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Issue  
**TWO**  
**2021**

## A Quarterly Insight

# on the move...



## current topics >>>

### Words of Wisdom

Welcome to the second edition for 2021. The period between the previous and current newsletter had highlights and definite lowlights. We lost a stalwart in SEM – Dr Ismael Jakoet, but we also saw the rising of new stars – Dr Sharief Hendricks, Dr Phatho Zondi, Dr Carolette Cloete – to name but a few.

We have the pleasure to share our newsletter with our partners for our Festival of conferences in Oct 2022 – BASA, SASB and PASHDA. Building bridges as per the initiative from the current BASA president.

In difficult times we have witnessed the resilience of our people. Stay strong and safe and care for each other!

Prof Christa Janse van Rensburg  
President

For more information visit our website  
[www.sasma.org.za](http://www.sasma.org.za) or join us on Twitter  
@SASMA\_ZA

## In Memory of Dr Ismael Jakoet



“A big tree has fallen.” Dr Jakoet had a long history in the sports fraternity and medical community, and his last position at SA Rugby was as the company secretary before his retirement in 2016. One of the legacies he leaves behind, is his active role in breaking down the barriers which kept South Africans from different races apart on the rugby field.

Such was his standing in the South African sporting landscape that former minister of sport Steve Tshwete sent him abroad to investigate how international anti-doping bodies operate, which allowed them to form the South African Institute for Drug-Free sport in 1998. He also then served as the first chairman of SAIDS.

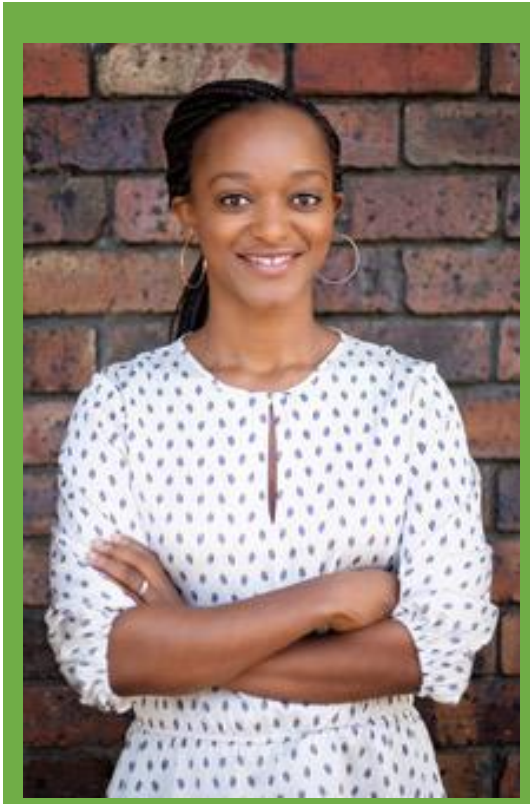
He was respected as a global authority in the field of sports medicine and he played a huge role in helping South Africa become one of the leaders in sports medicine.

He will be sorely missed, celebrated and never forgotten.



# SPOTLIGHT ON.....

Dr Phatho Zondi  
EXCO Member – Foundation



Since her move from Cape Town, Dr Zondi has been initiating waves of change from her new base in KwaZulu Natal. Recent initiatives include:

- **Colour Africa's Outdoors:** Established while she was on a career break at the end of 2020, this is a movement that aims to diversify recreational outdoor activity and grow the South African community enjoying outdoor activity.
- **PCZ (Pty) Ltd:** Through this vehicle, she consults in clinical sports medicine, business strategy development and strategy implementation in the sports sector.

