

# **Tamara Valenčič**

**PhD Student**

**Loughborough University**

Tamara graduated from the University of Ljubljana (Slovenia) in 2019 with a BSc in Kinesiology and from Loughborough University in 2021 with an MSc in Exercise Physiology.

In-between degrees, Tamara worked as a technician in an Environmental Physiology and Ergonomics Laboratory at Jožef Stefan Institute (Slovenia), mainly investigating heat stress mitigation strategies (e.g., cooling vests) in occupational and military settings.



Currently, Tamara is a PhD student at Loughborough University, working under the supervision of Prof Jonathan Folland, Dr Jakob Škarabot, and Dr Stefan Kluzek. Her research project investigates mechanisms and functional consequences of knee muscle inhibition after ACL reconstruction and rehabilitation. The project is funded by the National Rehabilitation Centre and Loughborough University.