

## Uddannelse, erfaring og kvalifikationer

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Student fra Nakskov Gymnasium	1978
Cand. Med. fra Københavns Universitet	1985
Forsvarets Lægekorps, Søværnet, Skibslæge og Helikopterredningstjeneste	1985-1986
Turnusuddannelse, Fakse Sygehus	1986-1987
Reservelæge og 1. reservelæge, Kirurgisk og Ortopædkirurgisk Afdeling Centralsygehuset i Nykøbing Falster	1987-1990
Reservelæge, kursist og afdelingslæge, Ortopædkirurgisk afdeling, Københavns Amtssygehus Gentofte og Glostrup	1990-1998
Speciallægeanerkendelse i Ortopædisk Kirurgi	1997
Fellowship in Arthroscopic Surgery and Sports Trauma, Melbourne, Australia	1998
Overlæge, Ortopædkirurgisk afdeling, Amager Hospital	1999-2002
Overlæge, klinikejer og personaleansvarlig, Parkens Privathospital, København	2002-2010
Speciallægekonsulent for Teres Medical Group, Parkens Privathospital/THP	2010-2015
Speciallægekonsulent for Teres Medical Group, Colosseum klinikken, Oslo, Norge	2011-2012
Overlæge, Ortopædkirurgisk afdeling, Herlev Hospital, Skulder-Albuekirurgisk enhed	2013-2014
Speciallægekonsulent for Teres Medical Group, Teres Hospitalet Aalborg	2014-2015
Speciallægekonsulent Aleris- Hamlet Parken og Aalborg	2015-2017
Overlæge, klinikejer, Kysthospitalet, Skodsborg	2017-

## Undervisningserfaring

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Har siden 1992 undervist på alle niveauer for idrætsfolk, idrætsinstruktører, fysio- og ergoterapeuter, praktiserende læger, reumatologer, A-kursister og ortopædkirurger.

Mere end 150 foredrag ved nationale og internationale kongresser

## Tillidsposter

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### Tidligere :

Formand, Dansk Idrætsmedicinsk Selskab, 1999-2004. Medlem af bestyrelsen 1992-2004.

Præsident, Scandinavian Foundation of Medicine and Science in Sports, 2008-2010. Board member 1994-2012

Medlem af ISAKOS Upper Extremity Committee 2004-2013, Chairman 2009-2011



Klummeskribent Ugeskrift for Læger 2012

Associate Editor of Journal of Knee Surgery and Sports Traumatology, Arthroscopy (ESSKA Journal) 2016-2021

## Medicinske meriter

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- a) Bak kriterier til evaluering af outcome efter pectoralis major ruptur (AJSM 2000, Mooers 2015, Pochini 2015)
- b) Baks klassifikation af pectoralis major rupturer (AJSM 2000, Mooers 2015, Pochini 2015)
- c) Baks metode til rekonstruktion af det ustabile sternoklavikulære led (JSES 2014)

