Gloria Sports Arena provides all needs of athletes. Sports Medicine & Athletic Performance Center offers a wide range of medical, rehabilitation and sports performance enhancement services. Not only for athletes, it is open both for hotel guests and other clients.
The physical examination for musculoskeletal problems and general health screening by using various diagnostic tools. A preparticipation examination is also recommended regularly (yearly) for both professional and amateur athletes and is an integral part of a sports-medical examination.

**SPORTS-MEDICAL EXAMINATION & CHECK-UP**

**SPARTANOVA**

The compact test battery provides a well-established scoring system to reveal functional deficits and asymmetries. The results form the basis for the creation of a corrective exercise program.

- Modern color Doppler sonography is used for evaluation of the various structures of the musculoskeletal system. It can be used as an effective tool to monitor healing of the musculoskeletal system. Modern color Doppler sonography is used for evaluation of the various structures of the musculoskeletal system. It can be used as an effective tool to monitor healing of the musculoskeletal system.

**FUNCTIONAL MOVEMENT SCREEN**

- The functional capacity of the lung is an elementary aspect of successful sport activity. Spirometry is a medical test used to determine lung functioning volume and air velocity for the assessment of pulmonary function.

**RESISTING METABOLIC RATE**

- HRV indicates the ability of the organism to change the frequency of cardiac rhythm during physical activity. Thus, the changes of the time lag between two heartbeats are measured and recorded within the scope of motion sequences. Such EMG-measurements allow documentation on the coordination of the muscular muscle groups involved, their stress intensity and the fatigue status of the respective muscular system.

**ANTHROPOMETRIC MEASUREMENTS**

- Anthropometric characteristics of the athletes are measured and documented with precision.

**BOD-POD**

- Body Pod® is considered as the practically Gold Standard for body composition assessment. It is the world’s only Air Displacement Plethysmography system using whole body densitometric principles to measure body composition. BOD-POD® measures body density, body fat and total body mass in adults and children.

**NUTRITION CONSULTATION**

- Dietary recommendations for an individual, a prevention strategy can be formulated and compiled.

- The functional examination for sports medicine specialist Annex.

**ANALYSIS**

- An analysis of the athletes’ performance is the basis for the creation of individual diet plans-based on health and physical activity goals.

**RESTING METABOLIC RATE ASSESSMENT**

- A series of advanced biotechs with different sensors and sophisticated software is used to assess and document daily physical activity levels, heart rate variability during physical activity.

**SPARTEA**

- The functional examination for sports medicine specialist Annex.

**ECG/STRESS ECG**

- Evaluation of external and functional tests, all based on relevant scientific criteria. Thus, the musculoskeletal health of the heart is an integral part of a sports-medical examination.

**DIAGNOSTIC ULTRASONOGRAPHY**

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SPORTS MEDICINE & ATHLETIC PERFORMANCE CENTER

SMAPC offers a comprehensive range of sports medicine services emphasizing the prevention, treatment, physiotherapy and rehabilitation of sports-related injuries of elite, amateur and recreational athletes. SMAPC provides health services not only to athletes, but also to patients of all ages and physical activity levels who can benefit from unique combination of the services.

**SPORTS MEDICINE SERVICES**

**WINGATE ANAEROBIC CAPACITY TEST**

- It determines the individual anaerobic threshold level (maximum effort levels under lactate production basis) and the lactate threshold level by measuring during and after effort lactate values. The threshold levels allow the exact intensity of a target-oriented endurance training.

**LACTATE ANALYSIS**

- The Filpits are used as targets for the athletes to deactivate as per training routine. Various tests can be captured for immediate feedback in relation to the athlete’s performance.

**FITLIGHT**

- Platelet activation plays a key role in the process of wound and soft tissue healing. The use of platelet rich plasma (PRP), a portion of the patient’s own blood having a platelet concentration above baseline, to promote healing of injured tendons, ligaments, muscles, and joints, can be applied to various musculoskeletal problems.

**HILTERAPIA**

- For many overload, traumatic or degenerative pathologies, high intensity laser, Hilterapia® produces important therapeutic effects by triggering a series of biological signals that contribute to the tissue mending and regeneration processes, moreover, it stimulates lymphatic drainage and microcirculation.

**PRP (Platelet-Rich Plasma)**

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**MANUEL THERAPY**

- “More than a massage” - Osteopath, Chiropractor and Sports Physiotherapist professions assess, treat and rehabilitate musculoskeletal injuries using manual therapy.

**TAPING TECHNIQUES**

- Taping, Kinexio Taping, Dynamic Taping, and other Taping Techniques and others to help pain management, swelling control, tissue healing, functional improvement and injury prevention.

**WIRELESS ELECTROSTIMULATION**

- Electrostimulation is an integral part of physiotherapy and pain management protocols, and also used in training programs to prevent injuries. By the help of wireless electrostimulation, muscular excitation occurs directly on the motor nerve using electrical pulses perfectly tailored to guarantee effectiveness, safety and comfort in use.

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**DRY NEEDLING**

- Sports Acupuncture & Trigger Point Dry Needling helps athletes of all ages achieve their best performance. It is one of the most effective hands-on tools for releasing chronic tension and restoring healthy, pain free mobility.

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**VERTIMAX**

- Cutting-edge training tools helps to improve vertical jump, speed and explosiveness power and acceleration at virtually any position.

**MEDICALLY SAFE STRENGTH TRAINING**

- A specially designed and medically approved series of fitness equipment provides safer strength training during rehabilitation.
CONTEMPLAS - develops innovative solutions for the analysis of motion

Under Templo Motion Analysis Software, CONTEMPLAS provides individual solutions tailored to everyday problems and allows multi camera capture for 2-3-dimensional posture, gait, swimming and sport specific technical analysis.

