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PAIN IN CLIMBERS - POSSIBLY THE BIGGEST LIMITATION FOR ATHLETES TO REACH THEIR TRUE POTENTIAL

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Recently sport climbing was recognized as an olympic sport and will be present at the olympic games of 2020. The evolution of sport in a global context is inevitable and has become increasingly popular. This evolution will lead the athletes to new levels of training. Possibly, raising the number of training hours and climbing hours, will expose the climber to greater incidence of injuries. We have always been very worried about the incidence of injuries and prevention / rehabilitation of the athlete. What if we are looking at the wrong way?

We still have no validated tests for predict the injury risk of segments, as we do in soccer for example. In the paper (Epidemiology of injury and pain in climbers) I've published at Research Gate, the numbers of athletes in pain during or after climbing, was high. These same athletes suffered or were suffering from some injury. According to the Astokorki (2016) the ability to withstand the exercise induced pain after physical activities may be advantageous in performance. In addition, when the pain is unnoticed, the athlete may suffer from overuse syndromes and stress injuries. Pain is an alert of the brain, saying – something is wrong there! There's a need of alert the professional and non-professional climbers, the health care professionals and climbing coach's that pain is not normal, and a healthy climber should not feel pain. Pain can be an early indicative of injury, and if it's investigated and treated, than there's no injury.

BIOGRAPHY

Renato Vilella from Brazil graduated in physiotherapy at the University Center of Belo Horizonte. He completed his specialization in pain. He teaches anatomy, human physiology and manipulative techniques at Instituto Mineiro de Acupuntura e Massoterapia (IMAM) and also extension courses (advanced tissue manipulation, manual resources for controlling pain, dry needling) to physiotherapists. He has two papers published and has been working on the third one (epidemiology of pain in climbers of Brazil). He is also the physiotherapist of Pedro Avelar of the Brazilian selection of climbing and clara viegas of the Brazilian youth selection of climbing.

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