

## EDITORIAL

Preventive measures for avoidance of injury related to sport are to be encouraged and we received an excellent reminder of this in the Adolphe Abrahams memorial lecture by Professor Eriksson at the 1984 Congress. It is, however, important to evaluate preventive measures, particularly with respect to equipment where fashion rather than function may dictate the use of certain items. There is a considerable amount of literature to support the use of mouth guards to reduce dental trauma and to reduce concussion by dissipation of the force of a blow to the jaw. Thus, it is somewhat surprising to learn from the study by Professor Carstens and colleagues that in the rugby players studied by them, the use of mouth guards did not influence injuries. It is pointed out that much published work relates to American football, for which there is legislation requiring the use of mouth guards as is also the case for ice hockey in the United States. A recent study by Garon et al (JADA 1986 112: 663-665) studying a variety of sports suggested there was a role for the use of mouth guards. They found that no fractured teeth occurred in any of the sports considered other than American football when mouth protectors were used but did occur when mouth protectors were not used. They did not however study rugby football and perhaps the lack of benefit in the study reported in this journal relates to the particular group studied. It is also perhaps, as the author suggests, that adequate education of the players may

contribute to their findings. An alternative and additional factor may be the actual type of mouth guard used and this is not discussed. It reminds us that what is found for one sport may not apply to another and that in evaluating equipment not only is it necessary to be specific with regard to the particular equipment, but also to the group studied.

Assuming that the work of others supporting the value of mouth guards in sports other than rugby is correct, then mouth guards are more likely to be used when they are inexpensive and widely available. That described by Chandler and colleagues potentially provides such a mouth guard but as they point out it now requires evaluation with regards to its benefit.

Shortly Congress '87 will be upon us with reminders for abstracts and booking elsewhere in this journal. The annual Congress of the Association is a time when members can present their work, either in its preliminary stages or prior to publication. It also provides a forum for informal exchanges of ideas and meeting with colleagues with similar interests. The Adolphe Abrahams memorial lecture will be given by Professor Ernest Jokl, co-author of the well-known text on exercise at altitude. The title is still to be announced. It is hoped that as many members as possible will support this year's Congress which has what promises to be a most interesting programme.

Wendy N. Dodds

## B.A.S.M. REFRESHER COURSE 13th to 16th October, 1987 LILLESHALL HALL NATIONAL SPORTS CENTRE

	<b>Tuesday 13 Oct.</b>	<b>Wednesday 14 Oct.</b>	<b>Thursday 15 Oct.</b>	<b>Friday 16 Oct.</b>
9.15-12.45	—	Gymnastics	Rehabilitation (soccer)	Athletics
2.15-4.00	—	Rowing	Racquet Sports	Setting up and Running Sports Clinics
4.30-6.00	—	Spinal injury in weight training	Physiological profiling	—
6.30	Registration			
7.00	Dinner			
7.30			Informal Dinner	
8.30-9.30	Cycling			

The course has been designed for doctors and physiotherapists who have already been on an introductory course or who are actively working with sportsmen and women.

The emphasis will be on relating differing techniques in a particular sport to the type of injuries that are seen, and in relating these injuries to differing methods of prevention and treatment.

Lilleshall Hall houses the Football Association's Rehabilitation Centre and is also the National Centre for gymnastics with a new purpose-built gymnasium.

The National Sports Centre is approximately 30 miles North West of Birmingham and has facilities for squash, tennis, badminton, indoor and outdoor pitches, 18 hole golf course. The accommodation is mainly in single rooms in the newly built Kent Hall.

Cost:		<b>B.A.S.M. Members</b>	<b>Non Members</b>
	Residential	£135	£160
	Non-Residential	£ 70	£ 95
<b>Daily Rates:</b>	Tuesday evening	£ 5	£ 6
	including lunch all day Wednesday	£ 25	£ 30
	including lunch all day Thursday	£ 25	£ 30
	including lunch all day Friday	£ 25	£ 30

Applications to and further details from: **Dr. Peter L. Thomas, The Health Centre, Loddon Hall Road, Twyford, Berks. RG10 9JA.**  
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