



to the second

INTERNATIONAL CONSERVATIVE CLIMBING TREATMENT ASSEMBLY

Note

- This meeting is not mandatory.
- It is free of charge.
- I organized this privately.
- IFSC nor any federation is involved.
- It is addressed to physiotherapists.
- www.climbingphysios.com (new = beta version)
- At that time we talk about medical issues in the field of **competition climbing only!**

About me...

KLAUS ISELE, MSc D.O.

- Osteopath
- Physiotherapist of the Austria Climbing Team (Boulder)
- Climbing Trainer
- CEO Therapierbar
- Former head coach of Vorarlberg
- Med. Supervisor and Osteopath of Adam Ondra



Why this gathering?



Aims of today

- Get to know each other
- Define the most important strained body parts
- Get an idea of what we see and what we will see in the future
- Discuss further steps
- Presentation of Zack DiCristino, MSPT, OCS, SCS
- An evidence based study ist NOT the aim!
- Create info to notify our federations / coaches
- Chat / Discuss

Goals?

- Work together!
- In the spirit of the sport and climbing community

Protecting athletes must be the main goal

=> Get to know the risks of our sport before athletes become part of an injury statistic!

Climbingphysios.com

- Aim: not 100 % clear yet... ;-)
- Sharing content
- Listing therapists with experience in the field of climbing related injuries as information for patients
- Connect, discuss, exchange knowledge and ideas
- ...

1. Survey

- Everybody has a piece of paper with
1. 2. 3. ... on it.
- Please list three body parts / joints that you see affected, strained, overused or injured due to competition climbing nowadays.

=> 1. = most affected 2. = less affected 3. = least affected

2. Survey -- future --

- Everybody has a piece of paper with
1. 2. 3. ... on it.
- Please list three body parts / joints that you think we'll see affected in the **near future** (2-5 years from now) due to competition climbing.

=> 1. = most affected 2. = less affected 3. = least affected

Presentation from Zack DiCristino



3. Survey: External vs. Internal Factors

Why do these problems occur in competition climbing?

Possible **internal** factors:

- Training programs aren't adapted to the fast change of this sport
- Lack of interest regarding injury prevention
- Wrong guiding (trainers?)
- Warm up behavior
- ...

3. Survey: External vs. Internal Factors

Why do these problems occur in competition climbing?

Possible **external** factors:

- Olympic format
- Style of the climbs / boulders
- Routesetting
- Resting times between competitions / continental break time
- ...

3. Survey - VOTE now!

Raise your hand just once:

EXTERNAL FACTORS

or

INTERNAL FACTORS

=> **OUTCOME: INTERNAL (9) vs. EXTERNAL (4)**

Vol.1 :-)



Outcome of Vol.1

Nowadays:

1. Shoulder // 2. Finger // 3. Knee

Future:

1. Low Back Pain // 2. Knee // 3. Shoulder

** Note: this includes a research outcome from Tomizawa Ryuichiro = not only competition climbers. Furthermore there might be a BIAS about the finger issues because Paul works with finger problems - CAVE!*

Outcome:

- Medical Issues NOW:
 - 1. Shoulder (31) 2. Fingers (21) 3. Knee (12)
- Medical Issues FUTURE:
 - 1. Shoulder (21) 2. Knee (11) 3. Hip (7) Spine (7) Wrist (7)
- Internal / External Factors:
 - 9/4

Next Event



The next meeting of the
INTERNATIONAL CONSERVATIVE CLIMBING TREATMENT
ASSEMBLY (climbingphysios)
will take place at the next
World Championships in Japan 2019.

Organisation: Tomizawa Ryuichiro

„The size of your dreams must always exceed your current capacity to achieve them. If your dreams do not scare you, they are not big enough.“

Ellen Johnson Sirleaf,

Nobel Peace Price winner 2011 & former female president of Liberia

Discussion

- What should we discuss in the future?
- Ideas ...

