

CURRICULUM VITAE

Dr. med. Tim Hoenig

EDUCATION AND PROFESSIONAL EXPERIENCE

10/2014 – 11/2020	Medical School – University of Hamburg (Germany)
01/2017 – 12/2020	Doctoral Studies – University of Hamburg (Germany) 17/12/2020: Doctorate / Dr. med. (granted by the Medical Faculty of the University of Hamburg) Investigation performed in the Department of Sport and Movement Science, University of Hamburg (Institute of Sport and Movement Medicine) Supervisors: Prof. Klaus-Michael Braumann, Prof. Karsten Hollander Thesis titled: Fatigue-induced non-linear biomechanical changes of running gait as determined by the largest Lyapunov exponent Latin honor: magna cum laude
01/2021 – today	Residency at the Department of Trauma and Orthopaedic Surgery, University Medical Center Hamburg-Eppendorf (Head of Department: Prof. Karl-Heinz Frosch) Rotations: Lower Extremity, Upper Extremity, Spine, Tumor, Emergency Medicine, Joint Replacement (ENDO-Clinic Hamburg), Intensive Care Medicine
10/2021 – today	Team Physician of the German Athletics National Team 2021 – 2024: Olympic Interval Tokio – Paris 2024 – 2028: Olympic Interval Paris – Los Angeles
09/2024	Advanced Trauma Life Support (ATLS) Provider
09/2024	Race Emergency Medicine Course (REMC) Provider
07/2025	Medical Doctor FISU World University Games
12/2025 – today	Principal Investigator of DFG Network “Impact of Relative Energy Deficiency in Sports on Bone Health”

SCHOLARSHIPS & AWARDS

2022	GOTS Heinrich Hess Award
2023	EFORT Jacques Duparc Award
2025	DGOU Latin America Fellowship

VISITING RESEARCHER / CLINICAL FELLOWSHIPS

12/2018	Sports Medicine, Centre Hospitalier de Luxembourg, Luxembourg (Prof. Romain Seil)
11/2019	Sports Medicine, Sports Medicine Clinic Thessaloniki, Greece (Dr. Nikos Mallioropoulos)
02/2020	Biomechanics, University of Queensland, Australia (Prof. Steffen Willwacher)
08/2022 – 09/2022	Sports Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School, USA (Prof. Adam S. Tenforde)
03/2023 – 04/2023	Sports Medicine & Biomechanics, University of Calgary, Canada (Prof. Brent Edwards, Prof. Nicholas Mohtadi)
05/2024	Foot & Ankle, Massachusetts General Hospital, Harvard Medical School, USA (Prof. Christopher W. DiGiovanni)
10/2024	Sports Medicine, Aspetar, Qatar (Dr. Juan-Manuel Alonso, Dr. Stephen Targett)
08/2025	Foot & Ankle, Bass Medical Group, USA (Dr. Amol Saxena)
11/2025	Trauma Surgery, Austral University Hospital, Buenos Aires, Argentina (Prof. Carlos M. Autorino)
11/2025	Lower Extremity, Clinica Alemana, Santiago de Chile, Chile (Prof. David Figueroa)
11/2025	Lower Extremity, Hospital Nacional Edgardo Rebagliati Martins, Lima, Peru (Dr. Claudia Arias)

MEMBERSHIP IN SCIENTIFIC ORGANISATIONS

German Society for Sports Medicine and Prevention (DGSP)
German Society of Orthopaedics and Traumatic Sports Medicine (GOTS)
German-Speaking Arthroscopy Association (AGA)
German Knee Association (DKG)
Sport Physicians Association Hamburg (HSB)
Olympic Sport Physicians Association Germany (VÄ)
German Society of Orthopaedics and Traumatology (DGOU)

MAIN TEACHING INTERESTS

Bed-Side Teaching, Hands-On Teaching (Musculoskeletal Sonography, Orthopaedic Casting, Joint Examination, Clinical and Lab-Based Gait Assessment), Blended Learning, Problem-Based Learning, Science Education, International Exchange Programs, Mentoring, Interdisciplinary Teaching, Tandem Teaching, Interprofessional Teaching

PEER-REVIEW ACTIVITIES (SELECTION)

Acta Pharmaceutica Sinica B

Annals of Joint

Archives of Orthopaedic and Trauma Surgery

BMC Musculoskeletal Disorders

BMC Public Health

BMC Sports Science, Medicine and Rehabilitation

BMJ Open Sport & Exercise Medicine

Bone Reports

British Journal of Sports Medicine

Calcified Tissue International

Clinical Case Reports

Digital Health

Discover Medicine

Discover Public Health

European Journal of Medical Research

European Journal of Orthopaedic Surgery & Traumatology

European Journal of Sport Science

Foot & Ankle Specialist

Gait & Posture

International Journal of Emergency Medicine

Journal of Orthopaedic Surgery and Research

Journal of Science and Medicine in Sport

Knee Surgery, Sports Traumatology, Arthroscopy

Lasers in Medical Science

PLOS ONE

Quantitative Imaging in Medicine and Surgery

Scientific Reports

Sports Biomechanics

Sports Health: A Multidisciplinary Approach

Sports Medicine

Sport Sciences for Health

The Physician and Sportsmedicine

LIST OF MOST IMPORTANT SCIENTIFIC ARTICLES (SELECTION)

