



content:

Two histories

Prevention

Peace

Love



Two histories



1st History: Peace and Love

- - 1978: ICE: Immobilisation, Compression, Elevation + ice
- 1978: RICE: Rest + ICE in Handbook of Sports Medicine (Dr Mirkin)
- 1996: PRICE: Protection + RICE
- 2012: POLICE: Protection, optimal load, ICE
- 2015: Dr. Mirkin pulls ice out of treatment
- 2020: PEACE & LOVE



2nd History: Us

- **Kriz:** Train the Trainer, Firefighter, First Aid Provider, Locorotondo
- **Wim:** Emergency Care Nurse, First Aid provider on Circusevents, Ell Circo d'Ell Fuego
- **Inne:** Physiotherapist, Manual Therapist, Orthomolecular Therapist & Intermittent Living Coach, Ell Circo d'Ell Fuego



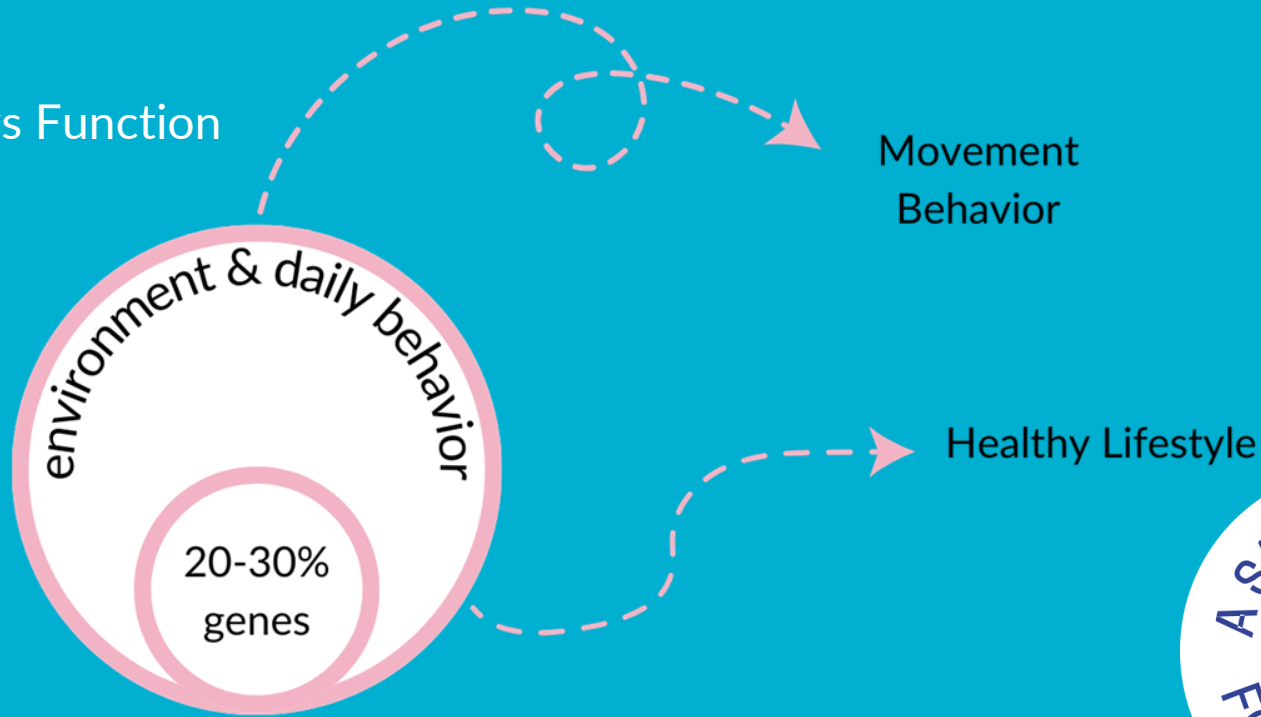
Prevention

Prevention is better than cure



Adaptation

Form Follows Function



