

# FH-Prof. Barbara Wondrasch, PhD

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## Publikationen

### (Anhang 1)

- Aldrian, S., Valentin, P., Wondrasch, B., Krusche-Mandl, I., Ostermann, R. C., Platzer, P., & Hofbauer, M. (2014). Gender differences following computer-navigated single- and double-bundle anterior cruciate ligament reconstruction. *Knee Surgery, Sports Traumatology, Arthroscopy*, 22(9), 2145–2152. <https://doi.org/10/gh3767>
- Aldrian, S., Zak, L., Wondrasch, B., Albrecht, C., Stelzeneder, B., Binder, H., Kovar, F., Trattinig, S., & Marlovits, S. (2014). Clinical and Radiological Long-term Outcomes After Matrix-Induced Autologous Chondrocyte Transplantation A Prospective Follow-up at a Minimum of 10 Years. *The American Journal of Sports Medicine*, 0363546514548160. <https://doi.org/10/f6pvq5>
- Hirschmüller, A., Schoch, W., Baur, H., Wondrasch, B., Konstantinidis, L., Südkamp, N. P., & Niemeyer, P. (2018). Rehabilitation before regenerative cartilage knee surgery: A new prehabilitation guideline based on the best available evidence. *Archives of Orthopaedic and Trauma Surgery*. <https://doi.org/10/gh379d>
- Horsak, B., Artner, D., Baca, A., Pobatschnig, B., Greber-Platzer, S., Nehrer, S., & Wondrasch, B. (2015). The effects of a strength and neuromuscular exercise programme for the lower extremity on knee load, pain and function in obese children and adolescents: Study protocol for a randomised controlled trial. *Trials*, 16, 586. <https://doi.org/10/ghf82d>
- Horsak, B., Hochhauser, M., Bruckner, J., Brauneis, W., Wondrasch, B., & Figl-Hertlein, A. (2014). Lower Extremity Muscle Activity during Squatting with Unstable Shoes. *Journal of Physiotherapy & Sports Medicine*, 1(3), 3–16. <http://www.pgip.co.uk/jopsm/archive/jopsm-june-2014-volume-3-issue-1>.
- Horsak, B., Pobatschnig, B., Baca, A., Greber-Platzer, S., Kreissl, A., Nehrer, S., Wondrasch, B., Crevenna, R., Keilani, M., & Kranzl, A. (2017). Within-assessor reliability and minimal detectable change of gait kinematics in a young obese demographic. *Gait & Posture*, 54. <https://doi.org/10/gh38bc>
- Horsak, B., Schwab, C., Baca, A., Greber-Platzer, S., Kreissl, A., Nehrer, S., Keilani, M., Crevenna, R., Kranzl, A., & Wondrasch, B. (2019). Effects of a lower extremity exercise program on gait biomechanics and clinical outcomes in children and adolescents with obesity: A randomized controlled trial. *Gait & Posture*, 70(122–129). <https://doi.org/10/gh38bj>

