

## Editor-in-Chief

**Dr Peter N. Sperryn**

MB, FRCP, FACS, DPhysMed

# British Journal of *Sports* *medicine*

## Editors

**Surgery: Mr John F. Dooley**  
FRCS, FRCS(C), (Hillingdon, UK)

**Science: Dr Ron Maughan**  
PhD (Aberdeen, UK)

**Physiotherapy: Mr Julius Sim**  
BA, MSc, MCSP  
(Coventry, UK)

## Statistical Consultants

**Mr F.M. Holliday, MA, DLC, FSS**  
(Loughborough, UK)

**Mr Simon Day, BSc** (London, UK)

## Regional Corresponding Editors

**Belgium: Prof. M. Ostyn,**  
MD (Leuven)

**Brazil: Prof. Eduardo H. DeRose,**  
MD (Porto Allegre)

**Bulgaria: Dr Virginia Michaelova,**  
MD (Sofia)

**Caribbean: Dr Paul Wright,**  
LMSSA (Kingston, Jamaica)

**Cote D'Ivoire: Prof. Constant Roux,**  
MD (Abidjan)

**France: Dr Pierre Berteau,**  
MD (Rouen)

## Editorial Board

**Prof. Dieter Böhmer,**  
MD (Frankfurt, Germany)

**Dr K.M. Chan,**  
FRCS (Hong Kong)

**Dr David A. Cowan,**  
BPharm, PhD, MRPharmS (London, UK)

**Dr Wendy N. Dodds,**  
BSc, MRCP (Bradford, UK)

**Dr Adrienne Hardman,**  
PhD (Loughborough, UK)

**Mr Basil Helal,**  
MCh(Orth), FRCS (London, UK)

**Dr G.P.H. Hermans,**  
MD, PhD, (Hilversum, Netherlands)

**Prof. Ludovit Komadel,**  
MD (Bratislava, Czechoslovakia)

**Prof. W.P. Morgan,**  
EdD, (Madison, Wisconsin, USA)

**Prof. Tim D. Noakes,**  
MD, FACS (Cape Town, South Africa)

**Prof. Qu Mian-Yu,**  
MD (Beijing, China)

**Dr Allan J. Ryan,**  
MD (Edina, Minnesota, USA)

**Prof. N.C. Craig Sharp,**  
BVMS, PhD, FIBiol (Limerick, Eire)

**Prof. Roy J. Shephard,**  
MD, PhD (Toronto, Canada)

**Prof. Harry Thomason,**  
MSc, PhD (Loughborough, UK)

**Prof. K. Tittel,**  
MD (Leipzig, DDR)

**Dr Dan S. Tunstall Pedoe,**  
MA, DPhil, FRCP (London, UK)

**Prof. Clyde Williams,**  
PhD (Loughborough, UK)

**Dr William F. Webb,**  
MB, BS (Sydney, Australia)

## Groupement Latine:

**Dr Francisque Commandré,**  
MD (Nice)

**Hungary: Dr Robert Frenkl,**  
MD (Budapest)

**India: Dr D.P. Tripathi,**  
MB, BS, MCCP (Patna)

**Indonesia: Dr Hario Tilarso,**  
MD (Jakarta)

**Malaysia: Dr Ronnie Yeo,**  
MB (Kuala Lumpur)

**Maroc: Dr Naima Amrani,**  
MD (Rabat)

**New Zealand: Dr Chris Milne,**  
MB, ChB, DipSportsMed (Hamilton)

**Pakistan: Dr Nishat Mallick,**  
FPMR, FACS (Karachi)

**Spain: Dr J. J. Gonzalez Iturri,**  
MD (Pamplona)

**Thailand: Dr Charoentasn Chintanaseri,**  
MD (Bangkok)

**Uganda: Dr James Sekajugo,**  
MB, Dip.SportsMed. (Kampala)

**USSR: Dr Sergei Mironov,**  
MD (Moscow)

The **British Journal of Sports Medicine** is an international journal published quarterly in March, June, September and December by Butterworth-Heinemann Ltd.

