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## ▶ Haugvad, Lars

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**Sport Medicine Experience:** Having been part of a support team in four Olympics, numerous World Championships, World Cups, and European Championships, my journey in sports medicine has been a blend of triumphs and challenges. Teamwork is one of my cornerstone values to reach success. From celebrating gold medals to navigating severe injuries, each experience fuels my ongoing pursuit of new challenges, both for personal growth and for those I collaborate with.

### **Education**

2017 (2years) IOC diploma in Sports physiotherapy -Masters

2014: (2yrs) University of Bergen, Medical faculty, Msc Manual therapy and pain science

2011: (4years) BSc Physiotherapy Saxion University; Holland. Bachelor and graded Cum Laud/ With Distinction

2007: (3years) BSc Sports science, Physical Activity and health; Norwegian school of sports science

2003: (1year) Navy Diver, Norwegian Marine base, Håkonsvern Bergen

2002: (3years) Vgs Lambertseter Sports College

## **Experience**

2023- Physical trainer/Physiotherapist and Health Coordinator for Team Hauger F2.

2015- Manual therapist and Project Manager for the Screening and Monitoring Program at the Norwegian Olympic Sports Center (OLT)

2016- Lecturer and course leader within the "Wise Choices" campaign, pain physiology and rehabilitation (see topics on lectures below)

2017- Private practicing manual therapist NIMI (On leave until 1<sup>st</sup> of December to follow up Dennis Hauger)

2021: Lecturer at NIH, subject for master's in sports physiotherapy

2021: Manual therapist in the Health Team for the Olympic Games in Tokyo

2019: Manual therapist in the Health Team for the European Games in Minsk

2018: Manual therapist in the Health Team for the Olympic Games in South Korea

2017: Manual therapist in the Health Team for the Olympic Games in Rio

2014: Physiotherapist in the Health Team for the Olympic Games in Sochi

2013, 2015, 2017: Ski WC; Leader of the Health Team of the Norwegian Ski Jumping Association v/Norwegian Ski Association

2016, 2018: Ski Flying WC; Leader of the Health Team of the Norwegian Ski Jumping Association v/Norwegian Ski Association

2015-2018: German-Austrian 4hill tournament (Hoppuka); Leader of the health team for Men`s Norwegian Ski Jumping Team, v/Norwegian Ski Association

2015-2017: Norwegian Physiotherapy Association with the professional group for sports physiotherapy; board member

2014-2018: Norwegian Skiing Association; head of the Health Team for Norway's men's and women's ski jumping national team, the national recruit team.

2016: Sports Medicine Autumn Congress; member of the event committee from the NFF

2012-2014: Manual therapist in private practice at Hans og Olav fysioterapi AS (practice in MT education)

2011-2014: Norwegian Ski Association; physiotherapist for the women's national team in ski jumping.

2011-2017: Norwegian Snowboard Association; board member

2008: FlipSquad Snowboard Club; Co-founder and coach (won the title “club of the year” in the same year)

2004-2008: Oslo Snowboard Club; board member and trainer

### Publications

Paulsen, Gøran & Haugvad, Lars & Solberg, Paul. (2023). Kjernemuskeltraining lover fortsatt mer enn det kan holde.

Paulsen, Gøran & Haugvad, Lars & Solberg, Paul. (2022). Kjernemuskeltraining lover mer enn det kan holde: En forsknings- og erfaringsbasert gjennomgang.

Steffen K, Clarsen B, Gjelsvik H, Haugvad L, Koivisto-Mørk A, Bahr R, Berge HM. Illness and injury among Norwegian Para athletes over five consecutive Paralympic Summer and Winter Games cycles: prevailing high illness burden on the road from 2012 to 2020. *Br J Sports Med.* 2022 Feb;56(4):204-212. doi: 10.1136/bjsports-2021-104489. Epub 2021 Oct 4. PMID: 34607800.

Clarsen B, Steffen K, Berge HM, Bendiksen F, Fossan B, Fredriksen H, Gjelsvik H, Haugvad L, Kjelsberg M, Ronsen O, Torgalsen T, Walløe A, Bahr R. Methods, challenges and benefits of a health monitoring programme for Norwegian Olympic and Paralympic athletes: the road from London 2012 to Tokyo 2020. *Br J Sports Med.* 2021 Dec;55(23):1342-1349. doi: 10.1136/bjsports-2020-103717. Epub 2021 May 26. PMID: 34039584.

Haugen T, Haugvad L, Røstad V. Effects of Core-Stability Training on Performance and Injuries in Competitive Athletes; *Sportscience* 20, 1-7, 2016 ([sportsci.org/2016/TH.htm](http://sportsci.org/2016/TH.htm)).

Helland C, Midttun M, Saeland F, Haugvad L, Schäfer Olstad D, Solberg PA, Paulsen G. A strength-oriented exercise session required more recovery time than a power-oriented exercise session with equal work. *PeerJ.* 2020 Sep 30;8:e10044. doi: 10.7717/peerj.10044. PMID: 33062443; PMCID: PMC7532781.

Haugvad A, Haugvad L, Hamarsland H, Paulsen G. Ethanol does not delay muscle recovery but decreases testosterone/cortisol ratio. *Med Sci Sports Exerc.* 2014 Nov;46(11):2175-83. doi: 10.1249/MSS.0000000000000339. PMID: 24658221.

Julsvoll, E; Temporomandibulær dysfunksjon, teori undersøkelse og behandling. Kap 7; smerte og smertemekanismer. 2018; ISBN 9788202557799 Fleksibind

Eitzen, I, Hollekim-Strand SM, Markussen H; Idrettsfysioterapeuten; breddeidrett-toppidrett-aktivitetsmedisin. Kap Testing og screening 2020; ISBN9788202621414 Fleksibind

Haugvad L; Screening og monitorering. Hva, hvordan og hvorfor? Fagessay i Fysioterapeuten 09.12.2019.

### **Conferences and business lectures**

Lands Organisasjonen (LO)

Addeco

Sports medicine Conference IMHK (NIMF-FIA)

Norwegian organization of Naprapaths

Norwegian organization of Chiropractic

Swedish organization of Chiropractic

Hans og Olaf Fysioterapi AS

Idrettens Helsesenter

NIMI (Norwegian Institute of sports medicine)

Sports Medical Courses' 1,2 and 3

Optimal Load Conference (NIMF-FIA)

ESSKA (European Society of Sports, knee surgery and arthroscopy)

International Olympic committee (IOC); Diploma in sports physician

Norwegian federation of Physiotherapy

Norwegian federation of Manual therapy

Vest Helse

SATS convention

Norwegian school of sports science- Sports convention

Fossum sportsclub

Norwegian Ski federation- department of ski jumping

EVO Fitness group

### **Other written work**

*Prevention of running injuries*, Tine.no

*Choose wisely of running shoes*, for ON brand.

*Power training and explosive exercise* for Maxim.no

*The importance of sleep*, EVO.no

*Recovery*, EVO.no

### **Podcast episodes**

VONDT; Core training

VONDT; Strength training in rehabilitation

VONDT; Recovery and alcohol

EVO fitness group; Strength training and rehabilitation

EVO fitness group; Recovery and alcohol

Norwegian school of sport science; Recovery and alcohol

Fysi.no; Compartment syndrom

“Snowboard og sånn”; Snowboard fitness; injury prevention and optimalization of fitness

