

BRITISH JOURNAL OF SPORTS MEDICINE
EDITORIAL BOARD

Joint Editors: **Dr. Adrienne E. Hardman**, PhD, Department of Physical Education and Sports Science, Loughborough University LE11 3TU
Dr. Wendy N. Dodds, MRCP, Marley Dene, West Scholes, Queensbury, West Yorkshire

Chairman: **Dr. Henry E. Robson**, 43 Westfield Lane, Rothley, Leicester LE7 7LH

Members: **Prof. Arnold H. Beckett**, DSc, PhD, FRIC, Chelsea College, London University
Dr. Ernest J. Hamley, PhD, Loughborough University
Mr. Basil Helal, MCh(Orth), FRCS, The London Hospital
F. M. Holliday, MA, DLC, FSS, Loughborough University
Mrs. Margaret John, MCSP, Studley, Warwickshire
Dr. John E. Kane, PhD, West London Institute of Higher Education
Dr. P. N. Sperryn, FRCP, Hillingdon Hospital, Uxbridge, Middlesex
Prof. Harry Thomason, PhD, DLC, Loughborough University
Dr. Dan Tunstall Pedoe, MA, DPhil, FRCP, St. Bartholomew's Hospital, London
Prof. Clyde Williams, PhD, Loughborough University

This Journal is published four times a year by
THE BRITISH ASSOCIATION OF SPORT AND MEDICINE
A registered company limited by guarantee. Registration Number 1962979.

Sometimes two numbers may be issued in a combined publication

Chairman: **Dr. D. S. Tunstall Pedoe**

Hon. Secretary: **Mr. D. P. Chapman**, MCSP, Half Moon Place, Burwash Road, Heathfield, East Sussex

Hon. Treasurer: **Dr. Henry E. Robson**, 43 Westfield Lane, Rothley, Leicester LE7 7LH

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, 1987 EXTERNAL (NON-MEMBER) SUBSCRIBERS: £20 for subscribers in the United Kingdom, \$60 U.S. for overseas subscribers or £25 Sterling.
Subscriptions run from January to the end of the year. Single numbers: £6 or \$15. A limited number of back issues are available.

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. Treasurer.

B.A.S.M.

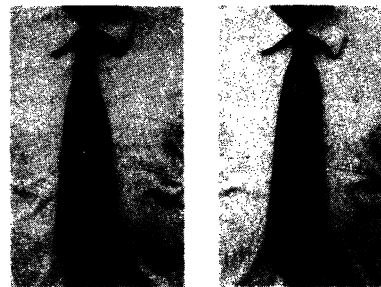
SPORTS SHIRTS ○ TIES ○ BADGES ○ SCARVES



TEE SHIRTS — Light Blue

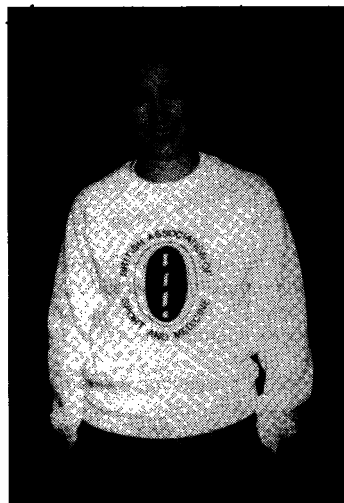
SMALL 36"
MEDIUM 38"
LARGE 40"
EXTRA LARGE 44"

£5.00 + 70p p. & p.



TIES (3½" Wide)
MULTI-MOTIF
or SINGLE MOTIF

£4.50 + 50p p. & p.



SWEAT SHIRTS — Sizes as for Tee Shirts

WITHOUT HOOD — White

£9.50 + £1 p. & p.

WITH HOOD — Navy Blue

£10.50 + £1 p. & p.

New stocks of the Tee Shirts in Light Blue and Sweat Shirts in White and Navy (with hood) are now available with a bigger proportion of larger sizes.

