Ultrasound as the new stethoscope: AMSSM pioneers curriculum (gently!)

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Five landmark moments in sport and exercise medicine: (1) Bannister’s 3:59.4 at Iffley Road; (2) Ron Clarke collapses at the Mexico Olympic Games; (3) Jerry Morris publishes Exercise: today’s best buy in public health; (4) the Concussion Consensus Meetings in Vienna, Prague & Zurich; (5) the first World Congress on Sports Injury Prevention in Oslo; (6) Keith Richards falls out of a palm tree at the Wakaya Club in Fiji and injures his back during the tour appropriately called ‘A Bigger Bang.’ ‘Hey!!!!, but that’s like eight events’ says my 16-year-old personality. Be that as it may, it’s a highly contrived segue to highlight that office ultrasound for diagnosis and procedures has arrived—ready or not. The office setting for musculoskeletal ultrasound might match medical miracles such as organ transplantation, Charnley hips and probably the next big thing in imaging—this is a ‘giant leap’ rather than a small step. Listen to de Vos and Adam Weir’s podcast about PRP and managing Achilles tendinopathy (http://podcasts.bmj.com/bjsm/)

Christmas pudding
I don’t want to be Uncle Scrooge, so I won’t flag the coincidence that Duncan Macfarlane’s review (see page 1197) is in this issue. Exercise and diet in weight management—what works and what doesn’t. Read that keeping in mind Richard Weiler and Steven Blair’s BMI Head to Head—Physical inactivity should dominate over obesity in the public health debate.2 Instead, I’ll remind you how easy it is to find free stuff (Xmas presents?) on the home page—podcasts (http://podcasts.bmj.com/bjsm/), blogs (http://blogs.bmj.com/bjsm/) and videos (http://www.youtube.com/user/BJSMVideos). And remember a tip a day keeps injury at bay—Twitter tips @BJSMBMJ.

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REFERENCES