

---

## PL アスリートの歯科基礎医学

---

○花田 光司

元 貴乃花親方

現役時代は、歯のトラブルでとても苦勞しました。力士同士がぶつかる時の衝撃は約1トン前後だといわれています。そのため、歯茎が腫れ上がって痛みが出ることもありました。その頃に出会ったのが、全身の健康を歯と口からサポートして下さった歯科医師の先生です。先生に歯科治療をしていただくなかで、噛み合わせの重要性に気がつきました。噛み合わせを整えることで体のバランスも安定してきて、精神の軸、つまり心のバランスが取りやすくなったのです。また、体のバランスを整えるためには、下半身、特に足の裏を鍛えることも大切で、土踏まずを地面につけた状態で噛み合わせると心がすっと落ち着いてきます。こうした関係は目に見えない部分ですが、現在、神奈川歯科大学と共同でスポーツ歯科医学の分野から研究を進めています。

さらに、2001年の夏場所、右膝に大怪我をしましたが、復帰に向けて取り組んだのが“四股”です。本講演では、“四股”と体幹の関わりについて、分かりやすく話をしたいと思います。

新型コロナウイルスの影響によって屋内で過ごす機会も増えていますが、狭い場所でもできるのが“四股”の特長です。必要な道具は自分の体重だけなので負担が少なく、体を動かすことはストレス解消にもなります。普段の生活の中に“四股”の動きを取り入れていくことで、歯のように下半身と上半身の“噛み合わせ”を整えていただきたいと思います。

**【利益相反】** 著者は利益相反がないことを宣言いたします。

---

## Oral Biology for Athletes

---

○Hanada K

When I was an active wrestler, I suffered a lot from dental problems. It is also believed that the impact of a Rikishi smashing into each other is approximately one ton, which can cause the gums to swell up and cause pain. It was at around that same time I had a chance to meet a dentist who supported my overall health through my teeth and mouth. During my dental treatment by the doctor, I realized the importance of my bite. By adjusting my bite, I was able to stabilize my body, which made it easier to balance my mental axis, or my mind. It is also important to strengthen the lower body, especially the soles of the feet, in order to balance the body. Engaging the feet with the treads on the ground will help calm the mind. Although these relationships are invisible to the naked eye, we are currently conducting research from the field of sports dentistry in collaboration with Kanagawa Dental University.

In addition, I suffered a serious injury to my right knee in the summer tournament of 2001, but I worked on “Shiko” for my recovery. “Shiko: 四股” is a ceremony in honor of “Rikishi, 力士: sumo wrestlers” raising and stepping on their feet. In this lecture, I would like to talk about the relationship between “Shiko” and the body core in an easy-to-understand manner.

Due to the new coronavirus infection, there are more and more people spending time indoors, but the advantage of the “Shiko” is that it can be practiced in small spaces. The only equipment needed is your own body weight, so there is a minimal workout, and the physical exercise is also a good stress reliever. I would like to recommend that you adjust the “bite and/or occlusion” of your lower and upper body like your teeth by incorporating “Shiko” exercises into your daily life.

**Conflict of Interest:** The author declares no conflict of interest associated with this manuscript.

---