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# "CURRENT TRENDS IN SPORTS MEDICINE"

September and October 1997

# GP FORUM

HEALTH EDUCATION

SPORTS MEDICINE



SEMINARS & EXHIBITIONS

## ALL PROGRAMMES ARE PGEA & OCPPP CPD APPROVED

Programmes Organiser: Rose Macdonald, former Director, Sports Injury Centre, Crystal Palace National Sports Centre

### THE ROYAL COLLEGE OF SURGEONS OF ENGLAND, LONDON TUESDAY 9TH SEPTEMBER 1997

- Chair: Mr. Roger Hackney, Consultant Orthopaedic Surgeon (RAF), MO BAF & British Cross Country Federation, International Athlete - 3 Olympic Games
- "Management of Cervical Disc Injuries" - Duane Saunders, Chairman of the American Physical Therapy Association
  - "Cervical Spine Injury - Pitch Side Care" - Dr. Ben Gilfeather, Medical Director SIC Wrexham Park Hospital and Slough Sports Injury Centre, Medical Officer to England RFU 1987-93, British Lions and Wasps RUF
  - "Cervical Spine Injury in Rugby & Other Sports" - Mr. Nigel Henderson, Consultant Orthopaedic & Spinal Surgeon, Stoke Manderville Hospital, Aylesbury, Honorary Medical Advisor to Rugby Football Union.
  - "Shoulder Examination" - Mr. Roger Hackney, Consultant Orthopaedic Surgeon
  - "Shoulders in Sport" - Mr. Steve Copeland, Consultant Orthopaedic Surgeon, Royal Berkshire Hospital, Surgeon for Elite Athletes, Tennis, Swimming, Rugby, Jockey Club etc.
  - "Integrated Shoulder Rehabilitation" - Howard Turner, Physiotherapist for the British Para Olympic Swimming Squad

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### SHEFFIELD WEDNESDAY FOOTBALL CLUB THURSDAY 18TH SEPTEMBER 1997

- Chair: Dr. Brian English, Orthopaedic Physician, Northern General Hospital, Sheffield
- "Sports Nutrition - Some Practical Solutions" - Jeanette Crosland, Accredited Sports Dietitian, Consultant to the Lawn Tennis Association and the GB Junior Canoe Slalom Squad
  - "Management of Cervical Disc Injuries" - Duane Saunders, Chairman of the American Physical Therapy Association
  - "The Shoulder in Swimming and Throwing Sports" - Mr. David Fodden, A & E Consultant, Pinderfields General Hospital, National Swimming Squad for 10 years, GB Swimming Squad, Leeds City Swimming Club
  - "Elbow in Sport" - Dr. Mark Batt, Senior Lecturer in Sports Medicine, Diploma in Sports Medicine, London Fellowship in Sports Medicine, University of California
  - "Injuries in Professional Ice Hockey" - Dr. Brian English, Orthopaedic Physician, MO to Sheffield Steelers Ice Hockey, MO to Sheffield Sharks Basketball, Chief MO 1997 Everest Marathon
  - "Sports Medicine - A Multi-Disciplinary Procedure" - Dr. Ravin Naik, Medical Director, Sheffield Sports Medicine Clinic at Sheffield Wednesday FC, MO to Sheffield Wednesday, Sheffield Sharks Baseball Team. Has set up the SIC at Sheffield Wednesday.

The companies attending the medical exhibitions are sponsoring the cost of the educational programmes. Your interest in the exhibitions therefore would be gratefully appreciated. Registration Fee: £55 (VAT inc.) for each event. Prices include lunch, refreshments and certificates. We look forward to your attendance at what are sure to be very informative and enjoyable events.

### DURHAM UNIVERSITY - WEDNESDAY 24TH SEPTEMBER 1997

Chair: Dr. Ian Adams, BASM Chairman, Consultant Physician for Yorkshire CCC & International Athletics

- "Improving Access for the Knee Injured Athlete" - Cathy Lennox, Consultant Orthopaedic Surgeon, Hartlepool General Hospital, In charge of the NHS knee injury clinic at Hartlepool Hospital, MO to West Hartlepool Rugby Union Football Club
- "Demands on Young Players" - Ray Unsworth, Coaching Staff, Wigan Rugby League Football Club
- "Consequences of Overtraining in those New to Sport" - Julie Sparrow, Chartered Physiotherapist, Physiotherapist Atlanta Games, Physio to GB Gymnastics Team at World Championships 1992, 1993 & 1994
- "Sport and the over 35s" - Dr. Ian Adams, BASM Chairman, Consultant Physician
- "Sports Medicine in General Practice" - Dr. Terry Crystal, GP BUPA SIC Leeds, Diploma in Sports Medicine, London England Rugby Team Doctor
- "Foot and Ankle Problems in Sportsmen" - Mr. Andrew Weeber, Consultant Orthopaedic Surgeon, Frair Ridge Hospital, North Allerton

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### THE LEIGH CTC, DARTFORD - THURSDAY 23RD OCTOBER 1997

Chair: Mr. Roger Hackney, Consultant Orthopaedic Surgeon (RAF), MO BAF & British Cross Country Federation, International Athlete - 3 Olympic Games

