

Inside the



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Issue 10



All the Best,

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Editor-in-Chief

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Rio's Olympic Win with IOC Decision

It is time to light the Olympic Torch in a tropical country," Brazilian President Luiz Inácio Lula da Silva told the International Olympic Committee (IOC) as it gathered in Copenhagen to select a site for the 2016 Summer Olympics. "It is Brazil's time." The IOC agreed. On Oct. 2, Rio de Janeiro beat out First World metropolises Madrid, Tokyo and Chicago to become the first South American city to host the Games--sparking a deafening celebration on Copacabana Beach to rival the city's annual Carnaval bacchanal.

The IOC did more than signal its confidence that the birthplace of bossa nova can put on the world's biggest sports spectacle. No country in Latin America--or anywhere else in the developing world--has hosted an Olympics since 1968, when Mexican soldiers massacred hundreds of pro-democracy demonstrators just days before the opening of the Mexico City Games. By tapping Rio, the IOC affirmed the widely held opinion that Brazil--a democracy and the only nation among the world's 10 largest economies never to have held an Olympics--is the first Latin country developed enough to give the region a second chance. "The IOC decision is an embrace of Brazil's practical way of doing things," says Paulo Sotero, director of the Brazil Institute of the Woodrow Wilson Center in Washington, referring to Lula's unique hybrid of market economics and progressive social policy.



A Split-Step Shortens the Time to Perform a Choice Reaction Step-and-Reach Movement in a Simulated Tennis Task

Uzu R, Shinya M, Oda S. J Sports Sci 2009; 4: 1-8

Background:

It is known that that a shorter interval between stretching and shortening of a muscle results in greater muscle work. In practice, this was already shown in studies where participants jumped higher in a countermovement jump compared to a squat jump.

Research question/s:

Does a split-step increase the velocity of a lateral step towards a target compared to stepping without a split-step?

Methodology:

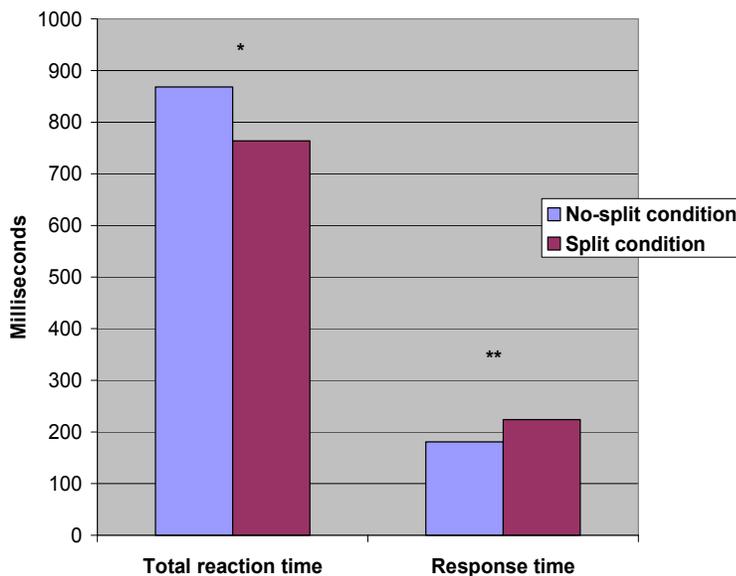
Subjects: Ten male Japanese collegiate tennis players participated in the study.

Experimental procedure: The participant stood barefoot on two force platforms facing two LED's. The LED's simultaneously blinked three times at a 3-s interval. After this, one of the two LED's blinked to direct a participant to a step board either on the left or on the right. The experiment was performed in two conditions. In one condition (no-split condition) the participant performed no preparatory motions, in the second condition the participant performed a vertical hop at a self selected time (split condition).

Measure of outcome: The total time to reach the step board (total reaction time) and time from activation of direction signal to initiation of lateral step (reaction time) (in ms) were measured.

Main finding/s:

Graph: The total reaction time and response time in the split and no-split condition.



* = $p < 0,01$, ** = $p < 0,05$. A split-step started before the response time of a participant resulted in a very quick step, but in 8% of the trials the target was not reached.

