

The Nordic Congress for Cardiorespiratory Physiotherapy

March 12th – 13th, 2026, Forskningsparken Oslo (Oslo Science Park),
Norway

Thursday 12th March 2026

08:30 – 09:00 Registration

09:00 – 09:30 **Plenary**

Welcome

*Chair Nordic Congress for Cardio and Respiratory Physiotherapy/ or
leader for the Norwegian Heart and Lung Association*

09:30 – 11:00 **Keynote lectures**

Chairs: Bente Frisk (N), Åsa Cider (S)

09:35 – 10:00 **Pulmonary rehabilitation – moving towards the next decade**

Andre Nyberg (S), Professor, PT, Umeå University

10:05 – 10:30 **Cardiac rehabilitation – moving towards the next decade**

Birgitta Blakstad Nilsson (N), Associate Professor, PT, OsloMet

10:30 – 11:00 Break in exhibition area

11:00 – 12:00
Cardiovascular physiotherapy

*Chairs: Birgitta Blakstad Nilsson (N),
Helle Nygaard Gerbild (DK)*

11.00 – 11.15
**Exercise in cardiac rehabilitation, past and
present**
Åsa Cider, PhD, PT, Gothenburg University
(S)

11.20 – 11.35
m-Health to promote lifestyle changes
Pernille Lunde, Associate Professor, PT,
OsloMet (N)

11:00 – 12:00
Pulmonary physiotherapy

*Chairs: Henrik Hansen (DK),
Monika Fagevik Olsén (S)*

11.00 – 11.15
**“Pust deg Bedre” an app to promote
breathing and airway clearance techniques**
Bente Frisk, Professor, PT, Western Norway
University of Applied Sciences (N)

11.20 – 11.35
**KOL-webben and Min kol – two ehealth
tools developed with co-creation**
Karin Wadell, Professor, PT, Umeå
University (S)

11.40 –12.00

One Size Doesn't Fit All: eHealth Literacy Before Heart Surgery

Rikke Daugaard, PhD candidate, PT,
Aarhus University (DK)

11.40 –12.00

Reaching the Unreachable: Rethinking Pulmonary Rehabilitation with Telehealth and Home-Based Models for Patients with COPD Unable to Attend Centre-Based Programs

Christina Nielsen, PhD student, PT,
Copenhagen University Hospital Hvidovre,
(DK)

12:00 – 13:00 Lunch and visit exhibitions

13:00 – 14:30

Cardiovascular physiotherapy

13:00 – 14:30

Pulmonary physiotherapy

Workshop I

13.00 – 13.40

*Chair: Helle Nygaard
Gerbild (DK)*

Session 1

Functional assessments in intensive care

Charlotte Schanke
MSc, PT, (N) and
Frances Eriksson, MSc,
PT, (S)

13.45 – 14.30

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Functional assessments in intensive care

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Frances Eriksson, MSc,
PT, (S)

Workshop II

Chair: Åsa Cider (S)

Session 2

How to determine exercise intensity in patients with heart disease?

Åsa Cider PhD, PT, and
Maria Borland, PhD,
PT, University of
Gothenburg (S)

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Workshop I

13.00 – 13.40

*Chair: Henrik Hansen
(DK)*

Session 3

Low tech equipment muscle strength training

Johan Jakobsson, PhD,
Umeå University (S)

13.45 – 14.30

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Low tech equipment muscle strength training

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Umeå University (S)

Workshop II

*Chair: Monika Fagevik
Olsén (S)*

Session 4

Clinical application of PEP

Monika Fagevik Olsén
Professor, PT, and
Louise Lannerfors,
PhD, PT, University of
Gothenburg (S)

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Clinical application of PEP

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14:30 – 14:45

Break in Exhibition area



14.45 – 15.45

Cardiovascular physiotherapy

Chairs: Åsa Cider (S), Helle Nygaard Gerbild (DK)

Abstract presentation

14.45 – 15.45

Pulmonary physiotherapy

Chairs: Henrik Hansen (DK), Bente Frisk (N)

Abstract presentation

15:45 – 17:15

15:45 – 16:15

Plenary

Keynote lectures

Chairs: Henrik Hansen (N), Monika Fagevik Olsén (S)

Heart disease, sexual health and physical activity

Helle Nygaard Gerbild, PhD, PT, UCL University College (DK)

16:15 – 16:30

Questions and discussion

16:30 – 17:00

Keynote lecture: Sexual distress and well-being when living with COPD

Louise Muxoll Grønhaug, PhD, RN, Lillebeth Hospital (DK)

17:00 – 17:15

Questions and discussion

17:30 – 20:30

Get together party with tapas med Caledonia jazz band



Friday 13th March 2026

09:00 – 10:30

Plenary

Keynote lectures

Chairs: Helle Nygaard Gerbild (DK), Monika Fagevik Olsén (S)

