

**NEWSLETTER – FEBRUARY 2010**

Dear SASMA Members

The year is well and truly underway and SASMA branches should be revving their engines and stimulating sports medicine interest nationally. For this reason I have dedicated this edition of the newsletter to informing members what their various regions and sub-committees are up to (or not!)

Representatives

Alongside please find a list of SASMA Exco members including regional and professional representatives. If you are unhappy with the level of activity in your region, please contact your rep and feel free to copy me.

Regional News**Gauteng Central**

Rob Collins has the following news:

Central Gauteng has long been a very active region with regard to CME meetings. We have booked 7 meetings for 2010, with 4 meetings at Morningside Sports Medicine, and 3 at the Boma in Alberton. The Morningside meetings

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will continue to have one speaker, and focus on new trends in Sports Medicine, while the Alberton meetings will continue to be clinically orientated, with each topic being covered by speakers from at least two disciplines. We will also have one or more Saturday morning meetings at Serengeti golf estate, covering the subject of : “An Approach to the Golfer in Sports Medicine” where a team consisting of golf professional, physiotherapist, biokineticist, and sports psychologist demonstrate various issues concerning the golfer.

Summary of GC Talks

- 24 March – Trends in Sports Medicine
- 15 April – Ankle Injuries
- 11 May – Platelet Injections
- 20 July – The World Cup Experience
- 12 August – Whiplash Injury
- 14 September – Sports Psychology
- 21 October – Hand Injuries

Gauteng North

Maaki Ramagole kicked off the 2010 year with a meeting at the JAM Rehab gym, 577 Pretorius St, Arcadia on 24 February. Programme:

- Welcome by Chairperson – Dr Maaki Ramagole
- Address by the President of SASMA Dr Jon Patricios
- Disability Sports by Dr F de Villiers Theron

KZN

Starting on 25 March, Glen Hagemann has put together the following series of CMEs:

Concussion in Paediatrics
Management of Chronic Tendinosis
Sports Psychology in Golf
Sports Imaging
Steroid Use Amongst Schoolboys
Children in Sport – Where To Draw The Line
Femoral Acetabular Impingement

Western Cape, PE and KZN will also have a talk by Prof Wayne Derman whose “Roadshow” has kindly been arranged and sponsored by Aspen Pharmacare



The South African Musculo-Skeletal Imaging Group

SAMSIG is hosting the “Meet the Experts in Africa” meeting as part of the SAMSIG 2010 annual meeting. The conference will be at Chobe in Botswana. The 3 day conference will take place from 4-8 October 2010. The format will be high level MSK with case presentations by all delegates. All cases will

be interactive. Confirmed delegates to date are Rusty Fritz, John Feller (USA), George Koulouris, Phil Lucas (Australia) and Quentin Reeves (New Zealand). Many South African MSK sub-specialists have expressed interest. Space is limited to 60 delegates, so book early. See www.samsig.co.za

The Sports Physio Group will be hosting the following in 2010:

1. The First South African Sports Physio Conference

When: 5-6 Nov 2010

Title: From Plinth to Podium

Where: St George Hotel and Conference Centre, Gauteng

Top international Speakers and Local Presenters Confirmed

Prof Hakan Alfredson – Sweden; Marie-Elaine Grant – Ireland; Mark Young - UK and Australia;

Dr Wayne Diesel - UK and SA; Dr Jon Patricios – SA; Tanya Bell – SA and many more.....

We urge all SPG and SASMA members to attend and make this a successful Sport Physio Conference experience!!!!

Pre and Post conference symposia;

SPG in association with Club Physio presents;

1-Day Tendon Injury Symposium

Cape Town (3 November 2010)

Jo'burg (7 November 2010)

Confirmed speakers include:

Cape Town: Prof Malcolm Collins; Dr Andrew Van Den Heever, Mark Young, Prof Hakan Alfredson

Jo'burg: Dr Jon Patricios, Dr Ralph Posner, Mark Young, Prof Hakan Alfredson

For more information visit

www.club-physio.net

More news from the SPG:

- SPT1 course is running in Jhb in 2010. The course is fully booked; for future bookings Contact Sam Nupen (sam.nupen@telkomsa.net)
- The Sports Group will soon have its own dedicated website linked to the SASMA site in 2010 – watch this space.
- The SPG is now fully represented on the SASMA exec by chairperson Craig Smith
- The SPG is in the process of setting up and offering to its members a Sports Physiotherapy accreditation programme whereby Physios working in sports can be accredited and recognised as such by the SPG.

Did you know?

Community service Physiotherapists and final year students are not allowed to work at any sporting event, school or club team without a qualified Physiotherapist being present.

Want to advertise in the SPG newsletter?

Email to: brent@thephysio.co.za

Regional photos/stories with sport involvement

Sports positions available

Club/School teams needing Physios

Sports Physio equipment for sale

USEFUL LINKS:

International sports physio federation's May 09 newsletter and website:

[http://www.sportsphysiotherapyforall.org/
content/view/458/445/](http://www.sportsphysiotherapyforall.org/content/view/458/445/)

British Journal of Sports Medicine

Attached to this mail again is the application form for subscription (electronic or printed) to this prestigious and widely-read journal. SASMA members have been given a 25% discount. This is the first time that BJSM have come to such an arrangement with a national sports medicine body and I would urge you to take advantage. Sharing access and the cost between members of a practice will make it even more affordable.

