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THE WORLD OF SPORTSMEDICINE

VOL. 1 No. 1

Sept. 1, 1981

A Quarterly Publication of the F.I.M.S.

Foreward

With a roster of 60 member nations, and with the promise of more to be added in the next few years, a rapidly growing individual membership, it seems to be time for the F.I.M.S. in its 53rd year to improve the communication between the organizations and persons who comprise this vast association. Encouraged by the Executive Committee to provide a more rapid dissemination of information about the activities of the national associations, the three commissions of the F.I.M.S. and other developments in the field of sportsmedicine, and with the general financial support of Syntex Corporation, the Editor presents the first issue of what we hope will be a quarterly newsletter to fulfill this objective.

The ultimate success of this venture will depend as much on the willingness of the members national associations to provide news of their activities and the contributions of individual members as on the Editor and the Executive Committee. Please address your contributions to the undersigned at 3800 Jeff Place, Edina, Minnesota, U.S.A., 55436.

Allan J. Ryan, MD
Secretary General



Allan J. Ryan, MD, is Secretary General of the F.I.M.S. He is the Editor-in-Chief of the medical journal THE PHYSICIAN AND SPORTSMEDICINE which is published by McGraw-Hill in Minneapolis, Minnesota.

THE F.I.M.S. PRESIDENT 1980-1982

At the Council of Delegates meeting in Rome in September, 1980, a new President was elected to succeed Prof. Dr. Ludwig Prokop of Austria who had assumed the office at Brasilia in 1978. This new President is already known to many of you because of his world-wide travels and lecturing in behalf of sportsmedicine. For those who are not already acquainted with him, we provide a brief sketch of the man who will head our organization until the World Congress in Vienna in 1982.

Ejnar Eriksson, M.D., was born May 19, 1929 in Oster-sund, Sweden. He studied medicine at the Karolinska Institute and received his M.D. May 1956. He defended his dissertation and received his Ph.D. in May 1966 at the Karolinska Institute. Since November 1966 he has been an Associate Professor at the Karolinska Institute. His medical training has been in general and orthopedic surgery and he has passed specialty boards in both.

He has always been strongly interested in sportsmedicine, with his main fields of interest and research being in knee ligament repair, muscle physiology and rehabilitation following sports injuries. He has published about 200 scientific papers and is presently the head of the Division of Trauma of the Department of Surgery of the Karolinska Sjukhuset, Stockholm, Sweden.

Like most sportsmedicine doctors, he has a background in sports himself. He was active in "orienteering" while in high school, has also been a competitive swimmer and is today a devoted jogger and cross country skier. He is immediate past president of the Swedish Society of Sports Medicine, president of the North West European Association of Sports Medicine and president of the International Society for Skiing Safety. In 1980 he was elected "Mr. Sports Medicine—1980" by the American Orthopedic Society for Sports Medicine.

Motivated by a sincere interest in education, he has studied particularly the problems of how to train teachers to teach and has arranged courses in this field in Sweden many years ago. He has arranged regularly courses in sports medicine, sports traumatology, and arthroscopy, including lately operative arthroscopy, not only in Scandinavia, but also, since 1980, in Italy.



Ejnar Eriksson, MD, President of the F.I.M.S., is also currently President of the Swedish Sports Medicine Association. He is Professor of Trauma Surgery at the Karolinska Hospital in Stockholm, Sweden.

During his term as president of the Swedish Society of Sports Medicine, this group has increased its membership from 180 to over 900. There are several reasons why sportsmedicine has become so popular in Sweden, but one of the main ones is the number of activities in which the Society has engaged itself. They have given regularly courses in sportsmedicine, not only for physicians but also for other professionals in allied health fields and physical education.

Ejnar Eriksson was married in 1956 to Greta and has two boys, Johan 22 and Sverker 21. His hobbies are sports, out-door life and photography.

FROM THE NATIONAL MEMBER ASSOCIATIONS

Argentina

A scientific bulletin of the Argentine Federation of Sports Medicine was established in May, 1978 under the editorship of Dr. Antonio Alcazar. It is published semi-annually under the title "Folios de Medicina del Deporte." In its 6th issue it published in full the F.I.M.S. statement regarding the Training and Abilities of Children written by M. Macek and J. Vavra of the Faculty of Pediatrics in Prague, Czechoslovakia.

An information bulletin, also edited by Dr. Alcazar, gives news of activities of the affiliated regional organizations in Formosa and Marplata which held their first sportsmedicine days in 1980 and 1981 respectively, the names of the new officers of the Metropolitan Association, and the announcement of an International Congress of Medicine and Science Applied to Sport together with the Argentine Sports Medicine Days which were held in June 1981. Round table discussions at the latter event included "Women and Sport" and "The Child in Sport." In the former, presentations were made on nutrition, boxing, rehabilitation of sportsmen, ergospirometry and control of doping.

Australia

The 1981 Directory of Financial Members shows 1426 names, an increase of 582 in the last 2 years. State organizations are now established in New South Wales, Queensland, South Australia, Tasmania, Victoria and Western Australia, with two regional branches in Victoria and one in Queensland. The current President is Dr. Kevin Hobbs of Queensland, Honorary Secretary / Treasurer, Dr. W.P. Webb of New South Wales and Executive Director, Mr. B.J. Markey of Victoria.

The Australian Journal of Sports Medicine, a quarterly, was established in 1964. The newsletter of the Australian Sports Medicine Federation is in its 5th year of publication. Good relationships with the Federal and State governments have resulted in the ASMF receiving cash grants and/or use of facilities for partial support of its program. A good relationship has also been established with the Australian Olympic Federation resulting in an improvement in medical services to international sports teams.

A subcommittee on Doping Control has been very active in investigating drug abuse in both human and horse and dog racing organizations, circulating a booklet "Doping Control Regulations," preparing a list of banned drugs, providing dope testing at several championships, establishing minimal laboratory requirements for such testing, and presenting educational seminars regarding doping in sports.

