

Pernille Ravn Jakobsen is a physiotherapist and PhD with a clinical and research focus on osteoporosis and digital health. With a background in musculoskeletal health and rehabilitation, Pernille has spent over a decade working to improve prediction and prevention strategies of osteoporotic fractures by combining research and innovation.

Her focus on how digital health technologies can better support osteoporosis detection and care, with particular emphasis on exercise adherence, self-management and remote monitoring and support. Combining hand-on clinical experience with a strong research foundation, Pernille is committed to advancing care models that are accessible, evidence-based, and tailored to needs of aging populations and the increasing prevalence of osteoporosis.

Currently, Pernille is a co-founder of a digital health company called OSAIA Health. She is also engaged as a researcher in interdisciplinary research that leverages digital tools to optimize health interventions and empower patients to take an active role in managing their chronic condition. Her work integrates physiotherapy practical expertise with user-centered technology design, aiming to identify patients at risk of osteoporosis, reduce fracture risk and improve quality of life to support and develop sustainable healthcare systems.