



July 2009
Issue 9



Hello everyone!

We realize that we are in that heavy grand slam portion of the year. Roger Federer has just made tennis history with his 15th grand slam in an epic match vs. Andy Roddick at Wimbledon. Meanwhile, the STMS has also been active planning the upcoming STMS World Congress in Valencia, Spain November 5-7, 2009. Recently, there have been more international sports medicine arenas where STMS members and representatives have played significant roles. There are many active members in multiple disciplines such as orthopaedic and non-surgical sports physicians, physiotherapists, PhD's and researchers, and others who have exciting research and information to share. We look forward to further sharing of such information in multiple manners. Please consider submitting any original research to our journal directly to our new editor, Javier Maquirriain at jmaquirriain@yahoo.com. Also, we can include some of your clinical suggestions or tips in our Inside the STMS newsletter.

Inside the STMS has an updated conference calendar, and specifically a call for abstracts for the upcoming STMS World Congress in Valencia. Additionally, a conference report of the recent American Medical Society for Sports Medicine Annual Meeting in Tampa Bay, Florida highlights the opening tennis medicine session given by some of our own active STMS members. Also included is an interesting review of a player's cortisol response during first matches in tournaments. This may help explain why Roger Federer can keep his grand slam streak alive, but maybe some of us may struggle in matches! Enjoy, and look forward to the rest of the grand slam season!

All the Best,

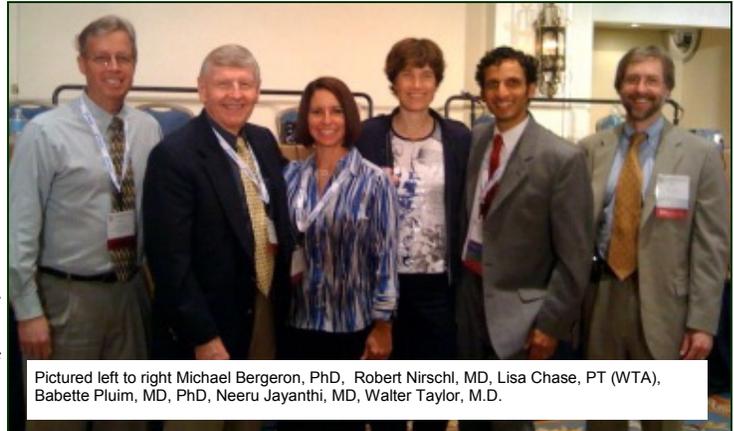
Neeru Jayanthi, MD
Editor-in-Chief

Special Points of Interest

- Conference Report
- Abstract Discussion
- In The World of Tennis
- Conference Announcement
- Conference Outlook
- Membership Benefits

The American Medical Society for Sports Medicine AMSSM Annual Meeting April 25-29, 2009

The American Medical Society for Sports Medicine held its annual meeting this year in Tampa Bay, Florida April 25-29, 2009. This year had another large turnout of over 800 participants and a memorable program. The meeting was especially exciting for those interested in tennis medicine, as the meeting's opening session was presented by some of the leader's in this field. Walter Taylor, MD (STMS member) and WTA Tour consulting physician moderated this session. Babette Pluim MD, PhD, who is of course well known to STMS, opened with an excellent synopsis of the epidemiology of tennis injuries. She was able to discuss common trends in injury patterns in all levels of tennis players, and concluded that we need more consistent definitions of injuries in future studies that involve a time-loss component. Neeru Jayanthi, MD, another STMS member, followed with a discussion on common injuries in the junior tennis player. He explained that there appear to be certain risk factors for injury and medical withdrawal in junior tennis players that may be related to cumulative volume and age. Lisa Chase, PT represented the WTA well by discussing the protocols on the woman's tour, which include tennis-specific injury and functional movement screens. Michael Bergeron, PhD gave a nice summary of performance enhancement and recovery. He highlighted some important hydration recommendations, and introduced the important logistics of the effects of scheduling of junior competitive tournament matches and its relationship to recovery. The tennis medicine session concluded with the international leader on tennis elbow, Robert Nirschl, MD. He outlined his philosophy on his well-known theories of tendinosis, and also reiterated importance of eccentric tendon strengthening, selective injections, and appropriate surgical treatments for this condition only when necessary. This was the first tennis medicine session hosted by this particular academy, and by all accounts, was a huge success.



Pictured left to right Michael Bergeron, PhD, Robert Nirschl, MD, Lisa Chase, PT (WTA), Babette Pluim, MD, PhD, Neeru Jayanthi, MD, Walter Taylor, M.D.

