

Gesundheit, Sport, Golf, Wirbelsäule,
SMMM – 60 Jahren, 60 Mio Golfers

@ProfJiriDvorak

SPINE UNIT

Golf Medical center

Schulthess Clinic Zurich



2009, 50 J SAMM

- Manuelle Medizin (SAMM) als Plattform für landesweite Implementierung von präventiv Programmen gegen Rückenschmerzen (es ist möglich – Frage der Vermarktung) – erreicht?

2019 – 60 J SAMM

- Manuelle Medizin (SAMM) als Plattform für landesweite Implementierung von regelmässiger körperlicher Aktivität zur Verbesserung von QoL – billigste Medizin zum Vorbeugung / Behandlung von vielen NCD's



Karim Khan, BJSM Editor
IF 11,7!

IOC HQ, Lausanne 11.oct 2019

Welches der 4 tötet mehr Menschen

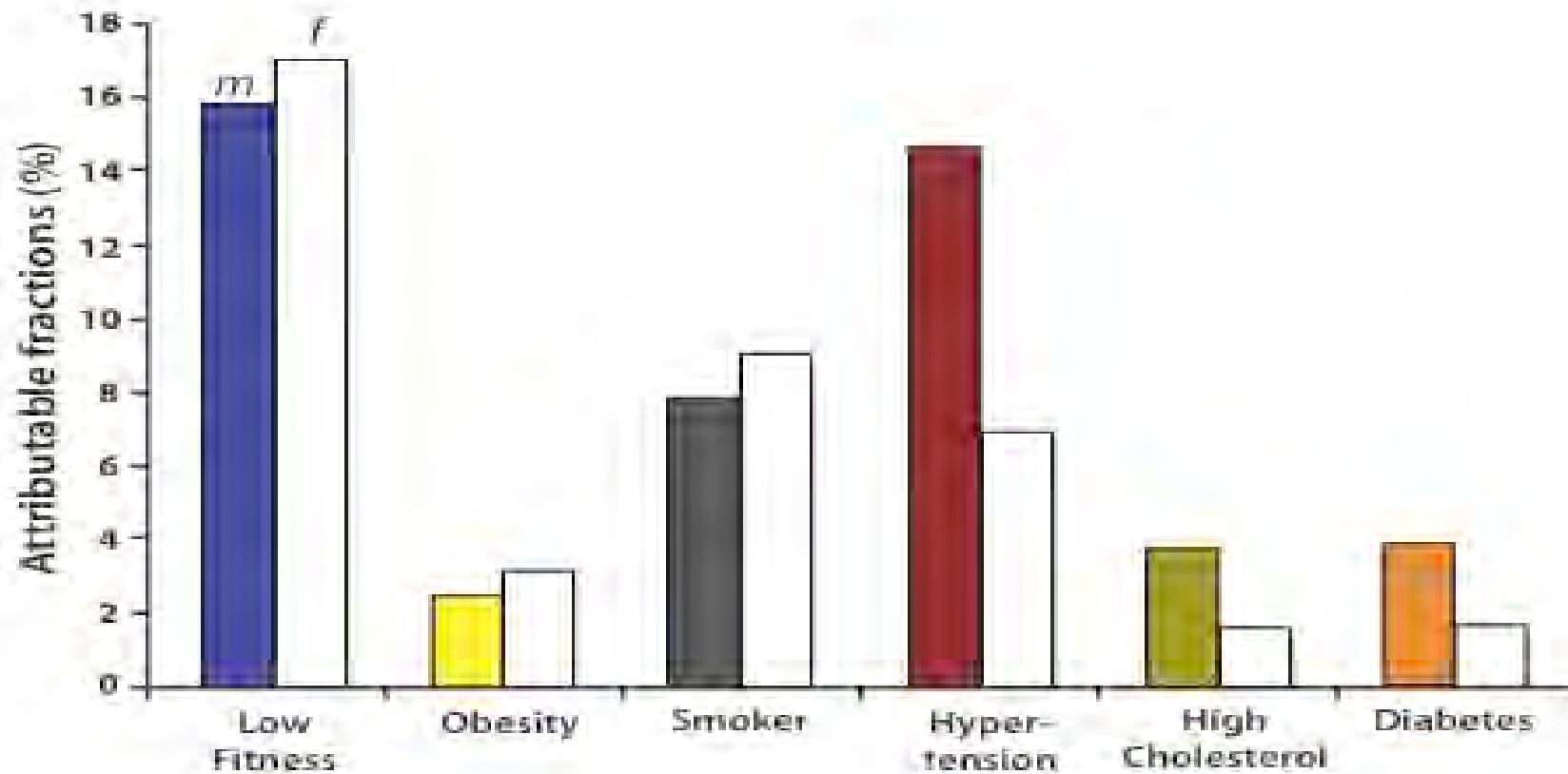
Rauchen

Diabetes

Obesität

**Low
fitness**

Low fitness kills - S.Blair, BJSM 2008, n – 44'000



Wissenschaftliche Beweise

- Booth 2000
- Blair, Khan 2009
- Powel, Blair – 2011, How much?
- Lancet, special issue, 2012
- Royal Medical Colleges, 2015
- Krustrup, Dvořák, 2000-2019, Football for Health
- Ekelund, Yates, 2019 – move more, more often
- Tari, 2019, PA Demenz um 40% (20 Jahre follow up)



PERSEVERE TO PRE

To avoid dementia, exercise better

of her memory sharpened.

In essence, the findings suggest that “it is not too late” for middle-aged or older people to start exercising and protect their memories, says Jennifer Heisz, an associate professor at McMaster University who oversaw the new study.

But the exercise probably needs to be at least somewhat intense, so that it raises heart rates and gooses fitness.

“I tell people to add in some hills when they go for a walk,” she says, “or pick up the pace between street lamps.”

