



## Pros and cons of water immersion for recovery

# ADD TO THE CALENDAR

The aim of this conference is to discuss the latest scientific advances in sports performance. We look forward to seeing you at the next event on Tuesday June 18, 2024, at INSEP.



## Registration required at the following address

https://www.insep.fr/fr/form/l-hydrotherapie-comme-strategie-

URL of the page: https://www.insep.fr/en/agenda/pros-and-cons-water-immersion-recovery