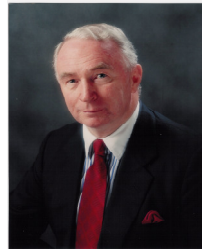


Message from the President of the European Federation of Sports Medicine Associations



One could well ask why a joint meeting of Sports Medicine and Physical medicine and Rehabilitation? We are running a joint meeting with PM and R because we feel, that although there is a difference in both these fields, there is an area of overlap. These are:

Sports injuries (including prevention, diagnosis and treatment)

Functional rehabilitation in sports medicine

This multidisciplinary approach is often a way to assist doctors see with greater insight how the problems of injuries are approached from a short and long term basis.

There is of course a difference in the 2 areas of specialty. Physical Medicine and Rehabilitation mainly undertake the task of long term care of physical injuries in the general community. Injuries, in elite or week-end athletes, are most often overseen by Sports Medicine Physicians and Surgeons. Some of the methods used are similar for both these tasks and we can learn from each other in how best to care for physical injuries.

Among Sports Medicine's other tasks, it has been burdened with the task of understanding and combating doping in sport. Although this is an area now being administered by WADA there are many grey areas of diagnosis and treatment of athletes in the interface between doping and best medical care. Sports medicine sees itself playing a major role in

Sports medicine issues in anti-doping

Internal medical problems in sports and exercise including

Cardiology (sudden death and abnormal ECGs),

Respiratory medicine (asthma diagnosis in sport),

Hematology, endocrinology and others

Sports medicine also includes

- a. Sports and exercise physiology
- b. Kinesiology and biomechanics in sports medicine
- c. Sports Nutrition and ergogenic aids
- d. Sports psychology, circadian rhythm
- e. Exercise, the forgotten prescription, for the prevention and treatment of  
Chronic diseases

We will endeavour to cover this wide group of areas of Sports medicine with a special emphasis as outlined by our colleagues from the Commission on Education and Science of EFSMA and the Balkan SMA.

Enjoy this 7<sup>th</sup> Congress of EFSMA.

Joseph Cummiskey MD, President EFSMA, July 2010