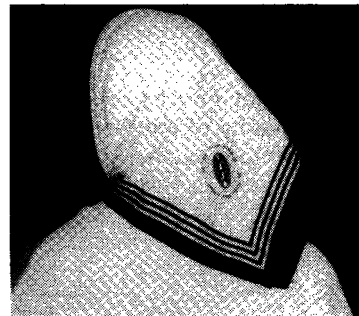


BLAZER BADGES WIRE EMBROIDERED

LARGE 4" HIGH
as illustrated

SMALL 3" HIGH

£5 + 40p p. & p.



LADIES' SCARVES

HEAD SQUARES —

White with blue border and
BASM logo — 27" square.

SCARVES —

Navy Blue with fringe and
BASM logo — 54" × 9"

£4.50 + 50p p. & p.

All items from London Sports Medicine Institute, c/o Medical College of St. Bartholomew's Hospital,
Charterhouse Square, London EC1M 6BQ

Cheque with order, made out to B.A.S.M.

BULLETIN OF THE BRITISH ASSOCIATION OF SPORT AND MEDICINE

ITEMS OF INTEREST TO MEMBERS OF BASM

It is still possible to book for BASM Congress '88 although accommodation at the Gleneagles Hotel is now full. This year's programme looks most attractive and should not be missed! Contact the Scottish Sports Council, (Room 201) at 1 St. Colme Street, Edinburgh EH3 6AA, with enquiries and for bookings.

The Sports Injury Clinic at Crystal Palace National Sports Centre has been relocated in new, purpose-built accommodation funded by the Sports Council. It is now renamed the Sports Injury Centre and is open 6 days a week for sportsmen and women at all levels of sports participation on an appointment basis (01-778 0131). The Superintendent Physiotherapist is a BASM member of long standing, Rose Macdonald.

The July-August edition of Sportsmediscope (Vol. 7, No. 7), the newsletter of the US Olympic Committee, is designated as a guide to banned medications, and includes a "Safe List" of allowable substances. Doctors who advise sportsmen and women and who wish to be better informed on this important topic would find this special issue of value. Additional copies, in limited quantities, are available from USOC Department of Library and Education Services, 1750 East Boulder Street, Colorado Springs, CO 80909, USA. Members interested in the whole issue of drugs in sport will be interested to hear that Professor R. V. Brooks, of St. Thomas's Medical School, has been awarded the OBE.

A former BASM member, Peggy Potts, a science teacher at Loughborough High School for many years before she became a lecturer at the then Bedford College of Physical Education, has been awarded a Coach of the Year Award by the British Association of National Coaches for her contribution to coaching women's hockey.

Reprints of papers presented at the 1987 Society of Community Medicine conference "Sports injuries — how much do we know?" are now available. Details are as follows:—

Title	Author	Price (incl. postage)
1987		
Prevention is Possible, and Essential	Peter Merry	£0.50

The Roles and Whereabouts of Sports Injury Clinics	Ken Kingsbury	£0.30*
Injuries in Remote Places — Cave and Mountain Rescue	John Frankland	£0.30*
Non-Surgical Management of Ankle-Ligamentous Injuries	Mike Hutson	£0.20
Thermography and Sports Injuries	Ernest Cooke	£0.30*
Primary Care of Back Injuries and the Recognition of Exaggerated Pain Perception	J. D. G. Troup	£0.40
Excessive Performance Equals Excessive Pain	Nick Walters	£0.50
Hip and Thigh Damage in Sport	Amanda Johnson	£0.40
Doping? Why, and Why Not!	Wendy Dodds	£0.65
Control of Drugs in Sport	Don Van Hagen	£0.30*
Conditions at High Altitude	Charles Clarke	£0.30*
Lower Leg Pain in Sport	John Williams	£0.30*
Mouth Protection for the Sports Participant	John Clegg	£1.40
The Ayes and Noes of Disabled Sport	Jean Macheath	£0.40
Popular Marathons — Participants, and Management of Medical Problems	Robin Knill-Jones	£0.30*
What Sports Participants Really Need	Peter Warden	£0.30*
All 16 papers £6.50, * all 8 papers £2.00		

Orders to Dr. H. E. Robson, 43 Westfield Lane, Rothley, Leicester LE7 7LH. Profits from sales go to BASM.

