

# **Sports Medicine Australia media review June 2011**

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## **Be prepared for injuries**

Many injuries can be prevented through planning and consideration but despite this many sporting clubs and organisations are confronted with injuries every week, it is part of the sporting fabric. Useful websites: [vic.sma.org.au](http://vic.sma.org.au)

***South Gippsland Sentinel Times, VIC, p.69, 31/5/2011***

**Circulation – 9,800**

## **Wycheproof hosts Active Club Workshop**

VicHealth provide funding through the “Active Clubs” Grant Program and to fulfill the requirements of this grant, all successful applicants must attend a “Smartplay-Active Clubs” workshop.

***Buloke Times, VIC, p.9, 31/5/2011***

**Circulation – 1,875**

## **Preparation reduces winter sports injuries**

**ABC NSW news radio national drive program, NSW, 1/6/2011, Interviewed Dr Anita Green**

## **Don't let winter go to waist**

Plummeting temperatures may seem like a perfect excuse to stay rugged up indoors, but the colder weather is not doing out waistline any favours. Sports Medicine Australia also says wintry conditions should not stop you exercising but it can place extra demands on your body. It advised good preparation and the correct equipment.

***MX (Sydney), NSW, p.5, 1/6/2011***

## **Smartplay Active Clubs Workshop**

Rhonda Allen of the Mallee Sports Assembly –Wycheproof conducted a Smartplay Active Clubs workshop at the Wycheproof Community Resource Centre on Wednesday 25<sup>th</sup> May 2011. The workshop covered issues club face in relation to safety, ensuring a family-friendly environment , its responsibilities and how to prevent injuries.

***North Central News, VIC, p.17, 1/6/2011***

**Circulation – 2,128**

## **Preparation reduces winter sports injuries**

**2ST Shoalhaven, NSW, 2/6/2011, Interviewed Dr David Bolzonello**

## **Preparation reduces winter sports injuries**

**Prime radio, QLD, 2/6/2011, Interviewed Dr Shane Brun**

## **Preparation reduces winter sports injuries**

**639 ABC North & West SA, SA, 2/6/2011, Interviewed Dr David Bolzonello**

## **Preparation reduces winter sports injuries**

**Tasmania Today Talkback, TAS, 2/6/2011, Interviewed Dr David Bolzonello**

## **Active Club Workshop held at Wycheproof**

A Smartplay – Active Club workshop was conducted at Wycheproof last week. They received Smartplay posters for their clubrooms The workshop covered issues club face in relation to safety, ensuring a family-friendly environment, its responsibilities and how to prevent injuries.

***Sea Lake & Whycheproof Times Ensign, VIC, p.5, 2/6/2011***

**Circulation – 1,115**

### **Prior preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

***Murray Valley Standard, SA, p.48, 2/6/2011***

**Circulation – 3,941**

### **Preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

***Glen Innes Examiner, NSW, p.15, 2/6/2011***

**Circulation – 2,053**

### **Preparation reduces winter sports injuries**

***Prevention magazine***

**ENQUIRY**

### **Winter fitness warning**

Sports Medicine Australia has warned sports participants to prepare for the cold conditions or risk injuries. For further advice on how to prepare for cold conditions visit [sma.org.au](http://sma.org.au)

***Daily News, QLD, p.28, 2/6/2011***

**Circulation – 3,101**

### **Warm up tip helps prevent injuries**

This winter active Ipswich people are being warned to prepare for the cold conditions or risk injuries. Sports Medicine Australia spokesman Dr David Bolzonello says winter conditions should not be a barrier to exercising and all that was needed was preparation.

***Queensland Times, QLD, p.10, 2/6/2011***

**Circulation – 10,498**

### **Preparation reduces winter sports injuries**

**2UE, NSW, 2/6/2011, Interviewed Dr David Bolzonello**

### **Preparation reduces winter sports injuries**

**Radio 2CC Canberra Breakfast, ACT, 3/6/2011, Interviewed Dr David Bolzonello**

### **Preparation reduces winter sports injuries**

**4GR, QLD, 6/6/2011, Interviewed Dr David Bolzonello**

### **Preparation reduces winter sports injuries**

**Banzai from Yahoo!7**

### **The harder they train, the more likely they will fall**

**Philosopher Zone, ABC Radio National**

**ENQUIRY**

### **The harder they train, the more likely they will fall**

**2HC, Coffs Harbour, QLD, 7/6/2011, Interviewed Dr Tim Gabbett**

### **The harder they train, the more likely they will fall**

**AAP, 7/6/2011, Interviewed Dr Tim Gabbett**

### **The harder they train, the more likely they will fall**

**3AW, VIC, 7/6/2011, Interviewed Dr Tim Gabbett**

### **Preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

**North Central Review (Kilmore), VIC, p.15, 7/6/2011**  
**Circulation – 15,037**

**Preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

**Yorke Peninsula Country Times - Kadina, SA, p.47, 7/6/2011**  
**Circulation – 8,275**

**Good hydration is essential**

As every trivia fan knows, but few body builders would admit, two thirds of your body is made up of water. Sports Medicine Australia says that while water replaces lost fluids, sports drinks (containing 4-8% carbohydrate and small amounts of electrolytes) also provide additional energy and salts.

