

80e editie Geneeskundige Dagen van Antwerpen

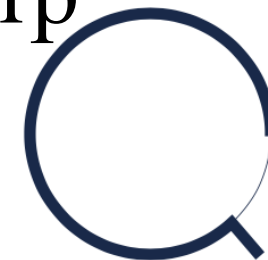


Treating The Athlete: Is It Any Different ?

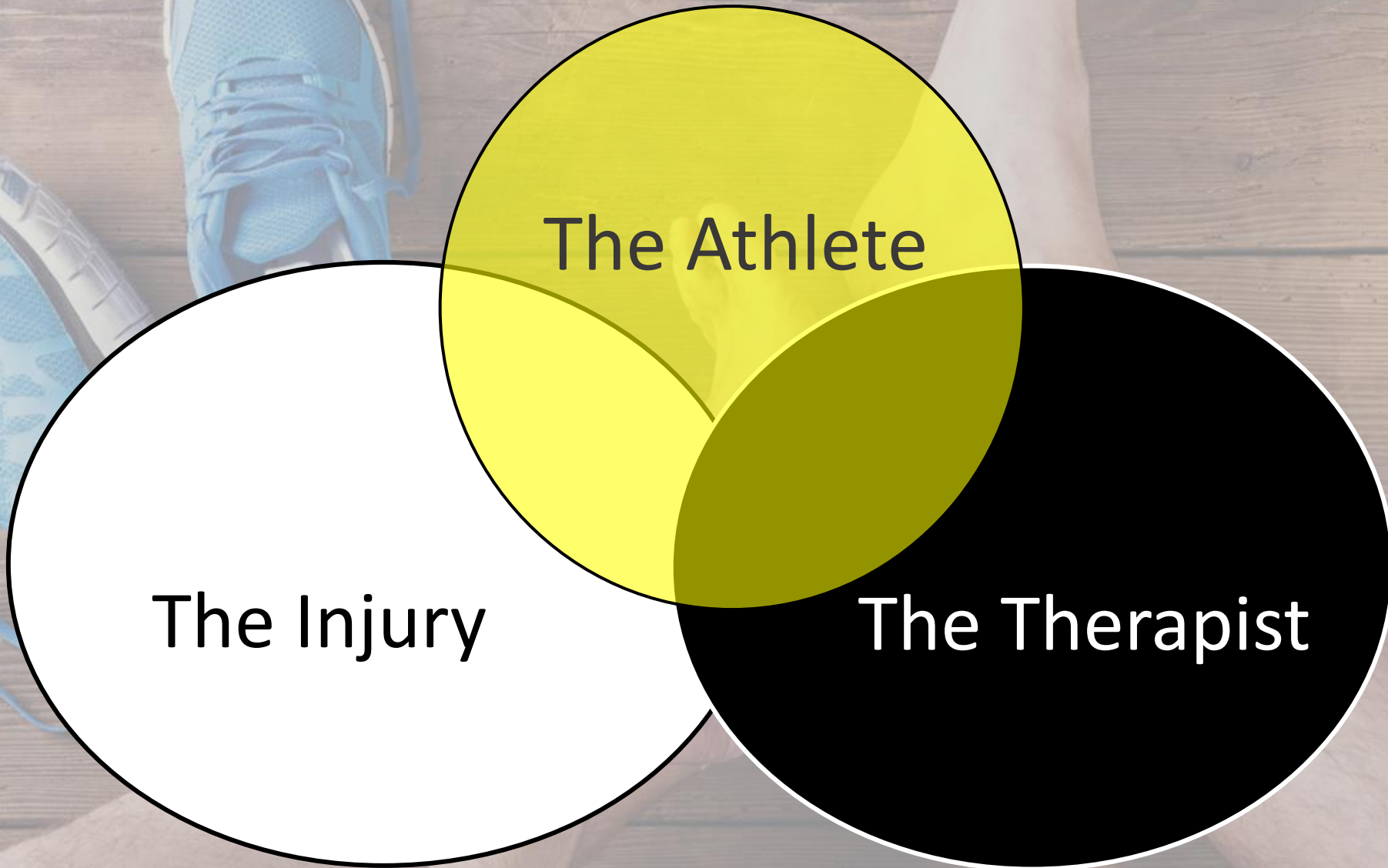
Olivier Verborgt, MD, PhD

Shoulder Surgery

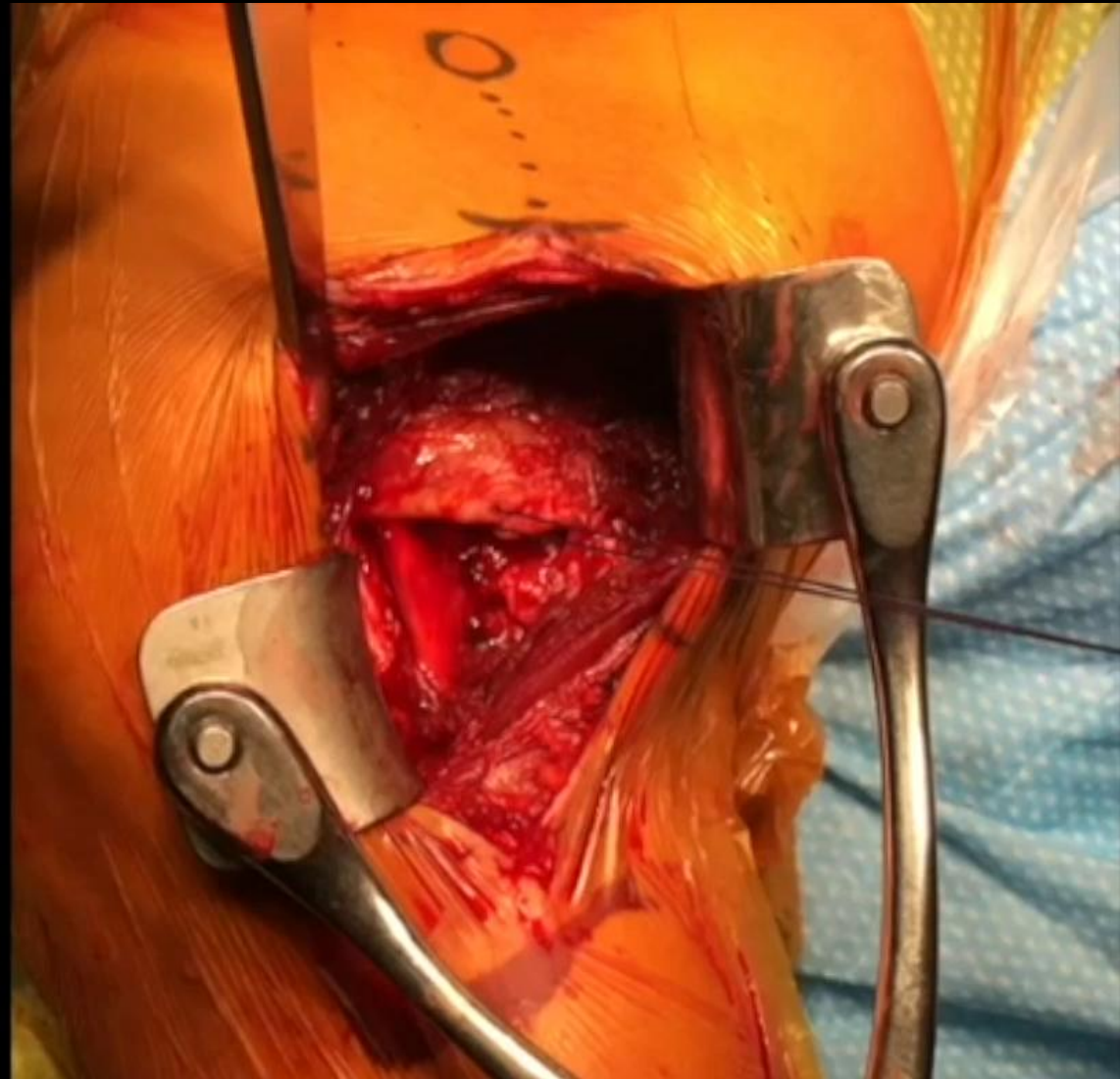
AZ Monica & University Hospital of Antwerp