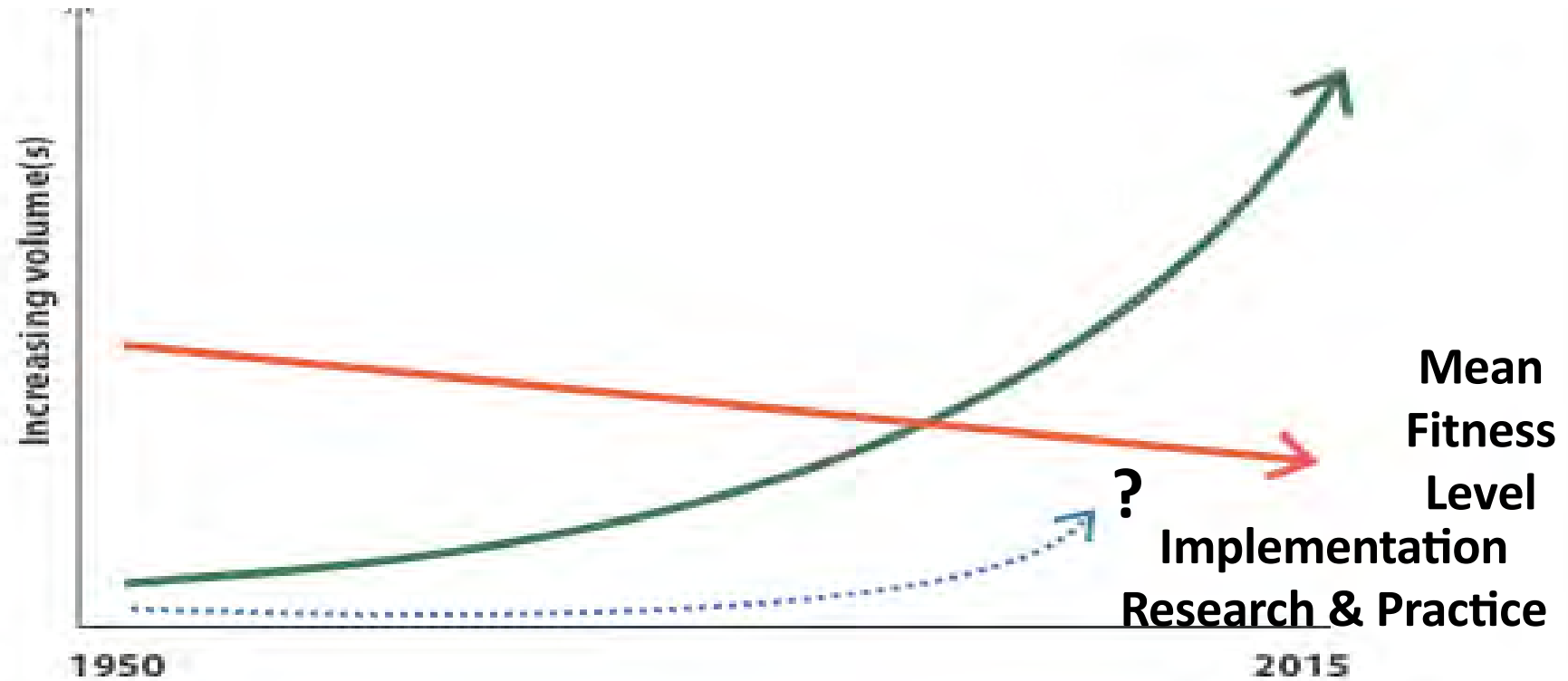
Wisloff would agree. For endurance and brain health, he says, try regularly to “exercise with an intensity so that you get out of breath”. © 2019 THE NEW YORK TIMES COMPANY

Royal Medical Colleges 2015

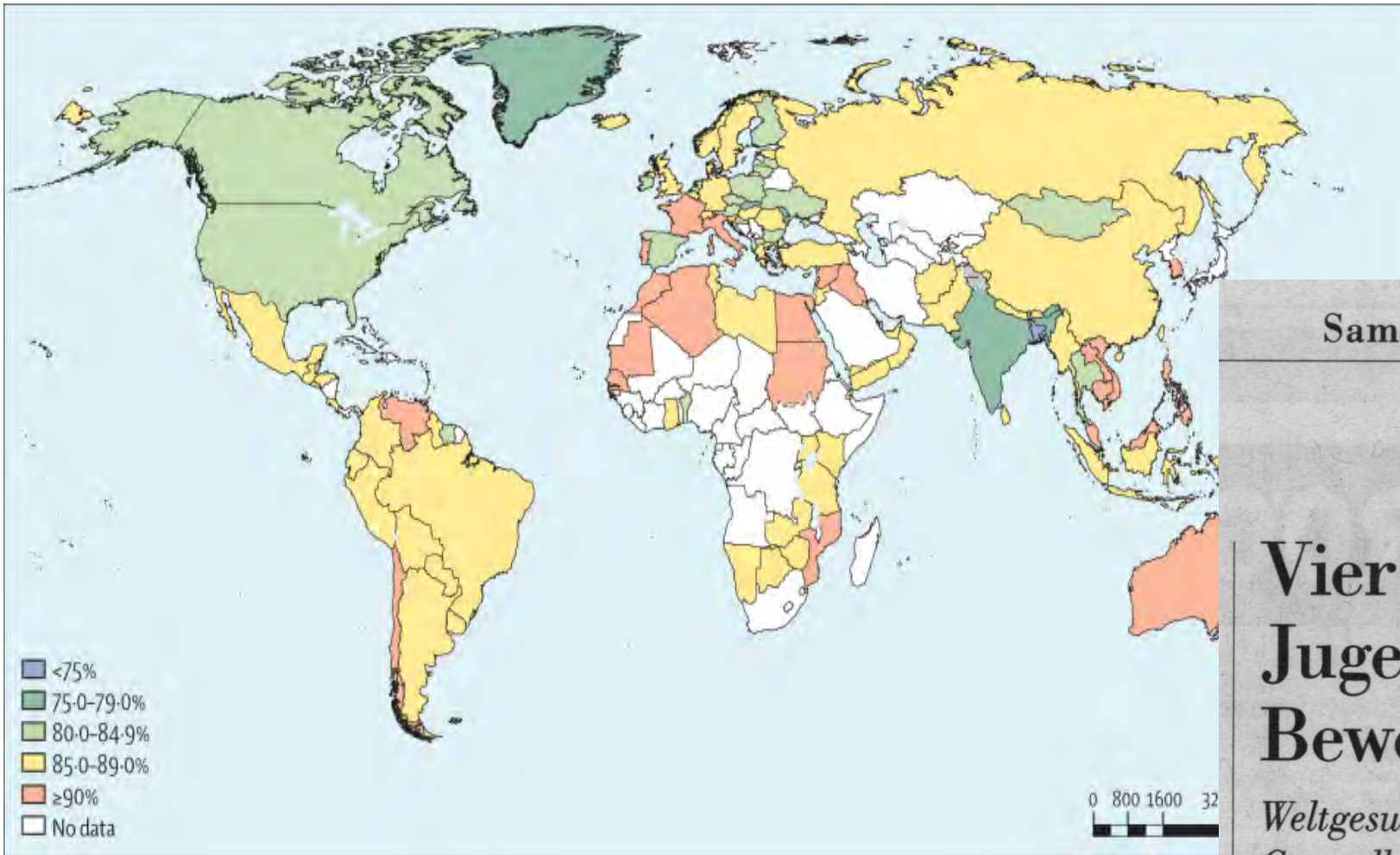
Exercise:

The miracle cure and
the role of the doctor
in promoting it

Need more emphasis on implementation



Guthold, 2019, Kinder inaktivität 80%!