**Recent Appointments:**

- **Chief Medical Officer** for Team South Africa at the Tokyo 2020 Olympic Games
- Sharks Rugby, Strategic Initiatives and Projects
- South African Rugby Event Services (SARES), **Director**

She also continues to serve as:

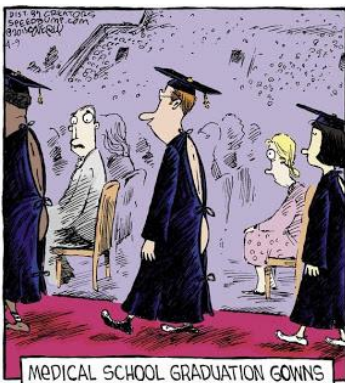
- **Director**, South African Institute of Drug Free Sport
- **Trustee**, Christ Burger Petro Jackson Fund
- **Chairperson** of the SASCOC Medical Advisory Working Group

**CONGRATULATIONS WE ARE PROUD OF YOU!!**

SASMA **accredited** Physiotherapist, Nick Pereira, recognized by the Mail and Guardian as one of their 200 Young South Africans for contributions to healthcare 2021!

Read more here: <https://200youngsouthafricans.co.za/nicholas-pereira-32-2021/>

We are proud of you!!

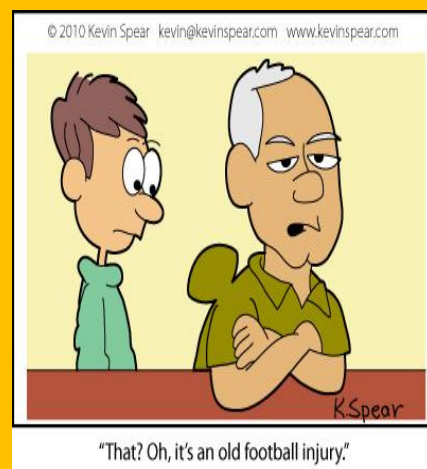
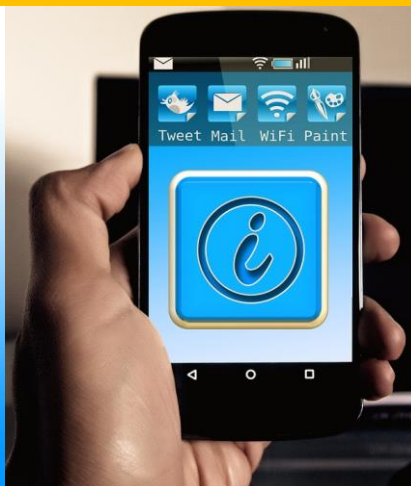
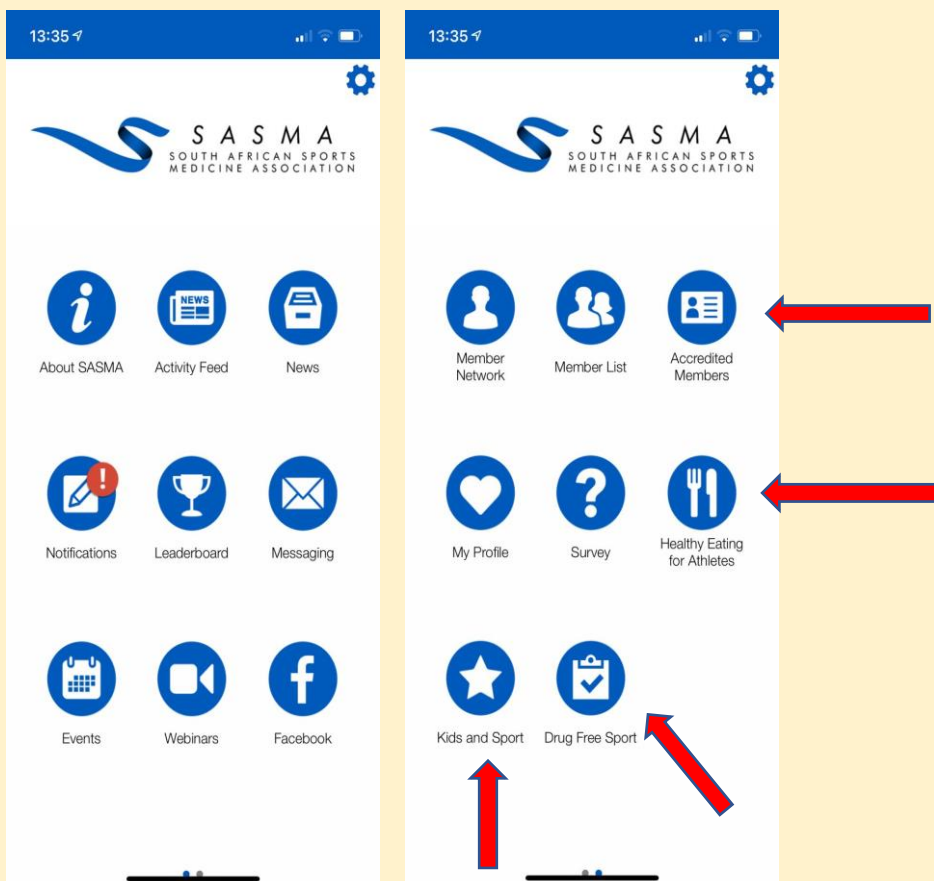