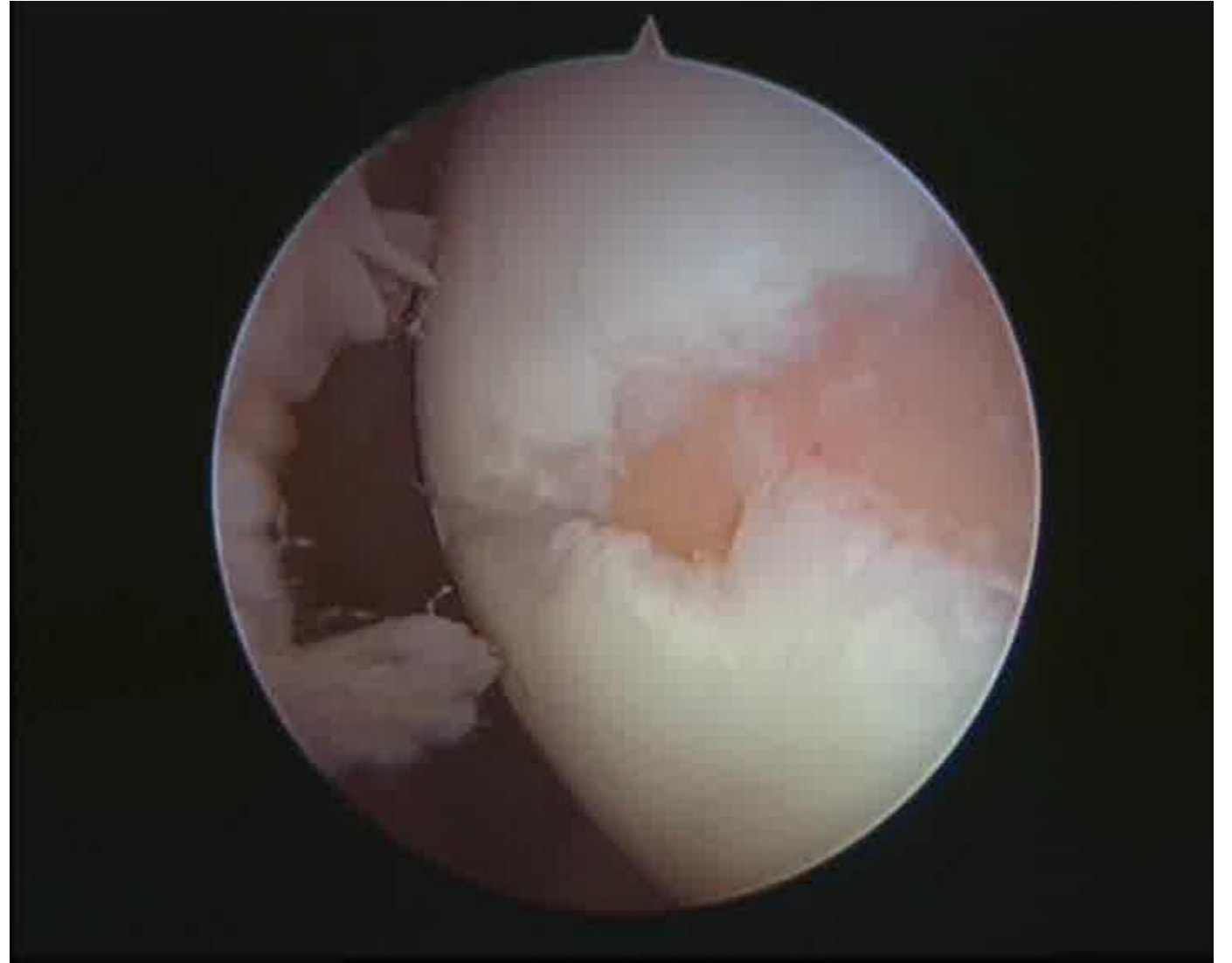
Treating the Injured Athlete



The injury



male, 27 yr
RHD
professional field hockeyplayer
Recurrent subluxations
Left untreated



male, 31 yr
Ski
Slalom racer



Response to sport injury and rehabilitation process



The athlete



What aspects are different in an athlete?

