

"NZSOPA BULLETIN"

December 2008



Welcome to the December 2008 edition of NZSOPA Bulletin.

The NZSOPA Executive thank you for your support in 2008, and wish you all a very Merry Christmas and Happy New Year.



Membership: 420

NZSOPA Executive

President: Tony Schneiders
Secretary: Mike Borich
Treasurer: Mark Cartman
Website: Hamish Ashton
Education: Mal Shivnan
Newsletter: Angela Cadogan
Executive: Graeme Nuttridge

Contact: mborich@ihug.co.nz

Foot Science Sponsorship



For a wide range of product information and information for patients and medical professionals, visit:

<http://medical.formthotics.com>

<http://www.nzsopa.org.nz/>

THIS EDITION:

| | |
|--|---|
| Wrap-Up of NZSOPA Activities 2008 | 2 |
| NZSOPA Education Fund <u>INCREASE</u> | 3 |
| December Issue of JOSPT | 4 |
| JOSPT feature: Articular Cartilage | 5 |
| Web-Based Continuing Education | 5 |
| Member Benefits | 6 |
| NZSOPA Website Information | 7 |
| Clinical Tips & Information | 7 |
| We Want Your "Snippets"!! | 8 |

[Members Only](#) webpage [Login & Password](#) pg 7

Advertising

Deadlines: **15th of Jan, Mar, May, July, Sept, Nov** for publication the following month.

See website for conditions and costs:

<http://www.nzsopa.org.nz/html/advertising.html>

WRAP-UP OF NZSOPA ACTIVITIES 2008

2008 has been another busy year for the NZSOPA Executive as we continue to explore ways of adding further value for our members. Membership numbers have reached an all-time high of

Member Benefits – New in 2008

In addition to the existing membership benefits, the following were added in 2008:

- **Free access to JOSPT online** for all members (this will continue in 2009 with no increase in membership fee – Value **USD\$260**).
- Courses: “**Advancing Exercise Prescription – Progressing Exercise without Equipment**” – 4 successful courses presented by Dr John Cronin.
- **NZSOPA Education Fund**: opportunity for members to receive financial assistance to attend conferences, or conduct research relevant to Sports & Orthopaedic Physiotherapy.
- **Sports & Orthopaedic related research opportunities**: for members to participate in sports related research: “Movement Competency Screening” surveys, being conducted by Matt Kritz

New Membership Benefits for 2009

- **Increase in the NZSOPA Education Fund** amount to \$1000 (from \$500), offered twice per year (March & August).

Other Initiatives for 2009

- **NZSOPA 4th Year Student Award**: \$500 award for the best 4th Year Student project relevant to Sports & Orthopaedic physiotherapy, from each physiotherapy school (yet to be ratified by physiotherapy schools).
- **Investigating ASICS sponsorship**: NZSOPA will be discussing a possible sponsorship arrangement with ASICS.
- **Courses**: The NZSOPA Executive will meet in February 2009 to begin arrangements for 2009 courses.

PLEASE SEND US ANY COURSE MATERIAL REQUESTS YOU MAY HAVE!!



"STOP FLASH" FUNDING INCREASE

Need funding assistance to conduct research or attend a Conference?

NZSOPA Education Fund can help.

NZSOPA is giving back to members to help fight the "recession"

\$1000 is now available twice per year for members wanting to conduct research or attend a conference relevant to Sports & Orthopaedic Physiotherapy.

What do you have to do?

Complete the application form (http://www.nzsopa.org.nz/html/members_only.html), and send in with your CV to the NZSOPA Secretary by the due dates: **31st March 2009** and **31st August 2009**

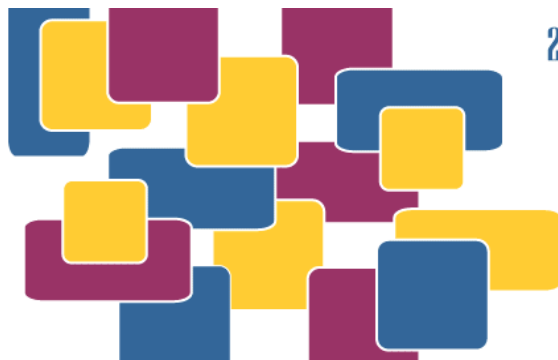
Examples of Conferences you may wish to attend:

AUSTRALIAN PHYSIOTHERAPY ASSOCIATION
APA Conference Week
1-5 October 2009
SYDNEY CONVENTION CENTRE

Includes the: **Sports Physiotherapy Australia Conference 2009**

<http://www.apaconferenceweek09.asn.au/index.php/nationalgroupprograms/sports>

Or this one.....



