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ABSTRACT:

Tennis, with its emphasis on performing with consistency at the highest level with a low tolerance for “unforced errors,” may provide valuable insights into surgical training and performance. Until recently, the common belief was that tennis after the age of 30 becomes a declining affair. The demands of the game are just too high to be able to perform at the highest athletic level, particularly after many years on the professional circuit and the related wear and tear on the aging body. As a result, it is surprising that the current top players are all in their thirties, and the next generation of players has not been able to replace them at the top of the sport.

Although we look in awe at Federer’s (37 years), Serena Williams’s (36 years), and Rafael Nadal’s (32 years) ability to stay at the top of the professional rankings, we also wonder why the young players, reared on modern performance analysis by a multidisciplinary and comprehensive approach that includes nutritionists, sports psychologists, video analysis, trainers, and physical therapists do not surpass them. In this talk, I will discuss the implications for surgical training.