



7th

ECOSEP Congress
**Sports Medicine
and Science:
Facts for the Future**

Athens
**19-20
November
2021**



Presentation of the ReFORM International Olympic Committee Research Centre

Géraldine Martens, PT, PhD
Scientific Coordinator ReFORM
Liège, Belgium





ReFORM

Réseau Francophone Olympique de la Recherche en Médecine du sport



IOC Research Centres Network



IOC recognises 11 Research Centres worldwide for prevention of injury and protection of athlete health

07 Jan 2019



IOC/John Huet

Australia – Canada – Denmark – Korea – Netherlands – Norway
– Qatar – United Kingdom – United States



ReFORM: 5 Centres

- [Luxembourg](#) Institute of Research in Orthopedics, Sports Medicine and Science (LIROMS)
- University Hospital of [Liege](#) Physical Medicine Department (SportS²)
- University Hospitals of [Geneva](#) Orthopedic Department (HUG)
- National Institute of Sport, Expertise and Performance, [Paris](#) (INSEP)
- National Institute of Sport Québec, [Montreal](#) (INS)



ReFORM Representatives



*Pr. Romain Seil
LIROMS
Luxembourg*



*Dr. Sebastien Le Garrec
INSEP
Paris, France*



*Pr. Didier Hannouche
University Hospital
Geneva, Switzerland*



*Pr. Jean Francois Kaux
University Hospital
Liège, Belgium*



*Dr. Suzanne Leclerc
INS
Montreal, Canada*





Dr. Alain Frey
former INSEP

The challenge...

- ✧ Original idea: Monaco 2017
- ✧ First meeting at INSEP, Paris (06-2017)
- ✧ First international center
- ✧ First intercontinental center
- ✧ **Common language**
- ✧ Many differences:

healthcare systems,

geography,

sports performance,

academic & scientific environments



French ?

- ✧ French = 5th language in the world
- ✧ 88 countries
- ✧ 275 mio. people (55% Africa)

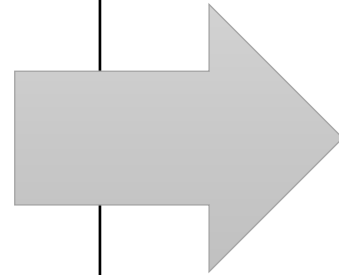


- ✧ Official IOC language
- ✧ Paris 2024



Keep calm & hire a coordinator

- ✧ Assistance in project planning & FU
- ✧ National / regional / local evaluations
- ✧ Information flow, reports
- ✧ Private public partnerships
- ✧ Meeting organization
- ✧ Funding
- ✧ **Research & publishing assistance**



Géraldine Martens, PT, PhD
Liège, Belgium
Since February 2020





Mission & Goals



Mission

Increase knowledge, professional development and clinical application, within the *Francophonie*, to prevention issues related to contemporary themes in order to improve the health of all athletes.

ReFORM offers a multidisciplinary, multicultural and multicentric approach and collaborates on innovative international research.

Values: Dissemination - Innovation - Ethics



Promotion of the network

Journal de Traumatologie du Sport 2020;37(2):65–66

Éditorial

L'union fait la force ! Le réseau francophone ReFORM est reconnu par le CIO pour faire avancer la prévention des blessures et la protection de la santé des athlètes



Strength lies in numbers! The Francophone ReFORM recognized by the IOC for advances in the prevention of sports injuries and the protection of athletes' health

P. Edouard^{a,b}, F. Bieuzen^c, J. Cabri^d, J.L. Croisier^e, J.R. Filliard^f, B. Forthomme^e, G. Guilhem^g, D. Hannouche^h, J.F. Kaux^e, S. Leclerc^c, S. Le Garrec^f, P. Le Van^f, R. Seil^d, P. Thoreux^{i,j}, J.F. Toussaint^k, P. Tscholl^h, A. Urhausen^d

Science & Sports (2020) 35, 61–62



Disponible en ligne sur
ScienceDirect
www.sciencedirect.com

Elsevier Masson France
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www.em-consulte.com