The **British Journal of Sports Medicine** covers all aspects of sports medicine and science: the management of sports injuries; all clinical aspects of exercise, health and sport; exercise physiology and biophysical investigation of sports performance; sports psychology; physiotherapy and rehabilitation in sport; and medical and scientific support of the sports coach.

**Publishing, Editorial Production and Reprint Offices:** Butterworth-Heinemann Ltd, Linacre House, Jordan Hill, Oxford OX2 8DP, UK. Telephone: +44 (0)865 310366. Facsimile: +44 (0)865 310898. Telex: 83111 BHPOXF G.

**Publisher:** Sue Deeley  
**Group Editor:** David Hughes  
**Editorial Services Manager:** Ian Salusbury  
**Assistant Editorial Controller:** Pat Roberts  
**Editorial Assistant:** Catherine Zank-McKelvey

**Address for submissions:** Dr P. N. Sperryn, The Editor, British Journal of Sports Medicine, Butterworth-Heinemann Ltd, Linacre House, Jordan Hill, Oxford OX2 8DP, UK.

**Subscription enquiries and orders** in the UK and overseas should be sent to Turpin Distribution Services Ltd, Blackhorse Road, Letchworth, Herts SG6 1HN, UK. Telephone: +44 (0)462 672555. Facsimile: +44 (0)462 480947. Telex: 825372 TURPIN G. North American orders should be sent to Journals Fulfilment Department, Butterworth-Heinemann, 80 Montvale Avenue, Stoneham, MA 02180, USA. Telephone: +1 (617) 438 8464. Facsimile: +1 (617) 438 1479. Telex: 880052. Please state clearly the title of the journal and the year of subscription.

**Annual subscription** (4 issues; calendar year): UK and Europe £100.00; rest of the world £105.00; private individuals certifying that copies are for their personal use and not for their libraries, and

that copies are to be sent to their home address £45.00. **Single copies:** UK and Europe £30.00; rest of the world £31.50. Prices include cost of postage and packing. Copies sent to subscribers in Australasia, Bangladesh, Canada, India, Japan, Pakistan, Sri Lanka and USA are airspeeded for faster delivery at no extra cost. Airmail prices are available on request. Payment must be made with order.

**US mailing agents:** Mercury Airfreight International Ltd, Inc., 2323 Randolph Avenue, Avenel, NJ 07001, USA. Second class postage paid at Rahway, NJ, USA.

**US Postmaster:** Send address corrections to the **British Journal of Sports Medicine** c/o Mercury Airfreight International Ltd, Inc., 2323 Randolph Avenue, Avenel, NJ 07001, USA.

**Back issues:** For the current and 1993 volumes, these are available from Turpin Distribution Services Ltd, at the address above. Complete volumes or single issues for earlier years are available from Wm Dawson, Cannon House, Folkestone CT19 5EE, UK. Telephone: +44 (0)303 850101. Facsimile: +44 (0)303 850440.

**Advertising enquiries** should be sent to Mark Butler, MTB Advertising, 11 Harts Gardens, Guildford GU2 6QA, UK. Telephone: +44 (0)483 578507. Facsimile: +44 (0)483 572678.

**Microfilm:** A microfilm version of the **British Journal of Sports Medicine** is available from University Microfilms Inc., 300 N. Zeeb Road, Ann Arbor, MI 48106-1346, USA.

