

Press release

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Basic information

Name: Sebastian Deisting Skejød

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Department of: Public Health

Main supervisor: Henrik Sørensen

Title of dissertation: Interventions, Mechanisms and Injuries. Understanding the causes of overuse shoulder injuries in handball.

Date for defence: 10/5/2021 at (time of day): 14.00 Place: Online zoom meeting

Press release (Danish)

Måling af kastebelastning i håndbold

De fleste håndboldspillere oplever at have ondt i skulderen som resultat af overbelastning på et eller andet tidspunkt i deres karriere. Men hvorfor opstår sådanne skader? Og hvordan skal forskningen gribes an hvis årsagssammenhængene bag skal kortlægges? Det er hovedspørgsmålene i et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af Sebastian Deisting Skejød, der forsvarer det d. 10/5.

Hovedresultatet i projektet er udviklingen af en lille enhed, som kan bruges til at registrere hvor mange gange og hvor hårdt håndboldspillere kaster. Dermed får forskere for første gang mulighed for at få indblik i kastebelastningen under træning og kamp for hver enkelt spiller, hvilket på sigt kan blive et vigtigt våben i kampen mod skulderskader.

I projektet afdækkes desuden den eksisterende viden om håndboldkastets skulderbiomekanik - det vil sige hvordan skulderens forskellige dele bevæger sig og belastes under forskellige typer af kast - og afhandlingen kommer med et nyt bud på hvordan skadesepidemiologi, dvs. læren om skadesforekomst, og biomekanik kan integreres med henblik på at forstå hvad årsagerne til skader er.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 10/5 kl. 14.00 online. Titlen på projektet er "Interventions, Mechanisms and Injuries. Understanding the causes of overuse shoulder injuries in handball.". Yderligere oplysninger samt link til onlineforsvar: Ph.d.-studerende Sebastian Deisting Skejød, e-mail: sdsk@ph.au.dk, tlf. 28740727.

Bedømmelsesudvalg:

Formand: Søren K. Kjærgaard, Lektor, ph.d., Institut for Folkesundhed, Aarhus Universitet, Danmark

Tine Alkjær, lektor, ph.d., Biomedicinsk Institut, Københavns Universitet, Danmark

Ian Shrier, lektor, MD, ph.d., Dip Sport Med, FACSM, McGill University, Canada

Press release (English)

Measuring throwing load in handball

Most handball players experience shoulder pain at some point in their career. But why do such injuries occur? And how can research uncover the causes of such injuries? These are the main questions of a new PhD-project from Aarhus University, Health. The project was carried out by Sebastian Deisting Skejød, who is defending his dissertation on May 10.

The main finding of the project is the development of a wearable device, which can register how many times and how hard handball players throw the ball. With this device, researcher have the opportunity

to accurately measure the throwing load during practices and matches for the first time. With time, this device can be a potent weapon in the battle against shoulder injuries.

Furthermore, the project consists of a review of the existing knowledge of handball throw's shoulder biomechanics - i.e. how the different parts of the shoulder move and become loaded during different types of throws - as well as a novel suggestion for how injury epidemiology and biomechanics can be integrated with the aim of understanding what the causes of sports injuries are.

The defence is public and takes place on May 10 at 14.00 CEST online. The title of the project is Interventions, Mechanisms and Injuries. Understanding the causes of overuse shoulder injuries in handball. For more information and link to the online defence, please contact PhD student Sebastian Deisting SkejØ, email: sdsks@ph.au.dk, Phone +45 2874 0727.

Assessment committee:

Chair: Søren K. Kjærgaard, associate professor, PhD, Department of Public Health, Aarhus University, Denmark

Tine Alkjær, associate professor, PhD, Department of Biomedical Sciences, University of Copenhagen
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