develop my own competencies on research, education, and communication. I have been instrumental in the development of the curricula and exams on pain for multiple professionals within the European Pain Federation as well as the EFIC Academy, an online learning community for professionals and academics. I’m also the author a series of papers in JOSPT called *Pain Science in Practice-series*. It covers the fundamentals of neuroscience explained to and in the context of clinical practice (including basic neuroscience terminology, peripheral and central sensitization, and the descending pain modulatory system). Outside of my academic work, I have produced a podcast series (SmerteVejleder Podcast) in collaboration with a patient-advocate organization. The podcast is downloaded about 200 times every week (exceeding a total of 20,000 downloads by now) and is recommended by healthcare professionals and patient-organizations to their patients/peers. My advocacy work has let me to be featured as a “pain expert” on national TV (Aftenshowet og Go’ morgen Danmark) and on national radio (Sygt Nok på P1; the most listened episodes ever in the history of the show), as well as regular contributions to news articles (e.g., Zetland), professional magazines (e.g., Månedsskriftet og Fysioterapeuten), and public speaking events such as Forskningens Døgn and Folkeuniversitetet.

See <https://linktr.ee/mhdk_drmortenhoegh> for full list of open access, public talks.

***Voluntary and not-for-profit work:***

2006- Chairman and co-founder, [Danish Society for Pain and Physiotherapy](https://smof.dk/)

2018-2020 Vice-chair, [European Pain Federation](https://europeanpainfederation.eu/) committee on education

2020-2022 Secretary, [Danish Pain Association](https://www.danishpainsociety.org/)

2021- Chair of the [European Pain Federation Academy](https://europeanpainfederation.eu/efic-academy/)

2022- Editorial Board Member, [Science Reports](https://www.nature.com/srep/?gclid=EAIaIQobChMI38abkvet-wIVBuR3Ch1LNAjvEAAYASAAEgJmePD_BwE)

2023- Editor “Pain-related topics” at Lex.dk (Danish National Encyclopedia)

***Project Experience and commissions:***

2017-2019 [EFIC Pain Curriculum](https://europeanpainfederation.eu/education/pain-curricula/) (Physio, nursing, psychology) and exam-board for EFIC *Diploma in Pain Physiotherapy (EDPP)*

2016 + 2018 *Danish Health Authority* working group on National Clinical Guidelines Chronic Pain

**2018-2020 Vice-chair of EFIC Educational Committee**

2018-2021 [Prevent4Work](https://p4work.com/dk/forside/) (EU-Grant 894876 EUR / Erasmus+)

2019 *Danish Health Authority* working group on Management of Chronic Pain for GPs

2020 *Danish Health Authority* working group on National Clinical Guidelines Shoulder Pain

2020 *Danish Health Authority* working group on National Clinical Guidelines Concussion

2020- Chair of [EFIC Academy](https://europeanpainfederation.eu/efic-academy/) and chair of working-group for EFIC eLearning platform.

**2021-2022** [***Danish Physiotherapy Association***](https://www.fysio.dk/nyheder/nyheder-2018/fagligheden-i-fysioterapi-skal-debatteres) **working group on professional identity**

**2022-2024 *Danish Physiotherapy Association* working group for a national pain strategy**

**2023-** *Danish Health Authority* member of the National Coordination Forum for Enhanced Clinical Quality in the Field of Pain

***Teaching activities***

2012-2015 Aarhus University (3-5th semester, medicine)

2015- Aalborg University (Master in Pain Management, MSc Musculoskeletal Physiotherapy)

2019- External lecturer at the University of West Attica (Athens, Greece), Physiotherapy program

2012- Educator at post-graduate courses for clinicians on pain science (Canada, USA, Italy, Netherlands, Finland, Norway, Iceland, Greece and Denmark)

2021- Læg Smerterne på Hylden (public lectures with radio host Lotte Heise)

2019- CME-courses for GPs ([PLO-efteruddannelse](https://www.tilmeld.dk/9018023/kroniske-smerter)) on Chronic Pain

Link to univeristy profile page: <https://vbn.aau.dk/da/persons/morten-sebastian-hoegh/publications/>

***Honors and awards***

2023 I was the first Dane to receive the [EFIC Pain Champion Award](https://europeanpainfederation.eu/organisation/pain-champions/). The award was in recognition for my work leading the [EFIC Academy initiative](https://europeanpainfederation.eu/efic-academy/#plans).