INFORMATIONS GÉNÉRALES

Le réseau francophone ReFORM

The French-speaking ReFORM network



Objectives








BMJ Journals

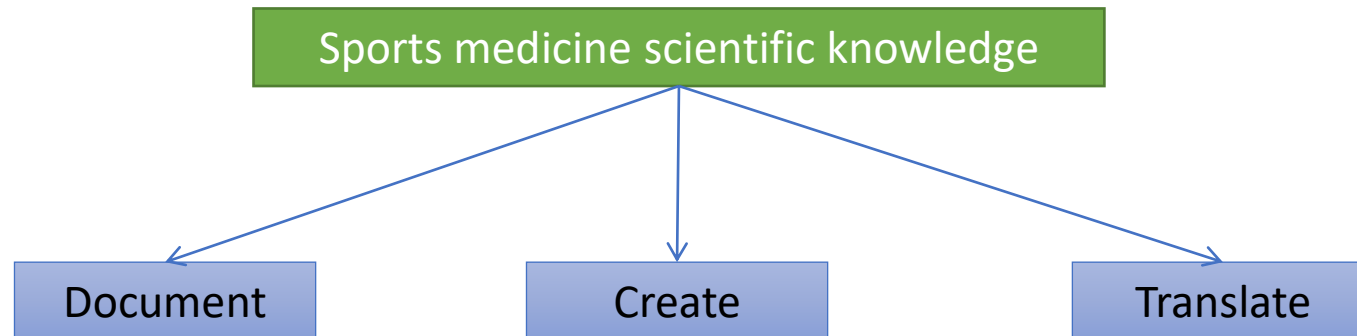
British Journal of
Sports Medicine

Editorial

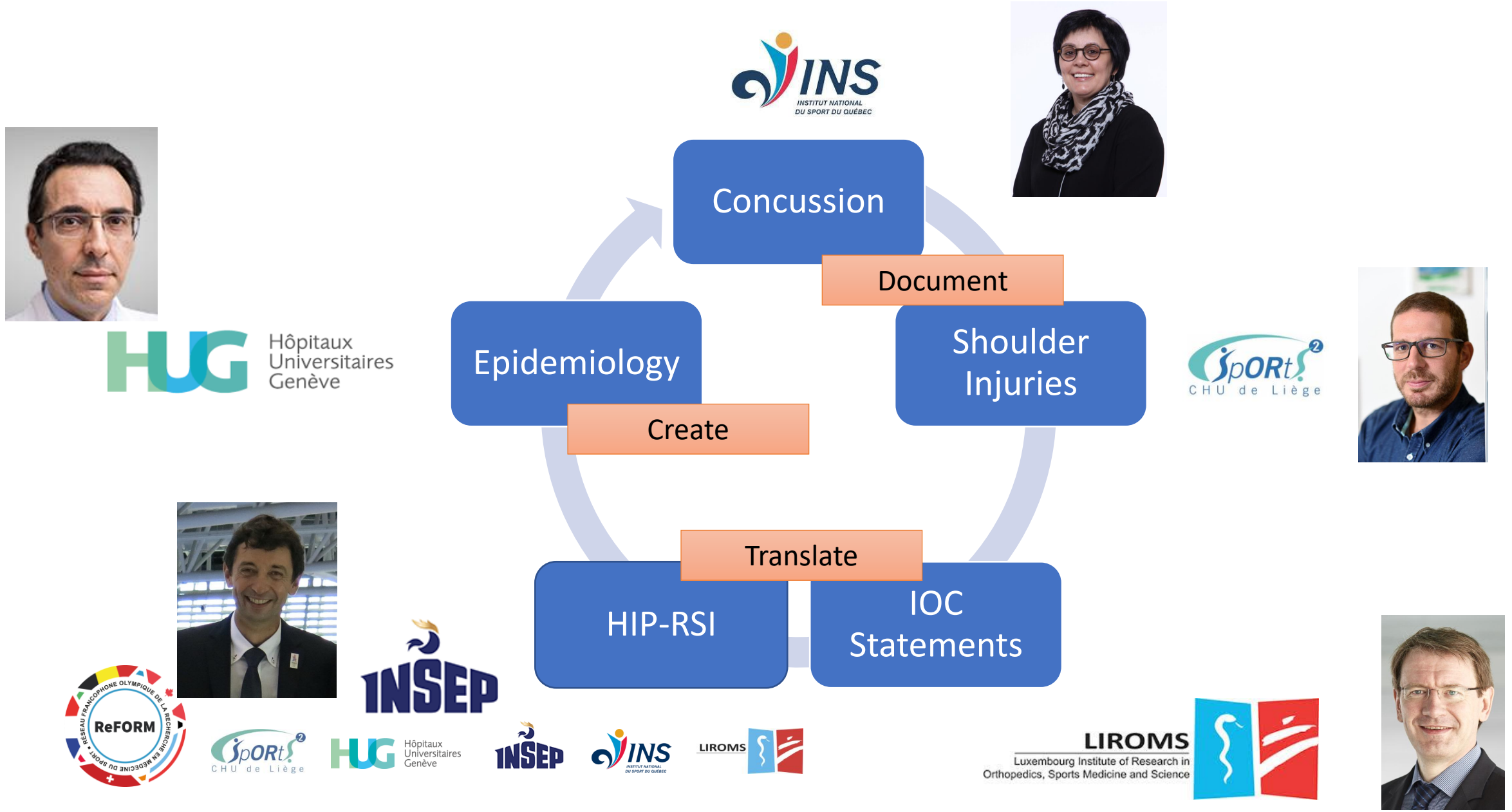
Document, create and translate knowledge: the mission of ReFORM,
the Francophone IOC Research Centre for Prevention of Injury and
Protection of Athlete Health 



 Géraldine Martens¹,  Pascal Edouard^{2, 3, 4},  Philippe Tscholl⁵,  François Bieuzen⁶,  Laurent Winkler²,  Jan Cabri⁷, 
Axel Urhausen^{7, 8, 9},  Gaël Guilhem^{2, 10},  Jean-Louis Croisier¹¹,  Patricia Thoreux^{2, 12, 13},  Suzanne Leclerc⁶,  Didier
Hannouche⁵,  Jean-François Kaux¹¹, Sébastien Le Garrec²,  Romain Seil^{7, 8, 14}



Document, create & translate knowledge



Document: INS Québec

- 1) Concussion education - pilot project (85 p.)
- 2) Survey on concussion knowledge to larger groups, including stakeholders (coaches, paramedical, medical doctor) and athletes from all levels (club to pro-team) – 2000 p. – to be presented at ECOSEP!