Website Upgrade

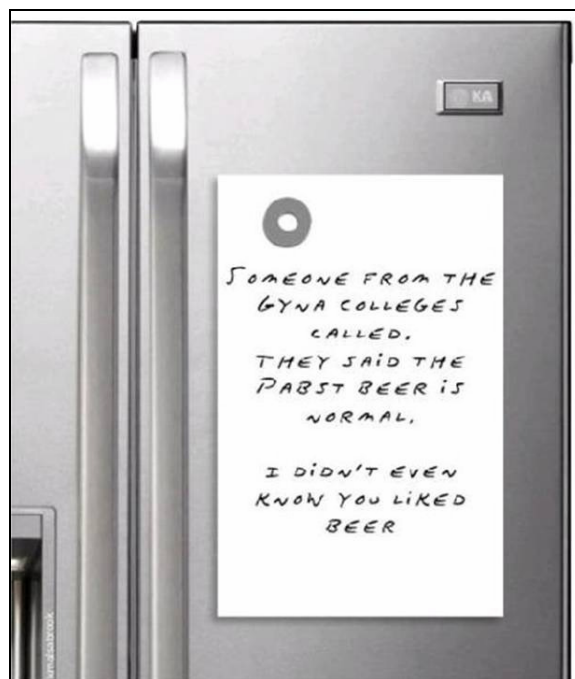
The upgrade of a more appealing and interactive SASMA website should be complete by the end of March. Suggestions welcome!

Electronic Journal Club

Feedback has been very positive. Members seem to enjoy the articles. Non-members will no longer receive this service. Look out for the new "Doc-to-Doc" blog linked to the

new website and BJSM. The first edition of our journal will also contain articles from the British Journal as per our agreement. Also look out for the new CPD section and use the opportunity to submit an opinion piece that could win R2 500 from MSD.

SASMA Satire



"Note from Hubby"

Doping & Supplement Abuse in School Sport

SASMA, together with the South African Institute of Drug Free Sport (SAIDS) and the Boys Schools Coalition has embarked on a campaign to rid school sport of doping and to educate pupils, parents and coaches about the inappropriate use of supplements. The campaign is primarily educational but also intends facilitating the

implementation of dope testing at schools by overcoming ethical and logistical hurdles. Included have been press articles, meetings with SAIDS and school interest groups, information pages in Rugby Festival programmes and educational talks at schools. Regions interested in participating in this campaign should contact me.

More News from SAIDS...

The South African Institute for Drug-Free Sport (Drug-Free Sport) announced today the start of the Athlete Biological Passport (ABP). The Biological Passport entails collecting blood and urine samples from a select group of elite athletes over a period time.

The collected samples are used to build blood and steroid profiles of the athletes. The profiles are analysed using specialized software that determines the athletes own blood and steroid parameters - in a sense it's like the athletes personal fingerprint. Once the profile is established, further tests will be assessed by a panel of experts who will further analyse and interpret the results to determine whether the athletes' results fall within the predicted range for that individual athlete. Results that fall outside of the individual's predicted range (outliers) are reviewed for evidence of

doping, medical abnormalities or whether the abnormal result may be due to environmental and training conditions.

Blood sample profiles will largely focus on the oxygen carrying capacity of the athlete whereas urine sample profiles will evaluate the steroid profiles. The results of both profile values will be used to determine whether the athlete's profile is naturally occurring or artificially enhanced. Drug-Free Sport will only pursue an anti-doping offence based on documented scientific and medical evidence.

All sports codes and elite athletes are eligible to be included the ABP program, however the focus will predominantly be on the sports codes with the highest propensity for doping.

"The Athlete Biological Passport is another weapon in our arsenal in the battle against doping in sport. Those athletes who choose to cheat will have an even harder time evading our testing program, in addition the program will also serve as a deterrent against doping to those athletes considering cheating," said Khalid Galant, CEO of Drug-Free Sport.

The 2010 World Anti-Doping Code allows the Institute for Drug-Free Sport to

prosecute athletes based on evidence indicating doping from a longitudinal blood or steroid profile

Upcoming Congresses

Radiological Society of South Africa, Stoller Update, Cape Town, 19-20 March 2010
www.stollercapetownupdate2010.co.za

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

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

ACSM 2010 2-5 June 2010, Baltimore, Maryland, USA. www.acsm.org

4th Clinical Sports Medicine Congress, Cape Town, 13-15 October 2010 ([discounted for SASMA members](#), see attachment)

In conclusion.... I am often asked “what are the benefits of SASMA membership”. I hope that the answer to this question is becoming more self-evident. An increasing range of professional, CME and networking advantages will open doors in one of the most exciting of all medical disciplines. Please keep reminding your colleagues of these. Soon I hope that perceptions will be altered to “How can you not be a SASMA member?!”



JON PATRICIOS

SASMA PRESIDENT Please email me at jpat@mweb.co.za with comments and suggestions.