



JANUARY 2011



Hello Everyone!!

It is time to bring in the New Year with another exciting change to tennis. The WTA has already looked into extending the break prior to the January tournament schedules, and the ATP will also be following their lead for next year. Please read more about these changes in this issue of "Inside the STMS"

newsletter. The extended breaks for some professional tennis players are hopefully going to result in less injuries, as both the ATP and WTA continue to look closely at tournament scheduling and injury prevention.

More updates, not only from the ATP World Tour and WTA, but also international tennis federations and invited speakers will be present at the next 2011 Annual STMS Congress to be held in San Jose, Feb. 11-13th in conjunction with the SAP Open-ATP 250 tennis tournament. Marc Safran, current president of STMS is our gracious host and course organizer for this event. We have 36 confirmed speakers who are at the top of their respective fields of tennis medicine and sports medicine. There is also an opportunity to present your original research to this esteemed audience if you submit to office@stms.nl. Please register for this conference online at www.luc.edu/2011annualstmscongress. Full agenda can be viewed at [http://stms.nl/download/2011 ANNUAL STMS CONGRESS.pdf](http://stms.nl/download/2011_ANNUAL_STMS_CONGRESS.pdf).

The new year begins a new reminder to renew your STMS membership. Without your continued scientific contributions, and also your membership dues, STMS would not be able to successfully continue to disseminate our important scientific information regarding tennis. Please read more about membership from our membership officer, Todd Ellenbecker and renew at www.stms.nl.

There will be an upcoming Journal of Medicine and Science and Tennis, with future journals, newsletters, as well as updated conference calendar upcoming. We have also included an abstract review in this newsletter, and are happy to review any specific information you have for STMS to be published in either the journal or the newsletter. You can contact the Editor-in-Chief of the Journal, Javier Maquirriain directly at office@stms.nl. Looking forward to another wonderful year of tennis!

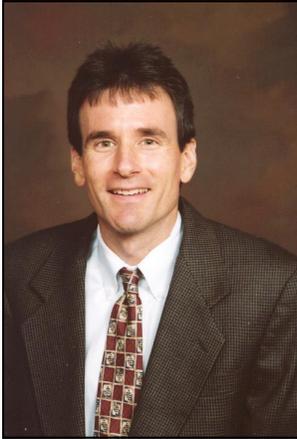
All the best and look forward to seeing many of you in San Jose!
Thanks again for your wonderful support!!

Neeru Jayanthi, MD
Editor-in-Chief

Special Points of Interest

- Membership Renewal
- Abstract
- In The World of Tennis
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STMS 2011 Membership Renewal



Dear Colleague,

Please take a moment to renew your membership to STMS for 2011. You can do this very easily by accessing the STMS website at www.stms.nl and following the instructions for renewing your membership or click on STMS membership form to mail in your renewal fee. For existing members, it is very easy to renew by using both credit card with the convenient paypal link or mailing the STMS renewal form. If you are interested in Joining Us, access is also easy with these same options.

Be sure to renew your membership now to guarantee you receive details for all upcoming news and events. Also, don't miss out on future abstracts or research data in issues of the Journal of Medicine and Science in Tennis.

Planning is now underway for STMS 2011 Annual Congress in conjunction with SAP Open - ATP 250 Tournament in San Jose, CA, where world-wide leaders in tennis medicine and sport science will present the latest information along with great networking opportunities.

Additionally, membership allows you access to past issues of the STMS journal and web contact reserved only for STMS members.

Please feel free to contact us at office@stms.nl, if you have any questions about renewing your membership or becoming a new STMS member.

Thank you for your continued support of STMS as we move to an exciting new year of medicine, science and tennis!

Thank you!
Todd Ellenbecker



PRESENTED AT THE 10th WORLD CONGRESS OF STMS

Friction Neuritis at the Medial Epicondyle as Cubital Tunnel Syndrome

Akihito Tsujino

Keiyu Orthopaedic Hospital
Tatebayashi, Japan

Cubital tunnel syndrome results from compression, repetitive traction, or subluxation of the nerve. Repetitive serves and smashes deteriorate friction neuritis. We performed an operation to treat ulnar neuritis caused by recurrent dislocation at the medial epicondyle.

There were eight patients, six men and two women, with an average age of 37.6 years (18 – 52 years) at the time of surgery. The mean duration of symptoms was 21.7 months, and the severity of the symptoms was McGowan grade 1 in five patients and grade 2 in three patients. The operation consisted of ulnar groove plasty proximal to the cubital tunnel. The ulnar nerve was replaced into this reconstructed groove. The nerve was confirmed to be stable throughout the full range of elbow motion.

The cubital tunnel retinaculum of all patients were hypoplastic, and the dislocated portions of the ulnar nerves were hard. After the operation, all patients were relieved of discomfort, and they recovered motor and sensory functions. The ulnar nerve in the groove showed neither irritation nor adhesion. In patients with grade 1 symptoms, numbness of the fingers was relieved within three months of the operation. Sensory disturbances in patients with grade 2 symptoms also improved within six months. Grade 2 patients with intrinsic muscle weakness without atrophy regained normal muscular power within six months. Postoperatively, one of the grade 2 patients with intrinsic muscle atrophy displayed normal muscle bulk and power after one year, while the others showed increasing muscular power without atrophy at 42 months.

Traditionally, friction ulnar neuritis has been treated by anterior transposition or medial epicondylectomy. However, the ulnar nerve may get trapped in scar tissue after these operations. We believe that the anatomical position reported here is optimum for the nerve, and that this procedure is essential for treatment of friction neuritis.

