



# Providing Osteopathic Care for the World Sports Events

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Osteopathic International Alliance  
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# About myself

- 43 years old
- Graduated British School of Osteopathy 1999
- Osteopathic Centre for Children in London 1999 - 2000
- Practicing in Tokyo since 2000
- Attending American Academy of Osteopathy Convocation since 2001
- Various courses: Various Cranial, Strain Counterstrain, Visceral Manipulation, Still Technique, Facilitated Positional Release, Classical Osteopathy, Torque Unwinding, Ligamentous Articular Strain, Muscle Energy, Lymphatic Drainage and etc..
- Participated as an Osteopath in Physical Therapy Team in Rio 2016 Paralympic Games

## Currently:

- Principal of Japan College of Osteopathy
- Vice President of Osteopathic Sports Care Association – Japan
- International Relations Officer of the Japan Osteopathic Federation

# Outline

- Importance of Osteopathic care in sports field
- Preparation
- How to be involved
- Polyclinic
- Team work
- Cases



Osteopathic International Alliance, P.O. Box 1000, Chicago, IL 60611 USA

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# OIA Press Release 2012

FOR IMMEDIATE RELEASE  
27 July 2012

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- More than 100 osteopathic physicians and osteopaths have provided care to Olympians in London 2012
- London 2012 - The first time 26 osteopaths have been selected to be part of the Central Medical Team in the Athlete's Village itself
- Athletes treated by osteopathic practitioners have most recently won medals in the 1992, 1994, 1996, 2000, 2004 and 2008 Games

As the 2012 Olympic Games are now firmly underway, the osteopathic profession continues to demonstrate its commitment to the health and well-being of athletes. Osteopathic physicians and osteopaths have lent their skills to athletes from around the world for more than 100 years and will continue to do so at the London Games.

More than 100 osteopathic physicians and osteopaths have provided care to Olympians, serving as health care providers to individual athletes and teams leading up to and during the Games. Also for the first time 26 osteopaths have been selected to be part of the Central Medical Team in the Athlete's Village itself.

Members of the Osteopathic International Alliance (OIA) provide care for athletes and athletic teams from 40 different countries across North and South America, Europe and Australasia. Care is provided in a variety of sports including swimming, canoeing, rowing, ice skating, basketball and triathlons, as well as rhythmic gymnastics, tennis, rowing and skiing, among many, many others.

In addition to providing medical care, many osteopaths and osteopathic physicians provide leadership on numerous Olympic committees providing oversight of operations, logistics and personnel. Athletes treated by osteopathic practitioners have most recently won medals in the 1992, 1994, 1996, 2000, 2004 and 2008 Games.

The OIA is the primary international organisation entrusted by the osteopathic profession to work for global osteopathic care and to advocate for high quality osteopathic health care.

The OIA advances the philosophy and practice of osteopathic medicine and osteopathy worldwide, through its member organizations and its presence in more than 10,000 osteopathic institutions in 40 countries.

Osteopathic medicine/osteopathy is a patient centered holistic approach to health care that recognizes the importance of the relationship between the structure of the body and the way it functions. Osteopathic physicians and osteopaths use palpation and manual techniques to influence muscles, joints, nerves, connective tissue, circulation and internal organs to support the body's ability to restore and maintain health.

Learn more about the osteopathic profession and the OIA at [www.oialliance.org](http://www.oialliance.org).

