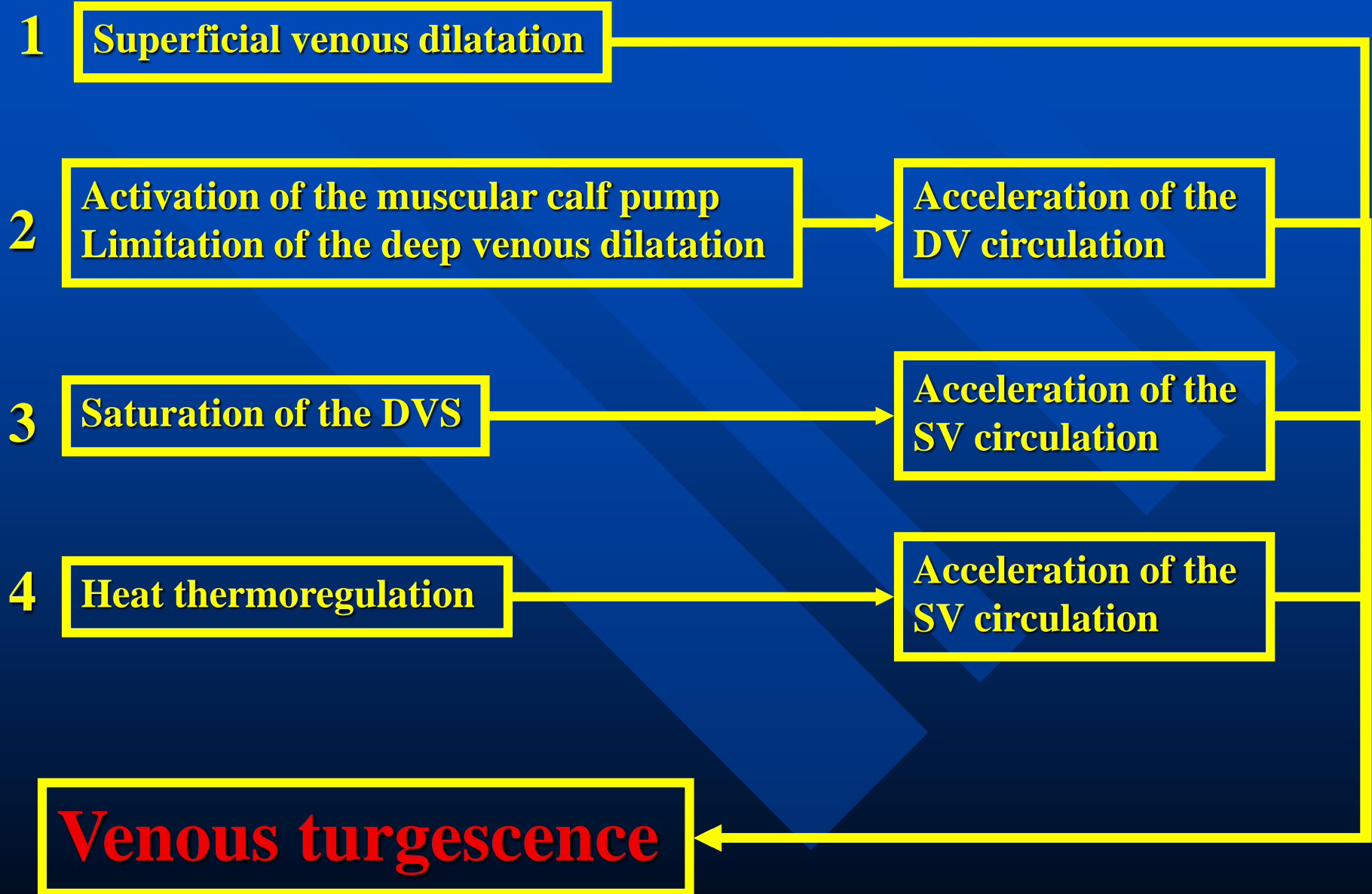


Venous insufficiency and the sportsman

Varices or not Varices ?



