

Isaac Carlson BPhEd



Research specialisation: Injury prevention in sport and recreation.

Experience: Background in sport and exercise science. 10 years working for the Accident Compensation Corporation with the last 5 years dedicated to sports injury prevention. Responsible for leading a team of Injury Prevention Specialists to deliver a portfolio of sports injury prevention partnerships and programmes in accordance with the ACC Injury Prevention Strategy. Accountabilities include providing a return on investment, providing a wider social benefit to New Zealanders, minimising the impact and incidence of injuries, and contributing towards the overall function of ACC.

Research overview: Contributor to numerous research collaborations and partnerships with Auckland University of Technology, Sport Performance Research Institute NZ, Rugby Codes Research Group, Otago University and the International Olympic Committee. Development and delivery of ACC SportSmart, an evidence based framework to enhance sporting performance and prevent injuries. Development, delivery and evaluation of a national injury prevention strategy. Impact evaluation of sports injury prevention initiatives through knowledge attitude, behaviour changes and monitoring ACC injury claim data.

Postgraduate supervision: N/A

Research publications:

- Griffiths, P. C., Hume, P. A., Carlson, I., & Lamont, M. (2013). *Recommendations for injury prevention initiatives for snow sports based on a review of literature of risk factors and intervention studies: Technical report for the Accident Compensation Corporation*. Auckland: Sport Performance Research Institute New Zealand.
- Hume, P. A., Carlson, I., & Hardaker, N. (2014). Concussion guidelines introduction: Safeguarding against concussion harm - launch of the ACC Sport Concussion Guidelines. *New Zealand Journal of Sports Medicine*, 41(2), 61-66.
- Hume, P. A., Carlson, I., Hardaker, N., & al., e. (2015). *Sport Concussion in New Zealand: ACC National Guidelines* (First ed.). Wellington: Accident Compensation Corporation.
- Hume, P. A., Carlson, I., Lorimer, A. V., Griffiths, P., Aiken, M., Hardaker, N., & Fitzpatrick, M. (2013). *Pre-Event KABIT baseline information from evaluation of the ActiveSmart web-based injury prevention programme*. Auckland: SPRINZ, AUT University.
- Hume, P. A., Carlson, I., Lorimer, A. V., & Hardaker, N. (2016 in progress.). Evaluation of the ActiveSmart injury prevention programme. *New Zealand Journal of Sport Medicine*.
- Hume, P. A., Iwamoto, S., Quarrie, K., Ferkins, L., Kara, S., King, D., . . . Kidman, L. (2016, 27th July 2016). Performance and injury prevention research approaches for elite rugby players. In S. Iwamoto (Chair), *Toyo University Symposium* conducted at the meeting of the Toyo University Professorial Lectures, Tokyo, Japan.
- Hume, P. A., Lorimer, A. V., Carlson, I., & Hardaker, N. (2014). *Post-event KABIT information from evaluation of the ActiveSmart web-based injury prevention programme*. Auckland: SPRINZ, AUT University.
- Hume, P. A., Lorimer, A. V., Griffiths, P., Carlson, I., & Lamont, M. (2015). Recreational snow sports injury risk factors and countermeasures: A meta-analysis review and Haddon matrix evaluation. *Sports Medicine*, 45, 1175-1190. doi:10.1007/s40279-015-0334-7
- Hume, P. A., Lorimer, A. V., Griffiths, P. C., Carlson, I., & Lamont, M. (2013). *Risk factors and injury prevention countermeasures for snow sports injuries. A technical report for ACC*. Auckland: Sport Performance Research Institute New Zealand (SPRINZ), AUT University.
- King, D. A., Hume, P. A., Carlson, I., Lammas, J., Kwon, B., & Mayhew, S. (2016). *Rugby League ACC injury claims 1st January 2011 To 31st December 2015: Report to NZ Rugby League Board*. Auckland: Sport Performance Research Institute New Zealand, Auckland University of Technology.
- In progress:
Hume, P. A., Carlson, I., Hardaker, N., & al., e. (In progress.). ACC SportSmart injury prevention programme updated. *New Zealand Journal of Sport*

ACC SportSmart

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Medicine.

Hume, P. A., Carlson, I., & Hemingway, J. (In progress,). *Ski calibration use at Coronet Peak Ski field 2016-2018.*

Hume, P. A., Lorimer, A., Hardaker, N., Carlson, I., Alderson, J., Reid, D., . . . Gamble, P. (2016 In progress,). New Zealand SportSmart injury prevention program