

ROMAIN TOURILLON

Sport Physiotherapist
PhD candidate
S&C coach



CONTACT

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Romain Tourillon (Research Gate)



CURRENT POSITION

Lead of Foot-Ankle Rehabilitation Team

2020-Present

La Tour Hospital – Swiss Olympic Medical Center
Geneva, CHE

Private Consultant & Teacher

2021-Present

Elite professional sport structures &
private continuing education organizations



EDUCATION & QUALIFICATIONS

Doctor of Philosophy (PhD candidate)

Biomechanics & Sport Performance, 2020-Present
University of Saint-Etienne, FR

Certified Mulligan Practitioner (CMP)

Mulligan Manual Therapy Concept Association, 2021

Master's degree of Strength & Conditioning (MSc)

Performance & Training Optimization, 2017-2019
University of Nantes, FR

Master's degree of Physiotherapy (PT)

IFM3R Institute, FR



CAREER PATH

Senior Physiotherapist, Lead Foot-Ankle Team

La Tour Hospital, Swiss Olympic Medical Center, 2020

- Rehabilitation work with elite/high-level athletes
- Individualised profiling evaluation using multiple neuromuscular & biomechanical technologies
- Development of a foot-ankle clinical pathway
- Innovative rehabilitation and research' projects

Private rehabilitation consultant

Elite sport structures (France,Switzerland), 2021-Present

- Case-serie, profiling, methodology assessment

Physiotherapist, Sport Physiotherapy

Sport Private Rehab. Structures in France, 2018-2020

- Rehabilitation work with individual athletes



RESEARCH & SCIENCE

Main publications

- Tourillon R et al. (2024). *Human foot muscle strength and its association with sprint acceleration, cutting and jumping performance, and kinetics in high-level athletes.* J Sports Sciences.
- Tourillon R et al. (2024). *Ankle scientific knowledge is not translated into physiotherapy practice: a thematic analysis.* J Athl Train.
- Tourillon R et al. (2022). *Effects of a single electrical stimulation session on foot force production, foot dome stability and dynamic postural control.* J Athl Train.

Scientific commitment

- Oral speaker in congress : International Ankle Symposium, European Congress of Sport Science, SEPA Conference, IOC World Congress...
- Organization Chair of the 10th International Ankle Symposium (2024)



SKILLS

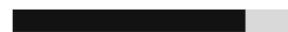
Lower limb rehab



Athletic development



Assessment / Profiling



Sport Sciences