- Marlovits, S., Aldrian, S., Wondrasch, B., Zak, L., Albrecht, C., Welsch, G., & Trattung, S. (2012). Clinical and radiological outcomes 5 years after matrix-induced autologous chondrocyte im-plantation in patients with symptomatic, traumatic chondral defects. *American Journal of Sports Medicine*, 2273–2280.
- Neubauer, M., Moser, L., Neugebauer, J., Raudner, M., Wondrasch, B., Führer, M. et al. (2023). Artificial-Intelligence-Aided Radiographic Diagnostic of Knee Osteoarthritis Leads to a Higher Association of Clinical Findings with Diagnostic Ratings. *Journal of Clinical Medicine*, 12(3), 744. <https://doi.org/10.3390/jcm12030744>
- Pachowsky, M. L., Trattng, S., Wondrasch, B., Apprich, S., Marlovits, S., Mauerer, A., Welsch, G. H., & Blanke, M. (2013). In vivo evaluation of biomechanical properties in the patellofemoral joint after matrix-associated autologous chondrocyte transplantation by means of quantitative T2 MRI. *Knee Surgery, Sports Traumatology, Arthroscopy*, [Epub ahead of print]. <https://doi.org/10/f539w3>
- Sperl, A., Neubauer, M., & Wondrasch, B. (2019). Aktuelle Evidenz physiotherapeutischer Maßnahmen bei Hüftarthrose. *manuelletherapie*, 23(3), 135–146. <https://doi.org/10/gh378g>
- Thomeé, R., Kaplan, Y., Kvist, J., Myklebust, G., Risberg, M. A., Theisen, D., Tsepis, E., Werner, S., Wondrasch, B., & Witvrouw, E. (2011). Muscle strength and hop performance criteria prior to return to sports after ACL reconstruction. *Knee Surgery, Sports Traumatology, Arthroscopy*, 19(11), 1798–1805. <https://doi.org/10/ccznqb>
- Welsch, G., Trattng, S., Tichy, B., Mamisch, T., Wondrasch, B., & Marlovits, S. (2009). Tibial cartilage hypertrophy due to matrix-associated autologous chondrocyte transplantation of the medial femoral condyle. A case report. *Journal of Bone Joint Surgery*, 91, 1996–2001.
- Wondrasch, B. (2016a). Articular cartilage defects in the knee—Postoperative rehabilitation. *Aspetar Sports Medicine Journal*, 5(2).
- Wondrasch, B. (2016b). Nachbehandlung knorpelrekonstruktiver Verfahren—Stellenwert der Physiotherapie. In *Knorpeltherapie-Praxisleitfaden der AG Klinische Geweberegeneration der DGOU* (S. Kapitel 10). Walter de Gruyter GmbH.
- Wondrasch, B. (2016c). Prevention of cartilage injuries. Proceedings of the Conference of the International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine. FIFA and Conference of the International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine, Doha, Katar.
- Wondrasch, B. (2016d). Rehabilitation after cartilage repair in the knee. Proceedings of the Conference of the International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine. FIFA and Conference of the International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine, Doha, Katar.
- Wondrasch, B. (2016e). Nach Verletzungen der unteren Extremität zurück zum Sport – wir sind noch lange nicht am Ziel. *manuelletherapie*, 20(01), 11–15. <https://doi.org/10/gh3768>

- Wondrasch, B. (2016f). Rückkehr zum Sport nach Eingriffen am Gelenkknorpel im Kniegelenk. *Arthroskopie*, 29(2), 108–115. <https://doi.org/10/gh3769>
- Wondrasch, B. (2019). Prävention von Knorpelverletzungen und Arthrose. In S. Nehrer, V. Valderrabano, & M. Engelhardt (Hrsg.), *Knorpel und Arthrose im Sport*.
- Wondrasch, B., & Aldrian, S. (2013). Vertiefung—Konservative Therapie für Sportler mit Knorpelschaden. *Sportphysio*, 1(1), 1–46. <https://doi.org/10/gh377c>
- Wondrasch, B., Arøen, A., Røtterud, J. H., Høysveen, T., Bølstad, K., & Risberg, M. A. (2013). The feasibility of a 3-month active rehabilitation program for patients with knee full-thickness articular cartilage lesions: The oslo cartilage active rehabilitation and education study. *The Journal of Orthopaedic and Sports Physical Therapy*, 43(5), 310–324. <https://doi.org/10/f44ndb>
- Wondrasch, B., Risberg, M.-A., Zak, L., Marlovits, S., & Aldrian, S. (2015). Effect of Accelerated Weightbearing After Matrix-Associated Autologous Chondrocyte Implantation on the Femoral Condyle: A Prospective, Randomized Controlled Study Presenting MRI-Based and Clinical Outcomes After 5 Years. *The American Journal of Sports Medicine*, 43(1), 146–153. <https://doi.org/10/gh377d>
- Wondrasch, B., Zak, L., Welsch, G., & Marlovits, S. (2009). Effect of accelerated weightbearing after matrix-associated autologous chondrocyte implantation on the femoral condyle on radiographic and clinical outcome after 2 years: A prospective, randomized controlled pilot study. *American Journal of Sports Medicine*, 37, 88–96. <https://doi.org/10/ftmq2p>
- Zak, L., Albrecht, C., Wondrasch, B., Widhalm, H., Vekszler, G., Trattning, S., Marlovits, S., & Aldrian, S. (2014). Results 2 Years After Matrix-Associated Autologous Chondrocyte Transplantation Using the Novocart 3D Scaffold: An Analysis of Clinical and Radiological Data. *The American Journal of Sports Medicine*. <https://doi.org/10/f6ffg3>
- Zak, L., Aldrian, S., Wondrasch, B., Albrecht, C., & Marlovits, S. (2012). Ability to return to sports 5 years after matrix-associated autologous chondrocyte transplantation in an average population of active patients. *The American Journal of Sports Medicine*, 40(12), 2815–2821. <https://doi.org/10/f4gnvv>