ATHLETE FACTORS

Contact versus non-contact

Overhead versus non-overhead

Player position or role



GLOBAL FACTORS

High pressure and expectations

Financial implications

Top rehabilitation and support resources

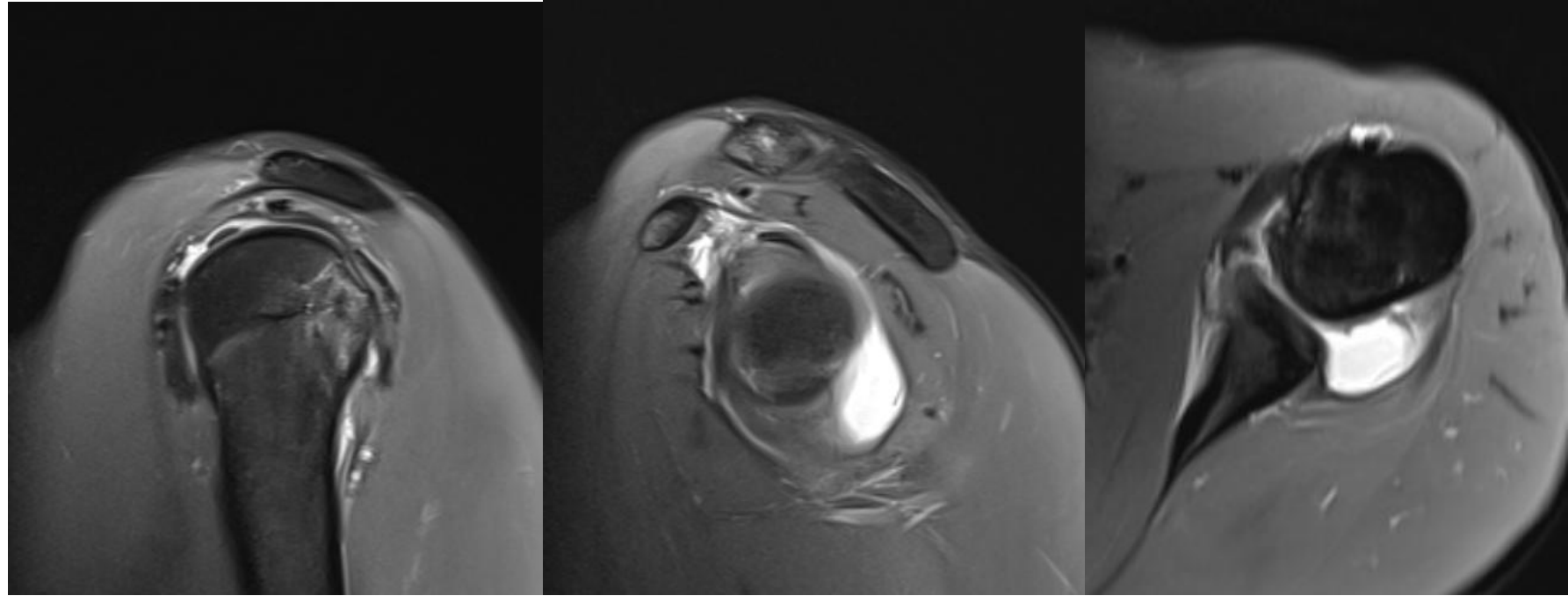
Timing

In-season versus out-season

Timing in career

Specific upcoming competitions

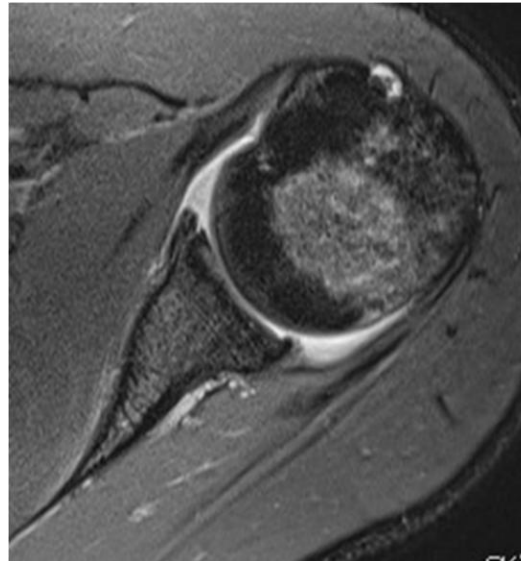
Implications career length



- 22 y olympic gold medal
- Shoulder instability
- 1 year before Paris Olympic Games

18 yr prof goalkeeper

- First time dislocation right shoulder
- Previous shoulder instability surgery left shoulder





The therapist

“The physiotherapist should be a good coach”
“The physiotherapist helps the athlete to understand all the aspects of his rehab process”

