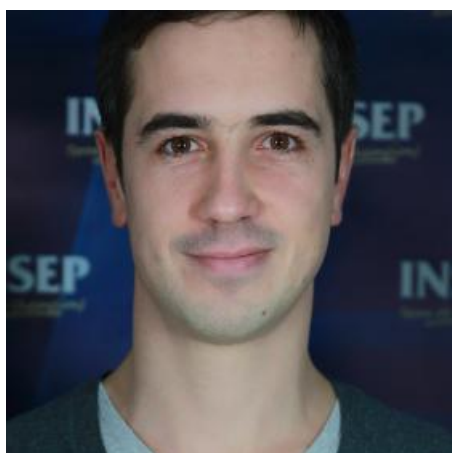




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DIRECTEUR DU LABORATOIRE SPORT, EXPERTISE ET PERFORMANCE

GUILHEM GAËL**PHD, HDR**QUALIFIED AS A UNIVERSITY PROFESSOR - SECTION 74
LEADER OF THE INJURY PREVENTION THEME 01 41 74 43 36 Site internetURL of the page: <https://labos-recherche.insep.fr/en/annuaire-des-personnes/guilhem-gael>

SPECIALITIES

- Biomechanics and Neuromuscular Physiology

RESEARCH TOPICS

- Neuromuscular adaptations to exercise
- Understanding and prevention of muscle injury
- Biomechanical and neuromuscular determinants of performance

SCIENTIFIC SUPPORT(ASP)

- **Interventions** : injury prevention, individualisation of muscle strengthening
- **Measurements** : ergometry, imaging (ultrasound, MRI, elastography), EMG
- **Federations** : French Federations of Athletics, Rugby, Ice Sports, Canoe-Kayak

MAIN SCIENTIFIC PUBLICATIONS

- Avrillon S, Hug F, [Guilhem G](#). Bilateral differences in hamstring coordination in previously injured elite athletes. Journal of Applied Physiology. 2020;128(3):688-697. [Vers l'article](#)
- Avrillon S, Lacourpaille L, Hug F, Le Sant G, Frey A, Nordez A, [Guilhem G](#). Hamstring muscle elasticity differs in specialized high-performance athletes. Scand J Med Sci Sports. 2020;30(1):83-91. [Vers l'article](#)
- Lacome M, Avrillon S, Cholley Y, Simpson BM, [Guilhem G](#), Buchheit M. Hamstring Eccentric Strengthening Program: Does Training Volume Matter? International Journal of Sports Physiology and Performance. 2020;15(1):81-90. [Vers l'article](#)
- [Guilhem G](#), Doguet V, Hauraix H, Lacourpaille L, Jubeau M, Nordez A, Dorel S. Muscle force loss and soreness subsequent to maximal eccentric contractions depend on the amount of fascicle strain in vivo. Acta Physiol. 2016;217(2):152-163. [Vers l'article](#)
- [Guilhem G](#), Giroux C, [Couturier A](#), Chollet D, [Rabita G](#). Mechanical and Muscular Coordination Patterns during a High-Level Fencing Assault: Medicine & Science in Sports & Exercise. 2014;46(2):341-350. [Vers l'article](#)

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