

Anna Boström BSc (PT), MSc (Vet Physio), PhD

Anna is a physiotherapist working in veterinary physiotherapy. She is based at the Helsinki University Veterinary Teaching Hospital in Helsinki, Finland, where she is involved both in clinical work and in research. Anna holds a PgDip/MSc Veterinary Physiotherapy from the Royal Veterinary College in London and she has completed her PhD at the Faculty of Veterinary Medicine, University of Helsinki in 2018 on the topic "Evaluation of epaxial muscle structure in dogs with spinal disease." Anna continues her research at the FaunaFysio research group at the Department of Equine and Small Animal Medicine, Faculty of Veterinary Medicine, University of Helsinki. She is the principal investigator for the Finnish Agility Study that investigates training and competition routines, injuries and jumping biomechanics in agility dogs and for a new project investigating clinical significance of the lumbosacral transitional vertebra in herding type dogs. She is the supervisor of PhD and undergraduate students. Her special research interests are back muscle structure and function in dogs with spinal disease, the increasing physical demands in agility and the welfare of working and sporting dogs. On clinics Anna leads a team of four physiotherapists, providing physiotherapy services both in the small animal and equine hospital, treating orthopedic, neurological, internal medicine and critical care patients.

## CV

### Personal details

Surname: Boström

First names: Anna Fredrika

**ORCID: 0000-0002-4593-3838**

Date of CV: 14.8.2025

### Languages

Swedish: mother tongue

Finnish: excellent

English: excellent

Norwegian: good

German: satisfactory

### Current employment

**1.1.2022→ Veterinary Physiotherapist.** Helsinki University Veterinary Teaching Hospital, University of Helsinki, Finland.

### Work experience

**18.2.2020-31.12.2021 Post doc researcher (50%) and Veterinary physiotherapist (50%).** PetBone research group Faculty of Veterinary

Medicine/Helsinki University Veterinary Teaching Hospital University of Helsinki, Finland.

**1.9.2019-18.2.2020. Post doc researcher.** PetBone research group, Faculty of Veterinary Medicine, University of Helsinki, Finland

**2013-2018. Doctoral studies,** including 1.1.2017-31.12.2017 university funded doctoral student position. PetBone Research group, Faculty of Veterinary Medicine, University of Helsinki.

**2011-2012 and 2013-2017. Veterinary Physiotherapist.** Helsinki University Veterinary Teaching Hospital, University of Helsinki.

**2005-2011. Animal physiotherapist.** Animal Hospital Aisti, Vantaa, Finland.

### **Research output**

**Fourteen peer-reviewed scientific articles.**

**Development of a functional testing-battery** for dogs recovering from paralysis and investigation of its intra- and interrater reliability. A collaboration between Helsinki University Veterinary Teaching Hospital and Animal Hospital Aisti, Vantaa, Finland.

**Research report for SLU One Health 2022.** "Komplementära och alternativa behandlingsmetoder för sport- och sällskapsdjur". Swedish University of Agriculture, SLU Future One Health.

### **Research supervision and leadership**

**2024→ Principal Investigator** of "The clinical significance of the lumbosacral transitional vertebra in dogs", an international research collaboration between the Department of Equine and Small Animal medicine, Faculty of Veterinary Medicine, University of Helsinki, the Diagnostic Imaging department, Helsinki University Veterinary Teaching Hospital and the department of Comparative Biomedical Sciences, Royal Veterinary College, London.

**2019→ Principal investigator** of The Finnish Agility Study, an international research collaboration between the Department of Equine and Small Animal medicine, Faculty of Veterinary Medicine, University of Helsinki and Faculty of Health and Sport Sciences, University of Jyväskylä, Department of Clinical Sciences, Swedish University of Agricultural Sciences and Faculty of Kinesiology, University of Calgary and the Finnish Agility Association.

**2022→ Collaborator** in a research project at the Faunafysio and PetBone research groups, Faculty of Veterinary medicine, University of Helsinki, investigating physical activity, joint movement and pain in healthy pet rabbits and in pet rabbits with osteoarthritis.

**2019-2020 Post doc researcher.** PetBone research group, department of Equine and Small Animal Medicine and department of Veterinary Biosciences, Faculty of Veterinary Medicine, University of Helsinki and Animal Hospital Aisti, Vantaa.

**PhD supervisor.** Doctoral Program in Clinical Veterinary Medicine, Faculty of Veterinary Medicine, University of Helsinki, Finland.

**Supervisor of MSc thesis** of MSc/PgDip Veterinary Physiotherapy at the University of Liverpool.

**Supervisor of licentiate thesis,** Faculty of Veterinary Medicine University of Helsinki, Finland.

### **Teaching merits**

**Clinical educator** in elective studies to veterinary students: introduction to veterinary physiotherapy and clinical biomechanics. Faculty of Veterinary Medicine/Helsinki University Veterinary Teaching Hospital, University of Helsinki, Finland.

**Clinical educator** for PgDip/MSc Veterinary Physiotherapy program, University of Liverpool, UK.

**Lecturer in small animal rehabilitation.** Swedish University of Agricultural Sciences, Uppsala, Sweden.

**Lecturer in small animal rehabilitation and preventive care in sporting and working dogs.** Diploma in Veterinary Nursing. Taitotalo, Helsinki, Finland.

**Lecturer in animal physiotherapy.** Specializing studies in animal physiotherapy, Satakunta University of Applied Sciences, Pori, Finland.

### **Awards and honours**

**August 2014. Best abstract** “The Finnish Neurological Function Test-Battery for Dogs, Intra-and Inter-rater Reliability” 8th International Symposium on Rehabilitation and Physical Therapy in Veterinary Medicine, Corvallis, Oregon, USA.

**September 2015. Best oral presentation** “Can Owners assess their dogs’ functional recovery after spinal cord injury?” Veterinary European Physical Therapy and Rehabilitation Association conference Gdansk, Poland.

### **Other merits**

**2021-2024 Referee for scientific publications,** Veterinary Journal, Research in Veterinary Science, Animals.

**August 2022 Speaker at international conference.** “Muscle evaluation in dogs with spinal disease”. 11<sup>th</sup> Symposium of the International Association of Veterinary Rehabilitation and Physical Therapy (IAVRPT), Cambridge, UK.

**August 2016 Key-note speaker at international conference.** “Neurology from a physiotherapy perspective”. 9<sup>th</sup> Symposium of the International Association of Veterinary Rehabilitation and Physical Therapy (IAVRPT), Uppsala, Sweden.

**2023-2024 Expert in dog welfare committee** Finnish Agility Association, Helsinki, Finland.