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BASM news

British Association of Sport and Medicine

Notice of elections to the Executive

With the retirement at the end of their term of office of the president Mr B. Helal, MCh FRCS and the chairman Mr JB King, FRCS the following nominations have been received from the home countries and regions and have the unanimous support of the executive committee for the position of president, chairman, vice-chairman, assistant secretary and membership secretary to be elected at the 1995 annual general meeting, which will be held at the Royal Moat House International Hotel, Nottingham at 14.00 hours on Sunday, 5 November 1995.

If the proposed new constitution is adopted at the annual general meeting in Nottingham on Sunday, 5 November 1995, it will be necessary formally to ratify these appointments under the new constitution at the AGM to be held in Northern Ireland on Friday, 1 November 1996 for a period as laid down under the constitution.

If counter nominations to those below are received by the secretary in the specified time there will be a postal ballot, the results of which will be announced at the AGM.

John H Clegg
Secretary

President

Donald Macleod MB, ChB, FRCSEd, FISM

Donald Macleod graduated from Edinburgh University in 1965 and subsequently trained in general surgery and trauma, including six months in the Birmingham Accident Hospital and six months in the emergency medicine and trauma unit at the Maryland Institute, Baltimore.

In 1976 Mr Macleod was appointed consultant general surgeon with responsibility for the accident and emergency department at Bangour General Hospital. He subsequently moved to the new St John's Hospital, Livingston in 1989.

Throughout his career Mr Macleod has been actively involved in sports medicine following his initial experience as the Scottish rugby team doctor. Mr Macleod played an active part in the development of sports medicine courses with the Edinburgh Postgraduate Board for Medicine and the establishment of the Consultative Group in Sports Medicine and Sports Science of the Scottish Sports Council. These two organisations made significant contributions to the development of sports medicine. Mr Macleod was a member of the working party which led to the Joint Scottish Royal Medical Colleges establishing a Board and Diploma examination in Sports Medicine.

Mr Macleod has published and lectured widely on many aspects of sports medicine. He organised major international sports medicine conferences in 1986 and 1991 as well as the annual congress of the British Association of Sport and Medicine at Gleneagles Hotel in 1988.

Mr Macleod is a member of the intercollegiate working party presently looking at the feasibility of establishing a Faculty of Sport and Exercise Medicine. The medical profession at large is poised to accept sport and exercise medicine as a clearly defined specialty worthy of peer recognition. This working party has been charged with drawing up a constitution and agenda for developing a faculty.

Mr Macleod's principal interests in sports medicine have always been directed towards injury prevention, by ensuring that players are well prepared for their sport, that injuries or illnesses that do occur receive the best treatment, and that rehabilitation is directed to achieving the players' full recovery with no subsequent breakdown. The "bread and butter" of sports medicine on a rainy day at a training session is where the work is done and should be carried out to the very highest professional standards. The key to success is communication between the performer, the coach, and an appropriate group of sports medicine practitioners from a range of specialty interests.

Chairman

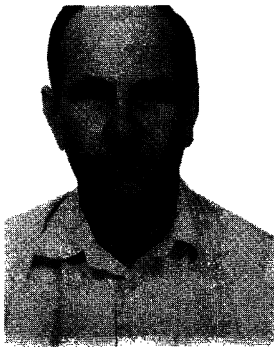
Ian Adams

Ian Adams became interested in sports medicine in his own rugby and parachuting days. He became MO to Leeds United and was there for 14 years during which time he opened an NHS clinic and took an MD on degenerative changes in the knee in sportsmen. Afterwards he became MO to Yorkshire Cricket Club, Leeds Rugby League, and Yorkshire Amateur Athletics Association, and participated in a number of international athletics events. His principal occupation has been as consultant in accident and emergency medicine at St James' University Hospital, Leeds, where he was chairman of various medical groups. He is an examiner for the diploma in sports medicine of the Scottish Royal Colleges. A current sports interest is running. His most recent result being a 3 h 12 min 'London 92' marathon. Just before the next marathon he disintegrated, the cause being his MD topic.

Ian is currently vice-chairman of the association and chairman of the education subcommittee: he is the BASM representative on the intercollegiate working party looking at the feasibility of establishing a Faculty of Sport and Exercise Medicine.

