

# REACT<sup>®</sup>

FISIOGASPAR MEDICINE AND SPORTS PERFORMANCE LAB







*can you imagine  
what I would do if  
I could do all I can?*

*Sun Tzu*



## who we are

Founded in 1998, Fisiogaspar is recognised as one of the top health and wellness centres in the country. A benchmark, both nationally and internationally, the centre boasts a team of highly-qualified professionals who provide our clients with the very best care and well-being.

We continuously invest in staff training, as well as the most effective,

state-of-the-art technologies, designed to offer maximum comfort and peace of mind.

In the areas of innovation and development, we also invest in scientific research, undertaking efficacy studies and perfecting unique and exclusive treatments.

It is in our DNA.

*your well-being in our hands*



## mission

With this innovative and integrated health and well-being concept, Fisiogaspar aims to create complementary relationships that are rational and balanced between its different business areas, ultimately ensuring

unique, complete and fully-focused monitoring of every client's specific needs.

Your well-being in our hands since 1998.

## values

### **Rigour**

We strive to fully understand each client's needs, desires and limitations, in order to help them achieve their goals.

### **Commitment**

In order to improve their health and well-being, our clients are at the centre of everything.

### **Integrity**

We believe that ethics are key, which is why we guarantee an honest and transparent relationship with all our clients.

### **Excellence**

Everything we do bears the hallmark of excellence, as we constantly strive to offer outstanding services and exceed our own goals.



## FISIOGASPAR MEDICINE AND SPORTS PERFORMANCE LAB

### the project

React FMSPL is a major challenge in the field of medicine and sports science, boasting almost two decades' experience and providing a multidisciplinary approach to the constant physical requirements of elite athletes.

The combination of different areas of biomedical sciences, such as medicine, physiotherapy, exercise physiology and nutrition, facilitates levels of performance and physical health that are essential to the personal and sporting success of high-level athletes and teams.

This premium service laboratory was designed to provide the most suitable response for every individual's needs, whether for competition or treatment for injuries.

Although this state-of-art service is designed for high-level competitors, Fisiogaspar recognises that the focus extends way beyond age, gender or physical condition. When it comes to your health, we identify all opportunities for success to maximise your physical condition, according to the most rigorous efficiency criteria.

#### **International Standard**

When it comes to physical and clinical evaluation, physical recovery following injury (return to play) and the optimisation of physical performance, Fisiogaspar is a benchmark in both Portugal and abroad. This is the basis of Fisiogaspar's vision, which involves possessing all the necessary resources and staff to provide support in the different areas of our clients' well-being.



# keys to success

## **Centre of Excellence**

Fisiogaspar is recognised as a health and well-being centre of excellence, a domestic and international benchmark that meets all the global quality standards covered by ISO 9001.

## **Innovation and Research**

We invest in scientific research, undertaking efficacy and improvement studies, evaluation, recovery and optimisation techniques.

## **Recent and Effective Technology**

We acquire and update the most recent and effective technologies to provide our clients with the best service and quality.

## **Qualified Staff**

A team of highly-qualified professionals with a genuine ability to take care of clients' health and optimise their performance and well-being.

## **Ongoing Training**

We invest in ongoing training for our staff in all areas. This is the only way to obtain international recognition and maximise the efficiency of the work we do with sports professionals.

## **A Range of Specialities**

The clinic boasts a growing variety of outpatient specialities to meet all your needs.





what  
are the  
different  
stages  
of the  
project?

01

INITIAL

Presentation of React  
services and packages

Initial evaluation of athletes'  
physical condition

IMPLEMENTATION

02

Clinical and physical recovery  
of injured athletes



Medical consultancy,  
physiotherapy and exercise  
physiology in the case of injury  
and at competition level

## SUPPORT

# 03

# 04

## INTEGRATION

Ongoing training of club or  
federation members

Optimisation of young talent  
aiming their inclusion on  
national and top level teams

## ADVANCED

# 05

# 06

## RESEARCH

Scientific studies promoting  
more in-depth knowledge of  
different areas

**30  
YEARS  
EXPE  
RIEN  
CE**



# who oversees this project?

## **Dr. António Martins**

Dr. António Martins' main specialist field is arthroscopic and reconstructive knee surgery. He is the orthopaedic traumatology coordinator at Sport Lisboa e Benfica, as well as clinical director of Hospital de Sant'Ana.