**Copyright:** © 1994 Butterworth-Heinemann Ltd for the British Association of Sport and Medicine. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of Butterworth-Heinemann Ltd, or a licence permitting restricted photocopying in the United Kingdom issued by the Copyright Licensing

Agency Ltd, 90 Tottenham Court Road, London, W1P 9HE, UK. **For readers in the USA.** This journal has been registered with the Copyright Clearance Center. Consent is given for copying articles for personal or internal use, or for the personal or internal use of specific clients. This consent is given on the condition that the copier pay the per-copy fee of \$10.00 for copying beyond that permitted by Sections 107 or 108 of the US Copyright Law. The appropriate fee should be forwarded, quoting the code number at the end of this paragraph, to the Copyright Clearance Center, 21 Congress Street, Salem, MA 01970, USA. This consent does not extend to other kinds of copying, such as for general distribution, resale, advertising and promotional purposes, or for creating new collective works. Special written permission should be obtained from Butterworth-Heinemann for such copying. **For readers in other territories.** Permission should be sought directly from Butterworth-Heinemann.

**British Journal of Sports Medicine**  
ISSN 0306-3674/94/\$10.00

**Reprints:** Readers who require copies of papers published in this journal may either purchase reprints (minimum order 100) or obtain permission to copy from the publisher at the following address: Butterworth-Heinemann Ltd, Linacre House, Jordan Hill, Oxford OX2 8DP, UK.

**No page charges** are levied by this journal.

**Registered Office:** Butterworth-Heinemann Ltd, 88 Kingsway, London WC2B 6AB, UK.

Ⓐ A member of the Reed Elsevier group  
ISSN 0306-3674

This journal is printed on acid-free, low chlorine bleach, wood-free paper. ☺

Composition by Genesis Typesetting, Laser Quay, Rochester, Kent.  
Printed by Cambridge University Press, Cambridge, UK

**GP FORUM**  
**IN CONJUNCTION WITH ACPSM BASM AND NSMI**  
**CURRENT TRENDS IN SPORTS MEDICINE**

**8TH OCTOBER, 1994**

**SALFORD UNIVERSITY**

**Programme:**

*Introduction*

Mrs Rose Macdonald (Programme Organizer)  
Director, Sports Injury Centre, Crystal Palace National Sports Centre

*Abdominal Exercise - Fact and Fiction*

Mr Chris Norris  
Physiotherapist to the Manchester Giants Basketball Club

*Shoulder Impingement and Instability*

Professor W.A. Wallace  
Professor of Orthopaedic Surgery, University Hospital, Nottingham

*Rehabilitating the Shoulder*

Mr D. Glenn Hunter  
Director of the Human Analysis Laboratory  
Avon and Gloucestershire College of Health, Bristol

*Low Back Pain - Restoration of Function*

Mr Chris Norris  
Physiotherapist to the Manchester Giants Basketball Club

*Diagnosing the Problem Knee*

Mr Angus Strover  
Consultant Orthopaedic Surgeon  
The Droitwich Knee Clinic

*Management of the Sportsman's Knee*

Mr Michael Callaghan  
Everton FC Physiotherapist, Olympic Physiotherapist 1988, 1992

*Biomechanics of the Foot and Ankle*

Implications for Injury Diagnosis and Rehabilitation  
Mr Drew Harrison  
Senior Lecturer in Biomechanics, University College Salford

*Management of the Foot and Ankle*

Mrs Christine Mallion  
Fellow of the Society of Orthopaedic Medicine  
Senior Lecturer and Full Time Physiotherapy Practitioner

PGEA approved for 6 hours

Approved for 6 hours PREP

**For further information please contact: Malcolm Banks, GP Forum, 10 Dobcroft Road, Sheffield S7 2LR. Tel or Fax: 0742 351 600**

## Chairman's message

We are trying to move BASM forward.

It has become clear, in the course of the past year, that our constitution is somewhat unwieldy. In consequence, your Executive has recently instituted a review, and a revised version has now been sent to all of the Regional Chairmen for distribution and discussion. The document has to retain most of its original format for two reasons. First, many of the phrases have specific legal meanings; second, if too much change is introduced, the revised constitution must be formally reviewed by the Charity Commissioners, which would cause significant delay. Therefore, we have attempted to render less opaque certain phrases in the constitution and add others so that the final document really reflects what we want to do in BASM.

