早稲田大学スポーツ科学学術院スポーツ科学研究センター 主催

第71回東伏見スポーツサイエンス研究会

日時　2022年1月20日（Thursday）　**9:00~10:30 am (Japan Time)**
場所　オンライン開催（Zoom、詳細は案内メールに記載）

演題 Concussion and Subsequent Musculoskeletal Injury: Current Insights and Future Directions

Dr. Jessie Oldham, PhD (Virginia Commonwealth University, USA)

■**Abstract:** concussions are classified as a significant health problem and may put an individual at risk for both short and long-term impairments across the lifespan. While most concussions resolve within two weeks, physiological deficits may persist for weeks or months beyond clinical recovery and could be related to the increased post-concussion musculoskeletal injury risk that has been identified across a wide spectrum of individuals. There is approximately a 2.5 times increased risk of sustaining a subsequent musculoskeletal injury in the year following concussion. However, the mechanisms underlying why concussions lead to have not been established. Current clinical assessments may not be sensitive or reliable enough to consistently detect the subtle post-concussion physiological deficits, despite an individual being cleared to return to sport, and thus, predisposing them to higher injury vulnerability. In this presentation, I will discuss what we know about the relationship between concussion and subsequent musculoskeletal injury, how we can identify which individuals are at risk, and what types of rehabilitation strategies may be employed to reduce this risk.

■**Bio:** Dr. Jessie Oldham, PhD is an Assistant Professor in the Department of Physical Medicine and Rehabilitation at Virginia Commonwealth University School of Medicine. The overarching goal of Dr. Oldham's research is to investigate the underpinnings of the concussion and subsequent musculoskeletal injury relationship through the evaluation of postural control and other physiological measures. She has received funding for her research through the Thrasher Research Fund and the Child Health Research Institute at the Children's Hospital of Richmond.

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