

Rachelle Aucoin

HONOURS RESEARCH



Research Focus:

Rachelle's research is centered around the physiological and biomechanical effects of jaw-repositioning, custom-fitted mouthguards on balance and posture in competitive athletes and how this could affect their risk of injury. It has been found in previous research that jaw-repositioning mouthguards create performance-enhancing effects on speed, power and aerobic endurance, therefore this study will investigate possible effects of jaw-repositioning mouthguards on other aspects of athletic performance. The addition of oral devices, such as mouthguards, can reduce postural sway during static and dynamic balance. By enhancing an athlete's ability to balance, it is possible that this could contribute to more efficient movement patterns. By improving movement patterns, this could possibly reduce risk of injury, when assessed by the Functional Movement Screening tool. Under the supervision of Dr. Saïd Mekary, Rachelle was able to connect with world-renowned dentist Dr. Patrick Girouard to create custom-fitted, jaw-repositioning mouthguards for all the athletes in the study.

About Rachelle:



Rachelle is a 4th year Kinesiology student and a member of the Exercise Science & Training Practicum. Through this, she is able to work one on one with many individuals who are living with chronic conditions. She is also a senior strength and conditioning intern with the Acadia Football team. Additionally, Rachelle works as a Certified Personal Trainer through Acadia Performance Training. She has also been a member of the Acadia Women's Soccer Team for the last 4 years. Following graduation, Rachelle plans on pursuing a career in Strength and Conditioning.

Supervisor: Dr. Saïd Mekary