

# Hellersen. Insight

The magazine of the  
Sportklinik Hellersen

SPECIAL EDITION

Free for  
you to take  
away!

STEFAN KLETT,  
PRESIDENT OF LANDES-  
SPORTBUND NRW AND  
SPORTHILFE NRW E.V.



## The best for the best

The role for the Sportklinik Hellersen in  
the Rhine-Ruhr Olympic bid



#TeamHellersen  
sucht Menschen für  
Menschen.



## Spezialklinik für Orthopädie, Unfallchirurgie, Sportmedizin und Endoprothetik

Die Sportklinik Hellersen ist bundesweit eine der führenden Spezialkliniken für Orthopädie, Unfallchirurgie, Sportmedizin und Endoprothetik. Unsere Klinik steht für ein familiäres Haus mit einer langen Tradition und großer Expertise.

Zu den medizinischen Kompetenzen gehören die Behandlung von orthopädischen Verletzungen und Erkrankungen des Bewegungsapparates, die Implantation und der Wechsel von Endoprothesen sowie die Sportmedizin. Das Deutsche Wirbelsäulen- und Skoliosezentrum, bestehend aus interdisziplinären Teams der Konservativen Orthopädie, der Neurochirurgie und der Speziellen Wirbelsäulenchirurgie, das Zentrum für Spezielle Schmerzmedizin und die Ästhetische Chirurgie runden das Klinikspektrum ab.

### Unsere medizinischen Kompetenzen und Zentren auf einen Blick:

- **Gelenk- und Unfallchirurgie**
  - Fuß- und Sprunggelenkchirurgie
  - Handchirurgie
  - Kinderorthopädie
  - Kniechirurgie
  - Schulter- und Ellenbogenchirurgie
  - Traumatologie
- **Deutsches Wirbelsäulen- und Skoliosezentrum**
  - Konservative Orthopädie
  - Wirbelsäulenchirurgie
  - Spezielle Wirbelsäulenchirurgie
- **Zentrum für künstlichen Gelenkersatz**
- **Zentrum für Spezielle Schmerzmedizin**
- **Ästhetische Chirurgie**
- **Sportmedizin**



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LANDESSPORTBUND  
NORDRHEIN-WESTFALEN



Sportmedizinisches  
Untersuchungszentrum  
des LSB NRW

# Editorial

**Dirk Burghaus**

Chairman of the Board Sportklinik Hellersen

The Olympic and Paralympic Games right on our doorstep – how wonderful would that be? I hope you, dear readers, share this enthusiasm. Because this idea could actually become reality soon: Germany is currently in the bidding process for the 2036, 2040, or 2044 Games. Four cities and regions have put themselves forward as potential venues – including the Rhine-Ruhr region. The Landessportbund NRW has developed a convincing, sustainable, and forward-looking concept to bring the Olympic and Paralympic Games to our region.

This concept includes not only a reliable infrastructure. Equally important is the highest level of medical care for the athletes – an area in which the Sportklinik Hellersen has been setting standards for many years. As the DOSB's sports medicine examination center and part of the North Rhine-Westphalia sports family, we play a central role and are the first point of contact for serious injuries. Optimal care is crucial to ensuring the highest standards for top athletes. This includes, for example, the ability to surgically treat cruciate ligament injuries within 24 hours of an accident.

In this special edition of Hellersen Insight, we focus entirely on the Olympic and Paralympic Games. In an interview with Stefan Klett, President of Landessportbund NRW and the sponsor of the Sportklinik Hellersen, Sporthilfe NRW e.V., and Michael Scharf, Director of Competitive Sports at the LSB NRW, you can learn more about the Rhine-Ruhr region's bid, its chances and advantages, and the role of the Sportklinik Hellersen.

At the same time, we would like to give you a little insight into how closely our medical team is involved in competitive sports and why the Sportklinik Hellersen is an important component of the Olympic bid. Whether it's Chief of Conservative Orthopedics Dr. Stefan Nolte as the association physician for sport shooters or Dr. Tobias Schmenn as the team physician for the women's national team – our

expertise extends far beyond the clinic. Top athletes such as Tatjana Schilling, multiple heptathlon champion, trust in our treatment. In this issue, she reports on how Dr. Volker Stoll, chief of knee surgery and sports traumatology, helped her return to training several times after injuries.

Let yourself be infected by Olympic fever, sporting passion, and enthusiasm for cutting-edge medicine in this special edition. But for us, the Olympics mean more than just top-class sport. What we learn in competitive sports benefits all patients — from professionals to recreational athletes to people who have undergone hip or knee surgery. Just as Formula 1 delivers innovations for everyday life, our experience from the Olympics and international top-level sport flows directly into the care of society. The Sportklinik Hellersen is our little Olympics – here, top-level medicine benefits society as a whole.

We hope you enjoy reading this issue.



Yours, Dirk Burghaus





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Chairman of the Board Sportklinik Hellersen



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In an interview with

For better readability, gender-neutral language is not used and the generic masculine form is used.



## „The best for the best": The role of the Sportklinik Hellersen of the Rhine-Ruhr Olympic bid

Land NRW and Landessportbund NRW presents their bid concept – with the focus on sustainability



The planned temporary athletics stadium will be built in accordance with international standards and will follow a sustainable approach.

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**T**he Olympic flame burns in the stadium cauldron. 10,000 athletes compete for one of over 900 medals and to win victory for their nation in one of the numerous disciplines. This scenario could play out in Germany in 2036, 2040, or 2044 — more precisely, in North Rhine-Westphalia. Alongside Munich, Berlin, and Hamburg, the Rhein-Ruhr region is one of four national candidates in the running for Germany's upcoming Olympic and Paralympic bid.

In an interview, Stefan Klett, President of Landessportbund NRW and the sponsor of the Sportklinik Hellersen, Sporthilfe NRW e.V., and Michael Scharf, Director of Competitive Sports at LSB NRW, talk about the bid and the advantages that the Rhein-Ruhr region offers for the Olympic and Paralympic Games. An important part of this is the Sportklinik Hellersen, which is not only a DOSB base but also has decades of enormous sports expertise.

**Mr. Klett, why is the Rhine-Ruhr region the perfect venue, and what distinguishes the application concept of the Landessportbund NRW (LSB)?**

*Stefan Klett:* There are several reasons why the Rhine-Ruhr region is the perfect venue. One of the most important is certainly that 95 percent of the planned sports facilities already exist in North Rhine-Westphalia. Numerous soccer stadiums and exhibition halls are ready for immediate use. This is particularly important for sustainable Olympic Games. The only thing missing so far is an athletics stadium that meets international standards. But here, too, we have a sustainable approach: a temporary stadium is to be built, which will be converted into a residential and commercial complex at the heart of a new district after the Games. Cologne and Essen are being discussed as possible locations.