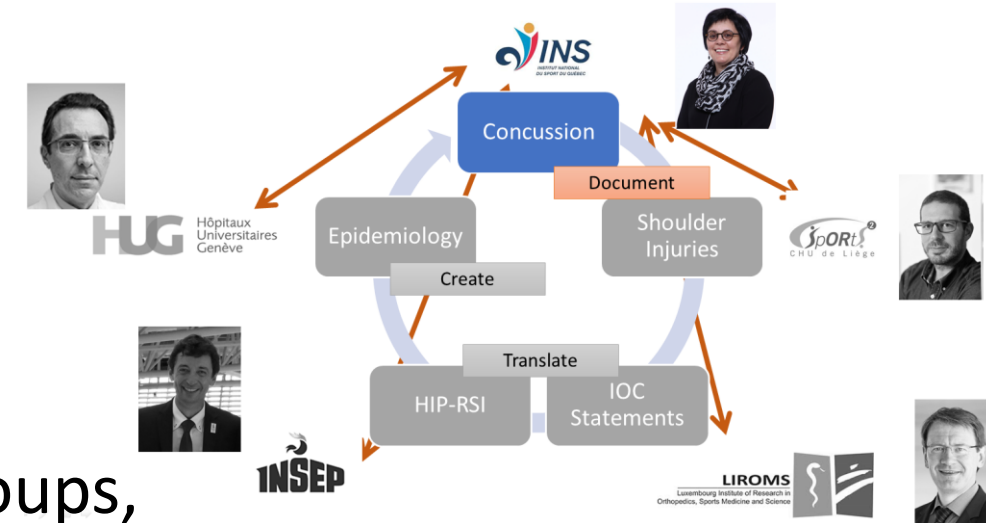
Saturday, 20 November, 2021

15.20 - 17.00

FIFA SESSION - Football medicine and player welfare

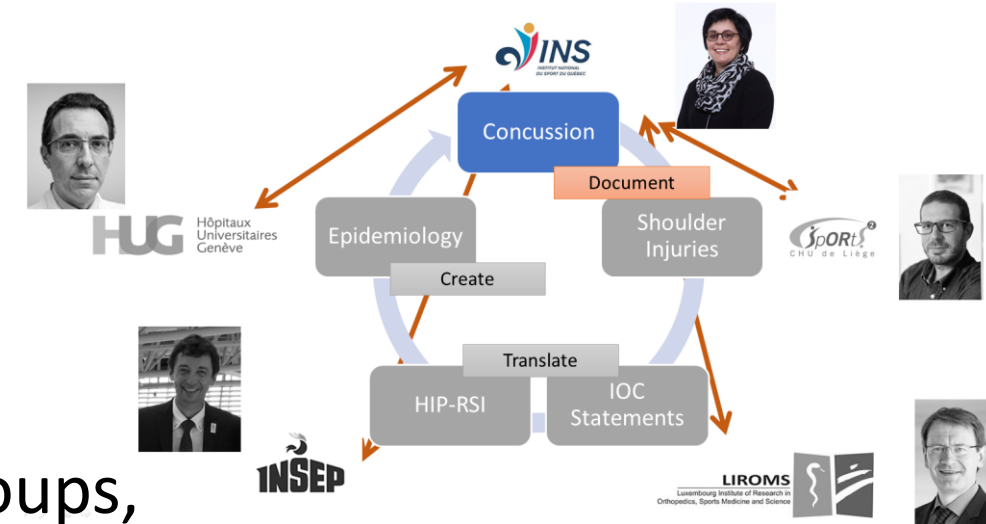
SKALKOTAS HALL

Analysis of a vast survey conducted in the French-speaking sports world on the knowledge and management of concussion in football, **J. F. Kaux**



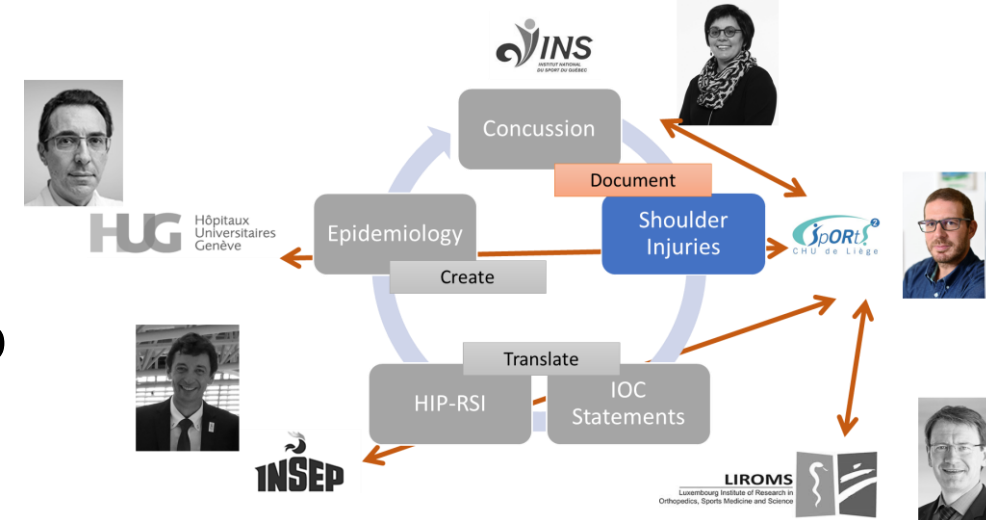
Document: INS Québec

- 1) Concussion education - pilot project (85 p.)
- 2) Survey on concussion knowledge to larger groups, including stakeholders (coaches, paramedical, medical doctor) and athletes from all levels (club to pro-team) – 2000 p.
- 3) Education program for athletes, coaches and paramedical/medical teams to standardize level of care on concussion throughout the Francophonie
- 4) 2 years post-training, new survey to evaluate changes



Document: SportS² Liège

- 1) Identify injury prevention practices specific to the upper limb through an online survey
– to be presented at ECOSEP!



