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ASPETAR SPORTS MEDICINE COLLECTION

VOLUME 1

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PART B: MEDICINE OF SPORT

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PREFACE

“Each year, on the second Tuesday in February, the population of Qatar is granted a day off work to participate in a multitude of organised sporting events around the country.”

Qatar prioritises sport and physical activity. The Emir has decreed that sport is integral to ‘the construction of bodies and minds’ and that it is part of the ‘aspiration for a better tomorrow’. To support the nation’s commitment to sport, Qatar has pioneered a purpose-built healthcare centre to provide comprehensive and multidisciplinary care to athletes and physically active people — Aspetar Orthopaedic and Sports Medicine Hospital.

Since its inception in 2007, Aspetar has served over 350,000 patients and provided over 1.5 million appointments. It now delivers over 1000 successful surgeries annually. The lifeblood behind these impressive numbers is the more than 800 staff members from almost 70 different countries. Aspetar has at least one representative on staff from 1/3 of all nations on the planet. They work in a spirit of collaboration of their shared goals and in the strength of diversity.

The Aspetar Sports Medicine Journal

Issue 1 of the Aspetar Sports Medicine Journal was published in April of 2012 and it celebrated the hospital’s first five years. The Journal’s purpose – as laid out on page 5 of that historic issue – was clear:

The Journal aims to provide an authoritative resource of knowledge to all professionals concerned with the health and care of sport participants, linking academic and scientific approaches to all disciplines in sports medicine.

The Journal reflects Aspetar’s World-wide vision and expert faculty from Qatar, the Gulf Region and from all over the World. Every issue — whether focusing on specific sports, particular regions of the body that can fail in sport, or special populations of people who participate in sport and physical activity — has had a multidisciplinary and international input. From the very first issue, we have been committed to hearing from athletes and coaches. We have also launched regular features on the Legacy of Arabic Medicine. This journal mirrors the makeup of Aspetar Orthopaedic and Sports Medicine Hospital — it is athlete/patient focused – to elevate multidisciplinary prevention and treatment by an international family of dedicated staff.

I am extremely proud to have served as Editor-in-Chief of the Aspetar Sports Medicine Journal for all these years.. I have been inspired by my expert colleagues, and have gained friends from around the World from contributors who have delivered the vision of linking an academic/scientific approach with the clinical needs of sports medicine patients.



As of 2019, the Aspetar Sports Medicine Journal has published over 1,000 articles in over 4,000 pages. We have aimed to make the Journal easily accessible and distributed over 10,000 issues in print, before becoming more digitally based. To serve an even wider community – and to allow for the Journal to be conveniently accessed on mobile devices from Azerbaijan to Zambia – in 2014, we developed the online Aspetar Journal service (www.aspetar.com/journal). Our website (where all papers are available for free — open access) received more than 200,000 views in 2018 alone.

The Aspetar Sports Medicine Collection

To serve our community of readers, we now highlight 200 of the best papers in this Aspetar Sports Medicine Collection. Aspetar is proud to share our authors' wisdom — to disseminate World's best practice widely. The papers are arranged as per a classic textbook of Sports Medicine, printed in Volume One and Volume Two, with major sections (Sports Science, The Medicine of Sport and Sports Injuries) that again reflect Aspetar's multidisciplinary approach to patient care. It is important to remember that this book aims to be wide-ranging – but not comprehensive. As medicine is both an art and a science, we celebrate the opinion of true expert authors, where appropriate.

I would like to thank our Director General, Mr. Mohammed K Al Suwaidi, and the Aspetar senior management team – Dr. Abdulaziz Jaham Al-Kuwari, Mr. Khalid Ali Al-Mawlawi and Dr. Hakim Chalabi – for their support for the Journal and for this Collection. I am grateful to all the authors of the original Aspetar Sports Medicine Journal articles (as named in each chapter here), the Collection Editors who curated and collated the material for this Collection, and to Velvet Garvey, the first Managing Editor, for outstanding work.

This Collection – a multidisciplinary, multinational team effort – further reinforces the absolutely incontrovertible role for specialised sport and exercise medicine in this 21st Century's health and healthcare. It is essential for providing quality care for athletes and for physically active people. I close with one of my favourite Arabic proverbs:

"من يملك الصحة يملك الأمل. ومن يملك الأمل يملك كل شيء."

