

Curriculum Vitae

Andreas Serner

Professional Experience

Medical Research Lead // 2023-Current

Medical Researcher // 2021-2023

- Fédération Internationale de Football Association // fifa.com

Clinical Research Scientist // 2016-2021

Post-Graduate Researcher // 2012-2016

Physiotherapist // 2012-2021

- Aspetar Orthopaedic & Sports Medicine Hospital // aspetar.com

Physiotherapist – Lead Physiotherapist // 2011-2012

- FC Copenhagen School of Excellence // fck.dk

Physiotherapist // 2010-2011

- Sundhedsordningen.dk // Sundhedsordningen.dk

Physiotherapist // 2009-2010

- Strandvejens fysioterapi // hellerupsundhedscenter.dk

Education

PhD – Clinical Research // 2013-2017

- Faculty of health and Medical Sciences – University of Copenhagen, Denmark.

Master's in Medical Sciences (MSc) – Sports Sciences/Sports Medicine // 2010-2012

- Lund University, Sweden.

BSc Physiotherapy // 2006-2009

- Metropolitan University College, Copenhagen, Denmark.

Liberal studies // 2003-2004

- Southern Maine Community College, South Portland, USA.

Higher Commercial Exam (HHx) // 2000-2003

- Niels Brock – Copenhagen business College, Denmark

Peer Reviewed Publications

1. **Serner, A.**, Chamari, K., Hassanmirzaei, B., Moreira, F., Bahr, R., Massey, A., Grimm, K., Clarsen, B., & Tabben, M. (2024). Time-loss injuries and illnesses at the FIFA world cup Qatar 2022. *Science & Medicine in Football*, 1–8. <https://doi.org/10.1080/24733938.2024.2357568>.
2. **Serner A**, Sas B, D'Hooghe P, et al. Extrasynovial ACL Tear as Potential Indicator for ACL Healing Capability: A Case Report of a Recreational Football Player With 3 Years of Serial Follow-up Tracking ACL Healing. *JOSPT Cases*. 2023;3:212–8.
3. **Serner A**, Araújo J, Beasley I, et al. Video review of the frequency and assessment of head impacts during the FIFA Arab Cup 2021TM. *Sci Med Footb*. Published online September 15, 2022:1-6. doi:10.1080/24733938.2022.2120629
4. **Serner A**, Hölmich P, Arnaiz J, Tol JL, Thorborg K, Weir A. One-Year Clinical and Imaging Follow-up After Exercise-Based Treatment for Acute Complete Adductor Longus Tendon Avulsions in Athletes: A Prospective Case Series. *Am J Sports Med*. 2021 Jun 23:3635465211015996. doi:10.1177/03635465211015996.
5. **Serner A**, Lichau O, Reboul G. Evaluation of the bent knee fall out test pre- and post- an adductor longus tenotomy. *Physical Therapy in Sport* 2021;48:196–200. doi:10.1016/j.pts.2021.01.005
6. **Serner A**, Arnaiz J, Mosler A, et al. Classifying radiographic changes of the pubic symphysis in male athletes: Development and reproducibility of a new scoring protocol. *European Journal of Radiology* 2021;134:109452. doi:10.1016/j.ejrad.2020.109452
7. **Serner A**, Hölmich P, Tol JL, et al. Associations between clinical findings and MRI injury extent in male athletes with acute adductor injuries - A cross-sectional study. *J Sci Med Sport* Published Online First: 16 November 2020. doi:10.1016/j.jsams.2020.11.003
8. **Serner A**, Hölmich P, Tol JL, et al. Progression of Strength, Flexibility, and Palpation Pain During Rehabilitation of Athletes With Acute Adductor Injuries: A Prospective Cohort Study. *J Orthop Sports Phys Ther* 2020;:1–39. doi:10.2519/jospt.2021.9951
9. **Serner A**, Weir A, Tol JL, et al. Associations Between Initial Clinical Examination and Imaging Findings and Return-to-Sport in Male Athletes With Acute Adductor Injuries: A Prospective Cohort Study. *Am J Sports Med* 2020;:036354652090861. doi:10.1177/0363546520908610
10. **Serner A**, Weir A, Tol JL, et al. Return to Sport After Criteria-Based Rehabilitation of Acute Adductor Injuries in Male Athletes: A Prospective Cohort Study. *Orthop J Sports Med* 2020;8:232596711989724. doi:10.1177/2325967119897247.
11. **Serner A**, Mosler AB, Tol JL, et al. Mechanisms of acute adductor longus injuries in male football players: a systematic visual video analysis. *Br J Sports Med* 2019;53:158–64. doi:10.1136/bjsports-2018-099246.