**Coffs Coast Advocate, QLD, p.42, 8/6/2011**  
**Circulation – 30,666**

**Preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

**Bombala Times, NSW, p.16, 8/6/2011**  
**Circulation – 1,500**

**Inactive childhood equals depressed adulthood**

Being physically active in childhood may protect against adult depression, a recent study has shown. The study featured in the May 2011 issue of *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, investigated the association between self reported levels of physical activity in childhood and self-reported depressive illness in a sample of adult men and women from south-eastern Australia.

**Bingara Advocate, NSW, p.7, 8/6/2011**  
**Circulation - 950**

**Encouragement key for children**

Overweight children believe they have poorer movement skills, a new study has shown. And their parents agree. The Sports Medicine Australia journal study examined whether children's actual and perceived physical ability and their parents' perceptions differed by weight status.

**Sound Telegraph, WA, p.32, 8/6/2011**  
**Circulation – 43,317**

**Preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

**Stanthorpe Border Post, QLD, p.27, 9/6/2011**  
**Circulation – 2,406**

**Rugby injuries in teenagers**

**Sunday Mail, 9/6/2011, Interviewed Professor Caroline Finch**  
**ENQUIRY**

**What's on in Mount Gambier?**

Fuelling Growing Athletes, Sports Medicine Australia SA. Times 2pm to 4pm. Mount Gambier Bowling Club.

**Border Watch, SA, p.2, 9/6/2011**  
**Circulation – 7,605**

### **Preparation they key to winter fitness**

Statistics show that during winter, the risk of injury during exercise can increase. According to Sports Medicine Australia, hospital data shows an increase of more than 30 per cent for sporting injuries during winter months. But it doesn't need to stop you from getting out and keeping fit. Sports Medicine Australia spokesperson Dr David Bolzonello said with good preparation, wintry conditions don't need to be a barrier to exercising.

**Canberra Weekly, ACT, p.32, 9/6/2011**

**Circulation – 28,073**

### **Preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

**Portland Observer, VIC, p.39, 10/6/2011**

**Circulation – 3,616**

### **Preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

**Hamilton Spectator, VIC, p.46, 11/6/2011**

### **Calls for ban on teenage footy**

Sports Medicine Australia Professor Caroline Finch, a sports epidemiologist at Monash University, said rugby was a challenging collision sport and as such could produce serious harm. "If players are running fast and you get hit by a bigger player you have a greater chance of injury," Professor Finch said.

**Sunday Mail Brisbane, QLD, p.24, 12/6/2011**

**Circulation – 498,673**

### **AFL: WAFL player tests positive for drugs**

West Australian Football League club East Perth have been engulfed in another drug scandal after a senior player tested positive to drugs. "To ensure player compliance, the WAFL has an education policy conducted in conjunction with Sports Medicine Australia and WAFL club staff".

**AAP Newswire, 13/6/2011**

### **Winter sports injuries**

**Women's health and fitness magazine, 14/6/2011, Interviewed Dr David Bolzonello**

### **Little known about footballer's migraines**

Footballer's migraine, a condition that has forced Wallaby Berrick Barnes to take an indefinite break from rugby, remains a mystery to sports medicine experts. Shane Brun from Sports Medicine Australia says the link between recurring migraine and continuous blows to the head is cloudy. It's harder to treat the condition in athletes, Dr Brun says. "When we're dealing with elite athletes, we're constrained a little bit by drugs in sport and what we can use and what drugs we can't use," he said.

**AAP Newswire, National, 14/6/2011**

### **Sports training**

The harder NRL rugby league players train, the more injuries they will sustain, according to a recent study. The study featured in the May 2011 issue of *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, is the first to investigate the relationship between training load and injury in professional rugby league players, over several competitive seasons.

**Forbes Advocate, NSW, p.23, 14/6/2011**

**Circulation – 2,600**

### **Little known about footballer's migraines**

Footballer's migraine, a condition that has forced Wallaby Berrick Barnes to take an indefinite break from rugby, remains a mystery to sports medicine experts. Shane Brun from Sports Medicine Australia says the link between recurring migraine and continuous blows to the head is cloudy. It's harder to treat the condition in athletes, Dr Brun says. "When we're dealing with elite athletes, we're constrained a little bit by drugs in sport and what we can use and what drugs we can't use," he said.

