Effects of fatigue on ankle stability and proprioception in university sportspersons

Objectives
To assess the effect of fatigue from sporting activity on ankle stability and proprioception in healthy subjects. This study was conducted at the University of Southampton. A wide range of sporting activity was included from taekwon-do to indoor football.

Methods
Subjects were recruited from Southampton University sports facilities. They agreed to perform two dynamic tests before and after they took part in sport. (1) A horizontal hop test: starting and finishing on the same foot. The test was set at the 5% significance level. The results show that the subjects made an increase in distance after exercise (fatigue) was observed (mean of 1.746m before against 1.775m after).

Results
The results show that the subjects made significant improvements in the vertical hop times with no difference in the distance hopped. This leads to the conclusion that, despite muscular fatigue, ankles appear to be more stable after exercise. Does exercise induce an increase inafferent/afferent nerve impulses to and from muscle spindles around the ankle leading to improved joint position sense?

Conclusions
This study shows that anaerobic exercise, rapidly skating up and down hills and valleys, over good and not so good paved surfaces, experienced an unexpected heaviness and tightness in the tips of my fingers. Later I noticed that the simple task of clenching my fists was not fully possible, and the whole condition spontaneously subsided on July 14, 2003 by guest. Protected by copyright.

References

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Centripetal skater’s manual oedema
This doctor’s indulgence in rigorous physical activity led to the realisation of a novel clinical entity. As an active sportsman and ex-ice hockey player, currently living in a hot climate, I have had to sublimate my sporting activities to infrequent inline roller skate street journeys. Recently, on a day of a very pressed schedule, I attempted to concentrate a week’s exercise into one concise session. After an hour and fifteen minutes of intense exertion, rapidly skating up and down hills and valleys, over good and not so good paved surfaces, I experienced an unexpected heaviness and tightness in the tips of my fingers. Later I noticed that the simple task of clenching my fists was not fully possible, and the whole condition spontaneously subsided. The means before and after exercise were compared using a Student's t test. Both tests were set at the 5% significance level. The results show that the subjects made an increase in distance after exercise (fatigue) was observed (mean of 1.746m before against 1.775m after).

Intense training in elite female athletes: evidence of reduced growth and delayed maturation?
In their recent article Intensive training in elite young female athletes, Baxter-Jones and Maffulli reviewed 18 studies and concluded that elite level gymnasts are coerced by group means and ignore variability about the mean, then gymnasts who are at increased risk of reduced growth may be overlooked. We recommend that the growth of all young elite female gymnasts should be monitored regularly. Any gymnast who falls behind in growth—that is, across two major centiles of the growth chart—should undergo a complete evaluation for underlying pathology even when height is below the fifth centile. This may be normal short stature, but the clinical criterion warrants assessment.

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References
Spoilsports (understanding and preventing sexual exploitation in sport)


The title is great. Sport should be fun and not like this. The book is targeted at everyone involved in sport: coaches, doctors, scientists, administrators, parents, and participants.

Celia Brackenridge is internationally acclaimed for her work in uncovering the story of sexual exploitation in sport and offering explanations about why it occurs. She is uniquely qualified by her professional expertise as a scholar in the sociology of sport and by her own experience as coach and athlete at elite level in the sport of lacrosse. It is very brave to pursue a line of research that almost always creates immediate resistance from the audience (“. . . that can’t be happening in our sport/profession”). It is also personally harrowing to investigate this issue with the victims and to find support to cope with what is heard. The production of this book is therefore a culmination of several years of difficult research. It is clear to me that all of us involved in sport must read this book and be aware of the issues. Those of us in higher education must also put this book on the reading list for “ethical issues” topics in curricula for all related degrees.

The title is great. Sport should be fun and run within a set of rules that are clear to all. But sexual exploitation within sport is a breach of rules and most certainly will spoil sport (and lives) for many (and who knows how many) individuals. The first two parts of the book provide evidence for the complex issue of sexual exploitation in sport and reasoning about why it may occur. If anyone reads this and continues to think that sexual exploitation cannot be happening in their sport or profession because there are no specific examples, then they must think again. Evidence suggests that exploitation will be happening in all areas of sport, and Brackenridge challenges us to become aware of that and then to take steps to prevent it. The third and fourth parts of the book offer a challenge to change the way sport is managed and how researchers can assist in this change in order that sexual exploitation is dealt with.

This book is a brilliant example of “building bridges between theory and practice” (page 236) and utilises the feminist perspective of “praxis”. (A definition of feminist praxis is “the coming together of theory and practice in action, and in the reflecting upon these processes to generate new ideas and ways of working”). The major message is that gender/power relations need to be examined in sport, and an empowerment based approach to sports leadership promoted.

Sports Medicine Course
3–10 August 2002, Vancouver, Canada
Further details: Cathy Means; tel: +1 608 263 6637; fax: +1 608 262 8421; email: cjmeans@facstaff.wisc.edu

XVI IEA World Congress of Epidemiology
18–22 August 2002, Montreal, Canada
Further details: Conference Secretariat, Events International Meeting Planners, 759 Square Victoria, Suite 300, Montreal, Quebec, H2Y 2J 7, Canada; tel: +1 514 286 0855; fax: +1 514 286 6066; email: info@eventsintnl.com
Web site: www.iea2002.com

Kinesiology—New Perspectives. 3rd International Scientific Conference
25–29 September 2002, Opatija, Croatia
Further details: Conference Office, Faculty of Kinesiology, 10,000 Zagreb, Horvacsacni zavoj 15, Croatia; tel: +385 1 3658 666; fax: +351 3634 146; email: natalija.babic@ffk.hr

