

FULGUR



*Program for the seminar
December 13th 2022*



TUESDAY 13TH DECEMBER 2022

TO EVALUATE AND TO PREVENT INJURY PLENARY - PARIS 1900

- 10:00** Welcome coffee
- 10:15** **Opening**
Fabien Canu, General director INSEP
- 10:30** **FULGUR : Focus on Paris 2024**
Gaël Guilhem & Caroline Giroux
- 11:00** **How to make injury prevention work?**
Evert Verhagen, VU University Medical Center, The Netherlands
- 12:00** **Can we identify football players at risk for a hamstring injury?**
Erik Witvrouw, Ghent University, Belgium
- 13:00** Lunch break / Posters-Salle Paris 1900

PERFORMANCE OPTIMISATION AND INJURY PREVENTION IN SPRINT PLENARY - PARIS 1900

- 14:30** **Promoting behaviours that reduce the risk of injury: an evidence-based practice approach**
Marta Moreira Marques, University of Lisbon, Portugal
- 15:30** **Holistic approach of sprint training: performance and prevention. Planification and risk management**
Kenny Guex, University of Applied Sciences and Arts Western Switzerland, Switzerland
- 16:15** Transfer to Halle Maigrot – Coffee and workshops

SPRINT ANALYTICS USING MARKERLESS VIDEO WORKSHOP - HALLE MAIGROT

ON-FIELD INJURY PREVENTION WORKSHOP - HALLE MAIGROT

- 16:45** **Integration of lumbo-pelvic control in educational exercises for sprinters**
Kenny Guex, University of Applied Sciences and Arts Western Switzerland, Switzerland