12. **Serner A.** Diagnosis of acute groin injuries in athletes. *Br J Sports Med.* 2017;51(23):1709-1710. doi:10.1136/bjsports-2017-098211.
13. **Serner A,** Weir A, Tol JL, et al. Characteristics of acute groin injuries in the hip flexor muscles - a detailed MRI study in athletes. *Scand J Med Sci Sports.* June 2017. doi:10.1111/sms.12939.
14. **Serner A,** Weir A, Tol JL, et al. Characteristics of acute groin injuries in the adductor muscles - a detailed MRI study in athletes. *Scand J Med Sci Sports.* June 2017. doi:10.1111/sms.12936.
15. **Serner A,** Roemer FW, Hölmich P, et al. Reliability of MRI assessment of acute musculotendinous groin injuries in athletes. *Eur Radiol.* 2017;27(4):1486-1495. doi:10.1007/s00330-016-4487-z.
16. **Serner A,** Weir A, Tol JL, et al. Can standardised clinical examination of athletes with acute groin injuries predict the presence and location of MRI findings? *Br J Sports Med.* 2016;50(24):1541-1547. doi:10.1136/bjsports-2016-096290.
17. **Serner A,** van Eijck CH, Beumer BR, Hölmich P, Weir A, de Vos R-J. Study quality on groin injury management remains low: a systematic review on treatment of groin pain in athletes. *Br J Sports Med.* 2015;49(12):813. doi:10.1136/bjsports-2014-094256.
18. **Serner A,** Tol JL, Jomaah N, et al. Diagnosis of Acute Groin Injuries: A Prospective Study of 110 Athletes. *Am J Sports Med.* 2015;43(8):1857-1864. doi:10.1177/0363546515585123.
19. **Serner A,** Jakobsen MD, Andersen LL, Hölmich P, Sundstrup E, Thorborg K. EMG evaluation of hip adduction exercises for soccer players: implications for exercise selection in prevention and treatment of groin injuries. *Br J Sports Med.* 2014;48(14):1108-1114. doi:10.1136/bjsports-2012-091746.
20. Aiello, F., Avery, L., Gardner, T., Rutherford, H., McCall, A., Impellizzeri, F. M., Peek, K., Della Villa, F., Massey, A., & **Serner, A.** (2024). Broadening our understanding of injury mechanisms to include at-risk situations: An overview of potential injuries at the FIFA men's World Cup Qatar 2022™. *Science and Medicine in Football*, 0(0), 1–10. <https://doi.org/10.1080/24733938.2024.2372304>.
21. Peek, K., Ross, A., Andersen, T. E., Meyer, T., Dahlen, S., Georgieva, J., Williamson, P. R., Clarke, M., & **Serner, A.** (2024). Heading in football: A systematic review of descriptors, definitions, and reporting methods used in heading incidence studies. *Science and Medicine in Football*, 0(0), 1–18. <https://doi.org/10.1080/24733938.2024.2362191>
22. Andriolo L, Marín Fermín T, Chiari Gaggia GMM, **Serner A,** et al. Knee Cartilage Injuries in Football Players: Clinical Outcomes and Return to Sport After Surgical Treatment: A Systematic Review of the Literature. *Cartilage.* 2024;19476035231224951.
23. Georgieva J, Arnold EJ, Peek K, Smith, A., Lavender, A. P., **Serner, A,** et al. The incidence and characteristics of heading in the 2019 FIFA Women's World Cup™. *Sci Med Footb.* 2024;1–8.
24. Heijboer WMP, Weir A, Vuckovic Z, Tol, J. L., Hölmich, P., & **Serner, A.** Clinical examination tests for adductor- and pubic-related groin pain in athletes with longstanding groin pain: Inter-examiner reliability and prevalence of positive tests. *Physical Therapy in Sport.* 2024;66:9–16.
25. Bordalo M, **Serner A,** Yamashiro E, et al. Imaging-detected sports injuries and imaging-guided interventions in athletes during the 2022 FIFA football (soccer) World Cup. *Skeletal radiology.* Published Online First: 16 September 2023. doi: 10.1007/s00256-023-04451-z