NEW MEMBERS

The following were elected by the Board of Directors on 6th July, 1988

ORDINARY MEMBERSHIP

Dr. I. N. Ashworth, Strathmore, 28 Chester Road, WREXHAM, Clwyd LL11 2SA
 Mrs. Wendy M. Blythe, MCSP, 42 High Street, FARNBOROUGH VILLAGE, Kent BR6 7BA
 Dr. Suzanne Brosh, FFARCS, 6 Vine Close, Stapleford, CAMBRIDGE CB2 5BZ
 Mrs. P. A. Cornelius, MCSP, 9 Larches Road, DURHAM DH1 4NL
 Mrs. Catherine Dougherty, GDPhys, MCSP, 23 Park Lane, Offerton, STOCKPORT, Cheshire SK1 4JS
 Dr. M. F. S. Ellis, DA, 1 Moorend Road, Leckhampton, CHELTENHAM, Glos. GL53 0EP
 Mrs. Nicola M. Ellis, GDPhys, MCSP, 1 Moorend Road, Leckhampton, CHELTENHAM, Glos GL53 0EP
 Dr. O. F. Else, 31 London Road, SITTINGBOURNE, Kent
 Miss Amanda J. Gale, BSc, MCSP, 32 Mallory House, Teviot Street, Poplar, LONDON E14 6QF
 Dr. Mira H. Kapur, 23 Farnham Close, Whetstone, LONDON N20 9PU
 Dr. M. M. Morrison, MSc, 25 Braehead Avenue, EDINBURGH EH4 6QN
 Dr. P. Norris, 3 St. Helens Road, BRIGG, S. Humberside DN20 8BX
 Miss Janice E. Reddoch, MCSP, Physiotherapy Dept., St. Bernard's Hospital, GIBRALTAR
 Dr. M. C. Ridgewell, West Middlesex University Hospital, Twickenham Road, ISLEWORTH, Middlesex TW7 6AF
 Dr. D. Seaton, Cromwell Cottage, Silfield Street, WYMONDHAM, Norfolk NR18 9NL
 Dr. M. S. Shepherd, MRCGP, Holly Cottage, The Green, Soulbury, LEIGHTON BUZZARD, Beds. LU7 0DD
 Ms. J. A. K. Sholl-Evans, GDPhys, MCSP, 127 Old Street, CLEVEDON, Avon BS21 6BW
 Dr. R. Treharne-Jones, 8 Oxlea Road, Wellswood, TORQUAY, Devon TQ1 2HF
 Dr. J. F. Turley, 16 Albany Mews, Gosforth, NEWCASTLE-UPON-TYNE NE3 4JW

Proposed by

J. Crossland
 H. E. Robson
 M. S. Emerson
 P. L. Thomas
 P. L. Foxcroft
 H. E. Robson
 H. E. Robson
 H. E. Robson
 M. Stuart
 P. L. Thomas
 P. L. Thomas
 H. E. Robson
 H. E. Robson
 A. J. Davidson
 P. L. Thomas
 P. L. Thomas
 P. L. Thomas
 P. L. Thomas
 J. Hall
 P. L. Thomas
 H. E. Robson

STUDENT MEMBERSHIP

Mr. Andrew Kelly, c/o 1 Wittering Lane, Lower Heswall, WIRRAL, Merseyside L60 9JL
 (Medical Student)

M. A. Moore

The following was elected by the Board of Directors on 5th May, 1988

Dr. Sheila McCorkindale, MRCGP, DRCOG, Student Health Centre, Crawford House, Precinct Centre, Oxford Road, MANCHESTER M13 9QS

