

CENTRE OF PREVENTIVE AND SPORTS MEDICINE

LUIS PASTEUR UNIVERSITY HOSPITAL
UPJŠ FACULTY OF MEDICINE

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MISSION I

- PREVENTION:

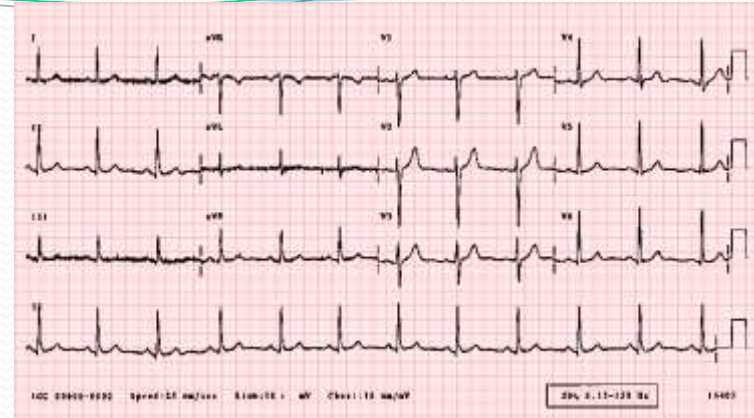
- Pre-participation screening (required by law)
- Pre-participation screening (individual)
- Secondary prevention – exercise testing of individuals with pre-existing conditions (cardiac, hypertension, diabetes, etc.)
- Vegetative balance (HRV, screening for overtraining, imminent illness, etc.)
- Specialized examination by cardiologist (echocardiography)
- Nutrition advice



PREVENTION

- PRE-PARTICIPATION SCREENING:

- Mandatory for organized participation
- Partially paid for by health insurance (50% up to 18 years)
 - HISTORY QUESTIONNAIRE (family, trauma, existing disease, trauma, medication, surgeries, history of fainting, etc.)
 - BLOOD WORK (Blood count, ESR)
 - PHYSICAL EXAMINATION (cursory orthop./neurolog./internal)
 - ANTHROPOMETRY (weight, height, body fat %, etc.)
 - RESTING ECG
 - EXERCISE ECG (ERGOMETRY / SPIROERGOMETRY)
 - JUMP ERGOMETRY (ANAEROBIC PARAMETERS)
 - HAND GRIP



PREVENTION

- PRE-PARTICIPATION SCREENING:

OUTCOME:

- Fitness for participation
- Contraindicated activities
- Fitness level ($VO_2\text{max}$, W_{170} , etc.)
- Indications for further tests/investigations (echocardiography, 24-hour blood pressure monitoring, 24-hour HR monitoring, etc.)



MISSION II

- TREATMENT

- Out-patient specialists:
 - CARDIOLOGY
 - TRAUMATOLOGY
 - ORTHOPEDIC SURGERY
 - GENERAL MEDICINE
 - NUTRITION
 - PHYSICAL THERAPY



TREATMENT

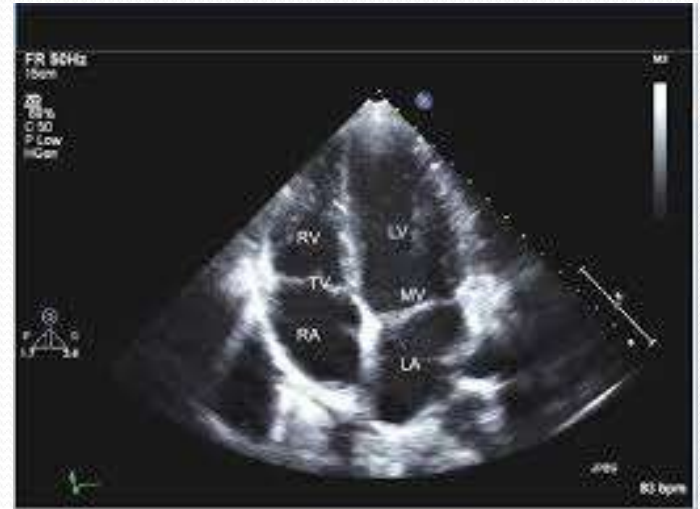
- CARDIOLOGY

Echocardiography

Exercise echocardiography

24-hour ambulatory ECG monitoring

24-hour ambulatory BP monitoring



TREATMENT



- TRAUMATOLOGY

- sports trauma (knee, shoulder)

- referral for arthroscopy (knee, ankle, shoulder)

TREATMENT



ORTHOPEDICS

- musculoskeletal disorders
- overuse injuries (fatigue fractures, tendon injuries)
- orthotics (shoe inserts, sports braces)

TREATMENT

NUTRITION ADVICE

- obesity
- sports nutrition
- sports hydration



- Supplements advice
- Specialized nutrition (body building, weight loss, extreme endurance)



TREATMENT

PHYSICAL THERAPY

- laser therapy of musculoskeletal disorders



- electrotherapy

- taping



MISSION III - EDUCATION

- Students of Medical Faculty
- Physiotherapy students



- Coaches, sports managers
- Anti-doping activities

MISSION IV

SUPPORT FOR ATHLETIC COMMUNITY

- Health support at athletic events (marathon runs, cycling events, other organized sporting events)



MISSION IV

SUPPORT FOR ATHLETIC COMMUNITY

- Specialized tests:
 - Lactate threshold
 - Lactate clearance
 - VO₂max
- Training programs
 - Weight training
 - Endurance training
 - Nutrition

