



NEWSLETTER – February 2011

Dear SASMA Members



2 Senior members of the SASMA executive committee, Dr Richard De Villiers and Dr Konrad von Hagen have put a lot of work into organising the First South African Iron Man Medical Conference.

This will take place in Port Elizabeth on Friday 8 April 2011.

The meeting is co-hosted by SASMA and SAMSIG, the South African Musculoskeletal Imaging Group.

Those wishing to attend or present papers, please contact Richard at rmldev@mweb.co.za or Konrad at 041-3659600 or Konrad.VonHagen@intercare.co.za

SASMA Congress 2011

Sandton Convention Centre, Johannesburg

18-20 October

The second Announcement and Call for Abstracts together with a provisional programme will be mailed to you shortly. Please submit proposals for free communications. Presentations (oral and poster) from both undergraduate and post-graduate students and registrars are welcome and encouraged!

We now have 10 international speakers presenting at SASMA 2011. This week we introduce you to Dr Craig Ranson, a member of the International Cricket Council Medical Committee, who will be the keynote speaker at the meeting's Cricket Seminar.

Craig is a lecturer in Sports and Exercise Medicine at the UWIC Cardiff School of Sport and a consultant Sports Physiotherapist to a variety of UK and International sporting organisations including the University of the West Indies and the Wales Rugby Team.



Dr Craig Ranson

His primary research interests are injury surveillance and prevention strategies in cricket, track and field and rugby. Craig's previous posts include National Lead Physiotherapist for the England and Wales Cricket Board and UK Athletics Chief Physiotherapist. He is co-author of the textbook 'Atlas of Living and Surface Anatomy for Sports Medicine' and a member of the International Cricket Council Medical Committee.

At the SASMA meeting Craig will talk on:

- Novel and traditional rehabilitation of acute lower limb muscle strains
- Cricket Injury Prevention and Management Strategies
- Risk factors & mechanics of lower back injuries in fast bowlers
- Technique factors in fast bowling injury and performance

Physio Congress

The Second South African Sports Physiotherapy Congress– From Plinth to Podium focussing on Lower Limb rehabilitation

The first announcement will go out shortly. Vineyard Hotel, Cape Town; 9th and 10th of September 2011.

Contact Craig Smith (craig@club-physio.net) or Ria Sandenbergh (sandenbergh1@icon.co.za)

SASMA Satire



Renew your membership

Even though you have received this newsletter, you may not yet be a paid-up 2011 SASMA member. Remember all the benefits and the huge Congress discount that is worth more than your annual membership fee. We will also soon be announcing a grand prize related to the SASMA Congress that is only valid for members.

Become SASMA Accredited

Increase your chances of working with sports teams by receiving recognition for work experience and qualifications. Complete and submit a SASMA accreditation form.

Post your details on the SASMA Website

As a SASMA member, you have the opportunity to post your professional profile on the website. Go to www.sasma.org.za

News from the Regions

What is your SASMA Region up to?

Western Cape

With the election of Sunita Potgieter as WC regional representative, it appears that CPR has been administered to regional activities!

Sunita has already conducted an online survey of members' wishes, arranged the first CME meeting, launched a regional newsletter and encouraged WC representation at the SASMA Congress. I hope that all WC members support her endeavours. Keep it up Sunita!

Contact: sunita@sun.ac.za

Gauteng Central

Rob Collins has organised a busy CME programme for Joburg. The following talks will take place:

At The Boma – Alberton:

- 17 March - Common Runner's Conditions
 - Dr Dereck Reinecke
 - Dennis Rehbok
- 9 June - Ethics in Sport
 - Dr Rob Collins
 - Supplements & Doping
 - Dr Jon Patricios
- 25 August - The Elbow in Sport
 - Dr Neil Cable
- 3 Nov - Hip Conditions in Sport
 - Dr Johan Botha

At Morningside Sports Medicine:

- 29 March Will my Zebra be a Thoroughbred? (Children in sport – where to draw the line.)
 - Dr Jon Patricios
- 17 May - Medico-legal issues in Sports Medicine - Dr Liz Meyer
- 19 July - Sports Psychology - Dr Jannie Botha
- 20 Sept - Biopuncture techniques in Sport- Dr Dalius Barkauskas
- 1 Nov International Guest Speaker – TBC

Contact: robcollins@wol.co.za

SASMA Classifieds

Dr Neil Heron is an academic GP registrar in Queen's University, Belfast interested in moving to South Africa to work on a sports medicine PhD or within a sports medicine training scheme.

His knowledge of sports medicine was first established through his own participation in semi-professional sport and an intercalated degree in sports medicine. This knowledge was further supported by work placements with Falkirk FC and Alloa FC in Scotland.

He is currently the club doctor at the Irish Premiership football team Crusaders FC whilst also covering the Northern Ireland U-19 and U-21 national soccer teams. He has also recently become involved in providing medical cover to both amateur and professional boxers in Ireland.

He is also actively involved in research and currently undertaking a Masters research project in the area of physical activity promotion in general practice. He would be keen to further my research experience by under-taking a PhD in the area of sports medicine.

Contact: neilheron@yahoo.co.uk



The Centre for Sports Medicine and Orthopaedics in Rosebank, JHB, is looking for a passionate physiotherapist with a special interest in the field of MSK medicine to join their team. Experience in this field as well as OMT/SPT1 is an advantage. Competitive salary, in-service training and continued development offered, as well as opportunities to work with various sports teams. Please contact Debbie 083-4577558 and email your CV to physios@sportsortho.co.za

In conclusion....

This is a bumper sporting month! The ICC Cricket World Cup is underway (good start boys!), Super Rugby has kicked off ferociously and this is turning out to be one of the most exciting PSL seasons ever. It is very pleasing to see the number of SASMA-accredited members playing a meaningful role in these events as team doctors, physiotherapists, biokineticists, fitness and medical advisors and nutritional consultants. I really believe that one of the great advantages of working in the environment in which we do, is that South Africa is unparalleled in the opportunities

offered. SASMA hopes to create an effective network and platform to ensure that those who have the desire and work ethic to acquire the skills necessary to work at any level of sports medicine, have the opportunity to do so. Perhaps I am biased, but compiling this letter highlighting various meetings, work opportunities and networking benefits persuades me that SASMA membership and participation has its advantages!

Enjoy all the sport and start submitting

abstracts for the exciting upcoming meetings.



JON PATRICIOS, SASMA PRESIDENT



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