## Publikationer

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### Videnskabelige artikler

1. Memon M, Kay J, Ginsberg L, Simunovic N, **Bak K**, Lapner P, Ayeni OR. Arthroscopic management of suprascapular neuropathy of the shoulder improves pain and functional outcomes with minimal complication rates. *Knee Surg Sports Traumatol Arthrosc.* 2017 Sep 6. doi: 10.1007/s00167-017-4694-4. [Epub ahead of print]
2. Eshoj H, **Bak K**, Blond L, Juul-Kristensen B. Translation, adaptation, and measurement properties of an electronic version of the Danish Western Ontario Shoulder Instability Index (WOSI). *BMJ Open* 2017, Jul 10;7(7):e014053. doi: 10.1136/bmjopen-2016-014053.
3. Thès A, Hardy P, **Bak K**. Decision-making in massive rotator cuff tear. *Knee Surg Sports Traumatol Arthrosc.* 2015 Feb;23(2):449-59. doi: 10.1007/s00167-014-3470-y. Epub 2014 Dec 11. PMID: 25502477
4. Beitzel K, Mazzocca AD, Bak K, Itoi E, Kibler WB, Mirzayan R, Imhoff AB, Calvo E, Arce G, Shea K; Upper Extremity Committee of ISAKOS. [ISAKOS upper extremity committee consensus statement on the need for diversification of the Rockwood classification for acromioclavicular joint injuries.](#) *Arthroscopy.* 2014 Feb; 30(2): 271-8. doi: 10.1016/j.arthro.2013.11.005.
5. Arce G, **Bak K**, Bain G, Calvo E, Ejnisman B, Di Giacomo G, Gutierrez V, Guttman D, Itoi E, Ben Kibler W, Ludvigsen T, Mazzocca A, de Castro Pochini A, Savoie F 3rd, Sugaya H, Uribe J, Vergara F, Willems J, Yoo YS, McNeil JW 2nd, Provencher MT. Management of disorders of the rotator cuff: proceedings of the ISAKOS upper extremity committee consensus meeting. *Arthroscopy.* 2013 Nov;29(11):1840-50. doi: 10.1016/j.arthro.2013.07.265.
6. **Bak K**, Fogh K. [Reconstruction of the chronic anterior unstable sternoclavicular joint using a tendon autograft: medium-term to long-term follow-up results.](#) *J Shoulder Elbow Surg.* 2014 Feb;23(2):245-50. doi: 10.1016/j.jse.2013.05.010.
7. Kibler WB, Ludewig PM, McClure PW, Michener LA, **Bak K**, Sciascia AD. [Clinical implications of scapular dyskinesis in shoulder injury: the 2013 consensus statement from the 'Scapular Summit'.](#) *Br J Sports Med.* 2013 Sep;47(14):877-85. doi: 10.1136/bjsports-2013-092425.
8. Madsen PH, **Bak K**, Jensen S, Welter U. [Training induces scapular dyskinesis in pain-free competitive swimmers: a reliability and observational study.](#) *Clin J Sport Med.* 2011 Mar;21(2):109-13. PubMed




PMID: 21358500.

