

Dear Tennis Friends,

Welcome to the April issue of *Medicine and Science in Tennis* which contains the report and abstracts from the very successful 2006 STMS World Congress held in Melbourne, Australia. Several of the presentations appear as full-text articles and our special congratulations go to Tim Wood for bringing together so many respected and knowledgeable speakers, which in turn led to lively discussion and interesting debate.



I would like to take this opportunity to congratulate the ITF President, Francesco Ricci Bitti, on his election to the IOC during the recent Winter Olympic Games in Turin. This is a great honour for him, and the sport, and will undoubtedly have a very positive effect on the way tennis is perceived in Olympic circles. In this issue, you can review the IOC Consensus Statement on the Female Athlete Triad, which was formulated by an expert group at the IOC headquarters in Lausanne, 7-8 November 2006.

It also gives me great pleasure to announce that the May 2006 edition of the *British Journal of Sports Medicine (BJSM)* will be devoted totally to tennis and you can find a preview of this issue on page 4. Michael Turner and I were asked to act as guest editors for this issue and contributions come from STMS members, the ITF Sports Science and Medicine Commission, the ATP and the Sony Ericsson WTA Tour. All STMS members who have paid their membership fees for 2006 will receive a free hard copy in May and STMS members will be able to access the articles electronically through the STMS membership website, using their login code and password.

Make sure that you have paid your 2006 membership fee!

The *BJSM* is published by the BMJ group and is the monthly journal of the largest sports medicine organization in the UK – BASEM (the British Association of Sport and Exercise Medicine). For more information, please visit the *BJSM* website at www.bjbm.bmjournals.com, the BASEM website at www.basem.co.uk, our website at www.stms.nl or contact Michael Turner directly at STMSmembership@aol.com

As you can see from our 2006 Conference Calendar (page 5x), there are numerous educational opportunities this year, with tennis medicine conferences being held almost every month. I have no doubt that these events will provide an excellent forum for the exchange of ideas and research in the expanding field of tennis medicine and science and I do hope that you will support them whenever you can.

Best wishes,

Babette Pluim, MD, PhD
President STMS

The Journal 'Medicine & Science in Tennis' is supported by:



ISSN: 1067-2552

Medicine and Science in Tennis is a Journal produced by the Society for Tennis Medicine (STMS) in co-operation with the ITF, the ATP, and the Sony Ericsson WTA Tour, and is issued three times a year (April, August, and December). *Medicine and Science in Tennis* is listed in *Acta Medica*, *Free Medical Journals*, *MedNet*, *Newstour*, *Sponet* and *SIRG Sports Discus*.

THE INTERNATIONAL BOARD OF THE STMS

President:
Babette M. Pluim, Arnhem, The Netherlands
E-mail: president@stms.nl

Vice President:
Marc R. Safran, San Francisco, CA, USA

Secretary:
Javier Macquinn, Buenos Aires, Argentina
E-mail: info@stms.nl

Treasurer:
George C. Branche III, Arlington, VA, USA

Past-president:
Per A.F.H. Renstrom, Stockholm, Sweden

Other members:

Peter Joki, New Haven, CT, USA;
W. Ben Kivler, Lexington, KY, USA;

Bernard Montalvan, Paris, France

Associates to the Board:

Miguel Crespo, Representative of the ITF;

Kathy Martin, Representative of the Sony Ericsson WTA Tour;

Gary Winkler, Representative of the ATP.

Honorary Members:

Irving V. Glick, Great Neck, NY, USA;

Savio L-Y. Woo, Pittsburgh, PA, USA

North American Regional Committee:

Chairman: Marc R. Safran, San Francisco, CA, USA;

Michael F. Bergeron, Augusta, GA;

Peter Joki, New Haven, CT, USA;

W. Ben Kivler, Lexington, KY, USA;

Carol L. Osis, Los Angeles, CA, USA;

E. Paul Robert, Key Biscayne, FL, USA;

Savio L-Y. Woo, Pittsburgh, PA, USA

EUROPEAN REGIONAL COMMITTEE

Chairman: Giovanni Di Giacomo, Rome, Italy;

Gilles Deleigne, Paris, France;

Hartmut Krahl, Munchen, Germany;

Hans-Gerd Pieper, Essen, Germany;

Babette Pluim, Arnhem, The Netherlands;

Angel Ruiz-Cabrera, Barcelona, Spain;

Michael Turner, London, United Kingdom;

Reinhold Weinstabl, Vienna, Austria

SOUTH AMERICAN REGIONAL COMMITTEE

Chairman: Rogério Teixeira Silva, São Paulo, Brazil;

Javier Macquinn, Buenos Aires, Argentina.