The theme of the 1981 Annual Conference was "Exercise and Sports in Health, Disease and Disability." Planning is underway for the 1982 Annual Conference which will be held at the Gold Coast, Queensland, September 23-28, as part of "Conference 82" associated with the Commonwealth Games. The theme will be "Elitism in Sport."

Czechoslovakia

The Federal Committee of the Czechoslovak Society of Sports Medicine for 1977-1981 included: President, Prof. Dr. Ludovik Komadel, CSc, Scientific Secretary Dr. Vojtech Graus, and Members, Prof. Dr. Jaromir Horak, CSc, Prof. Dr. Eugen Horniak, CSc, Dr. Zdenek Lisy, CSc, Prof. Dr. Milos Macek, Dr. Sc, Prof. Dr. Vlastibor Minarovjeh, CSc, and Prof. Dr. Jiri Rous, CSc.

Great Britain

Officers of the British Association of Sport and Medicine in 1981 are: Chairman, Mr. Basil Helal; Hon. Secretary, Dr. Peter N. Sperryn; and Hon. Treasurer, Dr.

Henry E. Robson. Dr. Robson is also Editor of the British Journal of Sports Medicine which was established in 1968, succeeding a Bulletin which began publication in 1964.

The Seventh Annual International Sports Medicine course at Loughborough University was held March 29 to April 4. This course again was approved by the FIMS as a qualification for associate membership. A one week residential course in sports medicine was also planned for Glasgow, Scotland in September. Other meetings included: at Leeds, England, "Bioengineering in Sport" in January, and "Computers in Sports Sciences" in April; a multidisciplinary conference on exercise and community health in London in July; a "Symposium on Rowing Injuries" at Henley-on-Thames, May 9; and a conference on "Sport for Disabled People" at Reading, England in October. The British Medical Federation also conducted a basic course in sportsmedicine for overseas candidates for the British Diploma in Medical Rehabilitation in March.

A sportsmedicine course of three academic term's duration is planned to begin October 1981 at the London Hospital Medical College. The fee is estimated to be about \$3,000.00 US and a College diploma will be awarded to those who complete it successfully. Details can be obtained from the Secretary of the College, Whitechapel, London E1 1BB.

Luxembourg

The Committee of the Luxembourg Society of Sports Medicine is composed of the following members: President, Dr. Jean Felten; Vice President, Dr. Vic Munchen; Secretary, Dr. Carel Achen; Treasurer, Dr. Ernest Weicherding; and members, Dr. Jean Gutenkauf and Dr. Carlo Moitzheim.

Portugal

The first National Congress of Sports Medicine is scheduled to be held in Lisbon, October 22-24, 1981. Chairman of the organizing committee and President of the Scientific Committee is Dr. Anibal Silva d Costa of Lisbon. The Provisional Program identifies sections on sports physiology, sport physiopathology, sport traumatology, sport psychology, history and philosophy of sport and sports for the handicapped.

Thailand

The Executive Committee of the Sports Medicine Association of Thailand for 1979-1981 is as follows: President, Dr. Ouay Ketusinh; First Vice President, Dr.

Nathee Rakspolmueang; Second Vice President, Dr. Banlu Siripanich; Secretary General, Dr. Chroentasn Chintanaseri; Treasurer, Dr. Nongyao Khammaratn; Registrar, Dr. M.R. Thawalpakorn Voravarn; House Master, Dr. Chindablia Sayanhaviksit; Technical, Somchi Bovurnkitti; Technical Assistant, Krungkrei Chenpanich; Librarian, Anek Yuwvachitti; Public Relations, Vichai Vanadurongwan; Members, Nad Nanakorn, Pongsakdi Vithyakorn, Amnuay Xuto, Varaporn Israngkura Na Ayudhya.

The Association has been host to the Second Asian Congress of Sports Medicine in 1977 and to the Asian Congress of Sports and Health in 1978. It has campaigned actively for sports as a means of health promotion and provided training in practical sportsmedicine for physicians during Regional Games in Lampang Province in 1979.

Turkey

Current officers of the Turkish National Sports Medicine Federation are: President, Prof. Dr. Necati Akgun; Vice Presidents, Prof. Dr. Coskun Sarman and Asst. Prof. Dr. Kut Sarpyener; Secretary General, Prof. Dr. Fikret Cureklibatur; and members, Prof. Dr. Hamit Ozgonul, Dr. Sait Pembecioglu, Dr. Sabrisen, Dr. Huseyin Leblebicioglu, and Prof. Dr. Fikret Durusoy.

The Federation organized the 5th Balkanic Congress of Sports Medicine in Izmir, June 5-7, 1981 under the auspices of the Ministry of Youth and Sports. The main themes were: Specificity of training in wrestling by Bulgaria; Treatment and rehabilitation of injured soccer players by Greece; Exercise and hormonal regulation by Romania; Orientation and selection of athletes by Yugoslavia; and Women in Sports by Turkey.

Interfederal Medical Commission

A convention and symposium of Physicians Representing International Sports Declarations will be held in Rome, October 24-27, 1981 with the patronage of the General Association of International Sports Federations. Dr. Albert Dirix, as chairman of the Interfederal Medical Commission is chairman of the organizing committee which includes representatives of the Italian Federation of Sports Medicine and the Italian Olympic Committee. Subjects to be discussed will include: Rights and obligations of physicians of the international sports federations, education for physicians in sportsmedicine, cooperation between physicians, coaches and trainers, medical problems of motor sports, occurrence of sports injuries, pathophysiology of muscle and tendon injuries,

prevention of stress injuries, early rehabilitation following sports injury, role of nutrition in sports performance, medical opportunities and limitation for improving sports performance, assessment of physical problems on the sports field, and current problems in sports doping.

