

Ultrasound in Modern Sports Medicine



Powerful, versatile and intelligent are the attributes that the Xario™ 200 ultrasound machine and top athletes have in common. The Xario 200 meets diagnostic requirements with extreme versatility, highly flexible work processes and consistently superior image quality for an exceptionally appealing price. This makes it a perfect fit in an environment dominated by superlatives: the Red Bull Football and Ice Hockey Academy in Salzburg-Liefering.

Red Bull sponsors various football and ice hockey clubs. To promote talented young athletes in these two sports, Europe's most state-of-the-art athletic academy was opened in Salzburg-Liefering two years ago. Some 400 young athletes are being trained and fostered at the Academy, the site of a former harness racing track. The Red Bull Football and Ice Hockey Academy can only be described using superlatives: In only 21 months' time, seven football fields, an indoor arena and two ice rinks were built on the 100,000 square meter property. There is approximately one instructor for every 10 young athletes. The athletes are housed dormitory style, in 88 double rooms. An activity park, ice hockey dry training centre, multi-purpose hall, body-building gym and regeneration area are all available to the athletes around the clock.

Imaging in modern sports medicine

Two team doctors, affectionately called "Doc" by their charges, look after the players' physical well-being and handle the performance diagnostics. They are assisted in this not only by a team of massage and physical therapists but also by the Xario 200. "Those who deal in-depth with the technical possibilities of ultrasound know that near MRI quality can be achieved with it for many applications," agree team doctors Dr. Jörg Eichinger, cardiologist and Dr. Thomas Hoffelner, injury and sports traumatologist. "Muscle fibre injuries are practically our daily bread and can be perfectly covered with the Xario 200," says Dr. Hoffelner, expert in diagnosing and treating the entire musculoskeletal system, praising the device. Dr. Eichinger knows the Xario 200 from his practice: "I had good experiences with it. Here at the Red Bull Football and Ice Hockey Academy, we acquired additional ultrasound machines for soft tissue which I had not used before for my cardiology patients. Because using the device is easy and intuitive, learning new techniques is not difficult," says



Dr. Thomas Hoffelner, Trauma Surgeon and Team Doctor for Red Bull Salzburg and Dr. Jörg Eichinger, Internist and Deputy Medical Director of the EMCO Private Clinic.

Dr. Eichinger. And the cardiologist knows what he's talking about, since he tested six different devices by various manufacturers and ultimately chose the Xario 200 by Toshiba.

Team Doctor Dr. Hoffelner has noted major differences in terms of display: "We still have a predecessor model at the clinic, and the difference is quite noticeable. Precision Imaging and ApliPure™+ produce exceptionally clear images that show each individual



Red Bull Football and Ice Hockey Academy



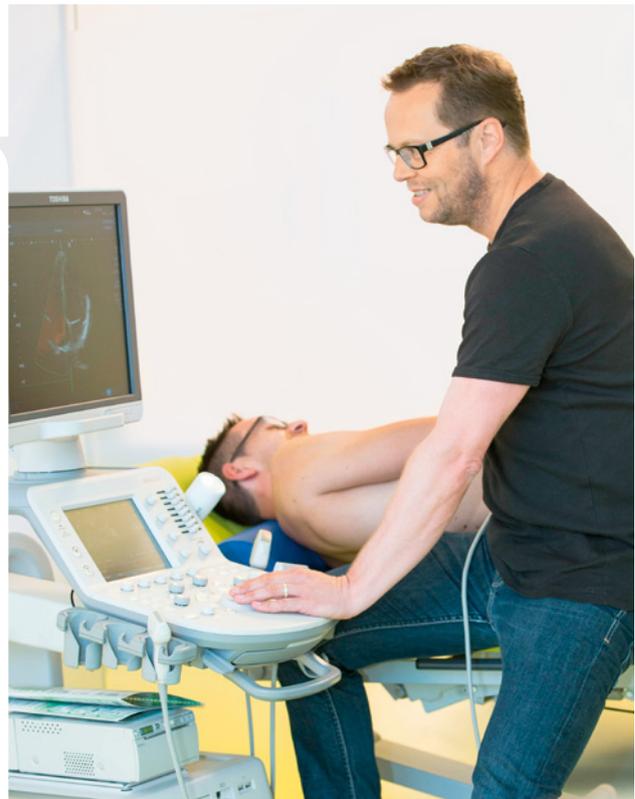
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Dr. Jörg Eichinger

lesion, clearly demarcated,” says the sports traumatologist, adding: “For our applications when examining our players, it’s important for the results of the exams to be accurate and available very quickly. We can use ultrasound for everything from cardiac problems to the stomach to the lower leg muscles. QuickScan automatically optimises the image with a simple push of a button, which not only saves time but also allows for uninterrupted, seamless work processes.”

Easy documentation

The fitness status of the football and ice hockey players is documented multiple times during the performance diagnosis. “Saving the various images that are available with a push of a button is necessary in order to obtain reference values. For muscle injuries, in particular, it’s important to see the images side by side”, says Dr. Hoffelner. Once per year, all the athletes of the Red Bull Football and Ice Hockey Academy undergo an medical examination, and the football and ice hockey A-teams have additional exams if they have acute symptoms. “Before contract conclusion, all new athletes come in for routine fitness checks, which also includes a heart ultrasound,”



says Dr. Eichinger. But it’s during the matches that the Xario 200 really proves its worth - in “real time”: “When an injury occurs, we can very quickly determine whether and which treatment is needed. For young players, especially, we’re trying as much as possible to use diagnostic means that avoid radiation exposure,” both doctors agree. It’s clear the Xario 200 is in the lead 1:0! //



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Dr. Thomas Hoffelner



Xario 200