

EDITORIAL

Sport that wrinkled Care derides
And Laughter holding both his sides
Come, and trip it as ye go
On the light fantastic toe
And in thy right hand lead with thee
The mountain nymph, sweet liberty

John Milton 1608-1674

It was decided earlier in the year that this edition of the Journal would be devoted to matters relating to sporting activities. Although Groups were invited to submit research articles, case studies or notes for this edition, the response was very poor. The Editorial Board would welcome suggestions as to how they could motivate and assist members of the Society in writing articles for publication.

However, a few good articles were received and in the study by Petrick *et al*, schoolgirl hockey players and their coaches were questioned about lower leg injuries they may have sustained. Although only 27% of those questioned reported any problems, it was found that very few of the players or the coaches were aware of the causative factors of lower leg injuries or how these could be avoided. The authors recommend that those involved in sport should be educated in overuse injuries and their prevention.

The prevalence of cycling injuries was investigated by Bakkes *et al*. In this descriptive study valuable base-line information of the types and frequency of injuries sustained was obtained. The authors stress the importance of knowledge of ergonomics in the assessment and management of sports injuries.

In the clinical notes submitted, the mechanism of shoulder problems in tennis players is discussed and a scheme of treatment is given which should be of value to our many sports physiotherapists.

An undergraduate project by I Harris is included because of its topical subject of cricket, now that South Africa is becoming involved in international competition. Time is always a big factor in undergraduate research, but students

are invited to submit summaries of their findings to the Journal, so that valuable information may be shared with others, and that more in depth research may ensue from their findings.

WCPT AFRICA

At the recent Executive Committee Meeting of the World Confederation of Physical Therapy it was resolved that "There should be a commendation to WCPT Africa on their extraordinary progress and the great strides they are making". The executive committee of WCPT Africa have been working very hard to arrange their first congress at which it is hoped that physiotherapists in Africa will be provided a forum to exchange ideas on the practice of their profession on the continent. The pre-congress workshops will probably be held in Mombasa from 9-11 April 1994 and will deal with trigger point therapy, community based rehabilitation and a McKenzie teaching module. A General Meeting of all member organisations will take place in Nairobi on April 12 which will be followed by a two day congress. The post-congress workshops will possibly be held in Mombasa from 15-17 April and will concentrate on sports injuries, stroke management and McKenzie techniques. Transport will be arranged by the congress secretariat.

Members of the SASP are urged to support their region and to submit papers to this congress. Suggested topics for papers were published in the August Bulletin of the Journal. If you are thinking of attending the congress and/or workshops and visiting the beauty sites of Kenya, start saving now! Early bird registration fees will be very much less than you would have to pay later. For further information contact the President of WCPT-Africa, c/o Zimbabwe Physiotherapy Association, P O Box A147, Avondale, Harare, Zimbabwe now.

The Editorial Board and Publications Division wish all success to the final year students and welcome them as fully fledged members of the society in the near future. We would also like to wish all members much happiness and success in the coming year which holds so many challenges.

J C Beenhakker