

ISU COACHES' SEMINARS: THE HEALTHY SKATER

FIGURE SKATING PERFORMANCE DEMANDS - INJURY PREVENTION

DATE: March 9, 2019
TIME: 9:00-11:00 am
PLACE: ISU WORLD JUNIOR FIGURE SKATING CHAMPIONSHIPS 2019, ZAGREB (CRO)
LOCATION: Draw and Press Conference room - Dom Sportova Arena

AGENDA

9:00	Welcome and Introduction	Ruben Ambartsumov, MD, ISU Medical Commission member Susanna Rahkamo, PhD, Development Commission, Coordinator
9:15	Physical testing in figure skating; What the results indicate?	Riina Valto, Sport Sci Lecturer, (FIN)
9:40	Importance of proprioception and stretching training in injury prevention.	Ass.Prof. Sanda Dubravčić-Šimunjak, MD, PhD, (CRO)
10:05	Load management and recovery techniques for injury prevention	Kristin Abbott, MD, (USA)
10:30	Questions for Panel discussion	Moderator: Ruben Ambartsumov, MD

This seminar will be Live streamed on the [ISU Development Projects YouTube Channel](#).

Information is available on the [ISU website](#).