



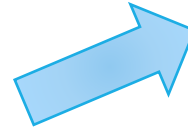
IMŠ- Institute for medicine and sport

Janja Lavbič, Bsc Applied Kinesiology
Vesna Wolf, Bsc Applied Kinesiology

February 2020

INTRODUCTION

- Inštitut za medicino in šport
Cesta na Poljane 24
1000 Ljubljana
Slovenia
- www.i-ms.si
- Date of establishment:
November 2014



To develop an **integral**
and **multidisciplinary**
approach of athlete
treatment



All services in **one place**



Guiding the athlete **from**
the beginning to the end
of the treatment

SERVICES

MEDICAL SUPPORT



sports medicine

physiotherapy

orthopedics

cardiology

SPORTS SUPPORT



sports diagnostic

athlete preparation

OTHER

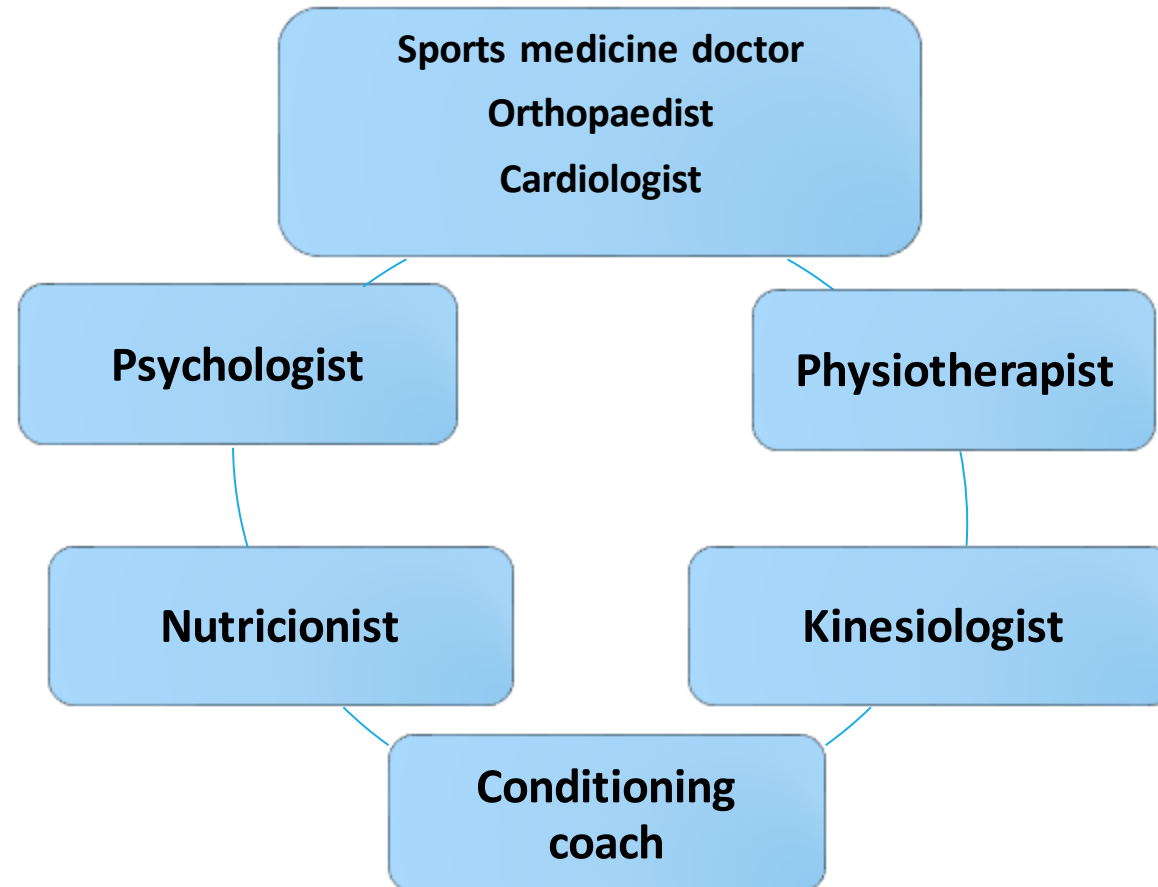


sports nutrition

psychological preparation



SPECIALISTS



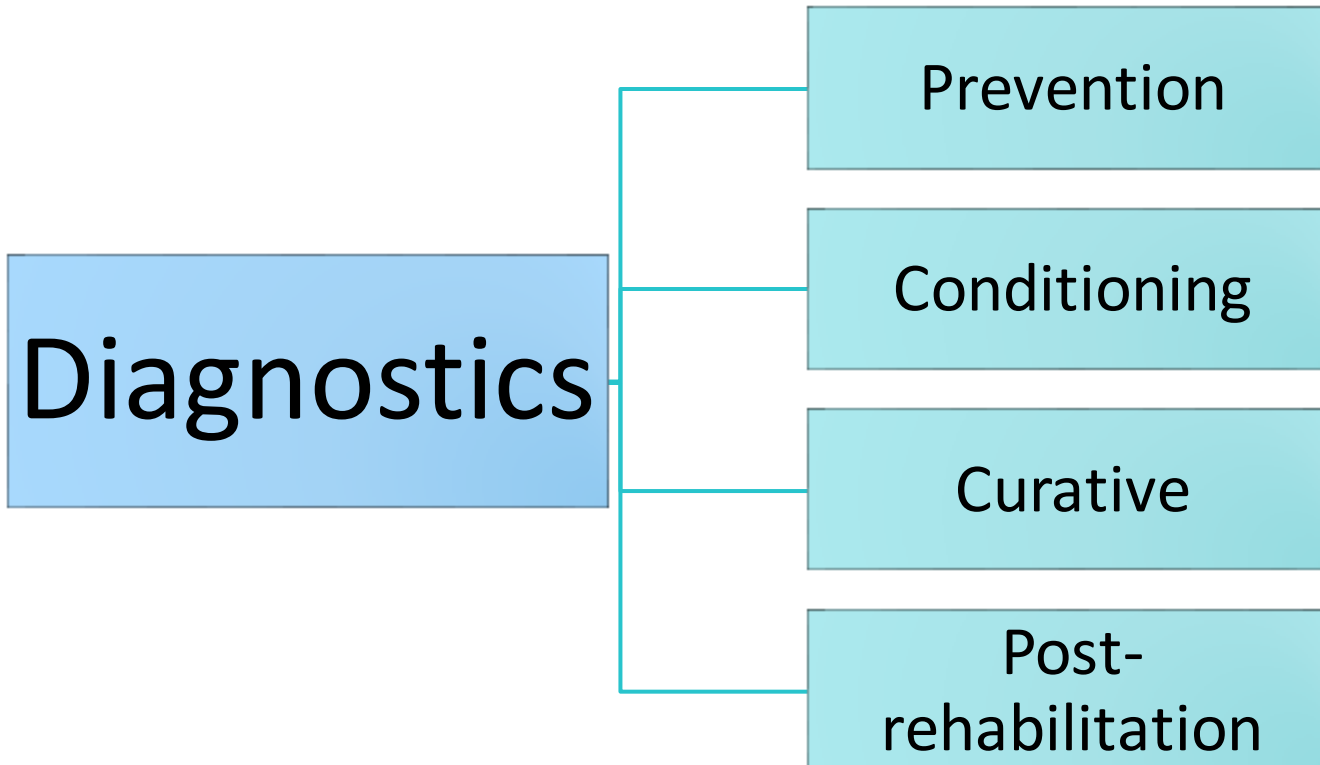
International support

- russian skiing national team
- bosnian swimming national team
- croatian gymnastic national team
- italian sailing national team
- serbian gymnastic national team