Friday, 19 November, 2021

10.30 - 12.10

ReFORM IOC Research Center: Injury prevention through the lens of the Francophone IOC Research Center

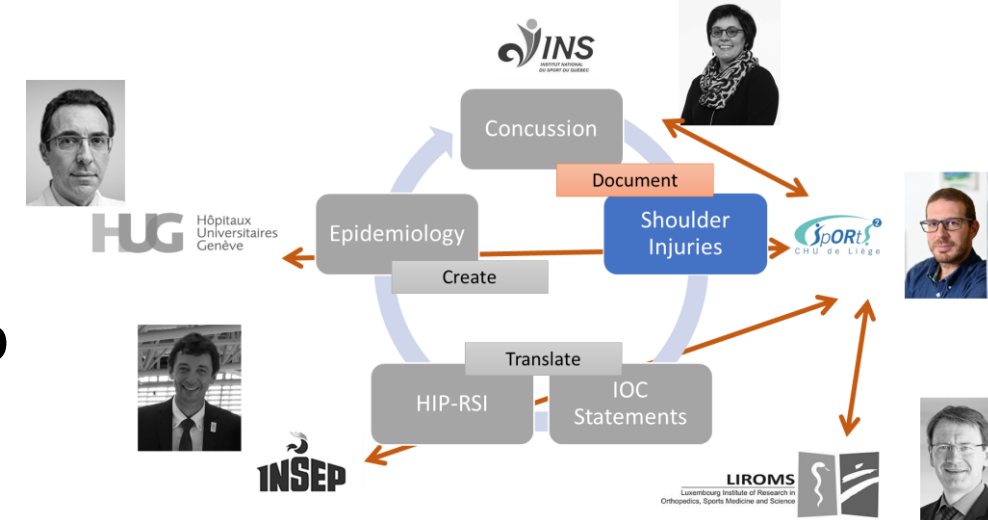
MC2 HALL

What are the prevention habits actually adopted by the “overhead” athlete’s staff? • **A.Gofflot**



Document: SportS² Liège

- 1) Identify injury prevention practices specific to the upper limb through an online survey
- 2) Build questionnaire on individual (+staff) perception on RTS & performance following shoulder surgery
- 3) Collect prospective data on shoulder surgeries & RTS



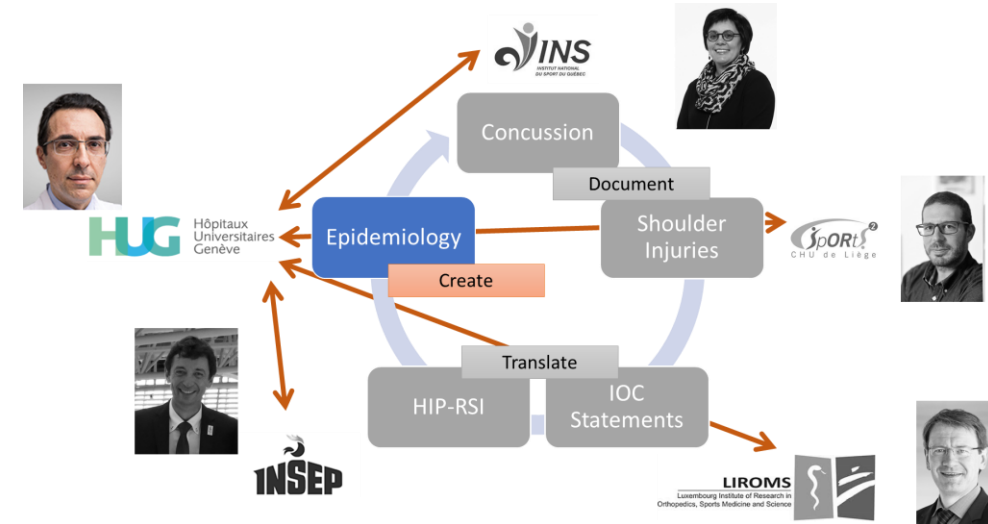
Create: HUG Geneva

1) Lower limb injuries (knee)

