

INTERNATIONAL FEDERATION OF SPORT MEDICINE

NINETY YEARS CONTRIBUTION TO HEALTH IN SPORT

THE FIMS LEGACY

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Preface

As President of FIMS, I feel highly privileged and honoured to write the preface to this book on the occasion of the ninetieth anniversary from its foundation in 1928. *Ninety Years Contribution to Health in Sport: the FIMS Legacy* aims to sum up and sketch the impressive history of our Federation by tracing its historical roots and focusing on the leading figures who, over time, have turned the story of a small group of dreamers and pioneers in sports medicine into a successful history of facts, events, and people.

The book sets out the highlights and successes of a Federation that, within the space of less than a century, thanks to the efforts and commitment of its members, has become a world-leading community and association of practitioners at the service of the promotion and defence of athletes' health and its values.

The scope of this book, which is indexed and provided with an electronic and open-access version preserved in digital repositories, is to deliver a memory of our history and legacy to new generations of sports physicians and all people who, interested in sports science, are eager to learn and know the history of the community of practitioners that has contributed the most to the growth of sports medicine and the change of public perception, ethics, and regulation of a profession such as that of the sports physician.

I am sure that this book containing the story of our founding fathers and most relevant facts about the historical phases of FIMS will continue to inspire new generations of sports physicians in the years to come. FIMS is a big family and motivated by this spirit will keep on achieving with even greater success.

In concluding this preface, I wish to express my gratitude to all past Presidents, Executive Board members, friends and – last but not least – all contributors of this book, who, by writing this short history of the International Federation of Sports Medicine, have contributed to making it even more interesting, prosperous, and glorious.

Prof. Fabio Pigozzi

FIMS President

1. *Introduction*

FIMS is a community of people actively devoted to the advancement and dissemination of evidence-based sports medicine. The history of FIMS is a story of success and commitment to excellence. The Federation has grown in tandem with the growth and development of the Olympic movement and the philosophy and principles which inspired its founding father, Pierre de Coubertin (1863-1937).

FIMS has strongly contributed to the history of sports medicine in the advancement of medical research in the field of sport in areas ranging from the study of sport to physical activity. Due to the efforts of FIMS, sports medicine has become a medical specialty internationally and has been allowed to develop as a community of practitioners and scientists committed to defining its interdisciplinary perspective. The founders of the Federation were also pioneers in areas of research such as physical activity and health promotion.

The philosophy of FIMS has always been based on a holistic approach to physical activity and sport as a means of promoting and maintaining physical and mental health in all individuals. For FIMS, well-being is a human right and sport is ideal in making this right accessible to all human beings.

The continued investment in medical education and training by FIMS demonstrates the interest of the Federation in supporting the next generation of sports physicians. The history of FIMS is a story of volunteers who have devoted their lives to medicine and its values and have used physical activity and sport as a means to translate these values into practice. This commitment and engagement has allowed the tremendous geographical expansion of the Federation worldwide.



President Fabio Pigozzi and Secretary General Norbert Bachl in front of de Coubertin's portrait at the IOC Headquarters in Lausanne



Undoubtedly, FIMS has contributed more than any other organization in making sports medicine a leading discipline in healthcare science.

The philosophy of FIMS is strictly tied to the Olympic movement and its values, ethics, and educational principles. The position of the Federation is that sports medicine is more than a medical discipline. As such, FIMS has helped sports medicine evolve from the science of providing a “cure” for athletes and enabling them to perform safely at their best, to a science also focused on sports practice as a tool to protect the health of athletes and promote the health of the general population.

According to the underlying principles of FIMS, a sport physician must convey, not only to the world of sport but also to the general population, an image of a sports medicine that is much broader than sanctioning unwanted behaviours in sport and competitions but primarily focused on the prevention of illness and the promotion of athletes’ health.