2009 Australian Conference of Science & Medicine in Sport
Sixth National Sports Injury Prevention Conference
Seventh National Physical Activity Conference

be active '09

Brisbane Convention & Exhibition Centre 14-17 October 2009

<http://www.beactive09.com/>



Login: <your email address>

Password: nzsopa2009

****note change of password to 2009****

JOSPT Latest Issue: Table of Contents

December 2008; Vol. 38, No. 12

The Table of Contents below is available online at: <http://www.jospt.org/>



EDITORIAL

Many Contributors, One Goal, Guy G. Simoneau

http://www.jospt.org/issues/articleID.2265,type.1/article_detail.asp

RESEARCH REPORT With Read for Credit Quiz

Surface Electromyographic Analysis of the Low Back Muscles During Rehabilitation Exercises, Richard A. Ekstrom, Roy W. Osborn, and Patrick L. Hauer

http://www.jospt.org/issues/articleID.1448,type.1/article_detail.asp

RESEARCH REPORTS

The Association of Pain and Fear of Movement/Reinjury With Function During Anterior Cruciate Ligament Reconstruction Rehabilitation, Terese L. Chmielewski, Debi Jones, Tim Day, Susan M. Tillman, Trevor A. Lentz, Steven Z. George

http://www.jospt.org/issues/articleID.2151,type.1/article_detail.asp

Transverse-Plane Mechanics at the Knee and Tibia in Runners With and Without a History of Achilles Tendonopathy, D. S. Blaise Williams III, James A. Zambardino, and Valerie A. Banning

http://www.jospt.org/issues/articleID.2152,type.1/article_detail.asp

Relationship Between Functional Ankle Instability and Postural Control, Marcos de Noronha, Katheryn M. Refshauge, Jack Crosbie, Sharon L. Kilbreath

http://www.jospt.org/issues/articleID.2260,type.1/article_detail.asp

CASE REPORTS

Surgical and Therapeutic Management of a Complete Proximal Hamstring Avulsion After Failed Conservative Approach. Amy Kirkland, Craig Garrison, Steve Singleton, Juan Rodrigo, Friedrich Boettner, Sarah Stuckey

http://www.jospt.org/issues/articleID.2269,type.1/article_detail.asp

Proposed Algorithm for the Management of Athletes With Athletic Pubalgia (Sports Hernia): A Case Series. Aimie F. Kachingwe and Steven Grech

http://www.jospt.org/issues/articleID.2150,type.1/article_detail.asp

JOSPT Special Issues & Features

In this NZSOPA Bulletin, we profile.....

Articular Cartilage and Meniscal Lesions

October 2006, Volume 36, No. 10

Click on the link through the JOSPT home page www.jospt.org

Articular Defects in the Knee: Recent Advances and Future Optimism

Michael M. Reinold

Basic Science and Treatment Options for Articular Cartilage Injuries

Paul B. Lewis, L. Pearce McCarty, III, Richard W. Kang, Brian J. Cole

The Treatment of Articular Cartilage Defects Using the Microfracture Technique

Thomas J. Gill, Peter D. Asnis, Capt Eric M. Berkson

Autologous Osteochondral Mosaicplasty Grafting

Lajos Bartha, András Vajda, Zsófia Duska, Husam Rahmeh, László Hangody

Treatment of Full-Thickness Chondral Defects in the Knee With Autologous Chondrocyte Implantation

Scott D. Gillogly, Thomas H. Myers, Michael M. Reinold

A Peek Into the Possible Future of Management of Articular Cartilage Injuries: Gene Therapy and Scaffolds for Cartilage Repair

Hubert T. Kim, Stefano Zaffagnini, Shuichi Mizuno, Stephen Abelow, Marc R. Safran

Current Concepts in the Rehabilitation Following Articular Cartilage Repair Procedures in the Knee

Michael M. Reinold, Kevin E. Wilk, Leonard C. Macrina, Jeffrey R. Dugas, E. Lyle Cain

Meniscal Repair and Transplantation: Indications, Techniques, Rehabilitation, and Clinical Outcome

Timothy P. Heckmann, Sue D. Barber-Westin, Frank R. Noyes

Rehabilitation of Articular Lesions in the Athlete's Knee

Kevin E. Wilk, Kristin E. Briem, Michael M. Reinold, Kathleen M. Devine, Jeffrey R. Dugas, James R. Andrews