Executive Committee

The Swedish Sports Federation and the Swedish Sports Medicine Society have invited the executive com-

mittee of the FIMS to a joint meeting at the Boso Sports Institute near Stockholm, October 30 to November 1, 1981. There will be discussions of the needs for collaboration between sports federations and sports medicine societies, and reports about the production of a Swedish textbook of sports pharmacology and counter measures against sports doping. A regular meeting of the executive committee will take place and there will be a tour of several sports medicine research centers in Stockholm.

BOOK REVIEW

Title: **CASUALTY RADIOLOGY**
Author: Paul Grech
Publisher: Chapman and Hall
 Price: £15.00

The concept of producing a radiological text book encompassing the vast spectrum of Accident and Emergency work covers a void that hitherto has been sadly lacking. The author has managed to produce a very comprehensive concise book on the subject which is very readable and instructive.

The book is not intended as a radiological text book covering sporting injuries but does provide comprehensive cover of many sporting type fractures and ligamentous injuries.

The content of the book is well laid out in a systematic way, each chapter dealing with a specific anatomical area. The individual chapters are subdivided into three divisions namely the radiological anatomy of the area under discussion, common pitfalls encountered and diagnostic difficulties that are likely to be met.

However, there are a number of grammatical errors which should not occur in a book of this quality and more importantly the accuracy of some of the illustrations and points made are slightly doubtful. The X-ray plates are a little small and the quality of reproduction is poor on a number of occasions making it difficult to actually see the point being made.

In fairness to the author he has stated that he has deliberately excluded specialised radiological investigations but the book would benefit if certain areas that have received undue consideration could be reduced in size and space found for a chapter on such investigations as IVP's, urethrograms and arteriograms which play a large part in the diagnosis of trauma patients.

In summary the author has presented a valuable concise book on a vast subject that will make useful reading for all those concerned in accident and emergency work. However, the cost of the book may prohibit many people from owning a copy but every department should have a copy in their library.

M. J. Allen

Bulletin of The British Association of Sport and Medicine

HONORARY SECRETARY'S COLUMN – December 1981

THE BRITISH ASSOCIATION OF TRAUMA IN SPORT – AN APOLOGY

In this column in previous issues of the Journal this year I have made various statements concerning the above Association which may have left readers in considerable doubt about the aims and status of this new body, and I should like to take this opportunity of making it clear once and for all that the BATS is to be an entirely non-profit making professional body and that it has no financial links whatever with any commercial profit making concern.

I fully accept that for me to suggest otherwise was a wholly unwarranted slur upon the professional integrity of those involved in the Association's formation, Mr. Patrick England, Dr. J. E. Davies (both members of our Executive Committee), Mr. G. McLatchie and Dr. L. Walkden, and all those concerned with it, and I sincerely apologise for having done so.

The urgent challenge now confronting us is to realise fully the current mood for change and unity in sports medicine and science. Not only are the demands of sport for practical services strengthening, but the Sports Council, through its Sports Sciences Advisory Group has expressed a firm intention of taking steps to bring about more practical support in this field for sport.

Historically, the growing BASM served as a matrix from which various groups developed and, to a greater or lesser extent, split off to represent different disciplinary interests. While most members retained dual membership of the two or more professional associations, the inability of BASM to give a specific enough professional outlet for such interests as physiotherapy, psychology, science and so on, proved a valid stimulus for alternative more specialist groups, notwithstanding everyone's agreement on the need for a central, federal umbrella of some sort.

It is the firm intention of the Association's officers to speed up the constitutional changes now under way, designed to bring BASM up-to-date as a limited liability company with charitable status with obvious tax saving and trading advantages which would enable us for the first time to begin to operate on more business-like lines in future. It is also our firm intention to promote during the revision of the constitution two further positive changes. Firstly, we wish to emphasise the regional growth of our organisation because as we grow we inevitably become more remote from our grass root members and activities. Politically, it is imperative that we pursue the regional programme hand-in-hand with the co-terminous Sports Council regions to promote practical services locally as well as jointly to prove the demand to central government for recognition and greater funding.

Secondly, we intend to bring about a re-unification of the presently fragmented forces in sport, science and medicine by changing our own structure and organisation sufficiently to make a new federal structure compellingly interesting to all parties.

Other things have happened over the past couple of years, no doubt hastened by the national economic crisis. It is difficult to run small organisations and small journals effectively. Even if a small organisation runs a successful news sheet or journal, the time has come when there are simply too many sources of information, and I have in the past year been assiduously visiting as many meetings and organisations as possible and have repeatedly heard the plea for a more centralised single source of information, including a simplification of the journal and news letter jungle.

Simultaneously, organisations grow to a point where it is no longer possible to run them out of the back bedroom, as it were. The point has certainly been exceeded in BASM where the impossibility of coping with a large range of activities and over 1470 members has led to the abandonment of sufficient meeting activity to satisfy the membership. Also the absurdly low level of our subscription has meant that the income of the association is largely used by journal production. It must be said that a further factor in BASM's failure to produce enough action is the apathy of its own members or, perhaps to put it more fairly, the centralised apathy of peripheral enthusiasts. It seems that in many ways people are keen to act and organise at their immediate local level in their own specialty, but are not so keen on bothering with more remote national larger-scale activities. It has been difficult, given our limited resources, to span the gap between the top and the bottom of our activity pyramid satisfactorily.

The strong impression gained over the past 18 months is that most of the organisations operating in the field of "sports medicine", are more than ready for a rationalisation of the present situation. How might this be achieved? BASM has long reiterated the principle of multi-disciplinism in sports medicine. Antagonists to this simple war cry have pointed out the dangers of dilution of highly professional organisations by mixed membership, and this is a valid criticism. Any new structure would need to take account of the need for specialist status for sections within a generalist federation.

Let us re-state the first two objects of the BASM:—

1. To promote the scientific approach to the investigation of medical aspects of sport.
2. To issue and sell publications, promote conferences and courses of study, and keep abreast of developments in medical aspects of sport, both clinical and scientific, and take part in discussions on such subjects.

