

Inside the



AUGUST 2010



Hello Everyone!

This year's Wimbledon proved to have some of the exciting moments we have seen in recent history. Jonathon Isner and Nicholas Mahut provided a scintillating performance of endurance and courage with their historic battle for a 70-68 final. We have had some excellent research in tennis medicine looking at physiologic profiles of tennis players, as well as match risks related to excess tennis volume. However, I am quite sure, none of us in this society have ever evaluated these issues in a match like this! The physical capabilities of a tennis player were highlighted with this match. Physical fitness and conditioning will also be important this summer as the U.S. Open Olympic Series Hardcourt Series tournaments begin in the blistering heat.

The new WTA and ATP rules may become more evident as the summer progresses. As some of you know already, localized muscle cramping no longer can be used as a medical timeout during a match. The distinction between localized cramping which may be a result of conditioning, fatigue, or dehydration and more concerning diffuse or whole body cramping which may result in electrolyte imbalances is quite important. It is our role as sports medicine providers for these athletes to be knowledgeable of these roles and help educate others on this important topic. Please review these rules carefully before the next ATP or WTA event comes to your city!

Professor Per Renstrom and his colleagues hosted a tennis medicine conference in May. "Hot Topics in Tennis Medicine" was a grand success in Bastad, Sweden. Conference attendees were treated to a wonderful collection of international experts on tennis medicine, tennis instruction from former tennis great Andres Jarryd and a chance to interact with tennis medicine colleagues in beautiful Bastad. Please see the entire conference report in the upcoming issue of the Journal of Medicine and Science in Tennis!

We plan to continue the trend in 2011 with the announcement of the next STMS CME conference to be a North American Regional Conference in San Jose, California on February 11&12, during the SAP tournament. Dr. Marc Safran, current president of STMS will graciously host this conference, and I know personally that he has put his racket down for the remainder of this year to work diligently on making this another successful STMS conference! This newsletter also includes an abstract looking at specific variables in elite tennis players from our wonderful colleagues in Sweden, Ann Cools, and Fredrik Johansson. Look forward to seeing you at the next STMS conference or hopefully on the tennis court somewhere in the world!!

Thanks again for your wonderful support!!

Neeru Jayanthi, MD
Editor-in-Chief

Special Points of Interest

- Abstract Discussion
- In the World of Tennis News
- Conference Outlook
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Descriptive Profile of Scapulothoracic Position- and Strength– Variables in Adolescent Elite Swedish Tennis Players: A Preliminary Report

Theme: Fisioterapia / Physiotherapy

Presented by : Prof. Ann COOLS at the 2009 STMS World Congress

Authors : Prof. Ann COOLS and Mr Fredrik JOHANSSON

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Abstract :

Objectives: the purpose of this study was to describe variables regarding scapular position, scapular muscle strength and flexibility, and spinal curve positions in Swedish adolescent elite tennis players, using field-measurement-tools.

Methods: Thirty-five adolescent Swedish elite tennis players (age 13 ± 1.4 years), selected based on their national ranking, participated to the study.

They underwent a clinical screening protocol consisting of: (1) scapular inclination (upward rotation) at several angles of arm elevation, using a modified digital inclinometer, (2) scapular muscle strength, using a hand-held dynamometer and MMT measurement techniques, (3) anthropometric measurement of Pectoralis Minor length and (4) thoracic spine curve measurement at several angles of arm elevation, using the Spinal Mouse.

Results: (1) With respect to scapular inclination, the players showed significant more upward rotation on their dominant side at 90° of elevation ($p=0.003$) compared to their non-dominant side. (2) Upper Trapezius ($p=0.003$) and Serratus Anterior ($p=0.008$) strength was significantly higher on the dominant side, whereas Middle ($p=0.907$) and Lower ($p=0.517$) Trapezius strength showed no side differences. (3) Pectoralis Minor was shorter on the dominant side ($p<0.001$), and (4) thoracic spine curve showed gender dependent differences in the standing position ($p=0.007$), however not in higher elevation positions.

Conclusion: These results indicate some sports specific adaptations of young tennis players on their dominant side at the scapulothoracic level related to exposure to their sport. In general these adaptations do not tend to increase the risk on shoulder injury in this population. These data may assist the clinician in the prevention and rehabilitation of sport specific injuries in adolescent tennis players.



STMS North American Regional Meeting

February 11 & 12, 2011

San Jose, California

Dear Colleagues and Friends

Announcing the 2011 North American Regional STMS conference during the SAP Open . This conference will be held at the tourney facility - HP Pavilion - indoor carpet tourney, the facility is home to the San Jose Sharks.

This STMS conference registration will incorporate the latest in tennis medicine updates and sports medicine related topics. CME and CEU credits available.

**SAVE THE DATE AND SUBMIT EARLY AS CAPACITY IS LIMITED!
REGISTRATION DETAILS COMING SOON!!**



John Isner wins epic 11-hour tennis match 70-68 in final set

John Isner has won the longest tennis match on record by beating Nicolas Mahut 70-68 in the final set at Wimbledon.

Picking up at 59-59 in the fifth set Thursday, the match continued on serve with no break points until the American hit a backhand passing shot to finish the contest in front of a packed crowd on Court 18. Isner finished with a total of 112 aces and Muhat 103.

The first-round match surpassed the 11-hour mark stretching over three days. The fifth set alone went over 8 hours.



SAFIN THE SUIT

Marat Safin may have hung up his racquets, but he hasn't left tennis altogether. Now he's taking care of business as a Russian tennis official.

Since announcing at the start of 2009 that he would hang up his racquets at the end of the season, Safin defied speculation that he would sit back on his wealth and just...chill. In December, Safin was elected to his country's Olympic committee and he's also working behind the scenes in Russian tennis.

C ONFERENCE OUTLOOK

SEPTEMBER 2010

2nd ECOSEP (European College of Sport & Exercise Medicine) & 12th Annual Scientific Conference in Sports & Exercise Medicine (CSEM)

Date: 9 - 11 September 2010

Venue: Bancroft Building, Queen Mary University of London

For further details, please contact Dr Nat Padhiar Tel no: 077 187 43755

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For further information or to register by phone, please contact a member of Aesculap Academia Education's events team on academia.bbmuk@bbraun.com www.aesculap-academia.co.uk

Tel: 0114 225 9057

OCTOBER 2010

Tackling Osteoarthritis in Sport Conference

This multidisciplinary conference will provide practicing professionals the latest developments and best practice in the field of osteoarthritis following sport or exercise. The aim is to stimulate discussion about research in this area.

October 21 & 22, 2010

<http://sport.arthritisresearchuk.org/>

Full Programme can be viewed at <http://sport.arthritisresearchuk.org/programme.html>

If you have any questions regarding the Tackling Osteoarthritis in Sport Conference, please contact the team at: Email: sport@arthritisresearchuk.org Tel: 020 3008 6778

FEBRUARY 2011

February 11—12, 2011

North American Regional Conference in San Jose, California during the SAP tournament

More Details coming soon!!

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.



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Society for Tennis
Medicine and Science



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

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Questions?

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