Boasting over 30 years practice in musculoskeletal and sports medicine, as well as vast experience caring for top professionals, he has operated on well-known sportsmen, such as Quaresma, David Luiz, Jorge Andrade, Paulo Ferreira, Nélson Évora, Danny, Simão Sabrosa, Nélson Semedo, Éder, among others.



# what services do we have to offer?

Fisiogaspar was founded to innovate in the areas of rehabilitation and performance optimisation. We treat top athletes using a differentiated and interdisciplinary approach. We offer an elite service, designed to meet

the needs of athletes, clubs and federations. The team at Fisiogaspar is made up of top specialists who provide in-depth knowledge in the various scientific areas of rehabilitation and optimisation.

**SPORTS PERFORMANCE**

**EVALUATION**

Top-level sport preparation evaluation. Evaluation of risk factors for normal performance. Evaluation of risk factors for high performance (service available for elite athletes and elite teams).

**PREVENTION**

Post-evaluation, a prevention plan is drawn up (primary or secondary). This can be done at Fisiogaspar, or at a club/gymnasium.

**OPTIMISATION**

We draw up plans for athletes designed to optimise performance, in terms of self-improvement and maximisation of skills.

**INJURY**

**INTERVENTION**

We offer specialised medical procedures, including surgery and all complementary services. We undertake procedures for post-injury physical and clinical recovery (Return to Play) and for relapse prevention with clinical follow-up.

**CORPORATE**

**CONSULTANCY**

Training by Fisiogaspar staff, as well as outside training in conjunction with other bodies - academies. Medical consultancy in areas such as physiotherapy, exercise physiology and nutrition.

# EVALUATION

**TEAM**  
MINIMUM OF 5 ATHLETES

## STANDARD EVALUATION PACK

Biodex® Isokinetic Evaluation  
OptoJump Next®/Gyko® or Biofeedback EMG Analysis

## COMPLETE EVALUATION PACK

Physiotherapy Evaluation  
Physiology Evaluation  
Biodex® Isokinetic Evaluation  
OptoJump Next®/Gyko® or Biofeedback EMG Analysis  
Biomechanical Analysis of Gait or Running

a diagnosis to match  
your performance



# INDIVIDUAL

## STANDARD EVALUATION PACK

Biodex® Isokinetic Evaluation  
OptoJump Next®/Gyko® or Biofeedback EMG Analysis

## COMPLETE EVALUATION PACK

Physiotherapy Evaluation  
Physiology Evaluation  
Biodex® Isokinetic Evaluation  
OptoJump Next®/Gyko® or Biofeedback EMG Analysis  
Biomechanical Analysis of Gait or Running

## RUNNING EVALUATION PACK

Physiotherapy Evaluation  
Physiology Evaluation  
Biodex® Isokinetic Evaluation  
OptoJump Next®/Gyko® or Biofeedback EMG Analysis  
Biomechanical Analysis of Gait or Running  
Sole Support Analysis

## YOUNG ATHLETE EVALUATION PACK

*12 to 16 years old*  
Physiotherapy Evaluation  
Physiology Evaluation  
Biodex® Isokinetic Evaluation  
OptoJump Next®/Gyko® or Biofeedback EMG Analysis  
Biomechanical Analysis of Gait or Running  
Bone Age Test

## EVALUATION ADD-ONS

### SPORT-MEDICAL EXAM

Medical Consultation  
Echocardiogram  
Electrocardiogram or Stress Test  
Medical Tests  
Chest X-ray

### ADVANCED NUTRITIONAL DIAGNOSIS

Body Composition Evaluation  
Skin Folds  
Bioimpedance  
Limb Perimeter  
Food Plan

# PRE VEN TION

identified potential  
injuries or a history of  
relapses

## PLANS

### PREVENTION PLAN

After undergoing evaluation, you receive a prevention plan with all the stages necessary to prevent potential injuries and relapses.

Physiotherapy Prevention Plan  
Physiology Prevention Plan  
Physiology 1-week Try Out

The React Prevention Plan implies that clients have undertaken a Standard, Complete, Running or Young Athlete Evaluation.



# ROUTINES

## **PREVENTION ROUTINE**

Physiotherapeutic and physiological monitoring to implement a tailor-made plan.