Additional sessions included a cardiovascular session given by some of the world's leaders on the topic of EKG screening in athletes. Domenico Corrado, MD., PhD gave a summary of the Italian approach to EKG screening on 12-35 year olds, which has apparently resulted in a significant reduction in sudden cardiac death in that country. Jonathon Drezner, MD, and AMSSM board member gave a "pro" talk for EKG screening in the United States citing the importance of recognition and early intervention of cardiovascular conditions that may cause significant morbidities. Dr. Benjamin Levine, a prominent cardiologist in the field of cardiovascular screening gave a "con" argument for widespread EKG screening citing elevated false positives, and unnecessary additional testing. This hotly contested debate continued through this session and conference, and is sure to stimulate more conversations internationally.

Another session that was well-received was a session on tendinopathy. Dr. Nirschl gave a comprehensive presentation on the evolution of the concept of tendinopathy. John McShane, MD, another STMS member, discussed his successes and recent publications on percutaneous tenotomy for elbow tendinosis. Allen Mishra, MD discussed his state of the art research and recent findings on PRP injections for a tendinopathy conditions. Dr. Hakan Alfredson, who is well known for his findings supporting eccentric strengthening in achilles tendinopathy, gave his update on these and newer findings. We have altered our thinking with tendinopathy conditions, and this session allowed the participants to change their own protocols. Finally, a hip session featured Dr. Marc Phillipon and his thoughts on hip arthroscopy and surgical approaches.

The American Medical Society for Sports Medicine Annual Meeting this year was probably the best program in years. It was especially gratifying to see such significant participation of STMS members through a tennis medicine session and other topics. STMS has shown again how its expertise can be useful to many organizations.

Sincerely,
Neeru Jayanthi



Psychophysiological Stress in Tennis Players during the First Single Match of a Tournament

Filaire E., Alix D., Ferrand C., Verger M.

Background:

Cortisol has been used to assess anxiety and stress in athletes. In different sports measurement of cortisol suggests a difference between winners and losers.

Research question/s:

Can differences in cortisol levels be found between winners and losers in tennis? Are cortisol levels different between men and women in tennis?

Methodology:

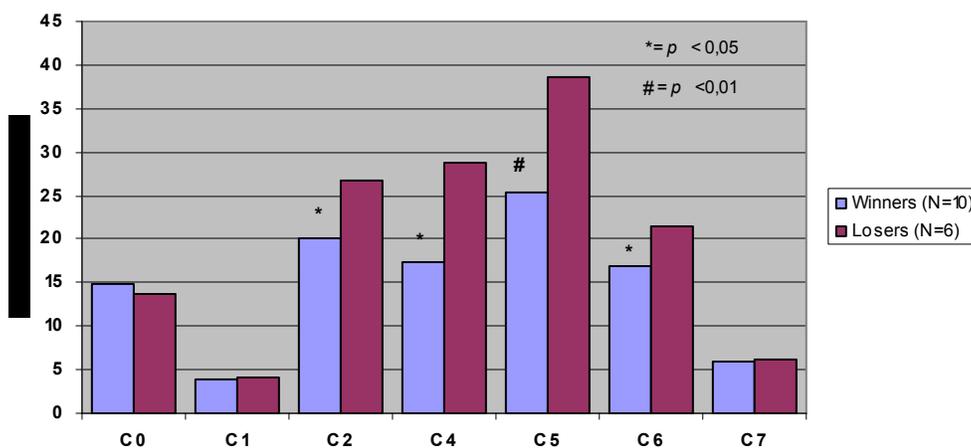
Subjects: 16 regional players (8 men and 8 women) with a mean period of practising tennis of 10.5 years.

Experimental procedure: Saliva samples were taken two weeks before the tournament 30 minutes after awaking (C0), at 20.00h (C1), the day of the tournament 30 minutes after awaking (C2), 1h before the start of the match (C3), 10 minutes before the match (C4), 10 minutes after the match (C5), 1h after the match (C6) and 20.00 h the evening after the match (C7).

Measure of outcome: Cortisol levels in the saliva samples were measured.

Main finding/s:

Graph 1:



Cortisol levels just before, during and after the match were significantly higher in females compared to males.

Conclusion/s:

A tennis tournament induces high levels of stress, indicated by the salivary cortisol levels. Winners have significantly lower levels of cortisol compared to losers before, during and after the match. Females have higher levels of cortisol than males.