- "An Overview of Overuse Injuries" - Mr. Roger Hackney, Consultant Orthopaedic Surgeon
- "Shin Splints and Related Conditions" - Dr. Graham Holloway, Consultant Orthopaedic Surgeon full time in Sports Injuries, Swindon and London
- "Achilles Tendon Injury - to Inject or not to Inject?" - Dr. Steve Motto, Musculo Skeletal Physician, Diploma Sports Medicine, London Bridge Clinic & British Olympic Medical Centre, MO to GB Rowing Team
- "Inferior Heel Pain" - Dr. Dishan Singh, Senior Lecturer at Institute of Orthopaedics, Honorary Consultant, RNOHT. Co. Director, Foot and Ankle Clinic, RNOHT.
- "Foot Function & Injuries" - Trevor Prior, Lecturer on gait and Sports Injuries, University of Westminster, Podiatrist for West Ham, Chelsea and Leyton Orient Football Clubs
- "Clinical Tests to Determine when a Therapy Referral is a Must or a Luxury" - Neil Black, Ex International Athlete, BAF Physiotherapist, Olympic World European Championships

Send your cheque (made payable to G.P. Forum) with your name, address and telephone number to G.P. Forum stating which event/s you wish to attend. GP's should include the name of their Health Authority.

**GP FORUM, 92 Baslow Road, Sheffield S17 4DQ. Tel: 0114 235 1660**

## BASM NORTH WEST THURSDAY 2nd OCTOBER 1997 MANCHESTER UNITED FOOTBALL CLUB

Education  
British Association of Sport and Medicine

BASM NORTH WEST invite all qualified medical personnel to a day on the "Management of Sports Injuries" on Thursday 2nd October 1997, at Manchester United Football Club. The programme is sponsored by a trade exhibition, and has approval for 6 hours PGEA & OCPPP CPD.

Chair: Dr. David Jones, BASM North West Chairman, GP and Sports Physician

9.00am Introduction - Dr. David Jones

9.15am "DIAGNOSIS AND SURGICAL MANAGEMENT OF BACK PAIN IN ATHLETES"

Ian Shackleford, Consultant Orthopaedic Surgeon, North Cheshire Hospital, Stretton, Warrington

10.15am "PHYSIOTHERAPY MANAGEMENT OF BACK PAIN"

James Davies, Physiotherapist to Essex County Cricket Club

11.45am "CHIROPRACTIC MANAGEMENT OF BACK PAIN"

Jeff Shurr, Chiropractitioner, Preston

12.45pm GROUP DISCUSSION - Dr. David Jones

1.15pm LUNCH / EXHIBITION

2.15pm "ANATOMICAL EXPLANATION OF GROIN PAIN - AN ORTHOPAEDIC PERSPECTIVE"

Mr. Martin Lovell, Orthopaedic Department, Hope Hospital, Manchester

3.15pm TEA / EXHIBITION

3.45pm "GROIN DISRUPTION SYNDROME"

Mr. Tony Blower, Consultant General Surgeon, Wigan Royal Infirmary

4.45pm GROUP DISCUSSION - Dr. David Jones

5.15pm Close

Registration fee: £55 (VAT Inc.) The price includes lunch, refreshments and certificates. Please send your cheque to the events organisers, made payable to GP Forum - GP Forum, 92 Baslow Road, Sheffield S17 4QD - GP's must state their health authority when applying. For further enquiries, please contact GP Forum on 0114 235 1660.

# British Association of Sport and Medicine



## Education programme

The foundation course of this programme is the **General Sports Medicine Course** designed for medical professionals. **Five days' PGEA approval is given for this course. The course is also CME accredited.**

The interdisciplinary **Intermediate Sports Injury Courses** concentrate on the proper examination of normal joints with regard to the diagnosis and management of sports specific injuries. Five days' PGEA approval is given for both Part 1 and Part 2. Both courses are CME accredited.

The **Practical Sport and Medicine Course** held at Club La Santa, Lanzarote, has a curriculum that varies each year and further develops the practical examination and sporting themes of the intermediate courses. Delegates and families are welcome.

The **Diploma Preparation Course** is a **new course** aimed at providing doctors with a general sports medicine course at advanced level. It will prepare delegates for a sports medicine diploma examination and includes topics on joint examination and sports injury, physiology, medicine and resuscitation.

## Forthcoming courses

<b>General Sports Medicine Course</b> (Half full) £350 to £480, Lilleshall Hall National Sports Centre	<b>21–26 September 1997</b>
<b>Advanced Sports Nutrition Course,</b> (PGEA given) £170 to £230, Cambridge	<b>12–14 September 1997</b>
<b>Practical Sport and Medicine Course</b> (Booking) £355 to £730, Club La Santa, Lanzarote (Residential, non-delegates welcome)	<b>2–9 October 1997</b>
<b>1997 BASM National Congress,</b> (PGEA has been obtained and CME is being sought) (Booking) Metropole Hotel, Brighton	<b>6–9 November 1997</b>
<b>Intermediate Sports Injury Course—Part 1</b> (Booking) £465 to £585, Lilleshall Hall National Sports Centre	<b>23–28 November 1997</b>

## Details of 1998 courses available on request

For further details and application forms please contact the BASM Education Office, The Anatomy Building, Medical College of St Bartholomew's Hospital, Charterhouse Square, London EC1M 6BQ (tel 0171 253 3244; fax 0171 251 0774; Email [b.g.hill@mds.qmw.ac.uk](mailto:b.g.hill@mds.qmw.ac.uk)).

