An ounce of prevention?
L Engebretsen, R Bahr

Justification is provided for the need to focus on research into sports injury prevention

Table 1 Results of PubMed searches performed in May 2000 and February 2005 on sports injury research related to prevention and treatment

<table>
<thead>
<tr>
<th>Search terms</th>
<th>May 2000</th>
<th>February 2005</th>
<th>Increase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic injury</td>
<td>166091</td>
<td>13358</td>
<td>25</td>
</tr>
<tr>
<td>&amp; Treatment</td>
<td>1664</td>
<td>8525</td>
<td>29</td>
</tr>
<tr>
<td>&amp; Limit: clinical trials</td>
<td>182</td>
<td>258</td>
<td>41</td>
</tr>
<tr>
<td>&amp; Prevention</td>
<td>87</td>
<td>130</td>
<td>50</td>
</tr>
<tr>
<td>&amp; Limit: RCTs</td>
<td>2064</td>
<td>2745</td>
<td>33</td>
</tr>
<tr>
<td>&amp; Limit: RCTs &amp; Prevention</td>
<td>29</td>
<td>68</td>
<td>133</td>
</tr>
<tr>
<td></td>
<td>21</td>
<td>41</td>
<td>95</td>
</tr>
</tbody>
</table>

The results are shown as the number of items resulting from the search terms shown. RCT, Randomised controlled trial.
developing and promoting injury prevention measures.

Therefore the Oslo Sports Trauma Research Center was established in May 2000 at the Norwegian University of Sport & Physical Education in Oslo with one main objective: to prevent injuries in sports through a long term multidisciplinary research programme focusing on injury prevention in sports. This is also what prompted us to organise an international congress focusing on this new and emerging field of medicine. During three busy days, 76 invited speakers from around the world will share their ideas and experiences with sports injury prevention. Sports specific as well as injury specific injury prevention programmes will be presented. Hands on workshops on how to deliver effective programmes securing good compliance will be tailored towards team medical staff. More than 150 abstracts focusing on current research from 30 countries will add to the programme as well.

In an evolving field such as this, international cooperation is critical. The involvement of the British Journal of Sports Medicine, which highlights research on sports injury prevention in this themed issue, will secure the dissemination of information around the world. Since the beginning, this initiative has been supported by all of the major sports and sports medicine organisations, which bodes well for the future. It is hoped that the First World Congress on Sports Injury Prevention will represent a beginning, and that future meetings will follow and bring together researchers and practitioners, resulting in safer sports.


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REFERENCES