This translates, in contemporary English, to: "The person who has health has hope. And the person who has hope has everything."

Professor Dr. Nebojsa Popovic
Editor-in-Chief



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One of the greatest pleasures in editing this book, is to be able to acknowledge and thank so many people from all around the World for their enormous amount of help and encouragement over so many years.

I am grateful to our Aspetar founder, **H.H. Sheikh Jassim Bin Hamad Al Thani**, The Personal Representative of the **Amir**, and **Aspetar executive board** for their support for the Aspetar Sport Medicine Journal and this Collection.

I am fortunate to have many friends who have been very happy to help, whenever they have been asked over the years. Some of my colleagues have been approached many times for their opinions or editorial suggestions. I apologize for not accepting their suggestions on every occasion. My editorial board has played a major role in making this Collection happen. My thanks go to **Ivan Stankovic**, Managing Editor & Designer, who has been incredibly patient with me the whole time. To my editorial team of young enthusiastic and skilled people: **Velvet, Jake, Nicola, Nasim** and **Catriona**. And to **Peter** – thank you for your editorial and grammatical corrections.

My co-editors: **Mathew, Karim, Milena** and **Abdulla** – **Head of chapters** and **all the authors**. All my efforts over the past ten years would not have been possible without the full support of all my **Qatari friends**. Thank you for your friendly wisdom and patient encouragement on each, and every, occasion – I'm very grateful.

Nebojsa Popovic MD, PhD



CHAPTER 1: TRAINING METHODS AND ASSESSMENT

Marco Cardinale

INTRODUCTION25

Training Periodization 26
Irineu Loturco and Fabio Y. Nakamura

Want to See My Report, Coach?33
Martin Buchheit

Football

Part 1: Monitoring Training Status with Player-Tracking Technology40

Part 2: Monitoring Training Status with Player-Tracking Technology 50
Mathieu Lacome, Ben M. Simpson and Martin Buchheit

Can Modern Football Match Demands be Translated into Novel Training and Testing Modes?.....53
Paul S. Bradley, Michele Di Mascio, Magni Mohr, Dan Fransson, Carl Wells, Alexandre Moreira, Julen Castellano, Antonio Gomez, and Jack D. Ade

Sprinting

Sprint Running Mechanics60
Jean-Benoit Morin

Handball

Competitive Demands of Elite Handball 67
Claude Karcher and Martin Buchheit

Strength Training in Handball..... 76
Marco Cardinale

Programming High-Intensity Training in Handball..... 82
Martin Buchheit

Cycling

Methods to Assess Performance in Elite Cyclists in The Field..... 92
Frederic Grappe

Practical Considerations for Endurance Training with Power..... 97
Simon Jones

Does Ischaemic Preconditioning Improve Exercise Performance? 108
Scott Cocking

CHAPTER 2: ENVIRONMENTAL PHYSIOLOGY (HEAT AND ALTITUDE)

Sebastien Racinais, Olivier Girard and Lee Taylor

INTRODUCTION117

Adjustments in Football Performance Under Heat Stress 118
Julien Périard and Sébastien Racinais

Improving Football Performance in The Heat 123
Paul B. Laursen

Practical Recommendations for Endurance Cycling in Hot/Humid Environments	127
<i>Dave Nichols</i>	
Pearls for Best Endurance Running Performance in the Heat	134
<i>Sébastien Racinais and Douglas Casa</i>	
Heat Stress and Tennis Performance	140
<i>Julien D. Périard</i>	
Improving Endurance Performance With ‘Live High - Train Low’ Altitude Training	145
<i>Paul Robach and Carsten Lundby</i>	
Improving Team Sport Physical Performance	150
<i>Olivier Girard, Franck Brocherie, Raphaël Faiss and Grégoire Millet</i>	

CHAPTER 3: HYDRATION AND NUTRITION

Dan Kings

INTRODUCTION	157
Fluids: Facts & Fads	158
<i>Louise M Burke</i>	
Hydration Strategies for Football	163
<i>Ron Maughan and Susan Shirreffs</i>	
Nutritional Strategies for The Tour De France	166
<i>James P. Morton and J. Marc Fell</i>	
Oral Creatine Supplementation in Sports	173
<i>Stephane Bermon</i>	
Ramadan And Football	176
<i>Fuad Al Mudahka, Christopher Herrera and Abdulaziz Farooq</i>	