Vice-chairman

Dr Evan L. Lloyd has been a member of BASM since 1970, a member of the executive of BASM(S) 1987–89 (including member of the committee organising the BASM meeting at Gleneagles in



Evan L Lloyd FRCPEd, FFA, RCSEng

PJM Milroy MB, ChB, DObst RCOG

1988), vice-chairman (S) 1989–93, and chairman (S) 1993–95.

He is on the Scottish Royal Colleges Board for Sports Medicine, representing the RCP Edinburgh, 1990–, and an examiner for the Diploma in Sports Medicine of the Scottish Royal Colleges, 1991–.

He was a member of scientific committees for international congresses on "High altitude deterioration" in 1984 and "Sport et Montagne" in 1992, both at Chamonix, France, and of the organising committee for the rugby world cup medical conference in Edinburgh in 1991.

Dr Lloyd was also on the medical committee for the XIII Commonwealth Games in Edinburgh in 1986. He was responsible for the medical and dope control arrangements for the swimming, diving, and synchronised swimming, and the medical cover for the cycling team time trial and 100 mile road race, the 30 km road walk, and the two marathons. He was the only doctor with the authority to remove a competitor during the race.

Other appointments included honorary medical officer – East District of the SAAA, 1987–92; Scottish Athletic Federation, 1992–; medical adviser – Royal Caledonian Curling Club, 1988 – (on jet-lag); honorary medical adviser – Scottish Sports Association for the Disabled, 1995–.

He has been a grade 1 timekeeper SAF (SAAA), BAF (BAAB) since 1983.

Dr Lloyd has written several publications (including book chapters) related to sport, particularly on the effects of environmental factors, most recently in the BMJ *ABC of Sports Medicine* series.

Assistant secretary and membership secretary

Dr PJM Milroy has been the membership secretary of BASM since 1992. Originally he was appointed as a locum after the resignation of the previous incumbent, and was then elected to the post at the 1992 AGM. Since that time, together with the treasurer, he has attempted to stream line the application process. This has allowed BASM to admit members with a wider variety of interests, as well as encouraging recruitment; membership has increased by 30% since his appointment. If re-elected he hopes to improve the service further, helped by suitable computer back up, which is at present lacking.

He has been a member of BASM since attending the 1981 Loughborough course, and was elected chairman of the North West Region in 1991. During that time regional meetings have been greatly expanded, and approaches have been made to the Sports Council and other interested regional bodies to have an integrated sport and medicine service, which so far seems to be to everybody's advantage.

Professionally, Dr Milroy is a general practitioner in Cheshire, and has also been regional medical officer to the British Athletics Federation since 1989 and medical officer to the England athletics team at the 1994 Commonwealth Games. He is the medical adviser to *Runners World Magazine* and has himself been a competitive runner for 30 years.

If elected to the post of assistant secretary and membership secretary he hopes to continue to improve the service to members.

BASM congress programme

The programme for hosting future BASM congresses is:

1996 BASM Northern Ireland
1997 London and the South East Region
1998 BASM Scotland
1999 BASM Wales

Chairman's report

As outgoing chairman my thoughts are more reflective than forward looking. Having said that, I feel that the future of BASM is in safe hands with the chairman elect, who has done sterling service in that role for the last year.

BASM has changed in the past three years. We have (or shortly will have) a new constitution, a new publisher for the journal and a new challenge in the form of an Intercollegiate Faculty in Sports Medicine. These changes are the result of a huge amount of work by the whole of the BASM executive, and I thank them for this.

There are some consequences of change. Peter Sperryn has served us in a most stalwart fashion as editor and indeed was an instigator of our change of publisher. The executive decision that the post of editor be advertised was not taken lightly. I look forward to the journal maintaining high quality scientific content and international acclaim.

The position of the course tutors has become difficult as a consequence of professional advice received in respect of the Charity Commissioners. Craham Holloway has given many hours of his professional life to our courses with a significant financial loss to himself, despite the fees we pay him. Our advice is that he cannot be a voting member of the executive that approves his fees and as a consequence he has resigned as assistant secretary. He has been co-opted as a non-voting member of the executive to advise on educational matters, and I take this opportunity of thanking him for the enormous amount of work that he does for BASM.

BASM has proved itself more pliable in the last year than I had ever considered possible. I am sure this is in response to the obvious need to be able to represent its constituent groups at a time of most important change, especially in our position on the intercollegiate faculty. More and more I see us as part of a confederation of sports and medicine which can provide a forum for exchange of information for doctors, physiotherapists, and other professions allied to medicine, such as sports scientists, coaches, and administrators. This allows us at the same time to make strong professional representations on behalf of those who have decided to make a career in sports medicine. This is not the year when BASM representatives should risk falling into the category of "old farts". Frankly I do not see a problem as the recent changes in BASM reflect the more professional approach in sport. I wish my successor well and sports medicine even better.

