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NEWSLETTER – JULY / AUGUST 2010

Dear SASMA Members

I hope that you are coping with being back to full working weeks and school lifts. The Trinations has got off to an inauspicious start and we eagerly await our next international sporting event, the Indian Champions League Cricket.

This newsletter is a combined July/August letter because I will be away for 2 weeks from the end of the month. Please feel free to mail me news and photos of interesting sports medicine related events.

FIMS Meeting

Last newsletter, Louis Holtshausen submitted a feedback report on the FIMS Conference in May. Martin Schwellnus kindly sent in this photo of the 4 South African delegates with 2 senior Exco members. Speaking of Martin, a reminder to please submit your abstracts for his Clinical Sports Medicine conference in October soon. There is limited space left!



South African Delegates at the 2010 FIMS Conference – Puerto Rico (L-R):

Wayne Derman, Demitri Constantinou, Louis Holtzhausen, Prof Fabio Pigozzi (Italy), Prof Water Frontera (Puerto Rico), Martin Schwellnus

CME Activity

KZN

The first half of this year has seen the KZN SASMA host several talks on a variety of topics.

Professor Mark Lovell from the University of Pittsburgh addressed our first meeting of the year on Concussion in the Paediatric Athlete. The timing for this was such that it was at the beginning of the school rugby season and Mark was able to provide us with valuable information on the management of concussion in this age group.

Smith and Nephew sponsored our next meeting which was on Femoral Acetabular Impingement and we were grateful to have Dr Chuck Cacic share his wealth of knowledge with us on this topic.

This meeting was followed by one on Ultrasound Imaging for the General Practitioner. Dr JC Koenig, a local radiologist with a special interest in the use of ultrasound imaging, provided us with a very interesting insight into the value of the use of ultrasound and we were grateful to Dr Wedderburn - Maxwell and Partners for hosting us in their consulting rooms at the Umhlanga Hospital.

On the eve of the Comrades Marathon, Professor Tim Noakes shared his knowledge on the Central Governor Theory with a large group of SASMA members which included Comrades runners and other members of the sporting fraternity. Discovery Health provided a generous sponsorship for this meeting.

Our next meeting will be on Sports Psychology in Golf. Other meetings scheduled for the rest of the year include such topics such as the Use of Steroids in Schoolboys, Children in Sport and the Management of Chronic Tendinosis.

Following on a marketing strategy implemented at the beginning of the year, the SASMA membership for KZN has increased significantly and our meetings are generally well attended.

Central Gauteng

Gauteng Central recently hosted an interesting meeting addressed by 2 sports clinicians recently involved in major international sporting events. Christa Janse Van Rensburg, well known to all of us, gave her perspective as Venue Medical Officer for Loftus Versveld during the FIFA 2010 World Cup. Her presentation was followed by that of ex-South African Mike Wilkinson who was the Chief Medical Officer for the Winter Olympics in Vancouver 2010. The similarities between the 2 in terms of attention to detail and challenges encountered were fascinating.



Dr Mike Wilkinson



Dr Christa Janse Van Rensburg

Drugs & Supplements in School Sport

The use of both banned and “legal” ergogenic aids at school level has become a hot topic for discussion. SASMA has made a determined effort to do something about this scourge encouraging regional representatives to hold educational talks at schools, publicising the issue in the press and engaging with influential leaders in the industry. Glen Hagemann will be assisting Khalid Galant from SAIDS in arranging a supplement education workshop. SAIDS has sharpened its focus on the under-age steroids user and will introduce both elective and random testing at schools. Finally, after a series of meetings between the SASMA president and the directors of discount pharmacy chain Dischem, during which we expressed our concerns at the easy availability of supplements to under 18's without education, Dischem will now take the following steps:

- Label each of their supplements “Not recommended for Under 18's without consulting a sports doctor or dietician”
- Put up signage carrying this message alongside their supplement range.

- Refer young athletes to dieticians for advice before using supplements.
- Agree to sponsor supplement education initiatives.

Furthermore, SA Rugby is encouraging supplement companies who feel that their product is “clean” to submit them for testing and approval by the British-based company HFL, responsible for approving the range of supplements used by the English Institute of Sport. The first such South African supplement has since been tested and approved.