**Sydney Morning Herald, NSW, 15/6/2011**

### **Prepare yourself for exercise in winter**

People active in sport or exercise during winter should prepare for cold conditions or risk injuries, such as strains, sprains or blisters warn Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising. All that is needed is good preparation.

**Sarina & District Advertiser, p.15, 15/6/2011**

**Circulation – 4,500**

### **The harder they train, the more likely they will fall**

The harder NRL rugby league players train, the more injuries they will sustain, according to a recent study. The study featured in the May 2011 issue of *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, is the first to investigate the relationship between training load and injury in professional rugby league players, over several competitive seasons.

**Bellingen Courier Sun, NSW, p.25, 15/6/2011**

**Circulation – 2,275**

### **Preparation reduces winter sports injuries**

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr David Bolzonello says wintry conditions should not be a barrier to exercising.

**King Island Courier, TAS, p.12, 15/6/2011**

**Circulation – 1,200**

### **Migraine mystery**

Footballer's migraine remains a mystery to sports medicine experts. Shane Brun, of Sports Medicine Australia, says the link between the migraines and continuous blows to the head is cloudy.

**Launceston Examiner, TAS, p.33, 15/6/2011**

**Circulation – 32,221**

### **Sports injuries**

**West Australian, 16/6/2011, Interviewed Dr Peter Nathan**

**ENQUIRY**

### **Migraines linked to concussion**

**Sunday Mail, 16/6/2011, Interviewed Dr Shane Brun**

### **What's on in Mount Gambier?**

Fuelling Growing Athletes, Sports Medicine Australia SA. Times 2pm to 4pm. Mount Gambier Bowling Club.

**Border Watch, SA, p.2, 16/6/2011**

**Circulation – 7,605**

### **Warm up and avoid injury**

Active people need to prepare for cold winter conditions, or risk injuries, according to Sports Medicine Australia. Sports Medicine Australia spokesperson Dr David Bolzonello says wintry conditions should not be a barrier to exercising. All that is needed in good preparation.

**Oberon Review, p.23, 16/6/2011**

**Circulation – 1,103**

### **Sideline help course in Sale**

Sports Medicine Australia and GippSport will be hosting a sideline help course at the Gippsland Regional Sports Complex, Sale on Monday June 27 from 6.30pm.

**Gippsland Times & Maffra Spectator, VIC, p.27, 17/6/2011**

**Circulation – 5,261**

### **Knock, knock... Doc says it's time to strike blow for medical science**

Dr Shane Brun, from Sports Medicine Australia, said footballers' migraines had opened a Pandora's Box and not enough was known about the condition to develop hard and fast rules. He argues that the behaviour of athletes before and after head knocks needs to be monitored and recorded to improve treatment of concussion-related headaches.

**Sunday Mail Brisbane, QLD, p.101, 19/6/2011**

**Circulation – 498,673**

### **Walkers step up for health challenge**

Teams of walkers across the Territory are walking their way from Darwin to Alice Springs as part of the 10,000 Steps Challenge. The 10,000 Steps Challenge began in Rockhampton in 2001 when the region was chosen for a two year trail in collaboration between CQUniversity, the University of Queensland, Queensland University of Technology, Sports Medicine Australia and the National Heart Foundation.

**Northern Territory News, NT, p.32, 20/6/2011**

**Circulation – 19,066**

### **The location for dislocation**

Looking to dodge a bullet on the rugby field? Then don't put your hand up to play five-eight. When it comes to shoulder injuries, five eights – followed by breakaways and full-backs – have a raised risk of dislocation, according to a study by Sports Medicine Australia, published in *The Journal of Science and Medicine in Sport*.

**Men's Health, National, p.30, July 2011**

**Circulation – 75,579**

### **Harder training leads to injuries**

The harder NRL rugby league players train, the more injuries they will sustain, according to a recent study. These findings create a challenge for coaches, who need their players to train hard to improve game performance, while also minimising the risk of injury. The study featuring in the May 2011 issue of *The Journal of Science and Medicine in Sport* published by Sports Medicine Australia, investigates the relationship between training load and injury in professional rugby league players, over several competitive seasons.

**Sportslink magazine**

### **What's on in Mount Gambier?**

Fuelling Growing Athletes, Sports Medicine Australia SA. Times 2pm to 4pm. Mount Gambier Bowling Club.

**Border Watch, SA, p.2, 23/6/2011**

**Circulation – 7,605**

### **Television top for after school**

Most after school activities undertaken by 10-14 year olds are sedentary with TV topping the list, a recent study has shown. This study featured in *The Journal of Science and Medicine in Sport* (JSAMS) published by Sports Medicine Australia, and identified the most prevalent activities performed by Australian children during these two periods.