J B King FRCS
Chairman

Education subcommittee report

Introduction

This year we are holding five residential courses, four of which are of 5 days' duration and will be held at Lilleshall Hall National Sports Centre, and one of 7 days' duration to be held at Club La Santa, Lanzarote. Last year these courses attracted 164 delegates, and this year we expect a 20% increase. There are also numerous short courses held around the country, which are assisted by the BASM education office.

The education subcommittee has representatives from all the BASM regions, the education course tutors, and the edu-

cation officer. The education office is run by two full time staff. The cost of the education officer is supported by the Sports Council, for which the association is very grateful.

Introductory courses
Introductory courses are now held twice each year. Each course receives a great deal of positive feedback from delegates. The steady increase in numbers attending these courses should ensure more delegates attending the more senior courses.

Intermediate courses
We have held two courses at Lilleshall. For both introductory and intermediate courses, bookings are being taken well into 1996 and inquiries being received for 1997.

This is the third year in which we have held a one week course at the Club La Santa sports complex in Lanzarote and these have broken even financially.

Advanced courses
We have ceased to offer these weekend courses as the numbers were small and they were losing money. The reasons for this failure appear to be the great increase in the number of doctors on the distance learning course at Bath University, the development of various BSc and MSc sports medicine courses, and the increasing popularity of the Scottish Royal Colleges diploma, which does not require advanced modules in the same way.

Regional meetings
There has been a great increase in regional education meetings and a steady increase in membership. Information on these activities, together with notification of courses, is now sent out to all family health service associations (FHSAs) and postgraduate (PG) centres. In addition an education newsletter is published in co-operation with the National Sports Medicine Institute (NSMI) and sent out to all members three times a year. We continue to have requests for speakers at various FHSA and PG centre meetings.

Development
The probable formation of a Faculty of Sport and Exercise Medicine by the medical Royal Colleges of England and Scotland will significantly increase the educational opportunities within sports medicine. Courses will have to be approved against regulated standards. More doctors will want to obtain qualifications and the British Association of Sport and Medicine intends to be at the forefront of those providing the necessary education.

Ian D Adams
Chairman

BASM Northern Ireland

The Northern Ireland committee is pleased to report another successful year. Membership has continued to grow rapidly with an even balance of new members coming from the ranks of physiotherapists and general practitioners, together with a number of exercise physiologists and hospital specialists. Good progress has been made in the set up of a Northern Ireland Sports Medicine Service to incorporate sports injury clinics, exercise physiology, and also academic sports medicine. It is hoped to have the service fully operational by the time congress comes to Northern Ireland in November 1996.

In the past year we have held a number of academic meetings covering such topics as "Outdoor medicine", "The sporting spine", "Exercise and the heart", "Overtraining", "Sport and the disabled", and "The sporting knee". We are most grateful to all our speakers, especially those who travelled from the mainland, who have helped to make these meetings a success. Future meetings include "Nutrition and sport", "Problems of gait", and "The sporting groin".

A subcommittee chaired by Dr Robin Harland has been busy preparing for next year's congress. International speakers headed by Per Renstrom and David Costill will ensure that the meeting will be of the highest academic standard, with the themes being "physiological and physical limits to performance" and "recent advances in... ". And, of course, traditional Irish hospitality and entertainment will not be overlooked!

BASM Scotland

The past 12 months have seen regular meetings of the committee, which now consists of doctors, physiotherapists, a medical student, and a scientist. This provides a useful forum for discussion of sports medicine issues, especially as the Sports Council consultative group is now disbanded and divided into separate sports medicine and sports science panels working through the Scottish Institute. The institute is starting to make an impact on sports medicine and sports science in Scotland; it was officially opened by Princess Anne in May. Several educational meetings have been held and more are planned. The main series focus on a particular sport and invite contributions from a coach, athlete, sports medic, physiotherapist, scientist etc. BASM members continue to be involved with all aspects of the institute's work.

BASM Scotland organised another series of evening tutorials over the winter months. An evening of "Practical aspects of physiology" presented by Neil Spurway went well as did the regular evening with John Shaw Dunn at the anatomy department of Glasgow University. Two clinical evenings were popular and provoking. Another series is being planned for next winter.

