

Sports Medicine Australia media review

September 2011

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Sports injuries keeping hospital beds warm

Sports injuries account for more than twice the number of hospital treated injuries than road traffic accidents, according to data from the Victorian Injury Surveillance Unit, Monash University. Sports physician and Sports Medicine Australia spokesperson Dr Peter Larkins agrees, highlighting the long term costs associated with certain sports injuries.

***Australasian Leisure Management*, p.6, 1/8/2011**

Circulation – 10,500

Canberrans training in Singapore

Australian sport safety courses are to be delivered to Singapore following the recent agreement between Sports Medicine Australia ACT Branch and Alliance Sports Pte.

***Canberra City News*, ACT, p.25, 18/8/2011**

Circulation – 42,001

Ease into fitness

Rushing into fitness can lead to injury, warns Sports Medicine Australia.

***Runners World Online*, 1/9/2011**

Asthma guidelines

Asthmatics will be better informed of safe and effective exercise with a new Exercise & Sports Science Australia (ESSA) position statement released to coincide with National Asthma Week (September 1-7). For more visit www.sma.org.au or www.essa.org.au

***Asthma Guidelines*, QLD, p.4, 1/9/2011**

Circulation – 2,406

Spring safety

***The Chronicle*, ACT, 1/9/2011, Interviewed Trish Donoghue**

Asthma exercise

Health workers have a new set of guidelines to help advise asthmatics about the benefits of regular exercise. The guidelines were developed by Exercise and Sports Science Australia and are available at www.sma.org.au and www.essa.org.au

***AAP Newswire*, 2/9/2011**

Bounce into spring slowly

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However, Sports Medicine Australia warns this exercise may lead to injury if a gradual approach is not taken.

***Daily News*, QLD, p.5, 2/9/2011**

Circulation – 3,100

Asthma exercise

Health workers have a new set of guidelines to help advise asthmatics about the benefits of regular exercise. The guidelines were developed by Exercise and Sports Science Australia and are available at www.sma.org.au and www.essa.org.au

***Morning Bulletin*, QLD, p.55, 3/9/2011**

Circulation – 22,392

Bridge to Brisbane: Important race information

To avoid dehydration, Sports Medicine Australia recommends that...

***Sunday Mail Brisbane*, QLD, p.51, 4/9/2011**

Circulation – 484,711

Death prompts push for defibrillators

South-west football and netball leagues are expected to consider pushing for clubs to be equipped with defibrillators after the tragic death of a junior player last week. Sports Medicine Australia Chief Executive Officer, Nello Marino commended those clubs who have been proactive and equipped themselves with defibrillators but said more needed to be done.

Warrnambool Standard, VIC, p.3, 5/9/2011

Circulation – 12,661

Governments need to step up: Sports Medicine Australia

Sports Medicine Australia in partnership with Defib Your Club, For Life is calling for the mandatory placement of defibrillators in all sporting clubs and facilities in the wake of the recent tragic death of Nathan Prince.

Portland Observer, VIC, p.14, 5/9/2011

Circulation – 3,616

Spring safely into exercise

With Spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However, this exercise may lead to injury if a gradual approach is not taken. Looking for some more information? Smartplay is a sport safety and injury prevention program that aims to reduce the incidence and severity of sport and recreation injuries. It is managed by Sports Medicine Australia.

Medibank Families, Spring/Summer 2011

Spring into exercise with caution

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

Crows Nest Advertiser, QLD, p.7, 6/9/2011

Circulation – 1,200

Spring into exercise with caution

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

Highfields Herald, QLD, p.7, 6/9/2011

Circulation – 3,500

Spring into exercise safely

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

Yorke Peninsula Country Times - Kadina, SA, p.28, 6/9/2011

Circulation – 8,275

Ease back into exercise slowly

After months of hibernating from the winter elements, spring has arrived and with it the motivation to get back exercising. Sports Medicine Australia urges Canberrans to take a gradual approach to exercise if they haven't been active throughout winter.

Northside Chronicle (Canberra), ACT, p.4, 6/9/2011

Circulation – 40,277

New exercise tips for asthmatics

Health workers have a new set of guidelines to help advise asthmatics about the benefits of regular exercise. The guidelines are available at www.sma.org.au or www.essa.org.au

Launceston Examiner, TAS, p.23, 7/9/2011

Circulation – 32,732

Take it easy if you're starting spring exercise

As the number of people taking up exercise increases substantially with the arrival of spring Sports Medicine Australia warns those getting involved to adopt a gradual approach to avoid injury. "As summer approaches, many people who have been in hibernation all winter come out to exercise, and more often than not they want to see results and they want to see them fast. It is for this reason that they push themselves to the limit," Dr Bolzonello said.