The React Prevention Routine involves the previous drafting of a Prevention Plan. Its duration is defined by Fisiogaspar's professionals.

## **PREVENTION ADD-ONS**

### **ROUTINE OUTSIDE FISIOGASPAR**

If you wish, we can monitor your Prevention Routine outside Fisiogaspar.

### **ROUTINE ABROAD**

If you wish, we can monitor your Prevention Routine abroad, full-time or during pre and intra-competition periods.



# OPTI MISA TION

the athlete is fit  
but can improve

## PLANS

### STANDARD OPTIMISATION PLAN

After your evaluation, receive an optimisation plan with all the stages you need to improve your skills and boost your performance.

Physiotherapy Optimisation Plan  
Physiology Optimisation Plan  
Physiology 1-week Try-Out

### COMPLETE OPTIMISATION PLAN

For those who want more comprehensive support, we suggest you include a nutritional focus.

Physiotherapy Optimisation Plan  
Physiology Optimisation Plan  
Nutrition Optimisation Plan  
Physiology 1-week Try-Out

Optimisation Plans imply that clients have undertaken a Standard, Complete, Running or Young Athlete Evaluation.



# ROUTINES

## STANDARD OPTIMISATION ROUTINE

Support from the team of physiologists at the Private Gym with focus on the following areas:

- Body Posture Monitoring
- Muscular Imbalance Monitoring
- Implementation of Individual Programmes and Plans
- Monitoring of Process
- Monitoring of Nutrition Plan

## COMPLETE OPTIMISATION ROUTINE

One-to-one support by a Personal Trainer at the Private Gym with focus on the following areas:

- Body Posture Monitoring
- Muscular Imbalance Monitoring
- Implementation of Individual Programmes and Plans
- Monitoring of Process
- Monitoring of Nutrition Plan

## ADVANCED NUTRITION FOLLOW-UP

Consultation with a professional who is specialised in nutrition for top-level competition that will allow advanced intervention in:

- Pre, Intra and Post-Competitive Periods
- Cases of Overtraining
- Prescription of Sports Supplements
- Metabolic Optimisation
- Anthropometric Monitoring

## OPTIMISATION ADD-ONS

### ROUTINE OUTSIDE FISIOGASPAR

If you wish, we can monitor your Optimisation Routine outside Fisiogaspar.

### ROUTINE ABROAD

If you wish, we can monitor your Optimisation Routine abroad, full-time or during pre and intra-competition periods.

# INTER VEN TION

injured or in need  
of surgery

## SURGERY

When you choose Fisiogaspar for surgery, you can count on top clinical staff who are coordinated by Dr. António Martins, using excellent operating theatres at institutions that boast great experience and reputation in the field of orthopaedics.

### **SURGERY PACKS**

All React surgical interventions include complementary hospital services: operating theatre, doctors' fees (surgeon, assistant, anaesthetist and scrub nurse) and two days inpatient care.

### **PROSTHESES**

Total Hip Prosthesis  
Total Knee Prosthesis  
Total Shoulder Prosthesis

### **ARTHROSCOPY**

Hip Arthroscopy  
CAM-type Femoroacetabular Impingement  
PINCER-type Femoroacetabular Impingement  
Hip Cartilage

### **Knee Arthroscopy**

Anterior Cruciate Ligament Reconstruction  
Posterior Cruciate Ligament Reconstruction  
Medial Meniscectomy without Cartilage  
Lateral Meniscectomy without Cartilage  
Knee Cartilage

### **Shoulder Arthroscopy**

Rotator Cuff Treatment  
Shoulder Instability Treatment  
Subacromial Impingement Syndrome Treatment  
Long Biceps Injury Treatment  
Calcific Tendinitis Treatment

Surgery Packs other than those presented are also available. Consult your health professional and discover every option.



# REHABILITATION

## ACL PACK

Standard service pack for post-op rehabilitation for anterior cruciate ligament reconstruction.