Our second advanced weekend module went ahead successfully in May, again in Edinburgh, owing to the hard work of Dr Gerry Haggerty. This time the areas considered were the upper limb and back. Mr Angus Wallace demonstrated shoulder reduction methods on the aforementioned Dr Haggerty but did not use a coat hanger. The format of this weekend course may change next year. The *Scottish Sports Medicine Newsletter* now has a print run of 295, and more copies were distributed after the first mailing in response to an increasing number of inquiries.

Our AGM was held on 6 May in Edinburgh this year and the following people now form our Committee:

Chairperson: Dr Brian Walker

Vice-chair and secretary: Dr Faith Gardner

Treasurer: Dr Gerry Haggerty

Committee members: Mr Paul Fettes, Dr Colin Fettes, Ms Linda Hughes, Dr Neil Spurway, Mrs Lindsay Thomson, Dr Jim Inglis, Dr Jane Dunbar, Dr Ken MacKenzie, Dr Evan Lloyd (immediate past chair), Dr Paul MacKenzie.

For further information please contact Faith Gardner, 60 Hunter Road, Crosshouse, Kilmarnock, Ayrshire, KA2 0LD (01563 537306).

BASM Wales

BASM (Wales) continued its policy for holding four educational meetings a year, hoping to attract new members and also to maintain a high standard of postgraduate education locally in sports medicine.

September's meeting was a lecture on "Nutritional aspects of sports medicine" by Dr Steve Wootton. This excellent presentation was warmly welcomed by the 100 or so doctors and physiotherapists who attended. A great deal of discussion was generated by an absorbed audience.

In late November, the first meeting to be held outside Swansea visited the Princess of Wales Hospital at Bridgend. Mr John Williams, consultant orthopaedic surgeon, spoke on knee injuries to an interested audience. This was followed by a tour of the hospital's sports injuries clinic and rehabilitation gym.

March saw a return to Swansea for a comprehensive talk on "Drug abuse in sport" by Dr Huw Perry, author of several well publicised papers on the subject. This was followed in June by a lecture on "Shoulder injuries – diagnosis and management" from Mr Geoff Graham, consultant orthopaedic surgeon in Cardiff, who is also team doctor to the Wales under-21 rugby side.

For the coming year, it is hoped to hold further meetings away from Swansea, and to continue to attract new BASM members and stimulate interest in the field of sports medicine. BASM (Wales) will aim to organise a more advanced course, directed at BASM members in the not too distant future.

Eastern region

The following meetings were held in 1994–5.

1994

7 Dec. The Rivers Hospital, Sawbridgeworth, Herts. "The ankle in sport". Dr Colin Crosby and Ms Mandy Avery, MCSP. A combined sports medicine/sports physiotherapy approach to diagnosis, management, and rehabilitation of the ubiquitous ankle injury in sport. A brisk and useful discussion on relative merits of different management techniques ensued

1995

7 Mar. BUPA Lea Hospital, Cambridge. "Case conference". A rather sparse attendance discussed interesting/puzzling/instructive cases from the various sports medicine practices around the region

23 May Welwyn Garden City, Herts. "The MRI in sport". Dr S Motto, Dr Tony Lynne. A well attended meeting heard a summary of the current state of MRI art in imaging sports related injuries and a prediction of future developments in the field

15 July Homerton College, Cambridge. "Partnership in action". In conjunction with the Eastern Region Sports Council and the NCF, a multidisciplinary meeting, with more than 100 delegates, covering a wide range of topics, including talent development, children in sport, nutrition for performance, exercise prescription, and practical workshops on taping/field testing

Forthcoming events in 1995 are as follows:

7 Oct. Colchester Postgraduate Education Centre. "Sports medicine symposium". A full day's programme includes "The athletes heart" by Dr Len Shapiro, "Pitchside management of sports injuries" by Dr Ros Carbon, "Ski injuries" by Dr Tom Crisp, and "Sports injuries in children" by Dr Mark Loeffler. This meeting is in conjunction with the Colchester postgraduate education programme

10 Oct. (London venue to be announced). Joint meeting with BASM London and South East Region. "Stress fractures in sport"

9 Dec. Harold Wood Hospital, Essex. "Respiratory system and sport and the back in sport". Half day symposium

For further information please contact the regional secretary, Dr Colin Crosby, Medical Director, Department of Exercise and Sports Medicine, The Garden Hospital, London NW4 1RX (0181 203 0111).

