



Tel: 051 401 3325

Fax: 051 444 2969

SASMA Secretary  
gesal.fin@ufs.ac.za

SASMA President  
ghagemann@sharksmedical.co.za

## *NEWSLETTER – August 2012 Edition*

Dear SASMA Member,

Firstly on behalf of SASMA I would like to congratulate our Olympic medallists. This was one of our most successful Olympics from the country's perspective, and all of our athletes certainly did us proud. Now it's time to support our para-Olympians who I am confident will do the same. All the best to those SASMA members who are there in a medical support role assisting our athletes to realise their dreams.

### *Conferences*

It seems that this is the season of conferences. As I write this I am attending the International Association for the Study of Pain Conference in Milan. As you know, SASMA coordinated the Sports Medicine Track at the 8<sup>th</sup> Vitality Fitness and Wellness Convention held last week at the Sandton Convention Centre. SASMA used the opportunity as a launching pad for the "Exercise is Medicine" initiative in South Africa, and we were fortunate enough to secure Dr Adrian Hutber (Vice-president of Exercise is Medicine at the ACSM) who attended as a guest speaker.

Other SASMA members who presented in this track included: Louis Holtzhausen, Vicki Lambert, Christa Janse van Rensburg and I.

Discovery Vitality and the conference organiser, Lee Crumpton, must be congratulated on a very successful event with over 1200 delegates attending. If you did not attend this year, it is certainly worth your while doing so in 2013. From a SASMA perspective we achieved our aims of:

- Publicly launching the EIM initiative in SA
- Beginning to forge a new relationship with the fitness industry
- Signing up new members

The next conference to look forward to is the 5th Clinical Sport and Exercise Medicine Conference to be held at the Vineyard Hotel in Cape Town from 24 October. Based on previous years, this is an excellent conference to attend and this year's conference includes an "International Advanced Team Medical Care Course and a Lifestyle Intervention for Chronic Disease Introductory Course".

Finally the 32<sup>nd</sup> World Congress of Sports Medicine is being held by FIMS in Rome starting 27 September.

### *Exercise is Medicine™ (SA)*

EIM is now happening in South Africa! Under the guidance of Louis Holtzhausen and using SASMA as the vehicle, EIM is being implemented locally. We are extremely grateful to Coca Cola SA who have provided financial assistance to allow this to proceed, as well as Penta Systems (Technogym) and Discovery Vitality for providing further support.

Essentially the aim of EIM is to get every healthcare provider to prescribe physical activity to their patients on a daily basis and then to use existing infrastructures (such as the biokinetic network and fitness industry, amongst many others) to ensure that the "prescription" is carried out and compliance adhered to. It is an all-inclusive initiative to get

the public to exercise, and provides the opportunity for all of us to get involved in a meaningful way. Louis has established a task force which is widely represented, and the next objective of this task force is to develop a strategy to ensure the successful roll out of EIM in South Africa.

### *Website of the Month*

Please see email from Babette Pluim (Deputy Editor of the BJSM) below:

“As you know, BJSM is strongly committed to supporting member societies’ Education efforts and I am delighted to report that Education is a major tab on the BJSM website. Here is the link:

<http://bjsm.bmj.com/site/education/index.xhtml>

We have tried to incorporate your member society suggestions - I hope that you like the current version but it is definitely a work in progress - we want to make it work even better for you!”

The site currently has 7 categories/sections and I welcome your feedback over the next few months. In particular, if you have any contributions you would like to make or suggestions about ways to improve the modules, please contact me at [ghagemann@sharksmedical.co.za](mailto:ghagemann@sharksmedical.co.za)

### *Accreditation*

Arina and I continue to receive a number of applications for re-accreditation. Thank you to all those who have re-applied, and I appeal to anyone else whose accreditation has expired, to please do so.

***We have experienced the occasional problem where applications do not get through to us, for whatever reason. To avoid this happening, please may I request that you scan and email your completed application forms directly to***

***me on [ghagemann@sharksmedical.co.za](mailto:ghagemann@sharksmedical.co.za) - in this way I can then respond by return email and confirm receipt of your application. This is better than faxing them through.***

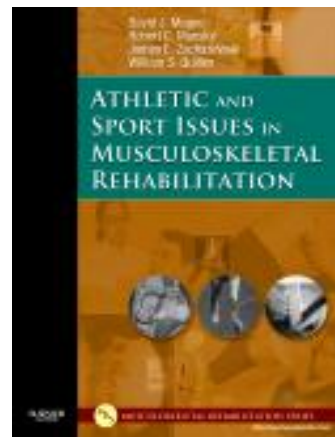
The application fee is R100 and a plaque displaying your status costs R300. Application forms are available from Arina Otto ([gesal@ufs.ac.za](mailto:gesal@ufs.ac.za)), or can be downloaded from the SASMA website ([www.sasma.org.za](http://www.sasma.org.za)).

In a similar vein, please can I encourage you all to renew your SASMA membership for 2012. Application forms are also available on the SASMA website. The free access to the online version of the British Journal of Sports Medicine alone makes it worthwhile; not to mention the numerous other benefits of being a member.

