

Debbie Palmer PhD, MSc, BSc (hons)

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Dr Palmer has a background in exercise physiology working with Great Britain elite athletes from a variety of sports before completing her RFU funded PhD in English Youth Rugby Union injury Epidemiology (University of Bath - 2009). After her PhD, she went on to work with UK Sport setting up their Injury/Illness Performance Programme (IIPP) helping to identify athlete injury and illness risk in Great Britain Olympic Sports, providing medical and coaching staff with information to help guide their prevention initiatives. As a consequence of this work 'Athlete health' was added as Item 7 on UK Sports Mission 2012, 2014 and 2016 performance boards. She is additionally a member of the International Olympic Committee Medical and Scientific athlete injury and illness surveillance research group and has worked at the London 2012, Sochi 2014, Rio 2016, PyeongChang 2018, Lausanne 2020 Youth, Tokyo 2020/21 and Beijing 2022 Olympic Games.

In addition to elite sport, Dr Palmer's research interests have focussed on population injury epidemiology and the occurrence of osteoarthritis. Along with Professors Brigitte Scammell and Mark Batt she initiated and set up a national research study the Significant Ankle Ligament Injury (SALI) Cohort within the Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis.

Currently, she is a lecturer at the University of Edinburgh, and she continues to be research active in epidemiology, risk and prevention of injury and illness in elite, youth and recreational cohorts, and longer-term consequences of sport-related injury, and retired athlete health. Most recently she has worked with Scottish Rugby Union, Enduro World Series mountain biking, World Rugby and World Olympians Association funded research projects.

Dr Palmer competed in three Winter Olympic Games for Great Britain as a Short Track Speed skater, winning medals at World and European level, before retiring after the 2002 Salt Lake Olympic Games.