East Midlands Region

The East Midlands Region of BASM held six lecture meetings between September 1994 and June 1995. Each meeting comprised two lectures, the first taking place in the newly opened postgraduate education centre at Leicester General Hospital, and covering the topics, "Recent advances in radiology in sports medicine" and the recent explosion in the use of steroids in sport – "Steroids – time bomb or panacea?".

All other lectures took place in the postgraduate education centre at Nottingham City Hospital, and included the following topics: "The Achilles tendon as a spring"; "Management of knee ligament injuries"; "Biomechanical foot orthoses in sport"; "Mountaineering: health, height and hazards"; "Stress fractures"; "Abdominal training in general rehabilitation"; "Shoulder instability in sportsmen"; "Rehabilitation of shoulder injuries"; "The spine and sport", and "Gymnastic injuries". Lecturers included orthopaedic surgeons, physiotherapists, general practitioners, a radiologist, a podiatrist, and an anatomist.

In general, lecture meetings were well supported, with our audiences consisting of physiotherapists, medical and physiotherapy students, a variety of medical practitioners and podiatrists. To date we have not charged for these meetings, but as it is becoming increasingly difficult to obtain sponsorship we may have to reconsider this in the future.

More recently, the committee has been concentrating its efforts on the organisation of the 1995 BASM annual congress, to be held in Nottingham, 2–5 November 1995, and in this we have been working closely with local representatives of the Association of Chartered Physiotherapists in Sports Medicine, and with representatives of the British Olympic Association. We hope the congress will be well supported.

Finally, the committee would like to express its thanks to Mr Roger Hackney and Dr Jim McCracken, former members of the committee, for their invaluable contributions over the past year.

London and South East Region

BASM London and South East remains financially healthy, and looks forward to hosting the BASM congress 1997, for which programme and plans progress well.

We have enjoyed a year of excellent meetings, aiming as high as we can at those with an active involvement in sports medicine. Our main concern is falling attendances as our 1995 agenda has been more sports science than injury based. Plans for 1996 include joint meetings with other regions and with the ACPSM, and an inaugural meeting outside London, in Sussex.

We would like to thank all our speakers over the past year: Nigel Stockhill, Roger Bartlett, and Frank Horan for the "Fast bowlers back symposium", David Perry for "Exercise and inflammatory arthritis", Brian Whipp for "Physiological effects of repetition sprints", Gordon Hadfield for the "Medical aspects of motorcycle sport, and Chris Jarvis and Carl Clinton for "Duping the dope test". These presentations have been original and excellent and do not deserve some of the embarrassingly small audiences.

Again we emphasise our commitment to anyone within the region who wishes to stage a meeting locally within the BASM London and South East Region, and will gladly provide both technical and financial backing. Let us know your thoughts or plans.

Chairman: Dr Malcolm Read
Treasurer: Dr Steve Motto
Meetings secretary: Dr Philip Bell
Minutes secretary: Dr Danny Baron
Membership secretary: Dr Nick Webborn

Northern Region

With the encouragement of the Sports Council an interested group of BASM members met together for the first time in April 1994 and formed a regional committee. This consisted of three general practitioners, two physiotherapists, one hospital consultant, one sports scientist, and a representative from the Sports Council – an appropriate spread of expertise and interest.

Meetings have been held quarterly in different locations, though all have been in the east of the region. There are plans, however, for something in the west of the region next year.

The first meeting was entitled "Hypermobility and the child in sport", and the three speakers included a physiotherapist, coach, and rheumatologist.

Further meetings followed a similar mix of expertise on common themes with presentations from medics (from general practitioners to a radiologist to a surgeon), physiotherapists, a podiatrist, and a national athletics coach. One subject was "The injured knee" and another centred around different perspectives on injuries in athletics.

Attendance at each meeting was high, in the region of 80–100 people, including

qualified practitioners and students, in the fields of physiotherapy, podiatry, sports science, and general medicine. Meetings were kindly supported by drug companies – initially, Lederle and more recently, Glaxo. Presently, we are in the process of planning in detail four meetings for the coming year.

The region has been pleased to support the selection and establishment of the first regional development officer for sports science and medicine in the United Kingdom – Mr Martin Andrew. His role includes the development of the profile of sports medicine and the improvement of links, for education and practice, between players, coaches, and experienced practitioners.

As inertia is overcome and momentum is gained we are determined to develop ourselves and others for the furtherance of sport and medicine!