In 1930, as an official member of the French government delegation, de Coubertin addressed the Société des Nations in Geneva to present and explain his charter of Sports Reform. To counter objections brought against sport, de Coubertin advocated specific measures that included the development of a new sports medicine (which he called “*Medicine for Sport*”) based on the “*state of the athlete health*” with particular focus on the holistic characteristics of the individual. De Coubertin’s ideas continue to inspire the FIMS philosophy and its holistic view of sports medicine. Sport encompasses the values integral to health and represents an avenue to health, albeit sport does not lead directly and inevitably to health and well-being. However, sport provides a unique opportunity to experience health and to enrich everyday life. Sports Medicine, as facilitator and promoter of these possibilities, can play a fundamental role. FIMS is committed to utilizing sport and physical activity to help athletes and the public appreciate that health is always a social and communicative experience and in line with the definition of Health by the World Health Organization (WHO) (1948) as “*a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity*”. Sport as a means to health and well-being can also provide an unparalleled social experience.

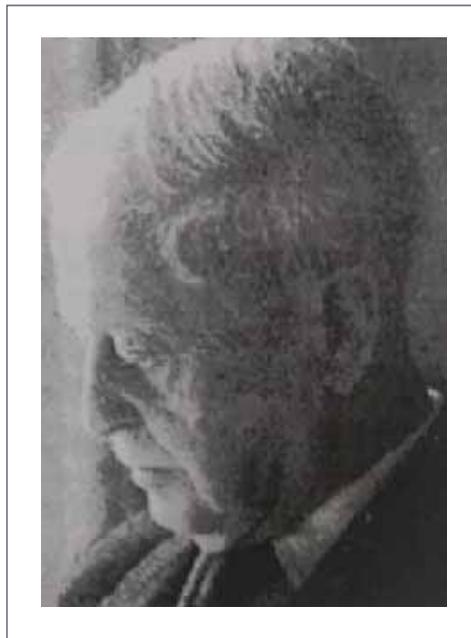
2. *FIMS and its origins*

The origin of FIMS and its worldwide growth and expansion is undoubtedly linked to the development of the Olympic movement, its values and ideals. The father of the modern Olympic idea, Pierre de Coubertin as already indicated previously, realized early on the important role played by sports physicians in the development of the Olympic movement.

Undoubtedly, there were some events, which prepared the ground for the future development of the medical science of sport. In 1883, Prof. Speck, a physician from Magdeburg built the first mechanical ergometer in Germany. For the first time it was possible to have exercise performed that was reproducible and exact in terms of work load. This was, according to some sports historians, the beginning of sport science and sports medicine. Thirteen years later, in 1896, Pierre de Coubertin revived the Olympic Games and all participating nations valued the best preparation of their athletes for competition. In 1899, S. Henschen first described the "Athlete's Heart Syndrome" (AHS), once a myth and a limitation for exercise and sport.

Nowadays, thanks to research he started, athletes and the public in general, can take part in physical exercise without fear of cardiovascular disease.

De Coubertin was also one of the first to understand the importance of sports medicine as a means of countering all illegal practices in sports that threaten the integrity of sport as an educational and ethical practice. For this reason, according to de Coubertin, the role and function of sports medicine were both educational, moral and strongly opposed to the negative aspects of sport.



Prof. Wilhelm Knoll



The history of FIMS, published by Prof. Kurt Tittel in the Encyclopaedia of Sports Medicine, mentioned that on the 14 of February of 1928 and during the II Winter Olympic Games held in St. Moritz, sports physicians from 11 countries established the Association Internationale Médico Sportive (AIMS) (the precursor of FIMS) and that Dr. Wilhelm Knoll from Switzerland was appointed the first president.

Indeed, the foundation of AIMS on February 14, 1928, in St. Moritz during the II Winter Olympic Games can be considered as the culminating point of an internal and implicit debate within the Olympic movement and the Olympic philosophy.



No doubt that this foundation represents a fundamental milestone not only in the history of Olympism but of Western medical science. This date represents a crucial stage in the growth and development of the Olympic movement and its values

Invitation to the first International AIMS Congress and poster of 1928 Olympic Winter Games

and ideals. AIMS was established in response to de Coubertin's request for a more holistic and non-reductionist sports medicine concept; a health science devoted to the care of athletes and means to preserve the values of sport and its ethics. The birth of the AIMS, which would later become FIMS (Fédération Internationale de Médecine Sportive) in 1934, marked a crucial step in the history of sports science and sports medicine.



