

Using R to protect athletes' health

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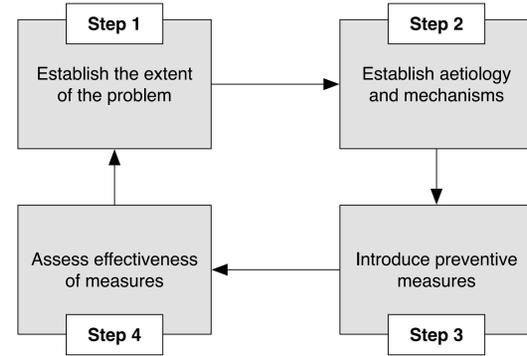
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Background

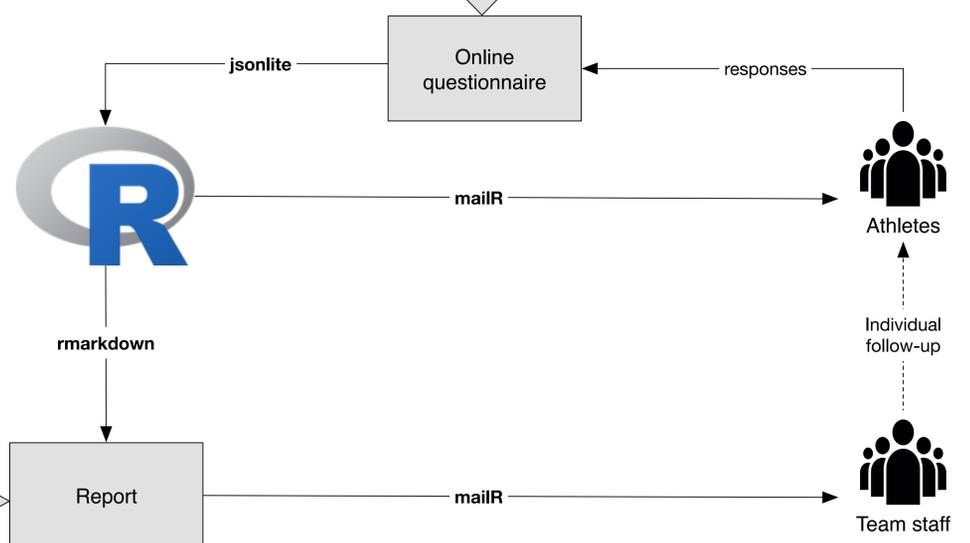
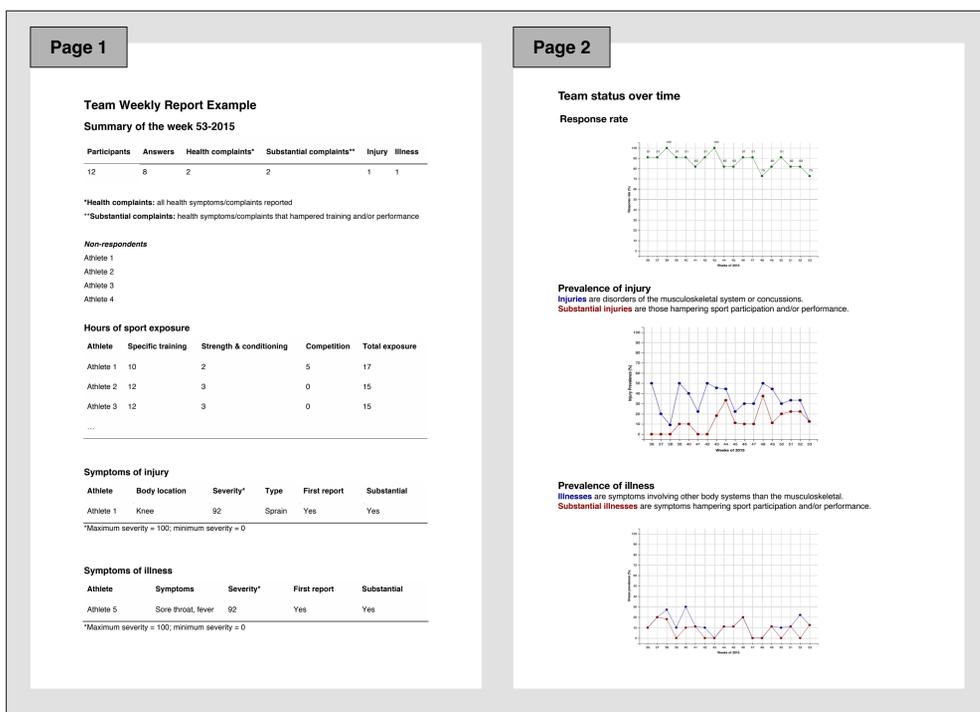
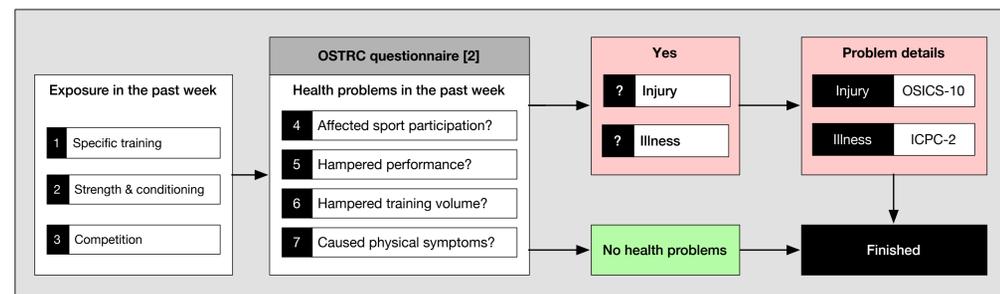
- Participation in sports at all levels exposes participants to an increased risk of injury and illness.
- At the recreational level, sports related injury and illness result in societal costs, posing a burden for contemporary society.
- At the elite level, sub-optimal health and injury are detrimental for performance.
- Consequently, prevention is of great importance, and monitoring athletes' health is considered the first step towards effective prevention [1].