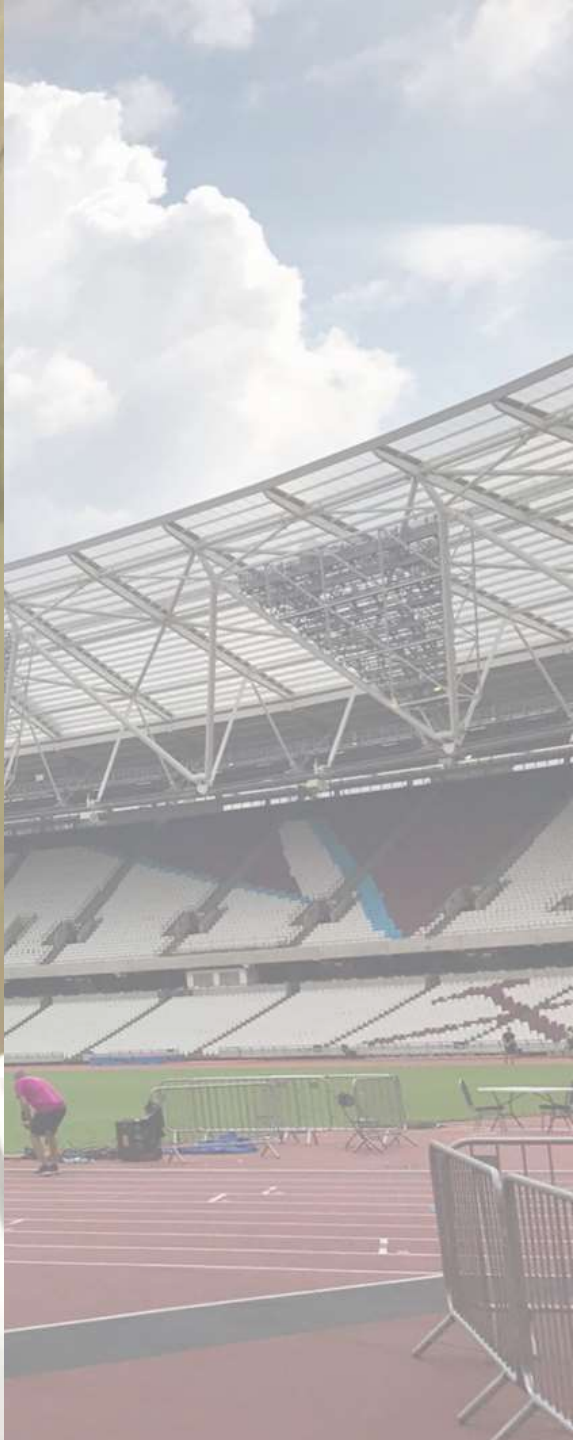
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# Simeon Milton, BSc(Hons) Ost Med, DO, FOSCA



- Graduated BCNO (BCOM) in 1993
- Working in private practice since
- Worked as Osteopath
  - Rugby squads from club to international level
  - Cricket teams from club to county level.
  - European PGA Golf tournaments
- Clinical Lead Osteopath for the London 2012 Olympic and Paralympic Games
- Osteopath to the first European Games 2015, and was the only International Osteopath invited to work in the Central Medical Team for the Rio Olympics
- Lectured:
  - undergraduates in Osteopathic Sports Care and Pitchside Trauma
  - Royal Society of Medicine explaining and detailing Osteopaths' role at the 2012 Games
  - OSCA-J Sports Care course in Japan 2015 and 2016
- Received an OSCA Fellowship in July 2013 for dedication and commitment to OSCA (Chairman for the last 6 years) as well as my contribution to osteopathy in the sporting arena
- Awarded the first ever Institute of Osteopathy (iO) Presidents Medal for services to Osteopathy
- Clinical Lead Osteopath at the World Championships London 2017



# Preparations

- Sports care
  - General Knowledge: Sports Physiologies, Nutrition, Doping, Acute, Overuse, Emergencies, Rehabilitations etc. (OSCA UK etc.)
  - Specialized Knowledge: Different types of sports (OSCA UK)
  - Experience from local sports events
- Techniques: Taping and others (more tools in toolbox is better)
- Terminologies: Abbreviations used by Physiotherapists and others

# Preparations

- SCAT5 for concussion
  - <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf>
- Basic Life Saver (BLS) and First Aid
  - Provided by American Heart Association ([www.heart.org](http://www.heart.org))
- FIFA – Provide free online diploma for football medicine
  - <http://f-marc.com/footballdiploma/>
- FIFA 11+ for warm up
  - <http://f-marc.com/11plus/11plus/>



# Preparations

- Law of the host country – affect whether foreign osteopaths activities
- Insurance
  - Countries with national registration may have international insurance
  - Host country may provide for international volunteers
- Budget
  - Transport & Accomodation (Uber & Airbnb)
  - Food
  - a few weeks off required

# Selection Pathway

## Case of Rio Paralympic 2016

- Nov. 2014 Volunteer Application through the website.  
Input Education, Career experience, Sports related activities and etc.
- Dec. 2014 English level test
- Dec. 2015 Online interview
- Jun. 2016 Invitation letter received
- After the invitation, volunteers are asked to do online learning, general volunteer rules and briefing and English or Portuguese language course depending on language level.