### Weeks 1 to 4

Physiotherapy Session (Monday to Saturday)  
Nutrition Consultation

### Weeks 5 to 6

Physiotherapy Session (Monday to Saturday)  
Physiology Session (Monday to Saturday)  
Hydrotherapy Session (Monday, Wednesday and Friday)

### Weeks 7 to 12

Physiotherapy Session (Monday to Saturday)  
Physiology Session (Monday to Saturday)  
Hydrotherapy Session (Tuesday and Thursday)

### Weeks 13 to 14

Physiotherapy Session (Monday to Saturday)  
Physiology Session (Monday to Saturday)

### Weeks 15 to 16

Physiotherapy Session (Monday to Friday)  
Physiology Session (Monday to Saturday)  
Orthopaedics Consultation  
Biodex® Isokinetic Evaluation

### Weeks 17 to 20

Return to Play with Physiotherapist and Physiologist (Monday to Saturday)  
Nutrition Consultation

### Weeks 21 to 24

Return to Play with Physiotherapist and Physiologist (Monday to Saturday)  
Orthopaedics Consultation  
Biodex® Isokinetic Evaluation  
Final Recovery Plan

## MEDIAL MENISCECTOMY PACK

Standard service pack for post-op rehabilitation for medial knee meniscectomy without cartilage.

### Week 1

Physiotherapy Session (Monday to Saturday)

### Week 2

Physiotherapy Session (Monday to Saturday)  
Physiology Session (Monday to Saturday)

### Week 3

Physiotherapy Session (Monday to Saturday)  
Physiology Session (Monday to Saturday)  
Hydrotherapy Session (Monday to Friday)

### Week 4

Return to Play with Physiotherapist and Physiologist (Monday to Saturday)  
Orthopaedics Consultation  
Biodex® Isokinetic Evaluation  
Nutrition Consultation  
Final Recovery Plan

### **LATERAL MENISCECTOMY PACK**

Standard service pack for post-op rehabilitation for lateral knee meniscectomy without cartilage.

#### **Week 1 to 4**

Physiotherapy Session (Monday to Saturday)

#### **Week 5 to 8**

Physiotherapy Session (Monday to Saturday)

Physiology Session (Monday to Saturday)

Hydrotherapy Session (Tuesday and Thursday)

#### **Week 9 to 12**

Return to Play with Physiotherapist  
and Physiologist (Monday to Friday)

Orthopaedics Consultation

Nutrition Consultation

Biodex® Isokinetic Evaluation

Final Recovery Plan

### **MULTIDIRECTIONAL INSTABILITY OF THE SHOULDER PACK**

Standard service pack for post-op rehabilitation for multidirectional instability of the shoulder.

#### **Week 1 to 2**

Rest, under medical supervision

#### **Week 3 to 4**

Physiotherapy Session (Monday to Friday)

Nutrition Consultation

#### **Week 5 to 6**

Physiotherapy Session (Monday to Friday)

Hydrotherapy Session (Tuesday and Thursday)

Orthopaedics Consultation

#### **Week 7 to 10**

Physiotherapy Session (Monday to Friday)

Physiology Session (Monday to Friday)

Hydrotherapy Session (Tuesday and Thursday)

Biofeedback EMG or Biodex® Isokinetic Evaluation

#### **Week 11 to 14**

Physiotherapy Session (Monday, Wednesday  
and Friday)

Biofeedback EMG Session (Tuesday)

Physiology Session (Monday to Saturday)

#### **Week 15 to 16**

Return to Play with Physiotherapist  
and Physiologist (Monday to Saturday)

Biofeedback EMG Session (Tuesday)

Orthopaedics Consultation

Nutrition Consultation

Biofeedback EMG or Biodex® Isokinetic Evaluation

Final Recovery Plan



# RTP

## RETURN TO PLAY ACL PACK

Complete Evaluation Pack  
 RTP with Physiotherapist and Physiologist  
 Week 1 to 4: Monday to Saturday  
 Week 5 to 8: Monday to Friday  
 Orthopaedics Consultation  
 Nutrition Consultation  
 Biodex® Isokinetic Evaluation  
 Final Recovery Plan

## LATERAL MENISCUS RETURN TO PLAY PACK

Complete Evaluation Pack  
 RTP with Physiotherapist and Physiologist  
 Week 1 to 2: Monday to Saturday  
 Orthopaedics Consultation  
 Biodex® Isokinetic Evaluation  
 Final Recovery Plan