Lieven Maesschalck



Coaching

100% Coaching

100%

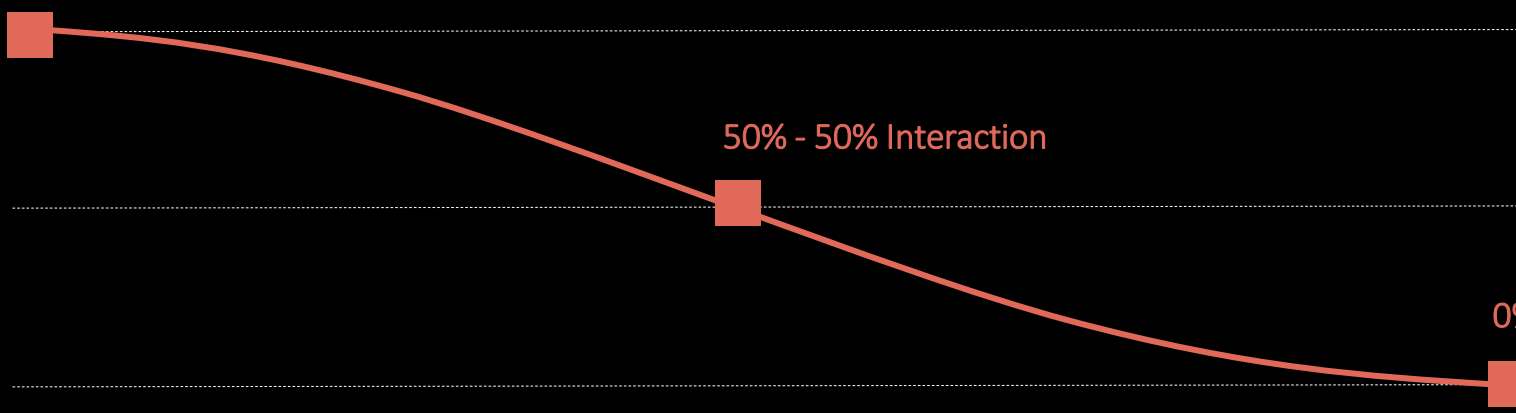
50%

0%

50% - 50% Interaction

0% Coaching

Rehab process



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Parallelsessie Orthopedie – prof. dr. Olivier Verborgt (AZ Monica - UZA)

- Behandeling van de sporter: is dat zo anders?
prof. dr. Olivier Verborgt, (AZ Monica & UZA)
- Preventieve aanpak bij de sporter
mevr. Katja Van Oostveldt (SPORTS UZA)
- Heup-sparende ingrepen bij jonge sporters
dr. Jeroen Verhaegen (UZA, AZ Monica)
- Hamstring blessures: nieuwe inzichten
dr. Wouter Peeters (AZ Monica)
- Enkeldistorsies
dr. Eva Schenkels (UZA, AZ Monica)
- ALL about the ACL: een update over voorste-kruisbandletsels
prof. dr. Krik Heusdens (UZA)