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## *NEWSLETTER – April 2011*

Dear SASMA Members

### *Iron Man Congress*

SASMA and SAMSIG (the South African Musculoskeletal Imaging Group) co-hosted the 1st Transact Triathlon Congress in Port Elizabeth on 9 April 2011. The congress was part of the Specsavers South African Ironman competition, which took place on Sunday 11 April.

Approximately 50 delegates were present. The congress was attended by sports physicians, physiotherapists, biokineticists, podiatrists and other related disciplines. Dr Konrad von Hagen was the convenor for SASMA while SAMSIG was represented by Drs Andrew van den Heever, Richard de Villiers, Francois Roux and Etienne Steenkamp. Case studies relevant to triathlon were shown by the radiology speakers. These included: Bankart lesion, Bennet's fracture, cystic adventitial disease of the popliteal artery, calcific popliteus tendinosis, effort thrombosis, cyclist's nodule and adductor canal syndrome. The congress was a great success and the feedback extremely positive. The next collaborative venture between SASMA &

SAMSIG will be at the SASMA Congress in October.

### *The IOC Advanced Team Physician Course & 3<sup>rd</sup> Injury Prevention Conference*

South Africa was well represented at these 2 back-to-back events held in Calvi, Corsica and Monaco respectively.



**The Citadel in Calvi**



**Monte Carlo in Spring**

The Conference was attended by 940 delegates from 85 countries and included 5

keynote lectures, 21 symposia, 39 workshops and 64 oral presentations.



### **HSH Prince Albert II of Monaco Opens the IOC Conference**

The Conference was the first organised by the International Olympic Committee (IOC) and was attended by IOC members HSH Prince Albert II of Monaco, IOC Medical Commission Chairman Prof. Arne Ljungqvist and Dr Robin Mitchell.

Experts exchanged the latest news and advancements in the prevention of illness and injury in athletes and several symposia on the implementation of the field's current knowledge showed that the message and penetration are improving.

“Without fit and healthy athletes there would not be any exciting Olympic Games,” said Professor Ljungqvist. “They are our most cherished assets. It is, therefore, a top priority for the IOC to keep the athletes as healthy and as fit as possible.

“Thankfully, the number and quality of experts working in this field are impressive, and we can all see that we are making major strides in many areas. This all bodes well for athletes everywhere.”

The three-day Advanced Team Physician Course preceded the main Conference and was attended by 140 participants from 48 countries. The goal of the course was to provide knowledge and insight on sports medicine to National Olympic Committee (NOC) physicians. Most other countries had the head of their respective Olympic federation medical committees and Olympic team doctors for London 2012 present. South Africans attending included Prof Martin Schwellnus, Prof Wayne Derman, Dr Jon Patricios, Dr Karen Schwabe, Dr Jeroen Swart and Dr Paul Dijkstra (now with UK Athletics).

At the conference, one day was devoted to the work being undertaken by International Federations (IFs) and their chief medical officers, and the IOC was pleased to learn that the transfer of knowledge between the IFs is vibrant and transparent.

In addition, the Medical and Science group of the IOC Medical Commission held a half-day meeting to discuss their strategies for the protection of athletes and the use of sport to improve people's health.

While there are many health benefits that can be derived from sport, there is also an

inherent risk of injuries, especially at elite level. The IOC has initiated and supported research on various topics related to the health of athletes, with the ultimate goal being a significant reduction in injuries and illnesses.

The IOC records and analyses all athlete injuries and illnesses that occur in competition and/ or training at the Olympic Games to gain further knowledge about the effectiveness and weaknesses of existing prevention programmes.

*South African Sports Physician mingles  
with the stars!*

Dr Karen Schwabe raised the profile of South African sports medicine having been seen giving tips in the Monte Carlo gym to Roger Federer and receiving a personal greeting from Prince Albert at the official IOC Gala Dinner!



**Dr Karen Schwabe**

*News from the Branches*

**Gauteng Central**

Johannesburg has so far hosted two very successful CPD meetings (one in the south and one in the north) so far this year with about 60 and 50 attendees at each meeting respectively. A third meeting to be addressed by Dr Liz Meyer of the Medical Protection Society on “Ethics in Sports Medicine” is scheduled for 17 May.

