



Tel: 051 401 3325

Fax: 051 444 2969

SASMA Secretary
gesal.fin@ufs.ac.za

SASMA President
ghagemann@sharksmedical.co.za

NEWSLETTER – March 2012 Edition

Dear SASMA Member,

The recent collapse of Bolton midfielder Fabrice Muambar reminds us all of the need to conduct periodic health evaluations on those athletes under our care. The cost-effectiveness of such evaluations is debatable, but at an elite level is probably justified. I have distributed 2 journal articles on the topic, and hope you find these of interest.

Having been involved in the attempted resuscitation of the Irish flanker, John McCall, at a previous U19 World Cup held in Durban, I can certainly vouch for the benefit of:

- Conducting these evaluations on elite sportsmen and women
- Having an AED present at all sporting events.

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

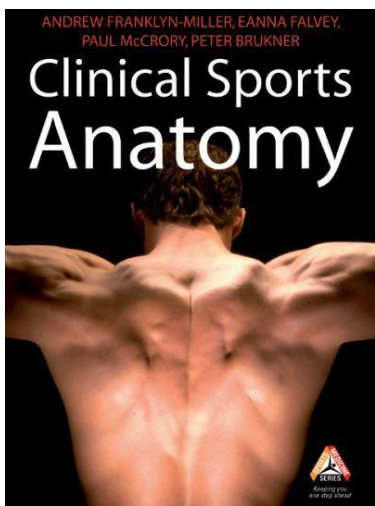
The application fee is R100 and a plaque displaying your status costs R300. Application forms are available from Arina Otto (gesal@ufs.ac.za) or myself, or can be downloaded from the SASMA website (www.sasma.org.za).

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.

Highlighted Book

Clinical Sports Anatomy

By Falvey , Peter Brukner, Franklyn-Miller , Andrew Franklyn-Miller, Eanna Falvey and Paul Mccrory (McGraw Hill)



Understanding the anatomy of a sports injury is the key to unlocking the diagnosis for most clinicians. Unfortunately, anatomy is often poorly taught, is not clinically focused and many anatomy textbooks are so complicated that searching for clinically useful information is difficult. In addition, multiple pathologies can present in an overlapping fashion, making the differentiation of the various possible causes of injury problematic.

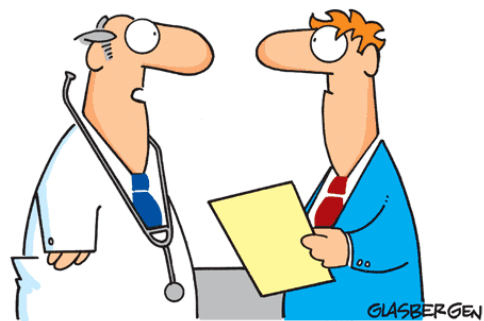
Clinical Sports Anatomy classifies structures according to their anatomical reference points to form a diagnostic triangle. Discriminant questions are coupled with the more useful clinical tests and diagnostic manoeuvres to direct the reader toward a definitive clinical diagnosis. This approach is firmly rooted in

evidence-based medicine and includes a list of the most appropriate investigations required to confirm diagnosis.

This is a valuable tool for anyone training to work, or already working, in musculoskeletal medicine. Manual therapists, athletic trainers, physiotherapists, primary care physicians, musculoskeletal medicine physicians and sports physicians may all find this work of use in training, refreshing their anatomy knowledge, or as a means to train others.

SASMA Satire

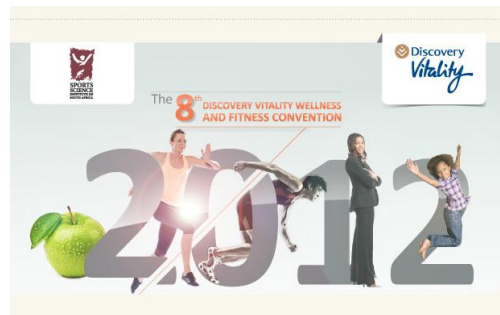
Copyright 2006 by Randy Glasbergen.
www.glasbergen.com



“More and more patients are going to the Internet for medical advice. To keep my practice going, I changed my name to Dr. Google.”

Upcoming conferences

- 1. Discovery Vitality Wellness and Fitness Convention**



Thursday 23 August – Saturday 25 August 2012

Venue: Sandton Convention Centre,
Johannesburg, South Africa

For more information or early bird rates call
021 659 5616 or email
fitnessconvention@ssisa.com.

2. 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

3. 2nd INTERNATIONAL SCIENTIFIC TENDINOPATHY SYMPOSIUM

27-29 September 2012

Vancouver, Canada

Look for future updates at:
<http://www.hiphealth.ca/news/ISTS>

4. 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

5. 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

6. FOOTBALL CONFERENCE LONDON

21-22 April 2012

Online Streaming – NOW OPEN

‘Football Medicine Strategies for Knee Injuries’
will be the first Sports Medicine conference
globally to offer simultaneous online streaming.

As this conference is a truly international event,
there may be barriers to participating in the
traditional manner. With this in mind, people
across the globe can enjoy this conference by
watching a live webcast of the event.

Bringing the conference directly to you, all sessions will be streamed from the conference venue via two dedicated high quality packages:

- The 'Individual' Package (£95) – for professionals at home, at work or in the office
- The 'Institutional' Package (£500) – for student or colleague groups of at universities, clubs or associations

This service aims to

- Facilitate the sharing of knowledge across borders
- Combat geographical, time and financial barriers to participation
- Embrace technological advances
- Provide an added educational tool for aspiring professionals
- Stimulate discussion and further research in Sports Medicine

To register please visit the online registration page: <http://www.isokinetic.com>

✂ 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.exerciseismedicine.org/index.htm>

Learn more about the Exercise is Medicine global initiative



Other useful websites

www.acsm.org - American College of Sports Medicine

www.sportsmed.org - American Orthopedic Society for Sports Medicine

www.amssm.org - American Medical Society for Sports Medicine

www.bases.org.uk - British Association of Sport & exercise Science

www.sma.org.au - Sports Medicine Australia

Feedback from SASMA regional branches

Rob Collins reports on the Gauteng Branch: "We had a meeting at the Boma in Alberton on March 1. The topic was pre-season medical screening, which our speakers being Kobus Verster, A biokineticist in private practice and working in the southern suburbs. He performs a lot of pre-season medical assessments on school aged athletes; and Jannie Klingbiel, head biokineticist at the Lions, and in private practice at Rosebank CSMO.

The meeting and discussions were very informative, and the contrast in approach in time, methodology and resources was worth noting.

About 80 attendees were present including Bios, physios, podiatrist, chiros, sports physicians, GPs sports scientists.

The meeting was made possible due to sponsorship by Adcock Ingram.

KZN Branch: An extremely interesting talk by local cardiologist, Dr Cassim Hansa, from Life Entabeni on screening athletes at risk for sudden cardiac death was well received by an audience made up predominantly of doctors and biokineticists. Of particular interest was the focus on differentiating the physiological variants of the athlete's heart from pathological changes.

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.

GLEN HAGEMANN, SASMA PRESIDENT

Please email me at
ghagemann@sharksmedical.co.za

with any comments or suggestions.

SASMA Secretary

Arina Otto
gesal.fin@ufs.ac.za