*About the person*  
**Stefan Klett**

Stefan Klett has been president of the Landessportbund NRW (LSB) since 2020 and, since 2022, also of Sporthilfe NRW e.V., the organization that runs the Sportklinik Hellersen. Prior to this, he had been vice president of Sporthilfe since 2015 and vice president of finance at LSB NRW since 2008. In addition, he has been a member of the board of trustees of the Landessportbund NRW since 2020. From 2008 to 2019, he was president of the North Rhine-Westphalia Aeroclub and from 2019 to 2022 of the German Aeroclub, the umbrella organization for German air sports enthusiasts. A trained air conditioning technician, his main job is with a large building services company.



Beyond the sustainability aspect, we also have a lot of experience with major events in North Rhine-Westphalia. We have organized 30 European and World Championships in the last ten years alone, and the University Games (2025 FISU World University Games), which took place in several North Rhine-Westphalian cities in July this year, were already a successful and excellent test run for the Olympic Games. More than 8,500 student athletes and officials from over 150 nations took part, and over 10,000 volunteers from 114 countries were actively involved.

**Are there any other advantages that the region offers?**

*Michael Scharf:* These are already important arguments. However, what sets us apart is that, unlike the other four German applicants, we want to host the Games not as a city, but as a region, with Cologne as the prospective leading city. It is a regional bid – that has charm and is definitely a unique selling point. We benefit from a very strong network in the sports state of North Rhine-Westphalia. Of the more than 30 DOSB sports medicine examination centers in Germany, six are located in North Rhine-Westphalia alone. One of them is the Sportklinik Hellersen.

*About the person*  
**Michael Scharf**

Michael Scharf has been Director of Competitive Sports at the Landessportbund NRW since 2018. Prior to that, he was Head of the Rhineland Olympic Training Center from 2004 to 2018 and Managing Director of Schwimm- und Sportfreunde Bonn from 1993 to 2004. He graduated from the German Sport University and the Universities of Cologne and Bonn with a degree in sports and psychology. Michael Scharf can also look back on a remarkable competitive career in modern pentathlon. He won European and World Championship team medals and came ninth at the 1986 World Championships. He was German individual champion in 1987 and German team champion in 1982, 1985, 1986, and 1988.





### **What added value does hosting the games in North Rhine-Westphalia offer the population and sports clubs?**

*Stefan Klett:* We have received strong political support in North Rhine-Westphalia, and the budget already allocates funds for this purpose. Furthermore, it is important that funding is directed toward the renovation of sports facilities. We are calling for ten percent of the state's share of the federal government's special fund for sport in North Rhine-Westphalia. This corresponds to 175 million euros per year. The Minister President of North Rhine-Westphalia, Hendrik Wüst, has already promised us 50 million euros of the state's share. This is also a major plus for the common good, as our sports clubs are important social meeting places. At the federal level in particular, money must be made available for sports facilities and infrastructure in the coming years, and we are committed to this.

This will also lead to broad acceptance. A recent opinion poll already shows strong support among the population. According to the survey, 70 percent

of citizens can well imagine the Games being held in North Rhine-Westphalia.

### **How many visitors do you expect when the games take place in North Rhine-Westphalia?**

*Stefan Klett:* We can reach 160 million people within a 500-kilometer radius in the Rhine-Ruhr region. This is due in no small part to our central geographical location and the availability of the necessary logistics. According to a recent calculation, we could sell 10 million tickets for the Olympic Games and 2.5 million for the Paralympic Games. This is also an important argument for the IOC (International Olympic Committee), as never before have so many tickets been sold for the Olympic and Paralympic Games.

### **That is certainly also a nice gesture for the participating athletes. How important is the bid for the Olympic and Paralympic Games for the Landessportbund NRW and the athletes?**

*Michael Scharf:* It is important that the athletes are the focus of attention. An important component in this context is close cooperation within the sporting community and good support for athletes and coaches. This is achieved, among other things, through squad examinations and support from sports medicine examination centers. These are also strengthened by the Olympic bid. We, as the Landessportbund NRW, bring together health-related sports, competitive sports, and popular sports under one roof. Sport is an important tool for prevention and will become even more important in the future. Good medical care is essential in all three areas, and for this we rely on facilities such as the Sportklinik Hellersen – especially for sporting events of this magnitude.

## **The best for the best**

### **The aforementioned squad examinations take place in the run-up to tournaments. What does medical care actually look like during the Olympic Games?**

*Michael Scharf:* On site, medical care is provided by the association and team doctors as well as by the Medical Center set up in the Olympic Village. Sports-minded doctors are nominated for this center



by the Chief Olympic Doctor, Prof. Dr. Bernd Wohlfahrt. Generally, less serious injuries are treated here. The second component is the sports medicine examination centers. In the case of serious injuries such as ruptures and fractures, we rely on good clinics with the appropriate sports expertise.

### What role does the Sportklinik Hellersen play in the Olympic Games in Germany?

*Michael Scharf:* As a DOSB base, the Sportklinik Hellersen is an important point of contact for serious injuries during the tournament. In addition, with the Sportklinik Hellersen, we have a specialist clinic in the area covered by the Landessportbund NRW, which has a high level of sports expertise thanks to its medical services. We are the only state sports federation in Germany that has among its members the supporting association of such a professional medical competence center, including a specialist clinic.

I can only praise the cooperation with the Sportklinik Hellersen as an Olympic base. The exceptionally good care provided is an important prerequisite – it is the only way to meet important standards, such as the treatment or surgery of cruciate ligament ruptures within 24 hours of the accident. We can only urge athletes to make use of this center of excellence

in North Rhine-Westphalia. After all, the best athletes need the best doctors – and that is what they will find at the Sportklinik Hellersen.

### The LSB NRW

The Landessportbund NRW (LSB NRW) is the umbrella organization for organized, public-interest sports in North Rhine-Westphalia. It has around 5.5 million members in 17,300 clubs, 500,000 of whom are volunteers.

The LSB NRW has a total of 132 member organizations, including 62 umbrella and professional associations, 54 city and district sports associations, and 16 member organizations with special tasks. The LSB NRW is based at the Sportpark Duisburg.



After the Olympic Games, the stadium is to be converted into a residential and commercial complex.

## Here are the next steps:

When will it be decided which city or region in Germany will bid for the Olympic and Paralympic Games?

### *Stefan Klett explains:*

The DOSB, as the umbrella organization, is responsible for Germany's bid to host the Games. The DOSB has chosen a three-stage process to decide between the four regions that have already expressed interest. First, by fall 2025, all applicants will undergo a sports-related review to determine whether they are capable of hosting the Olympic and Paralympic Games. Among other things, this will involve the sports facilities and infrastructure. We already presented our application concept, "Powerhouse of True Sports," for the Rhine-Ruhr region at the end of May. This includes the sports facilities and stakeholders, among other things.

