

Adam Grinberg

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Adam is a postdoctoral researcher and lecturer in the Department of Community Medicine and Rehabilitation at Umeå University, Sweden. His research explores sensorimotor control and neuropsychological aspects of anterior cruciate ligament injury. Adam teaches biomechanics, motor control and learning in the Exercise Physiology program, along with other courses related to human movement and rehabilitation.

He is a trained physiotherapist and has worked with musculoskeletal rehabilitation in both clinical settings and team sports, including football and American football.

In his spare time, Adam enjoys spending time with his family, being outdoors, flyfishing and mushroom picking.

My Topics for the 26th International Teaching Week:

- 1) Mastering Movement: Motor Variability and the Challenge of Injury.
- 2) Psychological Consequences of Sport Injury: Beyond Self-Reports. Navigating key studies on fear-related biomechanics and brain activity