

Lessons learnt from Rio...



Olympic preparation from a clinician's point of view

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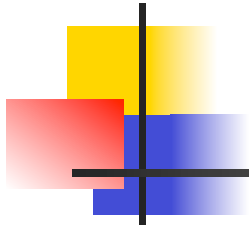
Mats Börjesson
Professor, överläkare,
Sahlgrenska Akademien, CHP, Göteborgs
Universitet och Östra Sjukhuset,
Vice ordf SvFF medicinska kommitté



The role of the team doctor

- Medically responsible for the team
- Deal with injuries and diseases at team gatherings
- Cooperate with the medical teams of the clubs
- Educate the players
 - Diet, fluid/hydration, doping*, infections, ethics
- Take part/perform in tests/screenings
 - physiology, strength, cardiac tests
- Resource for the coach- psychology, nutrition mm
 - ethical rules, players advocate

1. Clear rules 2. Athlete always final responsibility



Preparation before the Olympics

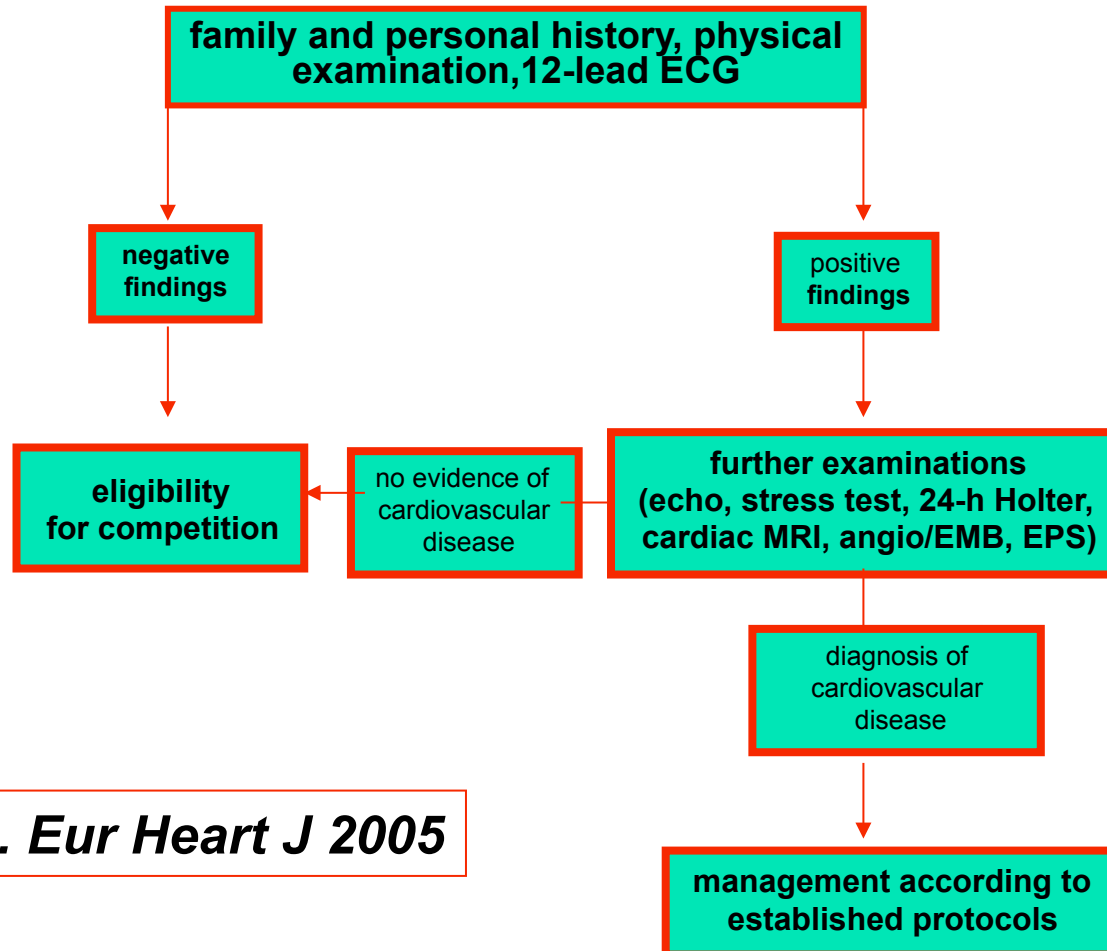


0-6 months prior to Olympics

- Injury and disease update (PCMA)
- Medications (exclude doping)
- General and orthopedic status
- Blood tests - Hb, Fe, fT4 etc.
- ECG, cardiac echo
- Physiologic tests (str, end, sp)
- DEXA

young
competitive
athletes

ESC screening recommendations



Corrado et al. Eur Heart J 2005



Preparation: team selection

Close contact with the clubs regarding injuries, during spring

Team selection: healthy players

Goal: injury-free pre-camp

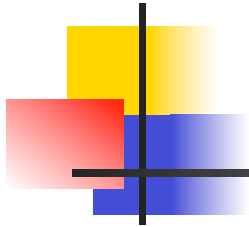
Individual training offered post-season

Questionnaire(s) to players before tournament (medications)



Meetings with SOC doctors

- Gatherings of doctors selected for Rio
April and June, 2016
- Organised by the Swedish NOC
- Practical preparations (med licence)
- Medical issues- doping, ZICA, organisation...
- Special: Part of a multi-disciplinary team



Preparation during the Olympics



Medical Team meetings

- Medical meeting every evening
- All players discussed regarding load, injuries, illnesses, sleep etc.
- Conclusion by the medical team
- Report from the doctor to the coach with a recommendation



Advice on infections

- 2nd most common problem
- Sporting during infections could worsen the infection, but also lead to complications (injury, heart..)
- Common sense!
 - abstain from activity during infections
 - fever is not enough!
 - “neck-sign”
 - return successively- shortest recovery!



ZICA

- Pregnant women
- 40% Indonesia
- Risk 1/ 1 miljon
- Complications
- 75% asymtomatisk

- Mosquito protection
- Safe sex, 2 months



Training surveillance

- Heart rate monitoring
- GPS

Used to
calculate load



(Daily) routines in Rio

- U-osmolality for hydration status
- Weight (not every day)
- Questionnaires on subjective mood & load
- Questionnaire on sleep quality and duration



Silver- medical contribution??

- *preparations

 - selection of healthy players

- *organisation

 - well drilled

- *few injuries during the Olympics

- *training load individualised

- *other factors (talent, tactics etc...) of course, very important