# Volunteer Portal Site



[HOME](#) [VOLUNTEER JOURNEY](#) [THE STAGES](#) [GET INSIDE](#) [MY DATA](#) [USEFUL INFORMATION](#)

## Volunteer Journey

[MY STATUS](#)  
[TO DO LIST](#)  
[MY TRIP](#)

## The Stages

[TRAINING](#)  
[LETTER OF OFFER](#)  
[SHIFTS](#)  
[ACCREDITATION](#)  
[GAMES ACTIVITY](#)

## Get Inside

[NEWS](#)  
[NEWSLETTER](#)

## My Data

[MY APPLICATION](#)  
[CHANGE PASSWORD](#)

## IT'S TIME!

Get some insight in areas that you may not have thought of, like Transportation, Health Insurance, prohibited Items and more.

[Click here!](#)



HAVE YOU  
ALREADY RECEIVED  
YOUR LETTER OF INVITATION?

[Click here to accept it!](#)  
Come be a [#Rio2016volunteer](#)

Have you received your  
Games Time poster?

JOIN THE RIO 2016 VOLUNTEER PROGRAM  
OFFICIAL GROUP AT FACEBOOK.

In there you will find information about  
the program and other volunteers  
that soon will be at your side.



# What's provided to a volunteer

- Uniforms
- ID
- A meal a day
- Public Transport Pass
- Souvenir
- Certificate
- (Insurance)





# Polyclinic

- Sports Doctors, Dentists, Pharmacy, Physical Therapy, Emergency vehicles, X-ray, Ultrasound, MRI and etc.
- Athletes, coaches and staffs can use free
- For Athletes, supporters, insoles are provided free with doctor's prescription. Orthotics and wheelchairs were repaired by specialized company.





# Physical Therapy Facilities

- Physical Therapy Room with Reception
- Private Room (1 Osteopathy, 1 Chiropractic)
- Sports Massage Room
- Rehabilitation Room
- Cryotherapy Room
- Office



# Equipment

- DIAGNOSTIC TOOLS
- TAPES FOR VARIOUS USAGE
- GAMES READY (ICING)
- HEAT PAD
- ULTRASOUND, INTERFERENTIAL AND LASER



# Rehabilitation Equipment

- FREE WEIGHT
- WEIGHT TRAINING MACHINE
- PILATIS MACHINE
- ANTI-GRAVITY TREADMILL
- ETC.



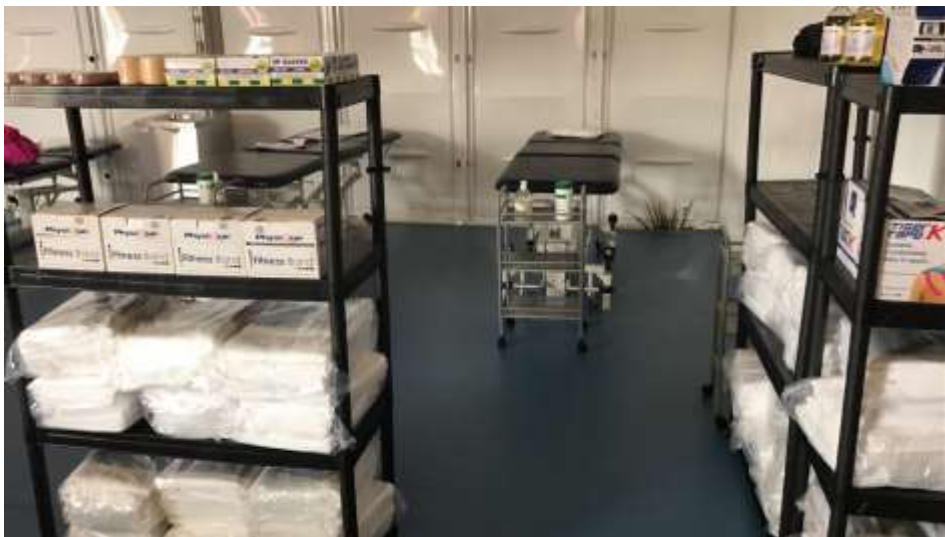
# World Athletic Championship London 2017

