

Prof. Pavel Kolar - The essential member of Czech Olympic Team



Pavel Kolar, appointed team clinician for the Czech Olympic teams has been present at every Olympic games, winter and summer, since 1996. He has used his original concept of Dynamic Neuromuscular Stabilization when working with champions from numerous sport disciplines. Through these many Olympics he has helped the Czech Teams win many Olympic medals. Here are a few comments from the Czech Press appreciating Pavel's work with professional athletes after winter Olympic Games in Pyeongchang.



Newspaper "Sport", February 26, 2018

Ester Ledecka from the Czech Republic became the first woman to win a gold medal in two different sports in a single Winter Games. After winning an Alpine skiing event, the women's super-G totally unexpectedly, one week later she celebrates a victory in the women's snowboarding parallel slalom.

But her carrier was at risk unless changing her sports training stereotypes, says Pavel Kolar. Ester's victory was not a matter-of-course. Easily, this gold

miracle in Pyeongchang would not have happened. Four year earlier, Ester Ledecka left the Olympic Games in Sochi defeated with lumbar disc herniation that was threatening her career. She had to make a big change, says the physiotherapist Pavel Kolar. And his advice helped her celebrate a double gold. The Czech Olympic Committee chief Jiri Kejval agrees, "Pavel's hands have been behind each 2018 Czech Olympic Medal."

Pavel Kolar has been helping to many other champions. Jan Zelezny (three Olympic gold medals, one silver and triple world champion in javelin throw), Katerina Neumannova (Olympic gold medal in cross country skiing), Mirka Knappkova (world champion and Olympic gold medal in rowing). "They all



made a powerful stories. And Ester certainly too! " agrees Pavel Kolar. He is the man behind the scenes who has helped Ester Ledecka to become so universal conquering the world both on skis and snowboard while tolerating the extreme physical strain of each demand. Remember the Olympic Games four years ago in Sochi? The Czech snowboard champion already was quite ambitious there. But she failed. She suffered from disc prolapse at this time and lost twice in quarterfinals because of back pain, her father (popular Czech singer Janek Ledecsky) recalls. Ester had MRI assessment. Pavel invited me for a dinner and telling me that Ester would have quit not just professional sports, but sports generally. He offered a special rehabilitation

training using his original method he personally invented. He gave 15% chance it could help. To give up? Ledicka refused. She started to fight mercilessly. No emotions, just like on racing track. "Her problems were not result of an injury and have not started at once. It was due to her sport stereotypes. To change these stereotypes is a matter of a lot of time and patience. However, I have to admit, she made a big progress within 4 or 5 months and I think it became evident even in her riding technique," Kolar commented. "The point was to change her snowboard riding habits along with her workout manner as well. Thanks to her will and strong-mindedness she was able to make the changes needed. The point was not just to practice the exercises but to change the brain movement control. It was not about whether she should strengthen more abdominal or back muscles it was a complete muscle coordination change," the well-known physiotherapist explains. He further went on to explain, "Additionally, Ledicka was special even anatomically. Each of us has little different anatomy and individual morphological prerequisite to perform a certain sports. She has her own specifics predetermining her to be a good skier. It is one thing is to treat her, another story is to redo her training. Ledicka managed both. Without being able to do so, her carrier would be at risk." Kolar stated. Today, it is a great satisfaction that another sport champion has been saved in terms of health. When asking Pavel Kolar if the hero's body can tolerate such load for another number of yeas his answer is much more optimistic than what he had told to Ester's father Janek Ledicky 4 years ago. "I think the combination of skis and snowboard will not hurt her at all. Czech queen of this year's Olympic games whose spell now knows the whole world can keep going."

PRAVO

Newspaper "Pravo", February 26, 2018

Kolar's hands assisted in another gold

He is not seeking any attention, he talks in a low voice, and joy experiences internally. But there is no doubt, that without the physiotherapist Pavel Kolar the Czech Olympic medals balance would be much lower.

He was helping to Jan Zelezny in Sydney in 2000 treating his painful Achilles tendon and the javelin thrower completed his Olympic gold hat-trick in Australia. He even used acupuncture needles to get Katerina Neumannova suffering from viral infection ready for her race at Olympic games in Torino

and the Czech cross country skier experienced the gold happy end of her carrier. At London Olympic Games at 2012 he helped to Mirka Knapkova with her intercostal muscle partial tear in such a way, that she reached for the sultry triumph. And his significant fingerprints have also been behind Ester Ledecka's double gold triumph. "This is such a satisfaction considering all the problems she had. I am so happy" admits professor Kolar, whose fame reaches over the Czech boards. Racing in Soci four years ago the happiness of Ledecka's Olympic premiere was ruined by sever back pain. "Her disc problems have not resulted from injury or by accident, it was a result of her snowboard and workout style. It was not a matter of one single manipulation to treat her back. Pathological forces generated by her own muscles destroying her back had to be changed. And I have to admit she made a major progress within 4 or 5 months of rehabilitation training," he reflects. Kolar appreciates Ledecka's ability to work so hard. It is not enough just to strengthen back or abdominal muscles but the whole muscle coordination must be changed and this change must be done in brain in first place, Kolar explains. Such changes were necessary if Ledecka cared to continue in her promising career. It takes 6 to 9 months to change sport stereotypes. Like when you want to retrain tennis stroke stereotype it will take you a while too, he describes. Additionally, in Ledecka's case the strain is extreme thanks to her training determination and unique combination of two different types of sport. "But I think the combination is actually pretty good for her," the physiotherapist who has the merit of more Pyeongchang medals says. Bronze snowboard cross champion Eva Samkova consulted Kolar with her shoulder issues, silver speed skater Martina Sablikova saw him for her low back pain. In her (Sablikova) case, it is more chronic problem, Kolar says, but he trusts her prognosis can be good too.