However, the support of the population for the bid remains an important factor. In North Rhine-Westphalia, the population will vote on April 19, 2026. The third step in the process is an extraordinary general meeting of the DOSB, which will decide on the German venue. This is expected to take place in fall 2026. With this decision, Germany will then apply to the IOC to host the international games.

### Key data at a glance

**20.05.2025**

Cabinet decision by the state government of North Rhine-Westphalia to support the Rhine-Ruhr region's bid for the Olympic Games

**28.05.2025**

Official presentation and submission of the application concept to the German Olympic Sports Confederation (DOSB)

**01.07.2025**

Presentation of the concept to the Olympic umbrella organizations and the German Disabled Sports Association

**Until fall 2025**

Sports-related examination of all 4 applicants by the DOSB

**19.04.2026**

Citizen participation through referendums in North Rhine-Westphalia

**September 2026**

The DOSB will decide at an extraordinary general meeting which German bid will be submitted internationally.

### The "Powerhouse of True Sports" application concept in a nutshell

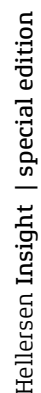
- Maximum sustainability through use of existing infrastructure
- Social added value through inclusion, popular sports, and promoting excellence
- Integrated planning and broad support from politicians, local authorities, and the general public
- Strong ticket sales and clear logistics thanks to the selection of numerous cities as venues



Read more about the application concept here:



## Prominent clinic guests



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In an interview with

Dirk Burghaus  
Chairman of the Board Sportklinik Hellersen

# Sportklinik Hellersen: A strong partner in sports

Where athletic excellence meets decades of experience



©Hanna Witte

**F**or almost 80 years, the Sportklinik Hellersen has been synonymous with top-quality medical care in sports. Originally founded to help injured athletes, today it is much more than a clinic for acute injuries. Prevention, sports medicine examinations, and individualized care form the foundation that both recreational and elite athletes rely on. In this interview, Dirk Burghaus, CEO of the Sportklinik Hellersen, explains why prevention plays a central role in the Olympic bid, how important the work of team doctors is, and how the specialist clinic supports athletes and non-athletes into old age.

**Mr. Burghaus, what influence do the Olympic Games and elite sports have on the health of society?**

*Dirk Burghaus:* Top-level sport inspires people far beyond the stadium. The Olympic Games impressively demonstrate what can be achieved with discipline, training, and a healthy lifestyle. These role models act as a driving force for society: they motivate people to exercise, be active, and take responsibility for their health. Prevention through sport is crucial: regular exercise helps prevent common diseases such as diabetes, obesity, and cardiovascular disease. This not only benefits individuals, but also reduces the burden on the healthcare system. In my view, promoting exercise is not optional, but a social obligation – and the Olympics provide the strongest motivation for this.

**In his interview, Michael Scharf, Director of Competitive Sports at LSB NRW, emphasized that sport is primarily a means of prevention and will become even more important in the future. How important is prevention for the Sportklinik Hellersen?**

*Dirk Burghaus:* Prevention has always been a key issue for us. When we were founded in 1946, our aim was to provide injured athletes with care that they could not receive elsewhere. Today, our mission is even more comprehensive: we don't want to treat athletes only after they have suffered an injury, but rather support them in such a way that injuries are prevented as far as possible. An important step was the establishment of the Sports Medicine Department under the direction of Dr. Ernst Jakob. Under his leadership, it developed into a recognized center for competitive and recreational athletes and received the status of a DOSB and LSB-NRW accredited examination center. Today, Dr. Ulrich Schneider continues to lead the department and has focused sports medicine on prevention and performance diagnostics. This development continues to form the basis for regular check-ups of national and state squad athletes. This is particularly important in view of the Olympic Games, as such examinations ensure that athletes are not only fit and healthy, but also resilient.

However, we do not only use this expertise for top athletes. Regular exercise and preventive examinati-



ons also protect the general population from typical lifestyle diseases such as diabetes, obesity, and cardiovascular disease.

**Several doctors at the Sportklinik Hellersen are active as team doctors and accompany athletes both internationally and regionally. How important is this activity for the Sportklinik Hellersen?**

*Dirk Burghaus:* It impressively demonstrates how closely our medical professionals are involved in sports. Whether in elite or popular sports, the focus is always on providing athletes with the best possible care and ensuring their health. This is not only about acute care, but also about the early detection of overexertion and incorrect strain. Targeted measures such as training adjustments, physiotherapy support, or stabilization exercises can often prevent injuries before they even occur. This is crucial for securing careers and achieving athletic goals. This close support is particularly valuable for young athletes because it lays the foundation for healthy development. For us, this is a visible expression of our responsibility: we promote athletic activity at all levels, support athletes from the grassroots to international competitions, and help them to enjoy their sport safely.

The experience our doctors gain in high-performance sports flows directly into daily care at the clinic – similar to how innovations from Formula 1 are later used in production vehicles. Ultimately, this benefits not only professionals, but all other patients as well.

### **What special significance do the Olympic Games have for the Sportklinik Hellersen?**

*Dirk Burghaus:* The Olympics are the world's biggest sporting event and stand for fairness, performance, and community. These are values that we at Sportklinik Hellersen also uphold. Many of our doctors also have international experience, whether from World or European Championships or from various Olympic Games. This knowledge enriches our daily work and benefits not only professionals but also recreational athletes. Ultimately, our patients are the athletes – whether they are top athletes or someone who has had a knee replacement or spinal surgery: everyone is fighting for their comeback. We accompany them on this journey like an Olympic team until they achieve their personal victory.

### **What does the Rhine-Ruhr region's Olympic bid mean for the Sportklinik Hellersen, and how can you provide concrete support?**

*Dirk Burghaus:* For us, it is a great opportunity to further highlight our special role in competitive and popular sports. We have been closely associated with sports for almost 80 years, supporting national teams, working as a DOSB-accredited examination

center, and partnering with the Landessportbund NRW. This makes the Sportklinik Hellersen an important component of the Olympic concept. At the same time, the Olympics demonstrate that modern sports medicine benefits not only top athletes, but society as a whole.

### **When people think of the Sportklinik Hellersen, many first think of professional athletes. What role does supporting people who want to remain physically active in their everyday lives or in old age play for you?**

*Dirk Burghaus:* Our goal is to help people stay active at every stage of life. This applies to young athletes as well as athletes who have already retired from their careers, or patients who want to regain their mobility and quality of life after surgery. One impressive example is a 73-year-old patient who, despite having two artificial hips and an artificial knee joint, covers 50 kilometers every day on his bike or in his running shoes. Stories like this show that sport is possible into old age if the medical care is right and the right support is provided. And that is precisely our goal: not only to enable top performances in elite sport, but also to promote exercise, health, and joie de vivre throughout life..





