



INSIDE THE



A Message from the STMS President

Issue 1

September 2007

Special Points of Interest

- STMS Website
- World Conference 2008
- November STMS Journal

2007 has been a year of change for the STMS with many exciting things happening for the society, boding well for our future. This year has seen the rotation of the board. Babette Pluim's great stewardship has carried us well and set the stage for more growth. She will continue as Editor-in-Chief for Medicine and Science Tennis. This edition is a tribute to her hard work, as she has been able to solicit some excellent articles.

The STMS website has undergone some exciting changes that include a new look, news items, and past issues of our journal Medicine and Science in Tennis. Ben Kibler and Peter Jokl, founding members of the

STMS, have included the history of our society from its inception to current state. All this allows us to continue our mission, to be a forum for the sharing of knowledge of medicine and science as it relates to tennis by allowing a permanent, accessible record of the information to our members. Take a look at www.stms.nl.

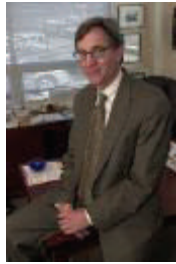
Along this theme of disseminating tennis related research and current thoughts, Babette Pluim and Mike Turner have recently served as guest editors of a second tennis specific edition of the British Journal of Sports Medicine, to be published in November. A copy of this exciting publication will be available to each fully paid member of the STMS. **It will be double the normal size!** There will be more than 20 articles included,

with additional articles available in the on-line edition of the journal. The international group of authors, many of whom are STMS members, have made significant contributions to the journal, and our mission.

I would encourage you to visit our upgraded website for the newest information about tennis medicine, our future meetings and other latest tennis medicine information.

Hope to see you in Ponte Vedra and Tokyo!!!

Marc Safran, MD
President



Brian Hainline, MD Honored

New York - Brian Hainline, MD, completed his 16th year as Chief Medical Officer of US Open this September.

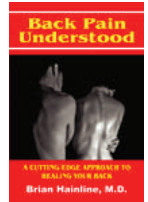
Dr. Hainline is now a member of the Board of Directors of the United States Tennis Association and will be stepping down from his primary duties at the US Open this year.

Dr. Hainline coordinated medical care for both the men's and women's events

and was honored by members of the ATP and WTA tours medical staff.

Dr. Hainline has been responsible for overseeing medical care for the past 16 US Open Championships and is credited with developing the comprehensive network of medical services available at the US Open at the USTA Billie Jean King National Tennis Center. Dr. Hainline is a member of the Society

for Tennis Medicine and also recently published a new book entitled "Back Pain Understood: A Cutting Edge Approach to Healing Your Back."



British Journal of Sports Medicine to Publish Second Dedicated Tennis Issue

Later this year the British Journal of Sports Medicine will publish a second dedicated issue on tennis medicine and science. This issue is slated to be available in November 2007 and will contain peer reviewed scientific articles in many areas of tennis medicine and sports science adding to the available evidence in our sport. Many members of STMS have again submitted papers and will be part of this important issue.

The British Journal of Sports Medicine is published monthly and has had several articles this year in their regular issues on the physiology of tennis and musculoskeletal issues in elite tennis players.

To view the table of contents of the of the British Journal of Sports Medicine where abstracts are available of each article go to:

<http://bjsm.bmj.com>.

The first dedicated issue in the British Journal of Sports Medicine was published in May 2006.

Todd Ellenbecker

Editorial

Welcome to the September issue of *Medicine and Science in Tennis*, which once again contains a combination of full-text articles, new research and summaries of the tennis meetings held around the world.

The tactical choices made by tennis players during competition are evaluated by Tristan Barnett and Rodd Cross in their article "How the tennis scoreboard affects player performance". Groin and abdominal injuries are regularly seen in tennis players now and Duane Knudson has investigated the correlation of the open and closed stance forehand and these injuries (Biomechanical issues of abdominal and groin injuries in tennis). Interesting work carried out by Sven Pieper and Thomas Exler, under the guidance of Prof Karl Weber in Cologne, is also published here for the first time - "Running speeds loads on clay and hard court in world class tennis".

We are always looking for original articles to publish in the STMS Journal and if you have an interesting

case report, a research project, conference announcement or any other news, please contact me by e-mail at editor@stms.nl. Why not reveal all your hard work to a wider audience!

The STMS website has now been totally redesigned and I would strongly encourage you to take the time to visit it soon - www.stms.nl. There will shortly be additional scope for members to exchange information on areas of mutual interest and to obtain help with difficult clinical problems. We are continually trying to improve the website, particularly in the Members Only area, so please let me have your suggestions.

