BRITISH JOURNAL OF SPORTS MEDICINE
EDITORIAL BOARD

Editor: Dr. Henry E. Robson, 39 Linkfield Road, Mounstorrel, Loughborough, Leicestershire LE12 7DJ
Chairman: Surgeon Rear Admiral Stanley Miles, CB, MD, MSc, FRCP, FRCS, 25 Grove Road, Barton-on-Sea, New Milton, Hants. BH25 7DJ
Members: Prof. Arnold H. Beckett, DSc, PhD, FRIC, Chelsea College, London University
Dr. Ernest J. Hamley, PhD, Loughborough University
Mr. Basil Helal, MCh(Orth), FRCS, The London Hospital
Dr. John E. Kane, PhD, West London Institute of Higher Education
Mrs. Margaret John, MCSP, Studley, Warwickshire
Prof. Harry Thomason, PhD, DLC, Loughborough University
Dr. Dan Tunstall-Pedoe, MA, DPhil, FRCP, St. Bartholomew’s Hospital, London

This Journal is published four times a year by
THE BRITISH ASSOCIATION OF SPORT AND MEDICINE
Sometimes two numbers may be issued in a combined publication

Chairman: Mr. Basil Helal, MCh(Orth), FRCS
Hon. Secretary: Dr. Peter N. Sperryn, MRCP, 49 Blakes Lane, New Malden, Surrey
Hon. Treasurer: Dr. Henry E. Robson, 39 Linkfield Road, Mountsorrel, Loughborough, Leicestershire

SUBSCRIPTIONS

The Journal is sent to all members of the British Association of Sport and Medicine, and included with the annual subscription

FROM JANUARY 1st, 1982 EXTERNAL (NON-MEMBER) SUBSCRIBERS: £10 for subscribers in the United Kingdom, $30 U.S. for overseas subscribers
Subscriptions run from January to the end of the year. Single numbers: £4 or $10. A limited number of back issues are available.

RENEWALS: These should be confirmed before the end of the year, or at the latest by the end of January in the current year. Late renewals involving restoration to the mailing list after deletion, may incur an additional administration charge.

MAILING is by second class mail to the U.K., and surface mail overseas.

ORDERS FOR THE JOURNAL should be sent to the Editor/Treasurer at the above address. Payment with order is preferred. Cancellations should be sent before the end of the year, or by the end of January at the latest.

APPLICATIONS FOR MEMBERSHIP of the British Association of Sport and Medicine should be sent to the Hon. Secretary or Hon. Treasurer.
**Bulletin of The British Association of Sport and Medicine**

**HILLINGDON ATHLETES CLINIC SEMINARS**

*presents*

"**AN AUSTRALIAN EVENING**"

on Monday 18th July 1983
6.30 p.m. for 7.00 p.m.

In honour of the visiting Australian Team en route to the inaugural World Athletic Championships in Helsinki.

---

**Mr. Craig Purdam, M.A.P.A. (Canberra)**
Physiotherapist, Australian Athletic Team.
Senior Physiotherapist Sports Clinic
Australian National Institute of Sport.

**Mr. Charles Flynn, B.App. Sc. (Phys), M.A.P.A. (Ballarat)**
Council Member, Australian Sports Medicine Federation

**Dr. Peter Larkins, M.B., B.S., B.Med.Sci. (Melbourne)**
Australian Steeplechaser and Olympic athlete:
Team Doctor for Helsinki World Championships.

*The Australian Institute of Sport, Canberra.*

*Sports physiotherapy in Australia*

*Sports Medicine in Australia*

---

**Meeting Organiser and Chairman:**

Hillingdon Hospital, Uxbridge (38282), Middlesex.

---

At the Colson Room,
Central Council of Physical Education,
Francis House,
Francis Street,
London SW1P 1DL
(off Victoria Station, behind Army and Navy Stores)

Meeting Fee £5 at the door, coffee included
6.30 p.m. for 7.00 p.m.

---

Meeting organised by the Hillingdon Athletes Clinic
(with help from Pfizer Limited) inviting the combined London and South East Branches of British Association of Sport and Medicine and Association of Chartered Physiotherapists in Sports Medicine.

