



IRMES  
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## Injury Prevention

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## TOPIC2

The research work conducted within this theme is intended to tackle two main research issues :

- > Identify the conditions conducive to injury through the development of innovative risk factors and/or predictive of injury incidence and recurrence ;
- > Evaluate the effects of intervention programs aimed at preserving sports performance capabilities during injury, or restoring them return to sport.

The development of this research theme is based on close collaboration with the medical teams centre of INSEP, allowing the emergence of knowledge at the interface of clinical and scientific fields (exercise traumatology, functional rehabilitation, re-athletisation). This research is conducted within the ReFORM IOC research centre framework in a view to initiate multi-centre interdisciplinary research to further promote and protect the health of athletes.

The applications resulting from this research should ultimately contribute to mitigating the deleterious impact of injury and reducing training time loss.

Présentation thème 2

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