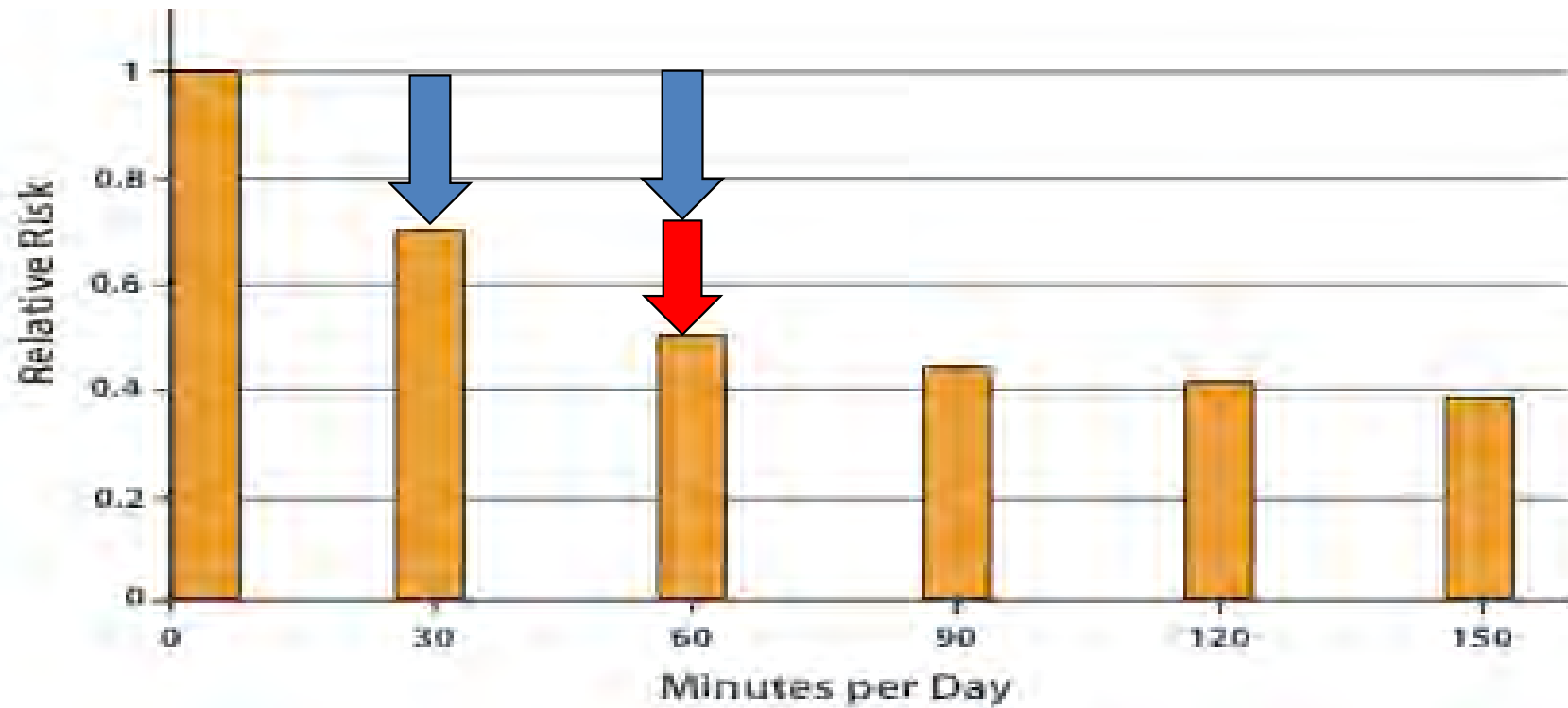


Samstag, 23. November 2019

**Vier von fünf
Jugendlichen sind
Bewegungsmuffel**

*Weltgesundheitsorganisation sieht
Gesundheit der Jugend in Gefahr*

Take one 'pill' or 'two'?



Prescribing exercise in medical practice

K.Khan et al 2012, BMJ

- Fragen wir danach bei der Anamnese?
- Es genügt nicht “welchen Sport”?
- Was machen unsere Patienten genau?
- Wichtiger als BMI!

Vom Fussball zum Golf



Erscheinung beim Clubhouse besser als am Platz
Hcp 36





SUN 28TH APRIL 2019 – Wembley, London

Learning from Golf

12:45 **Can you play golf with degenerative spine? Or is it the end of career?**

Dvorak J (SUI)

13:00 **Minimising illness and injury in golf** *Murray A (UK)*

I WILL BE THERE

 My speech:
Can you play golf with degenerative spine?

Dr. Dvorak
Speaker

27th, 28th, 29th April 2019 - Wembley Stadium

XXVII Isokinetic Medical Group Conference
Football Medicine
MEETS THE UNIVERSE OF SPORT

