KAATSU Rehabilitation of an Olympian and World Champion

~No KAATSU ... No Olympics~

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Chairman
Center for KAATSU Research
at Harvard Medical School
37-year-old Olympic silver medalist Todd Lodwick has been to 6 Winter Olympics.
Todd Lodwick got injured in Europe on Jan. 7 before his Olympic event at Sochi
Doctors recommended surgery, but Todd Lodwick wanted to try KAATSU Training.
If Todd underwent a surgery, he could not participate in the Olympics.

He broke his humerus in several places and torn his ligaments in his upper arm.

He could move his hand and fingers so he did KAATSU 3-point exercise.

He could use both legs.
He did 3-point exercise twice every day with both legs and his right arm.

Every day he used the KAATSU belt on his uninjured arm during regular exercise.

Every day he trained his legs using KAATSU with Sundays off. Within 7 days, he was able to remove his sling. His doctors were surprised.
Day 1:  KAATSU ON～KAATSU OFF 20 seconds each from 160mmHg to 300mmHg
        Right arm: 3-point exercises (45mmHg fitting pressure ➞ 140mmHg)
        Left arm: move hand and fingers with KAATSU belt on
        Both legs: 3-point exercises (50mmHg fitting pressure ➞ 200mmHg)

Day 2:  Same as above

Day 3:  Same as above
        Regular training with right arm and both legs with KAATSU belts on

Day 4:  KAATSU ON～KAATSU OFF 20 seconds each from 160mmHg to 300mmHg
        Right arm: 3-point exercises (45mmHg fitting pressure ➞ 160mmHg)
        Left arm: move hand and fingers with KAATSU belt on at 160mmHg
        Both legs: 3-point exercises (52mmHg fitting pressure ➞ 260mmHg)
        Regular training with right arm and both legs with KAATSU belts on

Day 5:  Same as above, but use hand grip on left hand with KAATSU belt on

Day 6:  Rest

Day 7:  Same as above, but with sling on injured arm removed
Jan. 7, 2014
Todd Lodwick got injured in Europe when he did ski jumping
He broke his humerus in several places and torn his ligaments in his upper arm.
Jan. 9, 2014

He began KAATSU Rehabilitation
Jan. 9, 2014

He began KAATSU Rehabilitation

KAATSU ON ~
KAATSU OFF
20 seconds each
Jan. 9, 2014

KAATTSU Rehabilitation

Right arm: 3-point exercises
Left arm: move hand and fingers with KAATTSU belt on
Jan. 9, 2014

KAATSU Rehabilitation

Right arm: 3-point exercises
Left arm: move hand and fingers with KAATSU belt on
Jan. 9, 2014

KAATSU
Rehabilitation

Right arm:
3-point exercises
Left arm:
move hand and fingers
with KAATSU belt on
Jan. 9, 2014

KAATSU Rehabilitation

KAATSU Training of the triceps and around shoulder joint
Jan. 9, 2014

KAATSU Rehabilitation

KAATSU Training of the triceps and around shoulder joint
Jan. 12, 2014

KAATSU Training of Squat in jumping movement
Jan. 12, 2014

KAATSU Training of Squat in jumping movement
Jan. 13, 2014

KAATSU Training of Cross-country skating
Jan. 13, 2014

KAATSU Training of Cross-country skating
Jan. 13, 2014

KAATSU Training of Cross-country skating
Jan. 14, 2014
(7 days after injured)

KAATSU Training of Squat in jumping movement
and step exercise on one leg

What a miracle his sling on injured arm was removed!
Jan. 14, 2014
(7 days after injured)

What a miracle
his sling
on injured arm
was removed!
Jan. 14, 2014
(7 days after injured)

What a miracle
his sling
on injured arm
was removed!
Jan. 28, 2014
(21 days after injured)

KAATSU Rehabilitation

KAATSU Training of Cross-country ski pole movement
Jan. 28, 2014
(21 days after injured)

KAATSU
Rehabilitation

KAATSU Training of
Cross-country
ski pole movement
Jan. 28, 2014
(21 days after injured)

KAATSU Rehabilitation

KAATSU Training of Cross-country ski pole movement
Jan. 30, 2014
(23 days after injured)

KAATSU Training of ski jumping in take off movement

at hotel room in Europe
Jan. 30, 2014 (23 days after injured)
KAATSU Training of ski jumping in take off movement at hotel room in Europe
Jan. 30, 2014
(23 days after injured)

KAATTSU Training of step exercise on one leg

at hotel room in Europe
Jan. 30, 2014
(23 days after injured)

KAATSU Training of step exercise on one leg

at hotel room in Europe
Jan. 30, 2014
(23 days after injured)

Thanks to KAATSU Training, he recovered to the condition that could participate in Olympic game after injured in only 23 days.

He finally began jump training.
Jan. 30, 2014 (23 days after injured)

He finally began jump training.
Jan. 30, 2014 (23 days after injured)

The first ski training in Sochi
Feb. 1, 2014
(25 days after injured)

Cross-country ski training
Feb. 4, 2014
(28 days after injured)
Feb. 5, 2014
(29 days after injured)
Feb. 5, 2014
(29 days after injured)
First Jump after injured

Miraculous comeback by KAATSU Training
First Jump after injured

Miraculous comeback
by KAATSU Training
Reexamination before Olympics
(28 days after injured)
Todd Lodwick was honored as the flag-bearer of the United States for opening ceremony of the Sochi Olympic Games.
Todd Lodwick’s leg muscle

NO KAATSU
NO Olympics!

Next challenge to be KAATSU Instructor!

Prevention is better than cure.

Thank you for your attention.
# KAATSU International Society & KAATSU Research Foundation

## KAATSU International Society

**Professor Yoshiaki Sato, M.D., Ph.D., Chairman**

## Center for KAATSU Research at Harvard Medical School

**Professor Yoshiaki Sato, M.D., Ph.D., Chairman**

### Neurology

**Peter Lansbury, Jr. Ph.D.**
Professor at Department of Neurology, Harvard Medical School and Center for Neurologic Diseases, Brigham and Women's Hospital

### Cardiology

**Aaron Baggish M.D.**
Associate Director of the Cardiovascular Performance Program at the Massachusetts General Hospital Heart Center, and Team Physician Cardiologist at Harvard University

### Metabolomics

**Robert Gerszten, M.D.**
Director of Translational Research in the Cardiology Division, Director of Harvard – Broad Proteomics Center, and Associate Professor of Medicine at Harvard Medical School

### Sports Performance and Orthopedics

**Jim Stray-Gundersen, M.D.**
U.S. Ski & Snowboarding Olympic Team Doctor, Associate Professor of Orthopedic Surgery and Physiology at University of Texas Southwestern, International Medical Committee member of the International Olympic Committee and FIFA

**David Chao, M.D.**
Former National Football League (NFL), National Basketball Association (NBA), and Major League Baseball (MLB) Team Physician

### KAATSU Wellness for Hospitals & Corporations

**Lyle Nalli, DPM**