3. *FIMS and its development phases*

The history of FIMS as an ambassador of the values of the Olympic movement, its educational principles and philosophy of life can be summed up in six main historical phases ranging from 1912 to present.

A short analysis of these phases illustrates how the historical development of FIMS has followed a linear course in which the successful results achieved at each stage have been made possible by the strong commitment of leading figures represented by the various Presidents who have succeeded in the leadership of the Federation.

Starting from the pioneering stage, the Federation has progressively consolidated and broadened its appeal on a global scale, seeing a growth in membership and increasingly engaging in international scientific and educational initiatives aimed at promoting values and pursuing its founding goals.



3.1 *The pioneers (1912-1936)*

The phase acknowledging the early “pioneers” is dedicated to a small group of sports physicians, the very first pioneers in the new scientific domain of sports medicine, which began to take the initiative to establish associations and create teams of professionals interested in debating and applying the scientific results of applied physiology to the new field of sport science. This is the pioneering phase and the beginning of the discipline.

In this phase, 1912 is a significant landmark because on September 1st of that year, the I Congress on Research in Exercise was held at the Golf Club of Oberhof in Germany. On that occasion, the German Committee for Scientific Research on Sport and Physical Exercise was established. This Committee was the first Association of Sports Physicians.



The Golf Club of Oberhof, Germany. The location where the first Association of Sports Medicine was established



In the city of Lausanne in 1913, the International Olympic Committee (IOC) organized an *“International Congress on Physiology and Psychology of Sports”* reflecting the growing international interest in the subject. In 1915, in Paris, another international congress was held with topics in Physiology of Sports and Kinesiotherapy.

In this phase, a group of first specialists in sports medicine emerged. In a ceremony held on the 13th June 1913, at the Berlin Stadium, in Germany, Arthur Mallwitz was branded the first *“Sports Physician”* in the world.

In 1927, the President of the German Medical Society for Sport, Prof. Walter Schnell, invited experts from 12 countries to discuss future cooperation for the development of a medical science of sport focused on pertinent issues of the discipline and supported by the International Sports Federations.

There are four key documents that provide the first traces of the birth of the Association. The first is a copy of the invitation for the *“International Conference on the Medical Control in Sports”*. The invitation calls for a meeting to be held in Saint Moritz on the 20th of February 1928, directed to the IOC, the National Olympic Committees, the International Sports Federations and the Sports Physicians. The invitation was signed by Dr. Francis Masserli who at that time was a Professor in the Medical School in Lausanne and Secretary General of the Swiss Olympic Committee and a Member of the Organizing Committee of the II Winter Games. The next document is the agenda of the meeting and the Registration Form, where the date was corrected (by hand) to 14th February 1928, specifying that the meeting would be held in the City Hall in St. Moritz. A third document is a letter from the President of the IOC, Conte Henri de Baillet-Latour, informing that the Executive Board of the IOC provided its patronage to the organization of the International Conference and to the subjects to be discussed. A project for the Medical Evaluation of the Olympic Athlete prepared by Prof. Francis Masserli and dated 1927, served as a reference document for the organization of the International Conference. The analysis of these documents reveals that the idea of creating an International Association of Sports Medicine was born during the Olympic Games and also brings together the concept of protecting the health of the athlete, making the athlete the focus of study; this would later become the fundamental basis for the development of the discipline of sports science.



The idea of establishing an international sports medicine association commenced almost simultaneously in France, Switzerland and Germany. These three countries had founded National Associations of Sports Medicine before the constitution of FIMS; the Société Médicale Education Physique et Sport in 1921; the Sports Medicine Commission for the Federal Union in 1922, inside the Swiss Association for Physical Education; and the German Medical Association for Promotion of Physical Education (Deutsche Ärztsbund zur Förderung der Leibesübungen) in 1925.