***Funding***

2018-2021 [Erasmus+](https://erasmus-plus.ec.europa.eu/projects/search/details/600920-EPP-1-2018-1-ES-EPPKA2-KA) funded project “[Prevent4Work](https://p4work.com/)”, PROJECT NUMBER-600920-EPP-1-2018-1-ES-EPPKA2-KA (€ 894.876 total, AAU share € 109,050), co-applicant

2023 Danske Fysioterapeuters Fond for Forskning, Uddannelse og Praksisudvikling, ”Patient Journey Mapping” (DKK 65,000), co-applicant

2023-2026 [Erasmus+](https://erasmus-plus.ec.europa.eu/projects/search/details/101111708) funded project “Digi4MSK”, Project Reference: 101111708 (€ 1.499.914 total, AAU share € 209,892), co-applicant

**Selected presentations at national and international conferences**

1. Invited, **keynote speaker** [Dutch Sports Medicine Congress](https://www.aanmelder.nl/sportmedisch-wetenschappelijk-jaarcongres-2023/sprekers-2023), November 2023
2. Invited, **plenary speaker** [Norwegian Sports Medicine Congress](chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https:/www.imhk.no/_files/ugd/c483ec_1d7b31e8650c423e8207ec1262519e13.pdf), October 2023
3. Invited, **plenary speaker** [Oregon Pain Summit](https://www.theoregonpainsummit.org/agenda), October 2023
4. **Speaker** at [Pain in Europe XIII](https://europeanpainfederation.eu/efic2023/scientific-programme/), Budapest, September 2023
5. **Speaker** at [Low Back Pain Forum](https://www.lbpforum2023.com/part_program), Groningen, August 2023
6. Invited, **plenary speaker** [San Diego Pain Summit](https://www.sandiegopainsummit.com/), February 2023
7. **Invited speaker** at International Football Science Summit, March 2022 in Odense (DK), “Pain, injury or both – how semantics influence outcomes for soccer players”)
8. **Plenary speaker** at the national Norwegian Physiotherapy Congress ([www.fysioterapikongressen.no](http://www.fysioterapikongressen.no)), Oslo (NO) March 2022, “Sleep and Pain”
9. **Keynote speaker** at the 4th World Congress of Sport Physiotherapy (August 2022), “Pain in Sports”
10. **Keynote speaker** at the 7th International Pain Congress in Cork (March 2023)
11. [IOC Prevention Congress](https://ioc-preventionconference.org/?page_id=2177#GANGE_SESSIONBYSEARCH_ANCHOR_02) 2021/11/26 in Montecarlo, Monaco: “Pain prevention: well-intentioned, but sometimes unrealistic and unhelpful?” (**oral presentation**)
12. **Invited speaker** Danish Physiotherapy Association webinars on Pain and Physiotherapy, February/March 2021
13. EFIC Virtual Pain Education Summit 2020 (3 sessions on “pain physiology”), November 2020
14. ER-WCPT Symposium: Integration of Pain Neuroscience into Clinical Practice (online conference), September 2020
15. Russian Association for the Study of Pain 2020 Conference (**keynote**: “Physiotherapy in the treatment of chronic nonspecific pain”)
16. Montana Pain Conference 2019 (**keynote**: “Empowering Patients with knowledge” and “Pain: The Big Picture”)
17. 4th World Conference on Abdominal and Pelvic Pain 2019 (**Invited speaker**: “Barriers to exercise for pelvic pain patients and their clinicians”)
18. EFIC Pain in Europe (**poster** presentations in 2017 and 2019)
19. IASP World Conference on Pain (**poster** presentation 2016, 2018, 2022)
20. SASP Pain Conference (**poster** presentation 2017, 2022)
21. Scandinavian Sports Medicine Conference (**speaker** 2015 and 2019)
22. Scandinavian Congress on Handball Medicine 2019 (**invited speaker**)
23. 100-year Anniversary of the Danish Physiotherapy Association 2018 (**invited speaker**)
24. 4th International Mulligan Conference 2018 (**invited speaker**)

