Effects of fatigue on ankle stability and proprioception in university sportspersons

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

Methods
Subjects were recruited from Southampton University sports facilities. They agreed to perform two dynamic tests before and after a sporting activity. (1) A hexagonal hop test: the subjects hopped around a hexagon marked on the ground in either a clockwise or anticlockwise direction as quickly as possible. The quickest attempt out of three was recorded.

Results
Mean values were 1.1005 for the hexagonal hop test before and after exercise. The difference was significant.

Conclusions
The results show that the subjects made significant improvements in hop time after exercise.

Horizontal hop test (n = 25)
At the 5% level, the data are insignificant, with a t value of 0.1107. A general trend of improvement was noted with the intervention.

References
SpoilSports (understanding and preventing sexual exploitation in sport)


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

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

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

This book is a brilliant example of “building bridges between theory and practice” (page 236) and utilises the feminist perspective of “praxis”. (A definition of feminist praxis is “...the coming together of theory and practice in action, and in the reflecting upon these processes to generate new ideas and ways of working”). The major message is that gender/power relations need to be examined in sport, and an empowerment based approach to sports leadership promoted.

Analysis

Presentation 17/20
Comprehensiveness 20/20
Readability 14/20
Relevance 16/20
Evidence basis 20/20
Total 87/100

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Reference


Sports Medicine Course

3-10 August 2002, Vancouver, Canada
Further details: Cathy Means; tel: +1 608 263 6637; fax: +1 608 262 8421; email: cmmeans@facstaff.wisc.edu

XVI IEA World Congress of Epidemiology

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

Kinesiology—New Perspectives,
3rd International Scientific Conference

25-29 September 2002, Opatija, Croatia
Further details: Conference Office, Faculty of Kinesiology, 10,000 Zagreb, Horvacsak zavoj 15, Croatia; tel: +385 1 3658 666; fax: +351 1 3634 146; email: natalija.babic@ffk.hr

Evening Tutorials II: The ankle, anatomy, examination, biomechanics, surgical procedures, and rehab, with practical sessions

Autumn 2002, Edinburgh
Further details: Dr Faith Gardner, 73a London Rd, Kilmarnock, Ayrshire; tel: (0)1563 537306

The Queen's Golden Jubilee and Post Commonwealth Games

BASEM Congress 2002


Keynote lecturers

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

A full programme is available on our web site www.bjsportmed.com.

Further details: Mrs Sue Roberts, BASEM Company Office, 12 Greenside Ave, Frodsham, Cheshire WA6 7SA, UK; tel/fax: +44 (0)1928 732 961; email: basemoffice@compuserve.com
Web site: www.basem.co.uk

Celebtrating 50 years of Orthopaedics in Singapore

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

Further details: 2002 COM Secretariat, c/o Dept of Orthopaedic Surgery, National University Hospital, 5 Lower Kent Ridge Road, Singapore 119074, Republic of Singapore; tel: +65 777 4340; fax: +65 778 0720; email: secretariat@spa.org.sg

BASICS Immediate Care Course

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

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

BASICS Immediate Care Course

“Top up”

24-25 October 2002, Madingley Hall, Cambridge, UK
This two day course is for those who would like to attend the final two days of the Immediate Care Course to develop their skills.
Further details BASICS Education Ltd; tel: + 44 (0) 870 165 4999; fax: + 44 (0) 870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

The 5th Asian Federation of Sports Medicine Congress
24–27 October 2002, Seoul, South Korea
Further details: AFSMC 2002 Seoul Secretariat, Hanlim Travel Service Co Ltd, (c/o Young CHANG) Marine Center New Bldg 5th Fl, #51, Sogong-dong, Chung-gu, Seoul 100–770, South Korea; tel: +82 726 5555; fax: +822 778 2514; email: ychang@kaltour.com
Web site: http://www.afsmc2002.or.kr

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

Skills Course in Musculoskeletal Ultrasound
6–8 January 2003, Oxford, UK
Further details: Alison Davies, Department of Radiology, Nuffield Orthopaedic Centre, Headington, Oxford, OX3 7LD, UK; tel: +44 (0)1865 227765; fax: +44 (0)1865 227347; email: alison.davies@noc.angloxs.nhs.uk
Web site: www.basem.co.uk

BASICS Refresher course
28–29 November 2002, Madingley Hall, Cambridge, UK
This two day course is directed at previous participants on the pre-hospital emergency care and immediate care courses. The aim is to maintain and update skills, incorporating the latest developments in pre-hospital care.
Further details: BASICS Education Ltd; tel: +44 (0) 870 165 4999; fax: +44 (0) 870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

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

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

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

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

NOTES AND NEWS

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

www.basem.co.uk
The British Association of Sport and Exercise Medicine has launched its new website—www.basem.co.uk. The site provides information about the educational opportunities in sport and exercise medicine and advice to those wishing to become involved in this area.

Interested in Sports Medicine? Gain a higher degree from Australia’s leading University
The Centre for Sports Medicine Research and Education is a multidisciplinary Centre located in the Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne, Australia. It combines world-class researchers and clinicians working in the area of sports medicine.

Research Higher Degrees
The Centre offers Doctor of Philosophy (PhD), Master of Sports Medicine, Master of Physiotherapy, Master of Science, and Doctor of Medicine degrees. These are available to graduates of health and medical science courses such as physical therapy, medicine and human movement.

Educational programme
The Centre offers a one month full time Postgraduate Certificate in Sports Physiotherapy: spine, pelvis, and lower limb.

www.bjspm.com
Effects of fatigue on ankle stability and proprioception in university sportspeople

J P Brown and G W Bowyer

doi: 10.1136/bjsm.36.4.310

Updated information and services can be found at:
http://bjsm.bmj.com/content/36/4/310.1

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