*(Information received by B.J.S.M. 4/7/83.)*
ANNUAL GENERAL MEETING OF THE BRITISH ASSOCIATION OF SPORT AND MEDICINE

The Annual General Meeting of the British Association of Sport and Medicine will take place in the afternoon of Friday, October 14th, at Bisham Abbey National Sports Centre, just outside Marlow, Berkshire. Many very important constitutional matters regarding the running and future of the Association are to be discussed, and officers to be elected. The official notices concerning this meeting will be pre-circulated as usual, and nominations for Office and Executive Committee should be sent to the Honorary Secretary, Dr. P. N. Sperryn, FRCP, 49 Blakes Lane, New Malden, Surrey. Any other item of business should be notified to him in advance, so that it can be included in the agenda. It is hoped that there will be a large attendance, so that the views of the membership can be brought forward in a constructive manner for the future benefit of the Association.

This meeting comes at the end of the Association’s Advanced Course in Sports Medicine, for which there are still some vacancies. The morning of the 14th will be taken up by papers and discussion on boxing, and those attending the AGM are welcome to attend this morning session. A limited number of places will be available at the Abbey for lunch, but restaurant facilities are nearby in Marlow and the surrounding district.

NEWS OF MEMBERS

THE PORRITT FELLOWSHIP. This award, worth £5,000, has been made by the Royal College of Surgeons as a mark of respect to Lord Porritt, the co-founder and until recently President of BASM, in order to encourage the development of Sports Medicine. The first holder is Michael J. Allen, FRCS, Senior Registrar in the Accident and Emergency Department of Leicester Royal Infirmary. He is investigating pressure changes in the musculo-fascial compartments of the lower leg, at rest and during exercise, in an attempt to solve the aetiology of shin soreness in runners. Some of his work has already been reported, and described to a local meeting of ACPSM held in Loughborough during the Spring.

CRYSTAL PALACE NATIONAL SPORTS CENTRE — PHYSIOTHERAPY DEPT. The new Superintendent Physiotherapist, who succeeds Miss Vivian Grisogono, is Mrs. Rose Macdonald, BA, MCSP. She is also a contributor to this issue of the journal. The clinic is available to members of the Centre.

NORTH WEST CHAPTER OF FIMS. The next meeting will take place in Kuopio, Finland, and BASM will be represented by Dr. Peter Sperryn and Mr. David Chapman. We hope to publish their report in due course.
When you're working hard at your sport—in training or competition—your body gets hot. So to cool down it sweats. And so a winning position can literally evaporate.

The body can lose one to two litres of fluid during an average training session, and can lose much more during competition or during hot weather.

It only takes a 2% fluid loss in bodyweight to reduce physical performance by 20%.

Electrolytes or salts are also sweated away leading eventually to fatigue, cramps, or heat exhaustion. Replacing fluid loss with water, tea or soft drinks will not restore these vital minerals.

Mineral Plus 6 is the ideal way to replace both body fluid, energy and electrolytes actually during exercise.

Its delicious citrus flavour is extremely refreshing.

Mineral Plus 6 contains not just sodium chloride, but a complete balanced electrolyte spectrum including those important for heart and nerve functions.

Developed with the aid of coaches and physiologists, Mineral Plus 6 is just one of the Sportive Perform range—tailored to the demands of training, competition and recovery—that help sportsmen reach and sustain their best performance.

For further information on Sportive Perform, local stockists or our club presentation on 'Nutrition in Sport', please telephone 09277 67310.

University of Strathclyde
Bioengineering Unit
and BASM Scotland

Basic Orientation Course In
Sports Medicine

Glasgow
18th-24th September, 1983

This one week residential course has been organised by the British Association of Sport and Medicine (Scotland) in conjunction with the University of Strathclyde.

The course has been arranged particularly for practitioners of Medicine, Physiotherapy and associated professions. It will provide participants with an incisive view of the role of medicine in the support of sport from the point of view of the management of injury, advice and training methods, fitness measurement, etc., as well as the biomechanical analysis of performance.