Given the broadest interpretation of these objects, there seems to be no reason why we should not take advantage of our current change of constitutional status to broaden our structure into a federal organisation with specialist more-or-less autonomous professional sections and regional chapters. This would be equivalent to something combining the advantages of the Royal Society of Medicine in London and the American College of Sports Medicine. The RSM is a professional body in that stringent basic medical/scientific qualifications are required for admission, though there is provision for lay membership under certain circumstances. Within this federal structure, each of the specialties in medicine, including some non-strictly clinical topics such as comparative medicine, are accommodated in separate sections which enjoy a large degree of autonomy and publish their own meeting proceedings within the federal journal of the whole organisation. The subscription is high, bricks and mortar exist, together with the best medical library in London, probably Britain, and the journal production is highly professional.

The American College of Sports Medicine has some 8,000 non-clinicians and somewhat over 1,000 clinicians in its membership. It has three divisions — clinical, scientific and physical education. Each section has a degree of autonomy and elects its section Vice-President and the Vice-Presidents form the cadre from which the annual President is elected. A moderate subscription maintains a professional full-time office staff in hosted accommodation, a massive appeal has succeeded in ensuring a new bricks and mortar base in a new centre. One third of the membership turns up to the annual meetings, an aggressive educational and training programme is under way and the central federal office plays a large part in planning the development of regional educational programmes, e.g. by funding and supplying teams of expert speakers to tour selected areas. The College took the initiative of training exercise therapists according to its own guidelines and issues considered position standards from time-to-time on key topics in sports medicine. Multi-disciplinism clearly works, though it is sad that a group of orthopaedic surgeons split themselves off some time ago to form a separate organisation outside rather than within the College, though most of the individual clinicians involved have retained dual membership. This group has its own journal which has over the years been far from confined to orthopaedic surgical aspects of sport.

Coming back to Britain, how can we learn from these precedents?

Let us accept a working definition of "sports medicine" as "the application of all aspects of medicine and the sciences to sport and exercise". Then the second principle we should adopt would be that the individual sportsman should be the recipient of a unified service. This means that in all individual, club or governing body situations, the aim of the technical support team is to work according to defined objectives and aim to deliver through a final common pathway the benefits of medicine and science to the individual sportsman and his team. It can be a matter for debate and variation whether that final common pathway should be team physician, national coach, school teacher and so on. The present situation usually involves gross fragmentation of often conflicting technical advice being given indiscriminately to sportsmen who desperately lack a co-ordinator of technical services and advice.

In this stated aim lies the greatest plea for unity among the professionals trying to give service. A secondary political aim at present can be seen as the lesser viability of smaller, poorer parts than a richer, co-ordinated whole. A unified structure must be stronger than its components, provided that it can organise itself properly. From a financial point-of-view it must be appealing to all enthusiasts to pay one substantial subscription, let us guess at £25 or £30 a year to one organisation only, in return for one co-ordinated range of well-planned activities and one authoritative journal. This subscription may sound a lot for present members of BASM but is no more than the combined subscription which many of us pay to various parts at present.

From a political point-of-view the idea of one national organisation speaking for sports medicine and science is

attractive. As already stated, the Sports Council is looking for help and expecting and trying to support this field. It cannot do so efficiently to the maximum benefit of sport if it faces a lot of little organisations. We, the professionals, would be on very strong political and financial ground if we were to put our house in order over the next year or so and emerge as one federation negotiating firmly with central government and the Sports Council. All the intimations are at present that support would be forthcoming in practical, political and financial terms. Such a solid base would also enhance the possibilities of finance through sponsorship.

We should then challenge ourselves over the next few months to see whether we are able to find the formula for a successful federation. We would seek a stronger organisation, higher subscription, a professionally run office, one journal and both regional and sectional sub-divisions. The most pressing need all of us have is for a centralised source of information. The Sports Council subsidised reference library at Birmingham does half the job very well but an equivalent part could and should be added somewhere covering the more clinical and scientific aspects of sport and in today's age of computer link-ups and inter-library co-operation, it is hard to see this as impossible. A little bit of money, a clearly defined headquarters and a couple of information officers could go most of the way to providing what most of us need in the way of information, most of which exists but is not easily found and digested. The information and education services and requirements are, of course, fields in which commercial agents seem less interested and able to provide satisfaction and are part of the underlying justification for a strong centrally subsidised federation rather than, for instance, a simple commercial organisation existing on fees per items of service given. The natural link of an information service would be with the existing libraries and the Sports Council, almost all of them in some part of the public sector.

It is reasonable to look for positive government support eventually if we can present a coherent federal plea to the appropriate government agencies. It is after all, the government's twin commitment to seek "sport for all" through the Sports Council and an improvement in health through the medium of exercise promoted by the Health Education Council. It is clearly illogical and absurd not to provide for the technical, medical and scientific support of such programmes, and for this reason alone we have to be on a long-term winner but for political reasons it is obvious that a strong central bargaining body would have a better chance of tapping government resources than a number of smaller and weaker bodies.

Having set a statement of ideals, it would be naïve to omit mention of some of the rocks upon which our ship may founder. Firstly, the name of our association may itself be a stumbling block to many non-clinicians. In 1977 the annual meeting debated a change of name to include "Science", but this was rejected overwhelmingly. There seems an antipathy towards the idea of clinical control of sports medicine in this country. By contrast, the American College, and its overwhelming preponderance of non-clinicians voted to keep the simple name College of Sports Medicine, so we will have to face the question of name change and between us decide whether the name or the structure and objectives are more important factors.

Next, we clearly have to secure a new structure with sufficient autonomy for the individual specialist sections to convince all those sections of the viability of such a new federation. The analogy of the Royal Society of Medicine seems useful and if each section, for instance, medical or medical and surgical, or clinical, or physiotherapy, and so on, were to have exclusive membership within their own group, a strong claim could be made for using the sections of the federation as effective governing bodies within, say, sports physiotherapy, sports psychology, sports injuries, and so on. This might go a long way to easing the desires of some of the sections for exclusivity while keeping the doors well open to the advantages of federal contact. It seems important to retain the concept of a lay section, perhaps with minimal voting rights and lower subscription to accommodate those many well wishers and enthusiasts at present excluded for fear of professional dilution. Many very exclusive colleges have already accepted this concept in various ways and it does seem a useful way of tapping goodwill as well as cash.

