

GLMS 30 april 2024

15.00-16.00, Boeringzaal

presenter: Yijian Yang, MD, PhD, Assistant Professor, Department of Sports Science and Physical Education, The Chinese University of Hong Kong, NT Hong Kong

'New Directions in Fall and Injury Prevention in Older Adults'

Abstract:

Falls are the cause of 95% of hip fractures and 65% of traumatic brain injuries in older adults. Understanding the mechanisms of falls that are associated with hip fracture and head impact can guide the development of injury prevention strategies. In this research seminar, Dr. Yang will present his previous studies that sought to understand the cause and circumstances of falls in older adults in long-term care, through the analysis of real-life falls captured on video and medical records of participants. He will share research findings on biomechanical and clinical risk factors associated with hip fracture and head impact during falls in older adults. Meanwhile, Dr. Yang will present his current research on the development and evaluation of a computer-assisted customized exercise program to enhance mobility for older adults residing in care homes. His team has also developed an innovative hip protector and a headgear for the prevention of fall-related hip fracture and head injury, through the 3D-printing technology. He will share the ongoing evaluation of these protective devices on the effectiveness and user compliance.

Bio:

Yijian Yang is an Assistant Professor in the Department of Sports Science and Physical Education at The Chinese University of Hong Kong. He directs the Sports Biomechanics and Injury Prevention Laboratory, which studies musculoskeletal biomechanics related to human health and mobility. A key focus of his research is the prevention of fall-related injury in older adults. Dr. Yang completed his medical degree at Sun Yat-Sen University in China, PhD in Kinesiology at Simon Fraser University in Canada, and Postdoc in Family Practice at the University of British Columbia, Canada. He is an Editor of The Journal of Gerontology: Medical Sciences, Journal of Exercise Science & Fitness, Injury Medicine, Physical Therapy Korea, and a guest editor of Frontiers in Public Health.