

BRITISH JOURNAL OF SPORTS MEDICINE
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SUBSCRIPTIONS

The Journal is sent to all members of the British Association of Sport and Medicine, and included with the annual subscription.

FROM JANUARY 1st, 1986 EXTERNAL (NON-MEMBER) SUBSCRIBERS: £15 for subscribers in the United Kingdom, \$50 U.S. for overseas subscribers or £18.00 Sterling.
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RENEWALS: These should be confirmed before the end of the year, or at the latest by the end of January in the current year. Late renewals involving restoration to the mailing list after deletion, may incur an additional administration charge.

MAILING is by second class mail to the U.K., and surface mail overseas.

ORDERS FOR THE JOURNAL should be sent to the Treasurer at the above address. Payment with order is preferred. Cancellations should be sent before the end of the year, or by the end of January at the latest.

APPLICATIONS FOR MEMBERSHIP of the British Association of Sport and Medicine should be sent to the Hon. Secretary or Hon. Treasurer.

EDITORIAL

Most issues of BJSM carry papers and case reports concerned with injuries, both acute and chronic, which are incurred through participation in sport. The present edition is no exception in this regard. Whilst dissemination of experience of the diagnosis, treatment and prognosis of such injuries is a fundamental role of a journal of sports medicine this literature does emphasise the negative effects of a sporting lifestyle. At a different level the national press demonstrate the same emphasis. Injuries in boxing and rugby are reported at length but fewer column inches are devoted to the favourable influence of sport on health and well-being. Whilst sport-related injuries are a proper and continuing concern of the journal I suggest that the positive effects of sports participation are worthy of greater attention. These effects may be manifest in two ways. Firstly, the vigorous exercise which is an integral part of most sports probably contributes to the maintenance of good health. Secondly, in seeking to acquire and maintain physical fitness an individual shuns habits which are detrimental to health. There is, unusually, evidence to support the latter claim in this issue. Hutchinson and co-workers report that the incidence of smoking, a practice well-known to be hazardous to health, is much lower among English professional footballers than the national average. This differential is not attributable to club strictures and so probably derives from attitudes engendered through the playing of the sport. As the authors suggest, this information could be invoked in an attempt to diminish cigarette smoking amongst young people who follow football.

The personal commitment of many BASM members to an active lifestyle is periodically demonstrated by the groups of joggers seen at the Annual Congress and by items in the Bulletin soliciting entries for one or other event for medical personnel. It is my view that the journal should reflect this commitment and encourage submission of scientific papers concerned with the honest appraisal of the potential of regular exercise for enhancing normal health.

50 Years of Physical Education at Loughborough

On August 3-4 the Department of Physical Education and Sports Science at Loughborough University celebrated the 50th Anniversary of the first physical education courses at the old College of Education. Past and present members of

staff joined ex-students for a one-day conference, followed by a formal dinner in the University. The invited lecturers were Denzil Flanagan, HMI, Professor Alan Patmore of Hull University and Professor Clyde Williams of Loughborough. The audience were most appreciative of their contributions, on physical education, the development of land use for recreation and sports science at Loughborough, respectively. On the following day, 5th August, a series of well-attended Sports Science Workshops were led by 3 of the Department's many distinguished alumni, Dr. Paul Thomas, Dr. Peter Cavanagh and Professor Brian Whipp, DSc. Both Dr. Thomas and Dr. Cavanagh paid tribute to Dr. Henry Robson, Chairman of the Editorial Board of BJSM, for his contribution to the development of their enthusiasm for sports science whilst he was lecturing at Loughborough.

ITEMS OF INTEREST

Members may wish to note that the establishment of the British International Rowing Office at 6 Lower Mall, Hammersmith, London W6 9DJ (Tel. 01-741-3140). A new journal, Clinical Rehabilitation, will be published by Edward Arnold from 1987. The editor will be Dr. Keith Andrews, MD, MRCP of Laydwell Hospital, Salford. Members interested in the topic of Aging and Motor Behaviour may wish to submit manuscripts to be considered for inclusion in a book of this name to be published by Benchmark Press. Submissions to the editor, Dr. Andrew C. Ostrow, 265 Coliseum, West Virginia University, Morgantown, WM 26506-6116, USA.