The Sportklinik Hellersen is  
our little Olympics — here,  
cutting-edge medicine benefits  
the whole of society.

Dirk Burghaus  
Chairman of the Board Sportklinik Hellersen



From professional sports

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## „The Olympics are an experience you will never forget.“

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As the team doctor for the sport shooters, Chief of Conservative Orthopedics Dr. Stefan Nolte is right in the thick of things when sporting history is made.



The Olympic Games are a dream for many athletes. But this major sporting event is also a formative experience for the people who accompany them on this journey. For Dr. Stefan Nolte, team doctor for the German Shooting Sport Federation and chief of conservative orthopedics at the Deutsches Wirbelsäulen- und Skoliosezentrum at the Sportklinik Hellersen, the Olympics have long been an integral part of his professional career. He has been looking after the shooters of the German Shooting Federation for

over 25 years and has accompanied them to numerous international competitions. His Olympic stations range from Athens 2004 to London 2012 and Rio de Janeiro 2016 to Paris 2024. This makes him one of the most experienced German team doctors in international sport. In this special edition, the association doctor reports on his duties in the Olympic environment and on unforgettable moments on the international stage.

**Dr. Nolte, you have been supporting sport shooters for many years. Looking back, what makes this task so special for you?**

*Dr. Stefan Nolte:* The Olympic Games are an exceptional event in every respect. I first took part in Athens in 2004, and even then I sensed how unique the atmosphere was. The world's best athletes gather here, all highly focused and at the same time full of emotion. It has been a privilege for me to accompany the sport shooters for over 25 years. The trust that has developed over such a long period of time is a gift.

**What exactly will your role be at the Olympic Games?**

*Dr. Stefan Nolte:* I am the doctor who is always there – even when there is nothing to do. I prefer it when no athletes are injured or ill. But of course, there are stress-related complaints, overload syndromes, or minor infections that need to be treated. It is important for athletes to know that there is someone at their side who knows them, takes their concerns seriously, and gets them back into shape quickly.

**How does medical work at the Olympics differ from your everyday work at the Sportklinik Hellersen?**

*Dr. Stefan Nolte:* Essentially, it's similar, because we also treat many athletes with orthopedic problems at our clinic. The difference lies in the environment and circumstances. At the Olympics, for example, the issue of doping is always present. Since we have to be extremely vigilant here, every medication is checked meticulously. And then there is the pressure that athletes are under. Medical knowledge alone is not enough. Often, I am simply a listener, someone who reassures and instills confidence.

**Are there any moments that have stayed with you in particular?**

*Dr. Stefan Nolte:* Rio 2016 was a highlight. Our shooters won three gold and two silver medals. In Paris 2024, it was Florian Peter who competed in an Olympic final and narrowly missed out on a medal. Moments like these are unforgettable because you experience the heart-pounding excitement and tension firsthand. I sat in the audience and cheered him on until the very last second.



**You talk about the Olympic spirit. What does that mean to you personally?**

*Dr. Stefan Nolte:* It's hard to put into words. Being in the Olympic Village, meeting people from all over the world, athletes who have dedicated their lives to this moment – that's something you can only experience at the Olympics. It's a feeling of community, but also a strong motivation to give your best, whether on the field or in the medical team.

**The Sportklinik Hellersen has been closely associated with competitive sports since its foundation. What role does this play in your everyday life?**

*Dr. Stefan Nolte:* The clinic was founded after World War II to provide care for athletes who otherwise had no insurance coverage. This idea continues to shape us today. From shooters to cyclists to soccer players, we have been caring for athletes from various disciplines for decades. This is part of our identity and makes us a special partner for competitive sports.

**Paris was your fourth Olympic Games. Do you think it will be your last?**

*Dr. Stefan Nolte:* I don't know yet. The Olympics are always an unforgettable experience. But at some point, the time comes to pass on the baton. Whether I'll be there again in Los Angeles in 2028 remains to be seen. One thing is certain: every competition was an experience I wouldn't want to have missed. ■



From professional sports

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## Sportklinik-expertise on the international stage

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Dr. Tobias Schmenn is the team doctor for the DFB women's national team.

**W**hen the German women's national team takes to the pitch, he has a special responsibility in the background:

Dr. Tobias Schmenn. Since 2021, the specialist in orthopedics and trauma surgery and Medical Operations Coordinator at the Sportklinik Hellersen has been accompanying the team as team doctor – bringing sports medicine expertise from Lüdenscheid to the big soccer stage.



However, the journey to this point began many years earlier: Dr. Tobias Schmenn has always had a close connection to sport. He had been looking after the DFB juniors since 2017 before temporarily supporting the medical team of the women's national team from 2019 and officially succeeding Dr. Bernd Lasarzewski, long-time team doctor of the DFB women's team and chief physician at the Sportklinik Hellersen, in 2021. "Working for the DFB is enriching for me both professionally and personally. It's a great experience to work with a national team. The close cooperation with the players, the coaching team, and the medical staff creates a strong sense of togetherness. Cheering on the team during games and tournaments, working together for sporting success – these are special moments that bring us together," explains the Sportklinik-doctor.

Shortly after taking up his post, the first major tournament was already on the horizon: the 2022 European Championship in England. This was followed by the 2023 World Cup in Australia and New Zealand and, most recently, the 2025 European Championship in Switzerland. "A tournament like this is always a very special experience for us as a medical team," reports Dr. Tobias Schmenn. "The responsibility is great – not only for the players themselves, but also for the entire team and their clubs. Health always comes first."

### Between prevention and acute care

The work of a team doctor begins long before kick-off. Even before an international match or tournament, extensive examinations are required: initial consultations, medical and physiotherapy checks, and close coordination with club doctors to ensure that the health status of each player is accurately known. During the game, the focus is on providing immediate care for injuries. But even during the tournament itself, daily checks are essential to identify problems early on and treat injuries as quickly as possible.

"Minor strain reactions can quickly lead to serious injuries if they are not addressed in time," explains Dr. Tobias Schmenn. "If a minor injury is not taken seriously, it can quickly develop into a serious one

– with a correspondingly longer recovery time. Our job is to minimize such risks in order to provide the players with optimal support. Only those who are healthy can perform at their best in sports."

### Close cooperation within the team

Cooperation with his colleagues on the support staff is particularly important to him. "Daily coordination with physiotherapists, athletic trainers, and the coaching team is crucial. Everyone plays their part in ensuring that the players are as well prepared and cared for as possible. This cooperation creates a strong sense of togetherness – and you can feel that in the team spirit."

