



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Bundesamt für Sport BASPO

EHSM

Eidgenössische
Hochschule
für Sport
Magglingen

Sports Physiotherapy Support for the National Sports Federations

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Swiss Olympic Medical Center
Magglingen, Switzerland





Sports Physiotherapy Department

- 6 Sports Physiotherapists
- 2 Massage Therapists





Sports Physiotherapy Department

Connections to National Sport Federations

- **Swiss Ski (Cross Country Skiing)**
Chief Physiotherapy Officer (CPO)
Olympic Games Pyeongchang 2018
- **Swiss Gymnastics Federation**
Chief Physiotherapy Officer (CPO)
Olympic Games Tokio 2020
- **Swiss Football Federation**
- **Swiss Athletics**
- **Swiss Ski (Ski Cross)**





Sports Physiotherapy Department

Clients

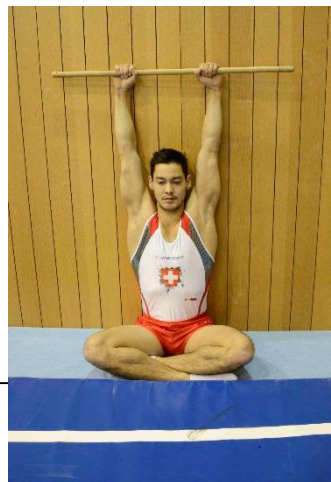
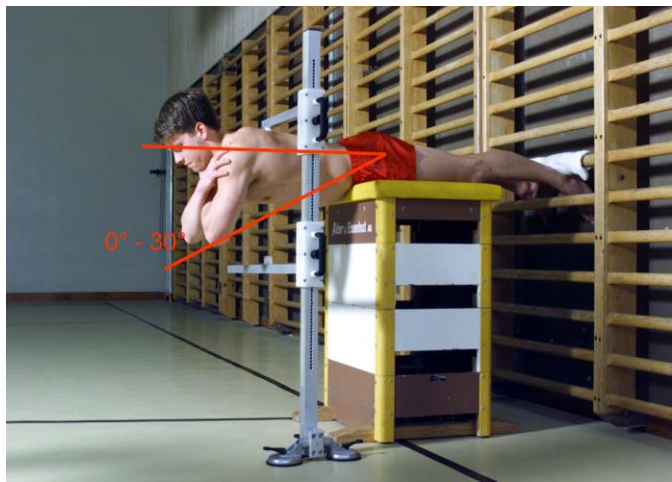
- **Athletes National Trainingscenter Magglingen**
Swiss Ski
Gymnastics
Athletics
- **Athletes Training Camp in Magglingen**
- **Athletes for Long Term Rehabilitation**
- **Athletes for Consultation and Advice**
- **Athletes for Regeneration procedures or Massage Therapys**



Sports Physiotherapy Department

Partner Federations

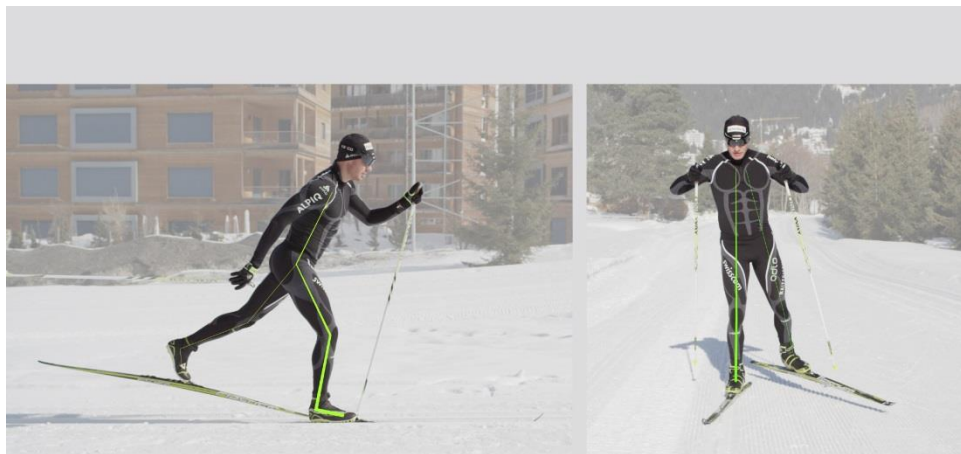
- **Swiss Gymnastics**
Health Management
Implementation Regeneration Management
Prevention Strategies (Shoulder)
- **Swiss Football Association**
Project FOOTURO (Back-Check, MSK-Screening)
Physiotherapy Formation Centre Women