Medically qualified participants who satisfactorily complete the course are eligible for membership of FIMS.
The course will be held at Chesters House in Bearsden near Glasgow with registration on the afternoon of Sunday, 18th September, 1983. The course will disperse on Saturday morning, 24th September.

The programme which has been arranged will leave ample time for recreation and it is planned that the social side will not be forgotten.

The full fee for the course is £175 of which a non-returnable deposit of £50 should be sent with the application form attached. It is hoped that all members on the course will be residential. Any applicant wishing to make his own overnight arrangements should pay the deposit and a note of the balance due will be sent to him in due course.

CHESTERS HOUSE

Chesters House is located in its own extensive grounds and gardens in the quiet, residential area of Bearsden. Bearsden is linked to Glasgow by a fast road system and very good rail and bus services. Car parking is available in the grounds.

Participants will be accommodated in study/bedrooms and the original mansion house has well appointed lounges leading to a modern dining hall. There are television and games rooms, a bar and a laundry.

UNIVERSITY OF STRATHCLYDE

The University, formerly Royal College of Science and Technology, has existed in various forms since 1796. It has therefore an involvement of nearly 200 years in the provision of technological education and is well placed to support an up-to-date approach to all practical aspects of the application of science and technology to developing disciplines.

Please send completed form to:
Continuing Education Office
McCance Building
16 Richmond Street
Glasgow G1 1XQ
Telephone: 041-552 4400 ext. 2132
BASIC ORIENTATION COURSE IN
SPORTS MEDICINE
Chesters House, Bearsden — 20th-26th September, 1983

I wish to apply for a place on the above course and enclose: FULL COURSE fee of £175 or DEPOSIT (non-returnable) £50

Full Name (Dr/Mr/Mrs/Miss/Ms) ........................................

Address .................................................................

.................................................................

Telephone No. Home ............. Business ............

Qualifications .........................................................

Occupation ................. Employer ......................

PLEASE PRINT CLEARLY

Cheques should be payable to the “University of Strathclyde” and sent with this form to the Continuing Education Office, University of Strathclyde, McCance Building, Richmond Street, Glasgow G1 1XQ. Please note that separate invoices are not issued and fees must accompany this form.
BRITISH ASSOCIATION OF SPORT & MEDICINE

BISHAM ABBEY 10th to 14th OCTOBER

ADVANCED SPORTS MEDICINE COURSE

The course has been designed for doctors and physiotherapists who have already been on an introductory course on Sports Medicine and who are actively involved with sports clinics or team care. A limited number of places will be available to other members of BASM.

Each lecture will be approximately 45 mins. to be followed by active feedline and participation chaired by the Speaker.

The course is residential and includes all meals from lunch on Monday to lunch on Friday. Coffee and tea are not included. Section 63 has been applied for. The course fee is £100.

Bisham Abbey is a National Sports Centre run by the Sports Council situated on the river Thames near Marlow. In addition to being Lawn Tennis Association National training centre, the centre boasts Europe’s largest artificial grass field.

Facilities for residents include:

- 9 hole par 3
- Golf Course
- Tennis
- Sailing
- Squash
- Sauna
- Canoeing

Applications should be made to: Dr. P. L. Thomas (BASM), The Health Centre, Twyford, Berks.

A deposit of £20 is payable at the time of booking and the remainder by 1st August, 1983. It is regrettable that the places are limited, early application is advised in order to confirm a reservation.

BOOKING FORM

BISHAM ABBEY 10th to 14th OCTOBER, 1983

Please reserve a place for:

NAME: ..........................................................
ADDRESS: ..................................................................
.............................................................................
.............................................................................
.............................................................................
TELEPHONE No.: .....................................................
OCCUPATION: ....................................................... 
QUALIFICATIONS: ..................................................
SPORTS INVOLVEMENT: ........................................

I enclose a cheque for £20 as a deposit (non-returnable) made payable to BASM Southern. Balance due 1st August, 1983.