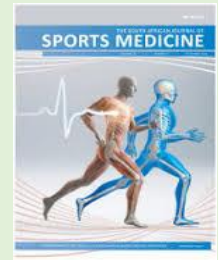
Join in >>>>>

## APP news

Check out the new information on the APP  
Opening up to the public soon!!



# South African Journal of Sports Medicine and Rugby Studies

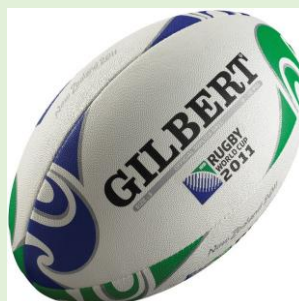


The [South African Journal of Sports Medicine](#) is a peer-reviewed journal that publishes original research articles, reviews, commentaries, letters and case studies on topics related to the disciplines represented by the [South African Sports Medicine Association](#). Although the disciplines may be viewed as being disparate, the sport of rugby is a thread connecting all the disciplines. In 2020 a standout for the South African Journal of Sports Medicine were the number of papers associated with rugby. The highlight was a paper on the injury surveillance data of the [2019 Rugby World Cup](#). Other papers submitted by overseas authors was a paper on [sleep patterns](#) of rugby players and a paper on managing rugby players for [artificial turf exposure](#).

Two papers by local authors reported on match and training load; one on the load of [adolescent forward and backline](#) players, and the other on [Varsity Cup players](#). Two papers focused on players' experiences following a serious injury – the first described [a group psychotherapy approach](#), and the second was a [descriptive phenomenological analysis](#) following a traumatic injury.

Two injury surveillance reports were also published – one reported on the [Currie Cup 2019](#) and the other on the [SARU Youth weeks](#).

It is a healthy sign for a journal to have a niche area so we will continue to encourage authors to submit their studies on different aspects of rugby.



get involved >>

## Events Calendar

**SASMA**  
**Countrywide Roadshows**  
**4 Sept 2021**  
**08:30 – 13:00**  
**Include CPD & Ethical points**

Event	Link	Dates
SASMA Roadshows	<a href="http://www.sasma.org.za">www.sasma.org.za</a>	4 Sept 2021
FIMS Meeting, Athens Greece	<a href="http://www.fims2020.com">www.fims2020.com</a>	24 Sept 2021
SASMA conference in collaboration with LTMIC, PASHDA and SASB	<a href="http://www.sasma.org.za">www.sasma.org.za</a> <a href="https://www.biokineticssa.org.za/professionals/events">https://www.biokineticssa.org.za/professionals/events</a> <a href="https://biomechsa.wordpress.com/">https://biomechsa.wordpress.com/</a>	POSTPONED to October 2022 CSIR
IOC Prevention Conference, Monaco	<a href="https://ioc-preventionconference.org">https://ioc-preventionconference.org</a>	25- 27 Nov 2021