North West Region

The North West Region of BASM continues to thrive and provide a good variety of topics in our lecture programme.

We started in September 1994 with a lecture by Mr Hugh Dovey on the topic of "Sports related injuries to the lower back and their treatment". Unfortunately, the attendance was somewhat disappointing, possibly owing to a last minute change of venue.

The Warrington postgraduate centre has become a favourite venue with excellent lecture facilities and good food. Ms Michelle Verroken, head of the doping control unit of the Sports Council, gave us a good insight into the current trends in drug testing. Dr Gaynor Parfitt unfortunately had to withdraw at short notice but was replaced by Dr David Collins, sports psychologist, who gave an interesting and humorous talk on "The psychology of sport".

Mr John Stanley spoke to us on "Hand and wrist injuries" at the Chorley postgraduate centre in November. This was a most informative lecture and left many of us feeling the need to revise our anatomy training!

Back to Warrington again for our January meeting on "Sports injuries in children". Mr Peter Rostron and David Fevre shared the podium to speak to a large audience, which included many PE teachers. A lively discussion followed.

It was well worth battling up the M6 with its roadworks and driving torrential rain to hear Mr Steve McLoughlin and David Fevre speak to us on "Ankle injuries in sport" at the Preston postgraduate centre on 16 February.

We are continually trying to encourage better attendances at our meetings and new members to our region. Although this seems to be a somewhat tedious task at times, we are hoping that our 1995–6 programme will be sufficiently stimulating and tempting to motivate our members to support us!

The North West annual general meeting on 6 April 1995 was poorly attended even though it was combined with a lecture on the "Hazards of skiing as a sport" by Dr P A P Mackenzie and Mrs S. Miller MCSP

Committee members are Harold Myers, Dr Mike Moore and Dr David Jones.

The officers for 1995–96 are as follows:

Chairman: Dr P J M Milroy MB ChB

Vice-chairman: Mr J H Clegg JP LDS RCSEng

Secretary: Mrs S F Storah MCSP Dip RGRT

Treasurer: Dr C G Kelman MB ChB

The lecture programme for 1995–6 promises to be as stimulating as the previous season and all members are urged to attend. The programme of confirmed meetings in 1995 is as follows:

21 Sep. "The sporting groin", Mr Geoffrey Hutchinson FRCS; "Abdominal training in sport", Mr Chris Norris MCSP. 6.45 for 7.30 pm. Postgraduate Centre, Warrington District General Hospital

19 Oct. 'The problems of the adventurous patient", Dr John C Frankland. 6.45 for 7.30 pm. Postgraduate Centre, Chorley and District Hospital

30 Nov. "The psychology of rehabilitating sports movement", Dr David Collins; "Shoulder injuries and rehabilitation", Mr Clive Warren-Smith, 6.45 for 7.30 pm. Postgraduate Centre, Wythenshaw General Hospital

South West Region

After recovering from running the congress in 1994 we have had a productive year. We have held two Saturday morning conferences and are planning two for next year.

In March we looked at ankle injuries and in July at the elbow. Both conferences were based on the same formula of an anatomy demonstration followed by a practical physiotherapy session and a medical lecture. We feel this has been very successful and provides a good, balanced review.

Later this year we are hosting a weekend conference in Taunton that will have a wider brief; we also hope to run a morning conference in early 1996 on a topic based on an event, such as skiing injuries. We have also made contact with a number of other people putting on events who have asked us to promote BASM.

We think we have had a busy and productive year and that the profile of sports medicine in the South West and BASM has been raised.

West Midlands Region

Chairman: Dr Graham Brown MB ChB

Secretary: M/s Sarah Cooper Grad Dip Phys. MCSP SRP

Treasurer: Dr T Sheeron MB ChB

The following meetings were held during the year with an average attendance of 40.

November 1994 Stafford. Symposium on shoulder instability. Lecturers: Mr Roger Hackney FRCS, Mr Christopher Lund Bsc(Hons) MCSP SRP

May 1995 Birmingham. A symposium on ACL reconstruction. Lecturers: Mr Keith Porter FRCS, Mr Michael Garmston Bsc (Hons) MCSP SRP

It is planned to hold another symposium in September/October 1995 at Stoke on Trent on "Ankle arthroscopy and spondylolisthesis".

Yorkshire Region

This year has been very successful in the region and five meetings have been held since September 1994.