Sports & Orthopaedic Case Studies

Web-based Continuing Education Resources

The Goodfellow Club is a part of the Goodfellow Unit at Auckland University. They have developed web-based continuing professional education resources for a range of health professionals. They are looking for case studies that cover a wide range of physiotherapy practice. If you have a case study which encapsulates some interesting/important concepts for physiotherapists it would be great if it was submitted to the Goodfellow Club for others to access. (A template has been developed for preparing the case studies). This is an excellent way of supporting learning across the profession. Further information on the Goodfellow Club can be found at: www.goodfellowclub.org.

The template is available on the NZSOPA website www.nzsopa.org.nz – Latest News.

MEMBER BENEFITS

For a \$40 subscription, NZSOPA members currently receive:

- FREE Online access to JOSPT (value USD\$260)
- Funding Support for Conferences/Courses/Research (by application)
- 20% Discount on McGraw-Hill Publications
- Free Edition of the Quarterly APA "Sports Physio" Magazine
- Substantial discount, Advanced Notice and preferential placing on Educational Courses.
- Quality Sport-specific Educational Courses
- Access to website with clinical forums and relevant articles.
- Bi-monthly NZSOPA Bulletin featuring Activity, Course and information updates.



McGraw-Hill Book Discount

20% DISCOUNT on ALL McGRAW-HILL BOOKS

****NZSOPA Members only****

www.mcgraw-hill.com.au

Click on "Professional" to "Medical" and then "Physical Therapy" titles.

APA Sports Physio Magazine

SPORTS Physio

distributed quarterly to NZSOPA members

Sports specific clinical articles and relevant professional information for Sports Physios.

Free Advertising

NZSOPA members receive free advertising in the NZSOPA Bulletin.

Advertisements are included in 1 edition of the NZSOPA Bulletin and are posted on the NZSOPA website for 2 months.

Advertising accepted free of charge from members includes:

- Unlimited classifieds/job advertisements
- Courses (where the NZSOPA member is the presenter)
- Product advertising (2 advertisements per year)

See the NZSOPA Advertising Terms and Conditions on the website www.nzsopa.org.nz

NZSOPA WEBSITE

www.nzsopa.org.nz/

Members Only Section

www.nzsopa.org.nz/html/members.html

Login: **olympic**

Password: *********



- Education Grant Application and Information

Request Funding for conferences or research

- Job Vacancies/Classifieds -

Sports Team and Clinic Positions

- Reports -

NZSOPA submissions on a range of professional issues

- Resources/Articles -

Articles, Clinical Tips and Information

- Book Reviews and Order Forms -

- Archives –

Meeting reports and minutes

Clinical Tips and Information

“SNIPPETS”

<http://www.nzsopa.org.nz/html/snippets.html>

Latest: **“Sideline Evaluation & Management of Concussions”**

“RESOURCES”

www.nzsopa.org.nz/html/members.html

ACL Prevention Programmes

<http://aclprevent.com/pepprogram.htm>



PLEASE SEND US YOUR 'SNIPPETS'!!

At our AGM this year, members said they found the "Snippets" one of the most useful parts of the NZSOPA website. Do you agree?

Please help us. While the Executive enjoy hunting for these, we sometimes get busy with other things.

If you have **ANY clinical tips or interesting "Snippets"** please send them to us to include on our website to share with other members. These can be anonymous, or we can put your name in lights, you choose! We would LOVE to hear from you.

Keep them short (1-2 paragraphs max) and relevant to Sports & Orthopaedic Physiotherapy.

Send them to the NZSOPA Secretary mborich@ihug.co.nz.

See previous Snippets at <http://www.nzsopa.org.nz/html/snippets.html>

NZSOPA ACTIVITIES 2008

- Educational Courses – John Cronin –Exercise Prescription Courses
- Sports Physio Magazine – facilitating local content and contributions
- Professional review and consultation documents:
 - Advanced Practitioner Working Party submission
 - Limited Prescribing Rights -submission
 - ACC Overseas Treatment Submission
 - Physiotherapy Specialisation Submission
 - Physiotherapy General Scope of Practice – consultation paper
 - Draft Guidelines Primary Care Management Distal Upper Limb Musculoskeletal Conditions
- NZSOPA Website – development and maintenance
- NZSOPA Bulletin
- International Federation of Sports Physiotherapy representation