# INSTRUCTIONS TO 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 for full length accounts of original research); *Review articles* (up to 4000 words, providing concise in-depth reviews of both established and new areas in sports medicine); *Editorials* (these are written or commissioned by the editors, but suggestions for possible topics and authors are welcome); *Short papers* (short reports of experimental work, new methods, or a preliminary report can be accepted as 2-page papers; maximum length 1400 words including abstract, tables and legends); *Case reports* (limited to 850 words, one table or figure, a short unstructured abstract, and up to 10 references); *Correspondence* (the Editor welcomes letters, which should not exceed 300 words or contain more than three references; letters should be typed double spaced with wide margins and must be signed by all the authors). Contributions on historical topics or items with a medical and sporting interest are welcomed.

## Manuscripts

The manuscript (four copies) should be double spaced throughout on A4 paper using one side only, with margins of at least 30 mm at the sides and at the top and bottom. Authors are asked to submit with their manuscript the names and addresses of three people who they consider would be suitable independent reviewers. They will not necessarily be approached to review the paper.

If the manuscript is accepted, both disk and typescript will be required for the final revised version; typescript alone will only suffice if the author has no access to word processing facilities.

Manuscripts must be accompanied by a declaration, signed by all the authors, that the paper is not being considered by any other journal and that it has not been accepted for publication elsewhere. Papers are considered on the understanding that they are submitted solely to this journal and do not duplicate previously published material. In cases of doubt, where part of the material has been published elsewhere, the published material should be included with the submitted manuscript to allow the Editor to assess the degree of duplication. All authors must have participated sufficiently in the work to take public responsibility for the contents (see *BMJ* 1991;302:338-41).

If requested the authors must be prepared to produce the data on which the manuscript is based for examination by the Editor.

Papers reporting results of studies on human subjects must be accompanied by a statement that the subjects gave written, informed consent and by evidence of approval from the appropriate ethics committee. Such papers should conform to the principles outlined in the Declaration of Helsinki (*BMJ* 1964;ii:177).

The Editor cannot enter into correspondence about papers rejected as unsuitable for publication, and the Editor's decision in these matters is final.

## Style

The format must be as described in this section, although for reviews and letters to the Editor the use of subsections is flexible. **Abbreviations should be kept to a minimum and must always be explained.** Drugs must be referred to by their approved names.

1 *Title page*: should include the title (not more than 120 characters), a short title for running head, names and affiliations of authors (only one affiliation per author), and the name, address, telephone and fax numbers of the corresponding author.

2 *Abstract*: must not exceed 300 words and should be subdivided into four sections: Objectives; Methods; Results; Conclusions. Sections should not be combined. Statistical values should be given (confidence intervals preferred). The abstract should be followed by up to five key terms.

3 *Introduction*: outline of the background and rationale of the study.

4 *Methods*: this section should be sufficiently detailed to permit the reader to replicate the study. Published methods should be described in brief, with appropriate citation.

5 *Results*: should be concise and should not contain repetition of the methods. Data in the text should not be replicated in tables or figures or vice versa. SI units should be used, except for fluid pressures which should be in mm Hg.

6 *Discussion*: a clear distinction should be made between deduction and speculation.

7 *Acknowledgements*, where appropriate.

8 *References*: the Vancouver style must be used (see papers in this issue) with citations numbered consecutively in the order in which they appear in the text, tables, and figures. List all authors when there are six or fewer; if there are seven or more, list the first six, followed by et al. Except in the case of review articles the total number of references should not exceed 40. Responsibility for completeness and accuracy of references rests entirely with the authors. References will not be checked in detail by the Editor but papers in which errors are detected in the references are unlikely to be accepted. Submitted work or work in preparation cannot be cited in the reference list.

10 *Figures and tables*. Figures will generally be redrawn or relettered to conform with journal style, so they should be checked carefully by the authors. **Figure legends must always be supplied and must be typed on a separate sheet.** Colour illustrations may only be used if monochrome cannot show what is desired. Authors are responsible for part of the cost of colour figures. Use journal style in tables (see any issue). **Do not divide tables with rules.** Place brief explanatory legend at the top of the table (**not** on a separate sheet) and any further necessary clarification at the foot. All tables and figures must be referred to in the text.

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Contributors will receive one proof. Only minor corrections can be made. Corrections other than printing errors may be charged to the author. It is the author's responsibility to return the corrected proofs promptly and in case of absence to ensure that the editorial office knows a forwarding address.

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