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Sharing best practice between spinal cord injury rehabilitation specialists and applied sports scientists supporting the Paralympic athlete.

Professor Vicky Goosey-Tolfrey

It is a big challenge to get and keep people with a SCI active since it is a multi-factorial problem, rehabilitation professionals and fitness trainers should play an important role in assisting people with a SCI into general physical activity leisure activities and sports over the lifespan to prevent long-term deconditioning. The main goal is that an active lifestyle should become a permanent part of the person's daily life. Evidence-based rehabilitation has become very important in the realm of exercise medicine to assist with this process. Moreover, for athletic populations the process of convincing the coach that an athlete may need to change their training regime leading into a major competition is also very challenging. Consequently, knowledge that have been obtained by *sharing of best practice* among rehabilitation sciences, applied sport sciences and professionals for improving mobility, exercise and sports participation for persons with a SCI has been an approach adopted in the UK. In light of this, the continued efforts of combing the knowledge from applied exercise physiologists, biomechanists and motor control scientists is sought through challenging the exercise protocols and guidelines and encouraging the use of technology-driven training and monitoring systems that are seen today.



Professor Vicky Goosey-Tolfrey

Peter Harrison Centre for Disability Sport, National Centre for Sport and Exercise Medicine, School for Sport, Exercise and Health Sciences, Loughborough University, UK

Biography

Vicky is the Director of the Peter Harrison Centre for Disability Sport at Loughborough University. She and her team members have established fruitful collaborations with Prof Lucas van der Woude for

many years now. Her applied roles have meant that she has attended many Paralympic Games supporting GB athletes (starting as far back as in Atlanta 1996). She led the applied sport science project for the Great Britain Wheelchair Rugby Association over-seeing the delivery of a programme of applied support leading to Rio 2016 and worked with the GB paratriathlon squad. Vicky is now still working with these two sports leading into the Tokyo 2020 Cycle.

In 2017, Vicky received the prestigious IPC Paralympic Scientific Award and was named one of Loughborough Universities Inspirational Women in Sport. Vicky is editor of one of the few scientific international handbooks on sport physiology and biomechanics in adapted sports 'Wheelchair Sport' published by Human Kinetics and has published extensively within Paralympic Sport.