

Abstract

Die Rolle der HVLA-Techniken im Sport

Steve Herrmann

Die Rolle der Osteopathie und Chiropraktik im Sport ist umstritten. Gerade über die Rolle der HVLA-Techniken vor und nach sportlicher Intervention gibt es unzählige Meinungen. Viele Studien konnten den HVLA-Techniken vor und nach dem Sport positive Aspekte abgewinnen. Zum einen konnten Leistungssteigerungen verzeichnet werden, zum anderen waren in der Präventionsarbeit gute Ergebnisse zu erzielen wie z.B. die Reduktion von Verletzungsrisiken der ischiocruralen Muskulatur.

Außerdem lassen sich durch Manipulationen der Wirbelsäule Parameter des Herz-Kreislauf-Systems beeinflussen, wie die Herzratenvariabilität, die Pulsfrequenz und der Blutdruck. Im Bereich der Rehabilitation konnten Autoren signifikante Verbesserungen der Beweglichkeit bei Sportverletzten und deutliche Schmerzreduktionen durch HVLA-Techniken an den Extremitäten und der Wirbelsäule feststellen. Abschließend kann behauptet werden, dass Osteopathen und HVLA-Techniken im Sport ihren Sinn haben. In der Prävention, Rehabilitation und der Effektivität von Sportlern können osteopathische Techniken positiv auf den Sportler einwirken.

Abstract

The importance of HVLA techniques in sports

Steve Herrmann

The role of osteopathic and chiropractic treatment in sports is controversial. In particular, there are countless opinions about the role of HVLA techniques before and after exercise intervention. Many studies have shown that the HVLA techniques before and after exercise do indeed have positive aspects. Firstly, performance improvements could be recorded, and secondly good results were achieved in the area of prevention work, such as the reduction of risk of injury to the hamstring muscles.

Additionally, parameters of the cardiovascular system can be affected by manipulation of the spine, for example the heart rate variability, pulse rate and blood pressure. In the field of rehabilitation authors observed significant improvements in range of motion after sports injuries as well as significant pain reduction by applying HVLA techniques on the extremities and the spine. In conclusion it can be argued that osteopaths and HVLA techniques have their purpose in sports. Regarding prevention, rehabilitation and the performance of athletes osteopathic techniques have shown to have positive effects.

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