tact pressure and failure load. Of concern were the technical difficulties encountered in the use of the transtendon anchors.

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SYMPOSIUM

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Practice what you preach — Healthy lifestyles for clinicians

R. Patterson 1,*, J. Chan 1,*, S. Clemmet 1,*, A. McCubbin 2,*

1 University of Queensland
2 Recover Sports Medicine

As sports medicine practitioners we are at the forefront of educating our patients, clients, and communities about the benefits of exercise for health and the adoption of healthy lifestyles. We also strive to adopt these changes ourselves. Nevertheless, busy professional and personal lives sometimes prevent us translating this aspiration into reality. In addition, the plethora of published research and exercise and dietary guidelines are almost impossible to read, let alone critically assess and digest. To assist in this endeavour, 3 experts in the areas of exercise physiology, nutrition, and psychology have done all the hard work already. They have assessed the current research and guidelines in their areas of expertise and will present practical advice on what is currently recommended based on the science, and how to incorporate the recommendations into busy lifestyles and maintain motivation. What type, frequency, intensity of exercise will convey health benefits for us and our patients? What diet should we follow? Is it the Asian Mediterranean? How do we sift out the fact from the fiction, hype, and marketing around weight loss advice? What might we do to look after ourselves, develop and maintain work life balance, and cope with life’s speed bumps? suggestions will be made about how to translate the current evidence into practice and maintain it in our daily lives and assist our patients to do the same.

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INVITED

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The effectiveness of neuromuscular training in the prevention of injuries in youth: Do we have enough evidence? Where do we go from here? NSWSIC supported speaker

C. Emery *, S. Richmond, T. Doyle-Baker

University of Calgary, Calgary, Alberta, Canada

Introduction: Youth basketball and soccer have both high participation and injury rates in Canada. In junior high school (ages 11–14) in Alberta, Canada, 30 of 100 youth require medical attention for a sport injury annually. The purpose of this series of studies was initially to examine the effectiveness of sport-specific neuromuscular training programs in reducing the risk of injury in youth (i.e. basketball and soccer). Based on the success of these programs, a more globally targeted program was developed and examined for effectiveness in a junior high school physical education (PE) setting. This was a combined program targeting both injury prevention and healthy outcomes from an obesity prevention perspective. The focus of the results presented here will be based on the primary sport injury outcome.

Methodology: These three studies were cluster randomized controlled trials including both male and female participants. In basketball, a total of 920 players (ages 12–18) from 25 high schools (88 teams) participated (2004–2005). In soccer, 744 players (ages 13–17) from 60 teams participated (2006–2007). In junior high school, 683 PE participants (ages 11–15) from two junior high schools participated (2008–2009). All study participants were randomized to the training group or control group by school or club in each study. All teams and classes completed a 15 min warm-up routine adapted for the specific sport setting or more global physical education class setting. The training group warm-up included components of dynamic stretching, lower extremity and core strength, agility and balance training. The control group warm-up was equivalent in length but contained components of a more standard warm-up practice in each setting. A physiotherapist or Certified Athletic Therapist, who was blinded to the training group allocation, assessed any injury occurring on a weekly basis. The universal injury definition included any sport injury occurring during the study period that required medical attention and/or removal from a session and/or missing a subsequent session. For the sport-specific studies, basketball and soccer injuries were the outcomes of interest. Incidence Rate Ratios (IRR) are based on Poisson regression intent to treat analyses.

Results: The basketball-specific and soccer specific neuromuscular training programs were protective of acute onset injuries for basketball (IRR = 0.71 [95% CI; 0.5-0.99]) and for soccer (IRR = 0.63 [95% CI; 0.39-0.96]). Based on a uni-