

Sports Medicine Australia media review

August 2011

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Preparation reduces winter sports injuries

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

Portland Observer, VIC, p.3, 1/8/2011

Circulation – 3,616

The Dynamic Duo

Stuart came on board in 2008, moving across from the Melbourne Sports and Aquatic Centre where he headed up the Sport House facility that was home to a number of state sporting bodies including Sports Medicine Australia.

Star (Werribee – Hoppers Crossing – Point Cook), VIC, p.67, 2/8/2011

Circulation – 30,814

Bigrexia

Sunday Mail

QUERY

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Hamilton Spectator, VIC, p.15, 2/8/2011

Circulation – 5,490

Kids not exercising enough

The most exercise many children get when they come home from school is pressing the button on the TV remote, a UniSA study has found. The study was recently published by Sports Medicine Australia in *The Journal of Science and Medicine in Sport*.

Science Alert, University of South Australia, SA, 3/8/2011

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International Business Times, Canada, 4/8/2011

Feet of nature. Is barefoot running the solution to the epidemic of jogging injuries?

Dr Peter Larkins, national spokesperson for Sports Medicine Australia and former Olympic runner suggests I have hit one of the major problems with barefoot running.

Australian Doctor, p.21, 5/8/2011

Circulation – 20,614

Winter preparation

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. All that is needed is good preparation.

Riverine Herald, VIC, p.25, 5/8/2011

Circulation – 5,723

Injury prevention and management
Premier's Physical Activity Council newsletter, TAS

Healthy Sponsorships available for local sports clubs

Healthway is encouraging more junior sports clubs and sports clubs based in country areas to apply for Health Club sponsorships. For further information contact Deb Bow or Fiona Boys at Sports Medicine Australia.

Toodyay Herald, WA, p.38, August 2011

Circulation 3,200

Bigger or bust

Doctors are warning that more young men than ever are falling victim to an epidemic of 'bigorexia' – a body image disorder based on an obsession with increasing muscle size. Sports Medicine Australia have developed a website, www.cleandedge.com.au focusing on effective, safe and healthy ways to enhance performance.

Sunday Mail Brisbane, QLD, p.24, 14/8/2011

Circulation – 493,093

Dehydration

Postscript magazine, 17/8/2011, Interviewed Dr David Bolzonello

Effects of travelling

Third Degree, 17/8/2011, Interviewed Mike Climstein

Singapore sport safety courses

ABC666, 23/8/2011, Interviewed Dr Peter Garbutt

The importance of doping and body image education

Active Education

Prepare for cold run

Athletes who aren't prepared for the cold run the risk of injury, Sports Medicine Australia warns. Sports Medicine Australia spokesperson David Bolzonello says wintry conditions should not be a barrier to exercising. All that is needed is good preparation.

Moree Champion, NSW, p.16, 23/8/2011

Circulation – 2,298

Barefoot running

Sun Herald, NSW, 24/8/2011, Interviewed Marilyn Feenstra and Simon Bartold

Super sports day excites

Bundaberg will be part of the Queensland Super Sports Sign-On Day this Sunday with at least 26 sporting organisations participating in the exciting event at the PCYC in Maryborough St. Participating organisations: Sports Medicine Australia Safer Sport Program.

News Mail, QLD, p.31, 24/8/2011

Circulation – 10,835

Armidale to host sports trainers' course in October

Sport coaches, team manager, parents and players in Armidale are being invited to expand their skills and knowledge at a Level 1 Sport Trainer course in October. Presented by the Office of Communities – Sport and Recreation division together with Sports Medicine Australia, the course follows on from a series of strapping workshops held earlier in the year.

Northern Daily Leader, NSW, p.31, 25/8/2011

Circulation – 7,559

Sport clubs showing at the Super Sports Day

Sports Medicine Australia

News Mail, QLD, p.25, 26/8/2011

Circulation – 10,835

The AFL Travel Bug

The Fremantle Dockers and West Coast Eagles have drawn the short straw with a sky-high number of away games for the season leaving some sporting experts wondering if it is taking a toll on their physical performance. Sports Medicine Australia's spokesperson Michael Climstein said that there is limited scientific evidence to prove jetlag impacts on sporting performance, but that belief in this theory can still affect the players. "Although there is a lack of scientific evidence, most athletes who are required to travel for a competition believe that the travel is detrimental to athletic performance and therefore have a mindset/expectation of decreased performance... and what the mind believes..."

3rd Degree, WA, 26/8/2011, Interviewed Michael Climstein

Iliotibial band syndrome

The Financial Review, 30/8/2011, Interviewed David Spurrier