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## Konferenzbeiträge (Anhang 2)

- 2004 ● **„Rehabilitation after matrix associated autologous chondrocyte transplantation“**  
Meeting of the International Academy for Orthopedic Medicine (IAOM)/Gumpoldskirchen (AUT)
- 2005 ● **“Rehabilitation protocols after matrix associated autologous chondrocyte transplantation: variation according to the defect localisation”**  
Annual congress of the Isokinetic Medical Group/Bologna (IT)
- **“Evaluation of two different rehabilitation protocols after matrix associated autologous chondrocyte transplantation in cartilage defects of the patella”**  
Annual congress of the Isokinetic Medical Group/Bologna (IT)
- **“Rehabilitation protocols after matrix associated autologous chondrocyte transplantation: variation according to the defect localisation”**  
Congress of the International Society of Orthopedic Surgery and Traumatology (SICOT, SIROT)/Istanbul (TURK)
- **“Evaluation of two different rehabilitation protocols after matrix associated autologous chondrocyte transplantation in cartilage defects of the patella”**  
Congress of the International Society of Orthopedic Surgery and Traumatology (SICOT, SIROT)/Istanbul (TURK)
- 2006 ● **“Matrix associated autologous chondrocyte transplantation for the repair of chondral lesions of the patella: Rehabilitation and physiotherapeutic treatment modalities “**  
Congress of the International Cartilage Repair Society (ICRS)/San Diego (USA)

- 2007

  - **„Rehabilitation after cartilage surgery“**  
Annual congress of the Austrian Society for Traumatology/Salzburg (AUT)
  - **„Guidance and moderation of Module 5: ACT/MACT“**  
ICRS Rehabilitation Consensus Meeting/ Zurich (SUI)
  - **“Current evidence base for rehabilitation after cartilage repair and clinical experiences“**  
ICRS Rehabilitation Consensus Meeting/ Zurich (SUI)
  - **„Physiotherapy after cartilage repair“**  
Congress of the Austrian Society for Sportsphysical Therapy/Linz (AUT)
  - **„Physiotherapy after cartilage repair: report from the ICRS rehabilitation consensus meeting in Zurich“**  
Annual congress of the Austrian Society for Traumatology/Salzburg (AUT)
- 2008

  - **“ACL reconstruction and MACT in one step. Combinable from the point of view of rehabilitation?“**  
Annual congress of the Isokinetic Medical Group/Bologna (IT)
  - **“Rehabilitation protocols after cartilage surgery“**  
Annual congress of the Isokinetic Medical Group/Bologna (IT)
  - **“ACL rehabilitation of patients with chondral damage“**  
Congress of the European Society for Shoulder and Knee Arthroscopy/Porto (POR)
  - **“Return to sports after cartilage repair“**  
2nd European Conference of Sports Rehabilitation/Stockholm (SWE)
  - **“Rehabilitation after MACT on the femoral condyle. Evaluation of a rehabilitation protocol and two-year results“**  
Annual congress of the Austrian Society for Traumatology/Salzburg (AUT)
- 2009

  - **“Rehabilitation after cartilage repair procedures“**  
ACI – Meet the experts in Prague (CZ)
  - **“What is the optimal time of full weight bearing after MACI? – Two years results after progressive rehabilitation after MACI“**  
ICRS Congress in Miami (USA)
- 2010

  - **“The importance of the interaction between surgeons and physiotherapists after cartilage repair procedures“**  
ACI – Meet the experts in Copenhagen (DEN)
  - **“Return to sports after cartilage repair“**  
ESSKA Congress in Oslo (NOR)

- **“Return to sports after cartilage repair”**  
AGA Congress in Vienna (AUT)

