

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

