Internet sites of interest

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Sports medicine

A corrigendum and an addendum

First of all, Lynn Balmforth, Information Officer and Librarian at the National Childbirth Trust, kindly contacted me to let me know that the NCT website is now at www.nct.org.uk, rather than the address given in September’s column. She also alerted me to Birth Choices, http://www.birthchoices.co.uk/. This is run by two women, one a midwife. Its mission statement, at http://www.birthchoices.co.uk/, includes providing accurate unbiased information, trying to decrease the medicalisation of birth, and giving a voice to women who have had difficulty with maternity services. My thanks to Lynn for that information.

In this month’s column, the topic that would have been more topical last time (see September’s column for the excuse), sports medicine and related areas. All links were checked on 14th November 2008.

About.com
I have only recently investigated About.com. It is owned by the New York Times, and each section (“channel”) is edited by someone (a “guide”) with some knowledge of the field, appointed by the company. The sports medicine part is at http://sportsmedicine.about.com/. There is a blog, and a discussion forum.

American Academy of Podiatric Sports Medicine
http://www.aapsm.org/
Many useful looking articles on lower extremity injuries and issues in sport – socks and your feet, chronic compartment syndrome, golf and your feet, for three.

American Orthopaedic Society for Sports Medicine
www.sportsmed.org
Includes Patient information and a 3 D surgical animation library, as well as the AOSSM Online Library of educational materials. There may be a charge to access the full text, although searching is free.
BioLab  
http://www.biolab.org.uk/  
A HEFCE funded project to develop biomechanics learning resources for sport related degree and HND courses. Some materials are available to download.

British Association of Sport and Exercise Medicine (BASEM)  
http://www.basem.co.uk/  
The oldest sport and exercise medical association in the UK, a member of EFSMA (www.efsma.net) and FIMS (mentioned below).

British Association of Sport and Exercise Sciences  
http://www.bases.org.uk  
“The professional body for sport and exercise sciences in the UK”. Site includes a course finder, and BASES Network includes blogs, podcasts and online Q and A sessions.

British Psychological Society Division of Sports and Exercise Psychology  
http://wwwbps.org.uk/spex/spex_home.cfm  
Links to publications and other sites of interest.

Coaching Science Abstracts  
http://coachsci.sdsu.edu/  
Compiled by Brent Rushall of San Diego State University. Professor Rushall abstracts research articles for the benefit of practising coaches, and the abstracts can be browsed or searched. There are no links to full text but the site may help locate relevant literature. Each issue is themed, and the articles reviewed may not be from the current year.

Drug Information Database (UK Sport)  
http://www.uksport.gov.uk/pages/drug_information_database/  
This is the information page, with a link to the database itself, which gives information on the status of UK licensed medications in sport. Subject to accepting the terms and conditions of the site, you enter your role (athlete, etc.), sport, where you bought the medication (Canada, Asia, UK), and the active ingredient.

E medicine: Sports Medicine  
http://www.EMedicine.com/sports/  
Collection of online articles.

Gatorade Sports Science Institute  
My eldest son seems always to be bringing home from school some new educational venture, sponsored by someone or other. My negative feelings about this made me initially rather sceptical of this site. The Institute is based in Illinois, and researches
particularly nutrition and hydration issues, although the website has information on sports psychology and injuries as well. The name suggests a link to the drink (http://en.wikipedia.org/wiki/Gatorade!) but the GSSI is included in Intute, has an advisory board, and the drink and its manufacturer are mentioned only under “Affiliated links” (under “About us”). So I have included it here!

**Institute for Preventative Sports Medicine**
www.ipsm.org
US based institute, who have conducted some useful looking research, although the details on the site are rather scant. Projects have included cognitive impairment caused by heading soccer balls, and chest impact induced arrhythmia in baseball.

**International Federation of Sports Medicine**
http://www.fims.org/
Includes position statements on things including doping, helmets, osteoporosis and sport, Wolff Parkinson White syndrome and sport.

**International Federation of Sports Physiotherapy**
http://www.sportsphysiotherapyforall.org/
Publications include eBibliographies, which are lists of useful links on sports related topics.

**MedlinePlus** contains pages on Sports Fitness, Sports Injuries and Sports Safety – use the A to Z index page at http://www.nlm.nih.gov/medlineplus/healthtopics_s.html to link to these, and follow links from those pages to more specific pages (for example, ankle injuries)

**World Anti Doping Agency**
http://www.wada-ama.org/en/
The Prohibited List and Therapeutic Use Exemptions list are available from here.

I am always happy to have suggestions for future columns, notes of any useful sites I have missed, or comments on the site s I have included. My details are:

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