  - Chair: Rehabilitation and prevention of knee injuries
- 2011 ● **“Return to sports after cartilage repair”**  
Sports medicine congress in Göteborg (SWE)
- **„Rehabilitation after cartilage repair procedures“**  
Annual congress of the European Society for Rehabilitation Medicine in Salzburg (AUT)
- 2012 ● **“Active rehabilitation for patients with articular cartilage lesions in the knee – the Oslo CARE study”**  
ESSKA congress in Geneva (SUI)
- **“Rehabilitation for patients with articular cartilage lesions”**  
AGA congress in Zurich (SUI)
- **“Active rehabilitation for patients with articular cartilage lesions in the knee – the Oslo CARE study”**  
Scandinavian sports medicine congress in Malmö (SWE)
- **“Return to sports after cartilage repair”**  
Scandinavian sports medicine congress in Malmö (SWE)
- 2013 ● **“Promoting muscle recovery after cartilage repair”**  
ICRS Congress in Izmir (TUR)
- 2014 ● **“Conservative treatment options for athletes with cartilage lesions in the knee”**  
Physiocongress in Stuttgart (GER)
- **“Return to sports after ACL reconstruction”**  
AGA Congress in Innsbruck (AUT)
- 2015 ● **„Rehabilitation nach knorpelchirurgischen Eingriffen am Kniegelenk“**  
Focus meeting der ICRS “Rehabilitation and Return to Sports”/Zürich (SUI)
- 2016 ● **Keynote Lecture: “How to prevent cartilage injuries”**  
FIFA Medical Congress, Doha (Katar)
- **Keynote Lecture: “Rehabilitation after cartilage repair and return to sports”**  
FIFA Medical Congress, Doha (Katar)

- **“Prinzipien der konservativen Behandlung von Knorpelschäden – wer kann auf Erfolg hoffen?”**  
Freiburger Knorpeltage, Freiburg (Deutschland)
- **„Rehabilitation für SportlerInnen mit Knorpelschaden – was ist konservativ möglich?“**  
GIZ Fokustage, Wien (Österreich)
- **„Physiotherapie bei Arthrose – gibt es Evidenz?“**  
GOTS Jahreskongress, München (Deutschland)
- **„Evidenz der funktionellen Bewegungstherapie – eine Alternative zur OP?“**  
Harbacher Orthopädietage, Bad Harbach (Österreich)
- **„Rehabilitation after cartilage repair“**  
Jahreskongress der niederländischen Sportmediziner, Ermelo (Niederlande)
- 2017 ● **“Funktionelle Untersuchung des Patellofemoralgelenks“**  
Patella International, Linz (Österreich)
- **“Grundlagen der Physiotherapie nach knorpelchirurgischen Eingriffen“**  
Berliner Knorpeltage, Berlin (Deutschland)
- **“Konservative Behandlung von Gelenkknorpelschäden“**  
Berliner Knorpeltage, Berlin (Deutschland)
- **“FAI Screening“**  
AGA Kongress in München, (Deutschland)
- **“Evidenz funktioneller Tests am Kniegelenk“**  
AGA Kongress in München, (Deutschland)
- 2018 ● **“Trainingsprogramme als Verletzungsprophylaxe“**  
21. GOTS Treffen Österreich
- **“Good surgery needs good rehab“**  
ICRS Congress, Macao, China
- **“Prävention von Knorpelschäden“**  
GOTS Treffen Deutschland
- **“Trainingsprogramme als Verletzungsprophylaxe“**  
Sportärztetage Kaprun, Österreich

2019

- **„Prävention von Knorpelläsionen im Sport“**  
Sportorthopädie-Symposium Speising
- **„Edukation & individualisierte Physiotherapie vor knorpelchirurgischen Eingriffen im Kniegelenk – was ist der postoperative Mehrwert?“**  
AGA Kongress in Mannheim
- **„Prehabilitation und Rehabilitation bei Knorpelschäden im Kniegelenk“**  
GOTS Österreich in Salzburg
- **„Rehab nach knorpelregenerativen Operationen im Kniegelenk – was geht?“**  
Gesellschaft für interdisziplinäre Zusammenarbeit – Zirkel Knie in Wien

2020

- **„Herausforderungen und Limitationen des Distance Learnings am Beispiel des Bachelor Studiengangs Physiotherapie der FH St. Pölten“**  
9. Tag der Lehre der FH St. Pölten - Digital Learning in Zeiten von Corona - Nachhaltiger Entwicklungsschub für die Hochschulen?
- **„Advanced Physiotherapie nach knorpelchirurgischen Eingriffen im Kniegelenk“**  
Physio-Dialog: FH Gesundheitsberufe in Kooperation mit Physioaustria

2021

- **„Beckenstabilisierung/Core stability – Präventionskonzepte in der Hüftregion“**  
Harbacher Orthopädietage
- **„Cartilage repair rehabilitation“**  
ISAKOS Kongress (online Veranstaltung)

2022

- **„Back to sports after cartilage repair“**  
ICRS Weltkongress in Berlin
- **„Loading or Unloading after cartilage repair“**  
ICRS Weltkongress in Berlin
- **„Role of prehabilitation in cartilage repair procedures“**  
ICRS Fokusmeeting Thessaloniki
- **„Prevention von Schulterverletzungen“**  
Harbacher Orthopädietage