Signed .................................................................
<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.15</td>
<td>Children in sport</td>
<td>Injury Clinics</td>
<td>Hypnosis</td>
<td>Rugby injuries</td>
<td>Head/neck injuries</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Primary Care</td>
<td></td>
<td>medical care</td>
<td></td>
</tr>
<tr>
<td>10.45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Women in sport</td>
<td>Ethics of Sports</td>
<td>Autogenic Training</td>
<td>Rugby injuries</td>
<td>Boxing injuries</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Medicine</td>
<td></td>
<td>Physiotherapy</td>
<td></td>
</tr>
<tr>
<td>12.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Physiological adaptation</td>
<td>Running injuries</td>
<td>Disabled in sport</td>
<td>Team care</td>
<td>AGM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>BASM</td>
</tr>
<tr>
<td>3.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.45</td>
<td>Respiratory problems</td>
<td>Running injuries</td>
<td>Disabled in sport</td>
<td>DIET</td>
<td>AGM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>BASM</td>
</tr>
<tr>
<td>5.15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 p.m.</td>
<td>DINNER</td>
<td>Course Dinner (informal)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Section 63 applied for.
**FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS**

<table>
<thead>
<tr>
<th>ORGANISATION</th>
<th>VENUE</th>
<th>APPLICATIONS TO:</th>
<th>MEALS</th>
<th>ACCOMN.</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat. 30 July “Off Duty” magazine Doctors and their families</td>
<td>Alexander Stadium, Perry Bar, Birmingham</td>
<td>Summer Fun Day, PO Box 9, PORTSMOUTH PO1 2TP</td>
<td>Buffet lunch included</td>
<td>No</td>
<td>£1.00</td>
</tr>
<tr>
<td>Tues. 30 Aug. - Fri. 2 Sept. International Fedn. of Adapted Physical Activity</td>
<td>West London Inst. of Higher Education, Borough Road, Isleworth, Middlesex TW7 5DU</td>
<td>Mrs. E. McLeish W.L.I.H.E.</td>
<td>Included</td>
<td>Included but Hotels also available</td>
<td>Not known</td>
</tr>
<tr>
<td>Mon. 12-16 Sept. Edinburgh PG Board for Medicine and Dunfermline College Sports Medicine Course. GP’s, other Drs., Physios., etc.</td>
<td>Dunfermline College of Physical Education, Cramond, EDINBURGH</td>
<td>Post-Graduate Dean, Edinburgh Post-Graduate Board for Medicine, Pfizer Foundation, Hill Square, EDINBURGH EH8 9DR</td>
<td>Not known</td>
<td>College Accomn. extra</td>
<td>£60 Section 63 approval for subsistence and travel only</td>
</tr>
<tr>
<td>Thurs. 15-17 Sept. University of Liverpool Sport &amp; Science Conf.</td>
<td>School of Phys. Educ. &amp; Recreation, Liverpool University</td>
<td>Mrs. Megan Brodie, Conf. Secretariat, 19 Oakway, Gayton, WIRRAL L60 3SP</td>
<td>Included Daily rates available</td>
<td>Included</td>
<td>£63 full conf. (£58 for members of SSS, BSSP &amp; SBSG)</td>
</tr>
<tr>
<td>Sun. 18-24 Sept. BASM Basic Orientation Course in Sports Med.</td>