In The World of Tennis



Roger Federer outlast Andy Roddick

Roger Federer fought off a tremendous challenge from Andy Roddick in the Wimbledon men's final, winning a marathon five-set match for a record 15th Grand Slam championship.

The Swiss star fired a whopping 50 aces to win by scores of 5-7, 7-6 (6), 7-6 (5), 3-6, 16-14. He broke Roddick for the first time in the match in the very last game, with Roddick mis-hitting three

forehands, including on match point. It was the longest fifth set ever in a Grand Slam final.

Federer reclaimed the No. 1 ranking he lost last year to Nadal, the Spaniard who beat him in the classic 2008 final that finished in near darkness at 9-7 in the fifth but missed this year's tournament because of knee problems.

It's official Stacey Allaster will immediately replace Larry Scott as chief executive officer of the Sony Ericsson WTA Tour.



Ram captures ATP Hall of Fame title

Rajeev Ram made the most of his second chance by winning the ATP Hall of Fame Championship rallying to beat third seed Sam Querrey in the final.

The 25-year-old American of India heritage outlasted Querrey 6-7 (3/7), 7-5, 6-3 to capture his first ATP crown at the 500,000-dollar grasscourt event. He became the 15th in the history of the Campbell's Hall of Fame of Tennis Championships, which is his first ATP World

Tour Title on the grass courts at the International Tennis Hall of Fame.

11th STMS World Congress

5-7 November 2009

Valencia, Spain

www.stmsworldcongress.com

The Medical Department of the Spanish Tennis Federation cordially invites you to attend the 11th World Congress of the Society for Tennis Medicine and Science in Valencia, Spain on November 5-7, 2009.

The STMS World Congress provides a unique opportunity for the exchange of knowledge and dissemination of research throughout the Tennis international community. The Scientific Committee of the 11th STMS World Congress and the Educational Committee of the STMS are working to create a diverse and unique program that will bring together international leaders in orthopedics, rehabilitation, psychology, nutrition and biomechanics, among other topics.

The three day STMS World Congress will include a variety of educational opportunities such as paper presentations, debates, lectures, symposia, and instructional courses. Lunchtime hands-on workshops, posters and technical exhibits will also be available at the Congress. The vibrant city of Valencia will provide an ideal backdrop for a variety of social and tennis activities.

The "ATP Tour Valencia Open 500" will be held in Valencia at the same time, allowing participants to watch this exciting tournament.

Furthermore, the 16th ITF Worldwide Coaches Conference will also take place in Valencia, from Friday 30 October to Tuesday 3 November 2009.

11th STMS World Congress Organizing Committee:

Dr Angel Ruiz-Cotorro Santos (Chairman) aruizcotorro@terra.es This e-mail address is being protected from spam bots, you need JavaScript enabled to view it

Dr Jaime Vilaro Angulo

Dr Ignacio Munoz

Dra Asunción Estruch

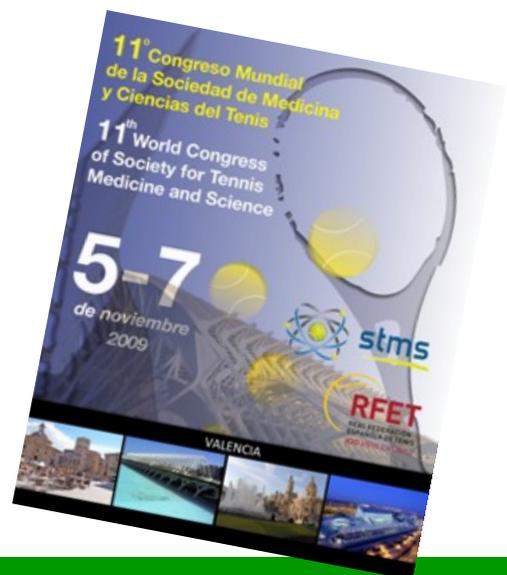
Dr Javier Cerrato

Dr Ramon Balius Matas

Dr Carlos Guillen

ABSTRACT SUBMISSION DEADLINE: AUGUST 7, 2009.

www.stmsworldcongress.com



C ONFERENCE OUTLOOK



October 2009

EFSMA, European Sports Medicine Congress 2009
14-18 October 2009
Antalya, Turkey
www.efsma2009.org/program.asp

November 2009

11th STMS World Congress
5-7 November 2009
Valencia, Spain
www.stmsworldcongress.com

December 2009

Asian Federation of Sports Medicine
5-6 December
Amritsar, Punjab, India
www.afsm2009.com/provisional_prog.html



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

Join us now!!!

