What is claimed is:

1. A compound comprising a modified oligonucleotide complementary to miR-21 (SEQ ID NO: 1), wherein the modified oligonucleotide consists of 19 contiguous nucleosides of the following nucleoside pattern II in the 5' to 3' orientation:

   N^M-N^B-N^Q-N^Q-N^B-(N^Q-N^Q-N^Q-N^B)$_3$-N^Q-N^Z

   wherein N^M is, independently, a modified nucleoside that is not a bicyclic nucleoside;

   each N^B is, independently, a bicyclic nucleoside;

   each N^Q is, independently, a non-bicyclic nucleoside; and

   N^Z is, independently, a modified nucleoside, and wherein

   (i) each bicyclic nucleoside comprises a non-methylated nucleobase, or

   (ii) no more than two non-bicyclic nucleosides are 2'-O-methoxyethyl nucleosides and each other non-bicyclic nucleoside is a β-D-deoxyribonucleoside; and wherein each internucleoside linkage is a phosphorothioate linkage; and

   wherein the modified oligonucleotide has the nucleobase sequence of SEQ ID NO: 3.
2. The compound of any one of the preceding claims wherein each bicyclic nucleoside is independently selected from an LNA nucleoside, a cEt nucleoside, and an ENA nucleoside.
3. The compound of claim 1, wherein each bicyclic nucleoside is an S-cEt nucleoside.
4. The compound of claim 1, wherein each bicyclic nucleoside is an LNA nucleoside.
5. The compound of any one of the preceding claims wherein each non-bicyclic nucleoside is independently selected from a β-D-deoxyribonucleoside and a 2'-O-methoxyethyl nucleoside.
6. The compound of any one of claims 1 to 4 wherein each non-bicyclic nucleoside is a β-D-deoxyribonucleoside.
7. The compound of any one of claims 1 to 4 wherein each non-bicyclic nucleoside is a 2'-O-methoxyethyl nucleoside.
8. The compound of any one of claims 1 to 7 wherein at least one cytosine is a 5-methyl cytosine, or wherein each cytosine is a 5-methylcytosine.
9. The compound of claim 1, wherein the modified oligonucleotide has a structure selected from:

   $A_EC_SATC_SAGTC_STGAU_SAAGC_STA_E$,

   $A_EC_SA_ET_EC_SA_EG_ET_EC_ST_EG_EA_EU_SA_EA_EG_EC_ST_EA_E$,

   $A_E^{Me}C_SAT^{Me}C_SAGT^{Me}C_STGAT_SAAG^{Me}C_STA_E$,

$A_EC_SATC_SAGTC_STGAU_SAAGC_STA_S$, and

$A_E^{Me}C_SAT^{Me}C_SAGT^{Me}C_STGAT_SAAG^{Me}C_STA_S$,

wherein nucleosides not followed by a subscript are β-D-deoxyribonucleosides, nucleosides followed by a subscript "E" are 2'-MOE nucleosides, nucleosides followed by a subscript "S" are S-cEt nucleosides, and superscript "Me" indicates a 5-methyl group on the base of the nucleoside.

10. A compound comprising a modified oligonucleotide consisting of at least 16 contiguous nucleotides of the structure:

$A_EC_SATC_SAGTC_STGAU_SAAGC_STA_E$,

wherein nucleosides not followed by a subscript are β-D-deoxyribonucleosides, nucleosides followed by a subscript "E" are 2'-MOE nucleosides, and nucleosides followed by a subscript "S" are S-cEt nucleosides, wherein each internucleoside linkage is a phosphorothioate internucleoside linkage.

11. The compound of claim 10, wherein the modified oligonucleotide consists of at least 17 contiguous nucleosides of the structure.

12. The compound of claim 10, wherein the modified oligonucleotide consists of at least 18 contiguous nucleosides of the structure.

13. The compound of claim 10, wherein the modified oligonucleotide consists of the structure:

$A_EC_SATC_SAGTC_STGAU_SAAGC_STA_E$.

14. The compound of claim 10, wherein the modified oligonucleotide consists of a structure selected from:

$A_EC_SATC_SAGTC_STGAU_SAAG$;

$A_EC_SATC_SAGTC_STGAU_SAAGC_S$;

$A_EC_SATC_SAGTC_STGAU_SAAGC_ST$;

$TC_SAGTC_STGAU_SAAGC_STA_E$;

$ATC_SAGTC_STGAU_SAAGC_STA_E$; and

$C_SATC_SAGTC_STGAU_SAAGC_STA_E$.

15. A modified oligonucleotide having the structure:

$A_EC_SATC_SAGTC_STGAU_SAAGC_STA_E$,

wherein nucleosides not followed by a subscript are β-D-deoxyribonucleosides, nucleosides followed by a subscript "E" are 2'-MOE nucleosides, and nucleosides

followed by a subscript "S" are S-cEt nucleosides; and wherein each internucleoside linkage is a phosphorothioate linkage.

