

SPORTS AND EXERCISE MEDICINE COMING TOGETHER

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The European College of Sports and Exercise Physicians (ECOSEP) has contributed to this issue of the *BJSM*, and brings together the Sports and Exercise Medicine community at the sixth ECOSEP–INSEP Congress in Paris 2019. It is really important to develop the specialty further throughout Europe and globally. Our vision is to bring Sports and Exercise Medicine Health Professionals together, increase the collaboration between Sports Medicine Centres Network, support Sports and Exercise Medicine with high-quality and innovative research, and to provide more Sports and Exercise Medicine opportunities for training. It is patients' and athletes' right to have the opportunity for better services through Sports and Exercise Medicine development and offering the choice to the young coming, medical students and junior doctors, generation.

In this Issue

Concussion is a common and high-profile injury in contact sports. The King-Devick (KD) test has been promoted as a remove-from-play sideline screening test for sports-related concussion (see page 1526).

Exposure to repetitive subconcussive head impacts is a very interesting original article on the same topic (see page 1539). In this article, the association between WM alterations and exposure to repetitive subconcussive head impacts during a soccer season and the potential protective effect of jugular vein compression are examined.

Training load can be a risk for an injury and acute load itself could be a useful predictor of injury in absolute terms. In this editorial by Lolli *et al*, it is discussed that the current use of the ACWR to identify at-risk athletes and to manage them may be premature (see page 1510).

Effective **sports injury prevention** requires us to understand the complex relationships that occur among a ‘web of interacting determinants’. Hulme *et al* (*see page 1507*) debate whether computational methods can potentially describe and simulate the complex and dynamic nature of sports injury causation and prevention in ‘complex systems’. They promote the use of, and discusses the need for, agent-based and systems dynamic modelling in sports injury research.

The article by Abram *et al* (*see page 1533*) on **Arthroscopic knee surgery** concluded that over the last 20 years, rates of arthroscopic knee washout and diagnostic arthroscopy have declined by up to 90% but that arthroscopic chondroplasty is increasingly used with only limited supporting evidence.

Have you considered the benefits of ECOSEP?

ECOSEP members gain at least seven benefits (see below). You belong to a sports and exercise medicine centres network, get discounted quality education and CPD through major congresses (eg, MuscleTechNetwork, ECOSEP Congress, QMUL Congress, Podiatric Sports Medicine Congress) as well as sports and exercise medicine courses such as the sports on field trauma emergencies course. You have the opportunity to contribute to research involving various nations. Of course, all ECOSEP members have online BJSM access. If you have not tried out the podcasts, check this link (<http://bjsm.bmj.com/site/podcasts/>)—over 650 000 listeners can’t be wrong!

ECOSEP also nurtures sports & exercise medicine’s future generations

ECOSEP also welcomes medical students and junior doctors who wish to specialise in our growing and important specialty. ECOSEP aims to facilitate personalised mentorship, shadowing experience, elective placements, research involvement as well as pre-graduate and post-graduate events.

Sixth ECOSEP–INSEP Congress Paris 2019

‘From labs to the pitch’ will be the main topic of the sixth ECOSEP congress to be held on 29 and 30 November 2019. This year, it will take place at the INSEP (Institut National du Sport et de l’Exercice Physique), a conference venue in lush greenery in the heart of ‘Grand Paris’ (France), where performance rhymes with excellence, a real campus which combines 26 Olympic disciplines, more than 600 elite athletes and 150 national coaches. This congress is organised in collaboration with Sports² (University and University Hospital of Liège in Belgium) which is one of the 49 FIFA Medical Centres of Excellence in the world. Moreover, both INSEP and Sports² are taken part of the French consortium

recognised as the brand new IOC Research Centre for Prevention of Injury and Protection of Athlete Health.



In addition to numerous sessions on different fields of research in sports such as lesion prevention, recovery, return to sports criteria, sports psychology, ultra sports endurance, women in sports, tendinopathies, athletes' spine, ankle, ACL or muscle injuries but also regenerative medicine, European Association for Sports Dentistry (EA4SD) will collaborate to the scientific programme of this sixth ECOSEP congress.

Delegates will attend lectures on the very latest research in sports and meet the experts during practical workshops. Paris is the 'city of lights'. This is the ideal place to stimulate brains and improve the knowledge of all the attendees.

Moreover, clinicians and researchers from all over the world will have the possibilities to highlight their own research in sports in the form of abstracts which will have podium or flash poster presentations in 180 s and will have the possibility to confront their opinion and to liaise with experts in their topic.

The programme can be found on the ECOSEP (www.ecosep.eu) or EA4SD (www.ea4sd.com) websites.

It will be a great pleasure to meet you all at the INSEP in Paris!

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