To the Editor:

Dear Madam,

**PNEUMOTHORAX DUE TO SOCCER INJURY**

Soccer is the most popular sport in Saudi Arabia and a recent study indicated that more than 60% of all sports injuries here were due to soccer. We wish to report a case of a pneumothorax due to injury in a soccer game.

A 19 year old male was seen in the emergency room with complaints of pain in the left side of his chest and breathlessness on exertion. He gave a history of colliding with another player during a soccer game six days previously. The pain was stabbing in nature localised to the left side of the chest and due to the pain he did not complete the game. He was seen in a private clinic and given analgesics. During the succeeding days the pain persisted and radiated to the left shoulder. On examination pulse was 88 per minute, respiratory rate 28 per minute, there was decreased expansion of the chest on the left side and auscultation revealed diminished air entry on the left.

The chest radiograph showed bilateral pneumothorax (25% on the left side and 10% on the right). A bronchogram did not reveal any abnormality. The patient was successfully treated with an intrathoracic chest tube on the left side. A week later radiographs of the chest showed full expansion of both lungs. Six weeks later the patient returned to soccer.

**COMMENTS**

Pneumothorax due to trauma is well known. A sportsman may have minimal signs and symptoms. Meticulous clinical examination and a chest radiograph must be done to rule out pneumothorax in suspected cases. We believe that an early diagnosis is necessary to prevent complications of persistent pneumothorax which may debilitate young sportsmen.

Yours faithfully,

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Registrar in Orthopaedics
Dr. A. L. AL-ARFAQ,
Consultant General Surgeon
Dr. Mohammed MOHANNA,
Consultant General Surgeon

**ITEMS OF INTEREST AND NEWS OF MEMBERS OF BASM**

The National Coaching Foundation have issued a series of three Coaching handbooks linking with their Level 2 courses for coaches. The titles are "The Coach at Work", "Safety first for Coaches" and "Physiology and Performance" and the handbooks cost £5.50 each or £13.50 for the set. In addition two new videos are available, namely, "The Body in Action" and "Planning and Practice". The Foundation may be contacted at 4 College Close, Beckett Park, Leeds LS6 3QH.

Houghtons of Middleton, Manchester are offering a new, specialist bookselling service for members of the paramedical professions, particularly physiotherapy.