



Movement variability as a measure of physical resilience

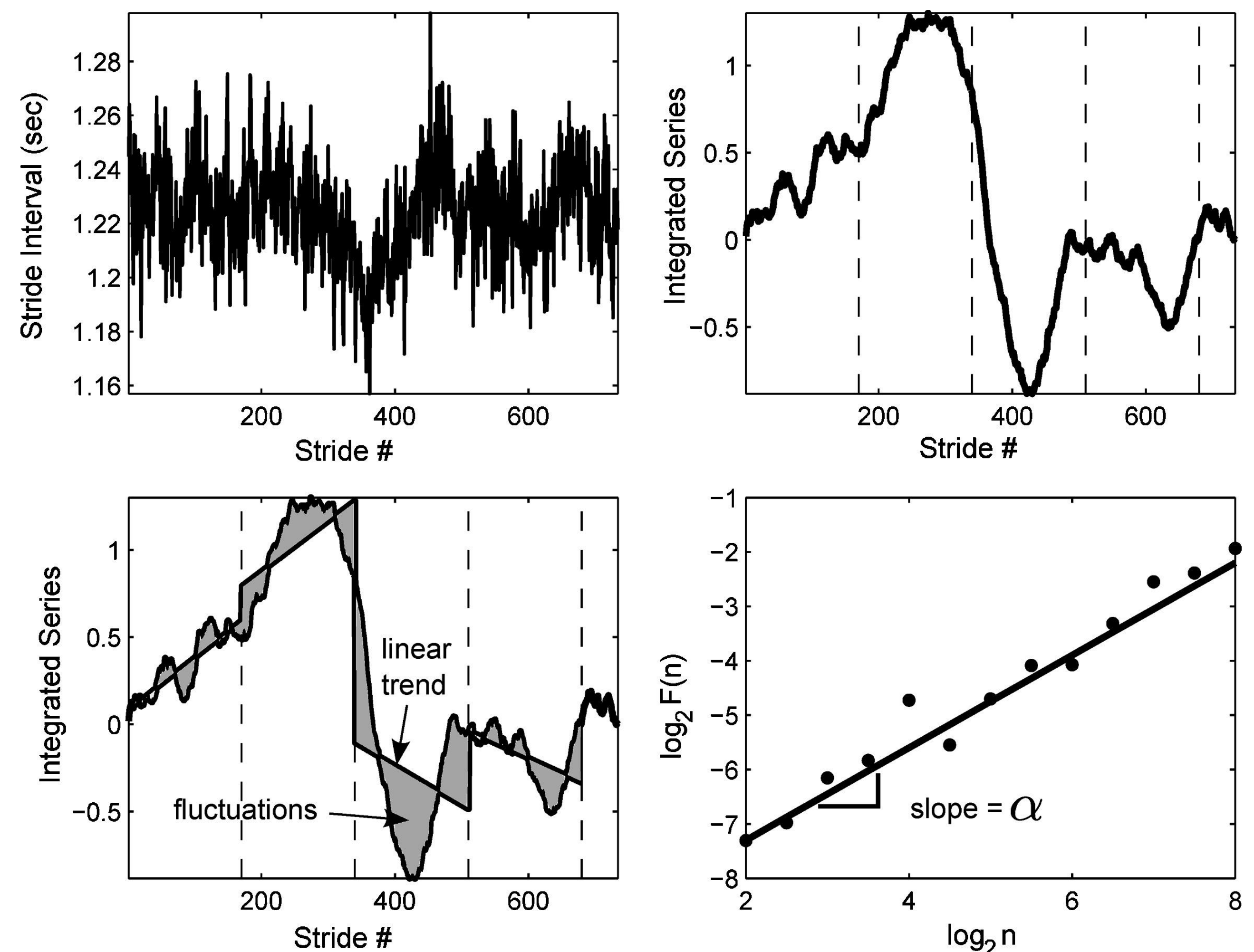


Image from: Damouras et al. 2010. *Gait & Posture*, 31(3), 336-340.

Purpose

- Identify and evaluate non-invasive technologies in their utility to measure gait variability.
- Investigate the effects of task constraints on gait variability.
- Determine the relationship between gait variability and injury risk.
- Characterise the changes in gait variability after injury occurrence.

Product

- Ability to identify recruits at higher risk of musculoskeletal injury.
- Increased capability to adjust training load to decrease risk of musculoskeletal injury.
- Increased capability to adjust rehabilitation to decrease time of return-to-duty.

Schedule

- FY19-20: Identification and evaluation of non-invasive technologies
- FY20-21: Investigation of the effect of task constraints of gait variability.
- FY21-22: Determination of the relationship between gait variability and injury risk.

Partners

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