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Our claim: Your well-being

Andreas Japtok

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Dr. Andreas Japtok

Specialist in surgery, orthopedics and accident surgery as well as accident insurance doctor

A few weeks before his departure for the 1984 Olympic Games in Los Angeles it happened: artistic gymnast Andreas Japtok pushed out his right elbow with his right knee during a flight element on the horizontal bar. Were four years of hard training for nothing? But Japtok braces himself against the Olympics, can be treated for ten days and stabilize his elbow. Three and a half weeks later, the Hanoverian competed in his first Olympic competition, finished fourth with the team and finished 17th in the all-around. In addition to participating in the Olympics, Japtok counts fifth place with the team at the 1985 World Championships and, last but not least, the German All-Around Championships in 1987 among his greatest successes. Between 1978 and 1989, the multiple German champion took part in five world championships, two European championships and many international tournaments.

He has always wanted to „understand“ the body – and over the years he has developed a special soft spot for muscle and joint functions. His specialty is shoulder and Achilles tendon injuries. In addition to dealing with people, what he loves most about his job is „that you can achieve a lot with little effort – and an operation is not always the panacea.“ to be able to alleviate.

As a sports physician, Andreas Japtok has remained true to competitive sport: For more than ten years, he has looked after the squad and competitive athletes at the Olympic base in Hanover, the ice hockey players of the “Hanover Indians” and “Hannover Scorpions” and the Bundesliga team of the Lower Saxony gymnastics team. Since 2004, the former artistic gymnast has also been the tour doctor of the „Fireworks of Gymnastics“.

Education:

Andreas Japtok studied medicine in Hamburg and Hanover (exam 1990). After completing his training at the Agnes-Karll-Hospital in Laatzen, he built up the sports medicine department there from 1996 and is a specialist in surgery, orthopedics and accident surgery as well as an accident insurance doctor – and has been in practice since 2005. His additional training: acupuncture according to Yamamoto, FDM (fascial distortion model according to Typaldos), A diploma in applied kinesiology. Additional designations for rescue medicine, sports medicine and manual medicine (chirotherapy).

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