- Polyclinic was situated by the warm up track
- Could have communication with athletes





# London 2017 Facilities





# Physical Therapy Team



- Chiropractors, Osteopaths, Physiotherapists, Sports massage therapists (COPS) cooperate to provide the best possible care. This system was very much successful in London 2012 and IOC recommend since.
- Member Nationalities in Rio:
  - Mainly Brazilians, the rests were English, Americans, Australians, Danish, Swedish and Japanese.
  - Physiotherapists and Sports massage therapists are especially Brazilians due to national registration
  - If there is national registration of osteopathy with a host country, volunteers are essentially required to have national license.
- Service: Evaluation, Manual therapy, therapy using equipment, recovery and etc.

# Team Work



- Providing the best possible care for Athletes – Communication and understanding each other is essential, i.e. respecting and trusting each other's work. This applies to all other medical care personnel in the Polyclinic.
- With Rio, the team leader was talking how important to provide care as a team for the best possible results.
- These volunteers are professional and know how important the team work and everyone's mind were motivated to be useful in the team and patient care.
- Tend to be busy – one should try to cover physical therapy team functions as much as possible.
- Gathering each best part **multiplies effect of treatment** in great extent.

# Case 1



- Elsayed Mouse
  - Egypt
  - Sitting Volleyball
- Bronze Medal

Other Egyptian team members are also taken care by physical therapy team.

# Elsayed Mouse

## Sitting Volleyball



- LBP and Right elbow lateral epicondylitis
- L5 disc herniation developed 3 days before the competition confirmed by MRI
- Interventions: Mackenzie Exercise, Physiotherapy (including manual, interferential, ultrasound, and laser), Osteopathy
- No LBP nor Elbow pain on the day of competition

# Nationalities of Physical Therapy Users

Algeria, Angola, Azerbaijan, Benin, Brazil, China, Congo, Costa Rica, Ecuador, Egypt, Fiji, France, Gabon, Guinea, Honduras, Iran, Latvia, Mauritius, Mexico, Montenegro, Morocco, Myanmar, Philippine, Poland, Romania, Senegal, Spain, Sri Lanka, UAE, Ukraine, USA, and etc. Over 30 countries.



# Languages

- Olympic and Paralympics – English, French and Language of the host country
- Translator from volunteers
- Google translator (App) – Major languages are downloadable and usable offline. Free.

# Category of Clients

- Athletes
- Coach
- Head of a team
- Anti-Doping Personnel
- Volunteer stuffs



# Case 2

Young Female African Shot Put player with left leg disability by gunshot wound

- Held national flag in the opening ceremony
- Held too long and UEx pain developed with VAS scale 10 and could not hold even spoon for breakfast and severe pain with touch as well
- Had sports massage and physiotherapy (inc. icing and interferential) with no result

## Case 2 Cont.

- The muscles in UEx especially arm and around elbow had increased tones compressing venous and lymphatic drainage.
- Treated with lymphatic drainage from the thorax followed by MFR
- After treatment, VAS scale down to 0 and able to perform shot put action.



