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S A S M A  
SOUTH AFRICAN SPORTS  
MEDICINE ASSOCIATION

Issue  
**ONE**  
2020

A Quarterly Insight

# on the move



## current topics >>>

### Word of Welcome from the President

Welcome to this first edition of our quarterly newsletter. I am very excited about the future journey for SASMA and will definitely need all your support and participation with implementation of strategies going forward. I want to assure you of my dedication and enthusiasm to grow this organization.

For more information visit our website [www.sasma.org.za](http://www.sasma.org.za) or join us on Twitter @SASMA\_ZA



## Editor's choice *Investigate/Innovate/Inspire*



*Prof Mike Lambert is our expert who will provide a weekly Editor's choice article which will be available on the website and via a link on Twitter.*

The first Editor's choice article is titled : " *High Concussion Rate in Student Community Rugby Union Players During the 2018 Season: Implications for Future Research Directions*".

Link:

<https://www.frontiersin.org/articles/10.3389/fnhum.2019.00423/full>



The second Editor's choice article:  
*"Virtual Sports deserve real sports medical attention"*

Link:

<http://doi.org/10.1136/bmjsem-2019-000606>

The third Editor's choice article:  
*"What are the benefits and risks of sharing patients' diagnostic radiological images with them?"*

Link:

<http://dx.doi.org/10.1136/bmjopen-2019-033835>



# Benefits of SASMA membership





Dr Jon Patricios

## BJSM\* and SASMA

BJSM has been SASMA's international sports and exercise medicine (SEM) journal partner for over 10 years. SASMA is one of 25 international member societies associated with BJSM. Significantly, one of the benefits of SASMA membership (currently R1 100 per annum per individual) is free electronic access to BJSM ([www.bjism.bmj.com](http://www.bjism.bmj.com)). Remarkably, this benefit **in itself is worth R3 800 per year** the annual fee for BJSM access.

BJSM is, by some distance, the SEM journal with the largest reach and best reputation in the field. SEM articles published in BJSM are likely to be widely read and repeatedly cited. Its Impact Factor (a scientometric index that reflects the yearly average number of citations that recent articles published in a given journal received) is 11.645. The next highest for a SEM journal is Sports Medicine at 7.583.

The format of BJSM makes for interesting and relevant reading for all in the field. Each of the 24 annual editions consists of carefully selected editorials by leaders in the field, review articles, original research, an infographic aimed at crystallising key learning issues on a specific topic, SEM highlights from other journals and a feature on unpublished research by an up-and-coming researcher.

But wait, there's more....!

Electronic access to BJSM allows members to listen to regular podcasts featuring key opinion leaders (See (<http://feeds.bmj.com/bjism/podcasts> 1.5 million listens mostly in the traffic!), while the BJSM clinical YouTube series (<https://www.youtube.com/BJSMVideos>) has over 6.5 million views. Interested in specific areas? Then sign up for the "email alerts" and you will be prompted by email when relevant papers are first published online. Simply click on the link <https://bjism.bmj.com/alerts> and enhance your knowledge....

All these benefits make a SASMA membership the cheapest way to access this premier SEM journal and, apart from the other benefits of being a SASMA member, make the membership fee most worthwhile.

### **BJSM South African Edition**

As an international member, SASMA has the honour of editing and compiling one of the editions each year. The cover and editorial ("Warm-up") have a South African theme and we try and include as many papers by South African authors as possible. These papers have to pass BJSM's stringent peer review process and need to be submitted well in advance of the edition which normally appears around July. So have a look at the guidelines for authors (<https://bjism.bmj.com/pages/authors/>) and put pen to paper! The editorial team will look out for high quality South African papers. Be on the look out for the 2020 SA edition featuring Siya Kolisi on the cover.