Movement
Behavior

Healthy Lifestyle

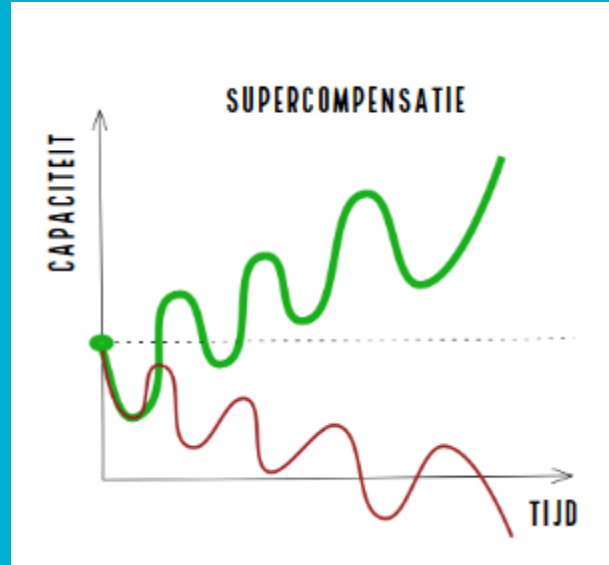
Preventing injuries - are you adapted to circus?



Movement behavior

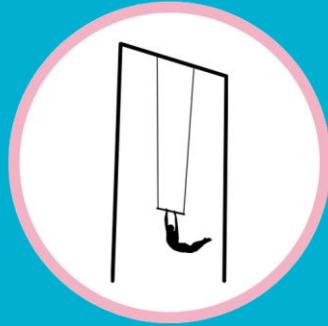
Adaptation:

- It takes time
- Recurring incentive
- The right dose



Movement behavior

So what about...

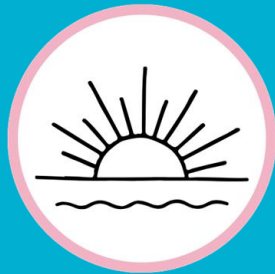
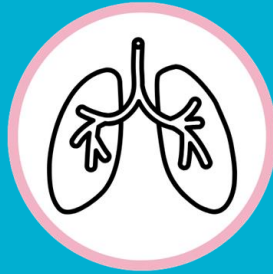


What are small changes you could make in your daily behavior to become more adapted?



Lifestyle

“Health is the capacity to adapt.”



My daily checklist

- Eat 20 different plants (change daily)
- Hang 3x1min
- Go outside + move until I'm out of breath before breakfast
- Exchange 3 smiles
- Breathe through my nose when I'm at rest
- If I can't read it, I don't eat it (except on Sundays)



What's your daily checklist?

