Effects of fatigue on ankle stability and proprioception in university sportspeople

Objectives
To assess the effect of fatigue from sporting activity on ankle stability and proprioception in university students.

Methods
Subjects were recruited from the University of Southampton. They were divided into two groups: control (no fatigue) and experimental (fatigue). The experimental group performed a series of physical activities including running, jumping, and skateboarding. The control group did not participate in any physical activity.

Results
The experimental group showed a significant decrease in ankle stability and proprioception compared to the control group. This finding suggests that fatigue negatively impacts the ability to maintain ankle stability and perform precise movements.

Conclusions
These results highlight the importance of considering fatigue in the design of physical activity programs and the potential for fatigue to affect athletic performance.

References
1. S Naimer, J P Brown, G W Bowyer, University of Southampton Medical School, Southampton General Hospital, Tremona Road, Southampton SO16 6DY, UK; job298@soton.ac.uk

Centripetal skater’s manual oedema

This doctor’s indulgence in rigorous physical activity led to the realisation of a novel clinical entity. As an active sportsman and ex-ice hockey player, currently living in a hot climate, I have had to sublimate my sporting activities to infrequent inline roller skate street journeys. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey. Recently, on a day of a very pressed schedule, I attempted to concentrate a street journey.

Intense training in elite female athletes: evidence of reduced growth and delayed maturation

In their recent article Intensive training in elite young female athletes, Baxter-Jones and Maffulli reviewed 18 studies and concluded that intensive training inhibits growth and maturation. We have two concerns about this conclusion. Firstly, we agree that analyses of cross sectional and cohort data in this population are confounded by sampling bias; gymnasts who are successful at an elite level are likely to be self selected by their small stature and delayed maturation. Furthermore, data from cross sectional and cohort studies are often averaged. This group approach provides little information about individual growth patterns. Thus, in the review by Baxter-Jones and Maffulli, and the literature at large, an important basic question has been overlooked: is there any evidence that growth and/or maturation are adversely affected in some athletes and if so, what is the frequency of this condition?

Secondly, in contrast with their findings, our analysis of over 35 clinical reports (cross sectional, historical, and prospective cohort studies) indicates that elite level gymnasts may be at risk of adverse effects on growth. We reported that the increased magnitude of the delay in skeletal maturation with training is associated with the occurrence of catch up growth energy intakes appeared to be at greater risk. We agree with Baxter-Jones and Maffulli that a cause-effect relation between gymnastics training and inadequate growth of girls has not been shown; there have been no randomised controlled trials. However, this does not mean there is "no evidence for inadequate growth among female gymnasts". Possible reasons why this problem does not occur during ice skating are the fact that long distances without any stops does not occur during ice skating. Thus, heavy roller skating is a thought to entertain a doctor’s mind when confronted with a patient with an unexplained bilateral hand oedema.

References
Spoilsports (understanding and preventing sexual exploitation in sport)


The book is targeted at everyone involved in sport: coaches, doctors, scientists, administrators, parents, and participants.

Celia Brackenridge is internationally acclaimed for her work in uncovering the story of sexual exploitation in sport and offering explanations about why it occurs. She is uniquely qualified by her professional expertise as a scholar in the sociology of sport and by her own experience as coach and athlete at elite level in the sport of lacrosse. It is very brave to pursue a line of research that almost always creates immediate resistance from the audience (“...that can’t be happening in our sport/profession”). It is also personally harrowing to investigate this issue with the victims and to find support to cope with what is heard. The production of this book is therefore a culmination of several years of difficult research. It is clear to me that all of us involved in sport must read this book and be aware of the issues. Those of us in higher education must also put this book on the reading list for “ethical issues” topics in curricula for all sport related degrees.

The title is great. Sport should be fun and run within a set of rules that are clear to all. But sexual exploitation within sport is a breach of rules and most certainly will spoil sport (and lives) for many (and who knows how many) individuals. The first two parts of the book provide evidence for the complex issue of sexual exploitation in sport and reasoning about why it may occur. If anyone reads this and continues to think that sexual exploitation cannot be happening in their sport or profession because there are no specific examples, then they must think again. Evidence suggests that exploitation will be happening in all areas of sport, and Brackenridge challenges us to become aware of that and then to take steps to prevent it. The third and fourth parts of the book offer a challenge to change the way sport is managed and how researchers can assist in this change in order that sexual exploitation is dealt with.

