

해외 물리치료

Aspetar Orthopaedic and Sports Medicine Hospital
Sports Physiotherapist

조인혁

Qatar



Qatar

카타르 기본 정보

언어	아랍어
면적	114만 9천 h (약 경기도 면적)
인구	293만 524명 (2021년 기준)
종교	이슬람 (대부분 수니파)
산유국 (천연가스)	



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기후

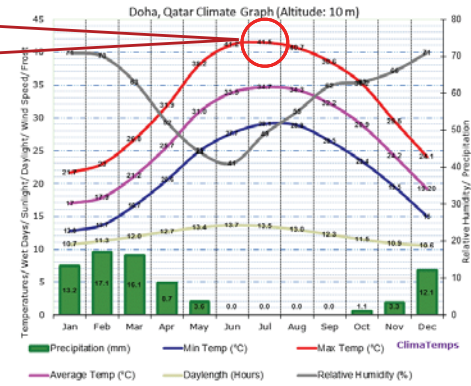


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기후

카타르 기후

최고기온	53도 (8월 2021)
최저기온	45도 (8월 2021)
습도	70% (8월 2021)



카타르 노동법

기온 섭씨 50도 <
= 야외 근무 중지

Qatar FIFA World Cup



중동 국가



중동 국가



중동 국가



카타르



카타르



카타르



중동 국가

산유국



카타르

Education City



카타르

Education City



카타르

Medical city



카타르

Sidra Hospital



여성 & 어린이 전용 병원

Aspire Zone Foundation

Aspire Zone



Aspire Zone Foundation

Al Aziziyah Hotel



Aspire Zone



Torch Hotel



Aspire Zone Foundation

Villagio Mall



Aspire Zone



Aspire Zone Foundation

Khalifa International Stadium

Aspire Zone



Aspire Zone Foundation

Aspire Zone



Aspire Zone Foundation

Aspire Academy

Aspire Zone



Aspetar



Aspire Academy

스포츠 팀

30명 (8세)

Aspire 스카우터



Aspire Academy



Aspire Academy



Aspire Academy



Aspire Academy

유소년 교육 프로그램



Aspire Academy

2019 아시안컵 우승



Aspire Academy

Aspire Dome Facility



Aspire Academy

Aspire Dome Facility



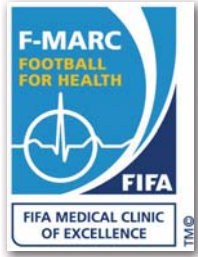
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Orthopaedic & Sports Medicine Hospital



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FIFA 공식 지정병원



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Partnerships



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Didier Drogba



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Erling Haaland



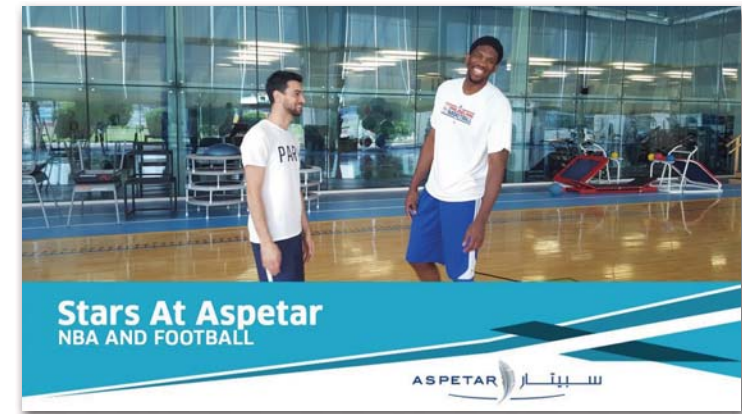
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Angel Di Maria