2D-3D POSTURE ANALYSIS
- Fast and easy analyses of human posture. It can be used in diagnosis and documentation for:
  - Fire and postoperative analyses
  - Recognition of posture defects of children and young people
  - Constitutional exploration of athletes
  - Documentation of therapy progress in rehabilitation
  - Prevention activities

GAIT ANALYSIS
- Used to assess, plan, and treat individuals with conditions affecting their ability to walk and run. It is also used in sports biomechanics to help athletes run more efficiently and to identify posture-related or movement-related problems in people with injuries.

UNDERWATER VIDEO ANALYSIS
- Complete solution for analyzing the biomechanics of swimming movements and performance relevant parameters divided in specific workflows:
  - Start Analysis
  - Turn Analysis
  - Timing Analysis
  - Competition Analysis
  - Qualitative Motion & Technique Analysis

HIGH SPEED VIDEO ANALYSIS
- Templo Sport analysis involves the evaluation of specific sports related movements. Through the use of multiple synchronized capture perspectives and useful analysis tools, coaches and athletes are able to determine critical weaknesses in form and are thus able to enable the immediate correction of said weaknesses.

ISOKINETIC TESTING & TRAINING – ISOMED 2000
- Isokinetic test and training systems allow the exact evaluation of muscular power during static isometric contractions and dynamic movement patterns with constant motion speed and concentric and/or eccentric muscle activity. With single joint force measurement, the turning time moment of the synergic and antagonistic muscles is measured joint-specifically. With multiple joint force measurement of the extremities the force-time-curve of the synergic and/or antagonistic muscle chains can be determined.

ICELAB -110°C – WHOLE BODY CRYOTHERAPY
- Helps you to look more youthful tightening the skin
- Increases collagen production
- Reduces pain
- Lowers chronic pain
- Increases metabolic rate
- 23 trillion WBC is effective for three hour exercise
- Burns approximately 500 calories in 1 session
- Increases testesterone level
- Increases libido
- Increases serotonin level and helps to overcome depression
- Increases endorphin level
- Feel more energetic
- Increases range of motion
- Decrease the occurrence rate of cold and other health problems
- Improves immune system
- Decreases the risk of injury
- Speed Court – Speed, Agility & Coordination Testing & Training
- SpeedCourt is a multifunctional training and measurement system for speed and agility, coordination, visual and cognitive perception and early stage rehabilitation. On a sports floor of 50m², 12 sensor fields are embedded, connected and steered by highly sophisticated software. Variations of fundamental, motion, explosiveness and reactive speed, acceleration and agility, power, and injury prevention can be created by the coach and be visualized on a large screen for the athlete.

SPORTS MEDICINE & ATHLETIC PERFORMANCE CENTER

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UNDERWATER TREADMILL

Adjustable water depth (hydraulic lifting floor)
Adjustable resistance (counterflow jets)

Regular biofeedback (permanent installed underwater cameras)

• Targeted reduction of joint stress realized by changing the water depth.
• Hydrostatic pressure on the corresponding biologic structures to reduce posttraumatic swelling effects.
• Special characteristics of the water resistance allow the training intensity of the exercises to be exactly regulated by the athlete/patient within actual pain free range (fast speed movements create high training resistance, slow movements create low training intensities).
• A peripheral pressure on the skin-/soft tissue structures, which has equivalent effects of a massage.
• Water resistance creates higher muscular training intensity on the skeletal muscles, while at the same time the joint stress during the exercises is significantly reduced and thus overuse phenomena is prevented.
• Causingly increased training intensities of all integrated muscle groups the training stimulus for the cardiovascular system is consequently increased and creates optimized training adaptations to the involved biological structures.

PHYSIOTHERAPY EQUIPMENT

Zimmer MedizinSysteme

With more than 40 years experience Zimmer MedizinSysteme is the distinguished supplier of system solutions in medical technics.

With 40 years in the market of technical medicine, Zimmer MedizinSysteme is one of the leading European manufactures of physiotherapy equipment. GSA has three therapy rooms, equipped with the newest Zimmer therapy devices. Our experienced team of sports scientists, physiotherapists and trainers is led by our specialist for sports medicine. Our goal is to bring you back into sports or daily life as fast as possible and without any pain.

Cryofit

Contrary to other cooling methods such as contact cooling, air jet cooling, or ice packs, the Cryofit cools the skin temperature much faster with less danger of acid burns. It holds a constant dosage during the whole treatment.

Thermo TK

This provides deep heat via high frequency electro therapy. Thermo TK is ideal for the treatment of musculoskeletal diseases, tendinopathies, muscular pain syndromes, peripheral trigger points, myofascial pain syndrome, neuralgia and skin disorders.

Soleo SonoStim

SonoStim has multifrequency ultrasonic buttons, enabling the simultaneous transmission of two frequencies.

PhySys SD

Device for electrosimulation, ultrasonic therapy and combined therapy.

enPuls Version 2.0

With the help of an accelerated projectile in the handpiece a mechanical shock wave is created and transmitted onto the human body via an applicator button, also stretching out to the tissue.

OptonPro

This highly effective laser gives off up to 7 watts of power on two wavelengths at the same time via an ergonomically shaped applicator thus providing a broad spectrum of therapies. The High Power Laser OptonPro is ideal for the treatment of musculoskeletal diseases, tendinopathies, myofascial pain syndromes, peripheral trigger points, myopain and skin disorders.

Cryo6

Contrary to other cooling methods such as contact cooling, air jet cooling, or ice packs, the Cryo6 cools the skin temperature much faster with less danger of acid burns. It holds a constant dosage during the whole treatment.

TRAINING & REHABILITATION of SPORTS INJURIES

TREATMENT & REHABILITATION of SPORTS INJURIES

TRAINING

RECOVERY

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