

ESSKA-CHELSEA FC SPORTS TRAUMA FELLOWSHIP

Reported by Gergely Pánics MD Ph.D (Hungary)

My 3 weeks sports trauma fellowship working together with the Chelsea Fc medical team, with Prof. Paco Biosca, was one of my greatest experiences in my sports medical career. First of all I would like to address sincere thanks to Prof. Paco Biosca, and Jason Palmer and to the whole medical staff for their support, and education, and to ESSKA who made this unique fellowship available for me.

During my stay in Cobham, I lived in a very comfortable flat, not far away from the training camp, which could be reached by an easy walk.

The daily routine at Chelsea Fc started with a medical staff meeting, where I was involved in the discussion of the injury management of the players.



The next daily schedule was the morning training with the academy / reserve team, where I could be also present at the sideline. After the session I observed the physiotherapist in action at the academy, came across with different treatment modalities from manual therapy to ESWT, electrotherapy, isokinetic machines, etc. Beside these I experienced the very special philosophy of injury management at the club, which made them

possible to reach extraordinary results in the English FA, and UEFA CL injury surveillance. Special thanks to Paco Biosca I could learn the indication and use of growth factors in sports traumatology, and also to Jason Palmer who introduced me the application of hydrotherapy in the rehabilitation of sports injuries.

As a team physician I had also interest in other sides of the medical support, such as sports science, nutrition, pre-participation screening, where I had a lot of constructive discussions with the member of the staff during this very practical based program.



Beside my daily activity at Cobham I had the opportunity to visit two big masters in sports traumatology Andrew Williams, and Prof Nicola Maffulli in their clinic, and see them working for one day each.

After the sessions in Cobham, I could visit the famous Stamford Bridge to watch live play of the champions league winner team.



During that wonderful three weeks I learnt a lot from medical staff regarding the management of sports injuries, but also the other part of the duties of the medical team. This was also about small things, tiny clever tricks that make team physician life easier. I could also observe the background of the success of my hosts, and certainly, the life of the world class football club, Chelsea Fc. It was a great experience and great opportunity for me to join this fellowship and I thank ESSKA and the Chelsea F Medical Team one more time for enabling this chance to me.