### Pride for the Sportklinik Hellersen

The fact that Dr. Tobias Schmenn represents the Sportklinik Hellersen on the international soccer stage underscores the clinic's high level of sports medicine expertise and medical know-how. At the same time, his experience from the European Championships and World Cup also benefits his daily work in Lüdenscheid – a win for top athletes as well as for patients.



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- Biceps tendon disorders



**Dr. med. Markus Leyh**

Chief of  
Shoulder, elbow, knee surgery and  
traumatology

**Sportklinik Hellersen**  
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## Briefly noted

From our clinic world

### PROFESSIONAL SPORTS

## Sportklinik-doctor accompa- nies DFB women's team to European Championships in Switzerland



In July, the UEFA Women's European Championship 2025 took place in Switzerland. Dr. Tobias Schmenn, specialist in orthopedics and trauma surgery and Medical Operations Coordinator at the Sportklinik Hellersen, who has been the team doctor since November 2021, was also there.

He was supported by his colleague Carsten Lueg, who also worked at the Sportklinik Hellersen for many years. While Carsten Lueg provided medical support to the team during the first group matches, Dr. Tobias Schmenn joined the team for the third preliminary round match and remained with them until their elimination in the quarterfinals against Spain.

"I am very happy that I was able to be part of this special tournament," says Dr. Tobias Schmenn. The Sportklinik Hellersen is proud that it was once again able to contribute its medical expertise on the international stage.



## Briefly noted

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From our clinic world

### VISITING

## District President Heinrich Böckelühr learns about the specialist clinic

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Heinrich Böckelühr, District President of the Arnsberg District Government, visited the Sportklinik Hellersen to learn about the specialist clinic and its involvement in sports. He was accompanied by department head Dr. Andreas Hohlfeld, who is responsible for health and social services, among other areas, in the district government.

In discussions with Dirk Burghaus, CEO of the Sportklinik Hellersen, and Stefan Klett, President of the Landessportbund NRW and the clinic's sponsor, Sporthilfe NRW e.V., the focus was on topics such as the clinic's history, its internationalization strategy, the robotics center, and the ongoing expansion of the Deutsches Wirbelsäulen- und Skoliosezentrum. During the visit, the planned Olympic bid by the state of North Rhine-Westphalia

was also discussed. As a long-standing partner of organized sports, the Sportklinik Hellersen already makes an important contribution to sports medicine care and support for athletes.

District President Heinrich Böckelühr was impressed: "The Sportklinik Hellersen stands for medical expertise, innovative development, and a close connection to sports – a powerful combination that extends far beyond the region."

From professional sports

## Fit for any decision

With Dr. Ulrich Schneider, the elite referees remain healthy, resilient, and high-performing.



**T**hey cover more than ten kilometers in every game, sprint at intervals, and have to keep a clear head at all times, even under extreme pressure: soccer referees are among the most demanding players on the field. For over two decades, the sports medicine department at the Sportklinik Hellersen, headed by Dr. Ulrich Schneider, has been the medical backbone of the German referees' guild. With his expertise, he examines, analyzes, and supports the referees, ensuring that they are physically fit and mentally strong enough to meet the high demands of the stadium.

Although referees rarely take center stage, professional soccer would be impossible without them. Their job requires much more than knowledge of the rules and mental strength. It also demands exceptional physical fitness. "A referee has to run ten to twelve kilometers during a game, sprinting repeatedly and making decisions in a fraction of a second. And that's with a pulse rate of 180," explains Dr. Ulrich Schneider, Chief of Sportmedizin Hellersen.

### A trusted partner of the DFB since 1998

To ensure that they remain fit for duty, referees undergo regular comprehensive medical check-ups. Since 1998, the sports medicine department at the Sportklinik Hellersen has been one of the DFB's official examination centers for Bundesliga referees. Under the direction of Dr. Ulrich Schneider, the clinic combines internal medicine, orthopedic, and sports physiology examinations. The examinations include cardiac ultrasound, stress ECG, blood analyses, and treadmill tests.



However, sports medicine care is not limited to standardized check-ups. The medical team uses the data collected to create individual performance profiles, which are incorporated into training and recovery plans in close consultation with the DFB's athletic trainers. The aim is to manage stress in a targeted manner and avoid injuries as far as possible. Together with the athletic trainers, physiotherapists, and referees of the DFB, Sportmedizin Hellersen has conducted a study on the frequency and typical types of injuries among referees. "This allows us to work together to develop a profile of which injuries occur frequently and analyze which preventive measures can be taken to avoid them," explains Dr. Ulrich Schneider. The result: injuries to referees are similar to those suffered by players. Muscular problems, such as injuries to the hamstrings, are particularly common. These studies are being continued on an ongoing basis in order to further improve prevention and training management.

### One contact person for all situations

The doctor is also an important part of the team at training camps. At the beginning of 2025, he accompanied the Bundesliga referees to the Algarve. There, he advised them individually on resilience,

regeneration, and prevention and provided support with sports medicine analyses. "I'm not just there for the referees during check-ups, but also as a point of contact at any time, whether it's after an injury, illness, or if they have questions about managing stress," says the sports physician, describing his role.

### The doctor behind the referees

Dr. Ulrich Schneider is a specialist in internal medicine with additional qualifications in sports medicine and chiropractic therapy. He has been working at the Sportklinik Hellersen since 2000 and has been head of the sports medicine department since 2015. In addition to providing regular care for referees, he accompanied the women's national team to the World Cup in Australia and New Zealand for the first time in 2023, together with his colleague Dr. Tobias Schmenn. Dr. Ulrich Schneider is one of the most renowned sports physicians in Germany and has received several awards as a "top physician."





From sports

# The playing field is his second doctor's office.

A conversation with Andreas Groll about his work as a team and club doctor



**M**emories from many years of sporting history hang on the walls of the treatment rooms at the MVZ Hellersen medical center. Photos from training courses, team pictures, and other shots show Andreas Groll with young athletes such as Giulia Gwinn and Lena Oberdorf. These pictures were taken at a time when the players were still active in youth sports and their path to the women's national team lay ahead of them. Looking at the pictures, the connection to sports is palpable.

Andreas Groll is Medical Director at the Medical Care Center of the Sportklinik Hellersen. For many years, he has been involved in sports medicine, both with regional clubs such as the Lüdenscheid Lightnings American football team and with teams in the German Football Association. In this interview, he talks about the fascination of his work on the sidelines, the special team spirit, and the responsibility he bears as a team doctor.