16. A pharmaceutical composition comprising the compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 and a pharmaceutically acceptable carrier.
17. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 in the manufacture of a medicament for inhibiting the activity of miR-21 in a cell, wherein the medicament is to be contacted to a cell.
18. The use of claim 17, wherein the cell is *in vivo* or wherein the cell is *in vitro*.
19. The use of claim 17 or 18 wherein the cell is a fibroblast cell, a hyperproliferative cell, a keratinocyte, or a hypoxic cell.
20. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 in the manufacture of a medicament for decreasing collagen expression in a cell, wherein the medicament is to be contacted to a cell.
21. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 in the manufacture of a medicament for treating, preventing or delaying the onset of a disease associated with miR-21 in a subject having a disease associated with miR-21, wherein the medicament is to be adiministered into the subject having a disease associated with miR-21.
22. The use of claim 21, wherein the disease is fibrosis.
23. The use of claim 22, wherein the fibrosis is selected from kidney fibrosis, lung fibrosis, liver fibrosis, cardiac fibrosis, skin fibrosis, age-related fibrosis, spleen fibrosis, scleroderma, and post-transplant fibrosis.
24. The use of claim 22, wherein the fibrosis is kidney fibrosis.
25. The use of claim 24 wherein:
    a. the kidney fibrosis is present in a subject having a disease selected from glomerulosclerosis, tubulointerstitial fibrosis, IgA nephropathy, interstitial fibrosis/tubular atrophy; chronic kidney damage, glomerular disease, glomerulonephritis, diabetes mellitus, idiopathy focal segmental glomerulosclerosis, membranous nephropathy, collapsing glomerulopathy, chronic recurrent kidney infection, and end stage renal disease; or
    b. the kidney fibrosis results from acute or repetitive trauma to the kidney.
26. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 in the manufacture of a medicament for treating a fibroproliferative disorder in a subject, wherein the medicament is to be administered into the subject.

27. The use of any one of claims 20 to 26 comprising selecting a subject having elevated miR-21 expression in one or more tissues.
28. The use of any one of claims 20 to 26wherein the subject is in need of improved organ function, wherein the organ function is selected from cardiac function, pulmonary function, liver function, and kidney function.
29. The use of any one of claims 20 to 28 wherein the adminstration improves organ function in the subject, wherein the organ function is selected from cardiac function, pulmonary function, liver function, and kidney function.
30. The use of any one of claims 20 to 29 wherein said treatment comprising administration of at least one therapeutic agent selected from an anti-inflammatory agent, an immunosuppressive agent, an anti-diabetic agent, digoxin, a vasodilator, an angiotensin II converting enzyme (ACE) inhibitors, an angiotensin II receptor blockers (ARB), a calcium channel blocker, an isosorbide dinitrate, a hydralazine, a nitrate, a hydralazine, a beta-blocker, a natriuretic peptides, a heparinoid, and a connective tissue growth factor inhibitor.
31. The use of claim 30, wherein said therapeutic agent is at least one ACE inhibitor.
32. The use of claim 31, wherein the ACE inhibitor is selected from captopril, enalapril, lisinopril, benazepril, quinapril, fosinopril, and ramipril.
33. The use of claim 30, comprising administration of at least one ARB inhibitor.
34. The use of claim 33, wherein the ARB inhibitor is selected from candesartan, irbesartan, olmesartan, losartan, valsartan, telmisartan, and eprosartan.
35. The use of claim 21, wherein the disease is cancer.
36. The use of claim 35 wherein the cancer is liver cancer, breast cancer, bladder cancer, prostate cancer, colon cancer, lung cancer, brain cancer, hematological cancer, pancreatic cancer, head and neck cancer, cancer of the tongue, stomach cancer, skin cancer, or thyroid cancer.
37. The use of any one of claims 35 or 36 wherein said treatment further comprising administration of at least one additional anti-cancer therapy to the subject.
38. The use of any one of claims 21 to 37, wherein the subject is a human.
39. The use of any one of claims 21 to 38, wherein the compound is present as a pharmaceutical composition.
40. A compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15, for use in therapy.

41. A compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15, for use in the treatment of fibrosis.
42. A compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15, for use in promoting wound healing.
43. A compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15, for use in treating cancer.
44. A compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15, for use in preventing and/or delaying the onset of metastasis.
45. A compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15, for use in treating cardiac disease.
46. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 for the preparation of a medicament.
47. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 for the preparation of a medicament for treating fibrosis.
48. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 for the preparation of a medicament for promoting wound healing.
49. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 for the preparation of a medicament for treating cancer.
50. Use of a compound of any one of claims 1 to 14 or the modified oligonucleotide of claim 15 for the preparation of a medicament for preventing and/or delaying the onset of metastasis.