The first meeting was held on 21 September 1994 at Leeds rugby league stadium, which became our regular venue for the programme. It was entitled "The shoulder in sport" and produced a reasonable attendance of 30 people, mostly physiotherapists, who all heard interesting talks. The first of these was by Dr Wayne Gibbon on "Soft tissue imagining in sport". Wayne's special interest is in ultrasound and useful comparisons between ultrasound and magnetic resonance imaging were made and there was a discussion on computed tomography arthrography. Dr Gibbon was followed by Mr Mike Walsh, who is a consultant orthopaedic surgeon at the Leeds General Infirmary, and who specialises in shoulder injuries.

Our second meeting, on 30 November, was again at Headingley, where the subject was swimming injuries. Unfortunately, this was a forced change to our programme due to illness. However, Mr David Fodden, consultant in accident and emergency at Pinderfields hospital, gave us a super presentation on common swimming injuries, as he is the MO to the international Olympic swimming team.

The third meeting, in January this year, was excellently presented by Mr Roger Hackney, consultant orthopaedic surgeon in the RAF. This meeting was attended by around 35 people, who heard Roger give an excellent overview of "Running injuries", with particular emphasis on biomechanical factors and overuse injuries. Once again, Headingley provided an excellent venue with good catering, and the feedback from delegates was very good.

On 7 March, again at Headingley, we held our best attended meeting, with over 40 people turning up to hear Mr Mark Whittaker, consultant surgeon at Bradford Royal Infirmary, talk about "Groin injuries" and his own experience of Gilmore's procedure for repair of this groin disruption or "Sports hernia".

Our final meeting of the year took us back to Leeds United's banqueting suite for a talk on "Back pain in athletes" by Dr Mike Hutson, orthopaedic physician at the London Hospital, followed by a physiotherapist's view from David Swift MCSP, who is based at Doncaster Royal Infirmary. Again this was a well attended meeting, and much discussion followed Dr. Hutson's excellent presentation.

We held our AGM after the January meeting and re-elected the following:
Chairman: Dr Ian Adams
Treasurer: Dr Julie Greenway
Secretary: Dr Stephen Feldman
Publicity officer: Dr Steve Brennan
New elections:
Vice-chairman: Mr Steve Bollen
Publicity officer: Dr Arthur Mone
Publicity officer: Dr Tim Sheard
Publicity officer: Mr Brian English
Committee member: Mr Richard Kunz
Committee member: Dr Terry Crystal

1995 BASM ANNUAL CONGRESS

In association with A.C.P.S.M. and B.O.A.

2 - 5 NOVEMBER 1995

Royal Moat House International Hotel, Nottingham

Programme

Thursday 2 November 1995
12.00-13.00 Registration at the Royal Moat House International Hotel
13.30-17.00 Spondylolysis in Sport
17.30-19.00 Cardiology & Exercise

Friday 3 November 1995
09.00-12.30 Anterior Cruciate Ligament
13.30-17.00 Soft Tissue Dysfunction in Sports Injuries
17.30-19.00 Exercise, Infection and Immunology

PGEA approval applied for

Saturday 4 November 1995
09.00-17.30 Joint day with International Conference on Dehydration, Rehydration and Exercise at the East Midlands Conference Centre
BASM Open Forum 13.00-14.00

Sunday 5 November 1995
09.00-13.00 Shoulder Instability and Sport
14.00 BASM Annual General Meeting

FEE: The Congress registration fee is £155.00 And will include lunches, mid-morning coffee, afternoon tea and transport to and from the Dehydration & Rehydration Congress on Saturday

For further information regarding the scientific programme, please contact:
Roger Hackney, 51 Main Street, Bishopstone, Aylesbury, Bucks HP17 8SH. Telephone: 01296 748186

For further information and an application form, please contact:
Conference Nottingham, Regent House, Clinton Avenue, Nottingham NG5 1AZ
Telephone: 0115 985 6545 Fax: 0115 985 6533

Conference Nottingham offer a full booking service and have negotiated special rates at a variety of local hotels, as well as at the Royal Moat House.

British Journal of sports medicine

Notes for Authors

Scope

The *British Journal of Sports Medicine* covers all aspects of sports medicine and science – the management of sports injuries; all clinical aspects of exercise, health and sport: exercise physiology and biophysical investigation of sports performance; sports psychology; physiotherapy and rehabilitation in sport; and medical and scientific support of the sports coach.