At an international meeting held in Berlin in 1927, the President of the German Association, Dr. Schnell, proposed the founding of an International Association for Sports Medicine. As a consequence of this development, the Swiss National Olympic Committee decided to organize an international conference during the II Winter Games held in St. Moritz. In the invitation letter directed to the National Olympic Committees, International Sports Federations and sports physicians, Dr. Wilhelm Knoll, who was appointed chair of the Medical Commission for these Games, explained the objectives of the meeting. The opening of the conference by representatives of the IOC and the Swiss Olympic Committee included a lecture on the importance of the medical control in sport and its organization and as general discussion, the establishment of an "*International Association*" and designation of its Executive Committee with the purpose of conducting medical controls of athletes. The old City Hall in St. Moritz where the meeting was held is now a school and a place for meetings of the community: the "*Schulhaus St. Moritz*".

On the 13th of February 1928, the Count Henri de Baillet-Latour, President of the IOC, wrote a letter to Dr. Masserli informing that the Executive Committee agreed to provide the patronage of the IOC for the organization of the International Conference to be held in St. Moritz. Therefore, on 14th February 1928, the Association Internationale Médico Sportive (AIMS) was founded in St. Moritz, Switzerland, during the II Winter Games. It was preceded by an extended discussion on the focus of the discipline, its problems and the need for a strong association capable of supporting the policies of promotion and cooperating with the International Sports Federation and, in doing so, contribute to the growth of the Olympic movement. The founders were 33 medical doctors from 11 participating countries.



The first Executive Committee appointed in this session was formed by Prof. W. Knoll (Switzerland) as President; Dr. A. Mallwitz (Germany) as Secretary General; and Prof. A. Latarjet (France), Prof. F. Buytendijk (Netherlands) and Dr. W. Dybowski (Poland) as Members of the Executive Committee. Prof. Buytendijk was appointed to organize the I



International AIMS Congress in Amsterdam, during the IX Olympic Summer Games in August 1928.

*The Old City Hall
in St. Moritz
where FIMS
was founded
in 1928*

In addition to colleagues from France and Germany, notable early pioneers included Prof. Masserli and Dr. Knoll for their work in developing in the Swiss Olympic Committee the idea of the medical control of elite athletes. Such developments strengthened the ties between physicians and the Olympic Games, culminating in the International Conference during the II Winter Games where FIMS was born. From these early events it is clear that the IOC developed a strong relationship with FIMS; FIMS acting as the medical arm of the Olympic movement until the creation of the IOC Medical Commission in 1967. FIMS was also the only body responsible for the organization of Sport Medicine Congresses from 1928 to 1972.



*Prof. Frederick
Buytendijk
(The Netherlands)
1928 - 1933*

After few months, in August 1928, during the 9th Summer Olympic Games, the 1st International Congress of Sports Medicine was held in the city of Amsterdam, in the Netherlands where 286 doctors from 30 nations participated.

In 1934, during the 3rd International Congress of Sports Medicine held in Chamonix, France, it was decided to change the name of AIMS into Fédération Internationale de Médecine Sportive (FIMS); the name retained until the 1998 World Congress in Orlando.



Team photo from the 1st International Congress of AIMS in August 1928, during the 9th Summer Olympic Games

In subsequent years, the number of specialists attending the conferences organized by the Federation increased considerably. In 1936, about 1000 physicians from 42 countries participated

in the 4th International Congress of Sports Medicine which was held in Berlin, during the XI Olympic Games. In 1937, the 5th International Congress of Sports Medicine was held in Paris and Leonardo Conti, from Germany, was elected President of FIMS. A key feature of this first phase in the history of FIMS is the significant effort of the early professional sports physicians to develop the research field of their discipline and to create a community to support initiatives, new specialists and young scholars.

The 6th FIMS Congress was held in Brussels, Belgium on the 9th of July 1939 but the 7th Congress in Finland never materialised due to World War II suspending international cooperation and interrupting all FIMS activities until 1946.