9. **Bak K.** [The practical management of swimmer's painful shoulder: etiology, diagnosis, and treatment.](#) Clin J Sport Med. 2010 Sep;20(5):386-90. PubMed PMID: 20818199.
10. **Bak K,** Sørensen AK, Jørgensen U, Nygaard M, Krarup AL, Thune C, Sloth C, Pedersen ST. [The value of clinical tests in acute full-thickness tears of the supraspinatus tendon: does a subacromial lidocaine injection help in the clinical diagnosis? A prospective study.](#) Arthroscopy. 2010 Jun;26(6):734-42. Epub 2010 Apr 24. PubMed PMID: 20511030.
11. **Bak K,** Wiesler ER, Poehling GG; ISAKOS Upper Extremity Committee. [Consensus statement on shoulder instability.](#) Arthroscopy. 2010 Feb;26(2):249-55. Epub 2009 Dec 16. Review. Erratum in: Arthroscopy. 2011 Sep;27(9):1312.
12. Brushøj C, **Bak K,** Johannsen HV, Faunø P. [Swimmers' painful shoulder arthroscopic findings and return rate to sports.](#) Scand J Med Sci Sports. 2007 Aug;17(4):373-7. Epub 2006 Jun 28. PubMed PMID: 16805785.
13. Sørensen AK, **Bak K,** Krarup AL, Thune CH, Nygaard M, Jørgensen U, Sloth C, Torp-Pedersen S. [Acute rotator cuff tear: do we miss the early diagnosis? A prospective study showing a high incidence of rotator cuff tears after shoulder trauma.](#) J Shoulder Elbow Surg. 2007 Mar-Apr;16(2):174-80. Epub 2006 Dec 13. PubMed PMID: 17169582.
14. Jørgensen U, **Bak K,** Ekstrand J, Scavenius M. [Reconstruction of the anterior cruciate ligament with the iliotibial band autograft in patients with chronic knee instability.](#) Knee Surg Sports Traumatol Arthrosc. 2001 May;9(3):137-45. PubMed PMID: 11420786.
15. **Bak K,** Jørgensen U, Ekstrand J, Scavenius M. [Reconstruction of anterior cruciate ligament deficient knees in soccer players with an iliotibial band autograft. A prospective study of 132 reconstructed knees followed for 4 \(2-7\) years.](#) Scand J Med Sci Sports. 2001 Feb;11(1):16-22. PubMed PMID: 11169230.
16. Magnusson P, Kjaer M, **Bak K,** Walløe A. [Sports medicine update. Perspectives on sports medicine as a specialty.](#) Scand J Med Sci Sports. 2000 Dec;10(6):383-4. PubMed PMID: 11085569.
17. **Bak K,** Spring BJ, Henderson JP. [Inferior capsular shift procedure in athletes with multidirectional instability based on isolated capsular and ligamentous redundancy.](#) Am J Sports Med. 2000 Jul-Aug;28(4):466-71. PubMed PMID: 10921636.
18. **Bak K,** Spring BJ, Henderson IJ. [Re-formation of the coracoacromial ligament after open resection or arthroscopic release.](#) J Shoulder Elbow Surg. 2000 Jul-Aug;9(4):289-93. PubMed PMID: 10979523.
19. **Bak K,** Cameron EA, Henderson IJ. [Rupture of the pectoralis major: a meta-analysis of 112 cases.](#) Knee Surg Sports Traumatol Arthrosc. 2000;8(2):113-9. PubMed PMID: 10795675.
20. Scavenius M, **Bak K,** Hansen S, Nørring K, Jensen KH, Jørgensen U. [Isolated total ruptures of the anterior cruciate ligament—a clinical study with long-term follow-up of 7 years.](#) Scand J Med Sci Sports. 1999 Apr;9(2):114-9. PubMed PMID: 10220847.
21. Jørgensen U, Svend-Hansen H, **Bak K,** Pedersen I. [Recurrent post-traumatic anterior shoulder dislocation—open versus arthroscopic repair.](#) Knee Surg Sports Traumatol Arthrosc. 1999;7(2):118-24. PubMed PMID: 10223535.
22. **Bak K,** Jørgensen U, Ekstrand J, Scavenius M. [Results of reconstruction of acute ruptures of the anterior cruciate ligament with an iliotibial band autograft.](#) Knee Surg Sports Traumatol Arthrosc.



1999;7(2):111-7. PubMed PMID: 10223534.

