

# 10<sup>TH</sup> GLOBAL ORTHOPEDICIANS ANNUAL MEETING

July 03-04, 2017 Kuala Lumpur, Malaysia

## Ways physicians can improve athlete's human performance by the earliest detection, intervention and prevention of spring stiffness over modulation

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The team physician role is to provide treatment not only for the medical management of injuries and illnesses but also to provide for appropriate education and counseling regarding nutrition, strength and conditioning, and ergogenic aids maximize the athletes human performance in sport. Efficient, stress and strain free movement with efficiency is an essential aspect of survival for living things. Therefore understanding normal movement and how the human organism accomplishes normal movement is vitally important for physicians to understand so they can determine what is normal and what is abnormal movement. In this presentation I will reveal ways the physician can improve human performance of patients in sport by selecting the most advanced model of locomotion that better describes the biomechanics of locomotion, the integrated spring-mass model. This model integrates the upper half of the body onto the spring-mass model developed in 1989-90. It is advanced because it integrates the spine as a torsion spring, the discs as compression springs and the head as the non-spring 8-10 pound mass. In this model, the entire body is a giant torsion spring. This is to my knowledge the most advanced model and most accurate model of biomechanics today. If your goal is to provide clinical management of the athlete that is intended to insure or improve human performance you must know the earliest detection and intervention of the over modulation by examining for abnormal movement patterns with gait evaluation and through table examination for the changes in the muscles, tendons, and joints. By evaluating patients this way, a physician can fairly accurately predict where these compressive forces will be, thus predicting where compressive injuries will occur before the onset of symptoms.

### Biography

James Stoxen, Team Doctors® President, has been inducted into the prestigious National Fitness Hall of Fame, the Personal Trainers Hall of Fame and appointed to the Advisory Board for the American Board of Anti-Aging Health Practitioners. He developed the new advanced model of biomechanics, the integrated spring-mass model and the approach to the earliest detection, intervention and prevention of age related diseases. In 2015, he was presented with an Honorary Fellowship award by the member of the Royal Family, the Sultan of Pahang, at the World Congress of Sports and Exercise Medicine in Kuala Lumpur Malaysia for his distinguished research and contributions to the advancement of Sports and Exercise Medicine at an international level. He is a sought after speaker internationally lecturing at over 50 medical conferences on treatment, training and progressive preventive approaches.

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