H. E. Robson

The following were elected by the Board of Directors on 28th July, 1988

ORDINARY MEMBERSHIP

Dr. R. C. Lunt, FFARCS, 118 Queens Drive, Walton, LIVERPOOL L4 6SJ
 Miss Jane D. Townsend, BEd, MPhil, 13 Merton Hall Road, Wimbledon, LONDON SW19 3PP
 Mrs. Wendy M. Wilson, BSc, MEd, The Grange, Hatton of Fintray, ABERDEEN AB2 0YT

Proposed by

D. A. Brodie
 H. E. Robson
 A. Wilson

IMPORTANT NOTICE

To all members paying their subscriptions by bankers order. Payments made to the old bank account will be refused by our bankers as this account has been closed. ALL PAYMENTS MUST be made to account No. **31413600**. If unsure, please check with your bank. Please help to keep down administration costs by co-operating.

H. E. Robson, Hon. Treasurer

FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS

DATE	ORGANISATION	VENUE	APPLICATIONS TO:
21-22 October	Seventh Congress of Sports Medicine of the A Z Sint-Jan Brugge	Brugge, Belgium	Secretariaat Sportgeneeskundige Dagen, Revalidatiecentrum, A Z Sint-Jan, Ruddershove 10, B-8000 Brugge, Belgium
30 October	Coaching '88 — Coaching into the Future with Sports Science Newcastle-upon-Tyne Polytechnic	Civic Centre, Newcastle-upon-Tyne	Phyllis Bend National Coaching Centre Centre for Sport and Recreation Newcastle-upon-Tyne Polytechnic Wynne-Jones Centre Ellison Place Newcastle-upon-Tyne NE1 8ST
5 November	British Olympic Assoc. Quarterly Seminar "Women in Sport"	British Olympic Medical Centre, Northwick Park Hospital, Watford Road, Harrow	British Olympic Association, 1 Wandsworth Plain, London SW18 1EH
9-10 December	Fifth International Conference on Biomedical Engineering	Faculty of Medicine, National University of Singapore	The Secretary, 5th Biomed, c/o Dept. of Orthopaedic Surgery, National University Hospital, 5 Lower Kent Ridge Road, Singapore 0511, Republic of Singapore
1989			
19-20 January	Second International Symposium on the Prevention of Catastrophic Sports and Recreational Injuries to the Spine and Head	Toronto, Canada	Dr. Charles H. Tator, Director Canadian Sports Spine and Head Injuries Research Centre, 399 Bathurst Street, Toronto, Ontario, Canada M5T 2S8
18-20 April	Work Design in Practice. Third Occupational Ergonomics Symposium	Zadar, Yugoslavia	Bell-Howe Conferences, Gothic House, Barker Gate, Nottingham NG1 1JU
10-12 May	International Congress on Peer Review in Biomedical Publications. American Medical Association. Abstracts by 1 November 1988	Chicago, USA	Congress on Peer Review, Journal of the American Medical Assoc., 535 North Dearborn Street, Chicago, Illinois 60610, USA
13-19 August	International Congress of Football and Medicine. Danish Association of Sportsmedicine & Danish Football Union	Copenhagen, Denmark	International Congress of Football & Medicine, Rigshospitalet 2002, Section of Sportsmedicine, Blegdamsvej 9, DK-2100 Copenhagen 0, Denmark
28 Aug-1 Sept	Paavo Nurmi Congress. 50th Anniversary of Finnish Society of Sports Medicine. Congress Language — English	Turku, Finland	Congresspoint Ltd., Tahtitornink. 5 G, SF-2070, Finland
9 September	Sport and Vision Symposium. City University & The London Sports Medicine Institute	City University, London	Caroline Leigh or Gillian Wright, Short Course Unit, City University, Northampton Square, London EC1V 0HB
29 Oct-3 Nov	World Congress on Sports Sciences. US Olympic Committee. Abstracts by 15 April 1989	Colorado Springs, USA	M. M. Newsom, US Olympic Committee, Dept. of Library and Education Services, 1750 East Boulder Street, Colorado Springs, CO 80909-5760, USA
1990			
18-23 January	9th Commonwealth & International Conference on Physical Education, Sport, Health, Dance, Recreation and Leisure	New Zealand	The IX Commonwealth and International Conference on PE, Sport, Health, Dance, Recreation and Leisure, Convention Management Services, PO Box 12-442, Auckland, New Zealand
27 May-1 June	FIMS 24th World Congress on Sports Medicine	Amsterdam, The Netherlands	Congress Secretariat, c/o Organisatie Bureau Amsterdam by Europaplein 12, 1078 GZ Amsterdam, The Netherlands
4-7 June	World Congress on Sport for All. Finnish Society for Research in Sport and Sport and Physical Education (language — English)	Tampere, Finland	World Congress on Sport for All, The Finnish Society for Research in Sport and Physical Education, Stadion, torniporras, SF-002250 Helsinki, Finland