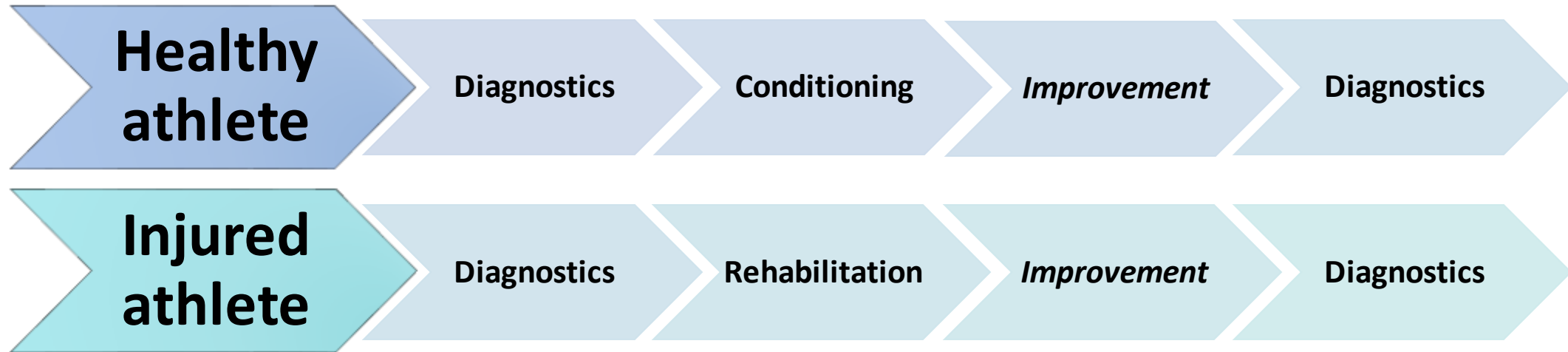


IMŠ supports...

- Alpine skiing
- Athletics
- Cross-country skiing
- Ski cross and snowboarding
- Alpinism
- Triathlon
- Sports gymnastics
- Rythmic gymnastics
- Tennis
- Fotball
- Basketball
- Rowing
- Volleyball
- Table tennis
- Sailing
- Judo
- Cylcing and mountain biking
- Archery
- Dance
- Shooting
- Handball



CLINICAL PATHS



ATHLETE PREPARATION

MOTOR SKILLS DEVELOPMENT

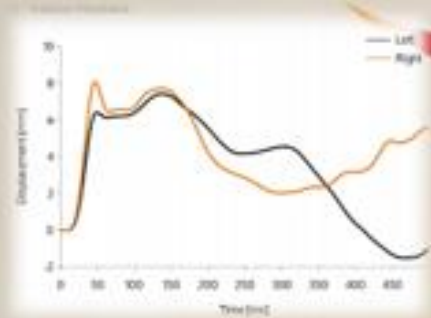
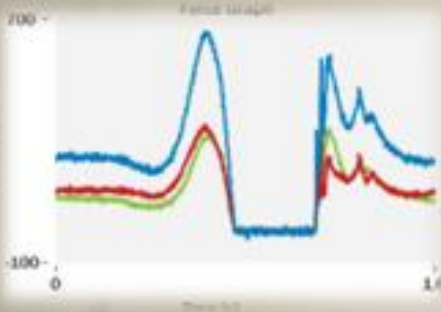
Balance, flexibility and precision development