SCIENTIFIC COMMITTEE

Chairman: T.J. Chandler, Huntington, WV, USA;

Michael F. Bergeron, Augusta, GA;

Bruce Elliott, Perth, Australia;

W. Ben Kivler, Lexington, KY, USA;

Karl Weibler, Cologne, Germany;

Savio L-Y. Woo, Pittsburgh, PA, USA

EDUCATIONAL COMMITTEE

Chairman: Marc R. Safran, San Francisco, CA;

George C. Branche III, Arlington, VA, USA;

Stacie Grossfeld, Louisville, KY, USA;

Peter Joki, New Haven, CT, USA;

W. Ben Kivler, Lexington, KY, USA;

Kathy Martin, Melbourne, Australia;

Fernando Sagal, Buenos Aires, Argentina;

Piotr Linczyński, Poznan, Poland;

Gary Winkler, Summerville, SC, USA

EDITORIAL BOARD:

Editor-in-Chief: Babette M. Pluim, Arnhem, The Netherlands;

Anne Meeboldt-Simpson, Wakefield, United Kingdom;

Todd Eisenbecker, Scottsdale, AZ, USA;

Javier Macquinn, Buenos Aires, Argentina;

Rogério Teixeira Silva, São Paulo, Brazil;

Alan Pearce, Melbourne, Australia;

Gary Winkler, Summerville, SC, USA.

EDITORIAL OFFICE:

PO Box 322, 6908 AH Arnhem,

The Netherlands.

Phone +31 26 4834440

Fax +31 26 4834439

E-mail: editor@stms.nl

SUBSCRIPTIONS AND MEMBERSHIP:

Dr. Michael Turner

Levens Tennis Association

The Queen's Club

London W14 9EQ,

United Kingdom

E-mail: membership@stms.nl

Annual Subscription fees due 1st January 2008

Full membership \$200.00

Associate membership \$ 100.00

Student membership \$ 65.00

PHOTOGRAPHER:

Henk Koster, Delft, The Netherlands

Sergio Carreras, Barcelona, Spain

FRONT COVER:

LeAnn Silva, ATP, Ponte Vedra Beach, FL, USA

CIRCULATION: 2,700

PUBLISHING OFFICE:

Modern EV, Bemmelen, The Netherlands

Lay-out:

Kees de Hoij, Ede, The Netherlands

WEBMASTER:

Jo Wildeman, Hilversum, The Netherlands

E-mail: webmaster@stms.nl

Website: <http://www.stms.nl>

Disclaimer:

This journal is published by the Society of Tennis Medicine and Science for general information only. Publication of information in the journal does not constitute a representation or warranty that the information has been approved or tested by the STMS or that it is suitable for general or particular use. Readers should not rely on any information in the journal and competent advice should be obtained about its suitability for any particular application.

©2005 Society of Tennis Medicine and Science. All rights reserved. No part of this publication may be reproduced in any form without prior written permission of the copyright holder. Opinions and research expressed in this journal are not necessarily those of the STMS.

MEET THE EXPERT:

Dr Miguel Crespo, IIF Research Officer, Tennis Development



1 What made you choose a career in tennis?

While I was still playing competitive tennis I used to coach during the weekends in Club Sporting and Club de Tenis Valencia. In summer, I coached the kids at my original club, Club Tenis Las Vegas in La Eliana, Valencia where I spent my holidays. I still remember that my first coaching session as a coach, believe it or not, was when I was 15. Afterwards, when I finished playing professional tennis, I was at the University of Valencia studying Languages. Maria José Pascual, who was at that time Vice-president of the Spanish Federation and Director of Coaching, asked me to join the Federación Valenciana de Tenis and the National Training Centre in Valencia as assistant coach, then I was asked to join the Escuela Nacional de Maestría de Tenis (which is the Royal Spanish Tennis Federation School for Tennis Coaches) as assistant Director together with Pancho Alvarino, one of the best coaches I have ever met, and under the direction of Alberto Riba. This was already a full time job that I combined with my University studies. When I finished Uni, I felt I could combine my studies with my work in coaches' education, and that is how everything started. Back in 1986 Doug MacCurdy wanted me to conduct several coaches' courses in South America on behalf of the IIF and in 1997 Dave Miley asked me to work full time for the IIF as Development Research Officer in charge of coaches' education... until now.

2 How did you develop in sports yourself?

I started playing when I was a kid. My parents introduced all the family into the game, we enjoyed playing together first

during the weekends, then two or three times a week and gradually we started playing everyday. Then the pastime became a profession and I played juniors and pro tennis while I went to Secondary school and to University. However, I have to say that apart from tennis I am a football fan, and that Valencia is my team.