<td>Chesters, Bearsden, GLASGOW (Univ. Strathclyde)</td>
<td>Dr. J. MacGregor, PhD, Bio-engineering Dept., Strathclyde University, GLASGOW</td>
<td>Included</td>
<td>Included</td>
<td>£175</td>
</tr>
<tr>
<td>Thurs. 22-24 Sept. Internat. Congress on Sports and Health</td>
<td>MAASTRICHT, The Netherlands</td>
<td>Mrs. M. Frank-Roovers, Congress Secretariat, Dept. of Surg., St. Annadel Hospital University of Limburg, PO Box 1918, 6201 MAASTRICHT, Netherlands</td>
<td>Lunch included</td>
<td>Hotels DFI 20-200 per night</td>
<td>Conf. fee DFI 400</td>
</tr>
<tr>
<td>Sat. 8 Oct. American Running &amp; Running Assoc’n</td>
<td>All over USA</td>
<td>Mr. Ed Freeman, “Running and Fitness Day”, c/o Am. Run. &amp; Fit. Ass’n., 2420 K Street, NW, WASHINGTON DC 20037, USA</td>
<td>Not known</td>
<td>Not known</td>
<td>Not known</td>
</tr>
<tr>
<td>ORGANISATION</td>
<td>VENUE</td>
<td>APPLICATIONS TO:</td>
<td>MEALS</td>
<td>ACCOMN.</td>
<td>FEES</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>-------------------------------</td>
<td>---------------------------------------------------------------------------------</td>
<td>---------</td>
<td>------------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conf. Secretary, 8th Ann. Conf. on Body Imaging, Dept. of Radiology, West Park Hospital, 22141 Roscoe Blvd., CANOGA PARK, Calif. 91304, USA</td>
<td>Not known</td>
<td>Not known</td>
<td>Not known</td>
</tr>
<tr>
<td>Mon. 10-14 Oct.</td>
<td>BASM Advanced Course in Sports Med. (for those who attended any basic course)</td>
<td>Bisham Abbey Nat. Recreation Centre, Berkshire</td>
<td>Dr. P. L. Thomas, South Lodge, Shurlock Row, READING, Berks. RG1 0PX</td>
<td>Included</td>
<td>Included</td>
</tr>
<tr>
<td>Sat. 14 Oct.</td>
<td>BASM AGM following Scientific Meeting in morning</td>
<td>Bisham Abbey</td>
<td>Dr. P. L. Thomas for lunch bookings</td>
<td>Not known</td>
<td>A few rooms should be available</td>
</tr>
<tr>
<td>1984</td>
<td></td>
<td>20-21 Bed Ragaz, 22-28 St. Moritz, Switzerland</td>
<td>Symposium Secretary, UCLA Medical Center, 10833 le Conte, Room 76-139 CHS, LOS ANGELES, Calif. 90024, USA</td>
<td>Not known</td>
<td>Not known</td>
</tr>
<tr>
<td>Fri. 20-28 Jan.</td>
<td>First Internat. Symp. on Musculo-Skeletal Disorders</td>
<td>Chamonix, France</td>
<td>Secretary, Winter Seminar, West Park Hospital Dept. of Radiol., 22141 Roscoe Blvd., CANOGA PARK, Calif. 91304, USA</td>
<td>Not known</td>
<td>Not known</td>
</tr>
<tr>
<td>Thurs. 26 Jan.-Ann. Winter Congresses and Seminars in Medical Diagnostic Imaging</td>
<td>Ditto</td>
<td>London</td>
<td>Deutscher Sportbund, Bundesausschuss Leistungssport, Otto-Flech-Schneise 212, D-8000 FRANKFURT/MAIN 71, Germany</td>
<td>Not known</td>
<td>Not known</td>
</tr>
<tr>
<td>Sat. 4 Feb.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri. 27-29 April</td>
<td>International Congress of Sports Physiotherapy</td>
<td>Frankfurt on Main, Germany</td>
<td></td>
<td>Not known</td>
<td>Not known</td>
</tr>
</tbody>
</table>
NEW MEMBERS