- Post-surgical apprehension

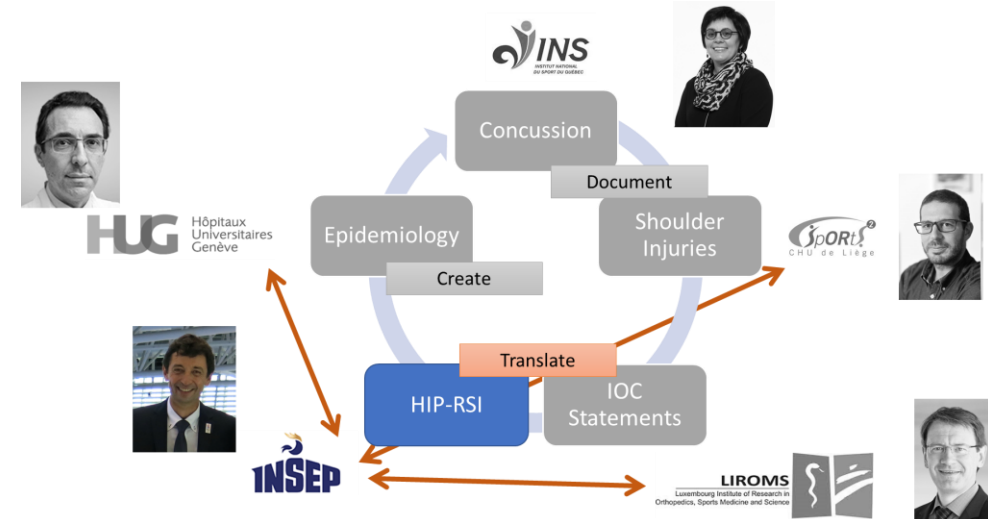
2) Setting up an injury registry

- For the 5 centres
- Opportunity to open it to other centres once running
- Needs extensive brainstorming & preparation



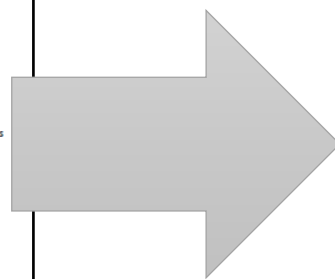
Translate: INSEP Paris

1) Translation, cultural adaptation and validation of the Hip-Return to Sport After Injury (HIP-RSI) Scale (Short Form)



HIP-RSI SCALE (Short-Form)
Instructions: Please answer the following questions referring to your main sport prior to injury. For each question tick a box ☐ between the two descriptions to indicate how you are feeling right now relative to the two extremes.

- Are you confident that you can perform at your previous level of sport participation?
 Not at all confident ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Fully confident
- Do you think you are likely to re-injure your hip by participating in your sport?
 Extremely likely ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Not likely at all
- Are you nervous about playing your sport?
 Extremely nervous ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Not nervous at all
- Are you confident that you could play your sport without concern for your hip?
 Not at all confident ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Fully confident
- Do you find it frustrating to have to consider your hip with respect to your sport?
 Extremely frustrating ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Not at all frustrating
- Are you fearful of re-injuring your hip by playing your sport?
 No fear at all ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Extremely fearful



Échelle HIP-RSI (Version Brève)
Instructions: veuillez répondre aux questions suivantes se référant au sport principal pratiqué avant votre blessure. Pour chaque question, cochez la case ☐ qui indique comment vous vous sentez maintenant par rapport aux deux extrêmes.

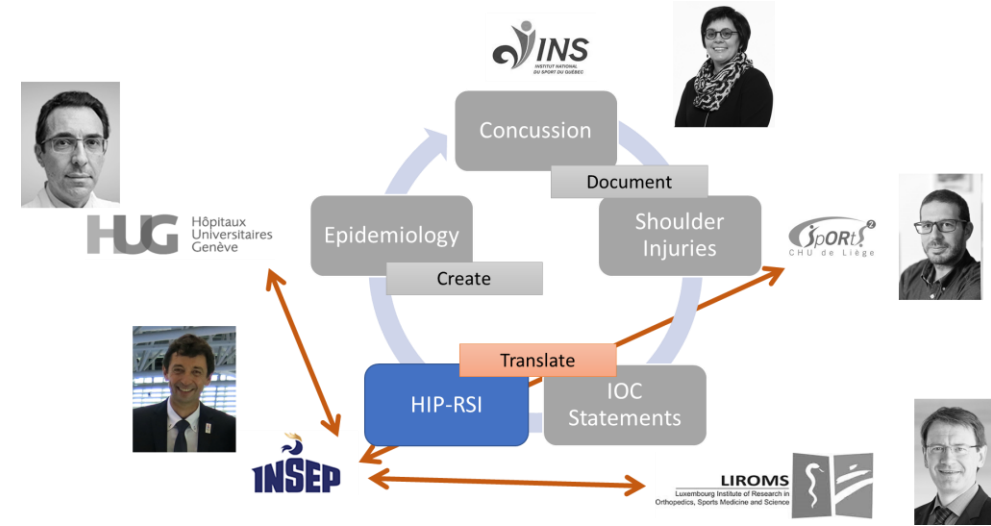
- Etes-vous confiant e de pouvoir atteindre votre niveau sportif antérieur?
 Pas confiant e du tout ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Totalemment confiant e
- Pensez-vous qu'il est probable que vous vous blessiez à nouveau à la hanche en pratiquant votre sport ?
 Extrêmement probable ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Pas probable du tout
- Etes-vous nerveux se à l'idée de pratiquer votre sport?
 Extrêmement nerveux se ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Pas nerveux se du tout
- Etes-vous confiant e de pouvoir pratiquer votre sport sans vous soucier de votre hanche ?
 Pas confiant e du tout ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Totalemment confiant e
- Trouvez-vous frustrant de devoir tenir compte de votre hanche pour votre sport ?
 Extrêmement frustrant ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Pas frustrant du tout
- Avez-vous peur de vous blesser à nouveau à la hanche en pratiquant votre sport ?
 Pas peur du tout ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 ☐ 70 ☐ 80 ☐ 90 ☐ 100 Extrêmement peur



Next step: validation!