3.2. Rebirth after the Second World War (1946-1951)

The second phase in the history of FIMS began after the end of the II World War. After the War, Prof Dr. Albert Govaerts, from Belgium, embodied a significant figure in this phase. In 1946, as Vice-President of FIMS, Dr. Govaerts was appointed Secretary General *ad hoc* and called for the General Assembly in Brussels. Dr. Govaerts was an inspirational man capable of modernizing the statutes of the Federation. He emerged as a leading figure at the 7th International Congress of Sports Medicine which was held in Prague in 1948. At that time, a total of 135 physicians from the five continents, including South America and Africa participated in that Congress.

During this period, FIMS acted as the medical arm of the IOC, dealing with the most prestigious Olympic Institutions. In 1950, thanks to the appreciation



and trust placed in him by the members of the Federation, Govaerts was elected President of FIMS at the 8th International Congress of Sports Medicine held in Montecatini, Italy. Along with him, Italian sports physician Giuseppe La Cava was elected Secretary General.

During the period of the so-called dark Cold War and the division of Europe into two opposing blocks, a defining moment was the rebirth, in 1950, of Sports Medicine in Germany and the affiliation with FIMS of numerous specialists from West Germany and the German Democratic Republic (DDR).



Prof. Albert Govaerts
(Belgium)
FIMS President
1937-1964

3.3. International development (1952-1976)

The third phase of FIMS began in 1952 with the 9th International Congress of Sports Medicine hosted by the University of Sorbonne in Paris and the official recognition of the Federation by the IOC during the IOC Session held in Oslo, Norway. At that congress, Brazil is mentioned for the first time as a participating country. Two years later, in 1954, a small group of physicians (among them three cardiologists) and physical educators founded in New York, USA, the American College of Sports Medicine (ACSM).

This phase is characterized by actions that highlight the development of specific political strategies by FIMS. These strategies consisted of building a network made of close links with the most important world agencies and organizations promoting values in sport: IOC, International Council of Sport Science and Physical Education (ICSSPE), United Nations Educational, Scientific and Cultural Organization (UNESCO) and the World Health Organization (WHO).

In 1954, the 10th World Congress was celebrated in Belgrade, former Yugoslavia. La Cava reported on the recognition by WHO and Italy presented the current coat of arms of FIMS. In 1956, at the 11th International Conference held in Luxembourg, Govaerts and La Cava were re-elected. The conference was attended by 157 specialists from 27 countries, including numerous female sports physicians.



This period testifies the development by FIMS of a policy that aimed at promoting fairness, gender equality and non-discrimination in access to medical training and practice.

Other specific FIMS strategies during this historical phase was the establishing of regional groups with particular developments occurring in 1956 and 1960. Firstly, the foundation in Paris of the Latin and Mediterranean Group of Sports Medicine from a small nucleus of talented specialists from Latin countries, led by France, Italy and Spain. This foundation was followed a few years later by the North Western Chapter of Sports Medicine, which grouped national associations from Northern European countries. This chapter was created to serve as a complement to the Latin grouping within FIMS. In addition, another defining moment was the creation of the scientific Journal of Sports Medicine and Physical Fitness edited by Minerva Medica, which served as the official journal of the Federation for many years.

In the 1960s, Latin America rose to prominence as the leading continent within FIMS. In 1960, Chile, Venezuela, Mexico, and Peru participated in the General Meeting of the Federation in Vienna, Austria. Due to this growth in importance of Southern American countries, the 13th International Conference, celebrated in 1962, was held in Santiago, Chile. Specialists from Panama, Cuba, and Mexico participated in the event.

In 1962, the Brazilian Association of Sports Medicine was founded. In 1963, Australia and New Zealand established their Associations. Since then, sports Medicine has been present in all five continents.