Sports Physiotherapy Department

Partner Federations

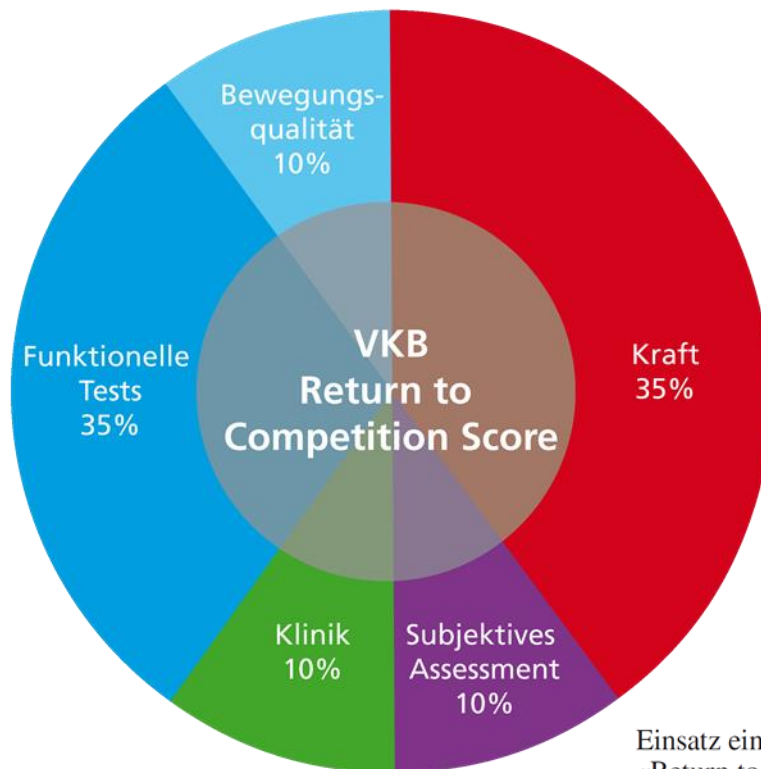
- **Swiss Ski Cross Country**
MSK-Screening (Weak Links, Corrective Exercises)
- **Swiss Ski Alpin**
Implementation Rehab Management
Return to Competition Testing after ACL-Injury
- **Swiss Handball Association**
Back-Check, MSK-Screening (Prevention)





Sports Physiotherapy Department

Return to Competition Test after ACL-Injury



Einsatz eines neuen, multifaktoriellen
«Return to Competition Score» für Athleten
nach einer vorderen Kreuzbandruptur

Luzia Kalberer, Stephan Meyer, Boris Gojanovic
Schweizerische Zeitschrift für Sportmedizin und Sporttraumatologie 61 (2), 31–34, 2013

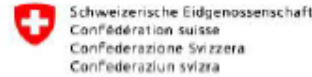
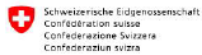
Sports Physiotherapy Department





Sports Physiotherapy Department

Return to Competition Test after ACL-Injury



Return to Competition Score

Punkte

Name		Geschlecht	f
Test-Datum	13.11.2015		
Verletzung	ACL, Teilmenisk. lat.	Seite	rechts
OP-Datum	08.01.2015		
Kriterien	Test-Wert Verletzte Seite	Test-Wert Gesunde Seite links	Punkte
Klinik			300
Schmerz (KOS Sport)			100
Schwellung (Stroke Test 0 - 3+)			100
Extension (Symmetrie)			0
Flexion (Symmetrie)			100
Kraft			635
MK isom. (N/kg)			100
CMJ (W/kg)			80
CMJ (Seiten-Abweichung in %)			100
SLJ (W/kg)		28.7	100
Isokinetik 60° (Quads) (Nm)	121.8	145.4	80
Isokinetik 60° (Hams) (Nm)	71.0	71.7	100
GKT lateral (s)	60.0		
GKT dorsal (s)	90.0		75
Funktionelle Tests			700
Jogging (KOS Sport)	4		100
120° Step up 30x	30	30.0	100
Drop vertical Jump (0-6)	6		100
Single hop for distance (m)	1.74	1.8	100
Cross over triple hop (m)	4.80	4.7	100
Agility T-Test (modified) (s)	15.76	16.11	100
Balance (cm)	8.71	7.93	100
Subjektives Assessment			83
KOS ADL	72		90
KOS Sport	49		50
RSI-Skala	910		78
Qualität Ausführung			77.8
Bewegungsqualität	72.2	77.8	
TOTAL Punkte			1790

Return to Competition Score

Score

Name		Geschlecht	f
Test-Datum	13.11.2015		
Verletzung	ACL, Teilmenisk. lat.	Seite	rechts
OP-Datum	08.01.2015		

	erreichte Pkte	Durchschnitt	Gewichtung	Score-Beitrag
Klinik	300	75		7.50
Kraft	635	91		31.75
Funktionelle Tests	700	100		35.00
Subjektives Assessment	82.75	85		8.50
Qualität Ausführung	72.2	72.2		7.22

Erreichter Score

89.97

Resultat

trainingsfähig

Mögliche Bewertungen: wettkampffähig; eingeschränkt wettkampffähig; trainingsfähig; eingeschränkt trainingsfähig; Reha-Training

Beurteilung

le niveau de force devrait être encore amélioré, en particulier les ischios et le dos
la qualité de la stabilisation du membre inférieur doit aussi être améliorée



Thank you !

