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**National Center Director**  
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Russian Association for Sports  
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**Host Institution – Russian Association for Sports Medicine and  
Rehabilitation of Patients and the Disabled (RASMIRBI)**

The Russian Association for Sports Medicine and Rehabilitation of Patients and the Disabled (RASMIRBI) is a leading organization in the Russian Federation, uniting in its ranks for many years specialists in sports medicine and medical rehabilitation. RASMIRBI was reorganized and established in 1992 from the All-Union Scientific Medical Society and now has more than 50 territorial branches throughout Russia. RASMIRBI is a member of the Russian Olympic Committee, the Russian Paralympic Committee, the International Federation of Physiotherapists, and the National Association for Stroke Control. The Association is a full member in the European Federation of Sports Medicine Associations (EFSMA) and the International Federation of Sports Medicine (FIMS). RASMIRBI takes part in the scientific and educational programs of the International and European Olympic Committees, international organizations in the field of medical rehabilitation.



**National Center Advisory Board Affiliation**

Polyayev Boris Alexandrovich, Ph.D., M.D.	<ul style="list-style-type: none"> <li>• Chief Specialist, Ministry of Health in Sports</li> <li>• President of RASMIRBI</li> <li>• Member of FIMS and EFSMA</li> </ul>
Sergey Parastaev, Professor, M.D.	<ul style="list-style-type: none"> <li>• Department of Rehabilitation and Sports Medicine at RNRMU</li> </ul>
Nadareishvili Georgi Givievich	<ul style="list-style-type: none"> <li>• Vice Rector of Public Relations and Educational Work at RNRMU</li> </ul>
Lobov Andrey Nikovaevich, M.D.	<ul style="list-style-type: none"> <li>• Department of Rehabilitation and Sports Medicine at RNRMU</li> </ul>
Polyayev Boris Borisovich	<ul style="list-style-type: none"> <li>• Head Manager of Rehabilitation Department, Stroke Research Medical Center</li> </ul>

## 2020 Goals

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- Work to integrate physical activity as a part of patient treatment
  - Develop physical activity prescription for various categories of people (i.e., older adults, office workers) and adapt these programs for individuals with disabilities
  - Include elective courses about the use of physical activity (with the aim of including it in therapeutic treatment plans) in the program of study in Russian medical universities
  - Implement mandatory physical activity consultation and recommendations for therapists when working with patients
  - Promote clinical recommendations with the aim of prevention and rehabilitation of chronic, non-infectious diseases
  - Develop and expand the number of EIM regional centers within Russia and the regional programs that they offer
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## Accomplishments to Date

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- Prepared clinical recommendations concerning moving activity at the pathology of motor apparatus
- Participated in the formation and functioning of federal school of public health
- Participated in formation of a new model of system of public health (trial project in 2 regions of the Russian Federation)
- Formation of EIM 'departments' in 30 regions of Russia in partnership with the Russian Ministry of Health
- Conducted more than 50 training courses that have reached >6,000 health care providers
- Conducted more than 40 training courses that have reached >4,000 exercise professionals

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