Members interested in the Diploma Course in Sports Medicine at the London Hospital Medical College may wish to know that a fellowship (£7,000) and two bursaries (£4,000) are offered by the Smith and Nephew Foundation. The awards are open to graduates who obtained their primary medical qualification in a British medical school. Application forms for awards for the course starting in October 1987 may be obtained from the Administrator, The Diploma Course in Sports Medicine, G1 Building, 26 Ashfield Street, London E12AJ. Closing date for applications is 31st January, 1987.

The 1987 Medical Olympic Games will be held in Morocco from the 5th to 12th July. Details are available (large SAE) from Dr. David Delvin at GP, 30 Lancaster Gate, London W23LP.

Adrienne E. Hardman

BOOK REVIEW

Title: PREVENTION OF HEAD INJURIES IN SKIING MECHANISMS, EXPERIMENTAL STUDY AND PREVENTION
Author: Sooyoung Oh
Publishers: Karger, Basel. 1986
 Price: £15.40 164 pages 174 figures and 13 tables

The "Head Injury" a comparatively new type of skiing injury has come with the development of high precision faster skis and complex fixation bindings. It is not surprising that the Cantonal Hospital, Chur, well known to me in the days of Professor Algower, a leading exponent in the open reduction of fractured bones, should be the source of a monograph on this new problem.

Based on ten years of neurological experience it documents the severity and explores the causes.

In the case of the latter the author identifies three main groups — free fall where the severity of the injury is directly proportional to the speed of the skier; collision of skiers related to the density on the slopes and impact injuries with other skull-cracking objects.

He illustrates the severity of such head injuries with a number of case histories and statistics. The treatment is basically immediate first aid and hospitalisation. The prevention in the majority of instances is the wearing of protective clothing and behaviour.

This book might well cut down the ridiculously high number of ski accidents which occur in Scotland if read by all skiers.

P. A. P. Mackenzie

BRITISH ASSOCIATION OF SPORT AND MEDICINE

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26th August, 1986

Dear Colleague

In addition to the regular quarterly report in our Journal, I am taking this opportunity of reporting to you as early as possible the results of the meeting at St. Bartholomew's Hospital on 12th July.

The meeting of the old (unincorporated) Association did not reach a quorum and therefore in accordance with Article 20 of the Constitution the meeting was adjourned for seven days and took place in the offices of the London Sports Medicine Institute at 11.30 on 19th July. The Resolution concerning the winding up of the Association of which all subscribing members had due notice was adopted and in accordance with the resolution has been referred back to the Executive Committee for formal action. This item has priority for the meeting to be called on 15th October 1986. At the first meeting of the new Incorporated Association there were 17 people present who had declared their wish to become members of the new Association and these, together with proxies held by Dr. Tunstall-Pedoe, Dr. H. Evans Robson and myself constituted a quorum and the following officers were declared:

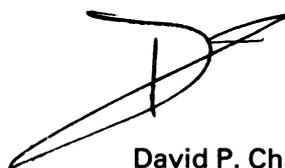
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Joint Editors:	Dr. Adrienne Hardman & Dr. Wendy Dodds
Membership Secretary:	Dr. Craig Sharp

On a motion proposed by Mr. Basil Helal and seconded by Miss Vivian Grisogono, the annual subscription was set at Individual £35, Joint (husband and wife) £40, Student £20, Retired Members £20 and Associate Member Organisations £50. I have since received suggestions that this latter for Associated Membership be reconsidered and set at £35, the same as an Individual Subscriber, but this matter will have to be considered by the next general meeting.

As at 12th July 359 applications for membership of the new company had been received by the Secretary, there being only 12 resignations and at least one application has been received by literally every post since then. The figure now stands at 464.

It is hoped that those members who have not yet formally applied will wish to transfer to the new incorporated association and I look forward to hearing from them as quickly as possible. Further forms are available on request. Please take care of the copy of the constitution which you have already received. When the necessary formalities have been agreed by the Executive Committee I will complete the necessary administrative work.