Upcoming Congresses

Clinical Exercise Testing and Interpretation

- A Practical Approach

9th Cambridge / UCLA Course

BASEM Clinical Skills Course 2010:

Dates: Sunday 5th to Thursday 9th September 2010

Venue: Bisham National Sports Centre, Buckinghamshire

2nd ECOSEP (European College of Sport & Exercise Medicine) & 12th

Annual Scientific Conference in Sports & Exercise Medicine (CSEM)

Date: 9 - 11 September 2010

Venue: Bancroft Building, Queen Mary University of London

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Seventh Annual Scientific Conference of Faculty of Sports and Exercise Medicine, RCPI & RCSI

Date: Friday and Saturday, 17 and 18 September 2010

Venue: Royal College of Surgeons in Ireland, St Stephen's Green, Dublin 2

www.rcsi.ie/fsem - **Link to on-line registration**

Rygbi Gogledd Cymru - Rugby Injuries Conference

From Population To Patient – 2010 The Shoulder

Date: 6 and 7 October 2010

Venue: Theatre Colwyn, Colwyn Bay, North Wales

4th Clinical Sports Medicine Congress, Cape Town

13-15 October 2010 (discounted for SASMA members)

“Prevention of Arthritis following Exercise or Sport”

Date: 21 and 22 October 2010

Venue: Millennium Gloucester Conference Centre, Harrington Gardens, London SW7

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The 5th Leeds Sporting Imaging Course

Date: 8 and 9 November 2010

Venue: Weetwood Hall, Leeds.

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UK SEM International Conference – UPDATE

Date: 24th, 25th, 26th November 2010

Venue: The Capital Suite, Excel, London.

<http://www.basem.co.uk/uploads/UK-SEM-Conference-Programme.pdf>

FIVB Volleyball Medicine Congress 2011

Date: 13 – 15 January 2011

Venue: Bled, Slovenia

www.fivbmedicine2011.org

SASMA Satire



Gender Issues In Sport

The Caster Semenya issue and the poor manner in which confidential medical issues were managed should be of concern to medical professionals. The SASMA Exco is in the process of finalising a position stand on matters such as these which should be released soon.

The Chiro Clique

In the blink of an eye, the excitement, the fever and the mayhem has passed and we are left with all the wonderful and colourful memories of a successful FIFA Soccer World Cup 2010! Well done to each and every South African that made us all so very proud to be a part of something so great! Long may the legacy live!

No soccer, no cycling, no tennis, some fantastic golf from our very own Louis, a bit of cricket, some outstanding SA rowing results(!!) and some rugby somewhere..... gives us a brief moment to catch our breath before the next onslaught of sporting endeavours keep us glued to the box again!

This gives me some time to reflect on one of the most important contributions that Sports Chiropractic brings to the sports medicine table. A very important contribution that is often overlooked and taken for granted. As physicians and

practitioners, we are all in the business of keeping our athletes on the field of play. Some of us even employ the attitude of "prevention is better than cure". As a Sports Chiropractor, this is the essence and corner stone of our approach to the management of athletes – INJURY PREVENTION.

I know that if I was an English Premiership football manager paying one of my players one hundred and twenty thousand pounds a week! I would want to make 100% sure that he was as fit and healthy as possible in order to be available for every single game of the season and that his risk of injury was as low as possible.

A recent RCT in the *BMC Musculoskeletal Disorders* 2010, (11:64) by Dr Wayne Hoskins and Dr Henry Pollard from the Macquarie Injury Management Group (Australia) looked at the effect of a sports chiropractic manual therapy intervention on the prevention of back pain, hamstring and lower limb injuries in semi-elite Australian Rules footballers.

There were 59 male subjects who were divided into an experimental and a control group over a season. All were exposed to current best practice medical, paramedical and sports science management including medication, manipulative physiotherapy,

massage, strength and conditioning and rehabilitation as directed by club staff, which acted as the control. In addition to this, the intervention group received a sports chiropractic approach administered by a single practitioner.

Based on the limitations of the study which included a low sample size, this RCT demonstrated that a sports chiropractic intervention comprising chiropractic manipulation and soft tissue therapies provided in addition to the current best practice and sports science management was beneficial for the prevention of lower limb muscle strain injuries, weeks missed due to primary non-contact knee injuries and a reduction of LBP and improvement in physical components of health status. In addition, although not statistically significant, there was a trend towards prevention of hamstring and primary non-contact knee injuries and there were no reported adverse outcomes from the intervention.

This is a great RCT to demonstrate the added benefits of Sports Chiropractic to a fairly comprehensive pre-existing athletic management and treatment program.

Our next major international event is taking place in Pretoria in September. It's the Tug of War World Championships, which promises to be a very busy event. We look forward to seeing you out on the field!

Dr Simon Lawson

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article: www.biomedcentral.com/1471-2474/11/64

In conclusion....

Since the World Cup we have had heard much about the tournaments "legacy". One wonders what the medical legacy of the tournament will be – improved stadium medical facilities, up-skilled clinicians, a blue print for the medical organisation of future events and better medical cohesion within the PSL are some of the spin-offs we might hope for. For each of us as South Africans it remains important, as we did during the tournament, to aim for the highest international standard in everything we do. Keep the flag flying!



JON PATRICIOS

SASMA PRESIDENT



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