## Case 3



- Mohamed Kharaf
- UAE
- Power Lifting – 88kg class  
Gold medal

## Case 4

- El Amin Chentouf
- Morocco
- Men' s 5000 m – T12/13  
Silver medal
- Men' s Marathon – T11/12  
Gold medal

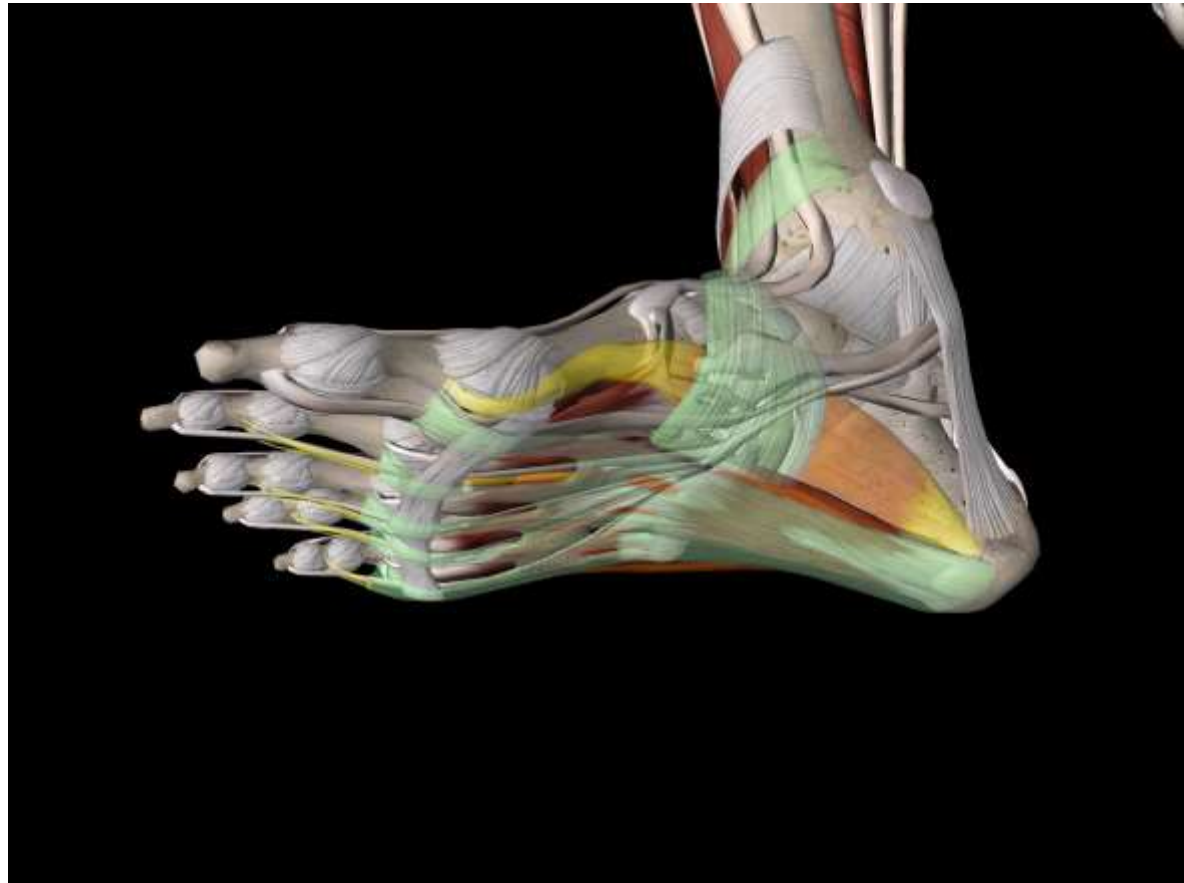
(T11/12/13 : Track – Visual disabilities)



# El Amin Chentouf

## Men' s 5000m & Men' s Marathon

- Plantar pain over 6 weeks
- Plantar fasciitis
- Intra-osseous strain of talus and calcaneus + increased tones of talocrural interosseous ligament
- Increased tones of muscles acting upon ankle joint
- Physiotherapists were looking after him and osteopathic intervention was added three days before the 5000m race.
- No aggravation after 5000m and into Marathon game.