Your officers look forward to meeting you at Southampton. Unfortunately these were the only dates that Dr. Peter Thomas was able to arrange and I must apologise that my attendance can only be on a very limited basis.



David P. Chapman, Hon. Secretary

BRITISH ASSOCIATION OF SPORT AND MEDICINE**HON. TREASURER'S REPORT****1st January-31st December 1985**

By strenuous but much-needed economy, especially in the public sector, such as the Health and Education services, inflation in the UK is at about 3%, the lowest it has been for some 10 years. This figure is the overall cost — domestic, industry, rates, food, etc. — but unfortunately it does not affect the printing industry in the same way. Wages, the price of paper, of photographic processing and of postage have all risen astronomically since our present subscription rate of £10 for ordinary membership was accepted at the AGM in 1981. This rate is ridiculously low for an association publishing its own quarterly journal and running a scientific society, dependant upon its membership subscriptions for most of its income. Tightening of hospital and university budgets limit or prevent any travel or subsistence expenses being available for officers and committee members, who often used to be able to make such claims for executive committee meetings. Our association is responsible for all secretarial and other such costs. Legal expenses have been incurred for us to achieve status as a registered charity and a Company limited by guarantee with charitable intent. The work of the Honorary Secretary and Honorary Treasurer has also increased significantly, and has forced both officers to have to employ more secretarial help, and at a reasonable wage, so the £10 subscription has been inadequate for two years at least, causing losses.

At the same time one of the last actions of the Greater London Council was to make a grant to initiate the London Sports Medicine Institute, which has acquired office, library, tutorial and laboratory facilities in Charterhouse Square, part of St. Bartholomew's School of Medicine. Negotiations are proceeding to house some of BASM's administrative work in this building, and we have already donated copies of our own journal and exchange copies of other journals together with some books to help to found the Institute's library. How the Institute will be able to help our own members is not yet certain, but in due course there should be a properly funded centre for Sports Medicine at long last.

Turning to our association's own affairs the accounts for 1985 have already been circulated to all members in the small yellow handbook that contained the Memorandum and Articles of Association of the new Company. There is a slight fall in income from members' subscriptions mostly through arrears rather than resignations, but over thirteen thousand pounds were collected, which included 75% of subscriptions from Scottish Area members. External sales of the journal increased from seven and a half to ten and a half thousand pounds, and advertising revenue remained at three and a half thousand pounds. For once forecasting Pound/Dollar/Lira enabled us to make a profit on the Journal of Sports Medicine and Physical Fitness, which will help to offset small losses in previous years. The profit of £373 from the North West Europe Chapter of FIMS was due to late payments, and offset against the £1,140 loss of 1984. Bank interest of just over eight hundred pounds could incur a tax liability.

On the expenditure side, wages for secretarial help for the Secretary and Treasurer amounted to five thousand pounds; postage and petty cash, excluding bulk postage of journals was another thousand, subscriptions to FIMS and other organisations, and the auditor's fees were each another three hundred, committee travel £587, and setting up the computer base for the mailing list, capable of extension, another four hundred pounds. Fifty pounds was given to enable the West Midlands Area BASM to be started, total expenditure of £8,602, only a thousand more than in 1984. The deficit for the year was £4,185.

From the Balance Sheet it can be seen that there was over twelve thousand pounds in the various bank accounts, two and a half thousand was owed to us, but our liabilities were eight thousand pounds due to the printer and two and a half thousand estimated as owing in accumulated tax on the deposit accounts. The value of unsold journals is difficult to assess accurately but they and stocks of ties and tee-shirts are estimated at another one and a half thousand pounds. By the end of the year there was a credit balance of some six thousand pounds.

The accounts were pre-circulated before the recent Extraordinary General Meeting on July 12th but no questions were raised at the meeting or by correspondence concerning them.

TREASURER'S INTERIM REPORT
January 1st - July 31st, 1986

The factors mentioned in the report for 1985 still apply. So far, up to the end of July, it has been possible to draw up a provisional statement of accounts, not yet submitted for audit.

