

Department of Rehabilitation Medicine

Division of Sports Medicine

Minoru Shiraishi, *Lecturer*

General Summary

Since the Division of Sports Medicine was established as the Sports Clinic in October 1985, we have made research on sports medicine in the following subjects: 1. Elite amateur and professional athletes; 2. Middle-aged and elderly people who do sports routinely; 3. Children and adolescents who participating in sporting activities at school or sports clubs; 4. the other general sports medicine.

Research Activities

1. Series of researches on the long-distance runners were done. We reported about oxidation stress changes and psychological changes after long-distance running.
2. We reported about medical support for the road racing team in a stage race.
3. Studies of football contents go in many divergences. The content of the researches at this year reached many topics like, medical activity on the Japan national football team, medical care during overseas expedition, and so on.
4. And the other reports were established in the fields of various sports, such as cycle sports, dance sports, and ultra marathon.
5. Series of researches on hyperthermia were also done. We reported about changes in muscle temperature during hyperthermia. And the other studies were published about effect of hyperthermia on blood creatine kinase activity and muscle damage after long-distance running.

Publications

Ichinoseki-Sekine N¹, Naito H¹, Saga N¹, Ogura Y¹, Shiraishi M, Giombini A (Italian Natl Olympic Committee), Giovannini V (Restek Medical Device), Katamoto S¹ (¹Juntendo Univ).

Changes in muscle temperature induced by 434 MHz microwave hyperthermia. *Br J Sports Med* 2007; **41**: 425-9.

Endoh T¹, Saga N¹, Ichinoseki-Sekine N¹, Shirai-shi M, Naito H¹, Yoneda T¹ (¹Juntendo Univ).

Effect of hyperthermia on muscle damage after long-distance running. *Adv Exer Sport Physiol* 2006; **12**: 99.

Saga N¹, Ichinoseki-Sekine N¹, Endoh T¹, Shirai-shi M, Naito H¹, Katamoto S¹ (¹Juntendo Univ).

Effect of hyperthermia on blood creatine kinase activity. *Adv Exer Sport Physiol* 2006; **12**: 106.

Ichinoseki-Sekine N¹, Saga N¹, Endoh T¹, Shirai-shi M, Naito H¹, Katamoto S¹ (¹Juntendo Univ).

Changes in muscle temperature during microwave hyperthermia. *Adv Exer Sport Physiol* 2006; **12**: 106.

Ushijima F, Shiraishi M, Sato M, Nakajima Y, Nakamura Y. Medical support for the road racing team in a stage race (in Japanese). *Tokyo Jikeikai Ikadaigaku Zasshi (Tokyo Jikeikai Med J)* 2006; **121**: 278.

Nakajima Y, Shiraishi M, Ushijima F, Sato M, Nakamura Y. Physical performance of deaf adult (in Japanese). *Tairyoku Kagaku* 2006; **55**: 724.

Kohno T¹, Fujiya H¹, Kato H¹, Seki H¹, Yatabe K¹, Terawaki F¹ (¹St Mariana Univ), Nakajima Y, Kawasaki Y (Chu-o Gakuin Univ), Ohta M (Daito Bunka Univ). Oxidative stress changes after long-distance running (in Japanese). *Tairyoku Kagaku* 2006; **55**: 769.

Ushijima F, Shiraishi M, Sato M, Nakajima Y, Nakamura Y. Medical support for the road racing team in a stage race (in Japanese).

Tairyoku Kagaku 2006; **55**: 860.

Yatabe K¹, Kohno T¹, Fujiya H¹, Kato H¹, Seki H¹, Terawaki F¹ (¹St Mariana Univ), Nakajima Y,

Kawasaki Y (Chu-o Gakuin Univ). Psychological changes after long-distance running (in Japanese). *Tairyoku Kagaku* 2006; **55**: 911.

Reviews and Books

Shimizu K¹, Aoki H¹, Morikawa T (Kawatetsu

Chiba Hosp), Shiraishi M, Kohno T, Kato H¹, Beppu M¹ (St Mariana Univ). Medical activities on the Japan National football team. *Seikeigeka Sports Igakushi* 2006; **25**: 350-4.

Shiraishi M. Medical care during overseas expedition of the Japan National football team. *Rinsho Sports Igaku* 2006; **23**: 513-20.