



Dr.med. Andreas Krüger is a Swiss board orthopaedic and trauma surgeon in Zurich, who specialises in knee and shoulder surgery. Andi is a second generation of tournament doctors for equine sports, known as Polodoc since 2013 and is a member at Legacy Polo Club in Switzerland

# Get the Motor Started

How to start the season right and prevent injury!



Pupils are taught tactical tricks off the field during the winter months

When the summer season is over, it's already the time to rehabilitate from injuries sustained during the season and to prepare for the next. Off-season is one of the most productive training periods for polo players. It's a time where you can add strength, size and make massive improvements in all kinds of fitness. While pre-season training should hone your fitness and provide a well-needed competitive edge, it is during off-season training that you build your fitness foundation – the wider the base of the pyramid, the higher the peak can be!

## Tactical training

At the WinPolo School, Tommy Winter, who is known for his intelligent play, uses the winter to teach his young polo pupils the tactical tricks of polo. On the table special game situations are created and discussed so that they can be mentally mapped. When training on the field these patterns can be repeated.

## Coordinative training

The repetitive uncontrolled strain to the adductors while riding and turning is combined with rotational movements of the upper trunk which can cause extreme changes to the area. To transfer a precise motion to the arm, an unnumbered quantity of muscles must work in a perfect melody.

Photograph courtesy of WinPolo School



Photograph by Andreas auf der Mauer

### About the author:

Dr. Anna Erat (MD/PhD) is an internist specialising in sports medicine. She is the deputy head of the International Medical Center (Hirslanden Private Hospital Group), a national team doctor at the Swiss Ice Hockey Federation, and medical consultant for events such as Art on Ice, IIHF Ice Hockey World Championships, and Scandinavian Beach Polo World Cup.

### Restart the Motor – Optimise nutrition

Strong bone and healthy connective tissue in general are crucial, as polo players are particularly prone to strains and sprains as well as bone fractures.

A sufficient Vitamin D and calcium intake is therefore necessary. Vitamin D is a fat-soluble vitamin found in various food sources such as milk and eggs. Most experts agree, that the optimal serum levels lay between 30 and 50 ng/mL (75 to 125 nmol/L). The prevalence of low Vitamin D levels, however, is increasing globally. Factors such as low sun exposure or the use of sun protection favour Vitamin D deficiency, since Vitamin D is made in the skin under the influence of

sunlight. Furthermore, people suffering from gluten intolerance or celiac disease, absorb less Vitamin D in the gut, and are therefore particularly prone to Vitamin D deficiency.

The symptoms associated with low Vitamin D levels include bone pain and tenderness, muscle weakness, osteoporosis and bone fractures. Hence, particularly during the winter season, Vitamin D supplementation may be a game changer for the upcoming polo season. There are many types of Vitamin D preparations available on the market, and the two commonly available forms of Vitamin D supplements are ergocalciferol (vitamin D2) and cholecalciferol (vitamin D3). Whenever possible, vitamin D3 should be preferred, as it is the naturally

occurring form of the vitamin and it raises Vitamin D levels more effectively. Treatment usually includes 800 to 1000 international units of vitamin D3.

Also Vitamin E and K2 are important elements. Collagen – on the other hand – consists of aminoacids and is the main structural protein in the extracellular space of connective tissue. Hence, essential amino acids such as for instance L-lysine, L-methionine, and L-threonine are crucial for fast regeneration after exercise or injury. Natural anti-oxidants in turn bind free radicals in the tissues during oxidative stress.

Altogether, there is a myriad of molecules that are needed for healthy bones and muscles as well as for regeneration following injury or strenuous exercise. The best source of these nutrients is always a healthy food source. However, in order to restart the motor after the winter months, supplements such as Vitamin D and more complex formulas like A-Z vitamins or drinkable forms like ExtraCellMatrix-ECM may be highly beneficial and true game changers.



Photograph courtesy of Polodoc

The SensoPro unit provides unique and effective coordination training

This means that so called 'movement patterns' are repeated periodically.

### Optimising sport-specific movements

Players need to use targeted coordination training, based on the specific needs of their polo to optimise mobility, agility and reflexes. Complex and comprehensive combinations of exercises can be used to train and optimise sport-specific movements and sequences under testing conditions.

### Stamina and interval training

Test and expand your limits with the aid of highly intensive training units under

conditions that challenge your coordination. Different training programmes have been developed to help promote the mental resilience required by the athlete.

### Injury prevention

Each training unit on the SensoPro improves a player's inter and intramuscular coordination and prepares muscle groups for intensive strain. Continuously improving the quality and precision of your movements helps prevent biomechanical problems and poor coordination which could result in injuries.

In addition to providing unique and effective coordination training, SensoPro trains a

player's stamina, strength and reflexes. The unrivalled combination of training efficiency, fun, challenge and variety is featured in this training tool. The instability of the tapes on which the user stands forces the body to engage whole groups of muscles throughout the training session, ensuring maximum muscle activation. As a result, the SensoPro can deliver a cutting-edge and effective whole-body workout in 10 minutes.

Altogether, there are a myriad of molecules that are needed for healthy bones and muscles as well as for regeneration following injury or strenuous exercise. The best source of these nutrients is always a healthy food source including vegetarian diets. However, in order to restart the motor after the dark autumn and winter months, supplements such as Vitamin D and more complex formulas such as ExtraCellMatrix-ECM Drink can be effective. This is an original Swiss formulation with a unique combination of highly concentrated ingredients. It can be highly beneficial and potentially a true game-changer for polo players: It contains:

- 10g low molecular Swiss collagen peptides (Type I, II, III)
  - Collagen type I and III for bones, tendons, ligaments, skin and connective tissue
  - Collagen type II for hyaline cartilage (joint cartilage)
- Essential amino acids selection and sulphur donors: L-lysine, L-methionine, L-threonine, agar-agar
- Glucosamine sulphate and chondroitin sulphate
- Natural antioxidants from fruits and alpine plants: rose hip (with galactolipids), melon (patented), yellow gentian root, edelweiss
- Vitamins and minerals: Vitamin C, D3, E, K2; calcium, manganese, copper, chromium, zinc, selenium

These ingredients are essential building blocks for connective tissue and cartilage. The Swiss collagen is highly concentrated and of low molecular weight for optimal absorption. Cartilage and connective tissue benefit from sulphured amino acids whilst natural anti-oxidants bind free radicals in the tissues. Glucosamine and chondroitin should be taken as sulphate ions whilst calcium, Vitamin D3 and K2 are important elements for a healthy bone matrix. ✕



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