The following were elected by the Executive Committee on 22nd June, 1983

ORDINARY MEMBERSHIP

Ms. Amanda-Jane Allen, MCSP, 4 Standean Farm Cottages, PATCHAM, E. Sussex, BN1 8ZA
Mr. R. G. M. Ashplant, SRch, 21 Badon Close, Beacon Heath, EXETER, EX4 9EG
Dr. S. E. A. Attwood, BAO, Beechmount, 6 Clonmore Road, MT. MERRION, Co. Dublin
Dr. E. O. Babajide, 29 Trebovir Road, LONDON, SW5
Dr. M. C. Bailey, DRCOG, 16A Lordship Road, Writtle, CHELMSFORD, Essex, CM1 3EH
Mr. N. Bowler, MCSP, 6 Oak Road, LEEDS, W. Yorkshire, LS7 3JU
Miss Helen Bowman, MCSP, 20 Court Leet Road, Cheylesmore, COVENTRY, CV3 5GS
Mr. R. J. Colclough, SRch, MChS, 8 Warden Grove, HOUGHTON-LE-SPRING, Tyne & Wear, DH5 8HL
Mr. T. M. Craig, MCSP, Heathwood, 86 Hamilton Avenue, Pollockshields, GLASGOW, G41 4HD
Dr. M. D. Devereaux, Rheumatology Research Unit E6, New Addenbrooke’s Hospital, CAMBRIDGE, CB2 2QQ
Dr. R. W. Hannaford, 6 St. Twynnells Close, St. Daniels Hill, PEMBROKE, Dyfed
Dr. A. S. Harper, 15 Pladda Way, HELENSBURGH, Dunbartonshire, G84 9SE
Dr. K. S. Jones, DPhysMed, Tudor, 4 Hallam Road, GODALMING, Surrey, GU7 3HW
Mr. T. G. Jones, BEd, 19 Barnsdale Avenue, THINGWALL, Wirral, Merseyside, L61 1BD
Mr. H. J. Leigh, BDS, 19 Clare Close, ELSTREE, Herts.
Mrs. M. E. Maddocks, SRch, Mere Farm, Bollington Lane, Nether Alderley, MACCLESFIELD,
Cheshire, SK10 4TB
Dr. Diane Malone, 1 Rosslyn Terrace, Dowanhill, GLASGOW, G12
Dr. P. J. M. Milroy, 9 Orchard Close, FRODSHAM, Cheshire, WA6 6DS
Mr. R. K. Mukherjee, FRCS, Victoria Hospital, KIRKCALDY, Scotland
Dr. R. J. Northcote, MRCP, 8 Douglas Avenue, PRESTWICK, Ayrshire
Mr. K. Rome, MRSH, SRch, 12 Fern Close, WARMINGHAM, Lincs.
Dr. P. Roy, The Health Centre, 1 Howard Street, COVENTRY, CV1 4GH
Mrs. Gunnel Russell, SRP, 15 Albany Road, WINDSOR, Berks, SL4 1HL
Ms. H. J. Sagar, SRch, 249 Lord Lane, Failsworth, MANCHESTER
Mr. S. Salama, FRCS, PO Box 925256, AMMAN, Jordan
Ms. Vickie Weekes, BSc(Physio) Abbedikollen 25, Abbediingen, OSLO 2, Norway
Ms. Jill A. Welsh, MCSP, 37 Alpine Street, READING, Berks
Dr. M. J. Smith, 2 Roekeby Close, BRACKNELL, Berks, RG12 2NA

STUDENT MEMBERSHIP

Mr. G. S. Andersen, 45 Orby Road, BELFAST, BT5 (Physiotherapy Student)
Mr. G. M. Boon, The Old Rectory, Clayworth, RETFORD, Nottinghamshire, DN22 9AB
(Medical Student)
Mr. P. Fox, 21 Gadzow Street, MOTHERWELL, ML1 3DN, Scotland (Medical Student)
Mr. L. G. Raphael, 408 Fencenpiece Road, CHIGWELL, Essex (Chiropractic Student)
Miss Susan J. Walpole, BA, 68 Outwoods Road, LOUGHBOURGH, Leics. (Medical Student)
Mr. A. Whitfield, 5 Wavell Garth, Sandal Grange, WAKEFIELD, W. Yorks, WF2 6JP
(Chiropractic Student)

AFFILIATED MEMBERSHIP

East Kilbride Gymnastic Club

New Representative: Mr. Charles Ross, Secretary, 48 Windward Road, Westwood, East Kilbride, GLASGOW.
Scottish Netball Association
New Representative: Miss P. Devine, Scottish Netball Assoc., 12 Sindair Street, MILNGAVIE
Scottish Amateur Wrestling Association
New Representative: Mr. S. McNeil, BSc, National Organiser, 11 Langbank Holdings, Milngavie,
GLASGOW, G62 6EL.
Sports Documentation Centre
New Representative Ms. M. Shoebridge, Main Library, University of Birmingham, PO Box 353,
BIRMINGHAM, B15 2TT.