Next, certain of the potential members of such a federation might feel unhappy about giving up their present links, for instance the special status of the Association of Chartered Physiotherapists in Sport with the CSP which may create problems. However, a determined look at the possibilities of autonomy within a federal structure might show profitable ways round any constitutional block. What we wish to emphasise is that we seek true federalism and that sectional autonomy would mean just that. We have to escape from the present impasse. Historically, the time has come when the contents of the melting pot of sports medicine can be poured into a more definitive mould.



REPORT

FIFTH BALKAN CONGRESS OF SPORTS MEDICINE

IZMIR, TURKEY

June 5th – 7th, 1981

H. E. ROBSON

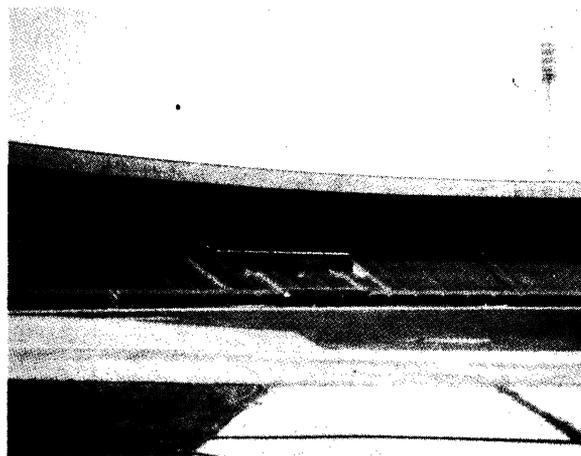
An invitation was extended by the Turkish National Sports Medicine Federation for members of the British Association of Sport and Medicine to participate in this Congress. Three members attended, in a private capacity, but beared with them the Chairman's letter of good wishes.

Dr. J. Raymond Owen, a Vice-President, Dr. H. E. Robson, Hon. Treasurer/Editor, and Mrs. Aida Robson, MCSP, member. The original intention had been to wind up the Congress with a symposium on the scientific basics of football coaching in various countries, but at the last minute this session, which was to be held jointly with the Turkish National Football Coaches Conference, had to be cancelled.

Proceedings opened with an official inaugural ceremony, followed by a reception in the Fuar Park, Izmir's extensive pleasure garden and zoo, given by the Honorary President of the Congress, the Minister of Youth and Sports, Mr. V. Özgül. The Minister also took the chance of presenting medals to some of Turkey's outstanding young swimmers.



Entrance to Fuar Park.



The stadium, Izmir.

The first scientific session was opened by Prof. Necati Akgün, of the Aegean University (University of Ege), who discussed some of the problems of women in sport, in a country where women have only recently been freed from the harem – from Yashmak to Bikini in thirty years. Other papers on various themes followed – given in Turkish with simultaneous translation, electrocardiograph studies in distance runners (F. Durusoy, Congress Secretary) and other free topics, including instrumental measurements of nasal obstruction. Contributions followed from Bulgaria (G. Mateev and his colleagues), Roumania (A. Demeter et al), Greece (M. Lioungas et al) and Great Britain (H. Robson). A major disaster to football spectators, with twenty fatalities, were reported from Greece, and was followed by the sort of senseless vandalism that is only too common in the UK. The use of the arthroscope was described by some speakers, but economic limitations hinder clinical research, for example when a country with Britain's population only possesses three or four arthroscopes (our situation twenty years ago).

Another reception, this time at Fuar Tennis Club given by the Chamber of Commerce followed in the evening. The final session next morning continued with orthopaedic papers and some on rehabilitation. Current views in the



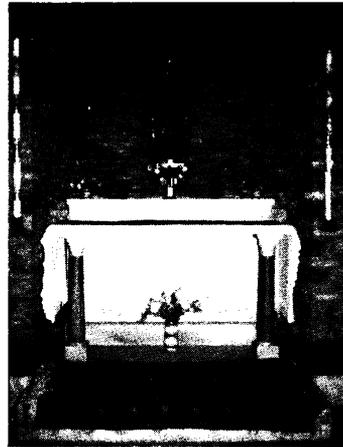
Kemel Ataturk's statue, Izmir



Prof Akgün and staff, Izmir Bay in background Sports Medicine Dept, Ege University



Virgin Mary's House



Altar, Virgin Mary's House ▶



Çeşme Castle



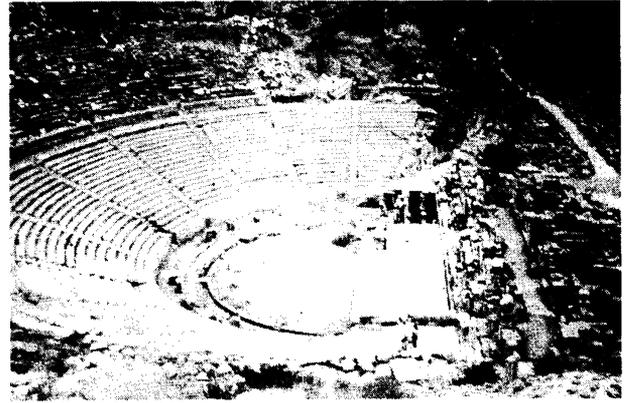
The convent on Chios

USA on rehabilitating post-coronary infarct patients and the value of exercise in the prevention of ischaemic heart disease were described by O. D. Karatun, a Turk who is a clinical professor in the University of Washington at Seattle, but the last two papers had to be cancelled owing to a power failure. The session chairman, H. Robson, invited the speakers to present their papers verbally only, but as this was impossible, a discussion on exercise and coronary ischaemia was initiated and the closing of the conference was adjourned to the cafeteria, one of the few places that had windows. The closing address was made by Dr. Avramoiu of Roumania, President of the Balkan Sports Medicine Association.