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 exhaustive, bibliography.
3. ABSTRACTS of verbal communications given at scientific meetings.
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 Editor, Dr. A. E. HARDMAN, Department of Physical Education and Sports Science, University of Technology, LOUGHBOROUGH, Leics. LE11 3TU.

© The submission of a paper implies that it is unpublished, and has not been submitted for publication elsewhere. The copyright of articles is held jointly by the British Association of Sport and Medicine, who publishes the Journal, and by the author(s). No articles from this journal should be reprinted, in English or translation, without permission from both publisher and author(s), but no objection is made to a single photocopy being made for educational or research purposes.

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. 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 unnecessary demical places should be avoided.

REFERENCES mentioned in the text should give the name of the author, or first author followed by 'et al' for multi-author papers, with the date of publication in brackets, e.g. Wright et al (1976). In the reference section, the authors' names should be arranged in alphabetical order, followed by year of publication, title of paper, journal, volume number, and first and last pages, e.g. Wright, G., Clarke, J., Ninimaa, V. and Shephard, R. J. 1976 "Some reactions to a dry-land training programme for dinghy sailors" Br.J.Sports Med. 10: 4-10. For text-book references, the author, editor, year, title of chapter, title of book, edition number, publisher, and city of publication should be given. Our retention of the Harvard System of references is our only major deviation from the recommendations of the Montreal Agreement.

ILLUSTRATIONS should preferably be drawn on card in indian ink, with labelling lightly in pencil, or written or typed well clear of the actual drawing or graph. Good quality half-tone photographs may be used if suitable for reduction to fit the space allocated. Coloured photographs will only be reproduced in half-tone and X-ray plates and transparencies cannot be guaranteed to give adequate reproduction. If necessary, a second photograph with arrows or lettering should be included, as a guide to the block-maker. Figures are numbered in Arabic numbers.

Authors are reminded that they are responsible for clearing copyright on any figures, tables or other matter already published elsewhere, and the Editor may require written authorisation to the author from the copyright holder. He may also require signatures on the letter accompanying MSS from ALL the contributors of multi-author papers.

PROOFS:— It is the responsibility of the author/s to check proofs carefully and return them to the Editor without delay. Any extensive re-setting of type could be charged to the author.

REPRINTS

It is regretted that we cannot supply authors with free reprints. Orders for reprints should be made on submission of the manuscript, or when returning the proofs. The exact cost cannot be given until publication, but as a guide we are currently charging, for 100 copies,

	£	US
1 page	£ 17	\$ 36
2 pages	£ 26	\$ 40
4 pages	£ 36	\$ 60
8 pages	£ 65	\$ 95
12 pages	£124	\$170

These prices exclude postage, packing; not bank clearance charges on cheques from overseas, which are included.

Preferred method of payment from overseas, Bank Drafts in Sterling.

A contributor's copy is sent gratis to each author and co-author.

THE EDITORIAL BOARD reserve the right to accept, reject, edit or otherwise correct any manuscript submitted. The opinions expressed in articles, book reviews or letters are those of the author, and do not necessarily agree with those of the editor, editorial board, or executive committee of the British Association of Sport and Medicine.