BOOK REVIEW

Title: THE INJURED ATHLETE
Author: Daniel N. Kulund, MD + 8 contributors
Publishers: J. B. Lippincott Co., Philadelphia and Toronto
Price £32 16 Chapters Numerous illustrations

Let there be no doubt, the days of the pseudo-expert in the field of Sports Science are numbered.

Properly trained and qualified personnel are taking an interest in the training, performance and the ills and injuries of the athlete. Daniel Kulund, the Editor of this book, and his fellow contributors have produced a work of high standard which is matched in quality by the illustrations, format and printing, and the publishers, Lippincott, must take their due share of the credit.

The title is misleading for only 50% of content is directly concerned with injury.

There are sections on medical assessment, nutrition, drugs, the handicapped athlete, training techniques, preparation, rehabilitation, the special problems of children and women, medico-legal aspects, and there is a systematic survey of injuries and sports-related injuries and their treatment.

Coverage is really extensive. You are told how many calories per minute are expended during intercourse, what “strawberries” are, how to treat saddle soreness and even the jargon is interpreted.

Terms such as “crucifixion”, “hamburger” and “meatgrinder” take on new meanings.

You may care to know what Iowa TOES, De Vries or 5BX programme are. Gerokinesiatrics may be just the thing for you after “hitting the wall”.

We lag behind the USA who do not consider a sports medicine team complete without an expert in Biomechanics, a Dentist, an Equipment manager, an Exercise teacher, a Health Educator, a Physiologist, a Kinesiologist, a physical educator, a podiatrist, a sports psychologist, a strength and conditioning coach and nebulous extras called “officials”.
They also include a doctor and a coach, a masseur and even the athlete. Such a superfluity of resource and wealth must arouse a certain envy in those who have difficulty in financing very basic essentials.

The bibliography is exhaustive and there is a good index.

It is a refreshing change to find so much good sense and so constantly high a standard of accuracy in the information provided.

Altogether a pleasing book that deserves success and at £32 is a sound investment for everyone concerned with caring for sportspeople.

B. Helal
Several types of communications will be considered for publication by the Editorial Board.

1. ORIGINAL ARTICLES, reporting research, experimental work, innovations in therapeutic procedures, etc.
2. REVIEW ARTICLES on special topics, which should include an adequate but not necessarily an exhaustive bibliography.
3. ABSTRACTS of verbal communications given at scientific meetings. These may be published as ‘Proceedings’ of meetings, and sometimes the author might be invited to submit a fuller edited text of his talk, together with illustrations.
4. ANNOTATIONS, case reports, preliminary reports of research, and of pilot studies, usually not exceeding 400 words.
5. CORRESPONDENCE, ‘letters to the Editor’.
6. CONFERENCE REPORTS from Area organisations of B.A.S.M., or of other meetings with direct relevance to the work and interests of B.A.S.M. members.
7. NOTICES of forthcoming events relevant to Sports Medicine.

SUBMISSION OF MANUSCRIPTS

These should be sent to the Editor, Dr. H. E. ROBSON, 39 Linkfield Road, Mountsorrel, Nr. LOUGHBOROUGH, Leics. LE12 7DU Tel. 0533-303453 (surgery) or 0533-303971 (home)

© The submission of a paper implies that it is unpublished, and has not been submitted for publication elsewhere. The copyright of articles is held jointly by the British Association of Sport and Medicine, who publishes the journal, and by the author(s). No articles from this journal should be reprinted, in English or translation, without permission from both publisher and author(s), but no objection is made to a single photocopy being made for educational or research purposes.

Two copies of each manuscript should be submitted. They should be typewritten, double spaced, on one side of the paper only, in English, with conventional British spelling.

The title of the paper should be typed in capitals, with the name and principal qualifications of the author(s), e.g. ‘FRCS’, ‘DipPE, PhD’ or ‘MSC(Orth)’, ‘MB, BS, PhD’ or ‘MSCP’, then the appointment held, the department and the institution in which the work was carried out. If the author has moved since the work was performed, his present address should be added as a footnote.