After a sandwich lunch there followed a coach tour of the extensive ruins of the Roman city of Ephesus, and a visit to a house and shrine alleged to be the retirement home of the Virgin Mary. After a brief stop at the seaside resort of Kysadasi, the return journey to Izmir was delayed by late weekend traffic, about as bad as the Brighton-London road on a summer Sunday.



Temple of Hadrian, Curetes St., Ephesus



Great Theatre, Ephesus

The day after the Congress closed, the football coaches' conference started. In anticipation of a symposium on football injuries and physiology of training, the author had spent a day at Nottingham Forest Football Club and the manager, Mr. Brian Clough, had sent with him a souvenir limited edition china plate for the President of the Turkish Football Association. This was duly presented, with full Press and TV coverage instead of the hoped-for informal presentation over a drink.

1981 is a special year for Turkey, as it marks the centenary of the birth of Mustapha Kemal, "Kemal Ataturk", the founder of the modern Turkish Republic. Celebrations were being held throughout the country all year.

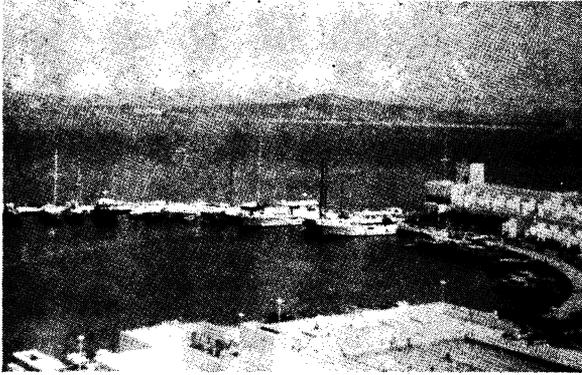
We were fortunate in our travel arrangements, we could not have organised the conference to suit ourselves better. Thompson's Travel Agents had arranged their first package holiday in Çeşme, at the tip of the peninsula south of Izmir, the flight from Luton arriving three hours before the Congress opened. After the opening of the football coaching conference we caught the local bus (50 pence for 60 miles) to join the rest of the tour at the marina hotel, the Golden Dolphin. In the marina were several tens of millions of dollars worth of Turkish owned yachts and motor cruisers. In the hotel was a fully equipped conference centre, and we made early tentative explorations about the possibility of holding a BASM fortnight's course there – for a little over £350 each inclusive. Unfortunately Çeşme was not listed in Thompson's brochure for next year, but an overseas venue for a course seemed an attractive idea.

From Çeşme we spent one day in Izmir, visiting the enormous football stadium, seating 80,000 people, and the very well equipped Sports Medicine Centre. There is an X-ray room, physiotherapy department that could take half a dozen patients at a time, two consulting rooms, a biochemistry laboratory, an exercise physiology laboratory, and a lecture room seating 40 or 50 people. The centre is staffed during working hours by members of the Sports Medicine Unit, Department of Physiology, of the University, and by clinicians from the University's large modern hospital on the campus at Bornova.

The University's Sports Medicine department occupies a two storey building, with exercise physiology, and biochemistry laboratories on the ground floor, together with a small departmental library. Upstairs are rooms for the

senior staff and for administration. The University Press is nearby and produces amongst many other publications the Turkish Sports Medicine Journal.

From Çeşme on other days there was a beach barbecue on an island inhabited only by a small heard of donkeys, and a trip to the Greek island of Chios, which included a terrifying coach journey to a mountain village and convent.



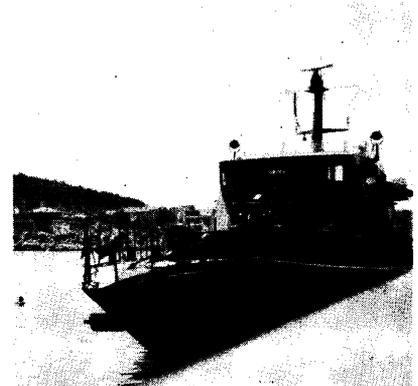
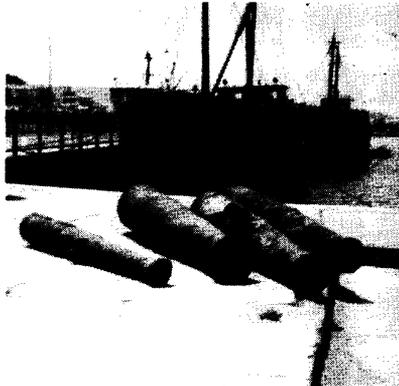
The marina, Golden Dolphin, Çeşme.



Another form of transport



Hilltop village, Chios



Naval Armament – Çeşme (a) 18th Century, (b) 20th Century

Despite the present military government, most of the people we talked to seemed happy with the state of affairs. At least stability had been obtained, and many abuses eliminated. Apart from the large NATO headquarters in Izmir, there were armed patrols to be seen, armed sentries at all the main University gates, and military camps can be seen in many places. There is a curfew, but only from 2 a.m. until 6 a.m., which did not affect us at all, and did not spoil an enjoyable international conference and a pleasant relaxing holiday afterwards.



**REPORT ON
FIRST INTERNATIONAL CONFERENCE
MEDICINE AND EQUESTRIAN SPORTS**

SAUMUR, 18th-20th SEPTEMBER, 1981

**S. Elizabeth E. ROBSON, SRN, SCM
Syston, Leicestershire**



On the 18th, 19th and 20th September we attended the 1st European and 3rd National Congress of "médecine et sports equestres" at Saumur in the province of Anjou, France. This coincided with the annual two week Saumur event. Saumur is a historic town renowned for its equestrian connections, and is the home of the Cadre Noir and the École Nationale d'Équitation. It was the first time that we had attended a sports medicine congress devoted solely to the horse and rider, and judging by the quality of this one, more will be held. The delegates were from various professions; doctors, veterinary surgeons, biochemists, physiologists, physiotherapists, occupational therapists, and riding instructors. The main countries represented were France, Germany, Switzerland, Finland, USA, Australia and four delegates represented Britain (a low number for one of the world's leading equestrian nations). Mr. J. J. Yeats, Veterinary Surgeon, Bristol and Mr. W. M. C. Allen, FRCS, Hon. Surgeon to the Jockey Club, were invited speakers and the editor and myself were present in a private capacity.

