

BIOSKETCH ALICE KONGSTED

Alice Kongsted was trained as a chiropractor graduating from University of Southern Denmark in 1999. She is now a senior researcher at the Chiropractic Knowledge Hub and a Professor in Musculoskeletal Research in Primary Care at the University of Southern Denmark.

Her research focuses on developing healthcare that support self-management and on understanding the varied progression of musculoskeletal pain among individuals. She is dedicated to enhancing clinical practice through clinician training and was a co-developer of the "GLA:D Back" program. This initiative aims to implement patient education and exercises to support self-management in individuals with persistent back pain and has trained over 900 chiropractors and physiotherapists.

She has published more than 130 scientific papers and has been member of working groups for The Danish Health Authority's development of national clinical guidelines for treatment of back and neck conditions.
