

Let us up our game and make conference participation enrich our clinical skill set

Karen Kotila ¹, Thomas Bandholm ², Michael Skovdal Rathleff ^{3,4}, Julie Sandell Jacobsen ^{5,6}, Heidi Klakk ^{7,8}, Kristian Thorborg ⁹

Come join us at the 4th World Congress of Sports Physical Therapy (WCSPT2022) in Denmark! The key value of the congress is translating science into clinical practice, and we invite you to take an active part. Let us up our game and make conference participation enrich our clinical skill set.

Traditionally when planning a conference, we load up the programme and offer a platform where a massive amount of information is delivered in a short time. We overload with numerous exciting topics, leaving the attendants practically incapable of processing all the information and with little time to reflect on how a research result could change the daily practice. In the spirit of Eliot's famous questions: 'Where is the wisdom, we have lost in knowledge? Where is the knowledge, we have lost in information?',¹ we set out to challenge the tradition.

We have asked ourselves why presentation on presentation of excellent research—with the potential to be a real (clinical) life game-changer—end



Figure 1 The World Congress in Sports Physical Therapy will be held in Nyborg, Denmark, August 26–27, 2022.

up as a flickering idea and fail to add to tomorrow's clinical practice. One barrier of knowledge translation at conferences, as we see it, is the one-way communication from the podium to the attendant, which offers little interaction and exchange of ideas.

To overcome this barrier, the setup of WCSPT2022 is untraditional. Breakout sessions will follow up on the main talks, focusing on the discussion of clinical application and implementation in a smaller setting. To allow for further discussion, attendants and presenters will have plenty of time to reflect on a session during our active breaks. Our goal is to bring researchers, clinicians, presenters and attendants together in an informal yet organised manner. 'Networking' is often used as a reason for attending conferences,² and we wish

to allow for networking in a pleasant setting. The congress venue is located on the beach of the Great Belt. The scenery is especially inviting for active breaks on and around the beaches and forests. We have partnered with local organisations to allow you to engage in social activities such as mountain biking, paddle boarding or pursuing other kinds of nature fitness.

As we launch this Danish issue of BJSM, we still find ourselves in the harsh reality of the COVID-19 pandemic. We can ensure that the excellent facilities allow lots of space with five parallel sessions of applied science to run twice during the congress. The final show of the congress is the oral abstract presentation-competition judged by editors from international sports physical therapy and sports medicine journals. The topic of this competition will also be 'Translating science into action'.

We look forward to welcoming you to Denmark!

Twitter Karen Kotila @karenkotila, Thomas Bandholm @TBandholm and Kristian Thorborg @KThorborg

Funding The authors have not declared a specific grant for this research from any funding agency in the public, commercial or not-for-profit sectors.

Competing interests None declared.

Patient consent for publication Not required.

Provenance and peer review Commissioned; internally peer reviewed.

© Author(s) (or their employer(s)) 2020. No commercial re-use. See rights and permissions. Published by BMJ.



To cite Kotila K, Bandholm T, Rathleff MS, et al. *Br J Sports Med* 2020;**54**:1375.

Accepted 11 September 2020

Br J Sports Med 2020;**54**:1375.
doi:10.1136/bjsports-2020-103363

ORCID iDs

Karen Kotila <http://orcid.org/0000-0001-7624-6638>
Thomas Bandholm <http://orcid.org/0000-0001-6884-1971>
Kristian Thorborg <http://orcid.org/0000-0001-9102-4515>

REFERENCES

- Eliot TS. The rock. Faber and Faber 1934.
- Rowe N. "When you get what you want, but not what you need": The motivations, affordances and shortcomings of attending academic/scientific conferences. *Int J Res Educ Sci* 2018;4:714–29.

¹Danish Society for Sports Physical Therapy, Nyborg, Denmark

²Clinical Research Centre, Copenhagen University Hospital, Hvidovre, Copenhagen, Denmark

³Department of Health Science and Technology, Aalborg University, Aalborg, Denmark

⁴Center for General Practice at Aalborg University, Aalborg University, Aalborg, Denmark

⁵Research Centre for Health and Welfare Technology, Programme for Rehabilitation, VIA University College, Aarhus, Denmark

⁶Research Unit for General Practice, Aarhus, Denmark

⁷Exercise Epidemiology, Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark

⁸Centre for Applied Health Science, University College South, Haderslev, Denmark

⁹Sports Orthopaedic Research Center—Copenhagen (SORC-C), Arthroscopic Center, Department of Orthopedic Surgery, Copenhagen University Hospital, Hvidovre Hospital, Amager-Hvidovre, Denmark

Correspondence to Karen Kotila, Danish Society for Sports Physical Therapy, Nyborg, Denmark; kkotila@live.dk