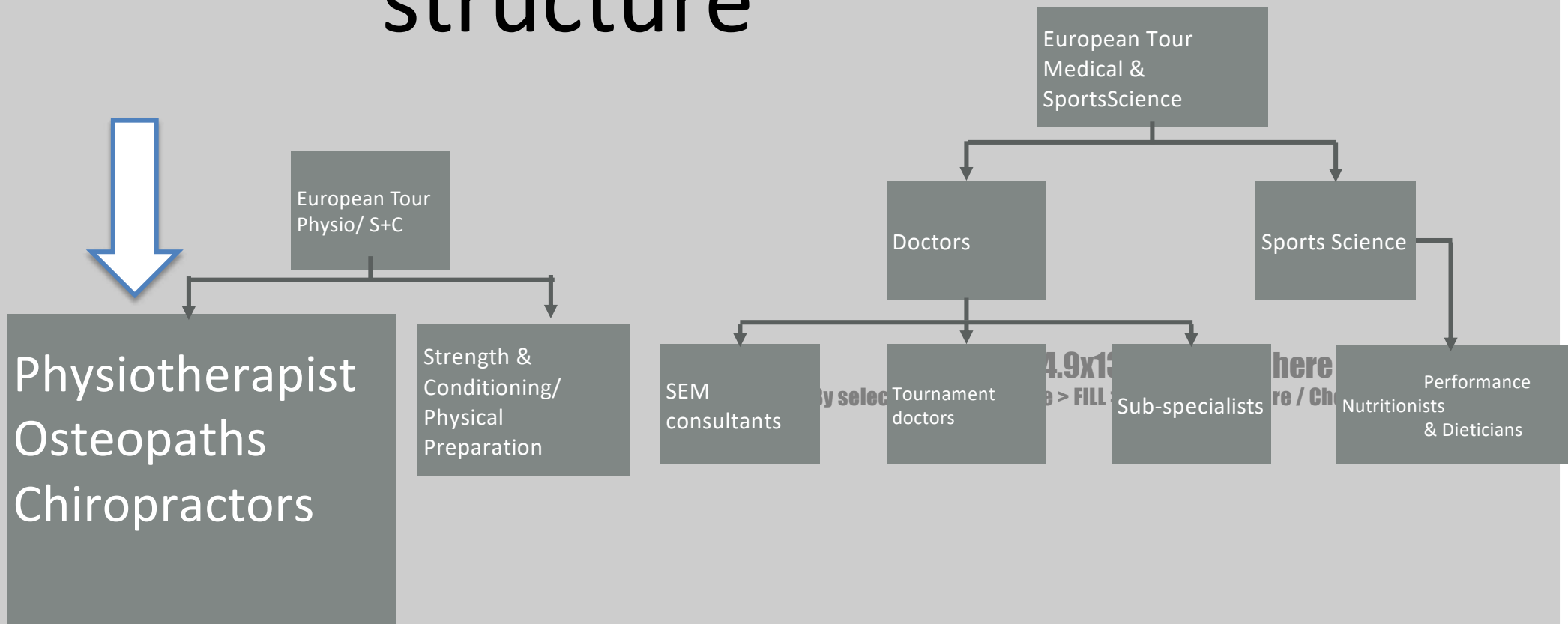
 ISOKINETIC
MEDICAL
GROUP

 **FIFA**
MEDICAL
CENTRE OF
EXCELLENCE

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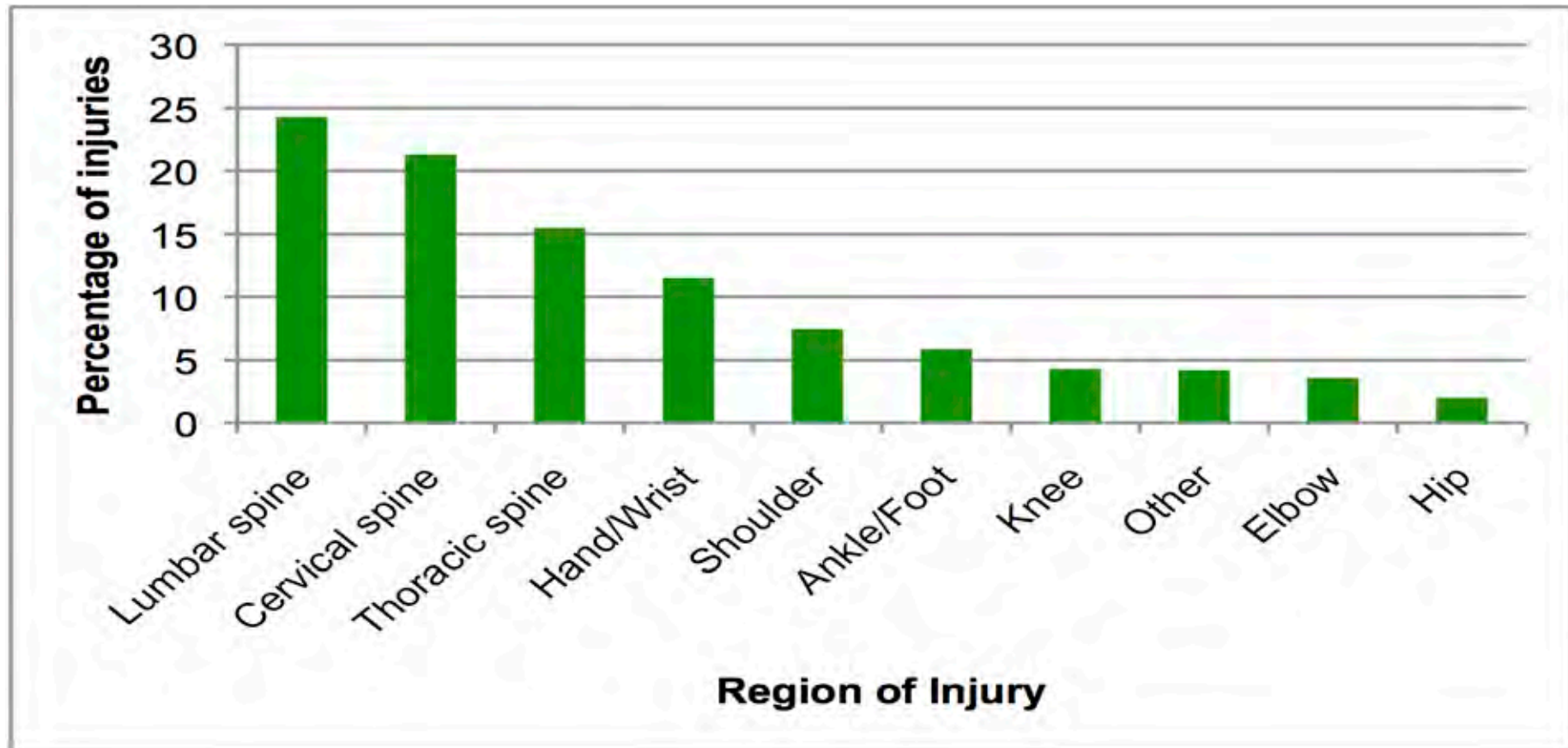
© G-MARC