On Friday morning the congress was opened by Prof. J. Ginnet, the congress President, in the beautiful theatre in Saumur's town centre. We then heard the following papers:

Hippiatrics: Mme F. Fromet (F)

Comparison between men training for running events and race horses' training: Mme A. Ansaloni (F)

Cardiovascular work-up in top level sportsmen: Mme M. Potiron-Josse and J. Ginnet (F)

The place of echocardiography in the medical examination of riding horses: F. Lescure (F)

Follow-up of a three day event team from a veterinary surgeon's view: Mme M. Marechal (F)

Effects of exercise on 34 biological parameters in the horse: M. Martin-Sisteron, G. Verger, G. Jotic and A. Funes (F)

Cardiorespiratory and haematological adjustments to tethered-swimming in the horse: G. F. Fregin and D. P. Thomas (USA)

Basic research in equine skeletal muscle and its practical application: R. Straub, H. Howald and H. Hoppeler (CH)

Development of the fibre composition of skeletal muscle in thoroughbreds: J. R. Thornton (Australia)

Being a civilised country there was, of course a two-hour lunch break with wine provided. To those of us more used to NHS fare the delicious food was a much enjoyed treat. However the helping given seemed quite adequate for the average Frenchman, but not quite sufficient for a starving British midwife and I had to pinch the editor's cheese and biscuits – which was just as well because he is on yet another diet.

In the afternoon the papers were of a more practical nature which appealed most to the less academic delegates. I found J. Yeats' paper, which looked at race-course fences from a horse's eye view, of particular interest and would no doubt benefit designers of race-course and cross-country obstacles. The review of equestrian headwear by Mr. Allen in his paper was highly instructive to all, and should serve as a slap on the wrist to those would-be optimists who insist on riding hatless. The three papers on doping were of great interest to the vets and prompted much lively discussion, but were too lengthy for some people. Little new emerged since the Newmarket Conference reported in BJSM in 1976, Vol. 10, No. 3.

- Medical check-up for lads and jockeys: P. Laval, R. Chrestian, L. Quet, D. Bonneau and P. Souvestre (F)
 Performance, practical risks and jockey's anthropometry: G. Peres, M.-J. Porzier and D. Guinier (F)
 Interest and techniques of spinal re-education in jockeys: R. M. Sichere, A. Allemandou and Mme F. Delporte (F)
 Racing accidents in Great Britain. A review of their frequency, nature and preventive measure for their control:
 W. Allen (GB)
 Race-course survey and related accidents: J. Yeats (GB)
 Evolution and current problems in doping: P. Dumas (F)
 Anti-inflammatory drugs in equestrian sports: H. Gerber (CH)
 The pharmacokinetics of non-steroid anti-inflammatory drugs. Application to antidoping detection in horses:
 D. Courtot (F) (whom we had met at the 1976 Newmarket Conference)



Cadre Noir horseman



Dr. B. Auvinet, the organising secretary, and his administrative assistant

In the evening we all went to the indoor riding school in the Place Charles de Foucault, and after an opening speech by the Mayor of Saumur we saw a dressage display by the Cadre Noir. As expected the horsemanship was superb and made the rest of us feel quite inadequate about our own riding ability.

Saturday's papers were concerned with equestrian accidents other than racing, and some gruesome incidents were reported. In the afternoon osteoarticular disorders in the horse were presented. The papers were:

- Social and sports medicine considerations in the competitive rider: H. Buckensdorfer (CH)
 Unusual injuries inflicted on horsemen by horses: H. Schwarz (CH)
 Analysis of equestrian accidents and suggestion for their prevention: W. Heipertz and K. Steinbrück (D)
 Accidents in the horse: significance and prophylaxis: J. Henggeler (CH)
 Trauma risks in equestrian sports: B. Auvinet (F)
 The use of carbon fibre in human surgery: M. Lemaire (F)
 The use of carbon fibre in veterinary surgery: P. Langlois (F)
 Aetio-pathogenic consideration in bone disorders: R. Desproges-Gotteron (F)
 Factors contributing to the development of joint disease in the horse: G. E. Fackelman (USA)
 Dissecting osteochondritis in the racehorse: J. and B. Plainfossé (F)
 Navicular disease in the horse: Mme M. Diehl and G. Ueltschi (CH)
 New treatment methods and medical care with vibrostatic bandages: Dr. Herken

The use of mesotherapy in horse veterinary surgery: J. de Faucompret (F)

That evening a Mediaeval Dinner was held at Fontevraud Abbey, although l'Homard Americaine and pommes de terre did not seem very mediaeval to me. Nevertheless this was another meal worth remembering. Awards were made to members of the committee.

Sunday morning, the final day of the conference was concerned with analysis of movements, and applications to hippotherapy. Hippotherapy is a physiotherapy technique which exploits the movement of a horse's back and provides a balancing exercise for patients suffering from central nervous system disorders. It differs from therapeutic riding in that the rider has no control of the horse. The papers were:

Biomechanics of the horse's backbone: A. Mueller and V. Ziswiler (CH)

The influence of horse riding on the spine of the rider: K. Hordegen (CH)

Sitting horsemen: electronic measurement of seat-pressure by high frequency camera analysis: Mme C. Heipertz-Hengst (D)

A study of the psychopedagogy of horsemen and horses, related to training theory: Mme C. Fabrigoule, P. Marry and J. Pailhous (F)

Hippotherapy: basic principles and techniques: Mme U. Kunzle (CH)

Re-education by horse riding in spacticity of the lower limbs: J.-P. Le Tue (F)

The congress was highly educational and enjoyed by all who attended. There was an efficient team of translators so that we were all able to understand all the papers – unfortunately some people did tend to lose their earphones. Abstracts of the papers were provided in the official languages, French, English and German. Dr. Auvinet, the secretaire general, is to be congratulated on the smooth running of this well planned congress. The next congress will again take place in Saumur in two years' time, and it is to be hoped that there will be a few more British papers included.