CHAPTER 4: RECOVERY STRATEGIES

Mohammed Ihsan

INTRODUCTION	183
Recovery Techniques for Athletes	184
<i>Shona L. Halson</i>	
Football Recovery Strategies	189
<i>Grégory Dupont, Mathieu Nédélec, Alan McCall, Serge Berthoin and Nicola A. Maffiuletti</i>	
Post-Game Recovery Strategies in Youth Football	197
<i>Martin Buchheit, Alberto Mendez-Villanueva, Cosmin Horobeanu, Alain Sola and Valter Di Salvo</i>	
Cold Water Immersion – Practices, Trends and Avenues of Effect	205
<i>Hamish McGorm, Llion A. Roberts, Jeff S. Coombes and Jonathan M. Peake</i>	
Post-Exercise Recovery – Effects of Whole-Body Cryostimulation Exposure	210
<i>Christophe Hausswirth</i>	

TABLE OF CONTENTS

CHAPTER 5: SLEEP AND JETLAG

Peter Fowler

INTRODUCTION	221
Sleep as a Recovery Tool for Elite Athletes	222
<i>Charles Samuels and Lois James</i>	
Performance Recovery Following Long-Haul International Travel in Team Sport Athletes.....	228
<i>Peter M. Fowler</i>	
Sleep and Sporting Performance	237
<i>Yann Le Meur and Christophe Hausswirth</i>	
Coping with Jet Lag and Protecting Athlete Health When Travelling	247
<i>Dina C Janse Van Rensburg, Audrey Jansen van Rensburg and Martin P Schwellnus</i>	

CHAPTER 6: SPORTS PSYCHOLOGY

Andy Lane

INTRODUCTION	257
Goals, Emotions and Performance	258
<i>Andy Lane</i>	
Performing in the 'Zone' - Achieving the Optimal Performance State.....	262
<i>Thomas Patrick and Amira Najah</i>	
Optimising Recovery in Sport - Psychological Considerations	266
<i>Thomas Patrick</i>	

PART B: MEDICINE OF SPORT Edited by Karim Khan and Milena Tomovic

270

CHAPTER 1: THE ROLE OF THE TEAM PHYSICIAN

Celeste Geertsema

INTRODUCTION	275
A Day in The Life of a Team Doctor	277
<i>Roger Palfreeman</i>	
The Chief Medical Officer in International Sports Federations	282
<i>Peter Jenoure, Michael Turner, Babette Pluim, Alain Lacoste, Mario Zorzoli and Katharina Grimm</i>	
The Role of The Specialist Sports and Exercise Medicine Physician in Elite Sport	288
<i>Paul Dijkstra and Noel Pollock</i>	

CHAPTER 2: PRE-PARTICIPATION HEALTH EVALUATION

Milena Tomovic

INTRODUCTION	299
There Are Many Good Reasons to Screen Your Athletes	300
<i>Nicol van Dyk, Arnhild Bakken, Stephen Targett and Roald Bahr</i>	

Screening in Football Players	306
<i>Stephen Targett and Celeste Geertsema</i>	
Screening for Team Handball	312
<i>Stephen Targett and Celeste Geertsema</i>	
Monitoring the Immature Athlete	317
<i>Amanda Johnson</i>	

CHAPTER 3: INJURY PREVENTION

Roald Bahr

INTRODUCTION	323
Injury Prevention in Football and The FIFA 11+	324
<i>Mario Bizzini, Matthias Eiles, Mark Fulcher, Zohreh Haratian and Jiri Dvorak</i>	
Injury Prevention and Performance Enhancement in Team Sports	332
<i>Tim Gabbett</i>	
Injury Prevention Training in Football	336
<i>Darren Paul, George Nassis and Joao Brito</i>	
Preventing Hamstrings Strains	340
<i>Roald Bahr</i>	
ACL Prevention in Female Football	345
<i>Kathrin Steffen, Roald Bahr and Grethe Myklebust</i>	
ACL Prevention in Female Handball	351
<i>Grethe Myklebust</i>	
Prevention of Running Related Injuries	356
<i>Steef Bredeweg</i>	
Injury Prevention and Management Among Athletic Populations	362
<i>Kieran O'Sullivan, Sean McAuliffe and Gregory Lehman</i>	
Principles of Injury Prevention in The Para Athlete	368
<i>Nick Webborn and Peter Van de Vliet</i>	
Uncertainty, Heuristics and Injury Prediction	373
<i>Mladen Jovanovic</i>	