**Home Hill Observer, QLD, p.10, 23/6/2011**

**Circulation – 1,449**

### **Hard training linked to high injury rates**

The harder NRL rugby league players train, the more injuries they will sustain, according to a recent study. The study featured in the May 2011 issue of *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, is the first to investigate the relationship between training load and injury in professional rugby league players, over several competitive seasons.

**Walcha News, NSW, p.10, 23/6/2011**  
**Circulation – 732**

**Losing weight, staying healthy**

Healthy Dad Healthy Kids is an award winning program designed to help dads lose weight while teaching kids about lifestyle behaviour. Associate Professor Phil Morgan from the University of Newcastle won a prestigious Asics Medal from Sports Medicine Australia in October for the Health Dads, Healthy Kids weight loss program.

**Lower Hunter Weekend Star, NSW, p.7, 24/6/2011**

**Berrick Barnes: head-on collision**

Shane Brun from Sports Medicine Australia says that local studies suggest that headgear and mouthguards do little to reduce the risk of either migraines or concussion.

**The Week, p.18, 24/6/2011**

**Circulation – 50,000**

**Are the fat kids our future? A lot of children shown to be after-school couch potatoes**

A straw poll of Grafton teenagers has given weight to a Sports Medicine Australia survey that found 10 to 14 year olds were more likely to be active during school then after.

**Daily Examiner, NSW, p.10, 25/6/2011**

**Circulation – 6,247**

**New study sheds light on kids' activities**

Most after school activities undertaken by 10-14 year olds are sedentary with TV topping the list, a recent study has shown. This study featured in *The Journal of Science and Medicine in Sport* (JSAMS) published by Sports Medicine Australia, and identified the most prevalent activities performed by Australian children during these two periods.

**Queensland Times, QLD, p.19, 25/6/2011**

**Circulation – 13,765**

**Pregnancy and exercise**

**NW magazine**

**ENQUIRY**

**More sports injuries keeping hospital beds warm**

**ABC Illawarra, 28/6/2011, Interview Professor Caroline Finch**

**Health**

Sports Medicine Australia said sports injuries account for more than twice the number of hospital treated injuries than road traffic accidents.

**Science Media Main Bulletin**

**More sports injuries keeping hospital beds warm**

**3CR Breakfast, 28/6/2011, Interview Professor Caroline Finch**

**More sports injuries keeping hospital beds warm**

**Leader Newspaper Manningham, VIC, 28/6/2011, Interview Professor Caroline Finch**

**ENQUIRY**

**Ski helmets**

**Radio news national, 29/6/2011, Interviewed Dr Michael Donovan**

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**Radio national, VIC, 29/6/2011, Interviewed Dr Michael Donovan**

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**ABC Gippsland, VIC, 29/6/2011, Interviewed Dr Michael Donovan**

**Ski helmets**

**ABC Wollongong, NSW, 29/6/2011, Interviewed Dr Michael Donovan**

**Peak body recommends helmets for ski instructors**

Sports Medicine Australia is calling on all major ski resorts to implement a mandatory helmet policy for ski instructors to improve safety on the ski slopes.

**E-Travel Blackboard, VIC, 29/6/2011**

**A new era of sports medicine**

Basketball Mount Gambier recently welcomed Nick Drury, the Safer Sport Program Coordinator of the SA Branch of Sports Medicine Australia, to the Icehouse Stadium. Drury worked with approximately 30, 6-8 year old junior basketballers, demonstrating a series of practical warm up activities prior to their normal basketball sessions.

**Border Watch, SA, p.30, 29/6/2011**

**Circulation – 7,605**

**Head blow danger**

Sports Medicine Australia WA vice president Alexandra McManus said the benefits of playing sport outweighed the minimal risk of junior players of getting a head injury. "However we need to be aware of what the symptoms are and how to manage these conditions, if it should occur," Professor McManus said.

**West Australian, WA, p.1, 29/6/2011**

**Circulation – 184,545**

**Managing expectations for recovery**

Injury should not derail good intentions to stay fit according to Peter Nathan, who is recovering from a serious injury after a fall from his bicycle in March. A broken collar bone, shoulder blade and six ribs with a punctured lung has forced a slow down on the busy doctor who was previously juggling clinical work in sports medicine with sessions in emergency medicine at St John of God Murdoch and duties as doctor to Rugby WA and WA President of Sports Medicine Australia.

**West Australian, WA, p.2, 29/6/2011**

**Circulation – 184,545**

**Worry about activity not injury**

Sports Medicine Australia WA President Peter Nathan says it is commendable more baby boomers are participating in sport and are motivated to stay fit.

**West Australian, WA, p.2, 29/6/2011**

**Circulation – 184,545**