## Regional Activities.....



**Boland Division** of SASMA presents an online CPD talk to their members

On: **ABUSE IN SPORTS, ARE WE DOING ENOUGH?**

Presenter: Dr Jo-Anne Kirby

Date: 23 July 2021

Time: 08:00 – 09:00

Platform: Microsoft Teams (hosted by Stellenbosch University)

**Future talk Boland region: 27 Aug 2021**

# Our 2022 conference partners

## BUILDING BRIDGES.....



# BASA

The Biokinetics Association of South Africa (BASA) is the heartbeat of the Biokinetics profession that represents and drives the profession with passion, integrity, trustworthiness, transparency, respect and consistency. The primary purpose of BASA is to promote the profession and to advance its members. BASA represents approximately 1500 members in South Africa, and recently expanded its borders internationally.

BASA envisions to be a recognized leader and vital collaborator within the health sector of South Africa. We value our relations with our fellow health professions and for that reason we have established a Health Professionals Forum earlier this year to create a platform for Associations and Societies to network. Our mission is to develop informative Biokineticists into transformative health leaders. This development aims at accelerating Biokineticists to become leaders of influence in the health sector of South Africa by providing a supportive community for our members, where they will be upskilled and advanced through Continual Professional Development (CPD) courses and conferences.

BASA strives to build and maintain interprofessional and stakeholder relationships, as well as market and expand Biokinetics to the public and other healthcare professionals on a national and international level. BASA encourages an ethically grounded profession and a high standard of clinical practice, which is continuously encouraged during our events and development programs. BASA aims to promote Biokineticists and their wellbeing, as well as promote health and wellness across all communities with the following objectives:

- To plan strategically to achieve the enhancement and development of Biokinetic care by Biokineticists in Southern Africa.
- To promote high standards of education and practice by Biokineticists locally and internationally.
- To unite and co-ordinate the profession, locally and internationally.
- To generally support aid programs directed at the provision of Biokinetic care to societies in need.
- To promote the advancement of the science of Biokinetics for the benefit of mankind.

To Find out more about this unique and dynamic profession, where to find a Biokineticist near you, Biokinetic related events, or where to study Biokinetics , go to [www.biokineticssa.org.za](http://www.biokineticssa.org.za).





# BASA ROADSHOWS

## Couch to Classroom

In a time of worldly change, the world has welcomed and embraced technology to promote and maintain the skill of many professionals. Daily to weekly webinars and virtual conferences have been the heartbeat of the education system in the world today. Hundreds of health conferences in the past year have been postponed and even withdrawn because of the worldly pandemic we are currently challenged with.

The Biokinetics Association of South Africa (BASA) host their Life Through Movement International Conference and their BASA Roadshows on an interchanging Bi-Annual basis. The year of 2021 is the year of the BASA Roadshows to be hosted in seven provinces from the Western Cape to Gauteng. These events are organized to upskill and advance the Biokineticists with the latest evidence-based practice guidelines. This year the delegates are entertained by three keynote speakers, Bertie Herbst (BASA), Arnold Vlok (TRIIP), and Deon Buhrs (ProfNet) on discussions such as 'Navigating your practice through COVID-19', 'Is the NHI for real?', and 'Diagnostic assessments versus outcome measures'. Strict COVID-19 protocols have been implemented to ensure health and safety of all the attendees at these events.

The first three Roadshows for the year demonstrated great successes, with record numbers in attendance when compared to previous years. The feedback from the delegates have been exceptionally good and most of the delegates agreed that they have learned more at the Roadshow than what they have learnt in their most recent online webinars because of the social interaction. It is evident from these events that there is a yearning from the health professionals for in-person networking as well as to upskill themselves. BASA continues with cautionary measures in these challenging times to advance their members to the best offerings and to be a vital collaborator within the health sector.

