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How to improve sports performance and prevent injuries through individual constitution

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The physiological basis, mental and emotional structure and life habits are important variables to take into account in the performance of an athlete as well as prevent injuries. Each human being has its own individual body and mind constitution. Those works as a inseparable pair. Every health professional should develop observation and body signs reading to access to constitutional aspects. Body physiognomy, behaviors, communication, blood type, season's born and daily routines are indicators to individual constitution. Thus, to extract the best qualities, improve sport performance and at the same time prevent injuries, each physical and mental constitution of an athlete should be clear. Knowing about individual constitution allows to adapting training, increasing weaknesses, improving communication (given instructions) and adjusting nutrition to each athlete. In the case of an injury the affected area of body will tell us how the problem relates to psychological aspects. Thereby, injury's location could be an indicator of a specific body-mind dysfunction. To solve and reverse injuries practitioners should understand the underlying role of mind into body clinical manifestations. Additionally, other evaluation's types allow access to a more detailed and specific diagnosis. Hence, combined different therapies and mental approach has been effective in solving and reversing injuries and diseases patterns. This approach will change the view of the human body and improve root treatment.

Biography

André Marques has completed his Graduation in Physiotherapy at Escola Superior de Tecnologias da Saúde do Porto in 2009, and Post-graduation in Traditional Chinese Medicine-Acupuncture and Phytotherapy at Universidade de Medicina Chinesa in 2015. He has also completed the International Training Program at the Chengdu TCM University in 2016. Currently, he is pursuing his Master's in TCM given by the Instituto de Ciências Biomédicas de Abel Salazar. As Chinese medicine specialist, he has been working in private clinics and football clubs, and he is doing research on new treatments as food intolerance and self-modeling of neurological dysfunction.

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