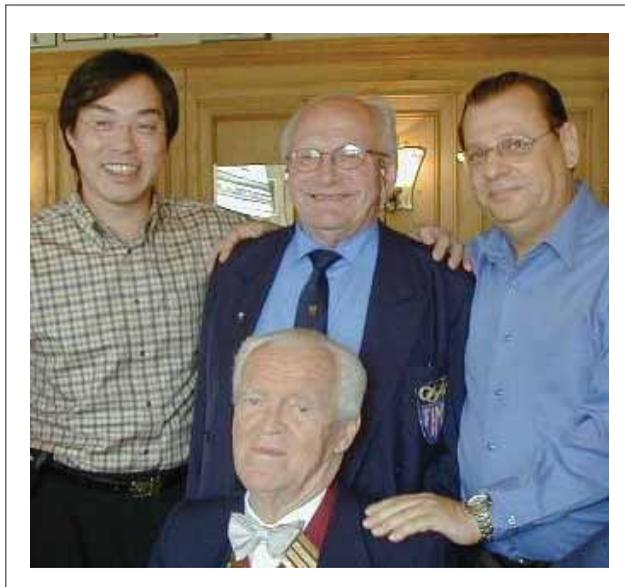
In 1966, the 16th FIMS International Conference, from then onwards entitled "*World Congress*", was celebrated in Hannover, Germany. On that occasion, Secretary General La Cava launched the new historical phase of the Federation, which, according to the national association membership from the five continents could no longer be considered as European but as an international organization. In 1970, the city of Oxford, England, hosted the 18th World Congress and La Cava was re-elected President. In 1974, the 20th World Congress was successfully celebrated in Melbourne, Australia along with the participation of 563 specialists from 31 countries. The growth in importance of Latin American countries continued and this led Dr. Eduardo Henrique De Rose to establish Panamerican Confederation of Sports Medicine (COPAMEDE) in Mexico, in 1975, where he



was elected as Secretary General. With 25 countries from South, Central, North, and Caribbean America, COPAMEDE rose immediately to prominence, capable of influencing FIMS governance and policies. In 1976, in the Council of Delegates in Montreal, Ludwig Prokop replaced Giuseppe La Cava as President and Eduardo De Rose was elected member of the Executive Committee.

3.4. The regionalization and geographical expansion of FIMS (1978-2002)

The fourth phase of FIMS began with the celebration of the 21st World Congress in Brasilia in 1978. During the event organized by the Brazilian Association of Sports Medicine, the 50th anniversary of the founding of FIMS was celebrated. In 1980, at a meeting of the Council of Delegates held in Rome, Ejnar Erikson from Sweden was elected as President of FIMS for a temporary two-year period to preside over the Executive Committee replacing Ludwig Prokop. The purpose of this interim term was to position the FIMS World Congress in the middle of the Olympic cycle, facilitating the participation of sports physicians. In 1982, the 22nd World Congress was held in Vienna, Austria and Ejnar Erikson was elected as FIMS President with Eduardo De Rose as First Vice President. In the following years, the regionalization and geographical expansion of FIMS continued and in 1986, the Arab Group of Sports Medicine was established as well as the regional associations of the Americas (Federations of South-America, Central-America and Caribbean Association of Sports Medicine).



Presidents Chan (Hong Kong, 2002-2006), Erikson (Sweden, 1980-1986), Prokop (Austria, 1976-1980) and De Rose (Brazil, 1994-2002)

In 1986, Australia hosted the 23rd World Congress of the Federation in the city of Brisbane attracting members from 61 countries in the Council of Del-



President Venerando
was a mentor of
several eminent Italian
Physicians serving FIMS

egates. Prof. Wildor Hollmann (Germany) was elected President (1986-1994) with Eduardo De Rose as Secretary General. The sudden death in 1989 of Prof. Antonio Venerando, Director of the Institute of Sports Medicine in Rome, during his second mandate as FIMS Treasurer, prompted his replacement by Prof. Juan José Gonzales Iturri from Spain. Prof. Venerando was a key figure

in the history of FIMS and was particularly appreciated for being a talented mentor of many sports physicians in Italy and worldwide.

