The Sport Medicine and Science Council of Saskatchewan will once again be hosting ‘Sport Med Saturday’ on March 28 in Regina.

Presenters and Topics
- Dr. Reed Ferber - Director, Running Injury Clinic in Calgary
- Ivan Gutfriend - Head Trainer, Saskatchewan Roughriders
- Dr. Mino Deiana - Podiatrist in Regina
- Brad Spokes - Physiotherapist in Saskatoon
- Dr. Ryan Debusschere - Chiropractor in Regina
- Lyle Little - Massage Therapist in Regina
- TBA - Orthopedic Surgeon

Sport Science and Medicine Services Available
The Canada Summer Games will be held in Prince Edward Island from August 15 - 29, 2009. Each Provincial Sport Governing Body is eligible for 36 hours of sport science & medicine services in preparation for the Games.

The services available through the SMSCS are: Nutrition, Mental Training, Drug Education and Doping Control Procedures, Supplement Education, Exercise Exercise and Strength & Conditioning programming, Sport Medicine Prevention & Assessment, and Biomechanics. Contact, Travis Laycock at 975.0867 or travis.laycock@sasktel.net

Sport Med Saturday Program Sponsors

Registration Form is available on the SMSCS website at www.smcs.ca or you can contact Scott Julé at s.jule@sasktel.net.

For more detailed descriptions on presentation topics, go to the Council’s website.

REGISTER EARLY!

Education Credits available for most professions
President’s Message

Dale Pitura, BSc. (PT), BSPE, CAT(c)

What a year it's going to be!

As I look forward to 2009 I see an extremely busy and exciting year for the Council. However, it did start on a sad note as Rhonda Shishkin has decided to step down from the Board. Rhonda has most recently been in the position of Past President. She has dedicated over seven year of service to the Council in many capacities. One of her crowning achievements was the development and implementation of Sport Med Saturdays. This program is a direct result of Rhonda’s vision. We will sincerely miss Rhonda and all she adds to our Council.

Our staff and consultants are and will continue to be extremely busy as they work with the 22 different sport teams representing Saskatchewan at the 2009 Canada Summer Games in PEI this August. Mental training; nutrition counselling; exercise, and strength & condition programming; and drug and supplement education areas are the four primary disciplines that we are assisting with preparation for the Games. We also provide Coach Professional Development sessions throughout the year. If there are sports that have not yet scheduled their free consulting sessions in the previously mentioned disciplines, I encourage you to do so very quickly to ensure that your athletes can all achieve personal bests.

Our Medical Event Coverage Program has been, and will be, extremely busy in 2009. Already we have provided therapists to four high school wrestling tournaments and one Tae Kwon Do event. Scheduled in the next number of months are numerous other high school wrestling tournaments and provincial championships, the World Fastball Championship, the Canadian Wrestling Championship, Ringette Westerns, a National Soccer Championship, and the Provincial Tae Kwon Do Finals.

One of the most exciting ventures the Council will be undertaking this year will begin on April 4 & 5. The current Board of Directors, as well as other invited guests, will conjugate in Moose Jaw to begin the formal process of reviewing and making changes to our Association’s Strategic Plan. Last fall a survey was developed and placed on-line, as well as mailed to a number of individuals, asking for feedback on various topics relating to our mission. The data collected will provide a base for initial discussions during our meetings in Moose Jaw. It is hoped this process will position the Council for further growth and improved service delivery in the years to come.

I look forward to another productive and challenging year.

---

The SMSCS does not necessarily endorse or recommend the opinions or treatments that are contained in this newsletter. Products and services advertised within are advertisements only and are not necessarily products used by the SMSCS. Consult medical personnel or sport scientists for medical problems, advice, and treatment. The SMSCS permits the reproduction of articles contained within this newsletter for educational or promotional purposes if we are credited with being the source. Reproduction for the purpose of profit is prohibited. Contact the SMSCS for any other sport medicine and science related topic.
Educational Funding Available

Are you a member of the SMSCS and are considering attending a seminar, educational course or workshop?

On an annual basis the SMSCS has available a limited amount of funding to help offset the costs of course registration for members attending educational courses, workshops, or seminars. Funding is not available for travel, meals, accommodations, etc.

There are a number of criterion and restrictions that members should be aware of and are available by contacting Mark Henry at 780.9208.

SMSCS Annual General Meeting

Wednesday, March 25, 2009

Davidson, SK

For more information contact Mark Henry at 780-9208

Here’s what’s at ...

www.smcs.ca

EASY ACCESS FOR ORDERING:
- Resource Videos
- Sport First Aid Supplies and Kits
- Exercise and Rehab Supplies
  (tubing, medicine balls, etc)
- Resource Manuals
  (mental training, sport 1st aid, etc)

TRAINING DIARY

CONSULTANT BIO’S

RESOURCE ARTICLES

ACL INJURY PREVENTION PROGRAM

NUTRITION CHECK UP RESOURCE

UPCOMING WORKSHOPS

...MUCH, MUCH MORE..
New Evidence Links Head Trauma, Brain Disease in Football Players

Boston University docs discover damage at pro and high school levels.