European Tour medical structure



injury prevention and management

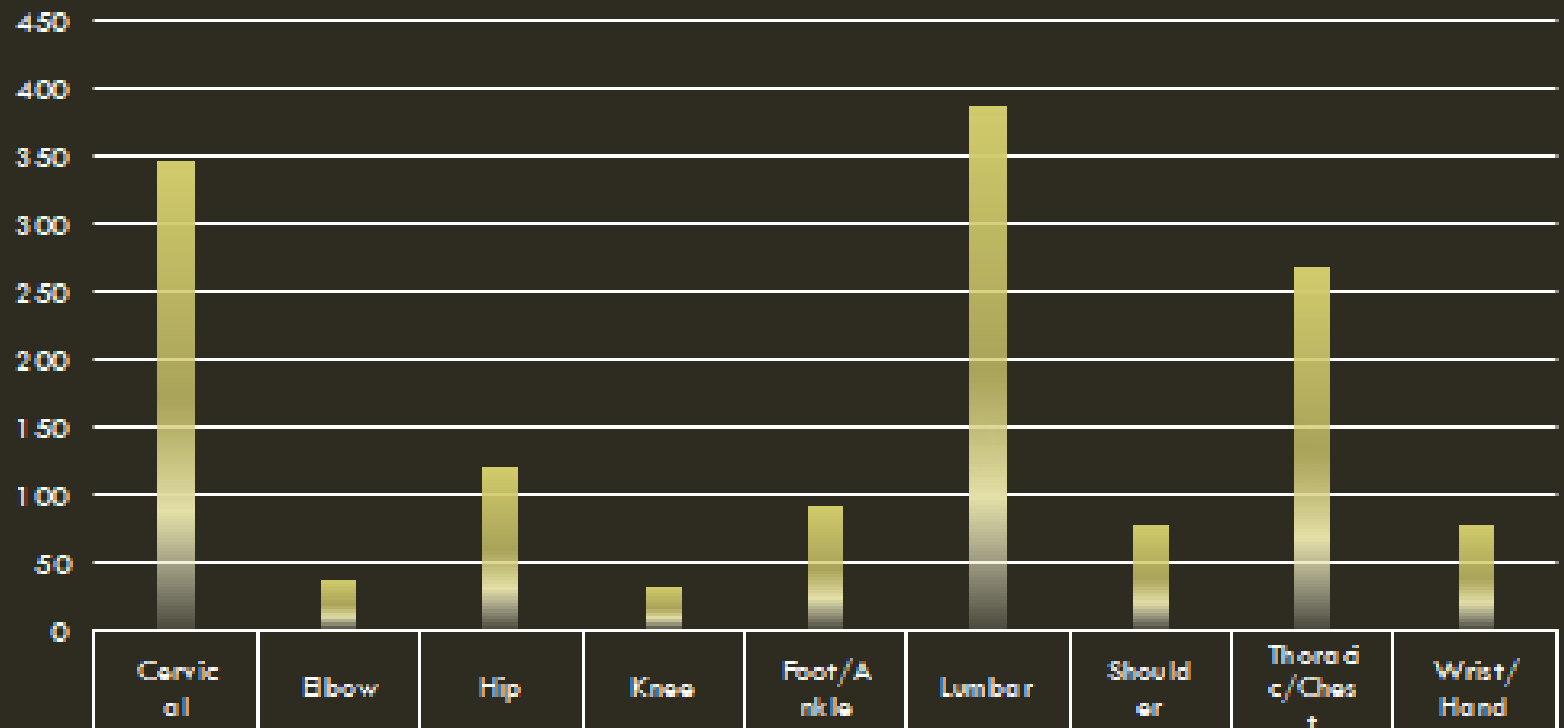
Beschwerden in professionellen golf



Robinson et al. BJSM 2018

PGA TOUR TREATMENT BY BODY REGION

2017 PGA TOUR TREATMENT BY BODY PART



By courtesy Tom Hospel, Med Dir. PGA

Golf Pros mit Rückenschmerzen

58% beklagen Rückenschmerzen



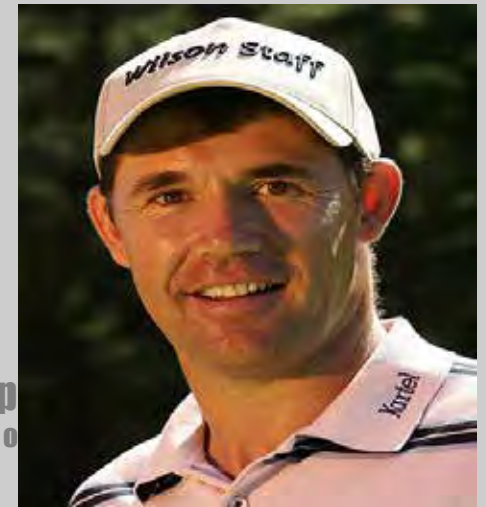
Annika Sörenstam



Tiger
Woods

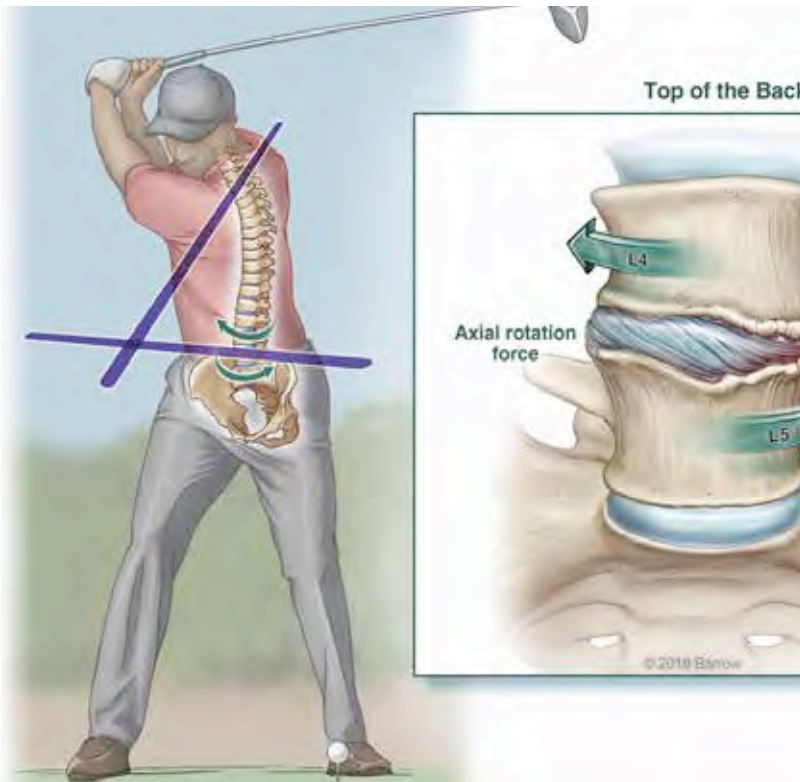


Simon
Dyson

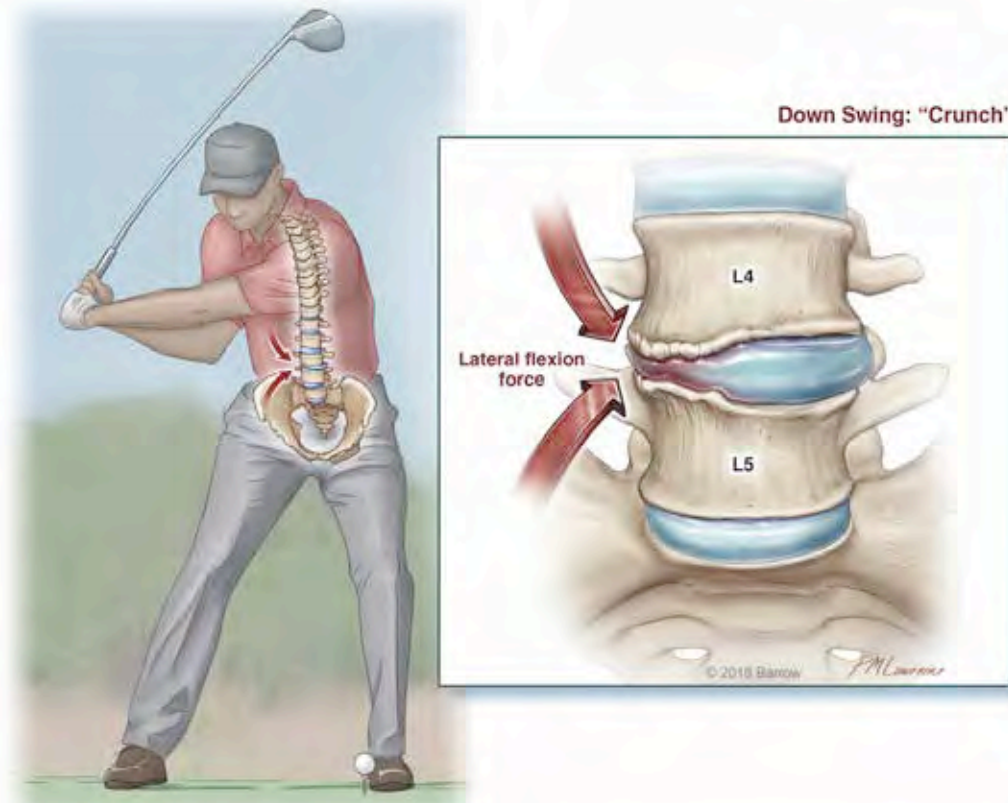


Padraig
Harrington

Backswing



Downswing



