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## *NEWSLETTER – January 2012 Edition*

Dear SASMA Members

2012 has arrived with a bang and I am sure that many of you have been extremely busy getting back into the swing of things. All the best for a very happy, productive and successful 2012!

Every year the volume of sports participation seems to increase at all levels, both recreational and professional. With that comes an increased onus on us as sports medicine professionals to manage and prevent the acute and overuse injuries associated with such activities. A good example is the provincial and Springbok rugby player who is faced with playing in excess of 45 games this year unless his game time is well managed. At some stage sanity must prevail and the excessive expectations placed on such professionals need to be tempered by a mix of common sense and scientific opinion. Let's all play a role in prolonging the sporting longevity of every athlete under our care.

### *Exercise is Medicine™*



Thanks to Louis Holtzhausen, this initiative continues to progress. SASMA has signed a memorandum of understanding with the American College of Sports Medicine to assist in facilitating the roll out of the Exercise is Medicine programme in this country.

### *Accreditation*

I have received 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.

There are 3 categories of accreditation, namely:

Accreditation Status	Required Score
Fully Accredited Professional	≥ 25 points

Associate Sports Medicine Professional	15 – 24 points
Sports Medicine Professional in Training	10 – 14 points

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 myself, 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.

### *South African Institute for Drug Free Sport*

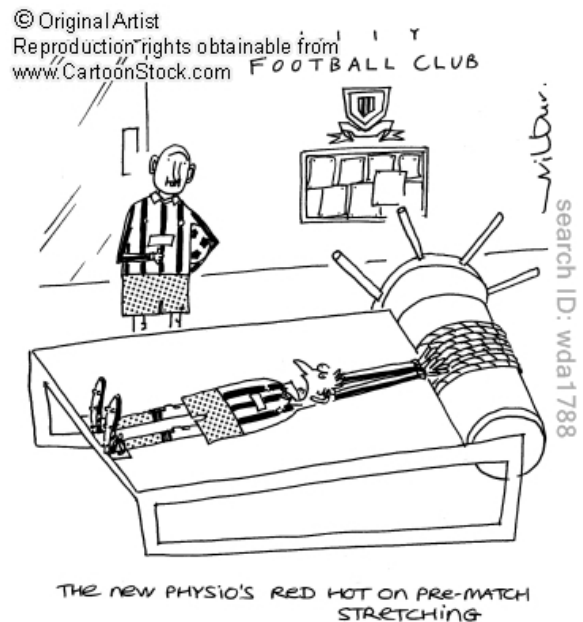
I recently met with Khalid Galant of SAIDS, and I have agreed to forward him a list of SASMA accredited sports physicians. This will assist him in appointing the right people to sit on SAIDS tribunals around the country. The intention is also to load the list onto the SAIDS website to encourage athletes to visit SASMA sports physicians for their TUE needs. We are also working closely with him to develop a model for testing for anabolic steroids at schools.

### *Check this video out*

The British Journal of Sports Medicine has loaded in excess of 40 videos onto YouTube covering clinical examination techniques. This resource is useful for updating yourself, or for teaching purposes. Take a look at:

<http://www.youtube.com/user/BJSMVideos?blend=1&ob=0>

### *SASMA Satire*



### *Upcoming conferences*

#### **1. DISABILITY SPORT AND EXERCISE MEDICINE CONFERENCE**

5 to 7 July 2012

University of the Free State, Bloemfontein

More information on the conference is available at:

051-401 2530; or  
semconference2012@gmail.com

## 2. 2nd INTERNATIONAL SCIENTIFIC TENDINOPATHY SYMPOSIUM

27-29 September 2012

Vancouver, Canada

Look for future updates at:

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

***✂ If you have news of any upcoming conferences that you would like advertised in this newsletter, please provide the relevant details to either Arina or myself. Thanks.***

### *Website of the Month*

<http://www.orthobullets.com/>



### *Other 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

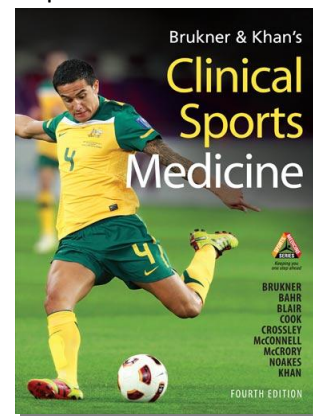
### *Book Review*

#### ***Clinical Sports Medicine***

4th Edition (2012)

Voted Sports Medicine Book of the Year in 2002 (2nd edition) and 2007 (3rd edition) Brukner & Khan's Clinical Sports Medicine is a comprehensive and practical guidebook to sport and exercise medicine. This eagerly awaited new edition has over 200 new images and now includes CSM Masterclasses video teaching.

No single profession has all the answers required to treat the ill or injured sports person



and to provide exercise advice as needed. CSM4 was created by a champion team of co-authors and critical reviewers tremendously committed to the vision of "Helping clinicians help patients."

This totally revamped edition of Clinical Sports Medicine will reinforce and refine existing knowledge and techniques, and introduce useful new approaches. This is the major sports medicine text to provide customized video Masterclasses to supplement the authoritative text, photos and Vicky Earle's artwork.

Available online at [www.waterstones.com](http://www.waterstones.com) for £85 plus postage.

### *SASMA Western Cape*

Sunita Potgieter has advised that SASMA WC will have 4 CPD meetings, in April, June, September and November this year. Further information to follow.

Thanks to LifeMax, Hi Tech Therapy, Stellenbosch University Sports Performance Institute, PeptoPro/Sport and @Rentals for their support in this region.

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

In closing, I would like to congratulate Dr Kevin Subban on his appointment as CMO of the South African team attending the 2012 London Olympics.

GLEN HAGEMANN, SASMA PRESIDENT

Please email me at

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with any comments and suggestions.

**SASMA Secretary**

**Arina Otto**

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