09:00 – 09:30

Exercise training versus physical activity

Inger-Lise Aamot Aksetøy, PhD, PT, Head of Norwegian National Advisory Unit on Exercise Training as Medicine for Cardiopulmonary Condition (N)

09:30 – 10:00

Exercise-based rehabilitation for patients with pulmonary embolism – are we ready

Nanna Rolving, Associate Professor, PT, Aarhus University and Aarhus University Hospital (DK)

10:00 – 10:30

Question and discussion

10:30 – 11:00

Break in exhibition area

11:00 – 12:00

Cardiovascular physiotherapy

Chairs: Birgitta Blakstad Nilsson (N)

Pulmonary physiotherapy

Chairs: Henrik Hansen (DK)

Abstract presentation

Abstract presentation

12:00 – 13:00

Lunch and visit to exhibitions

13.00-13.30

Cardiovascular physiotherapy

Workshop I

Chairs: Henrik Hansen (DK)

Workshop II

Chairs: Helle Nygaard Gerbild (DK)

13.00-13.30

Pulmonary physiotherapy

Workshop I

Chairs: Bente Frisk (N)

Workshop II

Chairs: Monika Fagevik Olsén (S)

Session 1

Exercise for patients with specific diagnoses (SCAD, arrhythmias, POTS, aortic dissection)

Session 2

How can healthcare professionals address and discuss sexual health with patients

Session 3

Pulmonary fibrosis
Jenny Danielsbacka, PhD, PT, University of Gothenburg (S)

Session 4

Early mobilization after abdominal and cardiothoracic surgery
Monika Fagevik Olsén, Professor, PT,



The Danish Society for Cardiovascular
and Respiratory Physiotherapy



Fysioterapeuterna
Andning &
Cirkulation

Pernille Lunde,
Associate Professor,
PT, OsloMet (N)

living with heart and lung disease?

Helle Nygaard Gerbild,
PhD, PT, UCL
University College
(DK) and Louise
Muxoll Grønhaug PhD,
RN, Lillebaelt
Hospital (DK)

University of
Gothenburg (S)

13.30 – 14.30

Plenary

Keynote lectures

Chairs: Henrik Hansen (DK), Monika Fagevik Olsén (S)

13:30 – 13:55

European consensus on CPAX

Charlotte Marie Schanke, MSC, PT, special advisor,
Regional Rehabilitation Knowledge Center and Oslo
University Hospital (N) and Frances Eriksson, MSc, PT,
Karolinska University Hospital (DK)

13.55 – 14:00

Questions

14:00 – 14:25

NIV and MI-E

Anne Kristine Brekka, PhD candidate, PT, Western
Norway University of Applied Sciences (N)

14:25 – 14:30

Questions

15:00 – 15:15 Break in Exhibition area

15:15 – 16:00

15:15 – 15:45

Plenary

Chairs: Helle Nygaard Gerbild (DK), Åsa Cider (S)

Exercise-based rehabilitation for patients with intermittent Claudication – are we ready?

Lars Tang, Associate Professor, PT, University of Southern
Denmark

15:45 – 16:00

Closing session

Chairs: Birgitta Blakstad Nilsson (N), Bente Frisk (N)

Presentation of the speakers

André Nyberg



Nyberg is working at Umeå University, Department of Community Medicine and Rehabilitation. He is a Professor in Physiotherapy, and group leader of Umeå Translational Respiratory EXercise group (U-TREX), a multidisciplinary research group focusing on patient-related research among people with respiratory diseases. Our front-line concerns translational research focused on the effects and explanatory mechanisms of different forms of physical exercise among people with COPD, specifically regarding various extrapulmonary manifestations such as impaired muscle, cardiovascular, and cognitive function.

Birgitta Blakstad Nilsson



Nilsson is an Associate Professor at OsloMet, Oslo Norway. She has more than 20 years of experience teaching courses in both undergraduate and postgraduate levels. She has worked part time as a clinician during her academic career to implement evidence based cardiac rehabilitation in primary care.

Åsa Cider



Cider is working at the University of Gothenburg and Sahlgrenska Academy Institute of Neuroscience and Physiology Department of Health and Rehabilitation as a physiotherapist, lecturer, and researcher specializing in exercise physiology and cardiac rehabilitation. With nearly 40 years of experience in both research and clinical practice, she has had the privilege of transforming the way individuals with acquired and congenital heart disease engage in physical activity and exercise. Her work has focused on the development of individualized exercise programs that significantly enhance physical capacity, cardiovascular health, and psychological well-being.