CREDITS	£	DEBITS	£
Membership subscriptions	13,590	Refunds — overpaid subs., resignations, etc.	267
BJSM — external sales (but £2,000 were received during 1985 towards these)	6,300	Printers for Journals x 2 issues, and notices re new Company and other items	15,740
Sale of Back Issues	383	Stationery	91
Advertising	1,815	Computer Data Base	393
Journal of Sports Med. & Phys. Fitness	715	Subscriptions — FIMS, etc.	345
Misc. sales — ties, etc.	23	Treasurer's Postage & Petty Cash	319
Donation	185	Treasurer's Secretary/Financial assistant & casual help	2,157
Sports Council Grant — NW Ch. FIMS, Dublin 1985	275	Hon. Secretary's O.O.P. expenses 1985 and 86	1,464
	23,286	Hon. Secretary's Postage & Petty Cash	255
		Hon. Secretary's Secretarial Help	939
ADD		Repairs and office filing equipment	271
Debtors (estimated) — Adverts £825;		Solicitor — Charity & Company Registration	760
Unpaid memb. subs. £1,750	£2,575	Auditors	345
		Journ. of Sports Med. & Phys. Fitness	784
		Exec. Committee — Travel to meetings	578
		Editorial expenses — Editors' Conference, etc.	103
		Admin., incl. grants to NW & SW areas BASM	130
		Total Debits	24,673
		Total Credits	23,286
		BALANCE — Expenditure over Income	1,387
		Anticipated further expenditure — Journal	5,500
		Salaries	2,250

It can be seen that even by mid-August, essential expenditure has already exceeded income by almost £1,400, and the anticipated expenditure far exceeds the anticipated income for the rest of the year, despite strenuous efforts to request payment of arrears. There will soon be incoming payments for the British Journal of Sports Medicine from our external subscribers, and perhaps a profit from Congress '86 to be held in Southampton from November 7th-9th. We will soon have to drain our Deposit Account to make up for this deficiency, so a substantial increase in subscription is now overdue

It has been proposed and accepted by those attending the Extraordinary General Meeting of the new incorporated association, that the following rates should come into force from 1st January 1987.

	£
Ordinary Members & Affiliated Organisations	35
Joint Members (Husband & Wife)	40
Students & Members retired from employment	20
<i>(the Journal will be included in all the above)</i>	
Non-Member Subscribers to Brit.J.Sports Medicine	20
or \$40 U.S.	

Members of the Association therefore have three courses open to them —

1. **To join the new Association — a Company Limited by Guarantee and a Registered Charity.**
(Applications for this have already been sent to all members).

£
35
2. **To subscribe as "Library" or Journal Subscribers only**

20

3. **To Submit Formal Resignation, not forgetting to cancel any existing Bankers Order. Mere cancellation of a Bankers Order CANNOT be regarded as formal resignation.**

We hope the new association will have the support of the majority of members, and will encourage more to join.