1. Hoenig T, Hollander K, Popp KL, Fredericson M, Kraus E, Warden SJ, Tenforde AS, Bone Stress Injury Authorship Group (2025). International Delphi consensus on bone stress injuries in athletes. *British Journal of Sports Medicine*.
2. Fohrmann D, Winter I, Simon A, Dalos D, Gronwald T, Hoenig T, Rolvien T, Hollander K (2025). Biomechanical Changes during Running on a Lower Body Positive Pressure Treadmill in Competitive Runners. *Scandinavian Journal of Medicine and Science in Sports*.
3. Hoenig T, Rahlf L, Wilke J, Krauß I, Dalos D, Willwacher S, Mai P, Hollander K, Fohrmann D, Krosshaug T, Gronwald T (2024). Appraising the methodological quality of sports injury video analysis studies: the QA-SIVAS scale. *Sports Medicine*.
4. Hoenig T, Saxena A, Rice HM, Hollander K, Tenforde AS (2023). Navigating the challenges and opportunities with “super shoes”: balancing performance gains with injury risk. *British Journal of Sports Medicine*.
5. Hoenig T, Eissele J, Strahl A, Popp KL, Stürznickel J, Ackerman KE, Hollander K, Warden SJ, Frosch KH, Tenforde AS, Rolvien T (2023). Low- and high-risk bone stress injuries: A systematic review and meta-analysis of 76 studies. *British Journal of Sports Medicine*.
6. Warden SJ, Hoenig T, Sventeckis AM, Ackerman KE, Tenforde AS (2023). Not all bone overuse injuries are stress fractures: it is time for updated terminology. *British Journal of Sports Medicine*.
7. Hoenig T, Gronwald T, Hollander K, Klein C, Frosch KH, Uebliacker P, Rolvien T (2023). Situational and biomechanical patterns of Achilles tendon ruptures in professional male football: a systematic video analysis of 80 cases. *Knee Surgery, Sports Traumatology, Arthroscopy*.
8. Tenforde AS, Saxena A, Hoenig T, Hollander K (2022). Bone Stress Injuries in Runners Using Carbon Fiber Plate Footwear. *Sports Medicine*.
9. Stürznickel J, Hinz N, Delsmann MM, Hoenig T, Rolvien T (2022). Impaired bone microarchitecture at distal radial and tibial reference locations is not related to injury site in athletes with bone stress injury. *The American Journal of Sports Medicine*.
10. Hoenig T, Ackerman KE, Beck BR, Bouxsein ML, Burr DB, Hollander K, Popp KL, Rolvien T, Tenforde AS, Warden SJ (2022). Bone stress injuries. *Nature Reviews Disease Primers*.
11. Hoenig T, Tenforde AS, Strahl A, Rolvien T, Hollander K (2022). Does magnetic resonance imaging grading correlate with return to sports after bone stress injuries? A systematic review and meta-analysis. *The American Journal of Sports Medicine*.
12. Gronwald T, Klein C, Hoenig T, Edouard P, Hollander K (2021). Hamstring strain injury patterns in professional male football (soccer): a systematic video analysis of 52 cases. *British Journal of Sports Medicine*.
13. Hoenig T, Nelson EO, Troy KL, Wolfahrt B, Heiderscheit BC, Hollander K (2021). Running-related injury: How long does it take? Feasibility, preliminary evaluation, and German translation of the University of Wisconsin Running and Recovery Index. *Physical Therapy in Sport*.

LIST OF MOST IMPORTANT SCIENTIFIC TALKS (SELECTION)

1. **Bone Stress Injuries**
Seminar Magistrale Sociedad Chilena de Medicina del Deporte
25/11/2025, Santiago de Chile, Chile (Invited Lecture)
2. **Medical Care in Running**
62. AAOT National Orthopaedic Congress of Argentina
19/11/2025, Buenos Aires, Argentina (Invited Lecture)
3. **Preventing Bone Stress Injuries in Young Athletes: International Consensus vs. Ongoing Controversies**
Sports, Medicine and Health Summit 2025
27/06/2025, Hamburg, Germany
4. **International Consensus Statement on Bone Stress Injuries**
Aspetar Bone Stress Injury Symposium 2024
05/10/2024, Doha, Qatar (Invited Lecture)
5. **High Ankle Sprain in Elite Athletes**
Symposium of the German Olympic Sport Physicians Association 2024
08/06/2024, Sigmaringen, Germany (Invited Lecture)
6. **Bone Stress Injuries: Current Challenges**
2024 Annual Congress of the American College of Sports Medicine (ACSM)
30/05/2024, Boston, USA
7. **Bone Stress Injuries in Elite Athletes**
Norwegian School of Sport Science and Norwegian Olympic Sports Centre (Olympiatoppen)
8/12/2023, Oslo, Norway (Invited Lecture)
8. **Running Biomechanics and Running-Related Injuries**
Symposium of the Norwegian Association of Sports Medicine and Physiotherapy.
7/12/2023, Oslo, Norway (Invited Lecture)
9. **Quality Assessment of Sports Injury Studies**
Congress of the German Association for Orthopaedic and Traumatic Sports Medicine
16/06/2023, Luxembourg City, Luxembourg
10. **Clinical Aspect of Bone Stress Injuries**
University of Calgary Biomechanics Seminar
06/04/2023, Calgary, Canada (Invited Lecture)
11. **Bone Stress Injuries in Athletics: Current Concepts**
German Athletics Conference
28/03/2023, Cologne, Germany (Invited Lecture)
12. **Tarsal navicular – a high-risk bone stress injury**
Symposium of the German Olympic Sport Physicians Association
03/06/2022, Freiburg, Germany
13. **Return to Running**
Congress of the German Association for Orthopaedic and Traumatic Sports Medicine
18/05/2022, Berlin, Germany

Hamburg, 18/12/2025