**Dissemination/media exposure** (See more at <https://linktr.ee/mhdk_drmortenhoegh>)

1. SmerteVejleder Podcast ([open access pain education for the public](https://smertevejleder.buzzsprout.com/))
2. Zetland (online news media) [open access link](https://www.zetland.dk/historie/s8dMA0JA-m8RVr3v1-4d321)
3. DR P1 (Danish Broadcasting Service/National Radio, Channel 1) interview [“Sygt Nok” March 5th 2021](https://www.dr.dk/radio/p1/sygt-nok/sygt-nok-91/)
4. Jyllands Posten ([March 2nd 2021](https://jyllands-posten.dk/indland/ECE12798711/vaegtanbefalinger-til-skoletasker-skaber-ophedet-debat-mit-udsagn-er-blevet-for-haardt/?st=1)) (news paper) criticism of over-interpretation of the role of ergonomics
5. “Insufficient Evidence for Load as the Primary Cause of Nonspecific (Chronic) Low Back Pain. A Scoping Review” covered by national news outlet (Jyllands Posten, [EkstraBladet](https://ekstrabladet.dk/nyheder/samfund/afliver-myte-om-rygsmerter/10220244), [Weekendavisen](https://www.weekendavisen.dk/2024-20/ideer/loeft-loes), Illustreret Videnskab, [Videnskab.dk](https://videnskab.dk/krop-sundhed/forsker-tunge-loeft-alene-giver-ikke-ondt-i-ryggen/) samt AAU og AAU Sund).
6. Facebook Live Interviews (16 video interviews with pain researchers from EFIC Congress 2019 in Valencia, Spain)
7. [Work-related Musculoskeletal Pain explained and animated](https://www.youtube.com/channel/UCGXeHrsftFIiVPRH7vXlB-Q) (part of Prevent4Work)
8. [Working from home](https://www.dr.dk/nyheder/indland/hjemmearbejdet-varer-lige-til-paaske-5-raad-til-komme-gennem-coronakrisen-uden) on the National Danish Television website
9. Podcast host and co-founder [MOWP – the podcast](https://smof.dk/podcast---mowp)
10. Podcast Interviews
    1. [Modern Pain Podcast](https://www.modernpaincare.com/blog/modern-pain-podcast-episode-9-interview-with-morten-hoegh) (Conditioned Pain Modulation)
    2. [Sjaelesund Podcast](https://danske-podcasts.dk/sjaelesund-podcast/-15-morten-hogh-om-smertevidenskab) (Explaining pain to a patient advocate)
    3. [Maxer.dk Podcast](https://maxer.dk/staerk-smertefri/smertebehandling-morten-hoegh) (Translating science into the clinic)
11. Blogposts in English
    1. [Neuroscience And Skilled Patient-Communication Are Essential When Dealing With Patients Suffering From Complex Pain Conditions](https://themtdc.com/neuroscience-and-skilled-patient-communication-are-essential-when-dealing-with-patients-suffering-from-complex-pain-conditions/)
    2. [Making sense of chronic pain](https://www.painscienceeducation.com/post/making-sense-of-chronic-pain)
12. Blogposts in Danish
    1. [www.videnomsmerter.dk](http://www.videnomsmerter.dk)