# Case 5

- Maciej Shchal
- Poland
- Men's Club Throw – F31/32  
Gold Medal
- Men's Shot Put – F32  
4th

(F31/32:Field ▪ Trunk Ataxia,  
Wheelchair)

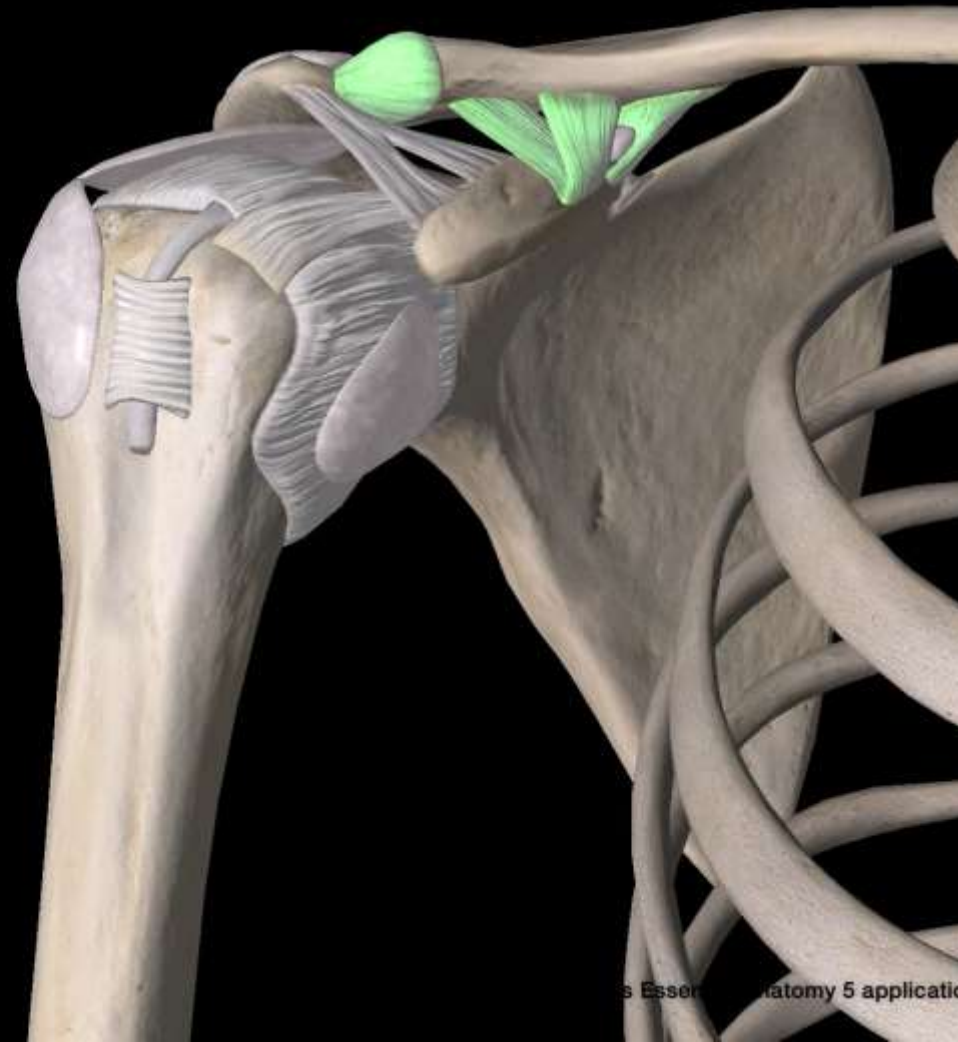




Maciej Shchal

Men's Club Throw • Men's Shot Put

- Right shoulder pain since around a month ago
- Agg. with throwing action at end of the range
- Right acromioclavicular ligament and coracoclavicular ligaments (both trapezoid and conoid)