I hope we will be able to achieve a mechanism whereby the revised constitution can be approved and a new Executive appointed as soon as possible.

It would be of great use to the Executive if members could provide feedback on how they feel BASM can further develop its role; in particular, in terms of representation of our views on local, regional and national committees. I do believe it to be very important that BASM is seen to be the 'voice of sports medicine'.

In summary, therefore, please let us, at the Executive, have your comments on the constitution as soon as possible and let us know your views on how BASM may represent the sports medicine community to the full.

We hope that the growing national and international recognition accorded to BASM reflects the quality of the Journal itself. The *British Journal of Sports Medicine* continues to flourish and we will ensure that its development remains a focus of the Society. In time, it is likely that members will be kept informed of BASM affairs and events through a separate newsletter or insert in the Journal.

Finally, we are all saddened by the sad death of our Patron, Lord Porritt. I have expressed our condolences, on behalf of BASM, to his family.

### BASM Merchandise

Ladies scarves	White with blue border and BASM logo – 27-inch square	£5 + £1 p&p
	Navy blue with fringe and BASM logo 54 × 9 inches (oblong)	£5 + £1 p&p
*Sweatshirts	White with large motif: medium 36–38 inches; large 40–42 inches; extra large 44 inches	£3.50 + £1 p&p
*Tee shirts	Light blue with large motif: medium 36–38 inches; large 40–42 inches; extra large 44 inches	£2 + £1 p&p
Ties	Single motif	£6 + £1 p&p
	Multi motif	
Blazer badge	Wire – 4 inches high	£5 + £1 p&p
	Wire – 3 inches high	
<b>New stock to order</b>		
Sweaters	Lambswool fine knit vee neck or round neck with small motif; machine washable	£32 + £1 p&p
	Colours and chest size to order	
Slipovers	Fine knit lambswool vee neck or round neck with small motif;	£30 + £1 p&p
	machine washable. Colours and chest size to order	
Dress shirts	White short sleeve, small motif	£18 + £1 p&p
	Collar size to order	
Sweatshirts	Small motif	£20 + £1 p&p
	Colours and chest size to order	
Polo shirts	Small motif	£18 + £1 p&p
	Colours and chest size to order	

\*Clearance of stock. Would be useful as training tops for all sports and especially for athletics.

For further details please contact: John H. Clegg JP LDS RCS Eng, Hon. Secretary, Birch Lea, 67 Springfield Lane, Eccleston, St Helens, Merseyside WA10 5HB, UK. (Tel: 0744 28198)

# British Association of Sport and Medicine



## Constitutional review

At its meeting on 4 May 1994, the Executive Committee conducted a full review of the Association's constitution as requested by the membership at the Cambridge AGM in 1993.

The new draft constitution, as approved by the Executive Committee, was circulated to each regional chairman for consultation on 9 May 1994. Doubtless there will be aspects that members feel might be modified or further reviewed, and the executive hope that each regional chairman will copy it to their members and discuss it at the next regional meeting.

Regional responses are required at the council meeting to be held on 6 July 1994 when all regional chairmen will be present. It is hoped that agreement will be reached on the final draft to be placed before the membership at the 1994 AGM in Bristol.

## Attendance of members at international conferences

Readers will be delighted to hear that one of our members, Dr Philip Bell, a diplomat at the London Bridge Clinic, who was nominated by the Association's executive for selection consideration by the Sports Council International Conference Committee to attend the International Conference of Science and Medicine in Sport in Brisbane, Australia, in October 1994, has been successful. He has been offered a Sports Council grant towards his registration, accommodation and travel expenses to learn about the Australian approach to sports medicine, particularly the management of cricket injuries in fast bowlers.

Members are invited to submit a curriculum vitae and a short paper or essay if they wish to be considered as a BASM nominee to attend a future international sports medicine conference.