3 Were you always interested in the psychology of coaching?

It is well known that the mental side of tennis is very important at all levels and I have always felt, even as a player, how important it is to know about the psychology of the game at all levels. When I decided to start my PhD., my director was Dr. Isabel Balaguer, a recognised expert in sport psychology and tennis psychology. We both agreed to study the leadership implications of tennis coaches and the psychology of coaching is an area that I am still very interested in.

4 You are the driving force behind the IIF Worldwide Coaches Workshops. What is the main goal of these workshops?

The main goal of the IIF WWCW is to serve as a forum to disseminate information on coaching and sports science to coaches worldwide. We believe that gathering coaches from more than 100 countries and asking the assistance of some of the best coaches and sport science experts in tennis can be a perfect combination to help increase the quality of tennis coaches wherever they may be working, to produce more and better players and to spread the love of the game to all possible tennis fans and players.

5 At the last few workshops, you have invited medicine and science experts as well. What was the reason and how has it worked out?

We feel that if we want to have quality coaching coaches need to be exposed to the best medicine and sport science experts possible. Sport science drives the coaching methods and ensures that our coaching practice is done with purpose. However, we need to ensure that these concepts and theories are relevant to coaches and presented in a user friendly way. We are very fortunate because during the last years the IIF has been able to create a network of experts in the different fields of medicine and sport science that have both a broad scientific knowledge of specific areas and a great ability to express this knowledge in practical terms that can be easily understood and applied by tennis coaches of all levels. We got very positive feedback after the free communications sessions on sport science and medicine that we held at the IIF Worldwide Coaches Workshop last year in Antalya (Turkey), in which both members of the IIF Sports Medical Commission and STMS partici-

pated, and we would like to continue with this initiative in future workshops.

6 You are a member of the IOC Working group on children and exercise.

What is the goal of that working group?
The IOC decided to create this working group to investigate the situation and the challenges facing the training of children. The most important consequence of this group has been the publication of an "IOC Consensus Statement on Training the Elite Child Athlete". Protecting the health of the athlete is the primary goal of the International Olympic Committee's Medical Commission and one of its main objectives is the promotion of safe practices in the training of the elite child athlete, who is one who has superior athletic talent, undergoes specialised training, receives expert coaching and is exposed to early competition.

In this document, the scientific basis of training the elite child athlete are explained and special issues and recommendations for training are made. These recommendations stress the need for more scientific research on the area, the importance of developing illness and injury surveillance programmes, monitoring the volume and intensity of training and competition regimens, ensuring the quality of coaching, following the World Anti-Doping Code, and stressing the need for adults to develop a strong support system to ensure a balanced lifestyle. The main goal is to ensure that the entire sports process for the elite child athlete should be pleasurable and fulfilling.

7 What are the major challenges facing tennis coaches at the moment?

I think that there are several areas in which tennis coaches should focus in order to provide a quality coaching experience no matter what level of players they are coaching. These areas are, in my opinion, the following:

Making tennis easier to play, introducing healthy competition from the start, following sport science sound principles in practices at all levels, periodisation and planning, incorporate the rating of players into coaching programmes, applying evaluation and control systems to the training process, applying the concept of integrated training (considering all sport sciences that are related to the training process), and developing clear criteria for talent identification, among others.

8 You are a member of the IIF Sports Science and Medicine Commission and representative of the IIF on the board of STMS. How do you see the relationship of this Society with the IIF?

I think most, if not all, of the members of the IIF Sports Science and Medicine Commission are members of the STMS. In my opinion, STMS is doing a great job in being the primary tennis medicine and

sports science information provider worldwide. They have created a very impressive group of experts that have an in depth knowledge of medicine and sports science applied to tennis.

I have the feeling that both organisations can complement each other very well and that the co-operation and relationships between both institutions are a must if we want to be efficient in our vision of having more, better, healthier and happier players worldwide.

9 You have been working very hard on e-learning and on-line presentations.

What is the current stage of this project and what are your long-term goals?

We are very happy with the initial success of the project. We have had more than 5,000 downloads so far. At the moment we have 13 e-learning on-line presentations that offer full audio-narrations and that can be accessed free at

<http://www.itftennis.com/coaching/practicalinfo/learning.asp>

These presentations cover a variety of topics such as medicine, biomechanics, nutrition, recovery, physical conditioning, psychology, tactics, teaching methodology, to name a few. We are very grateful to have the contribution of experts such as Bruce Elliott, Ann Quinn, Tim Wood, Angie Calder, Machar Reid, Janet Young and others. The knowledge and experience of all presenters in these presentations is world class. We truly appreciate the time and effort they have put in to making these presentations and would like to take this opportunity to thank all the presenters that have contributed a presentation to this project.