**Mr. Groll, how did you discover your passion for sports medicine and how did you become the team doctor for the German Football Association?**

*Andreas Groll:* In 2011, my colleague Dr. Bernd Lasarzewski introduced me to the German Football Association (DFB). He had been actively involved in providing medical care for the DFB women's team for many years and brought me on board for this role. For me, this was a great opportunity, which I was very happy to accept. Initially, I looked after the U19 team, but shortly afterwards my focus shifted to the U15 junior women's team. For almost fifteen years now, I have been traveling with this team to training camps, international matches, and tournaments. Over time, a close relationship of trust develops and you become part of the players' development. That's exactly what makes this work so special for me.

**What does a typical day as a team doctor at a training session or match day look like?**

*Andreas Groll:* The working day usually begins with a medical check-up. I check the players' fitness levels, look for any acute problems, and talk to them about how they are feeling. During the training course or training camp, I am present at every session, treating minor injuries or infections and taking care of individual fitness management. On match day itself, I am at the sidelines so that I can react immediately in an emergency. But the job goes far beyond purely medical care. Often, I am also simply a contact person when someone has concerns or is unsure about something.

**What distinguishes working with young female players from coaching older athletes?**

*Andreas Groll:* Prevention is clearly the top priority for young players. In this age group, you can achieve a great deal by paying attention to movement patterns at an early stage and teaching athletes how to avoid injuries. Examples include the correct landing technique when jumping or stabilizing the leg axis. If this is internalized early on, the risk of more serious injuries later on, such as cruciate ligament tears, is significantly reduced.

**What do you find appealing about working as a team doctor?**

*Andreas Groll:* It's the combination of medicine and a passion for sport. You work very closely with the athletes, see how they develop, and help them achieve their goals. When a player returns to the field with confidence after an injury, it's a very special moment. It's moments like these that make the job so fulfilling for me.



**In addition to soccer, you also coach regional teams such as the Lüdenscheid Lightnings, HSG Lüdenscheid, and an inline hockey team, the Sauerland Steelbulls. What do you take away from this diversity?**

*Andreas Groll:* Working with regional teams is something very special for me. American football with the Lüdenscheid Lightnings involves enormous physical strain and hard contact. With handball players, the focus is on jumps, throws, and lots of one-on-one battles, which leads to very specific injury patterns. And in inline hockey, the players bring with them completely different movements and risks.

But what makes the work so valuable to me is the closeness to the clubs and the players. I have known many of them for years. I accompany them not only when injuries occur, but also in good times. This creates a relationship of trust that goes far beyond purely medical care. It is important to me to be part of this community and to use my experience to help athletes enjoy their sport in good health.


**What role does the Sportklinik Hellersen play in providing care for the teams?**

*Andreas Groll:* A very important one. We can offer athletes highly specialized diagnostics and therapy, and all in the immediate vicinity. Many players go directly to the MVZ at the Sportklinik Hellersen when they have injuries or complaints. There is a high level of trust, and the short distances are a decisive advantage. The interaction between the sports clinic, the team, and medical care is a factor in the success of regional clubs.

**Why is the Olympic bid also of particular importance to the Sportklinik Hellersen?**

*Andreas Groll:* Since its foundation, the Sportklinik Hellersen has been closely associated with competitive sports. Even back then, the aim was to provide athletes with medical care that they could not get elsewhere. This idea continues to shape us today. We are an important point of contact for athletes, whether they need treatment for acute injuries, surgery, rehabilitation, or long-term care. Many of the clinic's team doctors have been supporting teams for years and also contribute their experience

to international competitions.

For us, the Olympic bid is therefore more than just a major sporting event. It offers an opportunity to highlight the special role played by the Sportklinik Hellersen and to show how important reliable medical support is for success in competitive sports. It is crucial for athletes to know that they have a clinic at their side that understands them and covers all areas of care at the highest level. 





From the department

## 3 questions for Chief Physician Dr. Markus Leyh on the treatment and surgery of cruciate ligament ruptures in pro- fessional sports



**In professional sports, there are clear standards for certain injuries, such as cruciate ligament ruptures. Why is it necessary to treat this injury and, if necessary, operate within 24 hours?**

Markus Leyh: A professional athlete will always strive to return to their passion or profession as quickly as possible. In this context, surgery can be performed immediately within the first four days or the first week of injury. Rapid diagnosis therefore allows a very early response to the injury. In addition, rapid detection of a cruciate ligament injury is important in order to immediately initiate rehabilitative measures for competitive athletes so that as little muscle, fitness, and coordination as possible is lost. Without a correct diagnosis, secondary injuries to the cartilage and menisci are possible. These make further treatment of the cruciate ligament injury more difficult.

**What are the medical risks if this requirement is not met?**

Markus Leyh: At the Sportklinik Hellersen, we operate either on a freshly injured knee or once the inflammation has subsided in the joint – for example, after six weeks. We require that the joint to be operated on has free mobility and that the inflammation of the joint lining, capsule, and tendons has subsided. However, the data on this is heterogeneous. Some clinics or surgeons say that cruciate ligament replacement can be performed at any time. Other studies, however, show that surgery in this intermediate interval – for example, after three weeks – increases the risk of partial stiffness (arthrofibrosis) and leads to a prolonged healing process.

**For which other injuries is such rapid action also essential?**

Markus Leyh: In my opinion, knee injuries should always be diagnosed promptly, as cruciate ligament injuries are often accompanied by injuries to the collateral ligaments, cartilage, or menisci. These must be treated at an early stage. We now have a large number of MRI machines available. An undiagnosed collateral ligament injury, for example, leads to a significantly longer healing time or even the need for secondary collateral ligament reconstruction. Permanent instability or secondary injuries are also possible and can ruin the goal of returning to the previous level of performance. MRI images allow us to decide whether and when surgery is necessary or to what extent this injury can be treated conservatively. Posterior cruciate ligament injuries or complex cartilage injuries can also be detected. Complicated meniscus tears such as root tears or bucket-handle meniscus tears must be treated quickly with surgery, as otherwise there is a risk of significant consequential damage and a protracted recovery process. This applies to all patients, but especially to professional athletes. We therefore strive to diagnose and treat injured knee joints as quickly as possible. ▮

## Our history

# At the heart of competitive sports

Sportklinik and Sportmedizin Hellersen:  
The first point of contact in elite sports from the very beginning



**F**rom the very beginning, the Sportklinik Hellersen was a place for athletes. Its history began on October 16, 1946, in House 4 of what was then the district hospital, when the first two athletes were treated there. The aim was to provide medical care for injured or ill athletes and gymnasts.

Initially, 20 beds were made available for this purpose, which were provided to the newly established Sporthilfe NRW (North Rhine-Westphalia Sports Aid) as the insurance provider for club athletes. However, this space quickly became insufficient. As a result, a dedicated hospital was established in 1970 – today's Sportklinik Hellersen.



