

## ***Curriculum Vitae\_short virsion***

**Navn:** Tokuko Matsumoto  
cand.scient.san, specialist i muskuloskeletal fysioterapi

### **Uddannelse:**

- 1997 *Bachelor of Science in Physical Therapy*, Department of Physical Therapy, School of Health Sciences, Sapporo Medical University, Sapporo, Japan  
exposed to inactivity and critically ill patients"
- 1999 *Cand.Scient.San* (godkendt af Center for Vurdering af Udenlandske Uddannelser)  
*Master of Science* (nr. 20428), Hokkaido University, Sapporo, Japan  
Thesis entitled: The beneficial effect of comfortable self-paced running on natural immunity, hormone concentrations and emotions.
- 2007-2009, 2017-  
*PhD studerende*  
Intensiv Enheden, Klinik for Operation og Anæstesiologi, Sydvestjysk Sygehus Esbjerg  
Hokkaido Univ., Japan  
Thesis entitled: Protein metabolism, immunology and nutrition in healthy individuals
- 2009 MedAc (Medicinsk Akupunktur)
- 2010 Muskuloskeletal Ultralydsscanning
- 2011 CMP (Certified Mulligan Concept Practitioner)
- 2014-15  
Kinesio Myofascial Integration Therapy
- 2018 Specialist i muskuloskeletal fysioterapi

### **Arbejdserfaring:**

- 1997 - 1999  
Fysioterapeut, Aiku General Hospital, Sapporo, Japan
- 1998 - 1999  
Undervisningsassistent, Hokkaido University, Sapporo, Japan
- 1999 - 2001  
Forsker, Copenhagen Muscle Research Center, Epidemiol. afd, Rigshospitalet M7641  
v. Prof. Bente Klarlund Pedersen  
Projekt: Immunologisk effekt vurdering af Ginseng-tilskud
- 2002 - 2005  
Fysioterapeut, Sydvestjysk Sygehus Esbjerg
- 2003 - 2007  
Forsker, Anæstesiologisk og Intensiv afd., Sydvestjysk Sygehus Esbjerg  
Projekt: Effect of protein-carbohydrate intake during cycling exercise on muscle protein metabolism in middle-aged and elderly individuals  
Projekt: Effect of branched-chain amino acids-carbohydrate intake during cycling on muscle protein metabolism in healthy untrained individuals  
Projekt: Effektiv bevarelse og genopbygning af vital muskelmasse under 4 dage

sengeleje. - Effekt af tilskud af forgrenede aminosyrer (Branched Chain Amino Acids: BCAA) -

2007- 2010

Fysioterapeut, Vejen Kommune

2010 - Privatpraktiserende fysioterapeut

2012 - Censor og faglig vejleder på bacheloropgaver på fysioterapeutuddannelserne

#### Medlemskaber:

The International Society of Exercise and Immunology

Danske Fysioterapeuter

The Japanese Physical Therapy Association

#### Publikationer:

- 1) Tokuko Matsumoto, Kiyoshi Moriya and Hidekatsu Takeda: A basic study of the immune system before and after the clinical practice and the personality. *J. Hokkaido Rehab.* (26): 23-27, 1998
- 2) Tokuko Matsumoto and Kiyoshi Moriya: Immune response to physical activity exercise and sports. *Ann. Rep. Faculty Edu. Hokkaido Univ.* (26): 149-159, 1999
- 3) Shiro Oda, Tokuko Matsumoto, Koya Nakagawa and Kiyoshi Moriya: Relaxation effects in humans of underwater exercise of moderate intensity. *Eur. J. Appl. Physiol.* (80): 253-259, 1999
- 4) Masae Miyajima, Tomihiro Shimizu, Kiyoshi Moriya, Tokuko Mizuno, Shiro Oda and Yuko Agishi: The influences of salt concentrations in sea water on ECG during and after bathing. *Jpn. J. Biometeor.*, 37: 123-129, 2000
- 5) Shiro Oda, Tokuko Mizuno, Koya Nakagawa and Kiyoshi Moriya: Underwater exercise facilitates the sleep continuity in physically untrained males. *Adv. Exerc. Sports Physiol.*, 7(2): 59-63, 2001
- 6) Hidekatsu Takeda, Kazuki Akizuki, Tokuko Mizuno and Masao Mizuno: Esthetic dentistry from health science. -An approach from sports science- *J. Esth. Dent.* 14(1): 61-66, 2001
- 7) Tokuko Matsumoto Mizuno, Masao Mizuno and Kiyoshi Moriya: The effect of physical activity on fatigue, pain and immune system in patients with breast cancer. *Ann. Rep. Graduate School of Edu. Hokkaido Univ.* 88: 121-129, 2003
- 8) Tokuko Mizuno and Masao Mizuno: Psychological and physiological effects of comfortable self-paced running as determined by perceived exercise intensity. *Ann. Rep. Graduate School of Edu. Hokkaido Univ.* 99: 129-138, 2006
- 9) Keitaro Matsumoto, Masao Mizuno, Tokuko Mizuno, Bo Dilling-Hansen, Axel Lahoz, Vivian Bertelsen, Henrik Münster, Henrik Jordening, Koichiro Hamada and Tatsuya Doi: Branched-chain amino acids and arginine supplementation attenuates skeletal muscle proteolysis induced by moderate exercise in young individuals. *Int. Sports Med.* 28(6): 531-8.2007
- 10) Kijimoto-Ochiai S, Matsumoto-Mizuno T, Kamimura D, Murakami M, Kobayashi M, Matsuoka IO Ochiai H, Ishida H, Kiso M, Kamimura K, Koda T: Existence of NEU1 sialidase on mouse thymocytes whose natural substrate is CD5. *Glycobiology.* 1;28(5):306-317. 2018

