AMERICAN COLLEGE of SPORTS MEDICINE®

Scanning Sports Medicine

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The following is a preview of select articles that published in *Medicine & Science in Sports & Exercise* 2007, Volume 39, Number 5.

Effect of Impact Exercise on Physical Performance and Cardiovascular Risk

Scientists look at the effects of high-impact exercise on physical performance, and glucose and lipid profiles. In a 12-month randomized controlled trial of 120 women, participants were monitored for improvements after a supervised, progressive, high-impact program combined with a home exercise program. Findings demonstrated performance increases such as maximal oxygen uptake, and decreases in waist and hip circumferences, as well as total and low-density lipoprotein cholesterol. **Bottom line:** This study lends support to the positive benefits that impact exercise can have on performance and cardiovascular risk factors.

The Placebo Effect of Ankle Taping in Ankle Instability

This study looks at whether a placebo effect exists with ankle taping in individuals with ankle instability. Athletes with known instability performed hopping and balance tests with real tape, placebo tape, and no tape. No significant performance differences were exhibited between the three groups; however, the participants' perception of stability, confidence, and reassurance all increased with both real and placebo taping. **Bottom line:** Regardless of actual performance benefit, the perceived benefit of ankle taping noted by athletes may help in prevention of injuries.

Age and Sex-based Differences in Youth Physical Activity: Does Physical Maturity Matter?

The authors looked at whether the observed sex-based differences in objectively measured physical activity in children are confounded by physical maturity differences. Physical activity in 401 children was studied using accelerometers. Levels of physical activity decreased

with increased chronologic age for both sexes, but when aligned for chronologic age, the boys averaged more activity than the maturity-matched girls ($P < 0.05$). Once assigned a biologic age, based on years from peak height velocity, the decline persisted with increasing age, but the sex-based differences between the biologic age groups disappeared. **Bottom line:** Future public health studies of sex disparities in youth physical activity need to take into account that physical maturity may be a confounding variable.

The following is a preview of select articles that published in *Medicine & Science in Sports & Exercise* 2007, Volume 39, Number 6.

Pulmonary Embolism in an Adolescent Soccer Player: A Case Report

This case study describes a 16-year-old male soccer player with no known risk factors who presented in acute distress with bilateral pulmonary emboli. His work-up revealed no etiology for this phenomenon. Due to recurrent symptoms and poor compliance with anticoagulation, the athlete had a Greenfield (Boston Scientific, Natick, MA) inferior vena cava filter placed. **Bottom line:** This case illustrates the need to consider pulmonary embolism as a potential cause of acute onset of dyspnea in an athlete regardless of the absence of risk factors.

Recurrent Concussion and Risk of Depression in Retired Professional Football Players

This study looked at associations between prior head injury and the likelihood of clinical depression in retired professional football players. The study utilized two questionnaires to identify depression and mild cognitive impairment. Compared with retired players without a history of concussion, retired players reporting previous concussions were 1.5 to three times more likely to be diagnosed with depression based on the number of concussions sustained. **Bottom line:** This study suggests a possible link between recurrent sport-related concussion and an increased risk of clinical depression.

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