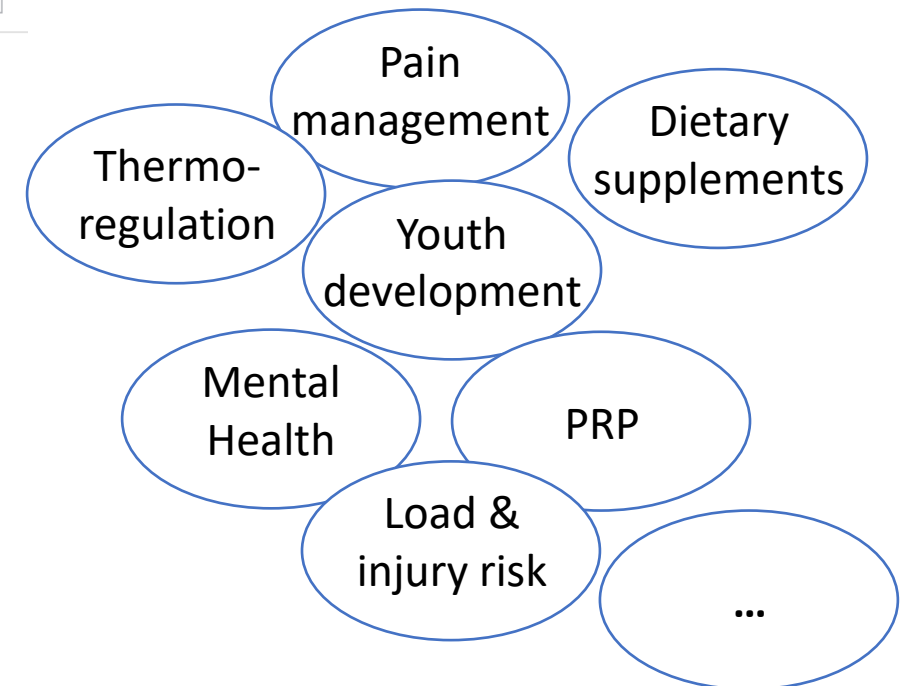
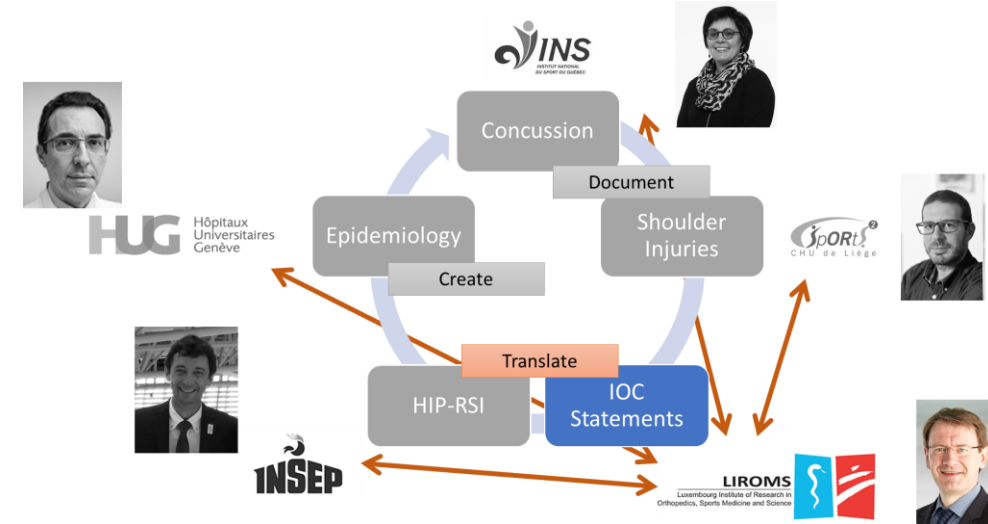
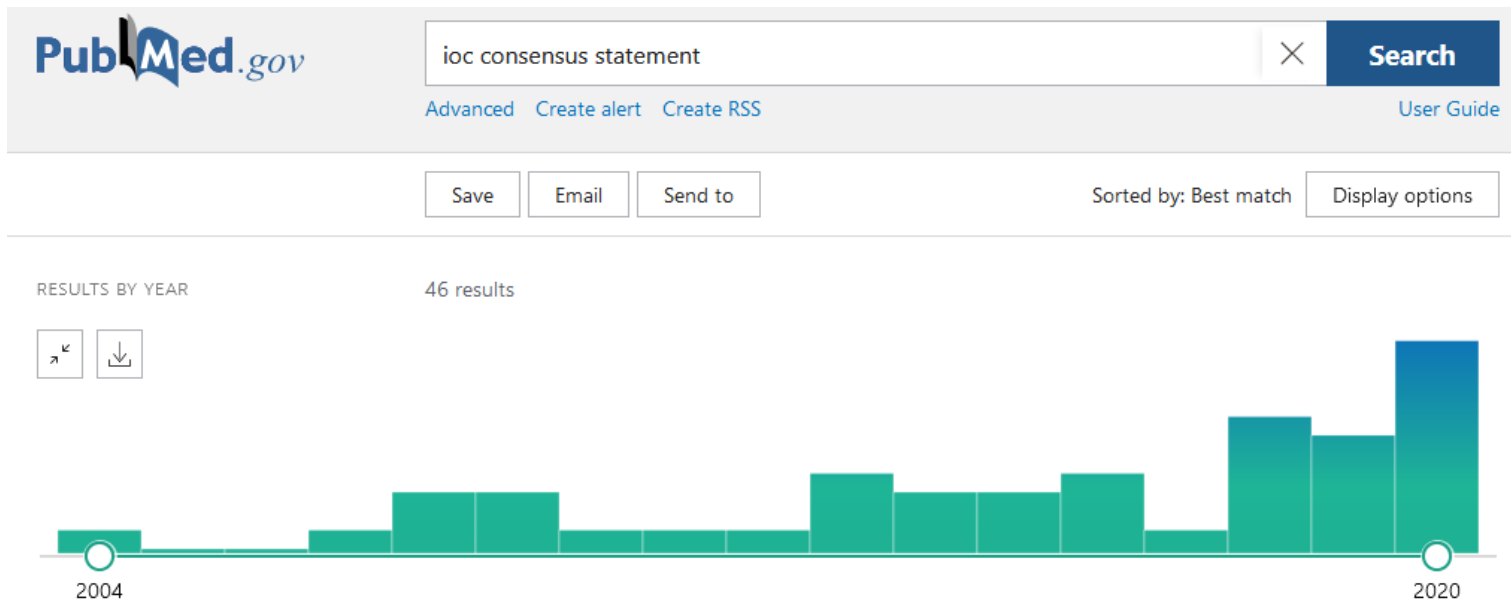
Translate: INSEP Paris