Sarina & District Advertiser, p.15, 7/9/2011

Circulation – 4,500

Spring into exercise safely

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

Bingara Advocate, NSW, p.8, 7/9/2011

Circulation – 950

Tips to exercise safely this Spring

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

Cobar Weekly, NSW, p.30, 7/9/2011

Circulation – 2,000

Fitness on the bench

Victorian president of Sports Medicine Australia Dr David Bolzonello says it's easy to prevent common sports injuries, especially those that occur on cool mornings. "You don't have to do any dramatic warm up sessions, just do your regular training regime but at a much lower level for about 10 minutes. This will ensure muscles, ligaments and blood flow is working efficiently."

Women's Health & Fitness, p.70, September 2011

Circulation – 57,000

Overhydration

Australian Doctor, Interviewed Dr Peter Larkins

Ease into the spring regimen

With Spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However, Sports Medicine Australia has urged a gradual approach to any new fitness regimen.

Wentworth Courier, NSW, p.46, 7/9/2011

Circulation – 48,569

Spring into exercise safely

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

MacIntyre Gazette, QLD, p.8, 8/9/2011

Circulation – 1,650

When runner's knee slows you to a walk

Localised pain on the outer side of the knee, called runner's knee, is one ache that runner's fear. Sports and exercise physician Dr David Bolzonello says it is often due to training error such as a rapid increase in intensity and distance without adequate preparation.

Summaries – Australian Financial Review, p.62, 8/9/2011

Circulation – 72,734

Spring safely in to easy exercise

With Spring here and the arrival of warmer weather motivation to exercise for summer is at its peak this can lead to injury for people who rush in without preparation. A gradual approach should be taken warns Sports Medicine Australia.

Bay Post, NSW, p.7, 9/9/2011
Circulation – 3,400

Fact v fiction: running bare

"It's disgraceful the evangelical way the barefoot brigade are conducting themselves with their campaign of misinformation," says a spokesman for Sports Medicine Australia (SMA) Simon Bartold. "Let's listen to the facts". Sports podiatrist and the president of SMA NSW, Marilyn Feenstra agrees. "I'm finding even those rare individuals with an extremely good biomechanical running style are developing stress fractures from running barefoot on hard surfaces," she says.

Sun Herald, NSW, p.20, 11/9/2011
Circulation – 442,650

Mandatory helmets during sport

ABC Central Victoria, VIC, 12/9/2011, Interviewed Dr David Bolzonello

Calls for mandatory defibrillators for sports teams

A key sporting organisation is calling for mandatory defibrillators be placed in all sporting clubs and facilities across the country. Sports Medicine Australia has initiated the push after a Victorian junior AFL player died after going into cardiac arrest during a game last week.

2NM AM981 online, NSW

2011 AFL/SMA Sports Trainers Courses

Sports Medicine Australia in conjunction with the AFL will be running specific sports trainers' courses at Hawthorn Football Club during October.

www.afl.com.au website

Exercise for asthma patients

Asthmatics will be better informed of safe and effective exercise with a new position statement released to coincide with the recent National Asthma Week. Developed by Exercise and Sports Science Australia, the exercise and asthma position statement published in Sports Medicine Australia's *Journal of Science and Medicine in Sport* aims to provide guidelines for exercise and health professionals, around safe and effective exercise prescription and supervision of patients with asthma.

Bega District News, NSW, p.4, 13/9/2011
Circulation – 2,732

Rare death an unlucky occurrence, says expert

Sports Medicine Australia WA vice president Alexandra McManus agreed that it was important any knock to the head was treated and monitored.

West Australian, WA, p.8, 13/9/2011
Circulation – 195,007

Pressure on for heart recovery

Calls are growing for defibrillators to be made mandatory at all sporting clubs. A new campaign from Sports Medicine Australia and Defib Your Club, For Life! follows several recent on-field deaths from cardiac arrest. Sports Medicine Australia CEO Nello Marino said the government, sporting associations, venue operators and clubs needed to do more to address the issue.

Mount Evelyn Mail, VIC, p.3, 13/9/2011
Circulation – 4,600

Pressure on for heart recovery

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Ranges Trader Mail, VIC, p.3, 13/9/2011
Circulation – 10,080

Runners' thirst for hydration a risk

One in three runners is risking over-hydration by drinking to a preset schedule instead of listening to their own body, a study finds. Dr Larkins disputed the authors' assertions that drinking to thirst was the best approach, advising runners instead tailor their drinking according to how much fluid they lost through sweating.