Further details: Cathy Means; tel: +1 608 263 6637; fax: +1 608 262 8421; email: cjmeans@facstaff.wisc.edu

XVI IEA World Congress of Epidemiology
18-22 August 2002, Montreal, Canada
Further details: Conference Secretariat, Events International Meeting Planners, 759 Square Victoria, Suite 300, Montreal, Quebec, H2Y 2J 7, Canada; tel: +1 514 286 0855; fax: +1 514 286 6066; email: info@eventsintl.com
Web site: www.iea2002.com

Kinesiology—New Perspectives.
3rd International Scientific Conference
25-29 September 2002, Opatija, Croatia
Further details: Conference Office, Faculty of Kinesiology, 10,000 Zagreb, Horvanciski zavoj 15, Croatia; tel: +385 1 3658 666; fax: +351 1 3634 146; email: natalja.babic@ffk.hr

Evening Tutorials II: The ankle, anatomy, examination, biomechanics, surgical procedures, and rehab, with practical sessions
Autumn 2002, Edinburgh
Further details: Dr Faith Gardner, 73a London Rd, Kilmarnock, Ayrshire; tel: (0)1563 537306

The Queen’s Golden Jubilee and Post Commonwealth Games
BASEM Congress 2002
10-13 October 2002, The Low Wood Hotel and Conference Centre, Windermere, Cumbria, UK

Keynote lecturer
Professor Stuart M McGill (Canada), will lecture on “Low back exercise: the foundation for building the best programme” and present a workshop on “a programme to enhance spine stability”. Assistant Professor Karin Khan (Canada), will lecture on “Better management of tendinopathies” and “Physical activity and bone health”. Other speakers include: Professor Dr med Hans H Paesler (Germany) lecturing on “Current concepts in knee ligament reconstruction following sports injuries” and “Rehabilitation after cruciate ligament reconstruction”; Mr Peter Hamlyn (United Kingdom), Chairman of the Government Ministerial Working Group. Report on Safety and Medicine in Sport, will open and Chair a discussion on progress one year on from the report.

A full programme is available on our web site www.bjsportmed.com. Further details: Mr’s Sue Roberts, BASEM Company Office, 12 Greenside Ave, Froxfield, Cheshire WA5 7SA, UK; tel/fax: +44 (0)1928 732 961; email: basemoffice@compuserve.com
Web site: www.basem.co.uk

Sports Medicine of Australia 2002 Australian Conference
12-16 October 2002, Carlton Crest Hotel, Melbourne, Australia
Keynote speakers include Dr Bill Evans, Professor Tom Rowland, and Dr Glenn Singleman.

Further details: Kate Gulliver, Sports Medicine Australia, PO Box 237, Dickson ACT 2602; tel: +02 6230 4650; fax: +02 6230 9508; email: sma.conf@sma.org.au; Carlton Crest Hotel contact details: 62 Queens Road, Melbourne VIC 3004, Australia; tel: +61 3 9526 7470; fax: +61 3 9526 7400.

Celebrating 50 years of Orthopaedics in Singapore
13-16 October 2002, Singapore
In conjunction with the 25th Singapore Orthopaedic Association Meeting, 22nd Asian Orthopaedic Association Meeting, 5th Combined Meeting of Spinal and Paediatric Sections—APOA, 7th Meeting of Sports Medicine Section—APOA, 3rd Meeting of Asia-Pacific Orthopaedic Society for Sports Medicine.

Further details: 2002 COM Secretariat, c/o Dept of Orthopaedic Surgery, National University Hospital, 5 Lower Kent Ridge Road, Singapore 119074, Republic of Singapore; tel: +65 772 4340; fax: +65 778 0720; email: secretariat@soa.org.sg

BASICS Immediate Care Course
21-25 October 2002, Madingley Hall, Cambridge, UK
This five day residential course is primarily aimed at those with extensive experience in immediate care, this course will develop and enhance the necessary skills to deal with all medical and other emergencies in pre-hospital medicine.

Further details: BASICS Education Ltd; tel: +44 (0) 870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

BASICS Immediate Care Course
“Top up”
24-25 October 2002, Madingley Hall, Cambridge, UK
This two day course is for those who would like to attend the final two days of the Immediate Care Course and develop their skills.
The 5th Asian Federation of Sports Medicine Congress
24–27 October 2002, Seoul, South Korea
Further details: AFSMC, 2002 Seoul Secretariat, Hanlim Travel Service Ltd, (c/o Young CHANG) Marine Center New Bldg 5th Fl, #51, Sogong-dong, Chung-gu, Seoul 100–770, South Korea; tel: +822 726 5555; fax: +822 778 2514; email: ychang@kaltour.com
Web site: http://www.afsmc2002.or.kr

Australian College of Sports Physicians (ACSP) 2002 Conference in conjunction with the New Zealand Sports Medicine Conference
30 October–3 November 2002, Christchurch, NZ
Keynote speaker will be Assistant Professor Karim Khan from Vancouver, Canada. Further details: Rob Campbell; email: rcampbell@sportsmed-nz.co.nz
Web site: www.acsp.com.au