The sequence of prevention of sports injuries. Adapted from van Mechelen et al. [1]

Current strategy towards solution

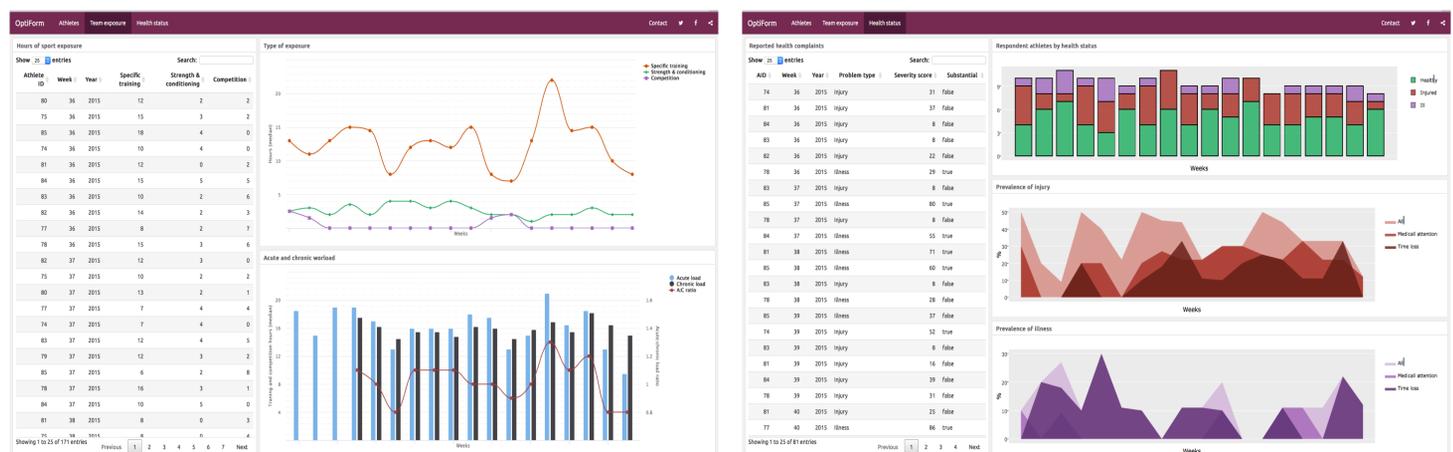
- Facilitate sports-health surveillance (step 1 of the sequence of prevention).
- Early detect athletes' symptoms of injury and illness to facilitate early intervention.
- Our sports-health surveillance workflow is managed and documented in R.



The sports-health surveillance weekly workflow

Work in progress

- Flexdashboards for sporting teams.
 - Personalised dashboards for athletes.
- This can be useful to provide tailored (evidence-based) feedback on health and safety behaviours. Although the possibility in theory exists, we are still investigating how to implement this in a feasible way.



Acknowledgements

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References

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