Simplicity: the ultimate sophistication

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Efficient movement underpins all great sporting performances. When performed by an expert, complex movements can appear effortless, almost simple; as Leonardo Da Vinci stated, “simplicity is the ultimate sophistication”.

Dynamic control of movement is also central to safe sporting function and is dependent on the sophisticated integration of a range of factors including environment, nature of the task, feedforward input, afferent feedback as well as individual motor capabilities. The current issue of BJSM considers many of these features highlighting the complexity and multifactorial nature of running-related injuries as well as underlining the importance of return to sport decisions.

RETURN TO SPORT: DO WE ALL KNOW BEST?

Decisions regarding return to sport (RTS) are central to sports medicine practice, yet little is known about what criteria clinicians base judgements on. Given that so much research has been published on ACL reconstruction and rehabilitation, one might expect there to be a strong body of evidence guiding RTS decisions in this area. However, Kamper et al provide a clear challenge highlighting that when sports physiotherapy trials are compared with other areas of physiotherapy research, they tend to have less rigorous methods. The authors provide practical advice for effective trial design and present us all with a challenge to simply evaluate what are perceived as complex and sophisticated problems.

REFERENCES