Skills Course in Musculoskeletal Ultrasound
6–8 January 2003, Oxford, UK
This two day course is directed at previous participants on the pre-hospital emergency care and immediate care courses. The aim is to maintain and update skills; incorporating the latest developments in pre-hospital care. Further details: BASICS Education Ltd; tel: +44 (0)870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

2nd World Congress of Science and Medicine in Cricket
4–7 February 2003, University of Port Elizabeth, South Africa
Further details: Dr Richard Stretch, University of Port Elizabeth, PO Box 1600, Port Elizabeth 6000, South Africa; tel: +27 41 504 2584; fax: +27 41 583 2605; email: sparas@sportmed.co.za

Vth World Congress on Science & Football
April 2003, Lisbon, Portugal
Further details: Dr J Cabri; email: J.cabri@fmh.ulis.pt
Web site: http://www.fmh.ulis.pt/wesf

3rd Québec International Symposium on Cardiopulmonary Rehabilitation Evidence Based Interventions: Science to the Art of Cardiopulmonary Rehabilitation
11–13 May 2003, Québec City Convention Center, Québec, Canada
Call for abstracts deadline is 1 November 2002. The abstract submission form and complete programme can be printed from the web site. Further details: email: jean.j.obin@med.ulaval.ca
Web site: www.ulaval.ca/symp-rehab

The 6th STMS World Congress on Medicine and Science in Tennis in conjunction with the LTA 2004 Sports Science, Sports Medicine and Performance Coaching Conference
Keynote speakers include Professor Per Rentstrom (SWE), Professor Peter Joki (USA), Professor Savio Woo (USA), Dr Carol Otis (USA), Dr M ark Safran (USA), Dr Ben Kibler (USA), Prof Bruce Elliott (AUS), and Professor Ron Maughan (UK).
Further details: Dr Michael Turner, The Lawn Tennis Association, The Queen’s Club, London W14 9EG, United Kingdom; email: michael.turner@lta.org.uk

Diploma in Sport and Exercise Medicine for Great Britain and Ireland
Details for the above exam can be found on the Royal College of Surgeons of Edinburgh Website at http://www.rcsed.ac.uk alternative applicants can write to: The Royal College of Surgeons of Edinburgh, Careers Information Services, 3 Hill Place, Edinburgh; tel: +44 (0)131 668 9222 or Mrs Vyvonne Gilbert, Intercollegiate Academic Board for Sport and Exercise Medicine, Royal College of Surgeons of Edinburgh, Nicolson Street, Edinburgh EH8 9DW; tel: +44 (0)131 527 3409; email: y.gilbert@rcsed.ac.uk

Sports medicine at the University of New South Wales
Masters of Sports Medicine
You don’t have to leave your practice:
• Delivery by distance education
• Videos, CD-ROMs and online learning
• All aspects of Sports Medicine covered
• Locally organised examinations
• Clinical training
• Certificate and Diploma courses also offered
Further details: Sports Medicine Programs, UNSW Sydney 2052, Australia; tel: +61 9385 2557; fax: +61 9313 8629; email: sportsmed@unsw.edu.au
Web site: www.med.unsw.edu.au/sportsmed

NCPAD NEWS
A monthly publication of the National Center on Physical Activity and Disability. NCPAD is the leading source for information about organisations, programmes, and facilities nationwide providing accessible physical activity and recreation. NCPAD also has a large and growing online library of fact sheets, monographs, and contact information on physical activity and recreation for people with disabilities.
Sign up for this free monthly electronic newsletter by sending an email to: Listserv@listserv.uic.edu, with this message in the body of the e-mail: SUBSCRIBE NCPAD-NEWS yourfirstname yourlastname. If you have any difficulty, you can also sign up for the newsletter by going to http://www.ncpad.org/signup

Further details BASICS Education Ltd; tel: +44 (0) 870 165 4999; fax: +44 (0) 870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

NOTES AND NEWS

Postscript
Centripetal skater's manual oedema

S Naimer

doi: 10.1136/bjsm.36.4.310-a

Updated information and services can be found at:
http://bjsm.bmj.com/content/36/4/310.2

These include:

**References**
This article cites 5 articles, 2 of which you can access for free at:
http://bjsm.bmj.com/content/36/4/310.2#BIBL

**Email alerting service**
Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

Notes

To request permissions go to:
http://group.bmj.com/group/rights-licensing/permissions

To order reprints go to:
http://journals.bmj.com/cgi/reprintform

To subscribe to BMJ go to:
http://group.bmj.com/subscribe/