Choose 5 SIMPLE acts every 6-9 weeks



Optimizing your capacity to adapt

Movement

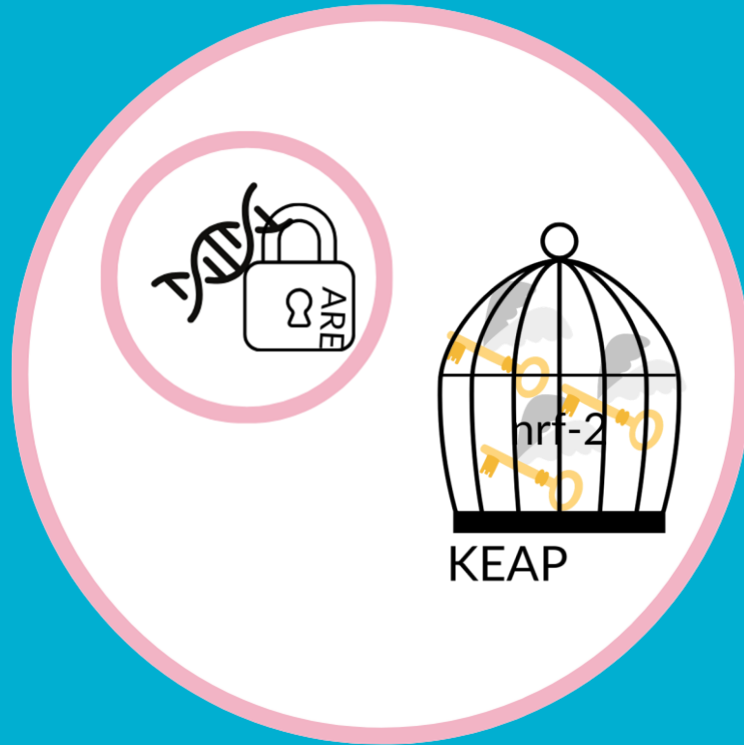
Hypoxia, Hypo- hypercapnia

Heat/cold

Hunger

Thirst

Plant substances



Cure

Prevention is better than cure



Soft tissue injuries simply need...

Peace

Soothe with peace, heal with love.



Soft tissue injuries simply need...