# 1946



„Regular testing is extremely important for competitive athletes - and this insight also applies to popular sports.“

Dr. Ernst Jakob

During the World Cup, Dr. Ernst Jakob, as FIFA's doctor in charge, provided medical care for the games at Dortmund's Westfalenstadion. Supported by his team from the Sportklinik Hellersen, he ensured that players, referees, and guests received optimal care.

### Experience from top-level sport

Dr. Ernst Jakob himself had decades of experience in competitive sports: for over 20 years, he served as the association doctor for the German Ski Association, and later also for professional cycling teams. Between 1988 and 2006, he participated in six Winter Olympics (Calgary, Albertville, Lillehammer, Nagano, Salt Lake City, and Turin) as an Olympic doctor. „Regular check-ups are extremely important for competitive athletes – and this also applies to recreational sports,” emphasized Dr. Ernst Jakob. Although the physician is now retired, he still fondly looks back on his time at the Sportklinik Hellersen.

In 2015, he handed over the department to Dr. Ulrich Schneider, Chief of Sportmedizin. He has also been part of the team at the Sportklinik Hellersen for many years and continues the work with a high level of expertise. Under his leadership, the sports medicine department now cares for around 2,000 athletes per year.

# 1997

A decisive step in the history of the Sportklinik Hellersen was the establishment of the Sports Medicine Department in 1997 under the direction of Dr. Ernst Jakob. Under his leadership, the department developed into a recognized center for competitive and recreational athletes. As early as 1998, it was awarded the status of a DOSB and LSB-NRW accredited examination center – an important basis for regular sports medicine check-ups for national and state squad athletes.

## Milestone Soccer World Cup

The 2006 World Cup was a special chapter in the clinic's history. FIFA commissioned Sportmedizin Hellersen to examine all World Cup referees from around the world. Dr. Ernst Jakob recalls: „The first tests took place the year before. In 2006, we traveled with our team to Frankfurt, where the examinations were conducted in a hotel – they even set up treadmills there.”

# 2006



# Back to gold with Dr. Volker Stoll and the Sportklinik Hellersen

Tatjana Schilling: A story of gratitude and athletic success

**T**atjana Schilling's sporting career has been marked by numerous successes. Over the past ten years, she has won numerous medals and titles, including the European Best Master Award for her outstanding achievements in 2023. Her ambition and discipline helped her to keep her spirits up even in difficult situations. The support of Dr. Volker Stoll, chief of knee surgery and sports traumatology at the Sportklinik Hellersen, was also of great importance. He successfully accompanied her on her way back to competitiveness several times after serious injuries.

Tatjana Schilling and Dr. Volker Stoll met for the first time in 2015. Regular testing is extremely important for competitive athletes – and this insight also applies to popular sports. After an accident just 14 days before the World Championships in Lyon, Tatjana Schilling had fallen heavily in the hurdles sprint at the German Senior Championships in Zittau and injured her cruciate ligament, medial ligament and meniscus. The inner ligament was torn. Her dream of success was gone for the time being. Taking part in further competitions seemed unattainable at first. Her doctor recommended the Sport-



linik Hellersen and the chief physician operated on the athlete immediately. "Before the operation, Dr. Stoll asked me when my next World Championships would be. That was supposed to be the 2016 World Championships in Perth, Australia. When he told me that I would definitely be able to take part, it motivated me immensely," recalls Tatjana Schilling.



This was followed by rehabilitation, another meniscus operation in January 2016 and then further rehabilitation. The good medical care, her iron will and continuous muscle building made Dr. Volker Stoll's promise come true. Tatjana Schilling competed at the 2016 German Championships. And not only that. She also did exceptionally well. She became German champion over 400 meters and in the 4 x 100 meter relay, took silver in the 200 meters and bronze in the long jump. The World Championships in Australia followed just a few months later. Tatjana Schilling won five medals here. She became world champion in the high jump, long jump and shot put. She also won silver in the 4 x 100 meters and bronze in the 4 x 400 meters. She received the "European Best Female Master 2016" award for her performance. She is certain that she achieved this success with the help of Dr. Volker Stoll.

There was therefore no question for her that she would visit the Sportklinik Hellersen and Dr. Volker Stoll again in February 2022 if problems arose again. "I didn't have any pain and my knee wasn't swollen either, but I had a strange feeling. My doctors said everything was okay. But that wasn't enough for me. So I called Dr. Stoll at the Sportklinik Hellersen. He examined my knee and immediately recognized the problem," explains Tatjana Schilling. "As part of an arthroscopic procedure, we removed inflamed

tissue and stabilized defective cartilage on the outer thigh bone so that the joint glided better again," explains Dr. Volker Stoll.

After her surgery at the Sportklinik Hellersen, she became world champion in the heptathlon in the W50 age group at the World Championships in Tampere, Finland, a few months later in August 2022. "I always feel like I'm in good hands with Dr. Stoll and at the Sportklinik Hellersen," praises Tatjana Schilling. That is also the reason why she always turns to the head physician.

### About the person:

Tatjana Schilling was already active in athletics in her youth up to the age of 16. After a break of several years, she later returned to the sport through her daughter. She took part in her first heptathlon world championships in Lahti, Finland, in 2009. From then on, things went uphill for her. One year later, at the European Championships in Hungary in 2010, the then 38-year-old won the gold medal and in 2011 she won her first world title in Sacramento in the USA. She defended the title in Brazil in 2013. This was followed by further titles in 2016 and in 2019 she finally set a world record at the European Senior Championships in Venice. For her achievements in 2023, Tatjana Schilling received the European Best Master Award as one of three German master athletes in individual competitions. She was honored in the Combined Events category, as she won four world championship and three European championship titles in 2023 and set an age group world record in the heptathlon at the European Championships in Pescara (Italy). The 2025 season got off to a successful start with three German championship titles for 60 meters, 200 meters and 400 meters as well as a silver medal in the shot put.

From sports

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## With heart and soul for handball and medicine

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Dr. Markus Leyh, Chief of shoulder, elbow, knee surgery and traumatology, on his role as team doctor for the SGSH Dragons



**A**s the team doctor for the SGSH Dragons, Dr. Markus Leyh knows the special requirements of handball at close quarters. The Chief of shoulder, elbow, knee surgery and traumatology looks after the team and combines his personal passion for handball with his medical expertise.

**Dr. Leyh, you have been the SGSH Dragons' team doctor since 2023. What appeals to you most about this role?**

*Dr. Markus Leyh:* The SGSH Dragons play top-class handball in the 3rd Bundesliga. The level of performance in this league is impressive. As a young Lüdenscheid Red & White player, I often played against the Schalksmühler handball team. Even 40

years ago, the club had excellent players, coaches, support staff and good management. Regular testing is extremely important for competitive athletes – and this insight also applies to popular sports. Just like today. Everyone is more attracted to certain sports. For me, it's handball. You often find a high degree of fairness and playful toughness in handball. Handball is also athletic and at the same time a team sport.