**Selected publications:**

1. **Hoegh M**, Seminowicz DA, Graven-Nielsen T. Delayed effects of attention on pain sensitivity and conditioned pain modulation. *Eur J Pain*. 2019;23(10):1850-1862. doi:10.1002/ejp.1458
2. **Hoegh M**, Petersen KK, Graven-Nielsen T. Effects of repeated conditioning pain modulation in healthy volunteers. *Eur J Pain*. 2018;22(10):1833-1843. doi:10.1002/ejp.1279
3. **Hoegh M**, Poulsen JN, Petrini L, Graven-Nielsen T. The Effect of Stress on Repeated Painful Stimuli with and Without Painful Conditioning. *Pain Med*. 2020;21(2):317-325. doi:10.1093/pm/pnz115
4. **Hoegh M**, Stanton TR, George SZ, Lyng KD, Vistrup S, and Rathleff MS, Pain or injury? Why differentiation matters in exercise and sports medicine, *Br J Sports Med*, September 2021. doi:10.1136/bjsports-2021-104633 (discussed here <https://www.outsideonline.com/health/training-performance/pain-versus-injury-research/>)
5. **Hoegh M**, Rathleff MS. Pain Science in Practice: Linking Basic Pain Science to the Clinic and Quality Musculoskeletal Rehabilitation Care. J Orthop Sports Phys Ther. 2022 Mar;52(3):125-126. doi: 10.2519/jospt.2022.10992. PMID: 35227081.
6. **Hoegh M.** Pain Science in Practice: What Is Pain Neuroscience? Part 1. J Orthop Sports Phys Ther. 2022 Apr;52(4):163-165. doi: 10.2519/jospt.2022.10995. PMID: 35442748.
7. **Hoegh M.** Pain Science in Practice: What Is Pain Neuroscience? Part 2. J Orthop Sports Phys Ther. 2022 Apr;52(4):166-168. doi: 10.2519/jospt.2022.10994. PMID: 35442749.
8. **Hoegh M.** Pain Science in Practice: Peripheral Sensitization, Part 3. J Orthop Sports Phys Ther 2022;52(6):303-306. doi:10.2519/jospt.2022.11202
9. **Hoegh M**. Pain Science in Practice (Part 4): *Central Sensitization I*. J Orthop Sports Phys Ther. 2023 Jan;53(1):1-4. doi: 10.2519/jospt.2023.11569. PMID: 36587264.
10. **Hoegh M**. Pain Science in Practice (Part 5): Central Sensitization II. J Orthop Sports Phys Ther. 2023 Feb;53(2):55-58. doi: 10.2519/jospt.2023.11571. PMID: 36722100.
11. **Hoegh M**, Bannister K. Pain Science in Practice (Part 6): How Does Descending Modulation of Pain Work?. J Orthop Sports Phys Ther. 2024 Feb;54(2):1-4. doi: 10.2519/jospt.2024.12112. PMID: 38288567.
12. **Hoegh M**, Bannister K. Pain Science in Practice (Part 7): How Is Descending Modulation of Pain Measured?. J Orthop Sports Phys Ther. 2024 Mar;54(3):1-6. doi: 10.2519/jospt.2024.12113. PMID: 38305757.
13. **Hoegh M**, Schmid AB, Hansson P, Finnerup NB. Not being able to measure what is important, does not make things we can measure important. Pain. 2022 Aug 1;163(8):e963. doi: 10.1097/j.pain.0000000000002662. PMID: 35838649.
14. de Bruin LJE, **Hoegh M**, Greve C, Reneman MF. Insufficient Evidence for Load as the Primary Cause of Nonspecific (Chronic) Low Back Pain. A Scoping Review. J Orthop Sports Phys Ther. 2024 Mar;54(3):1-14. doi: 10.2519/jospt.2024.11314. PMID: 38270054.
15. Rytter HM, Graff HJ, Henriksen HK, Aaen N, Hartvigsen J, **Hoegh M**, Nisted I, Næss-Schmidt ET, Pedersen LL, Schytz HW, Thastum MM, Zerlang B, Callesen HE. Nonpharmacological Treatment of Persistent Postconcussion Symptoms in Adults: A Systematic Review and Meta-analysis and Guideline Recommendation. JAMA Netw Open. 2021 Nov 1;4(11):e2132221. doi: 10.1001/jamanetworkopen.2021.32221. PMID: 34751759; PMCID: PMC8579233.
16. Liaghat B, Ussing A, Petersen BH, Andersen HK, Barfod KW, Jensen MB, **Hoegh M**, Tarp S, Juul-Kristensen B, Brorson S. Supervised Training Compared With No Training or Self-training in Patients With Subacromial Pain Syndrome: A Systematic Review and Meta-analysis. Arch Phys Med Rehabil. 2021 Dec;102(12):2428-2441.e10. doi: 10.1016/j.apmr.2021.03.027. Epub 2021 Apr 28. PMID: 33930326.
17. Lyng KD, Djurtoft C, Bruun MK, Christensen MN, Lauritsen RE, Larsen JB, Birnie KA, Stinson J, **Hoegh MS**, Palsson TS, Olesen AE, Arendt-Nielsen L, Ehlers LH, Fonager K, Jensen MB, Würtzen H, Poulin PA, Handberg G, Ziegler C, Moeller LB, Olsen J, Heise L, Rathleff MS. What is known and what is still unknown within chronic musculoskeletal pain? A systematic evidence and gap map. Pain. 2023 Jul 1;164(7):1406-1415. doi: 10.1097/j.pain.0000000000002855.
18. Djurtoft C, Bruun MK, Riel H, **Hoegh MS**, Darlow B, Rathleff MS. How do we explain painful non-traumatic knee conditions to adolescents? A multiple-method study to develop credible explanations. Eur J Pain. 2024 Apr;28(4):659-672. doi: 10.1002/ejp.2210. Epub 2023 Nov 21. PMID: 37987218.