Superficial venous adaptation during an effort



Locomotion sport :

Gymnastic

Walking

Race

Swimming

Cross country skiing

Ice skating

Cycling

GOOD

Increasing of the flux

Decreasing of the pressure

Static sport :

Weight-lifting

Wrestling

Rowing

Canoeing

Equestrianism

Formula race

Mountain-climbing

Jumpping

No variation of the flux

Increasing of the pressure

BAD

Varicose risks in the sportsmen

Genetic predispositions

Too much sport

Weight-lifting
Wrestling
Rowing
Canoeing
Equestrianism
Formula race
Mountain-climbing
Jumping

Leaflet breaking

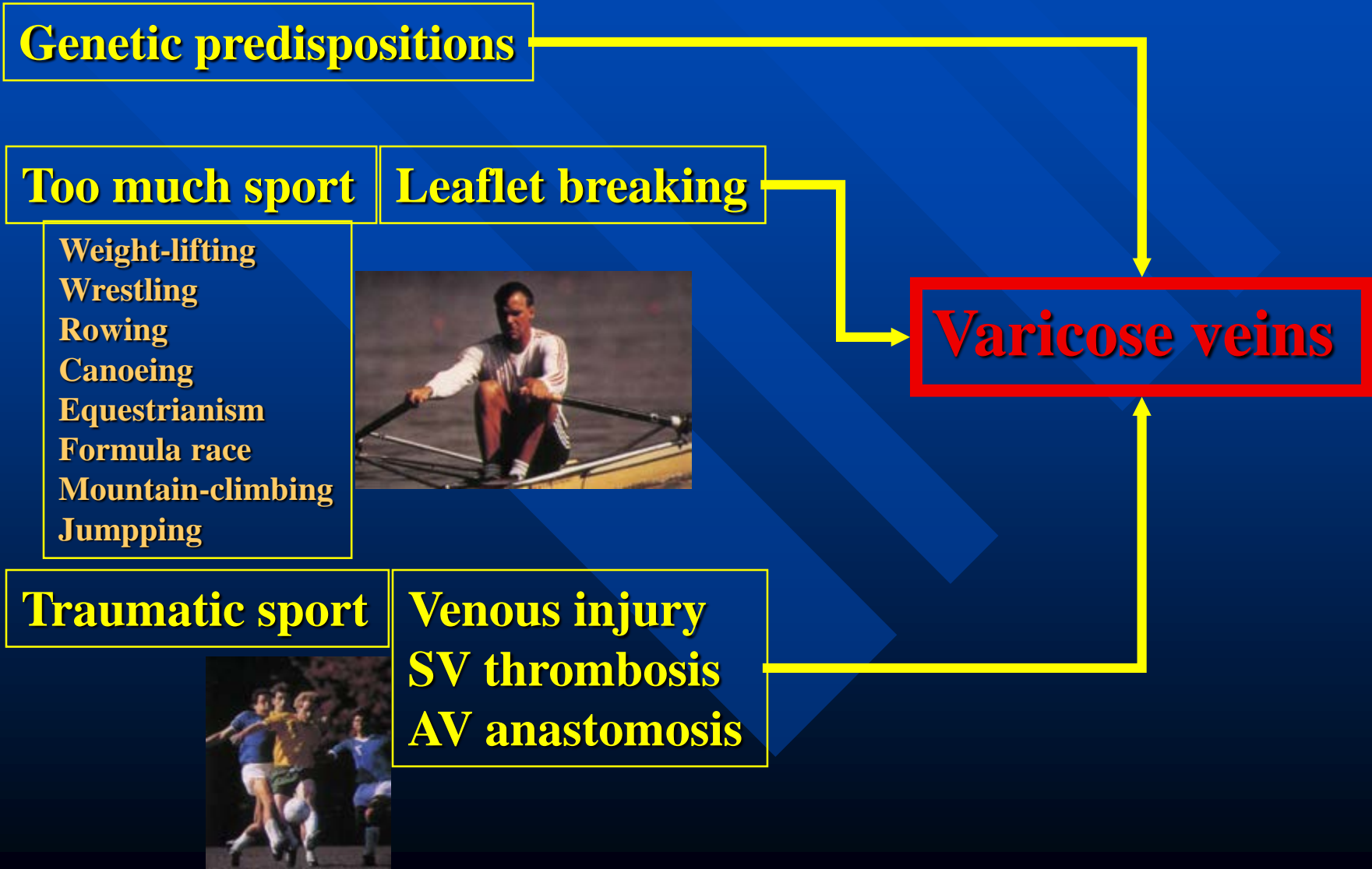


Traumatic sport



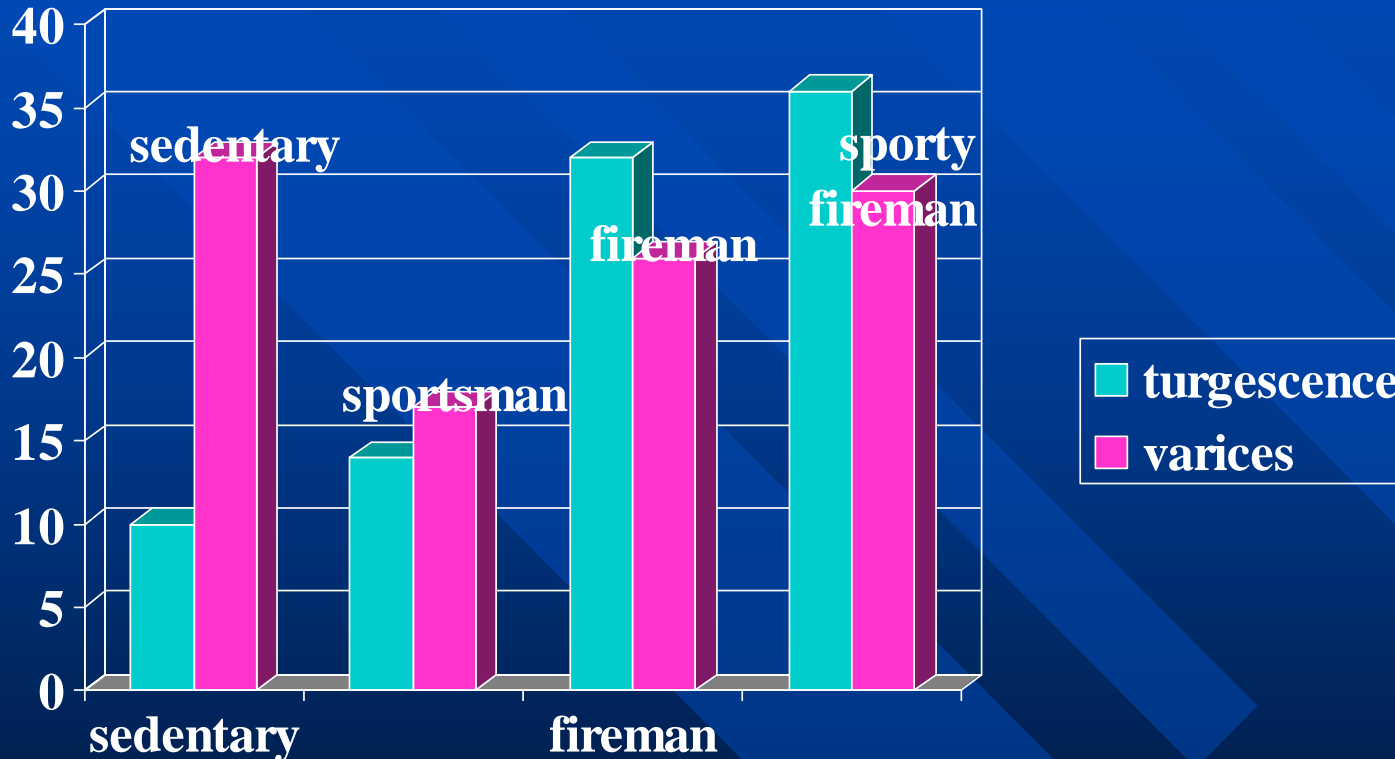
Venous injury
SV thrombosis
AV anastomosis

Varicose veins



Venous turgescence \neq varices

N=1670



- Intense physical activity is the same risk
- Physical activity increases the risk of turgescence and varices

Venous turgescence \neq varices

Venous turgescence

No treatment
But compression



Varices

Treatment

Large turgescence or incompetent trunk and static sport

**Weight-lifting
Wrestling
Rowing
Canoeing
Equestrianism
Formula race
Mountain-climbing
Jumpping**



Surgical treatment

Large turgescence or incompetent trunk and locomotion sport

**Gymnastic
Walking
Race
Swimming
Cross country skiing
Ice skating
Cycling**

**??????????????
No consensus
Be careful**

**After a stripping the professional sportsman
need one year training to recover his
previous performance !**

Conclusion

Varices ≠ turgescence or incompetence of the trunk

Varices must be removed

Turgescence without incompetence = nothing

Turgescence with incompetence with static sport = surgery

Turgescence with incompetence with locomotion sport = ????????