Team sports shape your personality. You fight, win and lose together and learn to find your role in a group, to resolve conflicts but also to give in.

As a doctor in a sports clinic, it is almost obligatory to look after athletes, as we are responsible for the initial care, diagnosis and treatment of their injuries. And: voluntary work – and that's what it is for me – is becoming increasingly less important in our society. I think this development is fatal.

**Handball is considered a particularly injury-intensive sport. What typical injuries do you encounter and how do you deal with them?**

*Dr. Markus Leyh:* The spectrum of injuries to handball players is diverse. Basically, we see every type of sports injury. However, the main focus is on injuries to the fingers, knee joints, elbow joints and shoulders. These also include strains, contusions, torn tendons and ligaments, fractures and cartilage injuries. Later, it is wear and tear and overuse injuries that we treat.

In the case of an acute injury, the examination and diagnosis are carried out quickly with precise imaging, such as MRI/CT/sonography or X-rays. We look after the athletes until their return to competition.

**What makes the proximity to the Sportklinik Hellersen so valuable for your players?**

*Dr. Markus Leyh:* The players benefit from the special expertise and proximity to a very large sports and joint clinic that brings together specialists for all movement systems under one roof. There is an interdisciplinary exchange between the departments, including with Dr. Ulrich Schneider, Chief of Sportmedizin Hellersen and internist, and Dr. Stefan Nolte, Chief of Conservative Orthopaedics. The paths both within the clinic and to colleagues in private practice are short and enable an exceptionally fast response that would not be possible elsewhere. We work pragmatically and are always results-oriented.

I myself am a specialist trauma surgeon, orthopaedic and trauma surgeon, general surgeon and licensed D-doctor. Being licensed by the employers' liability insurance associations is a "must-have" in the treatment of injured professional athletes.



**You used to play handball yourself. Does this experience help you when treating athletes?**

*Dr. Markus Leyh:* Definitely! An accident victim always asks about the mechanism of the accident when taking the medical history. They want to know what force acted on the body and how. Then he can often determine which structures are injured without imaging. If you have been practising sport for a long time, you really know what forces are at work. That helps me a lot. And how to heal more quickly, how long it takes and what hurts and how – especially if you've been injured often enough yourself.

**What role does prevention play in your sports medicine care?**

*Dr. Markus Leyh:* Preventive work in my job is often tertiary prevention – in other words, advice after an injury to prevent re-injury. Even if not enough attention has been paid to advice in primary prevention up to now, it is becoming increasingly important. And I am certain that this primary prevention, i.e. protection before the first event in medicine and sport, will and must become increasingly important – also thanks to the possibilities of data analysis and artificial intelligence.

**What does it mean to you personally to be the team doctor for the Dragons?**

*Dr. Markus Leyh:* Fun, joy, meaning, an interest in the injured and a sentimental memory of my youth. They're just nice, somewhat wild guys. ▀

From sports

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## From the clinic straight to the pitch

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Team doctor Dr. Christian Ohm  
is at home on the sidelines of TV Olpe



**W**hen Dr. Christian Ohm stands on the sidelines of TV Olpe, he combines two passions: Handball and medicine. The senior consultant for shoulder, elbow and knee surgery and traumatology at the Sportklinik Hellenen has been involved with handball in Olpe since his childhood. He was already on the pitch as a schoolboy and later founded a children's handball group in which his son also played. Today, he is the club's team doctor and looks after the first and second men's teams as well as the youth section.

**Dr. Ohm, how did it come about that you became team doctor at TV Olpe?**

*Dr. Christian Ohm:* I grew up in Olpe, and handball was simply part of our school life. Almost everyone played, it was part of everyday life. Sport was also formative for me. Later, during my studies and my time as an assistant, I played for various clubs, but when I returned to Olpe in 2004, I wanted to get back in touch with my home club. A serious knee injury put an end to my own active handball career, but I wanted to give something back. So I initially set up a children's handball group. Many of the players from back then are still active in the club today – and my son is also in the hall.

**Handball is considered one of the most physically intensive sports. Which injuries do you deal with most frequently?**

*Dr. Christian Ohm:* The spectrum is broad. Typical injuries are shoulder and elbow problems caused by throwing, as well as ankle and knee injuries, torn ligaments and overuse injuries. In handball, there are also many finger injuries, lacerations or bruises, especially in duels. However, it is important to me not only to treat acute injuries. I also take into account players' pre-existing conditions, for example we have a diabetic in the team. I also keep an eye on general health aspects such as heart and circulation. For me, all of this is just as important as providing rapid assistance on the sidelines.

**How do the players benefit from the close contact with the Sportklinik Hellersen?**

*Dr. Christian Ohm:* Very specifically through short distances and fast processes. If a player gets injured, he will be at our clinic a short time later. We can immediately arrange for imaging and, if necessary, operate at short notice.

**What does a typical match day look like for you?**

*Dr. Christian Ohm:* I'm usually there during the warm-up. I take a close look to see whether a player has any limitations or whether someone who is injured is fit enough today. During the game, of course, I'm always ready to intervene if something happens. After the final whistle, I speak to the players again and ask about falls or strains. It's not just about acute care, but about keeping the athletes healthy in the long term.

**What appeals to you personally about the job as team doctor?**

*Dr. Christian Ohm:* It's the combination of my medical expertise and my passion for handball. The sport still fascinates me to this day, and being close to the team motivates me immensely. I want the players to be sure that they can rely on their bodies and get help quickly in an emergency. When a player returns to the pitch with confidence after an injury, it's a special moment – for them, but also for me as a doctor.



**What goals are you and TV Olpe pursuing for the future?**

*Dr. Christian Ohm:* Of course, I want the club to be successful on the pitch and continue to climb the ladder. But youth work is just as important to me. Handball needs to reach more children again. If we manage to get them interested in the sport and at the same time enable them to develop in a healthy way, that will be the biggest gain..

**What significance does the Olympic bid have for you personally and for the Sportklinik Hellersen?**

*Dr. Christian Ohm:* For me, the Olympics are a symbol of performance, fairness and enthusiasm in sport. For the sports clinic, it is an opportunity to show the role we play in competitive sport – not only for professionals, but also for many regional clubs such as TV Olpe. We offer highly specialized medical care that ensures that athletes can pursue their passion with joy and safety. The fact that we have also successfully treated international athletes illustrates the clinic's appeal far beyond the region. ▀



We think  
clinic new.

**The future begins now.**



We together.

**#TeamHellersen**