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# SGSM/SSMS NEWSLETTER 2018/3

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## In this newsletter

1. Editorial – we had a great time in Bern
2. SGSM/SSMS events and courses
3. Conferences and education (Switzerland, abroad & online)
4. SGSM/SSMS news
5. Explore beyond #SportSuisse2018

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## 1. Editorial

Dear SGSM/SSMS members,

**#SportSuisse2018** in Bern was a great success and we hope that you were able to attend and enjoyed the international touch of the presentations. If you could not make it, the presentations are now all available online at on the [Sportfisiowiss Youtube channel](#). We thank the Swiss Sports Physiotherapy Association [Sportfisio \(SVSP/ASPS\)](#) for all the work done before and in Bern. We will take our time to reflect on the conference and the joint format in the coming weeks, as we plan for the future.



The Student's day was a success as well, with 120 students registered (sold out), who were lucky to listen to the likes of Tim Gabbett (AUS), Gil Rodas (FCB, Spain), Vincent Gremeaux (Lausanne) and Lukas Weisskopf (Rheinfelden). We thank also the workshop animators in the afternoon (Mattia Piffaretti, Markus Laupheimer, Jaclyn Vernier, François Fourchet, Martin Narozny and Geri Clénin). The future of sports medicine is looking bright, thanks to a great job by Justin Carrard and the committee of [Students & Junior Doctors SGSM/SSMS](#).

This newsletter brings you a special section with direct links to expand the topics discussed at #SportSuisse2018. Enjoy!

Boris Gojanovic, [@DrSportSante](#)

## 2. SGSM/SSMS events and courses

- **Sportmed Tagung – Medicolegal aspects and more**, in Ittigen on **Thursday, May 16<sup>th</sup> 2018** – Information on our website in January.
  - **SGSM/SSMS annual meeting. Save the date ! October 24<sup>th</sup> and 25<sup>th</sup>**. Back in Interlaken in 2019, where the main topics will be **knee, exercise is medicine and the travelling athlete**.
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## 3. Conferences and education in Switzerland, abroad & online

**In Switzerland** (Check out events on [www.sgsm.ch/agenda](http://www.sgsm.ch/agenda)).

- **Spieroergo Akademie**. Inselspital, Bern February 28<sup>th</sup>, 9-17.00. For doctors and sports scientists. A full day of cases and discussions, with an added focus on pulmonary hypertension. 6 SGSM credits. [Program](#).
- **RRMES Spring symposium – Sport et Urgences**, in Sion – Clinique Romande de Réadaptation (VS), Friday, March 15<sup>th</sup>. BLS workshop in the morning, pre-symposium. Info: [info@rrmes.ch](mailto:info@rrmes.ch).
- **WCPT 2019 - World Confederation for Physical Therapy**, A 4-day international congress in Geneva, May 10<sup>th</sup> to 13<sup>th</sup>. Many topics relevant for sports medicine doctors as well. [Programme](#).
- **Anti-Doping for Sport**. A 4-week certified education program (CAS) by the [Research and Expertise in anti-Doping sciences](#) (REDs) in Lausanne, in 2019 and 2020.

### Abroad

- **XXVIII Isokinetic - Football Medicine meets the universe of sport**, in London, Wembley Stadium, April 27 to 29<sup>th</sup> 2019. Twitter [@footballmed](https://twitter.com/footballmed).

### Online

- **Examination and treatment of the hip joint**. Online course by **Mike Reiman**, from Duke University, North Carolina ([@MikeReiman](https://twitter.com/MikeReiman)).
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## 4. SGSM/SSMS news

- **1<sup>st</sup> Sports & Psychology Day**, November 9<sup>th</sup> in Ittigen. “**Thinking and feeling in elite sports**” was the title of this event organized by the Swiss Association for Sports Psychology (**SASP**), the **Sports Psychiatry** unit at Zurich University and our society. Among others, **Sam Maniar** from Ohio (USA) presented his vast experience in the field. We will continue these meetings yearly. **SGSM/SSMS scientific prize** was awarded to **Prof. Vincent Gremeaux** ([@drvgremeaux](https://twitter.com/drvgremeaux)) and **Cyril Besson** at the Lausanne University Hospital (CHUV), for the project: “Acute effects of a single session of floating tank on autonomic regulation of heart rate in athletes”. We are supporting the project with CHF 10'000.- and thank our sponsors: Servier, Amgen and Sanofi.

## 5. Explore beyond #SportSuisse2018

A few links that will help the curious mind to explore the topic presented at the conference in more depth.

### Videos

- [Hip & groin examination](#), with **Mark Hutchinson**, Chicago (USA), *BJSM* education video.
- [Copenhagen Adductor exercises](#)
- [How to examine the groin](#), with **Per Holmich**, Aspetar (Qatar).
- [Holmich adductor protocol](#), 13 videos based on Holmich's key [Lancet 1999 paper](#). Find also [all exercises here](#).



### Papers and commentaries

- [Should athletes be training harder and smarter](#), classic free paper by **Tim Gabbett** (@TimGabbett). This paper presented the basic use of the acute:chronic workload ratio.
- [Monitoring Training Load to Understand Fatigue in Athletes](#). Free 2014 paper in *Sports Medicine* by **Shona Halson** (@ShonaHalson), Australia.
- [Football recovery strategies](#). Free access paper by **Grégory Dupont** (@GregDupontSport) in *Aspetar Sports Medicine Journal*.
- [Musculoskeletal Screening Tests and Bony Hip Morphology](#). 2018 paper by **Andrea Mosler** (@AndreaBMosler) and 5 other authors present at our conference, in *American Journal of Sports Medicine*.
- [Clinical Examination, Diagnostic Imaging, and Testing of Athletes With Groin Pain](#). By **Kristian Thorborg** et al, 2018 in *JOSPT* (@KThorborg).
- [Managing the health of the elite athlete: a new integrated performance health management and coaching model](#). How teams can work, great *BJSM* paper by **Paul Dijkstra** (@DrPaulDijkstra), Doha (Qatar).
- **Top paper** – [Femoroacetabular Impingement: a cause for osteoarthritis of the hip](#). The classic 2003 paper by **Reinhold Ganz** et al in *CORR*.

### Commentaries and other resources

- [Diagnosis of acute groin injuries in athletes](#). Free access thesis by **Andreas Serner** (Copenhagen, @aserner).
- [The rise and fall of the hip](#). Full thesis by **Rintje Agricola**, Rotterdam (@RintjeAgricola).
- [Hip pain and FAI podcast](#), with **Jo Kemp** (@JoanneLKemp) at Physio Edge.
- [Optimal Loading, Heavy and Slow](#). Podcast with **Kristian Thorborg**.
- [GLA:D program](#), Good Life with osteoarthritis. By **Ewa Roos** (@Ewa\_Roos)
- [The Barça Innovation Hub](#), presented by **Dr Gil Rodas Font** at the conference.
- [Considering psychological stress alongside training load](#). An excellent blog by **Pete Garbutt**, sports chiropractor (@Pete\_Garbutt).
- [Sleep for health and sports performance](#). Nice blog by **Nicky Keay** (@nickyKfitness) with references on a topic that will spark a lot of research in the near future.

As always, if you find something interesting and would like to share with our members, please forward directly to [boris.gojanovic@latour.ch](mailto:boris.gojanovic@latour.ch), with subject "newsletter".

Cheers  
Boris