H. E. Robson

FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS

DATE	ORGANISATION	VENUE	APPLICATIONS TO:
1986			
16-18 October	European Confederation for Physical Therapy, "Sports Activities"	Paris (Abstracts in French, English or Spanish invited)	Secretariat du Congrès, 11 rue des Petits Hôtels, 75010 Paris, France
17-18 October	A. Z. Sint-Jan Brugge, 5th Congress of Sports Medicine	Brugge, Belgium	VZ BRUCOSPORT, Lange Rei 71, B-8000 BRUGGE, Belgium
31 October- 3 November	3rd International Symposium on Sports Biology Muscular functions and sport activities French/English, simultaneous translation	Nice	Dr. P. Marconnet, Service Bio-Médical du Parc des Sports, Charles Ehrmann, 181 Route de Grenoble, 06200 NICE Tel. 93.83.06.30
1987			
29-30 January	Medical Symposium on the problems of Skiing, in conjunction with the World Championship of Alpine Skiing, Crans-Montana	Montana, Switzerland	M. le Docteur C. Gobelet, Hôpital Gravelone, Service de rééducation, CH-1950 SION, Switzerland
21-28 March	Institute of Orthopaedic Medicine, Injuries to the Lumbar Spine	Schonried, Switzerland	Dr. M. Hutson, 30 Park Row, Nottingham NG1 6GR
26-28 March	US Olympic Committee Conference on Sports Medicine and Sports Science for the Disabled (Abstracts by 1st December, 1986)	Mt. Washington Valley, New Hampshire, USA	Mary Margaret Newsom, USOC, Department of Education Services, 1750 East Boulder Street, Colorado Springs, Colorado 80909-5760, USA
1-3 April	Gait analysis and medical photogrammetry	Nuffield Centre, Oxford	Conference Secretariat, Oxford Orthopaedic Engineering Centre, Nuffield Orthopaedic Centre, Headington, Oxford OX3 7LD
6-10 April	Ergonomics Society, Annual Conference Ergonomics Working for Society Abstracts by 26th September	University College of Swansea	Dr. E. Megaw, Department of Engineering Production, University of Birmingham, Birmingham. Tel. 021 472 1301 ext. 3516
13-17 April	First World Congress of "Science & Football"	Liverpool Polytechnic	Drs. T. Reilly & A. Lees, Secretariat, World Congress of Science & Football, Department of Sport & Recreation Studies, Liverpool Polytechnic, Byrom Street, Liverpool L3 3AF
14-15 April	International Society of Prosthetics & Orthotics	University of York	Chailey Heritage Hospital, Lewes, Sussex
14-16 April	2nd Occupational Ergonomics Symposium Applied Methods in Ergonomics Abstracts by 30 September, 1986	Zadar, Yugoslavia	Dr. John Wilson, Dept. of Production Engineering & Production Management, University of Nottingham, University Park, Nottingham NG7 2RD Tel. 0602 506101 ext. 3557
27 April-1st May	British Association of Sport & Medicine, Introductory Course	Lilleshall Hall National Sports Centre	Dr. P. L. Thomas, The Health Centre, Loddon Hall Road, Twyford, Berks. RG10 9JA
14-17 June	2nd International Back Pain Congress	Hong Kong-Peking	Congress Team International (UK) Ltd., 30 Deane Way, Ruislip, Middlesex HA4 8SX
17-21 August	Movement & Sport in Women's Life Multidisciplinary international conference	Jyvaskyla, Finland	Jyvaskyla Congress - on Movement & Sport in Women's Life, Faculty of Physical & Health Education, University of Jyvaskyla, Finland
6-12 September	8th European Anatomical Congress	University of Antwerp	8th European Anatomical Congress, University of Antwerp, Institute of Histology & Microscopic Anatomy, Groenenborgerlaan 171, B-2020 Antwerp, Belgium
6-10 October	20th Annual Meeting of the Canadian Association of Sport Sciences. Science in Winter Sports	University of Calgary, Canada	Mrs. Barbara Lees, Conference Secretary, Faculty of Physical Education, The University of Calgary, Alberta, Canada T2N 1N4
6-8 November	2nd Annual Conference of Sports Psychologists of India (Abstracts by September)	Patiala, India	Dr. D. N. Mathur, Dean of Faculty of Sports Sciences, Netaji Subhas National Institute of Sports, Patiala, India

DATE	ORGANISATION	VENUE	APPLICATIONS TO:
1990 27-31 May	FIMS 24th World Congress on Sports Medicine	Amsterdam, The Netherlands	Not known

NEW MEMBERS

The following were elected by the Executive Committee on 12th July, 1986

ORDINARY MEMBERSHIP

Miss Angela J. Bagshaw, MCSP, 16 Wham Bar Drive, HEYWOOD, Lancs. OL10 9SF
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 M. J. Shalley
 P. L. Thomas

STUDENT MEMBERSHIP

Mr. Simon N. Roberts, 459 Altrincham Road, MANCHESTER M23 8AA
 (Medical Student — John Radcliffe Hospital, Oxford)

D. P. Chapman

BOOK REVIEW

Title: MEASUREMENT OF JOINT MOVEMENT in CLINICS IN RHEUMATIC DISEASES SERIES, VOL. 8, NO. 3
Editor: V. Wright
Publishers: W. B. Saunders Company Ltd., London December 1982
 Price: £11.75 204 pages Hard back

This multi-author book reviews each joint in turn, with introductory literature and historical summary followed by a critical evaluation of current techniques and practice.