- 1) Translation, cultural adaptation and validation of the **Hip–Return to Sport After Injury** (HIP-RSI) Scale (Short Form)
- 2) Aims:
 - Integrate the psychological aspect in rehabilitation & RTS
 - Make validated scores available in French for wider clinical use



Translate: LIROMS Luxembourg

1) Translation of IOC Consensus Statements into French



Translate: LIROMS Luxembourg

➤ Step 1: identify

n=13

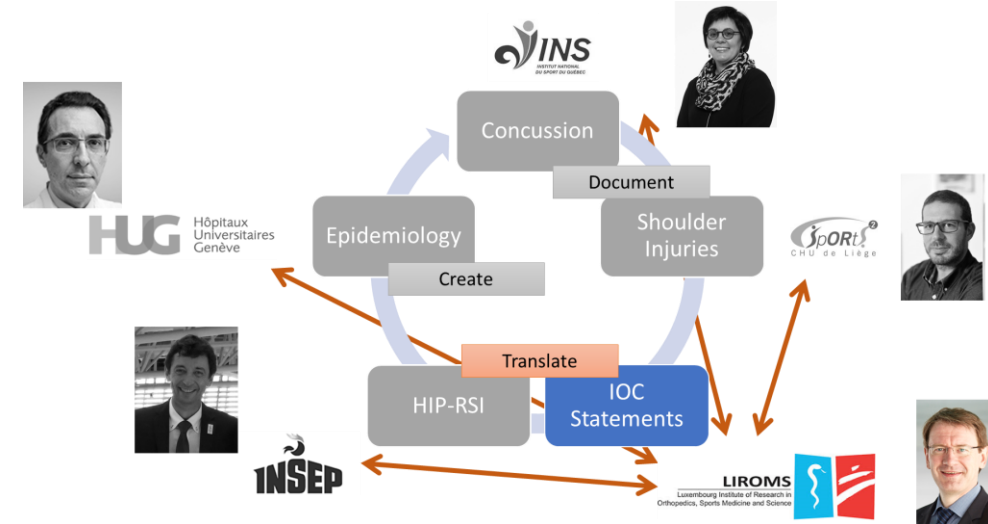
➤ Step 2: translate

Professional services

➤ Step 3: synthetise

ReFORM task forces – 2 pages w/ practical elements + infographics

➤ Step 4: publish



Translate: LIROMS Luxembourg

Publication partnership



Science & Sports
Volume 36, Issue 4, September 2021, Pages 323-324



Letter to the editor

Translation and synthesis of the IOC consensus statements: The first mission of ReFORM for a better knowledge dissemination to the Francophonie

La traduction et la synthèse des positions de consensus du CIO : la première mission de ReFORM pour une meilleure diffusion des connaissances vers la francophonie

G. Martens ^{a, g, h, i}, P. Edouard ^{a, b, c}, P.M. Tscholl ^{a, d}, F. Bieuzen ^{a, e}, L. Winkler ^{a, f}, J. Cabri ^{a, g}, A. Urhausen ^{a, g, h, i}, G. Guilhem ^{a, j}, J.-L. Croiser ^{a, k}, P. Thoreux ^{a, f, l, m}, S. Leclerc ^{a, e}, D. Hannouche ^{a, d}, J.-F. Kaux ^{a, k}, S. Le Garrec ^{a, f}, R. Seil ^{a, g, h, n}



Journal de Traumatologie du Sport
Volume 38, Issue 3, September 2021, Pages 127-128

Éditorial

La traduction et la synthèse des positions de consensus du CIO : la première mission de ReFORM pour une meilleure diffusion des connaissances vers la francophonie

Overview and French translation of the IOC consensus statements: The first ReFORM mission for better dissemination of knowledge among the French speaking community

G. Martens ^{a, g, h, i}, P. Edouard ^{a, b, c}, Ph. M. Tscholl ^{a, d}, F. Bieuzen ^{a, e}, L. Winkler ^{a, f}, J. Cabri ^{a, g}, A. Urhausen ^{a, g, h, i}, G. Guilhem ^{a, j}, J.-L. Croiser ^{a, k}, P. Thoreux ^{a, f, l, m}, S. Leclerc ^{a, e}, D. Hannouche ^{a, d}, J.-F. Kaux ^{a, k}, S. Le Garrec ^{a, f}, R. Seil ^{a, g, h, n}, ReFORM IOC Research Centre for Prevention of Injury, Protection of Athlete Health