BU neurologists have discovered two new cases of degenerative brain disease among former football players, one of whom, a high school athlete who had suffered multiple concussions, was only 18 years old.

"To me, this was earth-shattering," says Robert Cantu, an associate professor of neurology at the School of Medicine and co-director of BU’s Center for the Study of Traumatic Encephalopathy (CSTE). "This 18-year-old played a number of collision sports, including football. To see initial-stage chronic traumatic encephalopathy at that age is hugely worrisome. It's something no 18-year-old should have."

Chronic traumatic encephalopathy (CTE) is a progressive neurodegenerative disease caused by repeated trauma to the head and characterized by the buildup of a toxic protein called tau throughout the brain. The abnormal protein impairs normal functioning and eventually kills brain cells. CTE sufferers display such symptoms as memory impairment, emotional instability, erratic behavior, depression, and problems with impulse control. Eventually, the disease progresses to full-blown dementia. The presence of CTE in the brain can be confirmed only after death. The identity of the 18-year-old was not made public at the family’s request, but the case has been verified by the New York Times, according to CSTE researchers. "The net has to be cast wider now," says Cantu, who is also chief of neurosurgery and director of sports medicine at Emerson Hospital in Concord, Mass.

In the second recent case, neurologists found significant CTE in the brain of former Tampa Bay Buccaneers Tom McHale, a nine-year veteran of the NFL. McHale died from a drug overdose in 2008 at the age of 45; he was the sixth former professional player to be diagnosed postmortem since 2002. Others include Andre Waters, John Grimsley, and former Pittsburgh Steelers Mike Webster, Terry Long, and Justin Strzelczyk. Waters and Long committed suicide; Grimsley, an experienced user of firearms, died in 2008 from a self-inflicted gunshot wound, which was ruled accidental. All died by the age of 50. So far, only one deceased NFL player tested, 24-year-old Damien Nash, who died in 2007, did not have CTE.

"This means that six of six deceased former NFL players between the ages of 25 and 50 have had severe brain damage that, if they had lived, would have developed into debilitating dementia," says Chris Nowinski, a former Harvard football player and WWE wrestler, who cofounded the nonprofit Sports Legacy Institute (SLI) with Cantu. CSTE is a collaboration between SLI and BU’s School of Medicine. The work at MED is headed by Robert Stern, an associate professor of neurology and codirector of the Alzheimer’s Disease Clinical and Research Program, and Ann McKee, an associate professor of neurology and pathology, director of the neuropathology core of BU’s Alzheimer’s Disease Center, and the director of the brain banks of the Framingham Heart Study and the Bedford VA Medical Center. McKee conducted the neuropathological analysis on the brains of Grimsley and McHale. Her findings of significant CTE were independently confirmed by E. Tessa Hedley-Whyte, a professor of pathology at Harvard Medical School and a neuropathologist at Massachusetts General Hospital. "Although the neuropathological findings of CTE are, in some ways, similar to those we see in Alzheimer’s disease," McKee says, "they represent a distinct disease with a distinct cause - namely, repetitive head trauma."

“I hope this research serves as a wake-up call that radical change is needed in football to protect the millions of children playing the game," Nowinski says.

In 1986, Cantu wrote guidelines for returning to play after sustaining a concussion, but they have largely been ignored. The creation of CSTE last year and Johnson’s high-profile participation have pushed the issue forward over the past two years. The case of the 18-year-old ought to turn up the volume even more, Cantu says. He and Stern stress that education is the key to injury prevention.

“First and foremost, everyone involved in football needs to take blows to the head very seriously,” Stern says. “This includes coaches, trainers, team doctors, parents of youth athletes, and the players themselves. The most important thing for all those involved to remember is that if one suffers a concussion, to stop playing football until all symptoms have completely resolved. This can take days, or more often, weeks to months.” Stern says that improvements in protective headgear are critical.

“However,” he adds, “it’s unlikely that even the very best high-tech helmet will prevent all concussions or subconcussive injuries. Therefore, return-to-play guidelines need to be strengthened and strictly followed at all levels of play. With continued research from our group and others, we should be able to determine with better certainty and detail the specific risk factors for the development of CTE.”

For more information go to the BU School of Medicine Website
Detecting Injuries Sooner - Knowing how badly an athlete is hurt is crucial for treatment. A late diagnosis can exacerbate an injury, delaying a comeback. But Spanish researchers have discovered that measuring blood levels of the protein alpha-actin helps identify muscle damage faster than current methods do. This could lead to quicker treatment, before an injury worsens or becomes chronic.

Lift Slow, Lose Fast - In a weight room, focusing on the negative could yield a positive. A Wayne State University study found that taking 3 seconds to lower (not lift) a heavy weight can boost your metabolism for up to 72 hours after you lift. The reason? Performing the negative portion of an exercise slowly causes greater muscle damage, and the repair process may elevate your resting metabolism, according to researchers. In the study, the participants lifted heavy weights, lowering them for a full three seconds, for 6 reps.

