Dr. Heather Vincent receives grant from US Lacrosse Sport Science and Safety.

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Dr. Heather Vincent [4], Director of the UF Health Sports Performance Center [5], receives a grant from US Lacrosse’s Sports Science and Safety Program ("**Contribution of functional and motion factors related to lower body musculoskeletal pain and injury in lacrosse**"). She will be studying the different biomechanics and player risk factors that can place developing players 10-21 years old at higher risk for lower extremity pain and injury. Taking the testing equipment to the field, she and the study team will be measuring the sports-specific mechanics that indicate what pre-season and in-season training players should be doing to protect themselves.

She is also working on other lacrosse mechanics studies [6] for those interested in signing up. Clickable link:

Visit the Study Sponsor: US Lacrosse [7]

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