Techniques for retrieving sports medicine information can be divided into two types: (i) general searches on the major search engines; and (ii) specific searches on dedicated sites.

**GENERAL SEARCHES**

**MDLinx (www.mdlinx.com/)**
You will have to register to access all areas of this site, but it is free and worth it as, apart from sports medicine, this site has a multitude of useful areas. There are many articles on sports medicine; to get there, go to the home page, and use the ‘Search’ block to find ‘sports medicine’. The illustration (Fig. 1) shows some of the article titles, but these change on a regular basis.

**Yahoo search (dir.yahoo.com/Health/Medicine/Sports_Medicine/)**
Yahoo has an area of its directory devoted to health, and a subsection is titled ‘Medicine’, with sports medicine inside that. Here are some of the sites listed:
- American College of Sports Medicine [www.acsm.org]: This site ‘promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science.’
- American Orthopaedic Society for Sports Medicine [www.sportsmed.org]: This is the website of an association of orthopaedic surgeons and allied health professionals.
- University of Washington Department of Orthopedics and Sports Medicine [www.orthop.washington.edu] which has bone, joint, and arthritis information for patients and physicians.
- American Sports Medicine Institute [www.asmi.org], dedicated to improving the understanding, prevention, and treatment of sports-related injuries through research and education.
- Institute for Preventative Sports Medicine (IPSM) [members.aol.com/wwwipsm/index.html] gives information on prevention of sports-related injuries and health care cost containment.
- The Physician and Sportsmedicine, [www.physportsmed.com] is a peer-reviewed monthly journal serving the practising physician’s professional and personal interests in the medical aspects of exercise, sports and fitness.

**Google search**
Many of the Yahoo sites were retrieved by Google and, in addition:

**SPECIFIC SEARCHES**

The American College of Sports Medicine (ACSM) [www.acsm.org] gives mainly news of local (USA) events and activities, but they provide a list of ‘Popular Links’ which includes a section labelled General Health and Fitness which has this content list: Guidelines for Healthy Aerobic Activity, Calculating Your Exercise Heart Rate Range, ACSM’s Active Aging Tips, AARP Triathlon for people 50+, and Public Information Brochures.

The Physician and Sportsmedicine Online [www.physportsmed.com] [Fig. 2] is an online journal packed with information about sports medicine for anyone, as they say, ‘in one of the following specialties: Family Practice, General Practice, Cardiology, Internal Medicine, Orthopedic Surgery, Pediatrics, Osteopathy, Family Practice/Sports Medicine, Internal Medicine/Pediatrics, Internal Medicine/Sports Medicine, Orthopedic Surgery/Sports Medicine ...’ There is usually one article
Sports Medicine on the Web ([www.sportsmedicine.com](http://www.sportsmedicine.com)) is a directory site which will lead you to many other interesting sites on the topic. Their list includes injuries, health and wellness, and fitness and exercise. One of the links is labelled ‘Resources’ which will provide links to:

- **ADAM Medical Encyclopedia**, which is a great source of medical and health information such as common injuries, diseases, drugs, nutrition, poisons, special topics, surgeries, symptoms, and tests.
- **Health on the Net Select (HONselect)**, which integrates information from various types of Internet databases onto a single interface.
- **MEDLINEplus and PubMed**, the well-known searchable databases of the National Library of Medicine site which brings together, by health topic, authoritative information from all over the world.
- **Med Explorer**, a very extensive listing of medical sites divided by topics.
- **MedWeb**, a catalogue of health-related websites maintained by the Emory Health Sciences Center Library.
- **Multilingual Glossary**, which lists technical and popular medical terms in nine European languages.

There are in addition, under the ‘Resources’ label, links to anatomy and physiology websites. On the anatomy site you may find illustrations such as that in Fig. 4. In the ‘Physiology’ section, articles appear on various topics such as one on bone cells at [depts.washington.edu/bonebio/bonAbout/bonecells.html](http://depts.washington.edu/bonebio/bonAbout/bonecells.html) (Fig. 5).

The American Journal of Sports Medicine ([journal.ajsm.org](http://journal.ajsm.org)) provides abstracts of articles and subject collections, but requires a subscription for any recovery of full texts. This applies to all sections including their archives.
WEBSURFING

The British Journal of Sports Medicine [bjsm.bmjournals.com] has a series of collections which includes a section on sports medicine (bjsm.bmjournals.com/cgi/collection/sports_medicine). Here again, you will be able to retrieve abstracts, but you need to be a subscriber to access full text articles.

As is to be expected, some individuals have established websites on sports medicine. One such is Elizabeth Quinn (sportsmedicine.about.com). Her background is in exercise physiology and she is a health information writer and researcher. She currently manages the clinical health information development for a health care organisation. The site is one of many from the About.com organisation, which is a directory similar to Yahoo, which covers topics from arts and entertainment, to travel, by way of parenting, history and religion and spirituality. On the sports medicine pages, there are what appear to be some interesting and possibly valuable links (Fig. 6).

FUN SITE OF THE MONTH

Tired of the look of your desktop? Want to add some decoration to your screen? Go no further than www.macdesk tops.com. Designed mainly for Apple Mac computers the desktop backgrounds will work on Microsoft-based PCs as well. The one I chose for my desktop is ‘Dawn’ (Fig 7). There are literally hundreds if not thousands of illustrations you can use for your desktop background, and even some animations.

Fig. 6. Elizabeth Quinn’s site in the About.com stable.

The British Journal of Sports Medicine [bjsm.bmjournals.com] has a series of collections which includes a section on sports medicine (bjsm.bmjournals.com/cgi/collection/sports_medicine). Here again, you will be able to retrieve abstracts, but you need to be a subscriber to access full text articles.

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Fig. 7. One of the MacDesktops.

SINGLE SUTURE

THE PERILS OF CHEERLEADING

‘Catastrophic cheerleading injuries’ immediately takes the eye! Of 39 incidents reported to the National Center for Catastrophic Sports Injury between 1982 and 2002, the authors reviewed 29. Twenty-seven of the injured were women, and the rate of injuries among college cheerleaders was 5 times that among high schoolers. The most common injury provoking stunts were a ‘pyramid’ and a ‘basket toss’. The injuries included 17 severe head injuries leading to 13 skull fractures and 2 deaths, 8 cervical fractures, and 3 spinal cord contusions. Only in America!