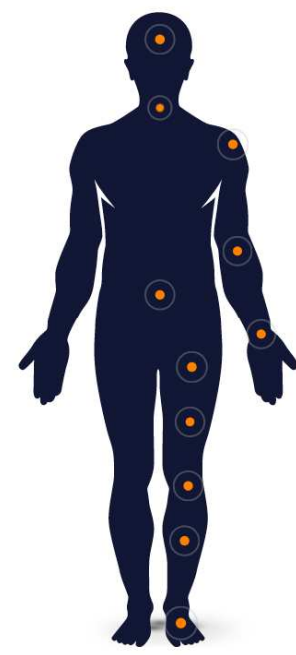


**BEST**

uten skader

VELG IDRETT



NIH NORWEGIAN SCHOOL OF SPORT SCIENCES

Idrettsskadeforskning

NORGES IDRETTSFORBUND

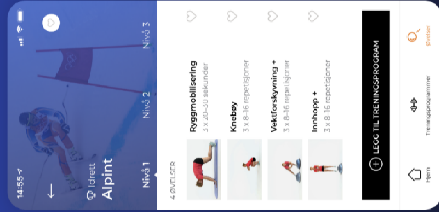


# SKADEFRI

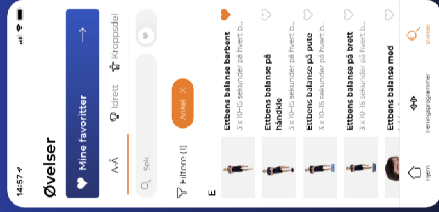


Tilgjengelig i App Store og Google Play

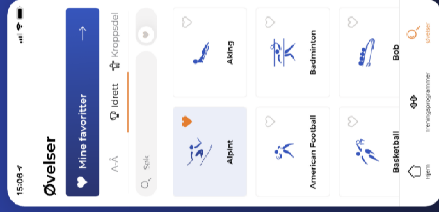
Mer idrett, bedre prestasjon



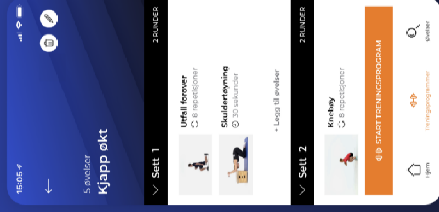
Utforsk øvelser...



Lagre favorittene dine



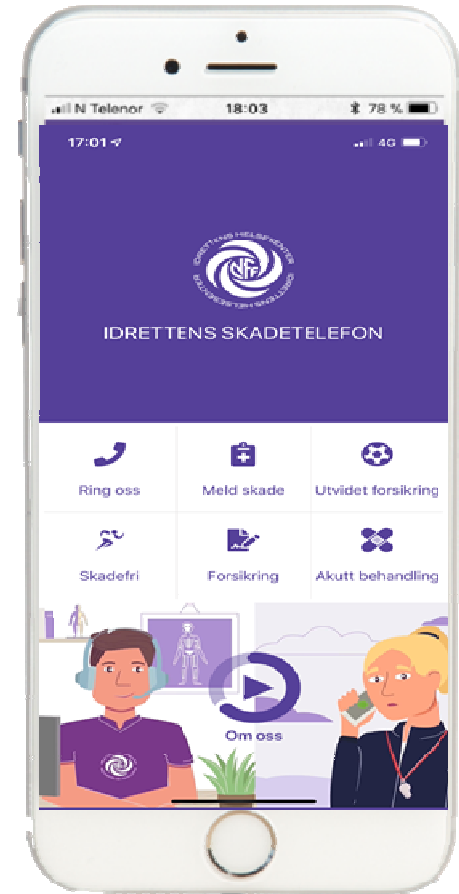
...og lag egne treningsprogrammer



**50%**

av alle idrettsskader  
kan forebygges

# Idrettens Skadetelefon



# Idrettens Skadetelefon