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Joel Embiid



Aspetar

Mesut Ozil



Aspetar

Gillian Mbappe



Aspetar

Ousmane Dembele



Aspetar

Lionel Messi



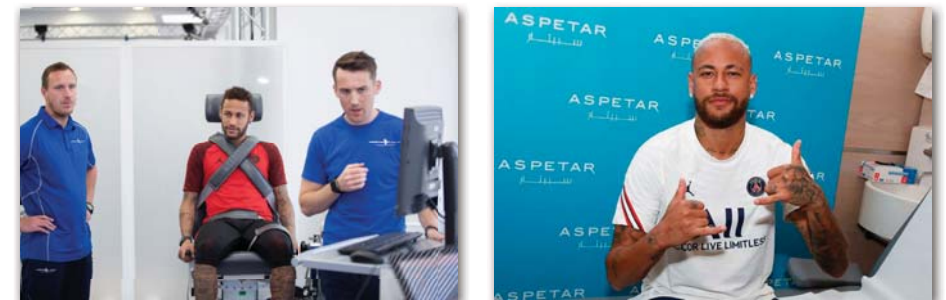
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Samuel Umtiti



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Neymar Junior



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Sergio Ramos



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Aspetar (Orthopaedic Sports Medicine Hospital)	
특징	수술 전/후 재할
Surgeon	8
Sports Physician	14
스포츠 물리치료사	53
Sports Psychologist	3
간호사	65
Physical Coach	5
Pharmacist	9
Podiatrist	3
Radiologist	9
Massage Therapist	2
Sports Nutritionist	4
Sports Rehab (SPSP)	2
PTA	1
Research Analyst	2

NSMP (National Sports Medicine Project)	
특징	팀 파견 근무
Surgeon	0
Sports Physician	36
스포츠 물리치료사	155
Sports Psychologist	0
간호사	0
Physical Coach	0
Pharmacist	0
Podiatrist	0
Radiologist	0
Massage Therapist	0
Sports Nutritionist	0
Sports Rehab (SPSP)	0
PTA	0
Research Analyst	0

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Terminology

adductor tendinopathy

adductor tendinitis

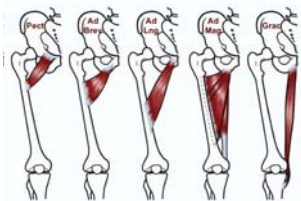
adductor enthesiopathy

femoro-acetabular impingement

Pubic bone stress injury

pubic bone fibrocartilage separation

chronic low grade capsular/entheses stress



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Terminology

sports hernia

incipient hernia

Gilmore's groin

inguinal disruption

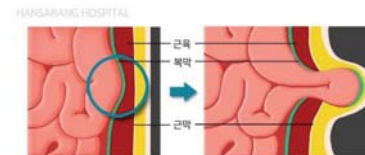
inguinal canal aponeurosis strain

ilioinguinal disruption

enthesopathy inguinal ligament posterior wall weakness

pubic bone fibrocartilage separation

Hip chondral surface damage



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Doha Agreement

Groin을 다친 선수를 재활하는
72개의 Systematic Review

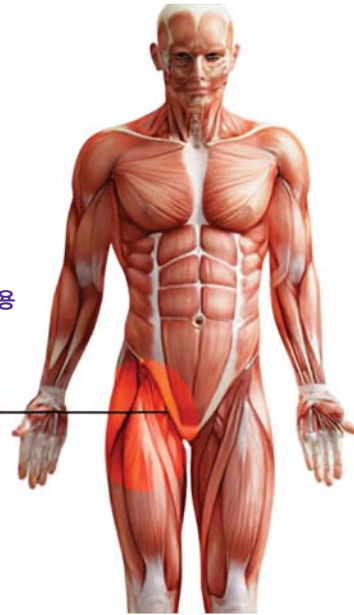
33개의 다른 Terminology를 사용

**PAIN IN GROIN
AREA**

2014년

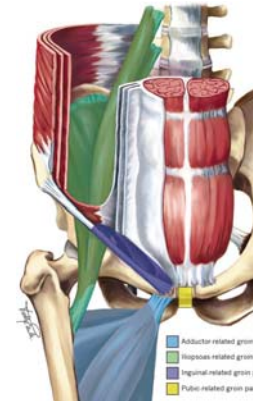
14개 나라에서

24명 Groin 전문 의료진



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Doha Agreement



Doha Agreement Terminology and Definitions in Groin Pain in Athletes

- Adductor related groin pain**
Pain - resisted adduction testing
- Iliopsoas related groin pain**
Iliopsoas tenderness
More Likely
If pain on resisted hip flexion and / or pain on stretching the hip flexors.
- Inguinal related groin pain**
Pain in inguinal canal region
AND
Tenderness of the inguinal canal
NO palpable inguinal hernia is present.
More Likely
If pain is aggravated with resistance testing of the abdominals or on valsalva / cough / sneeze.
- Pubic related groin pain**
Local tenderness of the pubic symphysis and the immediately adjacent bone
NO particular resistance tests to test specifically for pubic related groin pain.

