

CURRICULUM VITAE: Silje Stensrud, PT, MSc

Born: 20. april 1981
Address: Fayesgate 1
NO-0455 Oslo, Norway
Phone: +47 95054846
e-mail: silje.stensrud@hjelp24.no

PROFESSIONAL

Education

- Master in Sports Physiotherapy, Dept of Sports Medicine, Norwegian School of Sports Sciences, Oslo 2008
- Bachelor of Mensendieck Physiotherapy, Oslo University College, Faculty of Health Sciences, 2004
- Examen Filosoficum/ Examen Facultatum (20 ECTS credits), University of Oslo, 2000
- Upper secondary education in the general area of study. The Norwegian College of Elite Sport, Bærum, 2000

Professional history

- *Researcher*, Orthopedic Center, Ullevaal University Hospital, 05/09- present (100% position)
- *Team Physiotherapist*, Nordstrand Handball Elite, 08/08-present
- *Training Manager*, dept of individual/group-exercise and Personal Training, SATS, Oslo, Norway 08/08-07/09
- *Part of the organizing committee, 2nd World Congress on Sports Injury Prevention*, leader of the group of volunteers, Tromsø, Norway, June 2008
- *Clinical Physiotherapist*, Vallhall Trening- og Terapisenter, Oslo, Norway, 09/07-12/07
- *Clinical Physiotherapist*, Ullevål og Tåsen Fysioterapi og Trening AS, Oslo, Norway, 04/06-08/06
- *Clinical Physiotherapist*, Sem Fysikalske, Sem, Norway, 01/06-04/06
- *Internship* at the Vestre Viken Hospital Trust, Drammen, Norway, 08/04-01/05 and at Lier primary health care, 01/05-08/05

Abstracts

- 2007- Accepted abstract and oral presentation at the 8th Scandinavian Congress of Medicine and Science in Sports, Oslo, Norway, with the title; *Ettbens knebøy, ettbens fallhopp og tobens fallhopp. Hvilken test er best egnet til å avdekke dårlig knekontroll?* (in Norwegian)
- 2008- Accepted abstract and poster presentation at the 2nd World Congress on Sports Injury Prevention, Tromsø, Norway, with the title; *Is it possible to subjectively assess poor knee control in elite female team handball players?*