26. Van Ovost A, Hanff DF, **Serner A**, et al. Radiographic assessment of the pubic symphysis in elite male adolescent football players: Development and reliability of the Maturing Adolescent Pubic Symphysis (MAPS) classification. *European Journal of Radiology*. 2023;167:111068.
27. Giancola S, Cioppa A, Georgieva J, Billingham J, **Serner A**, et al. Towards Active Learning for Action Spotting in Association Football Videos. *CVSports'23*. Apr 2023. arXiv:2304.04220 [cs.CV]. doi:10.48550/arXiv.2304.04220.
28. Mkumbuzi NS, Dlamini SB, **Serner A**, et al. Knowledge, Attitudes, and Behaviors Toward the Menstrual Cycle and Menstruation Among Elite African Women Football Players, Coaches, Health Personnel, and Referees. *Women in Sport and Physical Activity Journal*. 2023;1:1–11.
29. Aiello F, McCall A, Brown SJ, **Serner A**, et al. Development of a Standardised System to Classify Injury- Inciting Circumstances in Football: the Football Injury Inciting Circumstances Classification System (FIICCS). *Sports Med*. Published online May 26, 2023. doi:10.1007/s40279-023-01857-6
30. McCall A, Mountjoy M, Witte M, **Serner A**, Massey A. Driving the future of health and performance in Women's football. *Sci Med Footb*. 2022;6:545–6.
31. Waldén M, Mountjoy M, McCall A, **Serner A**, et al. Football-specific extension of the IOC consensus statement: methods for recording and reporting of epidemiological data on injury and illness in sport 2020. *Br J Sports Med*. Published online January 6, 2023. doi:10.1136/bjsports-2022-106405
32. McCall A, Mountjoy M, Witte M, **Serner A**, Massey A. Driving the future of health and performance in Women's football. *Sci Med Footb*. 2022;6(5):545-546. doi:10.1080/24733938.2022.2152543
33. Aiello F, Impellizzeri FM, Brown SJ, **Serner A**, McCall A. Injury-Inciting Activities in Male and Female Football Players: A Systematic Review. *Sports Med*. 2023;53(1):151-176. doi:10.1007/s40279-022-01753-5
34. Dijkstra HP, Mc Auliffe S, Ardern CL, et al. Oxford consensus on primary cam morphology and femoroacetabular impingement syndrome: part 2-research priorities on conditions affecting the young person's hip. *Br J Sports Med*. 2022;57(6):342-358. doi:10.1136/bjsports-2022-106092
35. Dijkstra HP, Mc Auliffe S, Ardern CL, et al. Oxford consensus on primary cam morphology and femoroacetabular impingement syndrome: part 1-definitions, terminology, taxonomy and imaging outcomes. *Br J Sports Med*. 2022;57(6):325-341. doi:10.1136/bjsports-2022-106085
36. Heijboer WMP, Vuckovic Z, Weir A, Tol JL, Hölmich P, **Serner A**. Clinical examination for athletes with inguinal-related groin pain: interexaminer reliability and prevalence of positive tests. *BMJ Open Sport Exerc Med*. 2023;9(1):e001498. doi:10.1136/bmjsem-2022-001498
37. Heijboer WMP, Weir A, Vuckovic Z, Fullam K, Tol JL, Delahunt E, **Serner A**. Inter-examiner reliability of the Doha agreement meeting classification system of groin pain in male athletes. *Scand J Med Sci Sports*. 2023;33(2):189-196. doi:10.1111/sms.14248
38. Patterson M, Gordon J, Boyce SH, Lindsay S, Seow D, **Serner A**, et al. Set-piece approach for medical teams managing emergencies in sport: introducing the FIFA Poster for Emergency Action Planning (PEAP). *Br J Sports Med*. 2022;56(13):715-717. doi:10.1136/bjsports-2021-105126
39. Vuckovic Z, **Serner A**, Heijboer WMP, Weir A. Inguinal-related groin pain in athletes: a pathological potpourri. *BMJ Open Sport Exerc Med*. 2022;8(3):e001387. doi:10.1136/bmjsem-2022-001387
40. Heijboer, W. M. P., Weir, A., Delahunt, E., Hölmich, P., Schache, A. G., Tol, J. L., Vos, R.-J. de, Vuckovic, Z., & **Serner, A.** (2021). A Delphi survey and international e-survey evaluating the Doha agreement meeting

classification system in groin pain: Where are we 5 years later? *Journal of Science and Medicine in Sport*, 0(0). <https://doi.org/10.1016/j.jsams.2021.06.014>.