Bente Frisk



Frisk is a Professor in physiotherapy at Western Norway University of Applied Sciences, and she also holds a part-time position at the Physiotherapy Department, Haukeland University Hospital, Bergen, Norway. She is a specialist in cardiopulmonary physiotherapy, with almost 30 years of experience working with pulmonary rehabilitation and chronic health conditions. She has also expertise in ehealth.



Pernille Lunde

Lunde is a specialized physiotherapist in cardiac- and pulmonary rehabilitation and an Associate Professor at OsloMet, Oslo, Norway. Despite being early in her career, she has gained extensive clinical and research expertise in the field of mHealth, adherence and cardiac rehabilitation.



Karin Wadell

Wadell is a Professor at the Department of Community Medicine and Rehabilitation, Umeå University, and Centre of Medicine, University Hospital of Northern Sweden. Karin Wadell, physiotherapist since 1995, has a special degree in pulmonary medicine and is working clinically with pulmonary rehabilitation. She defended her PhD-thesis in 2004 and did a postdoctoral period in at Queens University, Canada. Her research has moved from evaluating the effects of exercise training in people with COPD, to developing strategies for increased access to evidence-based, non-pharmacological interventions. At present, research focus is on use of co-creation in the development of self-management eHealth tools and implementation strategies.



Rikke Daugaard

Daugaard is a PhD student at the Department of Clinical Medicine, Aarhus University, Denmark. She is a trained physiotherapist and holds a Master of Science in Health Science (MHSc). Her research focuses on cardiac rehabilitation, digital health, and digital health literacy. Her current project explores eHealth literacy among patients undergoing cardiac surgery.



Christina Nielsen

Nielsen is a PhD student and PT at the Respiratory Research Unit Hvidovre and Department of Respiratory Medicine, Copenhagen University, Denmark.

She is conducting the REPORT study investigating alternative methods using healthcare technologies to deliver pulmonary rehabilitation to patients with moderate to severe COPD, who are not able to attend center-based PR. Have worked within the area of chronic diseases for several years both within the hospital and municipality.



Charlotte Schanke

Schanke is a physiotherapist specialized in heart and lung physiotherapy and has MSc in clinical physiotherapy. She is working at Oslo University Hospital, Norway with research and development and is part of the group who form the Worldwide CPAx Collaboration which aims to develop, refine and expand research on the tool.



Frances Eriksson

Eriksson is a specialist in intensive care, MSc, PT at the Karolinska University Hospital, Stockholm, Sweden. She is working with early mobilization and rehabilitation, pre-intensive care medical outreach, humanization and palliative care. Together with Charlotte Marie Schanke and seven other physiotherapists, we form the Worldwide CPAx Collaboration which aims to develop, refine and expand research on the tool.



Maria Borland

Borland is a physiotherapist and researcher specializing in cardiac rehabilitation at the Institute of Neuroscience and Physiology, Department of Health and Rehabilitation/Physiotherapy, Sahlgrenska Academy, University of Gothenburg, Sweden and SV Hospital Group Rehabilitation Centre, Alingsås Hospital, Alingsås, Sweden. The research focuses on physical fitness, physical activity, and health-related quality of life in patients with cardiac diseases. Through her work, she aims to improve both the physical well-being and the overall quality of life for individuals recovering from heart-related conditions.



Johan Jakobsson

Jakobsson is working as a PhD student at the Department of Community Medicine and Rehabilitation, Umeå University, Sweden. He has a background in sports medicine, holding degrees from The Swedish School of Sport and Health Sciences and Umeå University, and is currently involved in the COPD-HIIT project, investigating the effects of supramaximal high-intensity interval training on extrapulmonary manifestations in people with COPD.



Monika Fagevik Olsén

Olsén is a Professor at the department of Neuroscience and Physiology/Health and Rehabilitation/Physical Therapy, Sahlgrenska Academy, Gothenburg University and senior consultant physiotherapist at the department of physiotherapy at Sahlgrenska University Hospital. Professor Fagevik Olsén is also certified as specialist in "respiration". She has been active as a researcher since 1992 and was graduated as PhD Nov 6, 1998. She became a Professor in 2015 and has written over

180 scientific articles within the fields of respiration/surgery, obstetrics & gynaecology, plastic surgery, orthopaedics and pedagogics.

Louise Lannerfors



Lannerfors is a doctor of physical therapy at the Dept of Health and Rehabilitation/Physiotherapy, Institute of Neuroscience and Physiology, Sahlgrenska Academy, University of Gothenburg, Sweden.

Physiotherapist since 1983, specialized in respiratory medicine, finalized a PhD in 2010. Been working with children and adult medicine in Lund and in Gothenburg University Hospitals in Sweden and in between at Rigshospitalet in Copenhagen, Denmark. Mainly with progressive hypersecretion diseases, focusing on daily preventative but also including severely dysfunctional during deterioration.