Protection

Elevation

Avoiding anti-inflammatories

Compression

Education



Soft tissue injuries simply need..

Love

Soothe with peace, heal with love.



PROTECTION MODE

Rest
Immobilization
Maximalist shoes
Plantar orthoses
Passive treatment modalities



SHORT TERM EFFECT

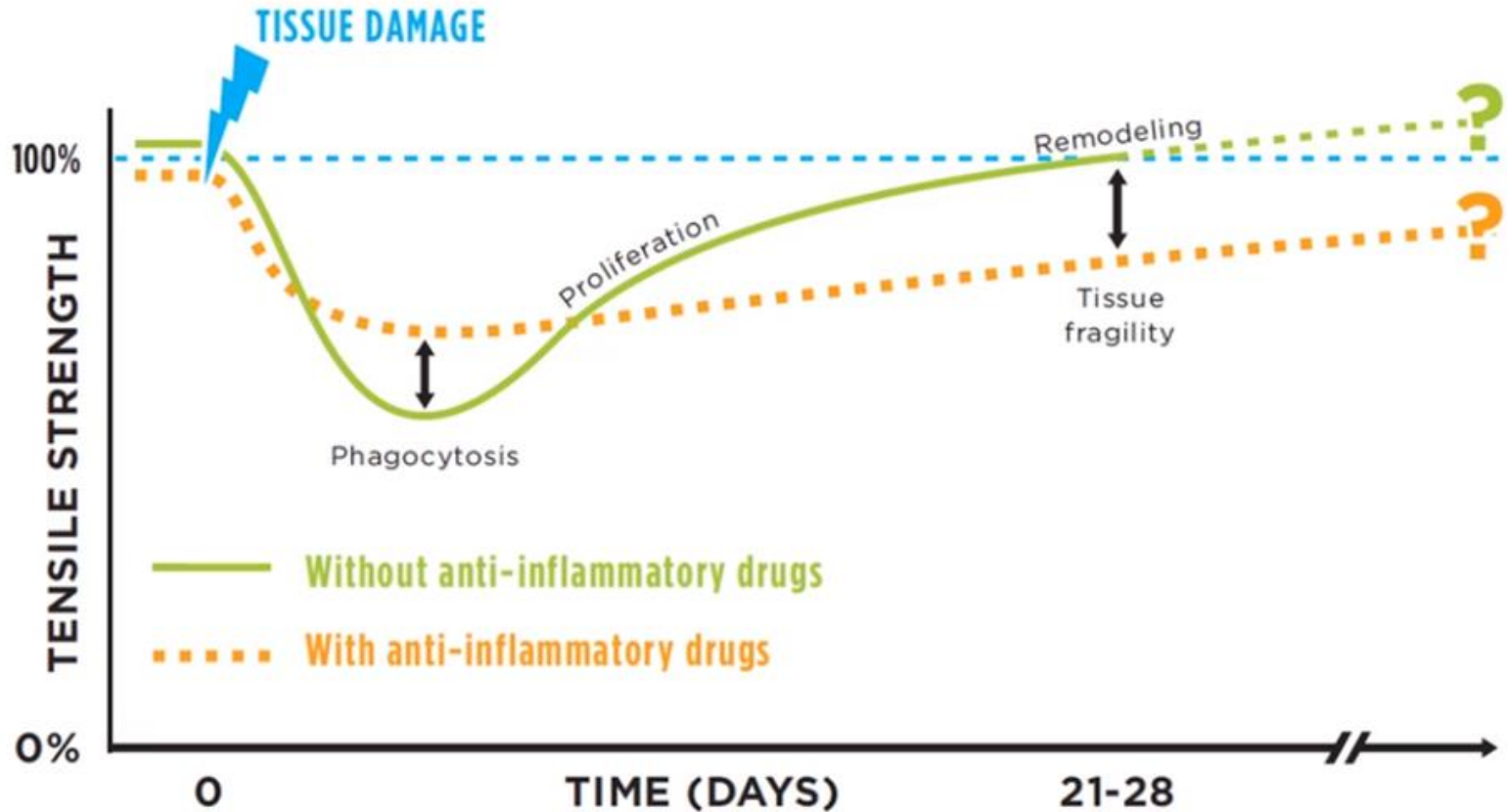
Reduces irritation, inflammation and pain

