
SGSM/SSMS NEWSLETTER 2018/2

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1. Editorial

Dear SGSM/SSMS members,

Our **2018 annual meeting** together with the Swiss Sports Physiotherapy Association [Sportfisio \(SVSP/ASPS\)](#), www.sportsuisse2018.ch, is slowly filling up, make sure you get your ticket (we expect to be sold out, as two thirds of the places are already taken)!

As a member society of BJSM, we remind you that all of our members have free online access to the British Journal of Sports Medicine, through our [website's member login](#). Stay up to date with the latest publications and opinion editorials. We also participate in the edition of one issue per year, and we are glad to share the editorial of this year's „Swiss“ issue with you: [Come and get a taste for the Swiss way, and have a Muesli with us](#).



We also present here the BJSM online learning platform, which you can freely access as well. We look forward to seeing you in Bern, and as always, we are grateful for any links you would like to share with your Swiss colleagues in the newsletter (write to me directly).

Boris Gojanovic, [@DrSportSante](#)

2. SGSM/SSMS events and courses

- **SGSM/SSMS with Swiss Sports Psychology Society ([SASP](#)) and Zürich University Psychiatry Department ([PUK](#)) – Denken und Gefühlsleben im Spitzensport – wie können wir unsere Athleten optimal begleiten?**, at Haus des Sportes, Ittigen on Friday, November 9th 2018 – [Program and registration \(German\)](#) & [Program and registration \(English\)](#).
- **Student's Day, by the SGSM/SSMS junior section.** Our very active junior section has put together an [exceptional program](#) on Wednesday, November 14th, which will be held at Haus des Sportes, Ittigen. Make sure you let all medicine students around you know about the event. [Registration](#).

3. Conferences and education in Switzerland, abroad & online

In Switzerland (Check out events on www.sgsm.ch/agenda).

- **RRMES Fall symposium – Sport et Identité sexuelle**, in Yverdon-les-Bains (VD), Thursday October 4th.
- **Swiss Olympic Science Award**, during the [Magglinger Trainertagung](#), in Magglingen (BE), Tuesday/Wednesday October 23rd and 24th. [Program](#).
- **It's time to rethink pain**, full day workshop with [Prof. Lorimer Moseley](#) (AUS), in Zürich, Friday December 21st. [Registration](#).

Abroad

- [The Sports Kongres](#), The Scandinavian sports medicine congress (in English), in Copenhagen, January 31st to February 2nd 2019. Twitter [@sportskongres](#).

Online

- [BMJ Learning platform](#). The BJSM has a lot of content on this platform, accessible through articles and their **"Take The Test"** box to click. Here is an information on how to create your account: [BJSM learning society user guide](#). Your unique SGSM/SSMS access code is **3647541570**.

4. Links for the sports medicine practitioner

A few links that may be useful for your practice. If you find something interesting and would like to share it with our members, please forward directly to boris.gojanovic@latour.ch, with subject "newsletter".

- [Infographics for the health of Swiss elite athletes](#), created by the **Task Force Tokyo 2020** under the direction of Dr Patrik Noack ([@DrNoSwiss](#)), for Swiss Olympic. Great resource to forward to your travelling athletes.
- [Sport science and performance Apps review](#). Validated Apps for evaluating power, strength or running biomechanics. By [@JB_morin](#).
- [Hamstring rehab excises](#), blog and excellent video by **Andreas Bjerregaard**. Full range of exercise progression to return to sport in one accelerated video. Great to send to your physios. [@BjerregaardA](#).
- How old should the doctor be? Here's an [interesting Op-Ed](#) in the New York Times, based on a [study in the BMJ](#) from Harvard.
- [USEMS](#) (undergraduate SEM society, UK) e-magazine: [Lessons in rugby medicine](#). Practical stuff from the world of rugby.
- **Top paper – Return to Sport and Performance After Hip Arthroscopy for FAI in 19- to 30-Year-Old Athletes**. In **AJSM**. It is a cross sectional study (low level of evidence), but it presents interesting data on how to assess RTP effectively. Hint: it may not be as good as we think it is. last year's fatigue session at SGSM conference. [@PerHolmich](#) and [@KThorborg](#) will be at #sportsuisse2018.

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