**Gauteng North**

Dr Maaki Ramagole organised a workshop on Platelet Rich Plasma injections on 9 April. She welcomes invitations for future meetings.

**Western Cape**

The first WC CPD meeting of the year was held at the NH Lord Charles Hotel in Somerset West attended by 25 members. Topics included a history of research ethics by Dr Liz Horn, a history of sports drinks by Prof Tim Noakes, a practical approach to putting research and evidence into practice by Prof Mike Lambert and an update on supplements and sports foods by Shelley Meltzer. Sunita Potgieter is to be commended on her efforts in revitalising this region which includes a monthly newsletter.

**Kwazulu-Natal**

Douglas heel, a physiotherapist from Cape Town provided an interesting and practical presentation on the basic concepts of muscle activation. Upcoming meetings include Dr Mike Marshall on “A Practical Approach to Managing Common

Tendinopathies” and a presentation on “Sudden Cardiac Death in the Athlete”. Glen Hagemann also reports encouraging participation of SASMA members in schools rugby, the Comrades Marathon and mountain bike events.

**TransAct®**

**SASMA Congress 2011**

**Sandton Convention Centre,  
Johannesburg, 18-20 October**



**Dr George Davies**

Biokineticists, physiotherapists and their users of isokinetic testing will be pleased to know that one of the world's foremost experts on the subject will be an invited guest at SASMA 2011.

In 1984 Dr Davies wrote 'A compendium of isokinetic clinical usage' and is one of the top experts in this subject area. He is an internationally known speaker who has presented hundreds of conferences throughout the world on sports physiotherapy, athletic training, shoulder,

knee, open and closed kinetic chain topics, orthopaedics and rehabilitation. He has been involved in the clinical practice of sports physiotherapy/athletic training, since he was a student athletic trainer, for over 42 years. He served as the President of the Sports Physical Therapy Section - APTA from 1992-1998. He was the 1999 recipient of the Peyton Award to acknowledge and honour an outstanding member of the SPTS. It is the highest award offered by the Sports Physical Therapy Section, for contributions to the sports physical therapy profession.

Dr Davies will be presenting testing algorithms for the shoulder and knee, a joint shoulder workshop with Dr Ben Kibler as well as practical sessions on the Biodex isokinetic machine.

***SASMA Satire***



## *Renew your membership*

Now there are now more reasons than ever to be a SASMA member! Remember all the benefits and the **huge Congress discount** that is worth more than your annual membership fee, not to mention your chance to win a trip to the USA.



SASMA in association with the American College of Sports Medicine (ACSM), San Francisco Travel and TransAct are offering a fantastic prize **exclusive to SASMA members** attending this year's biennial congress. Simply by being a paid-up SASMA member for 2011, registering for the congress and being present at the draw you are in line to win the Grand Prize consisting of:

- A return economy class air ticket from Johannesburg to San Francisco, USA
- 4 night's accommodation at a 4 star San Francisco hotel
- Registration for the ACSM Annual Meeting in San Francisco 2012
- A 3-day "Go San Francisco" Card allowing access to over 50 city sites



No catches – pay your annual registration fee, register for the congress and your name goes into the hat!

## *Useful websites*

[www.acsm.org](http://www.acsm.org) - American College of Sports Medicine

[www.sportsmed.org](http://www.sportsmed.org) - American Orthopedic Society for Sports Medicine

[www.amssm.org](http://www.amssm.org) - American Medical Society for Sports Medicine

[www.bases.org.uk](http://www.bases.org.uk) - British Association of Sport & exercise Science

[www.sma.org.au](http://www.sma.org.au) - Sports Medicine Australia

## *In conclusion....*

The presence of South Africans at international sports medicine meetings continually reminds me of 2 things:

Firstly, we hold our own when it comes to the quality of presentations and the calibre of both clinical work and research; secondly, our cohort of sports medicine clinicians in particular is too small; where is the next generation of physicians, researchers and academics to carry us forward? Our own meeting in October presents the perfect platform for us to mingle with and test ourselves against some of the international sports medicine elite. Show us what you can do - submit those abstracts!

JON PATRICIOS, SASMA PRESIDENT



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