Walker, C.T et al, 2019, J Neurosurg Spine, p1-4

Horn, N, 2019 □ EMG M.oblq. abd, Glut med +max right, □ Hip internal rot left

Sugaya, H., 1997, Orthop Trans, X-ray, CT more degeneration on the right side

Repetitive Traumatische Discopathie



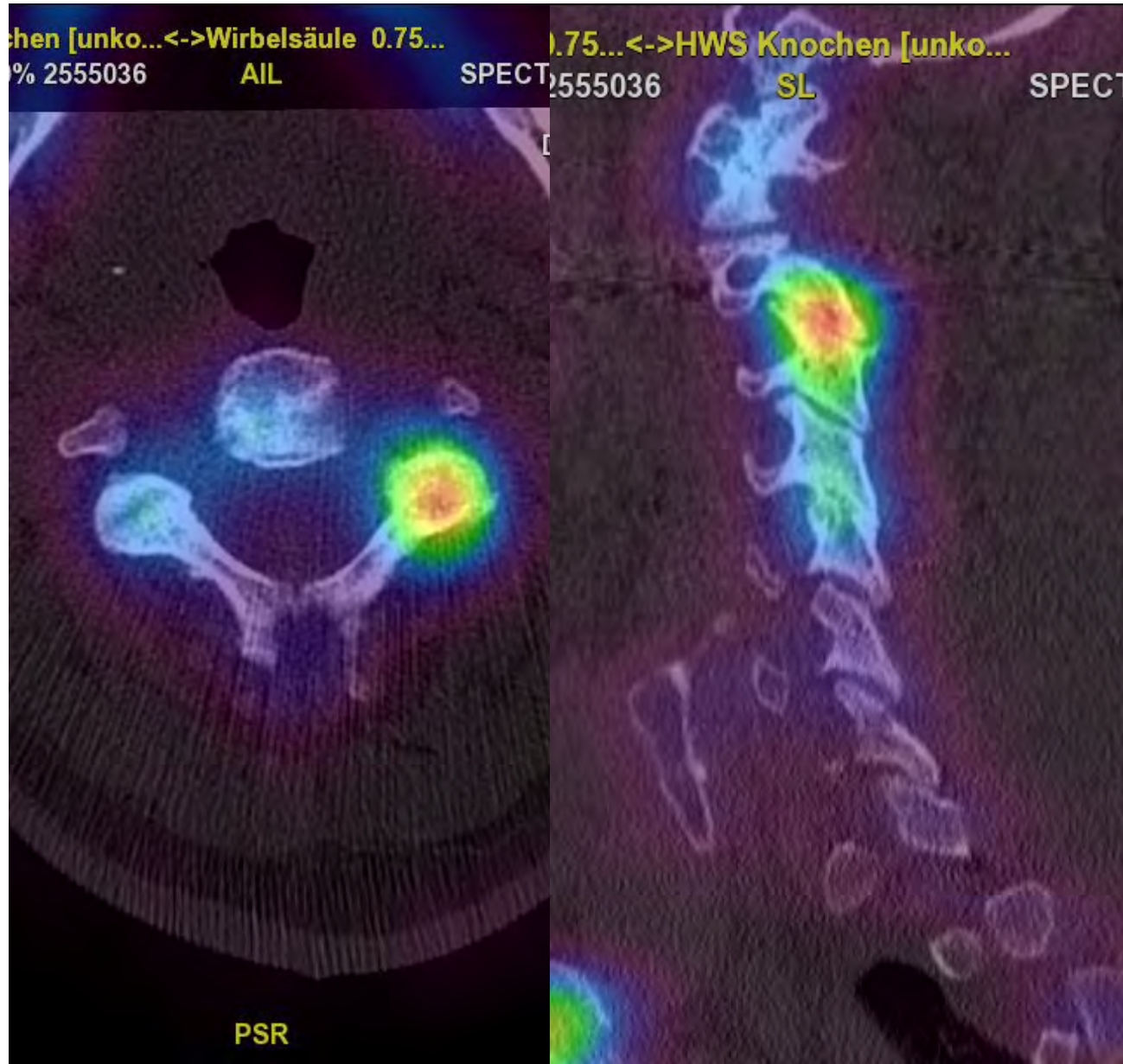
Altersverteilung der Golf Spielern in CH (2016)

Altersklasse	Anzahl M	Anzahl W	Gesamt
0-18	3'794	1'832	5'626
19-30	4'602	1'560	6'162
31-40	6'302	2'406	8'708
41-50	11'429	6'297	17'726
51-60	14'749	9'289	24'038
61-70	12'854	8'826	21'680
71-100	9'168	4'908	14'076
Sonstige *	444	267	711
Summe:	63'342	35'385	98'727