It is rapidly clear to the clinical reader that his standard practice falls far short of scientific ideals, but there is often a difference between simple clinical criteria and exact laboratory measures. As the chapter on hand function best shows, even the precisest measurements can be inadequate reflections of function — hence the plea for functional assessments to accompany scientific measurement in clinical practice.

This volume is essential for all joint measurers, even though it often begs more questions than it resolves. The Heath Robinson qualities of many of the measurement methods surely invite error in the rough and tumble of the clinic by putting too precise values on what are rather fallible and variable techniques outside strictly controlled circumstances. For instance, while it seems that subtalar joint range is relatively accurately measurable in a purpose-built stirrup, it would be important to assess the accuracy and reproducibility of the simple clinical methods used in podiatric practice: also, only one mention each is made of diurnal and ambient temperature effects on joint mobility.

It may well be that sports scientific studies will lead the way into the new investigative technologies for clinicians to follow and it is significant that few of this volume's reviews record studies based on computerised TV or cine movement analyses which must surely, finance permitting, be the route to more accurate assessment.

P. N. Sperryn

BRITISH JOURNAL OF SPORTS MEDICINE

GUIDANCE FOR CONTRIBUTORS

Several types of communications will be considered for publication by the Editorial Board.

1. ORIGINAL ARTICLES, reporting research, experimental work, innovations in therapeutic procedures, etc.
2. REVIEW ARTICLES on special topics, which should include an adequate but not necessarily an exhaustive bibliography.
3. ABSTRACTS of verbal communications given at scientific meetings. These may be published as 'Proceedings' of meetings, and sometimes the author might be invited to submit a fuller edited text of his talk, together with illustrations.
4. ANNOTATIONS, case reports, preliminary reports of research, and of pilot studies, usually not exceeding 400 words.
5. CORRESPONDENCE, — 'letters to the Editor'.
6. CONFERENCE REPORTS from Area organisations of B.A.S.M., or of other meetings with direct relevance to the work and interests of B.A.S.M. members.
7. NOTICES of forthcoming events relevant to Sports Medicine.
8. OBITUARY NOTICES concerning B.A.S.M. members and others distinguished in Sports Medicine.

SUBMISSION OF MANUSCRIPTS

These should be sent to the Joint Editors, Dr. A. E. HARDMAN and Dr. W. N. DODDS, c/o Dr. H. E. ROBSON, 39 Linkfield Road, Mountsorrel, LOUGHBOROUGH, Leics. LE12 7DJ.

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Two copies of each manuscript should be submitted. They should be typewritten, double spaced, on one side of the paper only, in English, with conventional British spelling.

The title of the paper should be typed in capitals, with the name and principal qualifications of the author(s), e.g. "FRCS", "DipPE, PhD", "MSc(Psych)", "MB, BS, PhD" or "MCSP", then the appointment held, the department and the institution in which the work was carried out. If the author has moved since the work was performed, his present address should be added as a footnote.

In general, manuscripts should be prepared in accordance with the recommendations of the International Steering Committee of Medical Editors, the "Montreal Agreement". A booklet is obtainable from the Editor, British Medical Journal (50 pence), or Annals of Internal Medicine, 4200 Pine St., Philadelphia for U.S. authors.

AN ABSTRACT not exceeding 150 words should follow the heading of a long paper. This should include the chief points made in the paper, and the main conclusions drawn or suggested. Only very essential references are included here. On the advice of the Editorial Board, a communication may be published in abstract only. Following the Abstract, some three to six KEY WORDS should be inserted to assist with indexing.

NOMENCLATURE. Drugs should be specified by their official name, followed by the trade name and manufacturer's name in brackets if well known and widely prescribed under its trade name. Doses should be in metric measurements. S.I. units should be used, except for measurements of blood pressure, which should be in mm. Hg. Conversions from one system of measurements to another should be rounded off, and in all tables unnecessary decimal places should be avoided, as they are usually due to the mechanics of the computer, and not to accurate scientific measurement.

In common with most other scientific journals, because of limitations of space and the large number of manuscripts submitted, we ask authors, where possible, to limit the length of articles to some five pages of typescript, plus one page of tables, and one page of figures. In most circumstances, six or up to ten references usually suffice.

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