Conclusion/s:

The participants increased their velocity of lateral stepping by performing a split-step.

In The World of Tennis



Barcelona, Spain to Host Davis Cup Final

The Davis Cup final between defending champion Spain and the Czech Republic will be played in Barcelona.

The Spanish tennis federation announced on Saturday that the best-of-five series scheduled for Dec. 4-6 will be held on the clay courts at Barcelona's Palau Sant Jordi.

The selection was ratified by the International Tennis Federation, which had previously rejected Tenerife in the Canary Islands and the southern port city of Malaga because they were open-air venues. Malaga's stadium also fell under the minimum seating capacity of 12,000.



Serena Returns to No.1

Reigning Australian Open and Wimbledon champion Serena Williams replaced Dinara Safina as the No.1 player on the Sony Ericsson WTA Tour on Monday, October 12, beginning her fourth stint and 73rd career week at the top.

Long ATP season comes under scrutiny again

Rafael Nadal and Andy Roddick complained Tuesday that the ATP season is too long and that tennis players need a proper offseason. Both players, who are in China for the Shanghai Masters, reiterated criticism of the sport's punishing schedule.

"It's ridiculous to think that you have a professional sport that doesn't have a legitimate offseason to rest, get healthy, and then train," Roddick said. "I just feel sooner or later that common sense has to prevail." "I certainly don't see any other sporting leagues or federations following our lead as far as not being individually represented," Roddick said. "I don't know that it's up to the players to be making business decisions about the schedule. At a certain point, I wish our input would be.

The top players on the men's tour are required to play at eight of the nine Master Series events – with Monte Carlo being the exception. And the top eight players of the year also have an extra week by qualifying for next month's season-ending tournament in London.

Roddick said that merging the player's union and tournament operation under the ATP umbrella, which was considered a cutting-edge concept that would benefit the players when instituted in 1990, hasn't turned out to be overwhelmingly positive.

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:

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Dr Jaime Vilaro Angulo

Dr Ignacio Munoz

Dra Asunción Estruch

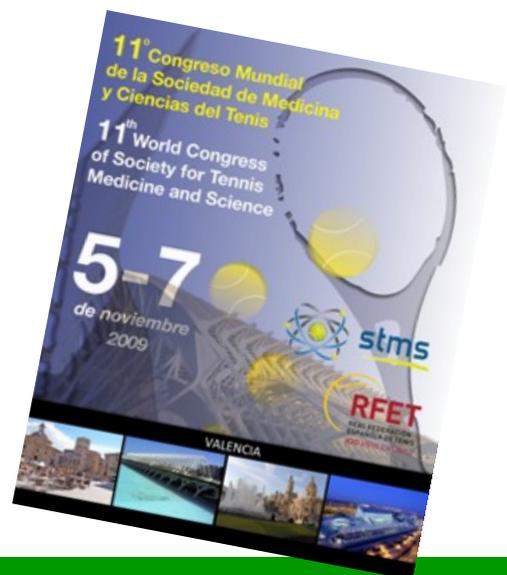
Dr Javier Cerrato

Dr Ramon Balius Matas

Dr Carlos Guillen

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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.



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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)*

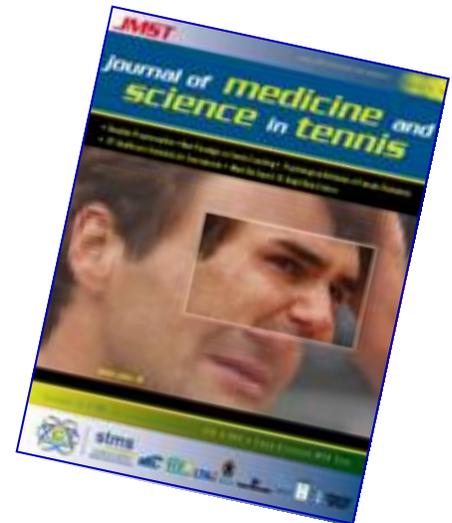
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* *Students pay a discounted membership fee (US\$ 100)*

** *Non-Students Only*

Questions?

Contact the STMS Membership Office by e-mail at
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