Helle Gerbild



Gerbild is employed as a physiotherapist, PhD, and lecturer at UCL University College, where she researches and teaches in sexology and sexual health related to health and physiotherapy. Gerbild's research has particularly focused on physical activity to prevent and treat arterial erectile dysfunction in men with cardiovascular disease. Gerbild is the author of the book: Seksualitet – Sundhedsprofessionelle Perspektiver, Gads Forlag, 2025.

Louise Muxoll Grønhaug



Grønhaug is a nurse and PhD at the Department of Medicine, Lillebaelt Hospital. She has explored sexual health and overall well-being in people living with COPD during her PhD. Her research focuses on sexual distress, relational dynamics, and how patients experience the usefulness of a patient-reported outcome measure (PROM) to unveil psychosocial vulnerability and support person-centred communication about sensitive topics, such as missing intimacy.

Inger-Lise Aamot-Aksetøy



Aamot-Aksetøy is an Associate Professor at ISB, NTNU. She is research leader of Clinic of Rehabilitation and leader of the National Competence Service for Exercise as Medicine at St. Olavs Hospital, Trondheim, Norway. She is a physiotherapist and her research focus has been exercise as medicine in preventive cardiology and the use of digital technologies in cardiac rehabilitation.



Nanna Rolving

Rolving is head of research, Physiotherapy and Occupational Therapy, Aarhus University Hospital and Associate professor of physiotherapy, Department of Public Health, Aarhus University. She is a physiotherapist and completed a PhD at Aarhus University Hospital in 2015. Since then, she has been a full-time researcher, primarily in a hospital setting, focusing on different aspects of physiotherapy and rehabilitation research, including research in venous thromboembolism.



Jenny Danielsbacka

Danielsbacka is working at the Department of Physical Therapy, Sahlgrenska University Hospital, Gothenburg, Sweden and the Department of Neuroscience and Physiology, Health and Rehabilitation, Sahlgrenska Academy, University of Gothenburg, Sweden. Danielsbacka is a physiotherapist and a Certified specialist in respiration. She has a PhD and her field of research is respiration, and the topic of her thesis was acute pulmonary embolism and the aspects of respiratory symptoms and physical activity. She is also chairman of the board for the Section of Respiration and Cirkulation in The Swedish Association of Physiotherapists (Fysioterapeuterna).



Anne Kristine Brekka

Brekka is working at the Physiotherapy department, Sorlandet Hospital Arendal, and is a PhD candidate at Haukeland University Hospital, Thoracic department and Western Norway University of Applied Sciences. Brekka is a specialized respiratory physiotherapist. She has built up extensive clinical and research expertise in the field of NIV, MI-E and the role of the larynx in respiration.



Lars Tang

Tang is working as an Associate Professor and physiotherapist in physical activity and rehabilitation unit PROgrez, Næstved-Slagelse-Ringsted Hospitals, Denmark & The Department of Regional Health Research, University of Southern Denmark. He is specializing in complex rehabilitation and physical activity, with a focus on delivery models and patient participation – particularly within cardiovascular patient groups. He leads the *Physical Activity – Delivery, Participation, and Maintenance* cluster and the *Implementation and Evaluation* unit in PROgrez at Næstved-Slagelse-Ringsted Hospitals and is affiliated with the University of York. He has authored over 80 peer-reviewed publications and contributes to national and international research networks and quality initiatives, including the UK's National Audit of Cardiac Rehabilitation.

Call for abstracts

You are kindly invited to submit your abstract to the Nordic Congress for Cardio and Respiratory Physiotherapy, Oslo, Norway, 12.-13. March 2026. **Deadline is December 1st at 23:59 CET.**

We welcome

- Abstracts of completed or proposed research
- Abstracts of good practice
- Development of policy and research theory

The abstract has to be written in English, typed in Times New Roman/Calibri pt. 12, maximum length is 300 words and include:

Title

Authors and affiliation: Corresponding author should be underlined.

For completed or proposed research abstracts

Background: A short introduction to the field.

Aim: State the aim of the study.

Methods: Describe the design, the context of the study, the patient population, the measurements and statistics used.

Results: Report the most important data in your study and the findings on which the conclusion will be based.

Conclusion: Outline your main results in a single sentence. Keep it simple and supported by the findings in your study.

For all other abstracts

- Brief outline of what change you planned to make
- Assessment of existing situation and analyses of its cause
- Strategy for change: who, how, following what timetable
- Measurement of improvement
- Lessons learned
- Messages for others

You can submit the abstract to: nordic2026@fysio.no

All submissions will be peer reviewed by the scientific committee and notification on acceptance will be mailed to you by **December 15th 2025.**