The next BASM nomination will be put forward to the Sports Council International Conference Committee

at its meeting in September 1994. The BASM Executive Committee will make the final selection of the candidate to be nominated. Further details may be obtained from the Secretary. The closing date for applications is 24 August 1994. Individuals in receipt of a grant for attendance at international conferences shall submit a report to the Sports Council and the BASM Executive Committee within 6 weeks after the conference.

The 1995 Annual Congress is to be held on 2-5 November 1995 in Nottingham.

Regional secretaries should ensure that material for publication and regional reports reach the Honorary Secretary no later than 15 July 1994 and 15 October 1994 for the September and December issues, respectively. Please contact:

Honorary Secretary, BASM  
Mr John H. Clegg JP LDS RCS Eng  
Birch Lea, 67 Springfield Lane  
Eccleston, St Helens  
Merseyside WA10 5HB, UK  
Tel/Fax: 0744 28198

## Eastern Region

### Hyperbaric Oxygen Therapy, 6 January 1994

A meeting held at the Hertfordshire County Club in appalling weather made for a poor turnout but a stimulating talk was delivered on the benefits of hyperbaric oxygen (HBO) in a wide variety of situations with particular reference to soft tissue injuries in sport. The claims of up to 50% reduction in healing time for muscle haematomas, partial ligament ruptures etc. were largely anecdotal but nevertheless impressive when coming from a full time Chartered Physiother-

apist working with a Premier League football team. More research is required to validate these claims but there is a unit available in Teddington, south-west London, where patients can be sent for HBO Therapy if clinicians wish to use it.

### Case Conference Meeting, Springfield, Chelmsford, 1 March 1994

Some ten cases of varying degrees of complexity were presented by the members, the cases demonstrated several occasions when care is needed in dismissing relatively minor-seeming

injuries which may have a more sinister underlying cause. Educational points were raised, particularly the importance of history taking of the various sports a competitor plays and at what level as opposed to the particular sport that may have injured them. There were also several difficult diagnostic cases presented and discussed among the members.

This sort of meeting was felt to be particularly useful as many Sports Medicine practitioners work relatively independently and do not often have the opportunity of regular case conferences of this nature. Another one, along with the journal club, will be held this year.

## East Midlands Region

The lecture meeting programme, 1994-1995, is as follows. Members should arrive at 19.00 hours for a 19.30 start.

22 September 1994	Venue and speaker organiser: Mike Allen	New Postgraduate Medical Centre, Leicester
27 October 1994	Professor Alexander MacNeill on Anatomy; Mr Chris Howell on Surgery for soccer injuries	Postgraduate Medical Centre, City Hospital, Nottingham
8 December 1994	Mr Tim Kilmartin on Podiatry; Mr Mike Mowbray on Mountaineering	Postgraduate Medical Centre, City Hospital, Nottingham
9 February 1995	Mr George Oakley on Exercise and the heart (to be confirmed); Mr Graham Holloway on Stress Fractures	Postgraduate Medical Centre, City Hospital, Nottingham
20 April 1995	Mr Glen Hunter on Rehabilitation of shoulder injuries; Professor Angus Wallace on a topic to be decided	Postgraduate Medical Centre, City Hospital, Nottingham

## Northern Ireland Region

Future meetings are to be organized by the committee aiming to have a 2-day conference each Easter, a 1-day conference each November, and two evening meetings during the year. The aim is to cover all the areas of sports medicine with events for physiotherapists, general practitioners and other groups as indicated. A request was made to have a greater amount of practical tuition.

Research: Professor Buchanan and Dr Boreham who are now members of the BASM NI Committee are also on the Queen's University Research

Committee. They reported that several projects are under way and that as new funds became available further research could be done at their departments and also at the Ulster University.

Accreditation of Sports Injury Clinics (SICs) was then discussed. The need for standardization was stressed by Mr O'Callaghan of the Sports Council Northern Ireland (SCNI) as they were often asked for advice. Currently physiotherapists in private practice are looking at ways of doing this. It was felt that BASM was in a good position to help with providing

medical standards but there was some concern over the legal liability of being the accrediting body. The SCNI has money available to help with SICs and consideration was being given to whether to start new clinics or to upgrade existing facilities both in terms of equipment and staff. Ideally these clinics should be funded by the NHS but this could only be done if NHS Trusts could be persuaded that the SICs could attract profit. The committee was to consider the problem further.

