



## NEWSLETTER – APRIL 2010

Dear SASMA Members

### New Website

[www.sasma.org.za](http://www.sasma.org.za) has received a complete revamp. Please visit the site which has both member and non-member sections. One of the benefits of being a SASMA member will be access to the members-only section and, if you are SASMA-accredited you can list your details under the “Practitioners’ Directory”. So far the sports physicians are leading the way so get on and follow the easy directions.

There is some degree of flexibility to this website and we would like it to be all-encompassing so please send your suggestions and let us know if you feel that we have left something out.

One of the site’s features is its interactive capacity. Please do enter topics for discussion on the Member’s Forum and upload articles and photos.

Sports news is updated regularly so have [sasma.org.za](http://sasma.org.za) as your home page to stay abreast of matters sporting.

Here is a summary of the main features of the new SASMA website:

#### Member Network

- Forum
- Private Messenger
- Member Photo Gallery
- Member Profiles
- Events Calendar
- Document Manager

#### Practitioner Directory

- Add yourself
- Edit your listing
- Searchable by public
- Indexed by Search Engines

#### SASMA News & Articles

- General Public can post live comments on any article published
- News is now automatically archived by month
- RSS Feeds available, subscribe from your desktop

#### SASMA Newsletters

- Downloadable in PDF format

#### External News and Articles

- Live Sports Feed from your favourite sites (SuperSport, IOL Sport, Soccer World Cup, etc)
- Live Article Feed from BJSM

### Accreditation

We now have about 140 members across the spectrum of clinicians who have been through the accreditation process. An updated list has been forward to SASCOC for consideration for Commonwealth and Olympic Games selection

I am also pleased to announce that we have a 100 more members than this time last year. It's certainly not too late to join. Membership and accreditation forms are under the "membership" section of the website.

### **The "Chiro Clique" (II)**

Thank you for the fantastic response to the first instalment of *Chiro Clique*. All your feedback is very much appreciated and will go a long way towards helping me give you an insight into what we as *Sports Chiropractors* do and where we fit into the scheme of things.

I received a lot of emails enquiring about courses in Chiropractic and the academic requirements to become a Chiropractor and more specifically, a Sports Chiropractor!

There are two institutions in South Africa that offer a Masters Degree in Chiropractic; the University of Johannesburg (UJ) and the Durban University of Technology (DUT). It is a six year program which culminates in a Masters dissertation. Most of the sixth year involves the completion of the student's internship and their community service. The first two years incorporate all the basic sciences. Being educated as primary health care providers a large emphasis is placed on general and systemic pathology as well as diagnostics, throughout the second, third and fourth years. The students enter their clinical chiropractic subjects in their third year with more emphasis being placed on patient contact and interaction in their fourth and fifth years.

Three years of intense scrutiny and individualised tuition ensures that these students graduate from our institutions not only being proficient in the art and the science of spinal manipulation but being experts and specialists in this field, something which cannot be gained from a weekend or six week course in manipulation. There is as much emphasis placed on when not to manipulate as there is on the life changing benefits of a correctly administered manipulation.

In order to become a Sports Chiropractor in this country, one must have a Masters degree in Chiropractic and have successfully completed an International Chiropractic Sports Science Diploma (ICSSD) offered by our international sports Chiropractic body (FICS) through the University of Lausanne, Switzerland. This would be the minimum requirement for a Chiropractor to have the required education and experience to enable them to competently treat professional sportsmen and women. Please make your athletes aware of this when they are looking for a Chiropractor as this is a universally required minimum level of education.

If you require further details or advice regarding the Chiropractic courses please contact Dr Chris Yelverton (UJ) [chrisy@uj.ac.za](mailto:chrisy@uj.ac.za) or Dr Charmaine Korporaal (DUT) [charmak@dut.ac.za](mailto:charmak@dut.ac.za).

Just to leave you with a little food for thought until the next instalment of *Chiro Clique*; a tendon attaches a muscle to bone in order to allow a muscle to act on a joint. In the case of a healthy, trained individual what changes in order to create a

tendonitis? From a Chiropractic perspective, there are two factors we need to address. Firstly, the mechanics – poor joint function or mechanics will alter the stress and strains on the tissue in that tendon and secondly, bearing in mind the effect of the “central governor”, we need to alter or influence the neurological input to that tissue in order to aid healing and performance of that tissue. These are not unique concepts to manual medicine. In the next instalment I’ll go into how we as Sports Chiropractors approach these common presentations.

See you on the sports fields!

Dr Simon Lawson

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### SASMA Satire



### May is Exercise is Medicine™ Month!



This outstanding public health initiative encourages us all to include questions about exercise in every consultation and to increasingly prescribe exercise as a remedy. Follow this link

<http://www.exerciseismedicinemonth.org>

To find useful kits for Clinicians, Fitness Professionals, the Public, Workplace, Schools & Insurance Companies. Sign up for the regular newsletters which contain practical advice for practice use. There is also a feature on the SASMA website under “Articles” and “Latest News”.

### Upcoming Congresses

XXXI FIMS World Congress, San Juan, Puerto Rico, 19-22 May 2010.

[www.fims.org](http://www.fims.org) (Dr Louis Holtshausen will be representing SASMA and South Africa and we look forward to his feedback. Part of Louis’ brief is to assess the viability of South

Africa bidding to host the FIMS World Congress.)

Exercise is Medicine (Pre ACSM) 1-5 June 2010, Baltimore, Maryland, USA  
[www.exerciseismedicine.org/worldcongress](http://www.exerciseismedicine.org/worldcongress)

ACSM 2010 2-5 June 2010, Baltimore, Maryland, USA. [www.acsm.org](http://www.acsm.org)

4<sup>th</sup> Clinical Sports Medicine Congress, Cape Town, 13-15 October 2010 (discounted for SASMA members, see attachment)

[The South African Journal of Sports Medicine](#)

Editor-in-chief Prof Mike Lambert launches the new-look journal next month. Apart from a new cover design and online CPD quiz section, the following articles will be featured:

- [Evaluation of a school-based physical activity intervention in Alexandra township - Draper et al.](#)
- [Home advantage in the Commonwealth Games - Ramchandani et al.](#)
- [The effect of body mass and physical activity volume and intensity on pedometry-measured activity energy expenditure in rural,](#)

[black South Africans in the Limpopo Province, South Africa - Cook et al](#)

Editor's choice papers from BJSM:

- [Eccentric loading for Achilles tendinopathy strengthening or stretching? - Allison and Purdam](#)
- [Non-steroidal anti-inflammatory drugs in sports medicine: guidelines for practical but sensible use - Paoloni, et al](#)

Also remember that an opinion-piece contribution to SAJSM could win you R2 500 compliments of the journal and MSD.

#### **In conclusion....**

There are now many ways in which every sports medicine professional can contribute to SASMA. The new interactive website provides the latest and probably most accessible means to do this. The days of only a small cohort of contributors to the expansion of our field of sports medicine should be over. Get surfing and blogging!



JON PATRICIOS

SASMA PRESIDENT Please email me at [jpat@mweb.co.za](mailto:jpat@mweb.co.za) with comments and suggestions.