23. **Bak K**, Boeckstyns M. [Epiphysiodesis for bilateral irregular closure of the distal radial physis in a gymnast](#). Scand J Med Sci Sports. 1997 Dec;7(6):363-6. PubMed PMID: 9458504.
24. **Bak K**, Magnusson SP. [Shoulder strength and range of motion in symptomatic and pain-free elite swimmers](#). Am J Sports Med. 1997 Jul-Aug;25(4):454-9. PubMed PMID: 9240978.
25. **Bak K**, Faunø P. [Clinical findings in competitive swimmers with shoulder pain](#). Am J Sports Med. 1997 Mar-Apr;25(2):254-60. PubMed PMID: 9079184.
26. **Bak K**, Scavenius M, Hansen S, Nørring K, Jensen KH, Jørgensen U. [Isolated partial rupture of the anterior cruciate ligament. Long-term follow-up of 56 cases](#). Knee Surg Sports Traumatol Arthrosc. 1997;5(2):66-71. PubMed PMID: 9228310.
27. **Bak K**. [Nontraumatic glenohumeral instability and coracoacromial impingement in swimmers](#). Scand J Med Sci Sports. 1996 Jun;6(3):132-44. Review. PubMed PMID: 8827842.
28. **Bak K**, Tørholm C. [\[Supinator syndrome. Entrapment of the posterior interosseous nerve\]](#). Ugeskr Laeger. 1996 Feb 12;158(7):919-21. Danish. PubMed PMID: 8638330.
29. Jørgensen U, **Bak K**. [Shoulder instability. Assessment of anterior-posterior translation with a knee laxity tester](#). Acta Orthop Scand. 1995 Oct;66(5):398-400. PubMed PMID: 7484115.
30. Pedersen MS, Moghaddam AZ, **Bak K**, Koch JS. [The effect of bone drilling on pain in gonarthrosis](#). Int Orthop. 1995;19(1):12-5. PubMed PMID: 7768653.
31. **Bak K**, Kalms SB, Olesen S, Jørgensen U: Epidemiology of injuries in gymnastics, Scand J Med Sci Sports. 1994; 4: 148-154.
32. Rasmussen SW, **Bak K**, Tøholm C. [External compression of forearm nonunion. A report on 6 cases](#). Acta Orthop Scand. 1993 Dec;64(6):669-70. PubMed PMID: 8291414.
33. Albrecht-Olsen PM, **Bak K**. [Arthroscopic repair of the bucket-handle meniscus. 10 failures in 27 stable knees followed for 3 years](#). Acta Orthop Scand. 1993 Aug;64(4):446-8. PubMed PMID: 8213125.
34. **Bak K**, Wilbek. [\[Arthroscopy of the knee of children and adolescents\]](#). Scand J Med Sci Sports. 1993; 2: 92-95.
35. **Bak K**, Haugegaard LM, Heltberg O. [\[Purulent arthritis and bursitis after local injection of depot steroids\]](#). Ugeskr Laeger. 1993 Apr 5;155(14):1047-9. Danish. PubMed PMID: 8497934.
36. **Bak K**, Haugegaard LM, Petersen OC. [\[Complete restoration of supination and flexion strength after surgical treatment of distal biceps tendon rupture by the Boyd-Andersson method\]](#). Ugeskr Laeger. 1992 Mar 2;154(10):629-31. Danish. PubMed PMID: 1542968.
37. **Bak K**. [Separation of the proximal tibial epiphysis in a gymnast](#). Acta Orthop Scand. 1991 Jun;62(3):293-4. PubMed PMID: 2042477.
38. **Bak K**, Koch JS. [Subtalar dislocation in a handball player](#). Br J Sports Med. 1991 Mar;25(1):24-5. PubMed PMID: 1913026; PubMed Central PMCID: PMC1478811.
39. **Bak K**. [\[Injuries in swimmers. Locomotor system injuries in competitive swimmers\]](#). Ugeskr Laeger. 1990 Jul 30;152(31):2220-4. Review. Danish. PubMed PMID: 2144676.
40. **Bak K**, Bue P, Olsson G. [\[Injury patterns in Danish competitive swimming\]](#). Ugeskr Laeger. 1989 Nov



6;151(45):2982-4. Danish. PubMed PMID: 2588393.

## **Bogkapitler**

1. Bak K: "Swimming injuries in the Shoulder", in *Ianotti & Miniaci, Disorders of the Shoulder*. 2013.
  2. Bak K, Beitzel K, Mazzocca AD, Itoi E, Kibler WB et al. Copenhagen Consensus on Acromioclavicular Disorders. ISAKOS Booklet 2013.
  3. Bak K, Cohen S: "Recurring dislocation of the hypermobile shoulder" in *Sports Injuries: Prevention, Diagnosis, Treatment and Rehabilitation*. MN Doral & J Karlsson, 2015.
  4. Bak K. Treatment of Partial rotator cuff tears, Springer Verlag 2016.
  5. Bak K. Surgical or conservative treatment for first-time dislocations in high-level athletes? Springer Verlag 2018.
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