***Australian Doctor*, p.3, 16/9/2011**

Circulation – 20,614

Spring into new exercise carefully

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

***Northern Miner*, QLD, p.17, 16/9/2011**

Circulation – 2,877

Spring safely into exercise

With the warmer weather of spring coming, people are shaping up for summer. But this exercise might cause injury if a gradual approach is not taken, warns Sports Medicine Australia.

***Swan Hill Guardian*, VIC, p.19, 16/9/2011**

Circulation – 4,346

Summer exercise

"As summer approaches, many people who have been in hibernation all winter come out to exercise, and more often than not they want to see results and they want to see them fast. It is for this reason that they push themselves to the limit," said Sports Physician and Sports Medicine Australia, spokesperson Dr Bolzonello.

Prevention magazine

More sports injuries keeping hospital beds warm Victorian Government Health Plan

Defibrillators save sporting lives

Sports Medicine Australia is calling for the mandatory placement of defibrillators in all sporting clubs and facilities in the wake of the recent tragic death of 17 year old Victorian footballer Nathan Prince.

***Gundagai Independent*, NSW, p.11, 15/9/2011**

Circulation – 1,900

Local business a potential life saver

Donating a defibrillator to both Deniliquin Rovers and Deniliquin Rams football and netball clubs is just one way local business Purtills is celebrating its 60th anniversary this year. Purtills' gift comes as Sports Medicine Australia, in partnership with Defib Your Club, For Life! has called for mandatory placement of defibrillators in all sporting clubs and facilities in the wake of recent tragedies.

***Deniliquin Pastoral Times*, NSW, p.9, 16/9/2011**

Circulation – 2,779

Lockyer may need to sign legal waiver

Darren Lockyer could be forced to sign a waiver preventing him from taking legal action should the Brisbane skipper suffer complications as a result of playing on Friday night. But leading sports physician Dr Peter Larkins – a former president of Sports Medicine Australia – said those involved in advising Lockyer of the risks may seem to protect themselves from being sued.

***AAP Newswire*, 20/9/2011**

Call for defibrillators in all sporting clubs

Sports Medicine Australia in partnership with Defib Your Club, For Life is calling for the mandatory placement of defibrillators in all sporting clubs and facilities in the wake of the recent tragic death of Nathan Prince.

Murray Valley Standard, SA, p.14, 20/9/2011

Circulation – 3,941

Hearts kick start

Calls are growing for defibrillators to be made mandatory at all sporting clubs. A new campaign from Sports Medicine Australia and Defib Your Club, For Life! follows several recent on-field deaths from cardiac arrest, including footballer Vincent Bonanno from Wandin.

Mountain Views Mail – Healesville, VIC, p.8, 20/9/2011

Circulation – 8,800

Spring into exercise safely

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North Central Review (Kilmore), VIC, p.18, 20/9/2011

Circulation – 15,037

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Whittlesea Review, VIC, p.7, 20/9/2011

Circulation – 4,219

Legal waiver talks

Darren Lockyer could be forced to sign a waiver preventing him from taking legal action should the Brisbane skipper suffer complications as a result of playing on Friday night. But leading sports physician Dr Peter Larkins – a former president of Sports Medicine Australia – said those involved in advising Lockyer of the risks may seem to protect themselves from being sued.

Gold Coast Bulletin, QLD, p.84, 21/9/2011

Circulation – 36,753

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Casterton News, VIC, p.4, 21/9/2011

Circulation – 1,276

Locky may have to sign legal waiver if he ignores medical advice to play

Darren Lockyer could be forced to sign a waiver preventing him from taking legal action should the Brisbane skipper suffer complications as a result of playing on Friday night. But leading sports physician Dr Peter Larkins – a former president of Sports Medicine Australia – said those involved in advising Lockyer of the risks may seem to protect themselves from being sued.

Townsville Bulletin, QLD, p.48, 21/9/2011

Circulation – 27,475

Courses for trainers

The AFL and Sports Medicine Australia will host specific sports trainers' courses in October to introduce the basic skills required to become an accredited sports trainer. For information about the courses call Sports Medicine Australia on 9674 8777 or email ssp@vic.sma.org.au

AFL Record, 24/9/2011

The importance of exercise and good eating
Retiree magazine
Supplied article

A simple way to help arrest risk

Sports Medicine Australia has also called for the mandatory placement of defibrillators in all sporting clubs in the wake of the tragic death of Bacchus Marsh football player Nathan Prince two weeks ago.

Geelong Advertiser, VIC, p.34, 24/9/2011

Circulation – 44,355

Growing family upsizing

Professor Philip Morgan has won both local and national awards for his physical education programs for children. Last year, his “Healthy Dads, Healthy Kids” weight loss program earned national media exposure when it won a prestigious Asics Medal from Sports Medicine Australia.

Newcastle Herald, NSW, p.2, 24/9/2011