Refuelling After Exercise - Guzzling beverages containing mostly fast-digesting carbs (such as juice) might not be the best way to refuel after exercise. British scientists discovered that you can replenish your energy stores faster with sugars that break down at varying rates. Turns out, glucose and fructose utilize different transport systems, allowing your body to absorb more carbs overall after a workout, says lead researcher Asker Jeukendrup, Ph.D. You should choose carb sources that contain a variety of sugars and are also loaded with healthful nutrients, such as fruits and whole grains.

Brace Yourself - Traditional squats work your core just as hard as Bosu ball squats do according to a Utah State University study. The Key: Keep your abs tight as you perform the exercise. When scientists told squatters to brace themselves as if they were being punched in the gut, their core activity increased by up to 176 percent.

Give Your Muscles a Rest - Taking time off between workouts doesn’t make you lazy - it makes you smart. Ball State University scientists found that the muscle damage caused by pumping iron saps your strength for up to 2 days. In fact, lifters who didn’t wait at least 48 hours between bench press workouts saw a significant drop in the number of reps they could perform. Resting a muscle group properly allows it to heal completely, which is part of the growth process, says Larry Judge, PhD.

Breathing Easier - Exercise-induced asthma sidelines many men, and now we may know why. Navy researchers recently discovered that athletes that don’t sweat a lot during exercise have an increased risk of exercise-induced asthma. Less moisture on the skin suggests that there is also less moisture in the airway, which makes breathing harder. This finding may lead to future treatments.

Lies of the Machine - Almost never trust an elliptical machine. Researchers at the University of Pittsburgh found that elliptical trainers’ calorie predictions averaged 31 percent too high! The machines use age and weight in their calculations, says Alyssa Mealey, Ph.D., one of the researchers. Further research will tell if the algorithm needs more information, such as gender and height. In the meantime, measure intensity with a heart-rate monitor.

Water Your Muscles - Warning: Dehydration saps testosterone, according to a study in the Journal of Applied Physiology. Scientists found that men who were dehydrated prior to a workout had lower T levels, compared with when they had consumed plenty of water beforehand. A potential mechanism: The water-depleted lifters also had higher levels of cortisol, a stress hormone that may depress testosterone, says study author Dan Judelson, Ph.D. His suggestion: At least 4 hours before you lift, consume about 0.1 ounce of fluid per pound of body weight. Water is an obvious choice, but other beverages can help keep you hydrated, too.
To book your workshop, contact Heather Hynes toll free at 1.888.350.5558, ext. #5 or email her at heather.hynes@sasktel.net.

There are a limited number of workshops available, so book early!

The SMSCS acknowledges the financial support of Dairy Farmers of Saskatchewan

Sport 1st Aid Supplies and Kits
The SMSCS has for sale an extensive line of Sport 1st Aid Supplies and Kits at extremely affordable prices. For more information email us at s.jule@sasktel.net, call our toll free number at 1.888.350.5558 Ext. #2, or go to our website at www.smscs.ca to download a price list and order form.
Fit to Play™ & Perform High Performance Training & Treatment Tips
Presented by Carl Petersen BPE, BSc(PT)

At the close of the course the participants will have a better understanding of high performance training concepts and have the ability to design individualized dynamic warmup, stretching, multi-core functional strength, agility and recovery programs and protocols to help their clients of all ages and abilities ranging from the weekend warrior to high performance athletes outsmart injuries and keep then

Fit to Play™ & Perform

When: Sunday, March 1, 2009
8:30am to 5:30pm
Where: University of Sask., College of Kinesiology, Dance Studio
PAC Building, 87 Campus Dr., Saskatoon, SK
Who: Limited to 30 participants.
Sports Massage Therapists, Physiotherapists & Athletic Trainers.
Cost: Course Fee is $200.00
Please make cheque payable to:
CSMTA Sask. Chapter
Mail it to: CSMTA Sask. Chapter
Box 1330, Unity, Sask. S0K 4L0
Fax Registration Information below

Fit to Play™ & Perform Course Registration
Name _______________________________
Workplace ___________________________
Address _________________________________
Phone # ___________________________ E-mail ___________________________
Payment by Fax – 306-228-3887 VISA or MASTERCARD
Card Type ___________________________
Card Number ___________________________
Expiry ___________________________
Signature ___________________________

Canada’s Most extensive line of sports medicine supplies and rehabilitation products

DIAMOND ATHLETIC MEDICAL SUPPLIES INC.

We specialize in:
◆ Chattanooga & Saunders products
◆ Thera-Band products
◆ Tens Units and Electrical Modalities
◆ Home Healthcare Supplies
◆ All Training Room and Taping Supplies

We are very proud to have served Saskatchewan over the years and are dedicated to continue the outstanding service.

75 Poseidon Bay, Unit 185
Winnipeg, MB
R3M 3E4

Phone 1.800.781.9127
Fax 1.204.488.0294
Web www.diamondathletic.com