Jon Patricios  
BJSM Senior Associate Editor  
Editor of the SASMA Edition

# Events Calendar (copy and paste link in your browser)

Event	Fees	Link	Dates
IOC Conference		<a href="http://www.ioc-preventionconference.org">www.ioc-preventionconference.org</a>	12-14 March 2020 Monaco
Johannesburg Sports Medicine Institute in conjunction with The Centre for Sports Medicine & Orthopaedics - Annual 10 lecture series 2 <sup>nd</sup> lecture - Shoulders	R250 per module OR R2 000 for all 10 modules	<a href="http://josi.co.za/#education">http://josi.co.za/#education</a> <a href="http://sportsortho.co.za/csomo-updates/">Http://sportsortho.co.za/csomo-updates/</a>	First Wednesday of each month 4 March 2020
XXXVI World Congress of Sports Medicine (FIMS)		<a href="http://www.fims2020.com">www.fims2020.com</a>	24 - 27 September 2020 Athens Greece
BASES Annual Conference		<a href="http://www.basesconference.co.uk">www.basesconference.co.uk</a>	17 – 18 November 2020 The King Power stadium Leicester
37 <sup>th</sup> Congress of Snowsports Medicine		<a href="http://www.sitemsh.org">www.sitemsh.org</a>	1 – 4 April 2020 Andorra
Musculoskeletal Ultrasound Course		<a href="http://www.capemedicalcongresses.co.za">www.capemedicalcongresses.co.za</a>	24 – 26 April 2020 Cape Town
SAMSIG Congress		<a href="http://www.capemedicalcongresses.co.za">www.capemedicalcongresses.co.za</a>	29 April – 3 May 2020 Makalali Private Game Park near Kruger National Park
International Sports Law Conference		As per SASMA website advertisement	25-27 March 2020 Emperors Palace Kempton Park
Isokinetic Conference : Football Medicine The Player’s voices		<a href="http://www.footballmedicinestrategies.com">www.footballmedicinestrategies.com</a>	25 – 26 October 2020 Lyon France



join in >>>

# Regional/Society Activities

## Meet our Chairpersons

Dr Barry Getz – Central Gauteng  
Dr Fred Oosthuizen – Eastern Cape  
Candice Christie – Eastern Cape  
Dr Glen Hagemann – KZN  
Neil van Biljon - KZN  
Marica Kok – Gauteng North  
Retha van Rensburg – Northwest  
Adrian Rotunno - Western Cape  
Jo-Anne Kirby – Western Cape/Boland  
Georgia Torres – Exercise is Medicine  
Elaine Burger – SA society of Physiotherapy  
Areta Potgieter – Biokinetics association of SA  
Michael Els – Podiatry association  
Dr Simon Lawson – Chiropractors  
Dr Amanda Claassen-Smithers – Association of Dietitians of SA  
Dr Richard de Villiers – SA Musculoskeletal imaging group  
Dr Brad Gelbart – SA knee society



**Dr Brad Gelbart**

### South African Knee Society

The Johannesburg Orthopaedic Sports-Medicine Institute (JOSI) was established 3 years ago. They primarily focus on education on orthopaedic sports medicine but include some general sports medicine.

To attend this evening CPD accredited courses please visit the website

[www.josi.co.za](http://www.josi.co.za) for more information and the



**Areta Potgieter**

### President BASA

BASA (Biokinetics Association of South Africa) has confirmed 2 events thus far.

10 May 2020 – Global Move for Health Wellness day.

1-3 Oct 2020 – LTMIC2020 & PASHDA conference.

For more information visit the website.

## Western Cape region

### Adrian Rotunno

Endurance race season is well underway in Cape Town. In terms of clinical load, and as respective athlete training loads are increasing, there is an influx of injured/ill runners and cyclists preparing for upcoming events like CTCT, TOM & Absa Cape Epic. TOM medical team preparation & pre-screening is well under way.

There was an unfortunate cancellation of Stellenbosch Cycle Tour & Bay to Bay 2020 due to unsafe weather conditions. Athlete safety is paramount.

International cycling season has started.



Dr Georgia Torres

# Exercise is Medicine<sup>®</sup> South Africa

Exercise is Medicine (EIM) is a global initiative to establish activity as a standard in healthcare.

The vision is to make physical activity assessment and promotion a standard in clinical care, connecting healthcare with evidence-based resources for people everywhere and of all abilities. EIM South Africa was established in 2013. The EIM (SA) accreditation courses are aimed at increasing knowledge of health care providers and health and fitness professionals regarding exercise assessment and prescription across the spectrum.

Focus projects for the year include:

- Inclusion of physical activity in the undergraduate medical curriculum (has started at Wits in 2019).
- Training of health care and fitness professionals in the EIM (SA) accredited courses. The accreditation taking on a new methodology of modules that can be done separately and accumulate towards accreditation.
- The implementation of "EIM – on Campus" as an initiative on education on campuses across SA.
- The establishment of a registry of EIM (SA) accredited professionals which can be used by healthcare providers as a referral platform.