CHAPTER 4: CONCUSSION IN SPORTS

Louis Holtzhausen

INTRODUCTION	381
Implementing a Worldwide Concussion Programme	383
<i>Martin Raftery and Ross Tucker</i>	
Concussion Management in 2014	390
<i>Paul McCrory</i>	
The History and Current Principles of Concussion Management in Boxing	401
<i>Mike Loosemore</i>	

TABLE OF CONTENTS

CHAPTER 5: CARDIORESPIRATORY HEALTH

Stephen Targett

INTRODUCTION	409
Athlete's Heart - What Is It?	410
<i>Francois Carré</i>	
Sudden Death in Football	415
<i>Sanjay Sharma and Mathew Wilson</i>	
The Swimmer's Heart	421
<i>Nathan Riding</i>	
The Veteran Athlete's Heart	428
<i>Mathew Wilson</i>	
Hypertension in Elite Athletes - New Insights into An Old Problem	434
<i>Jelena Suzic Lazic and Victoria Watt</i>	
Asthma, EIB and the athlete - Diagnosis, Prevalence, Treatment, And Anti-Doping	442
<i>Greg Whyte</i>	
Common Respiratory Disorders in Elite Swimmers - Diagnosis and Management	447
<i>Jon Greenwell</i>	

CHAPTER 6: ILLNESSES IN ATHLETES: ENVIRONMENT, IMMUNITY, TRAINING LOAD

Milena Tomovic

INTRODUCTION	453
Overtraining Syndrome	454
<i>Romain Meeusen, Susan Vrijkotte, Kevin De Pauw and Maria Francesca Piacentini</i>	
Relative Energy Deficiency in Sport - The Aquatic Disciplines	460
<i>Margo Mountjoy</i>	
Acute Effects of Exercise on Immunity	466
<i>Carlo Giammattei, Riccardo Banducci, Giulia Pierami and Alberto Tomasi</i>	
Infection Management in Elite Athletes	473
<i>Tim Meyer</i>	
Infections in Sports Medicine: MRSA	479
<i>Larissa May</i>	
Bringing the Games to the World – Air Pollution, Sport, and Health Hazards	483
<i>Ola Ronsen</i>	
Testing the Waters: Highlighting the Safety of Open Water Swimmers	490
<i>David Gerrard and Sergio Migliorini</i>	

CHAPTER 7: THE PARA ATHLETE

Nebojsa Popovic

INTRODUCTION	497
The Athlete with Spinal Cord Injury	498
<i>Jan Lexell</i>	
The Athlete with Limb Deficiency	504
<i>Stuart E. Willick</i>	
The Athlete with Visual Impairment	510
<i>Ciro Winckler and Andrea Jacusiel Miranda</i>	
The Athlete with Cerebral Palsy	515
<i>Phoebe Runciman and Wayne Derman</i>	
Sports Cardiology and the Paralympic Athlete	521
<i>Brett G. Toresdahl, Suzy Kim, Irfan M. Asif and Cindy J. Chang</i>	

CHAPTER 8: EVENT MEDICAL SERVICES

Liesel Geertsema

INTRODUCTION	529
2022 FIFA World Cup Qatar – Medical Preparations	530
<i>Efraim B. Kramer, Jiri Dvorak and Martin Botha</i>	
Serious Medical Events in Football	536
<i>Stephen Targett, Mat Wilson, Gary O'Driscoll and Celeste Geertsema</i>	
Providing Medical Services to Aquatic Athletes	542
<i>Paul Dijkstra, Liesel Geertsema, Celeste Geertsema and Nejib Benzarti</i>	
From Hand to Foot, It Is The Mind That Matters – The Men's Handball World Championship 2015	546
<i>Celeste Geertsema, Rachid Bouras and Katharina Grimm</i>	
Getting Our Athletes The Care They Deserve	551
<i>The Fédération Internationale des Sociétés d'Aviron (FISA) Sports Medicine Commission</i>	
Volunteers in Sport	555
<i>Caroline Ringuet</i>	

