

Athletic Performance



Osteopathic Manual Medicine is dedicated to the treatment and healing of the entire body, rather than approaching a patient's local symptoms. Treatments are aimed at establishing and maintaining a state of Health as well as prevention and alleviation of disease. Osteopathy is also a very valuable tool for the prevention and treatment of sport injuries, as well as enhancement of athletic performance.

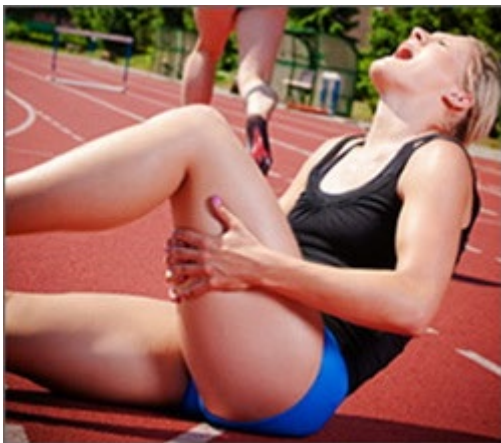
The human body is a dynamic unit of structure and function, interconnected, interdependent and bio-dynamically integrated. Scientists estimate today that our body is comprised of approx. 50-75 trillion cells organized in organs and tissues. The proper functioning and hence the health of the human body is dependent upon the vitality, integrity and the harmonious communication, cooperation and coordination among all the cells that comprise the human organism. Our body is capable of producing over 700,000 different known chemicals in perfect proportions and delivered at the exact moment and location where needed. These chemicals facilitate our body's second-by-second adaptation to the constant environmental changes happening in the microcosm (inside our body) and macrocosm (outside our body). This process is called homeostasis and implies that all parts and organ-systems of the body including the components of the skull are in correct relationship to one another and free to move within their normal range of motion. This ensures the proper flow of all life-essences thru the collective consciousness of the approx. 50 trillion cells that comprise the human body.

It is part of our understanding that our physical body is surrounded by a luminous energy field (LEF), which is an invisible matrix that holds the template of our health. It encodes how we live, how we age, how we heal and how we die. It also holds the imprint of all our personal karmic and ancestral memories, wounds and traumas. The LEF organizes the body in the same way the electromagnetic field of a magnet arranges iron filings on top of a piece of glass. The human energy field is made up of four "bodies". They are stacked inside each other like the Russian nesting dolls. The physical body is the innermost, enveloped and informed by the mental-emotional body, which in turn is enveloped and informed by the soul and then the spiritual body outermost, informing and organizing them all like a blueprint.

In his groundbreaking research, Bruce Lipton Ph.D. demonstrates how our perception of the environment which is based on our beliefs and experiences is directly influencing our gene expression which in turn is affecting our biology and behavior. So by changing our beliefs and perceptions and eliminating those imprints that do not serve us anymore, we are able to manifest the vibrant life we always wanted to live.

If left untreated, these imprints will become activated to reflect a personal history that repeats itself by compelling us towards accidents, repetitive injuries, illnesses, behaviors, relationships or situations that replicate the original trauma. The energetic imprints are like pop-ups on the computer screen and they start organizing our reality by re-informing our psycho-neuro-endocrine system, literally hijacking it and putting our body in a flight or flight mode with specific behavioral changes. This is in short the mechanism by which psychosomatic disease, which is to say ALL disease, is created. Einstein once said that problems cannot be solved by the same mind that created them. In order to achieve permanent healing, we have to go to a higher level and correct the imbalance right there.

The physical body uses five pathways thru which these essences of life flow to any given area (embryonic axial midlines, nervous system, blood, lymphatic system and the gastro-intestinal tract). Waste products are removed thru the lymphatic system, blood, gastro-intestinal tract, sweat glands and exhalation mainly by the combined efforts of the liver and kidneys. Any cause that interferes with the proper functioning of the elimination pathways promotes the stagnation and accumulation of the following substances that comprise the microscopic foundation of all disease: unusable food residue, dead tissue cells, toxic chemicals, toxic metals, waste by-products of normal cellular function, waste products of unfriendly microorganisms (viruses, bacteria, parasites etc.).



When an athlete sustains an injury such as a fall, blow or twists/sprains a joint, this not only affects that area or joint in particular, but also the entire connective tissue of the limb, shoulder or pelvis girdle and subsequently the entire body. Fascia is the connective tissue that contains and connects everything within the musculo-skeletal and organ systems in the body. The kinetic energy of the injury tends to be absorbed in the fascia and manifests itself like a compression. The body will isolate it through a capsule (wall) in its effort to limit the extend of the injury. This compressive energy will impair and/or block the proper blood supply containing vital nutrients, the venous and lymphatic drainage containing waste materials and nervous transmission containing essential information. This leads to a decreased vitality, increased tenderness with subsequent decrease in the range of motion and eventually diminished health of that particular area. The result is the accumulation and stagnation of toxic waste products that are the foundation of all disease, as mentioned above. Unless properly treated and normal function restored, this area will become the premise for the development of chronic recurrent injuries. Besides the local compression, other contributing factors to chronic recurrent injuries are the remaining twists in the entire connective tissue that cause a decreased range of motion in the muscles and ligaments leading to muscle weakness and/or compensatory spasms. As muscles connect to bones, these spasms and/or weaknesses will cause the bones to move out of proper alignment and balance, which further increases the probability of injuries.