@TheStrengthPTs

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Athletes



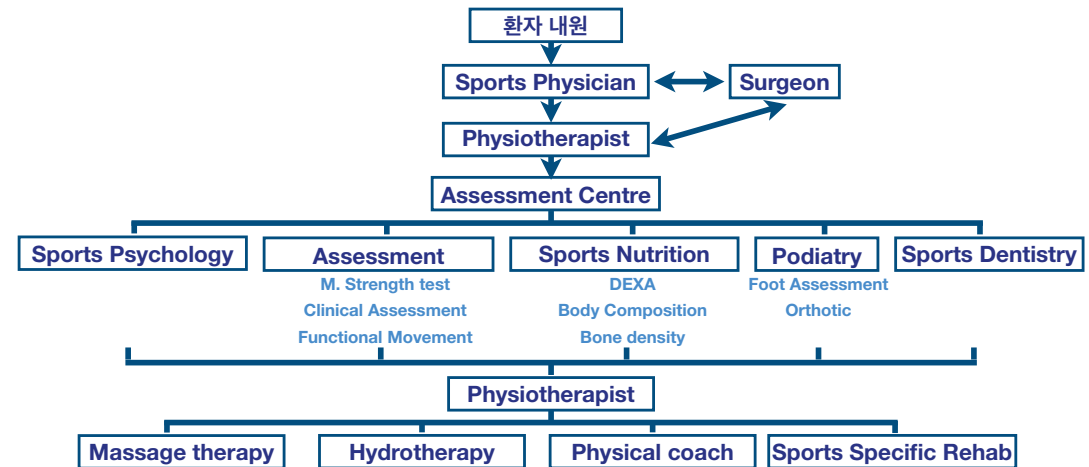
Federation에 선수등록이 되어있는 환자

Non-Athletes



Federation에 선수등록이 되어있지 않은 환자

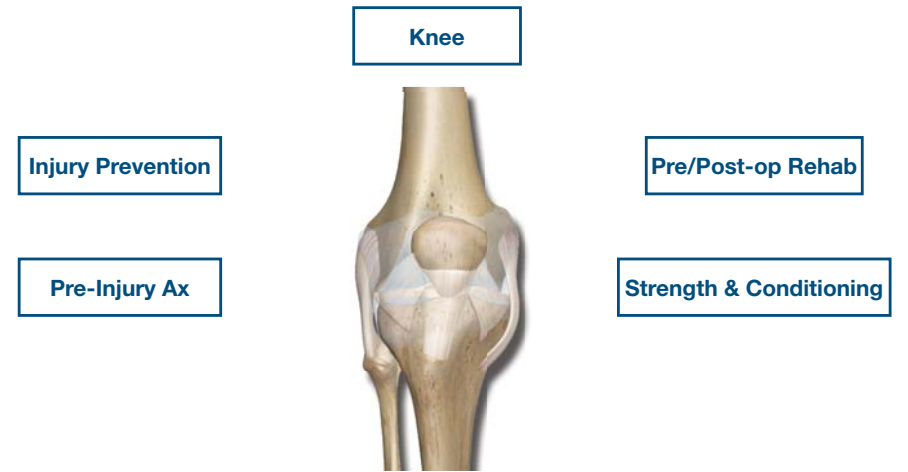
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Exercise Therapy Based on Evidence



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Manual Therapy



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ACL Department

Athlete ACL Department

Physio	4
PTA	1
Physical Coach	1
ACL Incident /y	approx 180

Non-Athlete ACL Department

Physio	5
PTA	0
Physical Coach	1
ACL Incident /y	approx 230



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