Evening Talks II: The ankle, anatomy, examination, biomechanics, surgical procedures, and rehab, with practical sessions
Autumn 2002, Edinburgh
Further details: Dr Faith Gardner, 73a London Rd, Kilmarnock, Ayrshire; tel: (0)1563 537306

The Queen’s Golden Jubilee and Post Commonwealth Games
BASEM Congress 2002
10–13 October 2002, The Low Wood Hotel and Conference Centre, Windermere, Cumbria, UK

Keynote lecturers
Professor Stuart M McGill (Canada), will lecture on “Low back exercise: the foundation for building the best programme” and present a workshop on “a programme to enhance spine stability”. Assistant Professor Karim Khan (Canada), will lecture on “Better management of tendinopathies” and “Physical activity and bone health”. Other speakers include: Professor Dr med Hans H Paessler (Germany) lecturing on “Current concepts in knee ligament reconstruction following sports injuries” and “Rehabilitation after cruciate ligation reconstruction”; Mr Peter Hamlyn (United Kingdom), Chairman of the Government Ministerial Working Group. Report on Saftey and Medicine in Sport, will open and Chair a discussion on progress one year on from the report.
A full programme is available on our web site www.bjsportmed.com.
Further details: Mrs Sue Roberts, BASEM Company Office, 12 Greenside Ave, Frodsham, Cheshire WA6 7SA, UK; tel/fax: +44 (0)1928 732 961; email: basemoffice@compuserve.com
Web site: www.basem.co.uk

Please visit our website for a full programme.

Sports Medicine of Australia 2002 Australian Conference
12–16 October 2002, Carlton Crest Hotel, Melbourne, Australia
Keynote speakers include Dr Bill Evans, Professor Tom Rowland, and Dr Glenn Singleman.
Further details: Kate Gulliver, Sports Medicine Australia, PO Box 237, Dickson ACT 2602; tel: + 02 6230 4650; fax: + 02 6230 9080; email: sma.conf@sma.org.au; Carlton Crest Hotel contact details: 62 Queens Road, Melbourne VIC 3004, Australia; tel: +61 3 9526 7470; fax: +61 3 9526 7400

Celebrating 50 years of Orthopaedics in Singapore
13–16 October 2002, Singapore
In conjunction with the 25th Singapore Orthopaedic Association Meeting, 22nd Asian Orthopaedic Association Meeting, 5th Combined Meeting of Spinal and Paediatric Sections—APOA, 7th Meeting of Sports Medicine Section—APOA, 3rd Meeting of Asia-Pacific Orthopaedic Society for Sports Medicine.
Further details: 2002 COM Secretariat, c/o Dept of Orthopaedic Surgery, National University Hospital, 5 Lower Kent Ridge Road, Singapore 119074, Republic of Singapore; tel: +65 772 4340; fax: +65 778 0720; email: secretariat@soa.org.sg

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Web site: www.basics.org.uk

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This two day course is for those who would like to attend the final two days of the Immediate Care Course to develop their skills.
3rd Québec International Symposium on Cardiopulmonary Rehabilitation Evidence Based Interventions: Science to the Art of Cardiopulmonary Rehabilitation
11-13 May 2003, Québec City Convention Center, Québec, Canada
Call for abstracts deadline is 1 November 2002. The abstract submission form and complete programme can be printed from the web site.
Further details email: jean.jobin@med.ulaval.ca
Web site: www.ulaval.ca/ sympt-rehab

The 6th STMS World Congress on Medicine and Science in Tennis in conjunction with the LTA 2004 Sports Science, Sports Medicine and Performance Coaching Conference
19-20 June 2004, London, UK
Keynote speakers include Professor Per Rehnstrom (SWE), Professor Peter Jokl (USA), Professor Savio Woo (USA), Dr Carol Otis (USA), Dr Mark Safran (USA), Dr Ben Kibler (USA), Prof Bruce Elliott (AUS), and Professor Ron Macleod (UK).
Further details: Dr Michael Turner, The Lawn Tennis Association, The Queen’s Club, London W4 5EQ, United Kingdom; email: michael.turner@lta.org.uk

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NOTES AND NEWS
Diploma in Sport and Exercise Medicine for Great Britain and Ireland
Details for the above exam can be found on the Royal College of Surgeons of Edinburgh Website at http://www.rcsed.ac.uk alternative applicants can write to: The Royal College of Surgeons of Edinburgh, Eligibilities Section, Careers Information Services, 3 Hill Place, Edinburgh; tel: +44 (0)131 668 9222 or Mrs Yvonne Gilbert, Intercollegiate Academic Board for Sport and Exercise Medicine, Royal College of Surgeons of Edinburgh, Nicolson Street, Edinburgh EH8 9DW; tel: +44 (0)131 527 3409; email: ygilbert@rcsed.ac.uk

www.basem.co.uk
The British Association of Sport and Exercise Medicine has launched its new website—www.basem.co.uk. The site provides information about the educational opportunities in sport and exercise medicine and advice to those wishing to become involved in this area.

Interested in Sports Medicine? Gain a higher degree from Australia’s leading University
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Educational programme
The Centre offers a one month full time Postgraduate Certificate in Sports Physiotherapy: spine, pelvis, and lower limb. Instructors are leading clinical experts and researchers in the multidisciplinary approach to sports medicine. The Certificate will run from Nov 4-29 in 2002.
Please contact: A/Professor Peter Brukner: p.brukner@unimelb.edu.au (Research Degrees), A/Professor Kim Bennell: k.bennell@unimelb.edu.au (Research Degrees), Mr Henry Wajswelner: h.wajswelner@unimelb.edu.au (Certificate Courses).
Web site: www.physio.unimelb.edu.au/csmre