For more information contact Dr Torres @ [georgia.torres@wits.ac.za](mailto:georgia.torres@wits.ac.za)

# ChiroSport

ChiroSport South Africa was proud to provide chiropractic care once again to the IPF (International Powerlifting Federation).

The African Powerlifting and Benchpress Championships were held in Potchefstroom 3-6 October 2019 and the World Masters Powerlifting Championships 7-12 October 2019.

Involved from 2014 our team has been able to refine our procedures and protocols when working with the powerlifting athletes.



The treatment facility was set up at the top end of the warm-up area and highly visible.

The athletes are incredibly appreciative. This is a voluntary contribution of time and effort from the doctors working at the event. It is always rewarding to watch athletes react after their first treatment and the facial expressions are priceless!!



Dr Simon Lawson

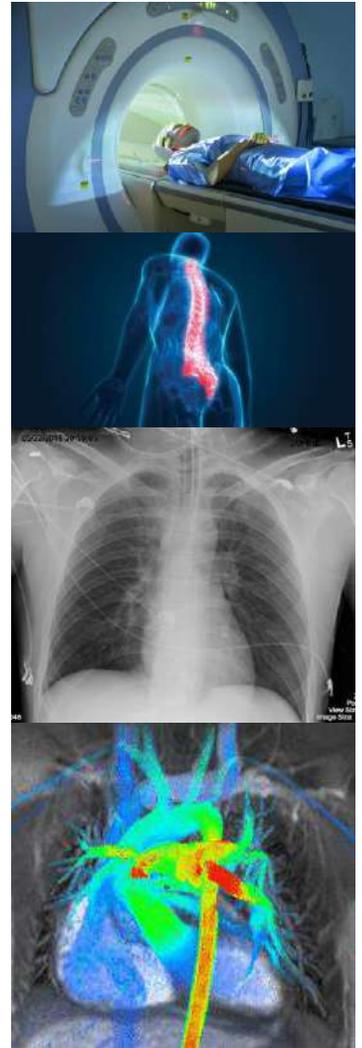


# SAMSIG



Dr Richard de Villiers  
President: SAMSIG

SAMSIG members continue to promote MSK radiology through active engagement with supporting physicians, as well as attending local and international congresses, like the European Skeletal Society and the International Skeletal Society, where our members have been invited speakers. SAMSIG members have also presented at the SA Orthopaedic Congress, as well as other local conferences. SAMSIG is hosting the biennial international meeting at Makalali Game reserve near the Kruger Park. Local and international speakers and delegates will share their knowledge as before. SAMSIG members will act as instructors at the SA MSK ultrasound meeting in April 2020. We still struggle to get buy-in from registrars to join SAMSIG.



**SAMSIG**  
PROMOTING  
MUSCULOSKELETAL  
RADIOLOGY IN  
SOUTH AFRICA



# COMPETITION



## The heat is on....

We want activities to kick-off in the regions and are looking for **creative ideas** from you. E.g. Lectures, Sporting activities, Webinars, etc. Can you pull it off? Are you a go-getter? If you say "yes" to these questions you should enter the competition. Remember members must benefit from it and it must be sport and sport medicine related.

Rules:

1. Proof of the activity taking place must accompany your entrance form.
2. Number of attendees must be provided.
3. Only updated subscribed members can participate.
4. The winner will be chosen by MANCO and their decision will be final.

CLOSING DATE: 30 April 2020

# PRIZES:

**FIRST :**

**BSN Hamper worth R 5 270**

**SECOND:**

**FREE SASMA membership for a year worth R 1 100**

**THIRD:**

**Book voucher R 500**



### ENTRY FORM

Name & Surname \_\_\_\_\_ Region: \_\_\_\_\_

Activity: \_\_\_\_\_

\_\_\_\_\_

Number of attendees: \_\_\_\_\_ Signature: \_\_\_\_\_

Don't forget to attach your proof  
Terms and conditions apply

# *final thoughts...*

Action  
Changes  
Things



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@SASMA\_ZA

*Forthcoming attractions >>>*

*The Next Issue May 2020*

*Watch this space:*

**SASMA APP** in  
development.  
Preliminary  
launch date  
April 2020.