41. Dijkstra, H. P., Ardern, C. L., **Serner, A.**, Mosler, A. B., Weir, A., Roberts, N. W., Mc Auliffe, S., Oke, J. L., Khan, K. M., Clarke, M., & Glyn-Jones, S. (2021). Primary cam morphology; bump, burden or bog-standard? A concept analysis. *British Journal of Sports Medicine*, bjsports-2020-103308. <https://doi.org/10.1136/bjsports-2020-103308>.
42. Santos RCG, Van Hellemond F, ..., **Serner A.**, et al. Association Between Injury Mechanisms and Magnetic Resonance Imaging Findings in Rectus Femoris Injuries in 105 Professional Football Players. *Clin J Sports Med*, Published Online First 26 May 2021. doi: 10.1097/JSM.0000000000000935.
43. Impellizzeri FM, Jones DM, Griffin D, **Serner A.** et al. Patient-reported outcome measures for hip-related pain: a review of the available evidence and a consensus statement from the International Hip-related Pain Research Network, Zurich 2018. *Br J Sports Med* Published Online First: 17 February 2020. doi:10.1136/bjsports-2019-101456.
44. Reiman MP, Agricola R, Kemp JL, **Serner A.**, et al. Consensus recommendations on the classification, definition and diagnostic criteria of hip-related pain in young and middle-aged active adults from the International Hip-related Pain Research Network, Zurich 2018. *Br J Sports Med* Published Online First: 20 January 2020. doi:10.1136/bjsports-2019-101453.
45. Mosler AB, Kemp J, King M, **Serner A.**, et al. Standardised measurement of physical capacity in young and middle-aged active adults with hip-related pain: recommendations from the first International Hip-related Pain Research Network (IHiPRN) meeting, Zurich, 2018. *Br J Sports Med* Published Online First: 19 December 2019. doi:10.1136/bjsports-2019-101457.
46. Kemp JL, Risberg MA, Mosler A, **Serner A.**, et al. Physiotherapist-led treatment for young to middle-aged active adults with hip-related pain: consensus recommendations from the International Hip-related Pain Research Network, Zurich 2018. *Br J Sports Med* Published Online First: 15 November 2019. doi:10.1136/bjsports-2019-101458.
47. Harøy J, Clarsen B, Wiger EG, **Serner A.**, et al. An adductor strengthening programme prevents groin problems among male football players: a cluster-randomised controlled trial. *Br J Sports Med*. 2018 Jun 10. pii: bjsports-2017-098937. doi: 10.1136/bjsports-2017-098937.
48. Mosler AB, Weir A, **Serner A.**, et al. Musculoskeletal screening tests and bony hip morphology cannot identify male professional soccer players at risk of groin injury: a 2-year prospective cohort study. *Am J Sports Med*. 2018 May;46(6):1294-1305. doi: 10.1177/0363546518763373.
49. Thorborg K, Reiman MP, Weir A, **Serner A.**, et al. Clinical Examination, Diagnostic Imaging, and Testing of Athletes With Groin Pain: An Evidence-Based Approach to Effective Management. *J Orthop Sports Phys Ther*. 2018 Apr;48(4):239-249. doi: 10.2519/jospt.2018.7850.
50. Ishøi L, Hölmich P, Aagaard P, Thorborg K, Bandholm T, **Serner A.** Effects of the Nordic Hamstring exercise on sprint capacity in male football players: a randomized controlled trial. *J Sports Sci*. 2017;0(0):1-10. doi:10.1080/02640414.2017.1409609.
51. Harøy J, Thorborg K, **Serner A.**, et al. Including the Copenhagen Adduction Exercise in the FIFA 11+ Provides Missing Eccentric Hip Adduction Strength Effect in Male Soccer Players: A Randomized Controlled Trial. *Am J Sports Med*. August 2017:0363546517720194. doi:10.1177/0363546517720194.