In general, manuscripts should be prepared in accordance with the recommendations of the International Steering Committee of Medical Editors, the ‘Montreal Agreement’. A booklet is obtainable from the Editor, British Medical Journal (50 pence), or Annals of Internal Medicine, 4200 Pine St., Philadelphia for U.S. authors.

AN ABSTRACT not exceeding 150 words should follow the heading of a long paper. This should include the chief points made in the paper, and the main conclusions drawn or suggested. Only very essential references are included here. On the advice of the Editorial Board, a communication may be published in abstract only. Following the Abstract, some three to six KEY WORDS should be inserted to assist with indexing.

NOMENCLATURE. Drugs should be specified by their official name, followed by the trade name and manufacturer’s name in brackets if well known and widely prescribed under its trade name. Doses should be in metric measurements. S.I. units should be used, except for measurements of blood pressure, which should be in mm. Hg. Conversions from one system of measurements to another should be rounded off, and in all tables unnecessary decimal places should be avoided, as they are usually due to the mechanics of the computer, and not to accurate scientific measurement.

REFERENCES mentioned in the text should give the name of the author, or first author followed by ‘et al’ for multi-author papers, with the date of publication in brackets, e.g. ‘Wright, et al (1976)’.

In the reference section, the authors’ names should be arranged in alphabetical order, followed by year of publication, title of paper, journal, volume number, and first and last pages, e.g. ‘WRIGHT, G., CLARKE, J., NINIMAA, V. & SHEPHARD, R. J. 1976 Some reactions to a dry-land training programme for dinghy sailors’ Brit.Journ. Sports Med. 10: 4-10’. For text-book references, the author, editor, year, title of chapter, title of book, edition number, publisher, and city of publication should be given. Our retention of the ‘Harvard System’ of references is our only major deviation from the recommendations of the Montreal Agreement.

TABLES should be numbered in capital Roman numerals.

ILLUSTRATIONS should preferably be drawn on card in indian ink, with labelling lightly in pencil, or written or typed well clear of the actual drawing or graph. Good quality half-tone photographs may be used if suitable for reduction to fit the space allocated. Colour photographs will only be reproduced in half-tone and X-ray plates and transparencies cannot be guaranteed to give adequate reproduction. If necessary, a second photograph with arrows or lettering should be included, as a guide to the block-maker. Figures are numbered in Arabic numbers.

Authors are reminded that they are responsible for clearing copyright on any figures, tables or other matter already published elsewhere, and the Editor may require written authorisation to the author from the copyright holder. He may also require signatures on the letter accompanying MSS from ALL the contributors of multi-author papers.

PROOFS are corrected by the Editor, but usually sent for checking to the author, who should return them to the Editor without delay. Any extensive re-setting of type because of an author’s “second thoughts” could be charged to the author. Owing to postal delays, even with airmail, proofs are not always returned to authors from overseas.

REPRINTS

It is regretted that we cannot supply authors with the customary 50 free reprints that certain other journals offer. Orders for reprints should be made on submission of the manuscript, or when returning the proofs. The exact cost cannot be given accurately until publication, but as a guide we are currently charging, for 100 copies,

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 page</td>
<td>£12.65</td>
</tr>
<tr>
<td>2 pages</td>
<td>£15.50</td>
</tr>
<tr>
<td>4 pages</td>
<td>£23.00</td>
</tr>
<tr>
<td>8 pages</td>
<td>£34.50</td>
</tr>
<tr>
<td>12 pages</td>
<td>£46.00</td>
</tr>
</tbody>
</table>

These prices exclude postage, packing; not bank clearance charges on cheques from overseas, which are included.

Preferred method of payment from overseas, Bank Drafts in Sterling.

A “Contributor’s Copy” is sent gratis to each author and co-author.

THE EDITORIAL BOARD reserve the right to accept, reject, edit or otherwise correct any manuscript submitted. The opinions expressed in articles, book reviews or letters are those of the author, and do not necessarily agree with those of the editor, editorial board, or executive committee of the British Association of Sport and Medicine.

These notes were revised in June 1982 for Volume 16.