Correspondence

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URL <http://www.icstms2008.jp>

Invited Speakers (tentative)	
Mitsuhiro AOKI	Japan
Kunichi ASOU	Japan
Mark BATT	UK
Phil BELL	UK
Walter BLOM	USA
Michael BROWN	USA
Shinji HAYASHI	Japan
Shinji HAYASHI	Japan
Shunji IWATSUKI	Japan
Peter JORL	USA
Kaoru KITSUKAWA	Japan
W. Ben KIBLER	USA
Youichi KOUZUMA	Japan
Toshihiro KUBO	Japan
Shingo KUBOTA	Japan
Shunpei MITSUKAWA	Japan
Bernard MONTALVAN	France
Ken NAKATA	Japan
Mitsuo OCHI	Japan
Carol OTIS	USA
Jacques PARIER	France
Carl PETERSEN	Canada
Babette PLUIM	The Netherlands
Per RENSTROM	Sweden
Michael R. REDLER	USA
Marc R. SAFRAN	USA
Osamu SOEJIMA	Japan
Kazuhiro SUDA	Japan
Toshikazu TANAKA	Japan
Masatoshi TAKAHARA	Japan
Kenji TAKAGISHI	Japan
Akihito TSUJINO	Japan
Hiroaki TSUTSUI	Japan
Sevjo-L-Y WOO	USA
Tim WOOD	Australia
Tomoo YAMADA	USA

In The World of Tennis



Extended ATP offseason slated for 2012

The ATP is extending its offseason in men's tennis from five to seven weeks, starting in 2012, without reducing the number of tournaments.

The decision, announced at the ATP World Tour Finals, was approved by the ATP Board ahead of the season-ending event at the O2 Arena in London.

"Our 2012 and 2013 calendars each provide for the seven-week offseason, meaning that our players will have an additional two weeks to spend away from the rigors of life on tour before taking up the cause again in the following year," ATP President Adam Helfant said.

"I'm happy to say that these new calendars and the expanded offseason reflect the broad consensus among our members that the players, and really the sport as a whole, needed a longer break. It didn't take long to find that consensus."

The men's tour has gone on vacation from the end of the ATP finals in November until the start of the following season in early January at the Brisbane International, Chennai Open and Qatar Open.

But the seasons will end sooner in 2012 and '13 with the rescheduling of four late-season events along with the removal of the off-week between the Paris Masters and the ATP finals.

"We took the view that with the increasing physical and mental demanding on our game, standing still was actually more like moving backwards," Helfant said. "Doing nothing today, because some think there might be a more complete solution, including aspects outside our control sometime in the future, didn't feel right or responsible for that matter."

For years, players have complained that the season was too long, and that the wear-and-tear of playing so many matches and so many tournaments was causing injuries.

This year, the final week of the season -- the ATP finals -- started Nov. 21. But in 2012, the final week will begin on Nov. 5.

The Davis Cup, however, would still be scheduled to be played after the ATP finals.

The season-ending ATP finals, a tournament for the top eight players in the world, will be in London at least through 2013. If the tournament goes back to Asia or another venue that could cause difficulty for travel from Paris, more changes could be made.

"We have not even begun to think about what post 2013 could start to look like," Helfant said. "When we start to have those conversations, which could be next year, we can of course look at our calendars."

C ONFERENCE OUTLOOK

FEBRUARY 2011

2011 Annual Congress of the STMS
San Jose, CA
February 11 - 13, 2011

http://stms.nl/download/2011_ANNUAL_STMS_CONGRESS.pdf
Online registration: www.luc.edu/2011annualstmscongress

APRIL 2011

2011 American Medical Society of Sports Medicine 20th Annual Meeting
Apr 30 - May 4, 2011 Salt Lake City, UT
<http://www.amssm.org/Conferences.html>

MAY 2011

The Twelfth ITTF Sports Science Congress to be held in Rotterdam
The Netherlands
5-7 May 2011



<http://www.2011wttc.com/visitor-information/program.html>

Note: If you are interested in giving a presentation on one of the subthemes, please submit an abstract before 8 January 2011 to Ineke de Graaf at sportsscience@2011wttc.com and include the registration form.

For further information

2011 WTTC Office
Contact person: Ineke de Graaf
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e-mail: sportsscience@2011wttc.com

American College of Sports Medicine Annual Meeting
May 31-June 4, 2011
Denver, CO
<http://www.acsmannualmeeting.org/>

MISSION STATEMENT

To disseminate current and practical tennis-related medical and scientific information to all our stakeholders (players, coaches, health care professionals, scientists, and tennis organizations) in order to optimize the health and performance of tennis players world-wide.



stms
Society for Tennis
Medicine and Science



Membership Benefits!!

What you get with STMS membership (One Year US \$175 - Three Years US \$500)*

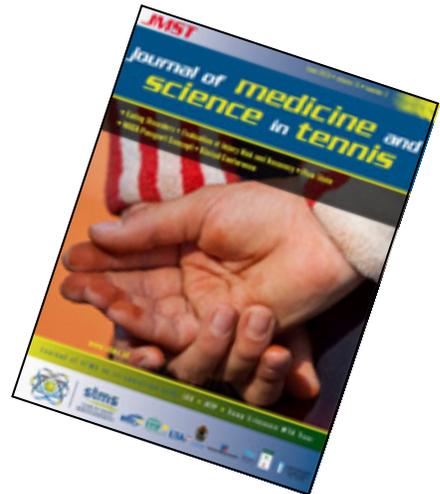
- Subscription to three issues per year of the Journal Medicine and Science in Tennis
- Free online access to all editions of the Journal
- Subscription to six issues per year of the STMS E-mail Newsletter
- Discounts to STMS Conferences
- Access to the dedicated Members Area
- STMS voting rights**

* *Students pay a discounted membership fee (US\$ 100)*

** *Non-Students Only*

Questions?

Contact the STMS Membership Office by e-mail at
membership@stms.nl



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