Bertie Herbst

President of Biokinetics Association





# BIOMECHANICS

Biomechanics is the area of science concerned with the analysis of the mechanics of motion of living things. It brings together human movement science, physics and engineering and its application can provide solutions to questions about health, injury and performance. Biomechanics is a growing field of study worldwide that will continue to expand its scope and applications with the advancement of computing and sensor technologies. Specialist bio mechanists are therefore able to make meaningful contributions to multidisciplinary practice and research in exercise science and sports medicine.

The South African Society of Biomechanics (SASB) is a non-profit organisation, established in 2020.

**Our mission** is to advance the field of biomechanics in South Africa by supporting high quality research and promoting the translation of research into practice.

**Our objectives are to:**

- provide a forum for the exchange of knowledge on biomechanical theory and application
- support training and education of student bio mechanists
- facilitate networking between practitioners, researchers, institutions and industry

Membership is open to anyone with an interest in biomechanics who wishes to participate and contribute to achieving the mission of SASB.

The **1<sup>st</sup> Conference of the South African Society of Biomechanics** will be held online on 28-29 October 2021. Abstract submission is currently open. There will also be a Student Showcase for recently graduated Masters and Doctoral students awards to share a video presentation of their biomechanics-related research, with awards for the best entries. The deadline for student entries and abstracts is 16 July. Registration for the conference is free and exclusive to SASB members.

Visit our website ([www.biomechsa.org](http://www.biomechsa.org)) and follow us on Twitter (@Biomech\_SA) for more information about our activities, membership, and conference.

Dr Helen Bayne



SOUTH AFRICAN  
SOCIETY OF  
BIOMECHANICS



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# AFPAN - African Physical Activity Network

AFPAN was established to create a network for like-minded persons in Africa working in physical activity, which included sport, exercise, recreation, and physical education. It is a non-profit organization with no membership fee. To stimulate research collaboration in Africa, the first conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) was organized in 2014 by Prof Antonio Prista in Maputo, Mozambique. After the very successful conference, the 2<sup>nd</sup> conference was hosted in 2016 by Kenyatta University, organized by Prof Vincent Onyewera. The 3<sup>rd</sup> conference was again hosted in Accra, Ghana, by the current president of AFPAN, Prof Reginald Ockansey. These occasions created the opportunity for face to face collaboration, networking and sharing of research findings on the continent for the continent's people.

Unfortunately, the Covid-19 pandemic prevented hosting the 4<sup>th</sup> PASHDA conference, planned for 2020 in South Africa. The disruption caused by the pandemic also resulted in a downturn in the activities and network opportunities, as each country was negotiating academic training of students and access to communities for data collection while also trying to contain the spread of the virus. During the pandemic, through the leadership of Prof Vicki Lambert, a past president of AFPAN, a series of policies for physical activity during the pandemic was developed. These policies included: *Physical activity for health in Africa; Physical activity for children during Covid-19, Physical activity for children and adolescents with disabilities and School sport during Covid-19*. AFPAN also endorsed the policies. During the drafting of the policy documents, the need for a more visible and active AFPAN was evident. A call for opportunities for persons passionate about physical activity for health and development on the continent was strong.

AFPAN is therefore planning to host an online webinar to share experiences with regards to physical activity during COVID on the African continent to work together, share best practices, and solidify the importance of engaging in physical activity in the face of a pandemic. More information about the activities planned by AFPAN during 2021 will be shared once dates are finalized.

Prof Hanlie Moss,  
Physical Activity, Sport and Recreation research entity,  
North-West University, Potchefstroom  
Chair: PASHDA conference 2020



# NATIONAL ROADSHOW



## SAVE THE DATE

### 4 SEP 2021



September is Heart month



Make sure you don't miss this event!!  
Keep watching our social media platforms for updates and how to register!