LONG TERM EFFECT

WEAKENS tissues and reduces their tolerance



Tissue fragility



PROTECTION

MODE

Rest
Immobilization
Maximalist shoes
Plantar orthoses
Passive treatment modalities



SHORT TERM EFFECT

Reduces irritation, inflammation and pain

LONG TERM EFFECT

WEAKENS tissues and reduces their tolerance

ADAPTATION

MODE

Aerobic exercise
Movement / strengthening
Minimalist shoes
Bare feet
Active treatment modalities



SHORT TERM EFFECT

Can cause irritation if integrated too quickly

LONG TERM EFFECT

STRENGTHENS tissues and increases their tolerance



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Soft tissue injuries simply need...

Love

Load (optimal load)

Optimism

Vascularisation

exercise

CIRCUS
I LOVE YOU



Optimal Load

- 2017, New England Journal of Medicine
- Muscle injury to thigh or calf
- Two treatment methods:

Early: rehab starts 2 days after injury → Time between injury and return to sports

Delayed: rehab starts 9 days after injury → 63 days

→ 83 days



Load



Daily
Activities



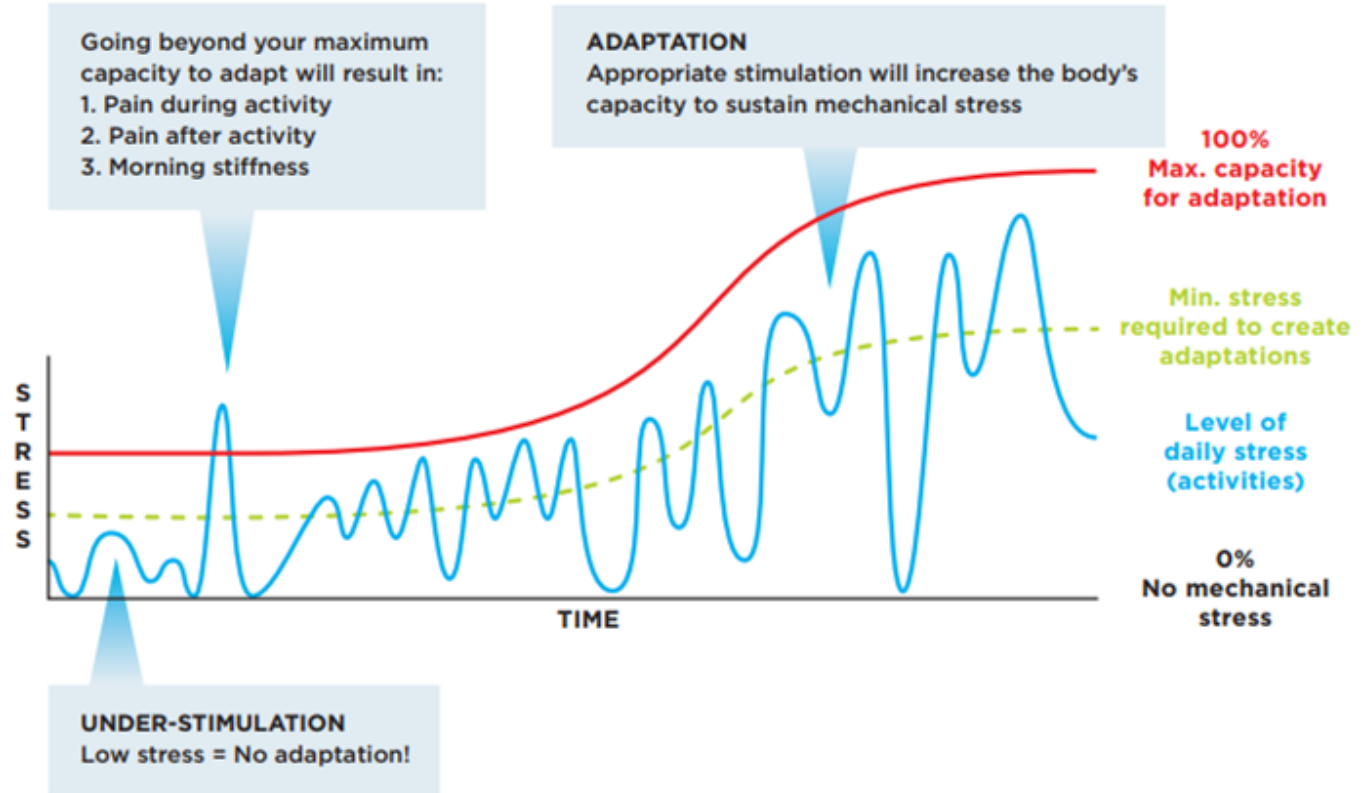
Circus



Work



Load: Mechanical Stress Quantification



Optimism:

-



Optimism: Catastrophisation



Optimism: Dedication to rehab

- Long process
- Listen to your body

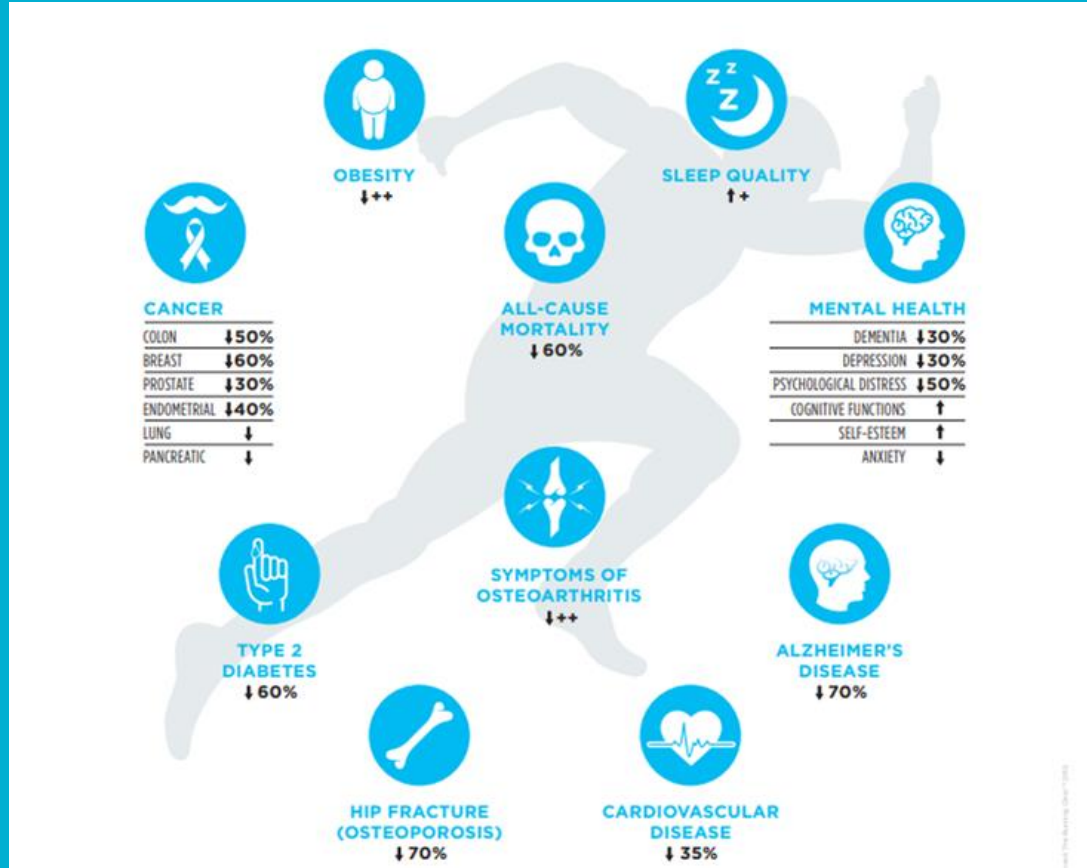


Optimism: A trusted therapist

A good therapy tries to make the therapist unnessecary



Vascularisation

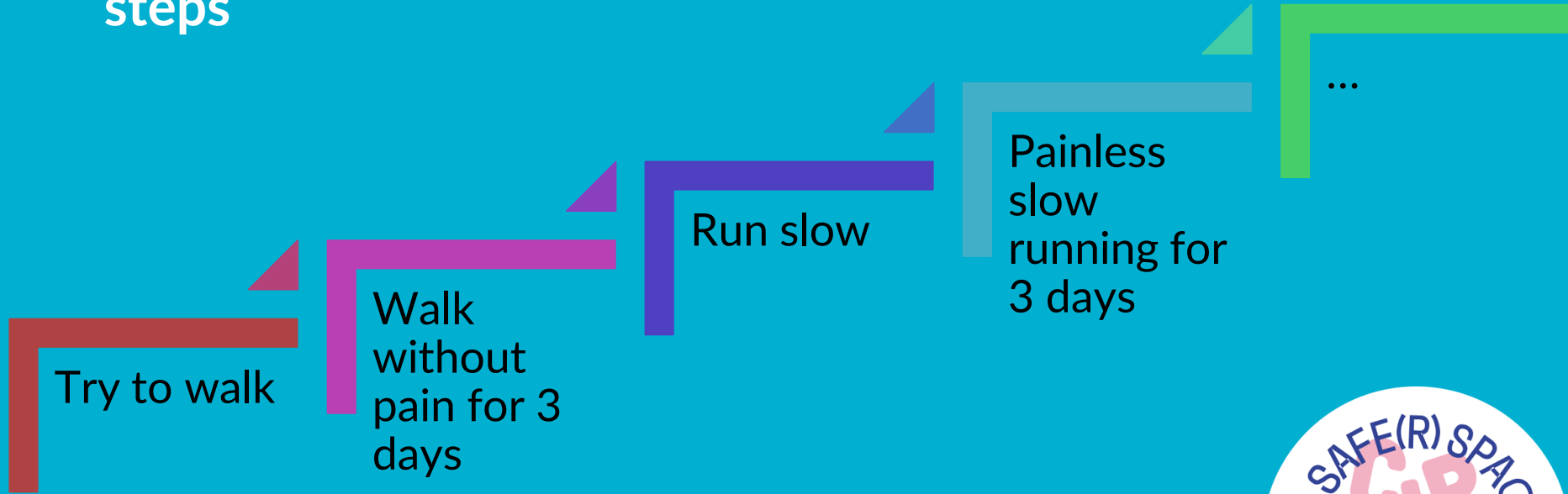


Exercise

Restore mobility, strength
and proprioception by
adopting an active
approach to recovery



Exercise steps



Let your body
guide you



There is nothing normal
about Circus





Questions?