*See also* [*https://vbn.aau.dk/da/persons/morten-sebastian-hoegh*](https://vbn.aau.dk/da/persons/morten-sebastian-hoegh)

**Peer-reviewed Publications in Danish**

1. **Hoegh M**, Statusartikel: Fysioterapeuts rolle i behandling og lindring til patienter med kroniske smerter, Fysioterapeuten Juni 2022
2. **Hoegh M**, [Ikke alt, som gør ondt, er en skade](https://dansksportsmedicin.dk/ikke-alt-som-goer-ondt-er-en-skade/)! Dansk Sportsmedicin, February 2022
3. **Hoegh M**, Rosendahl M, Funktionel Lidelse: aktivitetsregulering og træning, Månedsskrift for almen praksis / december 2021
4. **Hoegh M,** ”Hvor plastisk er kroppens smertehæmmende system?”, BestPractice. Reumatologi, March 2020
5. **Hoegh M**, **“**Hjernerystelse i sport – Opdaterede guidelines baseret på ekspertkonsensus”, Dansk Sportsmedicin, 2017 (3)
6. Poulsen JN, **Hoegh M** and Larsen RG, “Delayed Onset of Muscle Soreness: hvad er op og ned?”, Dansk Sportsmedicin, 2017 (4)
7. **Hoegh M**, “Hvad er overbelastning – Et neurofysiologisk perspektiv på akutte smerter”, Dansk Sportsmedicin, 2015 (3)
8. **Hoegh M**, “Smerte i klinisk sportsmedicin – en praktisk guide”, Dansk Sportsmedicin, 2012 (3)

**Books**

1. “[Smertebogen](https://bibliotek.dk/da/work/870970-basis%3A51890639)” (English title: The Pain Book). **Hoegh M**, Jensen N-H and Pickering AP. Munksgaards forlag, 2015. *A multidisciplinary textbook on pain for clinicians*
2. “[Læg Smertene på Hylden](https://www.bog-ide.dk/produkt/2672722/lotte-heise-morten-hoegh-laeg-smerterne-pa-hylden)” (English title: Put the Pain away). Heise L and **Hoegh M**. Muusman Forlag ApS, [Audiobook](https://boga.dk/vare/laeg-smerterne-paa-hylden-lotte-heise-lydbog-lydbog/) released by Lindhart/Ringhof *A book written in collaboration with Lotte Heise, a Danish entertainer and pain advocate: The book describes Lottes personal and professional life despite chronic pain and how science can explain, support and understand her failures and successes.*

**Book chapters**

1. Chapter title: “Børn og Smerter” (English title: “*Pain in Children*”). **Hoegh M**. In: “Pædiatrisk Fysioterapi” (English title: “*Pediatric Physiotherapy*”), Editors: Stegger H and Harboe H. Munksgaard, 2013.
2. Chapter title: “Smerter – karakteristika og non-farmakologisk behandling” (English title: “*Pain – characteristics and non-pharmacological treatment*”). **Hoegh M**. In: “Geriatri – en tværfaglig og problemorienteret tilgang” (English title: “*Geriatrics – a multidisciplinary and problem-oriented approach*”), Editors: Damsgaard EMS, Nielsen D and Rahbek K. GADS Forlag, 2014.
3. Chapter title: “Smerter” (English title: “*Pain*”). Graven-Nielsen T, **Hoegh M** and Vaegter HB. In: “Basisbog i Fysioterapi” (English title: “*Textbook of Physiotherapy*”), Editors: Bjørnlund IB, Sjöberg NE and Lund H. Munksgaard, 2017
4. Chapter title: “Smerte og Sanseindtryk” (English title: “*Pain and Sensing*”). **Hoegh M**. In: “Geriatri – grundbog for sygeplejersker” (English title: “*Geriatrics; A textbook for Nurses*”), Editors: Rohde G, Rasmussen S and Vahl N. FADL’S Forlag, 2019
5. Chapter title: “Smerte og Nervesystemet” (English title: “*Pain and the Nervous System*”). **Hoegh M**. In: “Klinisk Reumatologi” (English title: “*Clinical Reumatology*”), Editors: Danneskiold-Samsøe B, Wæhrens EE, Amris K and Henriksen M. Munksgaard, 2020
6. Chapter title: “Generaliserede Smerter I Bevægeapparatet” (English title: “*Generalised Pain in the Musculoskeletal System*”). **Hoegh M**. In: “Klinisk Reumatologi” (English title: “*Clinical Reumatology*”), Editors: Danneskiold-Samsøe B, Wæhrens EE, Amris K and Henriksen M. Munksgaard, 2020
7. Chapter title: “Smerteundersøgelsen” (English title: “*Measurement and Assessment of Pain*”). **Hoegh M**. In: “Den Fysioterapeutiske Undersøgelse” (English title: “*Physiotherapy Assessments*”), Editors: Johansen P, Frydenlund G and Kristensen MV. Munksgaard, January 2021
8. Chapter title: “Smerte” (English title: “*Pain*”) **Hoegh M.** in Massage og anden terapeutisk berøring (English title: Massage and other therapeutic touch), Gyldendal, May 2022