HUG
Hôpitaux
Universitaires
Genève



INSEP



Concussion

Document

Shoulder
Injuries

Epidemiology

Create

Translate

HIP-RSI

IOC
Statements

LIROMS
Luxembourg Institute of Research in
Orthopedics, Sports Medicine and Science

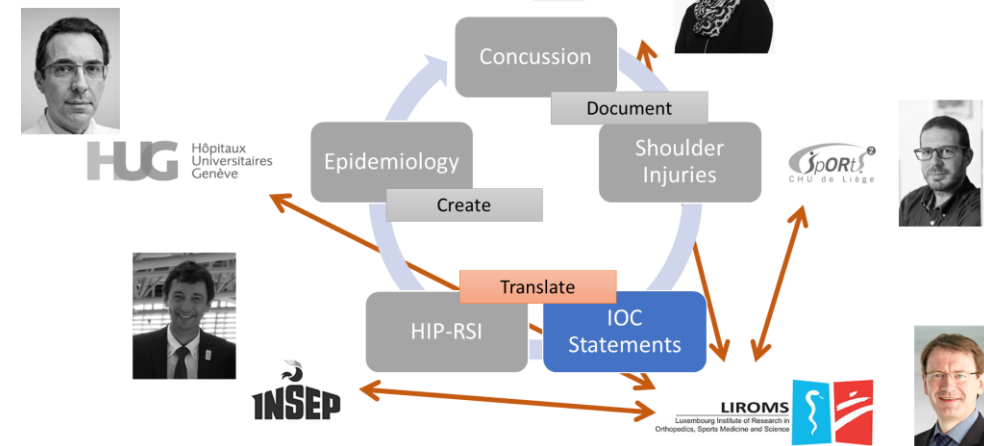


Translate: LIROMS Luxembourg

Ongoing work

International Olympic Committee consensus statement on pain management in elite athletes

Brian Hainline,¹ Wayne Derman,² Alan Vernec,³ Richard Budgett,⁴ Masataka Deie,⁵ Jiří Dvořák,⁶ Chris Harle,⁷ Stanley A Herring,⁸ Mike McNamee,⁹ Willem Meeuwisse,¹⁰ G Lorimer Moseley,¹¹ Bade Omololu,¹² John Orchard,¹³ Andrew Pipe,¹⁴ Babette M Pluim,¹⁵ Johan Ræder,¹⁶ Christian Siebert,¹⁷ Mike Stewart,¹⁸ Mark Stuart,¹⁹ Judith A Turner,²⁰ Mark Ware,²¹ David Zideman,²² Lars Engebretsen⁴



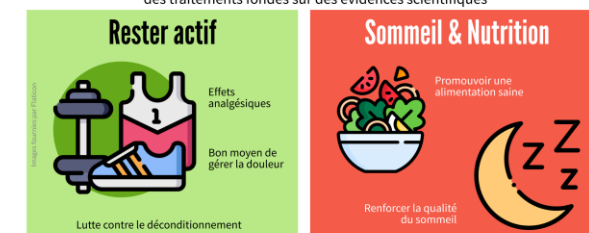
Gestion de la douleur chez l'athlète élite

Position de consensus du CIO sur les stratégies (non) médicamenteuses

Reference: B. Hainline et al. BJSM 2017

Designed par eYLM Sport Science

Identifier les facteurs biologiques, psychosociaux et contextuels de la douleur et proposer des traitements fondés sur des évidences scientifiques

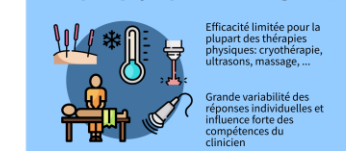


Gestion de la douleur chez les athlètes de haut niveau : Synthèse ReFORM de la position de consensus du CIO

Philippe M. Tscholl^{1,2}, Bénédicte Forthomme^{1,3}, Jan Cabri^{1,4}, Sébastien Le Garrec^{1,5}, Jean-François Kaux^{1,3}, Pascal Edouard^{1,6,7}, Andréane Bourgeois⁸, Romain Seil^{1,4,9,10}, Géraldine Martens¹



Thérapies physiques & Massages



Chirurgie





Social & Events



Upcoming events

✧ ReFORM Safe Sports Webinar

- Prevention of abuse in sports: international panel
- 21 January 2022

✧ ReFORM injury prevention day – AQMSE/CASEM

- 27 avril 2022 (Québec)

CASEM-AQMSE 2022 - QUEBEC CITY, QUEBEC



Join us April 27-30th 2022 at the Chateau Frontenac in Quebec City, QC for the CASEM-AQMSE 2022 Annual Symposium

Save the date

(Re)FORMons-nous!

Webinaire n°1

Safe Sport

21 janvier 2022

13h – 17h CET



Le Réseau Francophone Olympique de la Recherche en Médecine du sport (ReFORM) vous invite à sa conférence:

Prévention des abus dans le sport

Plateforme Internationale

*Recommandations du CIO en présence de Dr. M. Mountjoy
Échanges d'expertise des stratégies nationales en cours*



<https://reform-sportscimed.org/>

contact@reform-sportscimed.org



Reach & follow us



<https://reform-sportscimed.org/>



contact@reform-sportscimed.org



@ReFORM_Network





Merci beaucoup!

geraldine.martens@chuliege.be