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Journal of Sports Medicine and Physical Fitness (BASM members only)	£13.00 or \$27.00 US

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H. Evans Robson

FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS

	ORGANISATION	VENUE	APPLICATIONS TO:	MEALS	ACCOMN.	FEES
1982 Wed. 24-26 Feb.	Assoc. Dutch Motor & Cycle Trade & Ind. "Cycling in the Eighties"	BAI International Conference Centre, AMSTERDAM, Netherlands	Mr. T. Thijssen, Dep. Sec. Organisatie Bureau Amsterdam, bv Europlein 14, 1078 GZ AMSTERDAM, Netherlands	Not known	Not known	Not known
Fri. 5 March	4th Ann. Conf. Edinburgh University PG Bd. of Medicine	To be announced	Mr. D. A. D. Macleod, Edinburgh PG Bd. for Medicine, Pfizer Foundation, Hill Square, EDINBURGH EA8 9DR	Included	No	Not known
Thurs. 11-13 March	3rd Annual Sports Med. Symp. "Running for Health"	Plaza International Hotel, Tucson, Arizona, USA	Continuing Medical Education, University of Arizona College of Medicine, Tucson, Arizona 85724, USA	Not known	Not known	Not known
Tues. 16-20 March	Coupe de Monde de Ski de Médecins "Medicine of skiing" (apply immediately, papers invited)	La Plagne, Switzerland	Dr. P. Jenoure, Bielstrasse 58, CH-4104 OBERWIL, Switzerland	Not known	Not known	Not known
Mon. 22-25 March	Sports Science Symposium — Medical Aspects	Exhibition Centre, BAHRAIN	Dr. G. P. Connors, Bahrain Sports Institute, PO Box 5747, MANAMA, Bahrain, Persian Gulf	Not known	Not known	Not known
Sun. 28 March -3rd April	BASM Sports Medicine Course	Loughborough University of Technology, Leicestershire	Dr. P. N. Sperryn, 49 Blakes Lane, NEW MALDEN, Surrey	Included	Included	To be decided At least £180
Thurs. 20-25 May	Société Française de Médecine du Sport 2nd Annual Conference (UK Communications specially invited)	Faculty of Medicine, University of Caen, Normandy, France	Dr. F. Commandré, 23 Boulevard Carabacel, F 06000 NICE, France	Not known	Not known	Not known
Tues. 1-4 June	5th Int. Symp. on Biochemistry of Exercise	Boston, Mass., USA	Biochem. of Exercise Symposium, Dept. Health Sciences, Boston University, Mass. 02215, USA	Not known	Not known	Not known

FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS (Continued)

Mon. 21-25 June	Roy. Dutch Swimming Ass., Faculty of PE, Amsterdam Univ., Neth. Sp. Med. Assoc. "Biomechanics and Med. of Swimming" (short papers invited by Jan. 15th)	Main Building, Free University, DE BOELELAAN 1115, AMSTERDAM, Netherlands	Secretariat, QLT Convention Services, KEIZERGRACHT 792, 1017 EC AMSTERDAM	Lunches and official reception	Hotels	550 Dutch guilders (approx. £120) Accomp. 200 guilders
Wed. 23-26 June	FIMS and Society for Sports Med. of DDR. "Ankle Joint in Sport". (A unique opportunity of visiting East Germany en route to Vienna for the World Congress)	Dresden, DDR	Prof. Dr. med.hab. K. Tittel, Deutsche Hochschule für Körperkultur, Freidrich-Ludwig-John Alle 59, 7010 LEIPZIG, DDR	Not known	Not known	Not known
Sun. 27 June-3 July	FIMS and Fed. of Austria Spts. physicians (German and English)	Hofburg Imperial Palace, Vienna	Verband, Osterreichischer, Sportzartze, Possingergrasse 2, A 1150 WIEN	Not known	Not known	Not known
Mon. 28 June-4 July	XXIIth World Congress on Sports Medicine	Kongreßzentrum Hofburg, VIENNA, Austria	Prof. L. Prokop, Possingergasse 2, A-1150 VIENNA, Austria	Not known	Hotel	Not known
Thurs. 23-28 Sept.	ICSPER (in assoc'n with VII Commonw'th Games)	University of Queensland	Dr. I. Jobling, Dept. Human Movement Studies, University of Queensland, St. Lucia, Australia 4067	Not known	Not known	Not known
Wed. 7-10 July	Congress on Sport and International Under-standing. *English, French & Russian (Simultaneous Translation) <i>*NB. Abstracts in English by Feb. 1st. 200 words, to fit box 8½" wide x 5½"</i>	Finlandia Hall, HELSINKI, Finland	Secretariat, Liikuntatieteellinen Seura, Annankatu 4B, 00120 HELSINKI 12, Finland	Not known	Hotels — \$30 single \$110 double	Before Feb. 1st \$170 — after — \$200 Accom. person \$50 or late \$70
Mon. 27-29 Sept.	Australian Sports Med. Fed. "Medical and Scientific Aspects of Eilritism in Sport"	Chevron Hotel, Surfer's Paradise, Gold Coast, Queensland, Australia	Mr. B. J. Markey, ASMF Secretariat, PO Box 29, PARKVILLE, Victoria 3052 Australia	Not known	Hotels, incl. Chevron for early applicants.	Not known

NEW MEMBERS

The following were elected by the Executive Committee on 19th October, 1981

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