TREATING SPORTS INJURIES WITH A COMBINATION OF IBUPROFEN AND PHYSIOTHERAPY

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The present growth of sport throughout the World is leading to an increase in the total number of injuries, both in organised games and athletic meetings, and also in recreational activities.

One of the main aims in sports medicine is to start treatment as soon as possible, so that the injured athlete can return to training and competition, and it is often best for physiotherapy to be combined with appropriate medication. During the period of 1976–1979, the Sports Medicine Dispensary at Nis treated 183 sportsmen of different sports interests, and with a variety of soft-tissue injuries. Of these, 123 (67%) were to the lower limb, and 60 (33%) to the rest of the body. Most of the injuries were associated with soft tissue bruising and joint effusions. Association football accounted for 93 (51%) patients, handball for 41 (22%), and the remaining 49 (27%) were from a variety of sports

including boxing, basketball and athletics. All had severe pain on movement when first examined, and local tenderness.

The injured sportsmen were treated with a combination of ibuprofen ("Brufen") $\times$ 1,200 mg daily, and paraffin ultrasound therapy. The time between commencement of treatment and resumption of full training was recorded. Ibuprofen combined with ultrasound had a marked analgesic effect, most patients being pain-free within five days, swelling subsiding within ten days, and full and painless joint movement within two weeks. No side effects were noted. As this combination of treatment seemed empirically to be effective, it was not considered fair to the athletes to compare the results with ibuprofen alone, physiotherapy alone, or with another drug, either aspirin or a simple analgesic without known anti-inflammatory effects.

DISCUSSION

SPORTS CLINICS

M. S. BOURNE described the inauguration and running of the Manchester University Sports Injuries Clinic.

The combination of the country's largest medical school, with an annual student intake of 270, a total student population of 16,000 undergraduates, with also students from the Royal Northern College of Music and some from the Polytechnic, and the appointment of a new Professor of Orthopaedic Surgery, were all factors that encouraged the formation of the clinic. Support came from several local consultants who already looked after Association and Rugby Football clubs in the area, though it is difficult to impose upon the time and facilities of such helpers routinely.

Consequent on the trial of Ibuprofen, described already, more support was provided by the Boots Company, and this, combined with a large and active Student Health Service and a Professorial Orthopaedic Department, enabled a start to be made — funded jointly by the University and the Boots Company. The Orthopaedic Department provided the clinical expertise, a physiotherapist was appointed, and her treatment room equipped.