With Czech athletes in Korea next to Pavel Kolar is Eva Samkova (Bronze in snowboard) and Michal Krcmar (Silver in biathlon sprint)

Aha!
www.aha.cz

Newspaper "Aha", February 26, 2018

The patient Jaromir Jagr (46)

Professor, Help! Play off starts!

Kladno (city in the CR):

Like for God's mercy waited an ice hockey legend Jaromir Jagr for professor Pavel Kolar to return from Olympic Games in Korea. Tomorrow the ice hockey club Kladno Knights (Jagr owns and plays for) starts the quarterfinal series. But the star winger still has been disabled after the fight on ice last Saturday. Monday morning, we will see if Jaromir can play, reports Jagr's club speaker. They wait for the famous physiotherapist to see Jagr and suggest further steps. Kladno needs his boss on the ice and it is only Kolar who can get him there. Unless Jagr plays 10 matches in quarter and semifinals he cannot help Kladno Knights in their potential fight to make it to extra games. If the professor makes him fit and Jagr plays it will certainly please the trio from The Travelling Jagrs who arrived from overseas to see their idol.



In Korea with Czech Ice Hockey Team

Newspaper "Dnes", February 26, 2018

From interview with Martina Sablikova (silver in speed skating)

In Pyeongchang you turned down the second spot proposal in race with the mass start. Why?

It was questionable if I would make it to the semifinals. It is long 16 laps in bursting tempo. I do not know if my back could tolerate it.

According to the physiotherapist Pavel Kolar you could be helped with the same exercise he trained with Ester Ledicka four years back in Soci which helped her health condition tremendously.

Yes, actually he has already showed me some exercises in Korea so I started to exercise his recommendations right away. Just after the season I will stay in Prague for a few days to see prof. Kolar regularly.

Does it help you to know that Ledicka now made double Olympic gold despite her chronic back pain?

Definitely! Knowing that that each body responds differently it is uplifting psychologically. I really wish to have my back well as soon as possible. Only

then, I can talk about any plans in 2,3,4 years. I would like to consider the next Olympic games in Peking in 2022.



Newspaper "Dnes", February 26, 2018

Another gold with Kolar's fingerprints. He treated the champion!

Ester Ledecka just made her double gold triumph at Olympic Games. The boss of Czech Olympic Team Jiri Kejval is approaching professor Pavel Kolar, putting his hand on Kolar's shoulder saying: "This is the most gold medalist from all!" Because behind each Czech medal is Pavel's fingerprint. Winter and summer Olympic Games, both. Without him, maybe we would be leaving Korea without medals. Behind each medal there is not only an individual's work result. There is a team. People visible and people in the back, loud people and quiet people. Pavel Kolar has a low voice and modest behavior. He does not even want to talk after the women's super G. "This is Ester's moment," he says. However, it was him, who has been asked by Ester's family to help with unbearable back pain at Olympic Games in Soci. This was the moment, in Soci, when Ester's journey towards Pyeongchang triumph really started. To help her professor Kolar had to be both, physiotherapist and psychologist. He had to explain to young Olympic champion, still a teenager, that lots of time and patience is needed to fix her problem. It is not a matter of one treatment. He taught her special exercises while pointing out that changes in her sport training routine and methods is just as important as her treatments. It took 5 months before her back got much better. "Her will to become better was admirable," appreciates Kolar. The will to make it to Pyeongchang was key. Unless changing her stereotypes, her carrier would be at risk. "Seeing Ester with two golds is a major satisfaction for me," Kolar claims. Now, he is sure that the body of 22 years old Olympic champion can tolerate even the challenging combination of snowboarding and skiing. Ledecka became another successful individual in a colorful mosaic of clients from the ranks of Czech sports stars that this fifty-five years old physiotherapist helped to their dreams. Up until Zelezny was 40 Kolar was helping to keep the body of triple Olympic Champion Jan Zelezny in a good condition with great success. Also, during the hectic night before the women's cross country ski thirty km race in Torino in 2006 Kolar was working on Katerina Neumannova ultimately helping her win gold in cross country skiing. And in London in 2012 he

experienced the memorable story when he helped the rower Mirka Knapkova, who was close to give up just before her victorious race because of intercostal and scapular stabilizer muscle tear. Using manual and physical therapy, laser, and acupuncture he made the sculler's body ready for the race. A fascinating ride from start to finish ending up with the Olympic champion title. "I experienced a lot, however, the story with Ester is one of the strongest" Kolar assures. He was also helping to Martina Sablikova during the games in Pyeongchang. While working on the painful back of the speed skater, Kolar's reflected on his experience with Ledicka in Soci. Even in Martina's case, the back pain was not a matter of coincidence. Poor stereotypes that caused the disk prolapse needed to be addressed to ensure the appropriate co-ordinate the muscles. Injections or the surgery is not enough to resolve their issues.)