Types of Paper

Original papers (not normally over 3000 words, full length accounts of original research)
Review articles (up to 4000 words, providing concise in-depth reviews of traditional and new areas in sports medicine)
Case reports (up to 1000 words, describing clinical case histories with a message).

Refereeing

All contributions are studied by referees whose names are not normally disclosed to authors. On acceptance for publication papers are subject to editorial amendment. If rejected, papers and illustrations will not be returned. Authors are solely responsible for the factual accuracy of their papers.

Manuscripts

Authors are urged to write as concisely as possible. Four copies should be submitted, typed on only one side of the paper (quarto or A4) in double-spacing with a margin of 30 mm at the top and bottom and on both sides. Papers should be arranged in the following order of presentation: title of paper; names and qualifications of the authors; address of the place at which the work was carried out; an abstract of the paper (100–200 words in length); 4–6 keywords; the text; acknowledgements (if any); references; tables; abbreviated title for use as a running headline; captions to figures (on separate sheet of paper).

Accepted revised manuscripts should be submitted as hard copy **and when possible on disk** (not Macintosh format). Detailed instructions will be sent to authors before this stage.

Illustrations

Drawings and graphs should be on heavy white paper/card or blue-lined coordinate paper using black ink. Label axes appropriately and clearly. Please use a selection of the following symbols: +, ×, □, ○, △, ▽, ■, ●, ▲, ▼. Photographs should be of fine quality, large glossy prints suitable for reproduction and the top should be indicated. Negatives, transparencies or *x* ray films should not be supplied; any such material should be submitted in the form of photographic prints. Authors are asked where possible to draw diagrams to widths, including lettering, of 168 mm or 354 mm. During photographic reproduction, the diagrams are reduced to half size. The maximum height at drawn size is 500 mm. Authors are asked to use the minimum amount of descriptive matter on graphs and drawings but rather to refer to curves, points etc. by symbols and place the descriptive matter in the caption. Three copies of each illustration are required and these should be numbered in a consecutive series of figures using Arabic numerals. Legends should be typed in double spacing on a separate page but grouped together. Each figure should be identified on the back – figure number and name of the author. Figures which have been published elsewhere should be accompanied by a form of permission to reproduce, obtained from the original publisher.

References

These should be indicated in the text by superscript Arabic numerals which run consecutively through the paper. The references should be grouped in a section at the end of the text in numerical order and should take the form; author's names and initials; title of article; abbreviated journal title; year of publication; volume number; page numbers. If in doubt authors should always write the journal title in full. References to a book should take the form: author's surname, followed by initials; title of chapter; editors (if any); title of book; volume number/edition (if any); place of publication; name of publishers; year of publication and page numbers: Where a paper is cited more than once in the text, the same superior numeral should be used on each occasion. e.g.

21 Sperryn PN. *Sport and medicine.* London. Butterworths, 1983.
22 Ellitsgaard N, Warburg F. Movements causing ankle fractures in parachuting. *Br J Sports Med* 1989; **23**; 27–9.

Tables

Tables should be typed on separate sheets together with a suitable caption at the top of each table. Column headings should be kept as brief as possible, and indicate units of measurement in parentheses. Tables should not duplicate information summarized in illustrations.

Footnotes

Footnotes should be used sparingly. They should be indicated by asterisks (*), daggers (†), and double daggers (‡), in that order. In the manuscript, a footnote should be placed at the bottom of the page on which it is referred to and separated from the main text by a horizontal line above the footnote. Footnotes to tables should be placed at the bottom of the table to which they refer.

Drugs, Abbreviations and Units

Drugs should be referred to by their approved, not proprietary, names, and the source of any new or experimental materials should be given. If abbreviations are used these should be given in full the first time they are mentioned in the text. Scientific measurements should be given in SI units, but blood pressure should continue to be expressed in mm Hg.

Proofs

Authors are responsible for ensuring that all manuscripts (whether original or revised) are accurately typed before final submission. Two sets of proofs will be sent to the author before publication, one of which should be returned promptly (by Express Air Mail if outside UK). The publishers reserve the right to charge for any changes made at the proof stage (other than printers errors) since the insertion or deletion of a single word may necessitate the resetting of whole paragraphs.

Submission

Four copies of the complete manuscript and illustrations should be sent to The Editor, *British Journal of Sports Medicine*, BMJ Publishing Group, Tavistock Square, London WC1H 9JR. Telephone number: 0171 383 6209. Fax number: 0171 383 6668.

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