### Kongres Præsentationer:

- 1) Tokuko Matsumoto, Shiro Oda, Hidekatsu Takeda, Makoto Sugawara and Kiyoshi Moriya: Comfortable self-paced running induces changes in natural immunity and hormone concentration. 13th International Congress of The World Confederation for Physical Therapy, May 27. 1999, Yokohama, Japan
- 2) Tokuko Mizuno, Shiro Oda, Hidekatsu Takeda, Makoto Sugawara and Kiyoshi Moriya: Immunological and hormonal responses to comfortable self-paced running in untrained healthy volunteers. American College of Sports Medicine 48th Annual Meeting, May 2001, Baltimore, USA
- 3) Tokuko Mizuno, Shiro Oda, Hidekatsu Takeda, Makoto Sugawara and Kiyoshi Moriya: Immunological, hormonal, and psychological effects of comfortable self-paced running as compared to bed resting relaxation in untrained healthy men. American College of Sports Medicine 50th Annual Meeting, May 31. 2003, San Francisco, USA, *Med Sci Sports Exerc* 35(5) suppl1: S379, 2003
- 4) Tokuko Mizuno, Shiro Oda, Hidekatsu Takeda, Makoto Sugawara and Kiyoshi Moriya: Immunological, hormonal, and psychological effects of comfortable self-paced running as compared to bed resting relaxation in untrained healthy men. 14th International Congress of The World Confederation for Physical Therapy, June 12. 2003, Barcelona, Spain
- 5) Masao Mizuno, Keitaro Matsumoto, Tokuko Mizuno, Axel Lahoz, Bo Dilling-Hansen, Vivian Bertelsen, Henrik Münster, Henrik Jordening, Koichiro Hamada and Tatsuya Doi: Indication of enhanced skeletal muscle proteolysis during mild cycling in elderly individuals. Experimental Biology 2004, April 21. 2004, Washington, DC, USA
- 6) Keitaro Matsumoto, Masao Mizuno, Tokuko Mizuno, Axel Lahoz, Bo Dilling-Hansen, Vivian Bertelsen, Henrik Münster, Henrik Jordening, Koichiro Hamada and Tatsuya Doi: Effect of BCAA intake during exercise on skeletal muscle protein metabolism in young individuals. American College of Sports Medicine 51th Annual Meeting, June 4. 2004, Indianapolis, USA
- 7) Masao Mizuno, Tokuko Mizuno, Keitaro Matsumoto, Axel Lahoz, Bo Dilling-Hansen, Vivian Bertelsen, Henrik Münster, Henrik Jordening, Koichiro Hamada and Tatsuya Doi: Effect of protein-carbohydrate intake during exercise on skeletal muscle protein metabolism in young individuals. American College of Sports Medicine 51th Annual Meeting, June 5. 2004, Indianapolis, USA, , *Med Sci Sports Exerc* 36(5) Suppl: S323, 2004
- 8) Mizuno T, Matsumoto K, Dilling-Hansen B, Lahoz A, Bertelsen V, Münster H, Jordening H, Hamada K, Doi T and Mizuno M. Protein-carbohydrate Intake During Moderate Cycling And Immunological Response In Elderly Individuals. *Brain Behav Immun* 19, 474, 2005