## MEDIAL MENISCUS RETURN TO PLAY PACK

Complete Evaluation Pack  
 RTP with Physiotherapist and Physiologist  
 Week 1 to 4: Monday to Saturday  
 Orthopaedics Consultation  
 Nutrition Consultation  
 Biodex® Isokinetic Evaluation  
 Final Recovery Plan

## SHOULDER RETURN TO PLAY PACK

Complete Evaluation Pack  
 RTP with Physiotherapist and Physiologist  
 Week 1 to 2: Monday to Saturday  
 Biofeedback EMG Session  
 Week 1 to 2: Tuesday  
 Orthopaedics Consultation  
 Biofeedback EMG or Biodex® Isokinetic Evaluation  
 Final Recovery Plan

## TAILOR-MADE RETURN TO PLAY PACK

Fisiogaspar can design a bespoke Return to Play programme in accordance to your injury. Consult our React staff and discover the various options.

## INTERVENTION ADD-ONS

### COMPLEMENTARY DIAGNOSIS EXAMS

Magnetic Resonance Imaging (MRI)  
 Computer Tomography  
 Radiography  
 Clinical Analyses  
 Ultrasound Scan

### PRE-SURGERY EXAMS

### RTP TRAINING

Additional RTP Training Week (Monday to Thursday)

# CON SUL TANCY

bespoke  
implementation  
of your project



# TAILOR-MADE

## OUR EXPERIENCE EVERY DAY

React professionals are qualified to train your team using a continuous and certified approach with regular visits and permanent contact.

This way, you acquire the independence that allows you to **evaluate** your athletes' physical fitness, to **prevent** injuries, to **intervene** in clinical and physical recovery after injury and to **optimise** athletes' sports performance.

# ADD-ONS

## CONCIERGE WITH TRANSPORT

We know the obstacles and challenges our clients face when they undergo surgery or when they are visiting Portugal for the first time. So, we offer a concierge service that will make this stage of your life easier.

## HOTEL ACCOMMODATION

If your place of residence makes your intervention routine difficult or impossible, we recommend you stay at one of Fisiogaspar's partner hotels.

## MADE-TO-MEASURE MEALS

Following a restricted diet or choosing Cafeteria Fisiogaspar weekly options, you can complement your time at our premises with food planned and prepared by us.

## BREAK MOMENTS

After treatment, or between training sessions, you can take time to relax at our Medical Spa, in the Aqua Zone or the Relaxation Room, boosting your recovery with a moment of balance and tranquillity.

# partners in your success

When we work as a team, our dedication ensures your success. To this end, Fisiogaspar has surrounded itself with a long list of first-class partners and brands so that you enjoy a complete and highly effective experience.





## receiving a proposal

Contact us at [comercial@fisiogaspar.pt](mailto:comercial@fisiogaspar.pt) or at one of the numbers overleaf and discover everything we have to offer.

A **Sales Account Manager** will present our approach and introduce the professionals who will support you during the process. Alongside you, they will identify the services and packs you require.



## Portugal

### Address

Avenida Estados Unidos da América, 2C  
1700-174 Lisbon

### Surroundings

Humberto Delgado Airport (Lisbon) 1km (3 min)  
Carris Buses – 749 e 717  
Subway (Green Line) – Areeiro or Roma  
Train – Roma-Areeiro Station

### GPS Coordinates

Latitude 38°44'56"  
Longitude -9°7'54"

### Phone

00351 217 279 000

### Services

Clinic | Physiotherapy | Hydrotherapy | Nutrition  
Medical Spa | Private Gym | Health Coaching | Academy

[www.fisiogaspar.pt](http://www.fisiogaspar.pt)

[fisiogaspar@fisiogaspar.pt](mailto:fisiogaspar@fisiogaspar.pt)

## Angola

### Address

Rua Comandante Ché Guevara, 105A  
Maculusso - Luanda

### Surroundings

International Airport 4<sup>th</sup> February (Luanda)  
4km (8 min)  
Igreja Sagrada Família (Holy Family Church)  
1km (2 min)

### GPS Coordinates

Latitude 8°49'15"  
Longitude 13°14'26"

### Phone

00244 222 332 357

### Services

Clinic | Physiotherapy | Nutrition  
Medical Spa | Private Gym

[www.fisiogasparangola.com](http://www.fisiogasparangola.com)

[info@fisiogasparangola.com](mailto:info@fisiogasparangola.com)



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