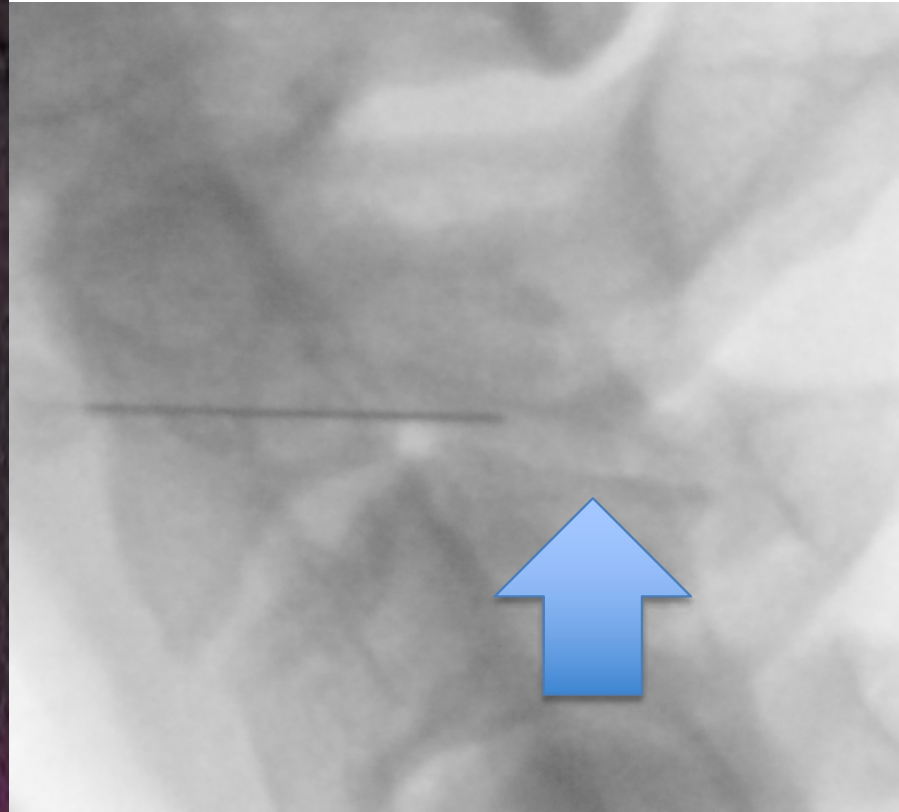
Courtesy ASG

Behandlung (100'000)