The way forward of this project is to include more high quality presentations in English and other languages. We have just finished an agreement with the Royal Spanish Federation in which we have recorded 15 e-learning presentations featuring some top Spanish experts such as the physical trainer of David Ferrer (world top 10), the physiotherapist of Juan Carlos Ferrero, the psychologist of the Equelite-Ferrero Academy, the professors of the National Coaching School in Madrid and other first class experts. This will allow us to have on-line presentations in Spanish in both our website and the Spanish Federation one.

Obviously, we are open to other joint projects with other National Associations. The next step will be to introduce video clips in the presentations and to group them together into different modules of the different sport sciences which, in the future, could include a quiz or on-line test, that could provide a certificate of completion for those who go through the whole module.

10 You have written and co-edited several books, including Tennis Medicine for Tennis Coaches, Strength and Conditioning for Tennis, Biomechanics of Advanced Tennis and many more... Which one is your favourite and why?

I have special appreciation for different aspects of all of them because each one has a special characteristic that made it unique.

However, I am especially proud of the books we have edited with the contribution of other authors because of the challenge, the hard work and the satisfaction that goes with a joint effort.

I am also thrilled with our next book on tennis psychology that we are editing together with Machar Reid and Ann Quinn and that will be available in the second half of 2006.

11 Are there any ambitions you would like to see fulfilled and what would they be?

I do not have any particular ambition. I really do feel that another coaching philosophy is possible worldwide. A better coaching based on quality principles that will enable tennis players to play their best tennis, enjoying our excellent game for life, while being injury free. If this can be achieved with the work of the ITF as catalyst of different coaching, medicine and sport science experts and initiatives, all my ambitions will have been fulfilled.

DVD Review

Shoulder Rehabilitation

GIOVANNI DI GIACOMO, ALBERTO COSTANTINI, ADREA DE VITA,
PIERGIORGIO LUCIANI AND ALESSANDRO DANIELI

Rehabilitation of the shoulder completes the process of restoration of shoulder function that begins with accurate diagnosis of the injury and includes appropriate non surgical treatment as well as surgical repair. Surgery is best viewed as creating conditions that will allow optimum rehabilitation. This DVD demonstrates principles that can guide the progressive phases of rehabilitation from early post-operative to return to play, and also shows the specific exercises. A key to this approach to rehabilitation is the emphasis on closed chain exercises and the involvement of the entire kinetic chain in the exercise protocols. This approach has been shown to result in superior outcomes with early functional return. I am glad to see that Dr. Giovanni di Giacomo and colleagues have produced this DVD, and I am sure that this will be of benefit to doctors and physiotherapists in their efforts to allow patients maximum return to their chosen activity.

W. Ben Kibler, MD
Lexington Clinic Sports Medicine Center

The DVD is intended to be a supplement to our book "Shoulder Arthroscopy" and is the result of four years of painstaking research. In our book we propose a post-operative rehabilitation programme, and expand and elaborate theories and techniques used by the most advanced international centres in this field. The rationale for the programme is to provide both the theoretical and practical basis of our work, 'timings' of the recovery phases, and basic knowledge and advice that can be adopted by all therapists, regardless of whether or not they have access to cutting-edge technology. We firmly believe that good teamwork between surgeons and rehabilitation specialists provides the key to a modern approach to shoulder surgery, and hope that this supplementary DVD will help further in the understanding and treatment of this particular condition.

Giovanni di Giacomo, MD
Concordia Hospital for Special Surgery

ABOUT THE AUTHORS

Giovanni Di Giacomo, MD, Alberto Costantini, MD, and Andrea de Vita, MD, are specialists in Orthopedics and Traumatology, Concordia Hospital for Special Surgery (Rome, Italy). Piergiorgio Luciani works as a physiotherapist at the Fisioluc Sports Rehab Center (Rome -Italy). Alessandro Danieli, physiotherapist, works at the Sports Medicine Center "Villa Ardeatina" (Rome, Italy)

For further information please contact:
Concordia Hospital
Via delle Sette Chiese, 90
00145 Rome - Italy
Tel: +39.0651606443 or + 39.065126439
Fax: +39065136655
E-mail: concordia@iol.it
Plastic box version 25 Euro+ 20% VAT
Leather Box version 100 Euro +20 % VAT

The DVD was presented at the 2006 AAOS Annual Meeting - (Chicago, Illinois- USA). It was run from the 22nd till the 26th of March in the Multimedia Educational Center.

