

Drs Davide Malatesta and Fabio
Borrani
Institute of Sport Sciences FBM
(ISSUL) Quartier UNIL-Centre
Bâtiment Synathlon
Office : 3414
davide.malatesta@unil.ch
fabio.borrani@unil.ch
021 692 32 93



Effects of mouthguard on sportive performances

Who are the patients/targeted population?

Sportive practicing contact sports such as rugby, ice hockey, or American football.

What is the problem?

Athletes can (or must) wear equipment to protect their teeth when practicing a contact sport. This equipment is called a mouthguard, and many different versions exist in the market. While athletes generally accept it that protective equipment is important, they are usually reluctant to wear them for various reasons. One is the doubt that having equipment in the mouth could decrease their sportive performance.

What is the need?

It will be interesting to obtain information and data to evaluate the influence on the sportive performance of wearing a mouthguard when practicing a sport.

What is the benefit (if the problem is solved)?

Having scientific arguments to present to athletes on the effect of wearing a mouthguard could promote their general acceptance.

Wrap-up

The generalization of mouthguards used in contact sports is important to increase athletes' protection, so any arguments to support its acceptance is welcome.