

Ten essential *BJSM* podcasts that will improve your practice

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It's time to extend your sports and exercise medicine (SEM) horizon, enrich your daily practice and enliven your run-commute. Every Tuesday and Friday, #TeamBJSM gives you the chance to hear from your SEM heroes. Now with over 60 000 listeners, here are our top 10 podcasts to date:

1. DIAGNOSING AND TREATING ACUTE HAMSTRING INJURIES

In *BJSM*'s all-time favourite podcast, Dutch sports physician Robert-Jan de Vos has Guustaaf Reurink explain his 2014 *NEJM* paper on the role of platelet-rich plasma in acute hamstring injuries (<https://goo.gl/oGVjA8>). They also discuss the value of clinical tests and MRI in acute hamstring injuries, and whether they can predict return to play and re-injury.

2. PROFESSOR PETER O'SULLIVAN ON TIGER WOODS' BACK AND 'CORE STRENGTH'

In August 2014, Tiger Woods said that his 'sacrum went out' while playing in the US PGA. Professor Peter O'Sullivan (@PeteOSullivanPT), discusses the possible pathology of Tiger Woods' back pain and shares an update on current best practice management of back pain (<https://goo.gl/VapPXS>).

3. DR ALISON GRIMALDI WITH PRACTICAL PHYSIOTHERAPY TIPS ON TREATING LATERAL HIP PAIN

With 20 years' experience in the field and a PhD on lateral hip pain, Dr Alison Grimaldi takes you through each step of the assessment and treatment of an older patient with right hip pain. She also advises how to assess and treat a younger sportsperson (<https://goo.gl/OvNNkE>).

4. MICHAEL KJAER ON THE PATHOGENESIS OF TENDINOPATHY AND TENDON HEALING

Professor Michael Kjaer divides this podcast on tendinopathy into a scientific introduction and then describes the implications—how tendons should be treated. He summarises the models of tendinopathy and explains the clinical importance of differentiating between mid-tendon and insertional tendinopathy. He underscores the (absence of a) link between tendinopathy

and tendon rupture, and discusses treatment, including eccentric and concentric exercises (<https://goo.gl/I2PFKl>).

5. EXERCISE TO PREVENT AND TREAT HAMSTRING INJURIES: DO THEY WORK IN PRACTICE BUT NOT IN THEORY?

The most prevalent problem in football is addressed by internationally renowned Dr David Opar. With Nicol van Dyk, physiotherapist at Aspetar, the discussion revolves around Nordic hamstring exercises, the role of eccentric strength in hamstring strain injuries, prevention and rehabilitation (<https://goo.gl/BOS0os>).

6. ANDY FRANKLYN-MILLER: TUNING UP REHABILITATION AFTER ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION

After a patient has undergone ACL surgery, rehabilitation is bread and butter in many physiotherapy/sports medicine clinics. Dublin's Dr Andy Franklyn-Miller discusses novel ways of assessing a patient's progress after ACL reconstruction, advocates for the use of video in the clinic and shares the dynamic tests he uses before allowing a player to return to sport (<https://goo.gl/IFvEM0>).

7. PROFESSOR LORIMER MOSELEY ON THE BRAIN AND MIND IN CHRONIC PAIN

Professor Lorimer Moseley (PT, PhD) holds the Inaugural Chair in Physiotherapy at the University of South Australia and co-authored the best-selling 'Explain Pain'. He answers questions from Ebonie Rio, covering the important difference between pain and nociception, and sharing thoughts on how pain science can help clinicians working in sports medicine. You will hear him share the best, and worst, ways to explain pain to patients. He predicts how low back pain management will appear in 100 years. Lorimer's thoughtful reflections are shared with big bobs of humour and humility (<https://goo.gl/zNQbEh>).

8. EFFECTIVE TREATMENTS FOR BACK PAIN: KIERAN O'SULLIVAN'S PRACTICAL TIPS WITHIN A GUIDING FRAMEWORK

What is the role of patient advice, targeted exercises and novel therapies, including injections, for back pain? Physical rehabilitation (physiotherapy), behavioural rehabilitation and combinations of these have been

mainstays of back pain treatment. Dr Kieran O'Sullivan shares his expertise on what to do and what not to do—lessons from 15 years of providing specialised clinical care and engaging in top level research (<https://goo.gl/pYnEEr>).

9. 'MECHANOTHERAPY' AND WHY IT IS IMPORTANT FOR CLINICIANS, WITH KARIM KHAN

Karim Khan calls mechanotherapy "the most important fundamental concept that underpins rehabilitation exercises". Karim explains that all exercise-based rehabilitation relies on the cells of the injured tissue sensing the exercise stimulus, converting that signal to protein synthesis, and repairing tissue. He explains why 'rest doesn't work' and argues that mechanotherapy has substantial evidence in its favour. The process applies to all body tissues—to injuries/pathology in bone, muscle, tendon and cartilage (<https://goo.gl/zRgrNZ>).

10. MANAGING GROIN PAIN, WITH ANDREW FRANKLYN-MILLER

Dr Andrew Franklyn-Miller focuses on groin pain—particularly in football. He advocates a fresh look at the treatment and diagnosis of groin pain. In particular, he argues that the patient's biomechanics can be best analysed using dynamic video capture systems (<https://goo.gl/GWeQ62>).

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What would you like to hear about in the future? Tweet or email your suggestions to Karim Khan (@BJSM_BMJ)/karim.khan@ubc.ca

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