## North West Region

Despite atrocious weather conditions with heavy snow, 45 members attended a February meeting at Hope Hospital, Manchester to hear Professor Greg McLatchie and Mr Arthur

Mone speak about head injuries with particular reference to rugby and boxing. There was a good discussion afterwards and this was a popular and well attended meeting. The North West AGM on 24 March 1994 was less well attended, even though it was

combined with a meeting concerning the needs of the disabled athlete. Despite an entertaining talk from a disabled athlete, who had been an Olympian, it was felt that the subject had not aroused as much interest in our local membership as it deserved.

## Scotland Region

Over the last six months we have been busy organizing a number of courses. The evening tutorials proved popular and are set to continue in the autumn after a further six meetings. A Highland Sports Medicine Conference was held in Inverness in conjunction with the Scotland-Ireland Shinty 100th Anniversary International. Most recently we organized a weekend advanced BASM module, looking at the

lower limb, which was well attended. Our AGM was held at the weekend course, confirming or electing the following to the executive committee: Dr Evan Lloyd (Chairperson), Dr Brian Walker (Vice-chairperson), Dr Gerry Haggerty (Treasurer), Dr Faith Gardener (Secretary), and Dr Colin Fettes, Mr Paul Fettes, Ms Linda Hughes, Dr Neil Spurway, Mrs Lindsay Thomson and Dr Hugh Williamson.

The Title 'Scottish Sports Medicine

Institute' has been awarded to a bid from Aberdeen and Strathclyde Universities.

A second edition of the newsletter has been produced and distributed throughout Scotland and elsewhere. A request for a copy has even come from Malta. For further information (or to include information in forthcoming newsletters), please contact Dr Faith Gardener at 60 Hunter Road, Crosshouse, Kilmarnock, Ayrshire, KA2 0LD (tel. 0563 37306).

## South Wales Region

The South Wales Region of BASM had its inaugural meeting on 2 February 1994. Around 90 doctors and physiotherapists attended a highly praised lecture by Mr Graham Holloway on Cervical spine injuries in sport. Following the lecture, a business meeting took place and the officers were elected. Future meetings planned for 1994 are:

15 June 1994

15 September 1994

November 1994

(Date to be announced)

Exercise and the heart

Nutrition in sport

Knee rehabilitation

Swansea Rugby Club

Swansea Rugby Club

Princess of Wales Hospital, Bridgend

## South West Region

The Shoulder complex half day course took place at Southmead Hospital, Bristol on 16 April 1994, with Philip Evans talking on Anatomy of the shoulder and Pathologies of the

shoulder while Denis Wright discussed Rehabilitation. Of the 52 delegates attending, 45 were physiotherapists!

Our current energies are now directed towards the British Association of Sport and Medicine, British

Olympic Association and Association of Chartered Physiotherapists in Sports Medicine Annual Congress to be held at Redwood Lodge Hotel, Bristol on 18-20 November 1994.