The other form of afflictions athletes are susceptible to are the over-use injuries. Microscopically these manifest as very small tears in the affected tissue causing a chronic recurrent inflammation. The cumulative effects of these micro-traumatic injuries can lead to stress fractures, Sever's disease (common in soccer and running sports), Osgood-Schlatter disease, Little League elbow (elbow pain and decrease range of motion) etc.

It is within the scope and expertise of our medical training in neuro-musculoskeletal diagnosis and treatment that we connect with the patient's inner health and augment its vitality, enhance the body's vibratory state at the cellular level, assist the body in permanently removing deep traumatic

and stress patterns and imprints in the connective tissue that keep one locked in the state of separation (dis-ease), correct any mal-alignments of the musculoskeletal system and metabolically and embryologically (energetically) reconnect all separated "parts" with the whole. This normalizes the blood circulation and nervous transmission to and from the affected area, promotes faster regeneration after acute and over-use injuries and optimizes the overall health of the body.

A major side benefit of osteopathic treatments is the fact that patients need a significantly decreased amount of pain/anti-inflammatory medication, as mentioned in a study published in the Nov. 4, 1999 issue of the New England Journal of Medicine. Patients who participated in the study and received osteopathic manual medicine required significantly less medication and used less therapy, resulting in lower costs and fewer side effects. Not to mention that the use of anti-inflammatory medication by professional athletes is decreasing their performance considerably, in addition to the fact that it prevents the full healing and recovery of the affected area.

Experience demonstrates that both, acute and overuse injuries have responded very well to the osteopathic approach. Apollo Anton Ohno's case, multiple Olympic Gold medalist and World Champion in short-track speed skating provides a great testimony in support of the above statements. At the 2002 Olympic Games in Salt Lake City, during the 1000 m finals, he suffered a traumatic crash that involved three other skaters. He also sustained a deep laceration of his inner thigh that required surgical attention. He immediately underwent a series of intensive osteopathic treatments and was able to resume his training 2 days later and win the gold medal in the 1500 m race only 4 days later. His amazingly speedy recovery was possible because, as mentioned by Dr. Lavine, his personal osteopathic physician, Apollo had been treated regularly before the event and entered the Olympic Games with a "clean slate", a healthy and optimally functioning body, free of all prior restrictions and injuries.

Ideally every athlete can benefit from an evaluation and a series of usually 6-8 follow-up treatments, depending on the cumulative effect of all prior acute and overuse injuries. The osteopathic treatments are aimed at removing all past structural and tissue restrictions, restoring normal body function and ensuring complete healing. Further treatments are recommended after every game or strenuous training sessions, in order to speed up recovery and remove any possible accumulated strains.

We propose a model that will achieve a level of vibrant health in you geared toward maximizing athletic performance. This is accomplished through a customized program that includes:

- Cranial/Biodynamic Osteopathic Manual Manipulations,
- Energetic /Sound Medicine,
- Optimal nutrition, proper phyto-nutrients, laser-energized and potentiated mineral and vitamin supplementation,
- Rejuvenation Program including herbal cleansing and detoxification of the four major elimination pathways of the body.

Our holistic approach will help you to:



Eliminate deep patterns of old injuries and traumatic imprints,
• promote faster regeneration after acute and over-use injuries,
• increase agility and strengthen endurance,
• build a functional reserve of health.

The extraordinary result will be peak athletic performance sustained over time plus a demonstrable faster regeneration after acute and over-use injuries, a decrease in the frequency and intensity of future injuries leading to an increased longevity of your athletic career.

More and more athletes and teams are expanding their awareness in the field of holistic medicine realizing the necessity to integrate it with the traditional allopathic (western) medical approach. Athletes like Apollo Ohno, teams such as the Detroit Tigers, the U.S Ski team etc. have long recognized the benefits of the osteopathic approach and integrate these treatments as part of the regular preparation.

Dr. Marinescu is best known for empowering his patients to assume full responsibility of their own life through educating and assisting them to achieve and maintain an overall vibrant state of health. He is a licensed Medical Doctor, a top 10 graduate of his class at J.W. Goethe University School of Medicine in Frankfurt/ Germany and holds a Ph.D. in Medicine from the H. Heine University in Germany. His extensive post-doctoral training has been focused around creating a multidisciplinary integral healing system. His extensive credentials in cranial and biodynamic osteopathic manual medicine, functional medicine, herbal remedies, energy/vibration/sound medicine and the professional experience in three medical systems (Romania, Germany and the U.S.) as well as his implementation of traditional indigenous healing methods puts him at the forefront of Integrative and Preventive Medicine.

Currently Dr. Tudor is in private practice in Santa Monica and Ojai, California.

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