- Muskel Training
- Manuelle Medizin
- Injektionen
- Chirurgie



C2/3, 70 Y

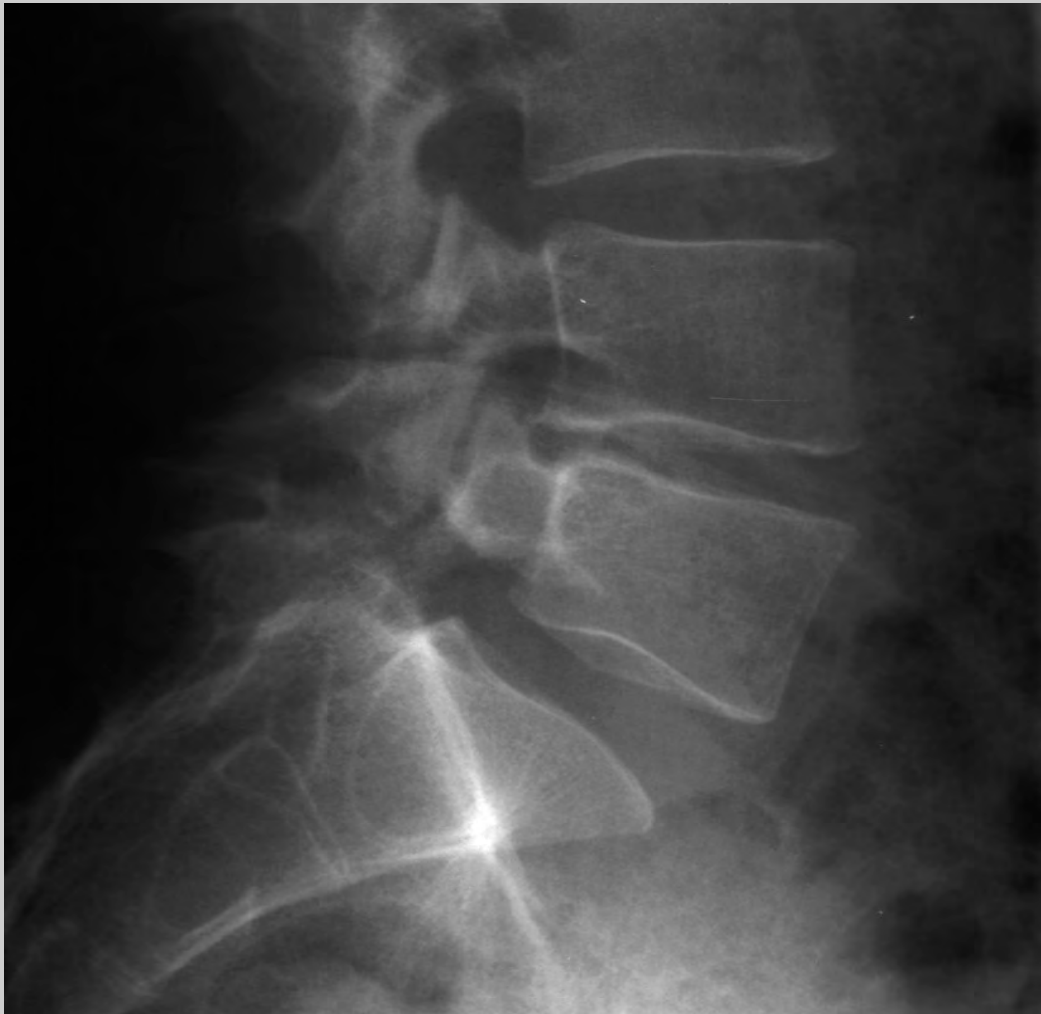






Bester Golf Professional in CH

Golf-Pro 34J, 1997, Akuter Ischialgie nach Rotation



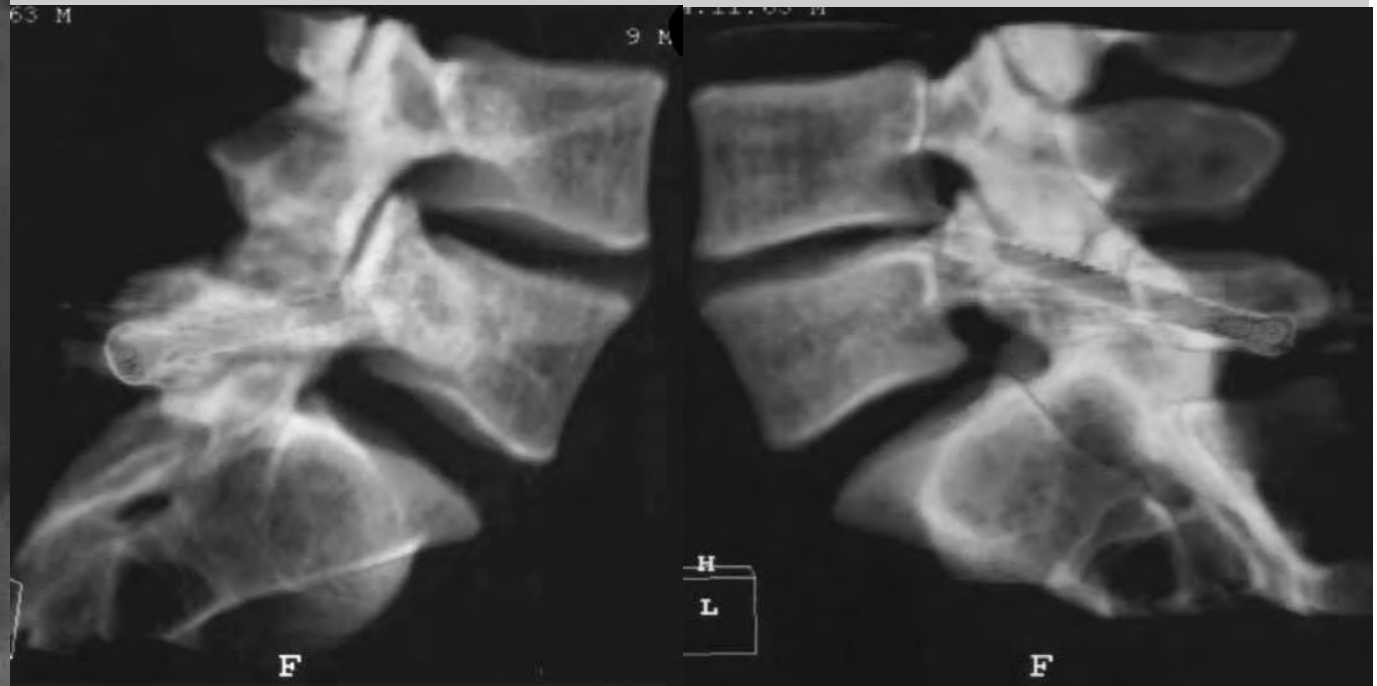
Ins
electing form



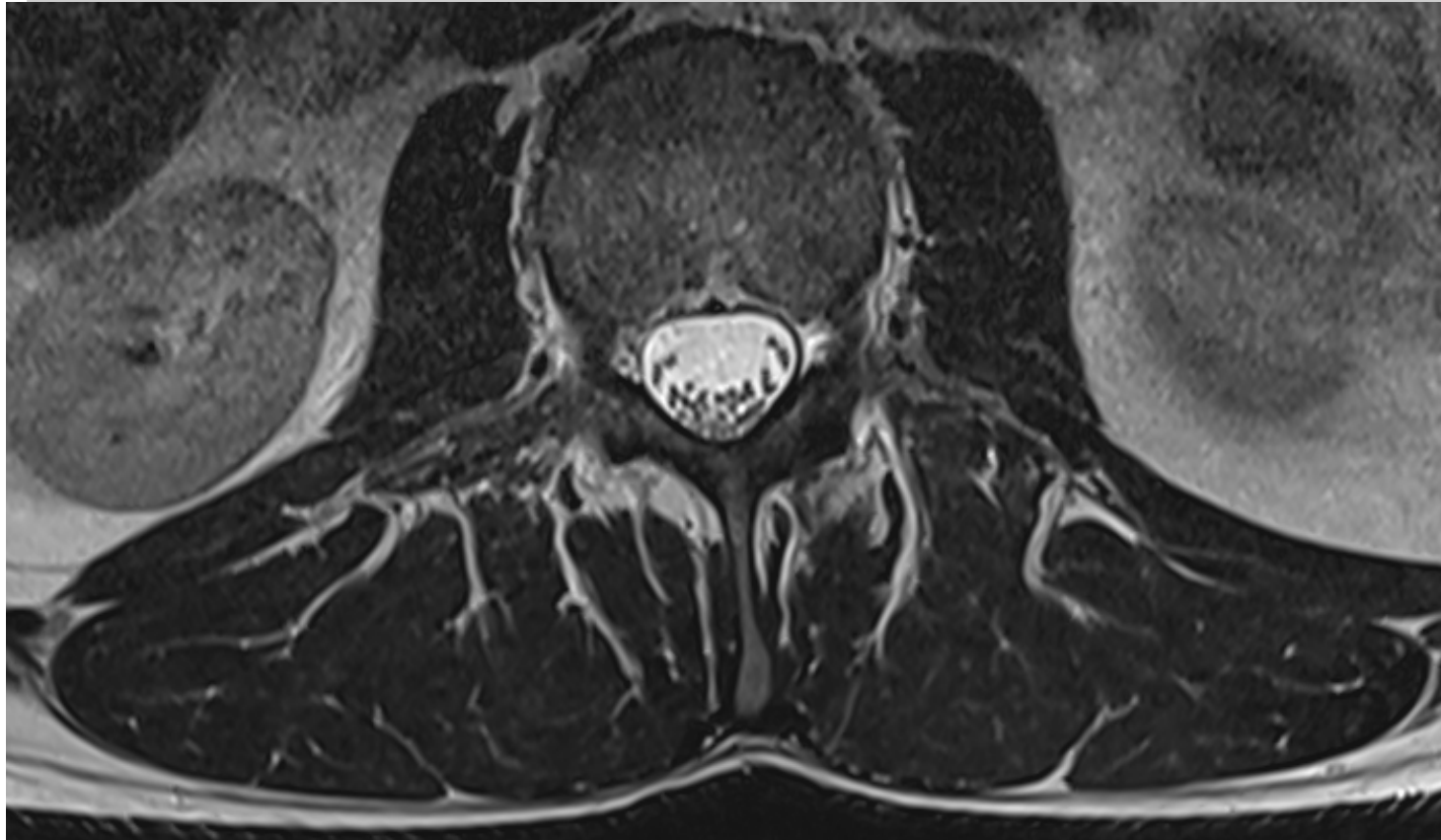
Golf-Pro 1998



Golf-Pro 5 J post Op (Operation 1999)




Golf-Pro follow up 1999-2019 - Muskeln!



- Wissenschaftliche Literatur nicht ergiebig
- Keine Epidemiologische Daten
- Keine Arbeit über Prevention, fast “virgin soil” – Challenge (60 Mio registrierte Golfer)

G-MARC / Golf - Medical Assessment and
Research Center
Golf Medical Research Project formuliert
2019-2023

MM präd disponiert sich um die Golfers zu
kümmern- unsere Hände sind vorbereitet

A person wearing a red shirt and blue pants is standing on a golf course. The background is a blurred green field under a clear sky. The text "Golf und die Hand" is overlaid in the center of the image.

Golf und die Hand

MM und Golf

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