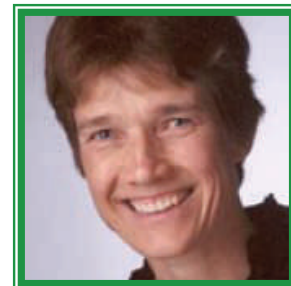
I recently sent you, by e-mail, your personal website login name and password and you should use this to log into the Members Area and update your personal information. You can also include a photo as long as it is not too large a file (100KB)!

While you are there, you can view the KNLTB Injury Cards, access past issues of the Journal and read the May 2006 tennis edition of the *British Journal of Sports Medicine*. The next issue of the BJSM devoted entirely to tennis will be published in November 2007 and all fully paid up STMS members will receive a complimentary copy before Christmas. Finally, I would like to draw your attention to the ATP Tournament Physicians meeting that will be taking place at the Sawgrass Marriott Resort and Spa in Ponte Vedra Beach, Florida (7-8 December 2007). This interactive meeting will include all the latest information on tennis medicine and science and if you work in tennis, you should be here!

Please contact
Bill Norris
(bnorris@atptennis.com)
or Erika Kegler at
ekegler@atptennis.com.

With best wishes,

Babette Pluim
Editor-in-Chief



Babette Pluim, MD

CONFERENCE UPDATES

STMS World Conference

10th World Congress of the Society for Tennis Medicine and Science

October 2nd - 4th 2008 Venue:

Sheraton Miyako Hotel Tokyo Call for Paper will be announced in

September 2007 URL <http://www.icstms2008.jp>

e-mail office@icstms2008.jp

Date: October 2nd (Thu.)-4th (Sat.), 2008
Venue: Sheraton Miyako Hotel Tokyo
1-1-10, Shinjuku-ku, Tokyo 162-8502, Japan
Phone: +81-3-3349-1111, Fax: +81-3-3349-1112

Thursday, October 2
Registration
Tea/Coffee
Welcome Reception

Friday, October 3
Opening Ceremony
Scientific Sessions
Lunch
Free Viewing and
Shopping
Sports and Science
Exhibition

Saturday, October 4
Morning
Scientific Sessions
Lunch
ATG Open

Congress Organizer:
Moroe Seppo, MD, PhD
Professor and Chairman, Department of Orthopedic Surgery
St. Marianna University School of Medicine
The Organizing Committee of
the 10th International Congress of Society for Tennis Medicine and Science

10th World Congress of Society for Tennis Medicine and Science
October 2-4 Tokyo JAPAN 2008

Scientific Program
The scientific program consists of:
* Invited lectures
* Primary lectures
* Symposium
* Free papers (poster sessions)
* Poster presentations

Main Topics
* Current Concepts of Knee & Joint Injuries in Tennis
* Hand, Wrist, Elbow, Shoulder, Spine, Knee, Ankle and Foot
* Principles of Injury Prevention and Rehabilitation
* Tennis Pathology Update
* Strength Training for Tennis
* The Athletic Trainer and Physiotherapist
* Other topics

Call for papers related to the tennis medicine and science on the above topics to be announced in August 2007.

Under auspices of (to be confirmed)
Japan Tennis Association | Japanese Orthopaedic Society for Sports Medicine | Japan Society on Tennis Science

Argentine Tennis Association Scientific Meeting

Buenos Aires

The Medical Department of the Argentine Tennis Association announces a new scientific meeting: "Core Stability: The Role of the Trunk in Athletic Performance".

Carl Petersen, MD (Vancouver, Canada) and Javier Maquirriain, MD (Buenos Aires, Argentina) are the invited speakers of this important topic for coaches and physiotherapists. The meeting will be held in Buenos Aires on October 30th, 2007.

Contact: aatmedicina@yahoo.com.ar This e-mail address is being protected from spam bots, you need JavaScript enabled to view it for detailed information

San Martin University now offers Degree in Tennis

Buenos Aires

San Martin University presents "University Diploma in Sports Sciences Applied to Tennis". This innovative course entails current concepts in biomechanics, physiology, nutrition, psychology, injuries, rehabilitation and training of tennis players.

Chairmen, Jorge Franchella, MD and Javier Maquirriain, MD will facilitate the course, which starts October and November, 2007. All physicians, coaches, trainers, and physiotherapists involved in care of tennis players are invited to attend.

Contact: coasyp@masvida.com This e-mail address is being protected from spam bots, you need JavaScript enabled to view it for detailed information



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.