What do submarines have in common with diabetes?

Ebonie Río, Ryan Timmins, 2 David Opar

Well, technically nothing except that a better understanding of submarines and diabetes will help in the crusade against injury and pain. Let us explain...

Fast bowling in cricket is a huge workload not only because of the repetitive nature of the action (six consecutive deliveries in one over and multiple overs bowled in one game—up to 60!) and also the forces associated with the speed of the action. One of the challenges is the variability in workload. The editorial (see page 962) outlines smart technology that departs from traditional measures of counting the balls bowled (that may differ in intensity) and uses technology to provide and quantify information about the intensity of load. This game changing wearable technology aims to assist with providing and quantifying information about intensity of load. This game changing wearable technology aims to assist with

CLINICAL PREDICTION RULES—TIME TO REFLECT?

Clinical prediction rules are popular and provide a bite-size summary of research. The editorial by Haskins and colleagues (see page 960) provides a word of caution—how do we define recovery? Recovery from the perspective of patients, clinicians and researchers may be different (eg, quality of life, pain scales, function just to name a few) and is something that we all should be cognisant of.

PAIN AND THE BRAIN

Pain is a primary driver for patients to seek treatment for musculoskeletal conditions. When self-reported pain is used as an outcome measure reported that physiotherapy was found to reduce pain and from the perspective of the patient that is surely seen as a win. The metaepidemiological review by Elisabeth Ginnerup-Nielsen and her Danish colleagues (see page 963) including the prominent Kristian Thorborg, synthesised 174 wide-ranging trials that encompassed physiotherapy practice. The hard work is done for you, now all you have to do is read it.

With respect to pain, one of the great challenges in sports medicine is agreeing on the definition or diagnosis of musculoskeletal pain conditions. We lack a gold standard for many presentations, especially because there are many examples of pathology being pain free. The editorial by La Trobe University’s Sean Docking and colleagues (see page 959) suggests that we consider phenotyping patients based on their response to guide treatment selection. For example, based on Dr. Rintje Agricola and Professor Harry Weimans (see page 957) raises some important points for ongoing thought and discussion on the link between FAI and osteoarthritis of the hip. Certainly long-term follow-up data are needed in this area to illuminate the time course and progression of hip degeneration and any association with hip deformity.

IS IT ALL IN THE HIPS?

FEMOROACETABULAR IMPINGEMENT AND OSTEOARTHRITIS

Femoroacetabular impingement (FAI) has entered the sports medicine lexicon at an increasing rate in recent years and the evidence base is still immature. The editorial by Dutch orthopaedic resident Dr Rintje Agricola and Professor Harry Weimans (see page 957) raises some important points for ongoing thought and discussion on the link between FAI and osteoarthritis of the hip. Certainly long-term follow-up data are needed in this area to illuminate the time course and progression of hip degeneration and any association with hip deformity!

HOW TO BE SMARTER

Step 1: Read Babette Pluijm’s editorial on using BJSM’s multiple choice questions (see page 958).

Step 2: Follow the handy tips and apply four different ways!

WANT TO BE REALLY SMART? THEN WE WILL SEE YOU AT THE MCG IN OCTOBER!

The 2016 Sports Medicine Australia (SMA) conference will be held from 12 to 15 October 2016 at the historic and
The iconic Melbourne Cricket Ground. This year’s Refshauge lecturer is Professor Peter O’Sullivan. His BJSM podcasts are the most popular of all time—from 1 million listens to date. Other SMA conference keynotes include Professor Glenn Gaesser, Dr Anthony Marsh and Professor Toomas Timpka. You can find further speaker information at http://sma.org.au/conferences-events/2016-sports-medicine-australia-conference/speakers/.


Now is an ideal time to register. Why not follow @SMAEvents on Twitter to get all the latest updates. Enjoy this SMA-led issue of BJSM—the number 1 ranked journal in the Sports Sciences category (impact factor 6.7).

Twitter   Follow Ebonie Rio at @tendonpain, Ryan Timmins at @ryan_timmins and David Opar at @davidopar

Competing interests   None declared.

Provenance and peer review   Not commissioned; externally peer reviewed.

REFERENCE

1 Weir A, Rabia S, Arden C. Trusting systematic reviews and meta-analyses: all that glitters in not gold! Published Online First: 11 March 2016 doi:10.1136/bjsports-2015-095896