CHAPTER 9: ETHICS IN SPORTS MEDICINE

Paul Dijkstra

INTRODUCTION	563
Overdiagnosis in Sports Medicine	566
<i>Robert-Jan de Vos</i>	
The Art of Treating Clearly	571
<i>Boris Gojanovic and François Fourchet</i>	
Treating Elite Athletes	577
<i>David Gerrard and Alan Vernec</i>	

TABLE OF CONTENTS

The Lance Armstrong Case	581
<i>David Mottram</i>	
Why Do Athletes Take Drugs?	587
<i>David Mottram</i>	
Drug Testing in Sport	594
<i>David Mottram</i>	
Doping and Anti-Doping in Cycling	600
<i>Yorck Olaf Schumacher</i>	
Doping in Handball	605
<i>Yorck Olaf Schumacher</i>	
Inadvertent Use of Drugs in Sport	609
<i>David Mottram</i>	
Gender Equality in Olympic Sport	614
<i>Jennifer Hargreaves</i>	
The Rise of The Women’s Game	620
<i>Rebecca Smith</i>	
Women’s Struggle in The Beautiful Game	624
<i>Moya Dodd</i>	
Female Participation in Sport and Active Recreation	628
<i>Caroline Riot</i>	

SECTION: EXERCISE & LIFESTYLE MEDICINE Edited by Abdulla Saeed Al-Mohannadi

634

I: EXERCISE IS MEDICINE

The Exercise Is Medicine® Global Health Initiative	636
<i>Robert Sallis</i>	
Exercise Is Medicine® Qatar	641
<i>Mohamed Ghaith Al-Kuwari, Husam Rezeq, Izzeldin El Jack Ibrahim, Ahmed Al Hamdani and Suzan Sayegh</i>	
The Exercise Is Medicine® Global Research and Collaboration Center	648
<i>Felipe Lobelo</i>	
The Power of Physician-Prescribed Physical Activity – Greenville Programme	654
<i>Jennifer L. Trilk and Ann Blair Kennedy</i>	
What Is ‘Implementation’ And Why Is It Important for Sports Medicine and Physical Activity?	660
<i>Ivana Matic and Heather McKay</i>	

Physical Activity and Cardiorespiratory Fitness in The Management of Cardiovascular Disease in Preventive Cardiology	668
<i>Tim Grove</i>	
Smart Moves: Physical Activity's Contribution to Educational Achievement	674
<i>Richard Bailey</i>	

II: HEALTHY LIFESTYLE – PROMOTION, BARRIERS & FACILITATORS

Moving Towards an Active Living Society – Singapore	678
<i>Robert A. Sloan and Sam S. Sloan</i>	
Nation-Wide Physical Activity Program	684
<i>Izzeldin El Jack Ibrahim, Suzan Sayegh, Mercia Van Der Walt, Abdulla Saeed Al-Mohannadi</i>	
The Effect of Weather Conditions on The Seasonal Variation of Physical Activity	688
<i>Abdulla Saeed Al-Mohannadi and Mohamed Ghaith Al-Kuwari</i>	
Promoting Physical Activity	692
<i>Mark A. Tully and Ruth F. Hunter</i>	
Sedentary Lifestyle – An Alarming Epidemic	698
<i>Ahmed Al Hamdani and Stephen Targett</i>	
Promoting Health Enhancing Physical Activity – The New Role of The Sport Sector	703
<i>Mohamed Ghaith Al-Kuwari and Izzeldin Ibrahim</i>	

III: HEALTHY LIFESTYLE – TARGETED POPULATIONS

Promoting Physical Activity Among Arab Women	707
<i>Ahmed Al Hamdani and Stephen Targett</i>	
The Pandemic of Low Physical Activity in Children and Adolescents	713
<i>John Reilly</i>	
Children's Right to Practice Health-Enhancing Physical Activity	719
<i>Liliana Leone, Caterina Pesce, Laura Capranica</i>	