*SASMA Face Book page* 

The SASMA FB page is growing in stature and members continue to “like” it daily. The page is regularly updated with SASMA activities and other newsworthy items and provides a channel for regular communication with the membership. Please feel free to use the medium to express your views or share your pearls of wisdom.

### *Highlighted Book*



### **Athletic and Sport Issues in Musculoskeletal Rehabilitation**

David J. Magee, PhD, BPT, Robert C. Manske, DPT, MEd, MPT, SCS, ATC, CSCS, James E.

Zachazewski, PT, DPT, SCS, ATC and William S. Quillen, PT, PhD, SCS, FACSM

Saunders 2011

Part of David J. Magee's Musculoskeletal Rehabilitation Series, Athletic and Sport Issues in Musculoskeletal Rehabilitation provides expert insight and clear rehabilitation guidelines to help you manage injuries and special medical needs unique to athletic clients. Contributions from leading physical therapists, athletic trainers, and orthopaedic surgeons give you a comprehensive, clinically relevant understanding of common sports-related injuries and help you ensure the most effective therapeutic outcomes.

Key Features include:

- Addresses a broad range of sports-related injuries and conditions
- Reinforces key concepts with highlighted content and hundreds of detailed illustrations
- Summarizes essential information for fast, easy reference in class or in clinical settings

### *Upcoming Meetings*

Dr Christa Janse Van Rensburg, a rheumatologist and sports physician who has recently completed her PhD on exercise and rheumatology will be giving an "Update on rheumatology and sport" at The Boma at 1830 on 6 September. Dinner is provided and the event sponsored by Adcock Ingram.



The next KZN branch meeting will take place on 4 October at 1900 at The Sharks Supporters Club and will address the pharmacological and non-pharmacological management of pain in sports medicine. The speakers will be Glen Hagemann and Juli-Ann Riley and the event sponsored by Pfizer.



### *Upcoming conferences*

#### **1. 5TH CLINICAL SPORTS MEDICINE CONFERENCE**

24-26 October, 2012

Vineyard Hotel, Cape Town.

The meeting includes an International Team Physician and Physiotherapist Course hosted in conjunction with the American College of Sports Medicine as well as a course on Lifestyle intervention for Chronic Disease.

We are very privileged to host 5 excellent speakers from the American College of Sports Medicine as well as overseas and local Olympic clinicians who will have been involved with London 2012.

Please note the significant discount for SASMA members.

You are advised to register early as there is a high demand for the 200 places available for the courses.

For further details contact Eileen Mijlof on Fax. 021 448 7694 / Email. eileen@onscreenav.co.za

#### **2. 2nd INTERNATIONAL SCIENTIFIC TENDINOPATHY SYMPOSIUM**

27-29 September 2012

Vancouver, Canada

Look for future updates at:

<http://www.hiphealth.ca/news/ISTS>

#### **3. 2nd FIMS WORLD CONGRESS OF SPORTS MEDICINE**

27 - 30 September 2012.

Rome, Italy

Important dates:

Early registration deadline:

31st January 2012;

Abstract submission deadline: 31st March 2012;

Notification to authors: 30th April 2012;

Hotel reservation deadline: 1st September.

For further information, please visit the official Congress website:  
[www.fimsroma2012.org](http://www.fimsroma2012.org)

#### **4. FOOTBALL EMERGENCY MEDICINE COURSE**

FIFA / F-MARC (FIFA Medical Assessment and Research Centre) accredited

15-16 November, 2012

Centre for Exercise Science, University of the Witwatersrand

#### **5. 3rd Biannual Sport Physiotherapy Congress: *Plinth to Podium***

“Home grown with an international flavour”

Presented by the Sport Physiotherapy Group of the SASP

September 2013

Gauteng

Details to follow

#### **6. 22<sup>nd</sup> Conference on Sports Rehabilitation and Traumatology**

“Football medicine strategies for muscle and tendon injuries”

20-22 April 2013

Queen Elizabeth II Conference Centre, London

[www.footballmedicinestrategies.com](http://www.footballmedicinestrategies.com)

#### **7. Sports Medicine Winter Summit**

Cliff Lodge and Spar, Snowbird, Utah

February 20-24, 2013

[www.cmxtravel.com](http://www.cmxtravel.com)

#### *Other useful websites*

<http://bjsm.bmj.com> – *British Journal of Sports Medicine*

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

[www.sportsmed.org](http://www.sportsmed.org) - *American Orthopaedic 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....*

If you have anything to contribute regarding activities in your region, achievements by SASMA members, new appointments, sports medicine interest stories, etc, please feel free

SASMA Newsletter August 2012

to email me at  
[ghagemann@sharksmedical.co.za](mailto:ghagemann@sharksmedical.co.za).

GLEN HAGEMANN, SASMA PRESIDENT

Please email me at  
[ghagemann@sharksmedical.co.za](mailto:ghagemann@sharksmedical.co.za)

with any comments or suggestions.

**SASMA Secretary**

**Arina Otto**  
gesal.fin@ufs.ac.za