

Experience in the use of bioresonance diagnostics and therapy for the training of athletes from the school of the Olympic reserve

D.D. Tikhomirov, A.S. Shirshov

(oneMedical Center of High Technologies, Sports School No. 73 "Victoria", Moscow, Russia)

As part of the introduction of innovative technologies to improve the parameters of training young athletes, since October 2008, a pilot research work has been carried out on the application of methods of electropunctural diagnostics and bioresonance therapy at the APK "IMEDIS-EXPERT".

The task of the study was to find an algorithm for effective stimulation of psychophysiological parameters of young athletes, participating in various saber fencing competitions. Taking into account the skeptical attitude to bioresonance effects, initially 2 adolescents were selected - I., born in 1993 and B., born in 1990, who, prior to the beginning of these studies, did not demonstrate absolutely any results and achievements in the sports field. The work with young athletes was carried out using a standard search method, taking into account high sports loads and individual adaptation reserves of the body.

#### Result

Patient I. - December 2008 - winner of the Moscow championship, then the winner of the Russian championship.

April 2009 - the winner of the World Cup.

Patient B. - 2008 - Champion of Russia, bronze medalist of the European Championship.

Further, to confirm the algorithm, 2 young sportsmen F., born in 1992 and G., born in 1993, were connected. At the same time, patient G. before the start of the research did not show himself at all, and the question was raised about his complete futility in the sports field.

#### Result

Patient F. - World Cup winner, Bronze medalist of the Russian Youth Championship.

Patient G. - December 2009 - winner of the Moscow International Tournament. January 2010 - the winner of the All-Russian tournament among the Cadets.

The use of electropunctural diagnostics and bioresonance therapy, on the one hand, has shown its high efficiency, however, on the other hand, high psychoemotional and physical requirements for loads among young athletes with high lability psychophysiological parameters, in our opinion, requires constant and daily work with athletes, despite the fact that patients were admitted at intervals from several weeks to a month.

.. " IMEDIS ", 2010, v.1 - P.107-109