# **BASM, BOA, and ACPSM NATIONAL CONGRESS**

**18 - 20 November 1994**

**REDWOOD LODGE , BRISTOL**

<b>The Cruciate Ligament</b>	<b>Prof. Werner Muller</b> The Anterior Cruciate Ligament Rupture <b>Dr. Richard Steadman</b> The Anterior Cruciate Ligament Stretch	<b>Switzerland</b>  <b>USA</b>
<b>The Sporting Mind</b>	<b>Dr. Bob Reeves</b> Team Motivation <b>Dr. Jim McKenna</b> Motivation of the Athlete	<b>Bristol University</b>  <b>Bristol University</b>
<b>Exercise Fitness and Health</b>	<b>Dr. Stephen Blair</b> Exercise Implications for Public Health <b>Prof. Win Saris</b> Exercise and Obesity	<b>USA</b>  <b>The Netherlands</b>
<b>The Disabled Athlete</b>	<b>Dr. Trevor Williams</b> Sociological Aspects of Wheelchair Sport <b>Denise Taylor MCSP</b> Sports injuries /wheelchair sports/training patterns <b>Dr. John Reynolds</b> Autonomic dysreflexia and specific doping issues	<b>Loughborough University</b>  <b>Loughborough University</b>  <b>BPA</b>
<b>Oxygen in Sport</b>	<b>Dr. Jim Milledge</b> Medical problems at Altitude <b>Dr. Bjorn Ekblom</b> Blood Doping	<b>Northwick Park Hospital</b>  <b>Sweden</b>
<b>The Knee - Recent Advances</b>	<b>David Beard MCSP</b> The ACL <b>Dr. Mike Hurley</b> Rehabilitation <b>Dr. Richard Steadman</b> Meniscal Repair	<b>Oxford</b>  <b>Kings College, London</b>  <b>USA</b>
<b>Women and sport</b>	<b>Dr. Barbara Drinkwater</b> Athletic Ammenorrhoea <b>Dr. Jane Wilson</b> Osteoporosis in Veteran athletes <b>Prof. Howard Jacobs</b> Treatment of athletic induced osteoporosis	<b>USA</b>  <b>BOMC</b>  <b>Middlesex Hospital, London</b>
<b>Repetitive over-pronation causes injury - Myth or Fact ?</b>	<b>Simon Costain</b> (Fact) <b>Prof. Angus Wallace</b> (Myth)	<b>London</b> <b>Nottingham</b>
<b>Sport, money and the law</b>	<b>Brian Moore</b> Sports Injuries and the Law <b>Frank Dick</b> The effect of Commercialisation on Athletics	

## **CALL FOR SHORT PAPERS**

**Abstracts by September 5th 1994**

**Author's instructions from BASM Congress Office**

**BASM & BOA dinner speaker Colin Moynahan    BASM AGM 13.30 hrs Sunday 20th 1994**

**Information from:**    **Dr. Margaret Sills**  
(s.a.e. appreciated)

**BASM Congress Office**  
**c/o W.H.E.E.L.**  
**Main Road, Hutton,**  
**Weston-super-Mare, BS24 9QB**

**Telephone 0934 811112**

**0934 812245 (answer machine)**

**Fax 0934 811089**

## Notes for Authors

### Scope

The *British Journal of Sports Medicine* covers all aspects of sports medicine and science – the management of sports injuries; all clinical aspects of exercise, health and sport: exercise physiology and biophysical investigation of sports performance; sports psychology; physiotherapy and rehabilitation in sport; and medical and scientific support of the sports coach.

### Types of Paper

Original papers (not normally over 3000 words, full length accounts of original research)

Review articles (up to 4000 words, providing concise in-depth reviews of traditional and new areas in sports medicine)

Case reports (up to 1000 words, describing clinical case histories with a message).

### Refereeing

All contributions are studied by referees whose names are not normally disclosed to authors. On acceptance for publication papers are subject to editorial amendment. If rejected, papers and illustrations will not be returned. Authors are solely responsible for the factual accuracy of their papers.

### Manuscripts

Authors are urged to write as concisely as possible. Four copies should be submitted, typed on only one side of the paper (quarto or A4) in double spacing with a margin of 30 mm at the top and bottom and on both sides. Papers should be arranged in the following order of presentation: title of paper; names and qualifications of the authors; address of the place at which the work was carried out; an abstract of the paper (100–200 words in length); 4–6 keywords; the text; acknowledgements (if any); references; tables; abbreviated title for use as a running headline; captions to figures (on separate sheet of paper).