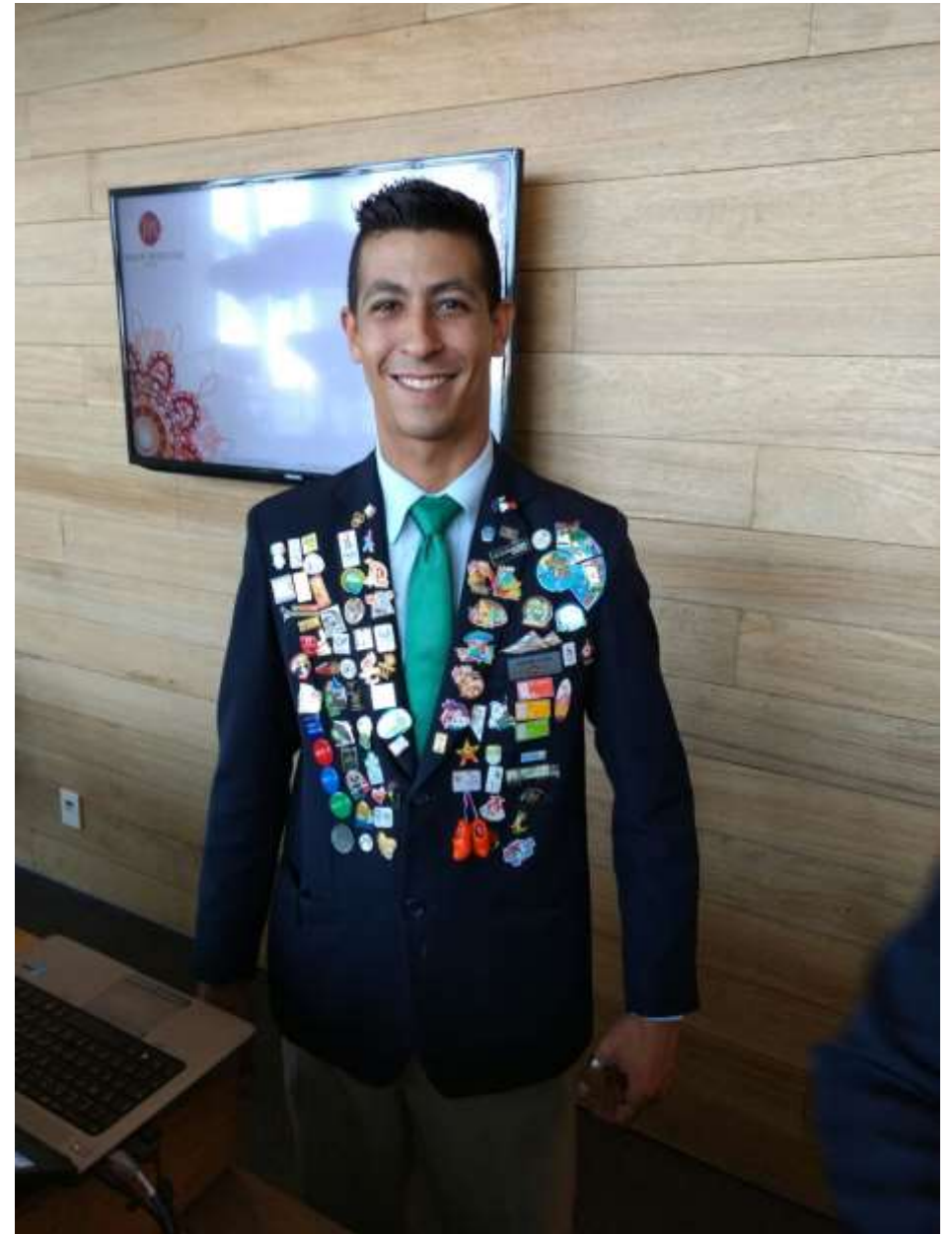


# For Future Osteopathic Sports Care

- Currently working towards Pyeong Chang 2018 winter games and Tokyo 2020.
- More exposure of osteopaths in different international games expressing our presence.
- International Osteopathic Sports Care (INOSC) – suppose to function as connecting international osteopathic sports care organizations – [www.inosc.org](http://www.inosc.org)
- Possible regional organization – as in Europe, America, Asia and Oceania, Middle East, and etc. Promoting Osteopathy worldwide.

# Don't forget

- Badges







Thank you very much!