52. Krommes K, Bandholm T, Jakobsen MD, **Serner A** et al. Dynamic hip adduction, abduction and abdominal exercises from the holmich groin-injury prevention program are intense enough to be considered strengthening exercises - a cross-sectional study. *Int J Sports Phys Ther.* 2017;12(3):371-380.
53. Otten R, Vuckovic Z, Weir A, **Serner A**. Rehabilitation and Return to Play Following Surgery for Inguinal-Related Groin Pain. *Oper Tech Sports Med.* 2017;25(3):172-180. doi:10.1053/j.otsm.2017.07.005.
54. Ishøi L, Sørensen CN, Kaae NM, Jørgensen LB, Hölmich P, **Serner A**. Large eccentric strength increase using the Copenhagen Adduction exercise in football: A randomized controlled trial. *Scand J Med Sci Sports.* November 2015. doi:10.1111/sms.12585.
55. Mosler AB, Crossley KM, Thorborg K, **Serner A**, et al. Hip strength and range of motion: Normal values from a professional football league. *J Sci Med Sport.* August 2016. doi:10.1016/j.jsams.2016.05.010.
56. Shrier I, **Serner A**, Wangensteen A, Steele RJ, Weir A. Measuring heterogeneity of reinjury risk assessments at the time of clearance to return to play: A feasibility study. *J Sci Med Sport.* September 2016. doi:10.1016/j.jsams.2016.08.007.
57. Weir A, Brukner P, Delahunt E, **Serner A**, et al. Doha agreement meeting on terminology and definitions in groin pain in athletes. *Br J Sports Med.* 2015;49(12):768-774. doi:10.1136/bjsports-2015-094869.
58. Thorborg K, **Serner A**, Petersen J, Madsen TM, Magnusson P, Hölmich P. Hip adduction and abduction strength profiles in elite soccer players: implications for clinical evaluation of hip adductor muscle recovery after injury. *Am J Sports Med.* 2011;39(1):121-126. doi:10.1177/0363546510378081.
59. Thorborg K, Bandholm T, Petersen J, **Serner A**, et al. Hip abduction strength training in the clinical setting: with or without external loading? *Scand J Med Sci Sports.* 2010;20 Suppl 2:70-77. doi:10.1111/j.1600-0838.2010.01186.x.

Book Chapters

1. **Serner A**, Heijboer W, Vuckovic Z., Weir A. Groin Injuries in Football. In: Aspetar Sports Medicine Collection: Football Medicine. Vol 3. Ed: Popovic N. Aspire Printing Press. 2023. 330-339.
2. **Serner A**, Mosler A., Bonello C. Adductor Tendon Injuries. . In: FC Barcelona Tendon Guide. Eds: Cook J., Rodas, G., McCall A, Pruna R., Kennedy R., Til L. Barca Innovation Hub. 2021. 165-176.
3. Weir A, **Serner A**, Mosler A, Vuckovic Z. Approaching Groin Pain in Athletes – The Falcon’s Perspective. In: Aspetar Sports Medicine Collection, vol.2, Ed: Popovic N. Aspire Printing Press. 2020. 172-180.
4. **Serner A**. Jomaah N. Acute Groin Injuries. In: Aspetar Sports Medicine Collection, vol.2, Ed: Popovic N. Aspire Printing Press. 2020. 229-234.
5. Hölmich P, Ishøi L, **Serner A**, Thorborg K. Groin Injuries. In: The Sports Medicine Physician, Eds: Rocha Piedade S, Imhoff AB, Clatworthy M, et al.: Springer International Publishing 2019. 223–31. doi:10.1007/978-3-030-10433-7_17
6. Glasgow P, Bizzini M, **Serner A**. Return to play following Quadriceps muscle injuries. In: FC Barcelona Tendon Guide. Eds: Pruna R, Anderson TE, Clarsen B, McCall A. Barca Innovation Hub. 2018. 140-151.
7. Mosler A, **Serner A**, Haroy J, Werner J, Weir A. Return to play following groin muscle injury. In: FC Barcelona Muscle injury Guide. Eds: Pruna R, Anderson TE, Clarsen B, McCall A. Barca Innovation Hub. 2018. 156-165.
8. Fanchini M, Linde X, Brau J, Pons E, **Serner A**. Exercise selection: Quadriceps muscle injury. In FC Barcelona Muscle Injury Guide. Eds: Pruna R, Anderson TE, Clarsen B, McCall A. Barca Innovation Hub. 2018. 58-60.

Conference & Course Presentations

>60 Invited lectures and workshops -
Sports medicine conferences across Europe, Asia, North and
South America & Africa.