For details of submission of the **final** revised version of the contribution on disk, please consult the Guidelines for Disk Submission, *British Journal of Sports Medicine*, volume 28, number 1, pp. 71–72, or contact Medical Journals Group, Butterworth-Heinemann Ltd, Linacre House, Jordan Hill, Oxford OX2 8DP, UK.

### Illustrations

Drawings and graphs should be on heavy white paper card or blue-lined coordinate paper using black ink. Label axes appropriately and clearly. Please use a selection of the following symbols: +, ×, □, ○, △, ▽, ■, ●, ▲, ▼. Photographs should be of fine quality, large glossy prints suitable for reproduction and the top should be indicated. Negatives, transparencies or X-ray films should not be supplied, any such material should be submitted in the form of photographic prints. Authors are asked where possible to draw diagrams to one of the following widths, including lettering, 168 mm, 354 mm. During photographic reproduction, the diagrams are reduced to ½ their size. The maximum depth at drawn size is 500 mm. Authors are asked to use the minimum amount of descriptive matter on graphs and drawings but rather to refer to curves, points etc. by symbols and place the descriptive matter in the caption. Three copies of each illustration are required and these should be numbered in a consecutive series of figures using Arabic numerals. Legends should be typed in double spacing on a separate page but grouped together. Each figure should be identified on the back – figure number and name of the author. Figures which have been published elsewhere should be accompanied by a form of permission to reproduce, obtained from the original publisher.

### References

These should be indicated in the text by superscript Arabic numerals which run consecutively through the paper. The references should be grouped in a section at the end of the text in numerical order and should take the form: author's names and initials; title of article; abbreviated journal title; year of publication; volume number; page numbers. If in doubt authors should always write the journal title in full. References to a book should take the form: author's surname, followed by initials; title of book in single quotes; editors (if any); volume number/edition (if any); name of publishers; place of publication; year of publication and page numbers. Where a paper is cited more than once in the text, the same superior numeral should be used on each occasion. e.g.

21 Sperryn PN. *Sport and Medicine*. London: Butterworths, 1983.

22 Ellitsgaard N and Warburg F. Movements causing ankle fractures in parachuting. *Br J Sports Med* 1989; 23: 27–9.

### Tables

Tables should be typed on separate sheets together with a suitable caption at the top of each table. Column headings should be kept as brief as possible, and indicate units of measurement in parenthesis. Tables should not duplicate information summarized in illustrations.

### Footnotes

Footnotes should be used sparingly. They should be indicated by asterisks (\*), daggers (†), and double daggers (§), in that order. In the manuscript, a footnote should be placed at the bottom of the page on which it is referred to and separated from the main text by a horizontal line above the footnote. Footnotes to tables should be placed at the bottom of the table to which they refer.

### Drugs, Abbreviations and Units

Drugs should be referred to by their approved, not proprietary, names, and the source of any new or experimental materials should be given. If abbreviations are used these should be given in full the first time they are mentioned in the text. Scientific measurements should be given in SI units, but blood pressure should continue to be expressed in mmHg.

### Proofs

Authors are responsible for ensuring that all manuscripts (whether original or revised) are accurately typed before final submission. Two sets of proofs will be sent to the author before publication, one of which should be returned promptly (by Express Air Mail if outside UK). The publishers reserve the right to charge for any changes made at the proof stage (other than printers errors) since the insertion or deletion of a single word may necessitate the resetting of whole paragraphs.

### Submission

Four copies of the complete manuscript and illustrations should be sent to Dr P. N. Sperryn, The Editor, *British Journal of Sports Medicine*, Butterworth-Heinemann Ltd, Linacre House, Jordan Hill, Oxford OX2 8DP, UK.

All material submitted for publication is assumed to be submitted exclusively to the *British Journal of Sports Medicine*. All contributing authors must sign a letter of consent to publication. The editor retains the customary right to style and if necessary shorten material accepted for publication. Manuscripts will be acknowledged on receipt. Authors should keep one copy of their manuscript for reference. Authors should include their names and initials and not more than one degree each.