

# Sports medicine symposium

by F.A. MacLeod

Last weekend the Canadian Academy of Sports Medicine (C.A.S.M.) held a symposium in Theatre 'A' of the Sir Charles Tupper Medical Building. It was a "marathon" session of lectures, slide shows, panel discussions and demonstrations of analysis of sports injuries, lasting from 8:30 a.m. Saturday to slightly after 5 that evening and continuing on Sunday morning. Over 200 people had attended Saturday's lectures, of which many were doctors, physical educators and physiotherapists and a few runners. (The symposium was being held in conjunction with the first annual Alpine Marathon, held in Halifax on Sunday and won by Dave Fudge, a 36-year-old from Hampshire, England, in a time of 2:28.49.)

These very distinguished guest speakers were in attendance: Richard Hughson, Ph.D., a Canadian who won a bronze medal at the Pan American Games in Puerto Rico this past summer and placed fourth in the New York Marathon in 1976; Dr. Lyle Micheli of the Boston Children's Hospital and the medical advisor for the Boston Marathon; and Dr. Robert Johnson, medical consultant for the University of Vermont's sports teams.

A brief opening speech was given by the Honourable Bruce Cochran from the Nova Scotia Department of Culture, Recreation and Fitness, who spoke of the increased need for knowledge of sports medicine. His department is currently working on a "green" paper, part of which will

concern sports medicine.

Hughson opened his talk by saying that "fitness is a lifestyle, something which must exist throughout one's life." In his opinion, the professional sport industry has been the worst thing to happen to Canadian sport, that professional hockey players have been advised not to compete in sports in the off-season because they were not being paid for it and might injure themselves. He also criticized the attitude that children had to be "good enough" to make a team to be allowed to play sports such as hockey.

During a question and answer period when he was asked about his training Hughson said he believed in specific training and had never in his life run over 100

miles a week in training.

Dr. Lyle Micheli talked about injuries to the runner, placing the blame for most of the stress fractures of the lower extremities on training error—the "overuse syndrome". At his clinic in Boston stress fractures are rarely put in casts, the tendency being to put the patient on crutches instead.

"Backache in the Athlete" was the subject of the next speaker, Dr. William Stanish, who made clear his distaste for the sport of weightlifting, due to the damage it causes to the back. In speaking about the repairing of back injuries he said it was disastrous to immobilize the spine.

Dr. Robert Johnson spoke about "the Acutely Injured Knee", mentioning the revolutionary Lachman Test in tech-

nical terms and he discussed the effectiveness of operations done on the knee.

"Athletes at Risk" was the subject of Dr. Michael Banks' talk. Would-be athletes were especially at risk according to him, but he also spoke about the athletes with asthma, epilepsy, diabetes and finished his talk with a discussion of the effect of viral infections on athletes.

Dr. Micheli returned to speak on the areas of concern for child athletes, among which were emotional stress, endurance, and risk of injury. According to a very interesting study done at UCLA, children who were involved in athletics had a sense of worth most affected by what their coaches say, not by what parents, siblings, teammates (or self) continued on page 23

# U.D. by G.D.

by Greg Dennis

Dalhousie sports teams enjoyed an extremely successful weekend past gaining five victories and one second place finish. The men's and women's volleyball teams got off to a hot start in the new season, each winning easily in the Fundy Open in Truro... **Tony Richards'** soccer Tigers moved into second place by trouncing the X-Men 4-1 in Antigonish. The Tigers seem to be in a groove now and if they continue this tough but loose style of play, the AUAА playoffs in two weeks time could be very interesting... Congratulations to female harrier **Pam Currie** who for the second week in a row, dashed to a first place finish in an AUAА cross-country meet. Accordingly, Pam was selected as this week's top female athlete. **Robert Engle-hutt**, also from the cross-

country squad, was selected male athlete of the week. Good luck to both Robert and Pam, and all of coach **Al Yarr's** runners in the AUAА Championships this Saturday at St. F.X. ... Ex-Tiger in the news: **Paul MacLean**, star of last year's championship hockey team, scored a hat trick against the NHL's Washington Capitals, then potted another goal against the Maple Leafs as Canada's Olympic team skated to a fine showing during the big league's exhibition season... Speaking of hockey, the varsity Tigers opened their season with a 10-6 romp over the Alumni. Coach **Pierre Page** was naturally pleased with the team's offense, but the defense was a bit too shabby for his liking. The game was held at the Forum, not at Scotia Stadium as I had erroneously printed last week. Sorry 'bout that.



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