Maximal, explosive and repetitive power development

Activation development

Speed development

Agility development



REHABILITATION AND POSTREHABILITATION EXERCISE

Lateral and functional asymmetry

Functional

Muscle power



ENDURANCE DEVELOPMENT

Aerobic, aerobic-anaerobic, anaerobic-aerobic, anaerobic lactate

Speed-endurance

Strength endurance



PREVENTIVE EXERCISE

Proprioception, activation, stabilisation



INJURY RISK ASSESMENT

Biomechanics

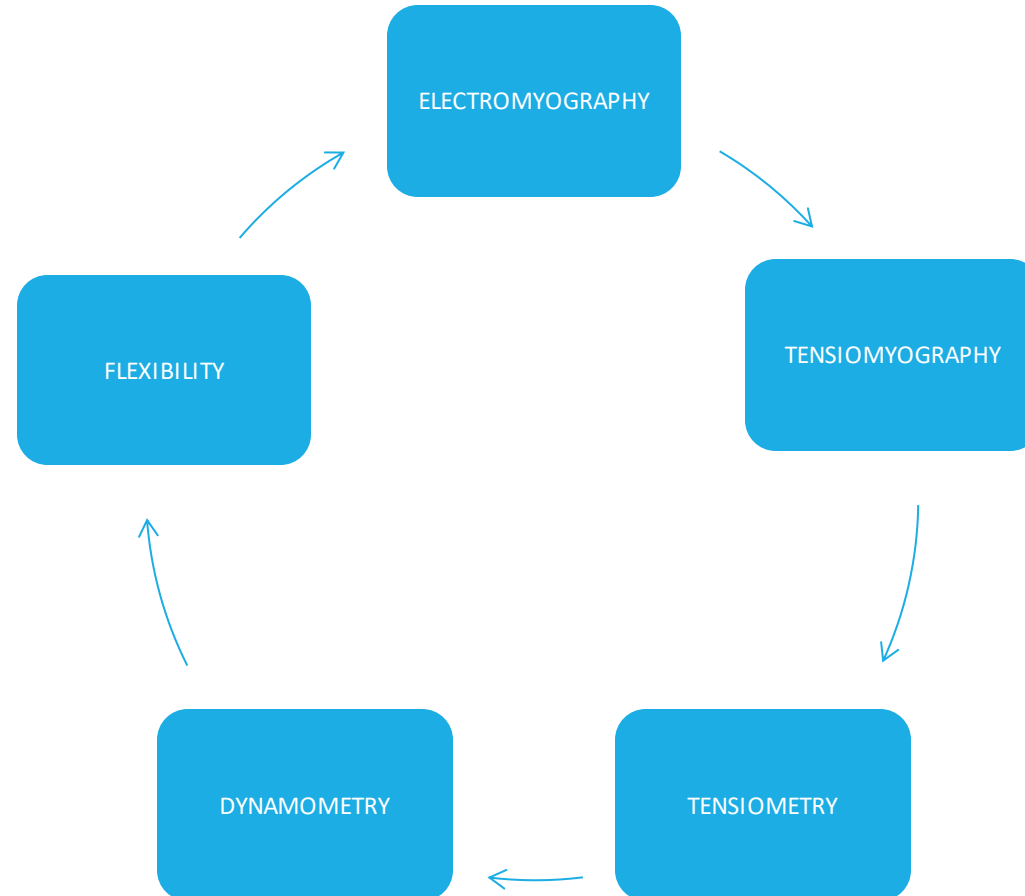
Electromyography

Videoanalysis

Tensiomyography



SPORT'S DIAGNOSTICS



FORCE PLATE AND EMG



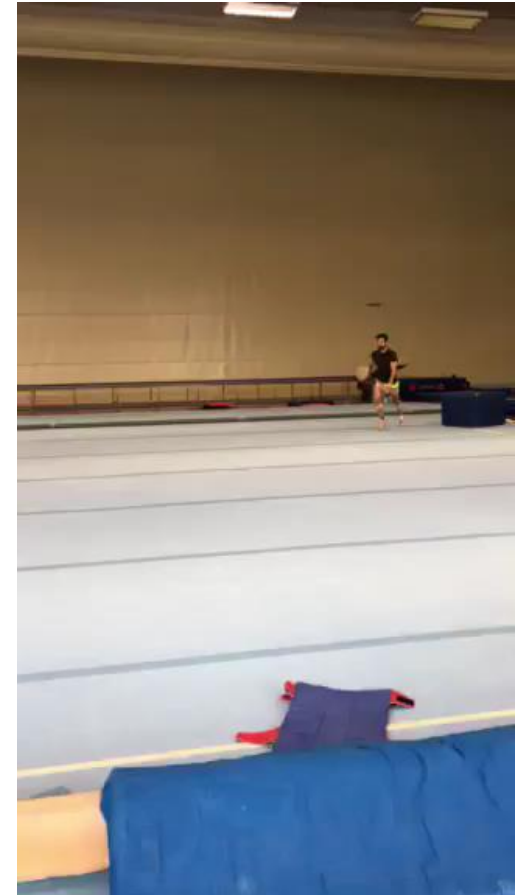
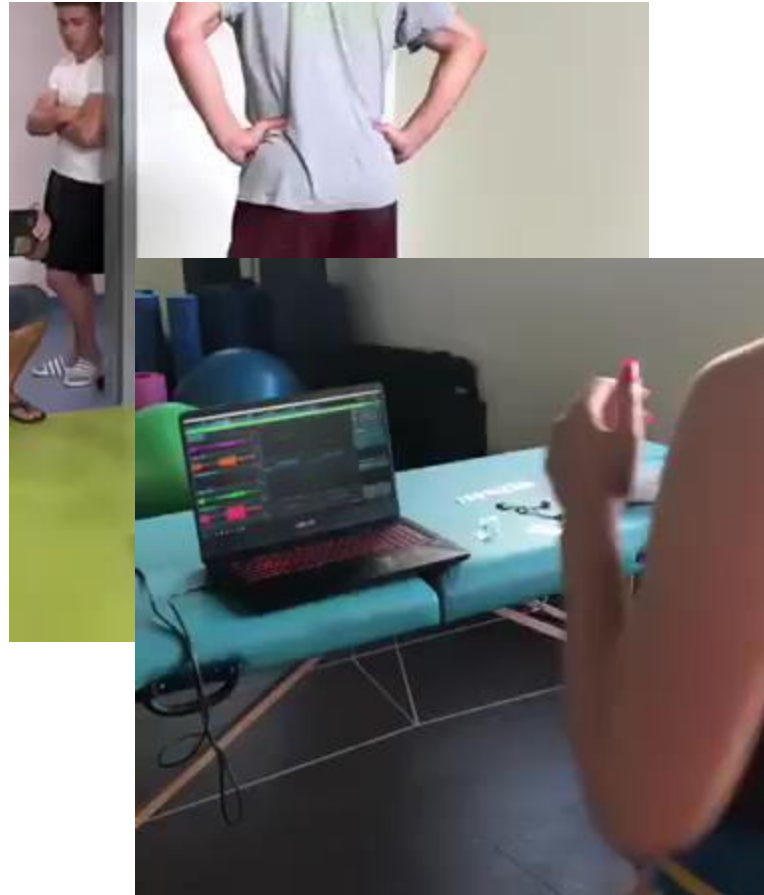
OLIMPIJSKI KOMITE SLOVENIJE
OLIMPIJSKI
STROKOVNI CENTER



Inštitut za medicino in špor.



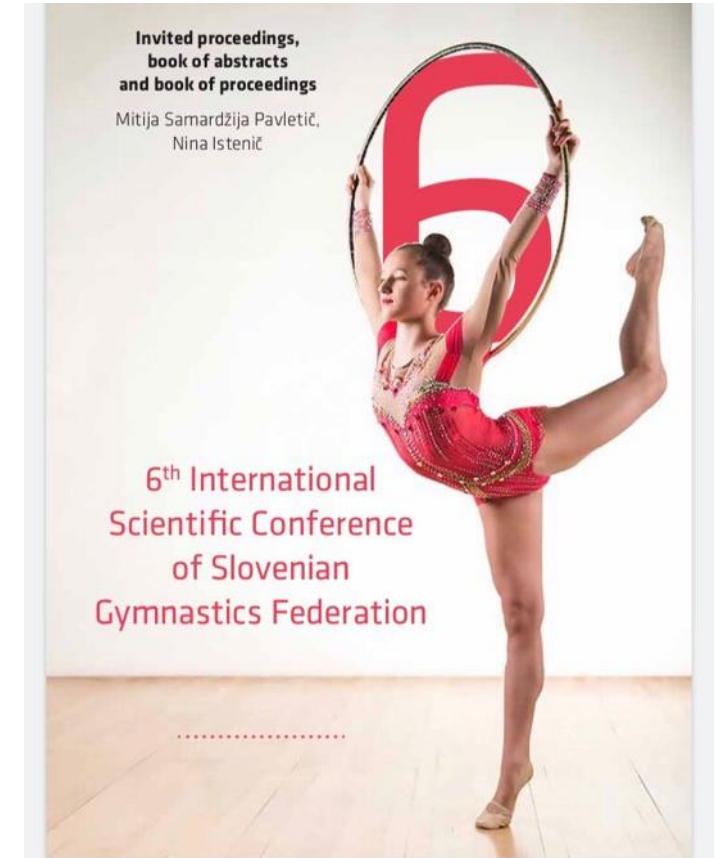
GIMNASTIČNA ZVEZA SLOVENIJE



FLEXIBILITY AND TMG



OTHER SUPPORT



Thank you for your attention!