#### Proposed Programme:

08:30 – 08:45 **Welcome:** Prof Christa Janse van Rensburg (President)  
Dr Sharief Hendricks (President-elect)

08:45 – 09:45 **International speaker:** Prof Jonathan Drezner  
*Management and Recognition of Sudden **Cardiac Arrest** in Athletes: Are We More Concerned from COVID-19?*

10:00 – 11:00 **Ethics lecture:** Prof Rian Cloete

11:00 – 13:00 **Regional breakaway sessions:** Topics to be confirmed

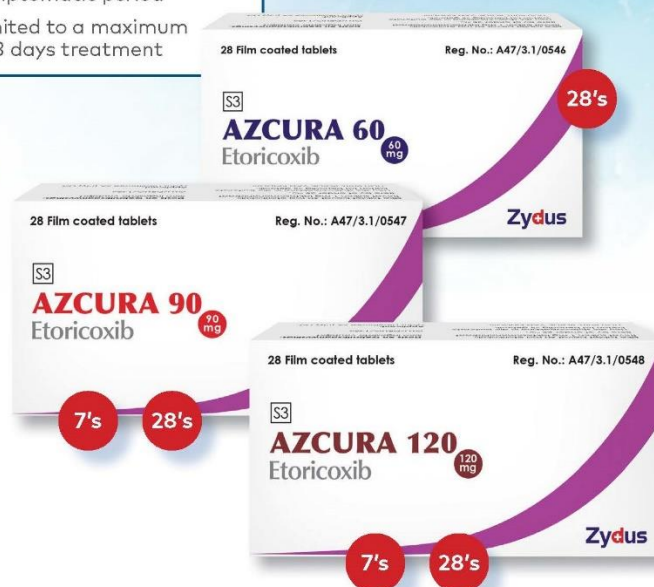
# FREEDOM OF Movement

## DOSAGE AND DIRECTIONS FOR USE – 16 years and older<sup>1</sup>:

INDICATION	RECOMMENDED DOSAGE	COMMENT
Rheumatoid arthritis	90 mg once daily	<ul style="list-style-type: none"> <li>Max daily dose: 90 mg</li> <li>60 mg once daily may provide adequate therapeutic benefit in some patients</li> </ul>
Acute gouty arthritis	120 mg once daily	<ul style="list-style-type: none"> <li>Max daily dose: 120 mg</li> <li>Only use for the acute symptomatic period</li> <li>Limited to a maximum of 8 days treatment</li> </ul>

- AZCURA is administered orally and may be taken with or without food.<sup>1</sup>
- Use the lowest effective dose for the shortest possible duration of treatment.<sup>1</sup>

**Azcura**<sup>60</sup><sub>90</sub><sub>120</sub>  
Etoricoxib



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References: 1. Azcura 60, 90, 120 Professional Information approved by SAHPRA, 30 June 2020.

[S3] AZCURA 60 (film coated tablets). Each tablet contains 60 mg etoricoxib. Reg. No.: A47/3.1/0546. [S3] AZCURA 90 (film coated tablets). Each tablet contains 90 mg etoricoxib. Reg. No.: A47/3.1/0547. [S3] AZCURA 120 (film coated tablets). Each tablet contains 120 mg etoricoxib. Reg. No.: A47/3.1/0548. For full prescribing information refer to the approved package insert. Zydus Healthcare SA (Pty) Ltd, Block B, Southdowns Office Park, 22 Karee Street, Centurion, 0157. Tel. no.: +27 (0)12 748 6400. AZC/06/21/AD.



*final thoughts...*

*It only seems impossible,  
Until it is DONE!*



**Forthcoming attractions >>>**

**Next issue: SEP 2021**

**ROADSHOW – 4 Sep 2021**

**Festival of SEM Conferences: POSTPONED**  
**to October 2022, CSIR, Pretoria**

Contact us



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