The 1990s can be designated as a very fruitful period in the history of FIMS. In 1990, Wildor Hollmann (President) and Eduardo De Rose (Secretary General) were re-elected. Prince Alexandre de Merode, IOC Member and Chairman of the IOC Medical Commission attended the Council of Delegates during the 24th World Congress held in Amsterdam. At this Congress, Nish Mallick from Pakistan and Kai-Ming Chan from Hong Kong proposed establishing a continental group in Asia. In the same year, Germany was reunified and this prompted the creation of the German Federation of Sports Medicine with 11,000 members.

Four years later, in 1994, the 25th World Congress was held in Athens, Greece, where registered participants came from 103 countries, of which 77 were present in the Council of Delegates. Eduardo De Rose was elected President of FIMS and Howard Knuttgen from the USA, the Secretary General (1994-1998). The World Congress in Athens was a milestone in the history of FIMS as it signaled the first time that the Executive Committee had been held in all five continents; a reflection of the degree of globalization that had been achieved as well as the effective participation of non-medical specialists in Sports Medicine.

The unexpected death of Prof. Silvano Silvij from Italy (1993), resulted in Prof. Fabio Pigozzi replacing him as the Italian candidate in Athens where he was

elected to the Executive Committee of FIMS. Prof. Silvano Silvij was another notable figure in the history of FIMS and embodied the Mediterranean and Latin spirit of the Federation. Four years later the European Federation of Sports Medicine was founded in Porto, Portugal and Prof. Norbert Bachl from Austria was elected President and Fabio Pigozzi Secretary General maintaining their elective mandates until 2009. In the same year, a meeting of the Executive Committee was held in Rio de Janeiro. Members of FIMS participated in the 17th Pan-American Congress of Sports Medicine in Gramado, Brazil, together with 575 colleagues from 30 countries. The Brazilian Federation of Sports Medicine organized this event, mainly through the efforts of Felix Drummond and João Ricardo Turra Magni.

In 1997, sixty-five countries participated in the Council of Delegates that took place at the 26th World Congress held in Orlando, USA and Eduardo De Rose was re-elected as President, with Walter Frontera (Puerto Rico) as Secretary General and Costas Christodoulakis (Cyprus) as Treasurer. Fabio Pigozzi from Italy was elected Vice-President and Patricia Sangenis from Argentina as a Member of the Executive. On that occasion, the Council of Delegates proposed that FIMS changed its name to Fédération Internationale de Médecine du Sport (instead of Médecine Sportive). This period was the beginning of a fruitful cooperation and exchange of ideas between FIMS and ACSM, culminating 20 years later in the ACSM journal, "Current Sports Medicine Reports" being adopted as the official journal of FIMS.

In 2000, the meeting of the Executive Committee and the Council of Delegates was hosted by UNESCO in the city of Reims, France in the house of the Count of Champagne. During the meeting, the FIMS statutes were modified and the continental groups were granted sufficient political space within the Executive Board. The prize "*Prince de Merode's medal for anti-doping*" was established and the Prince himself was awarded the first medal in Paris.

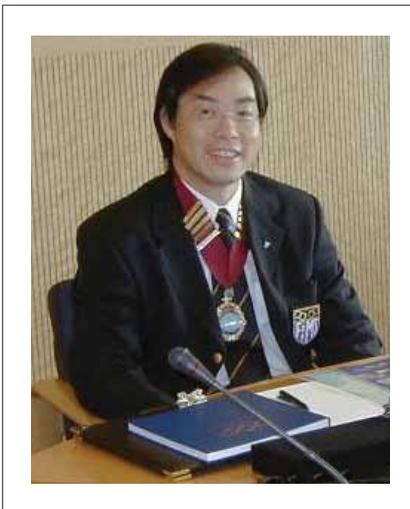




Prince de Merode is awarded the Medal which takes his name by the President of FIMS, Eduardo H. De Rose

The new millennium year was another milestone in the history of FIMS. Five continental groups were established and each was assigned specific roles according to the number of member national associations. America had one vice-president and two members under the supervision of the Pan American Sports Medicine Confederation. Africa had one vice-president and one member under the supervision of the Union Africaine du Medicine du Sport. Asia had one vice-president and two members under the supervision of the Asian Federation of Sports Medicine. Europe had one vice-president and two members under the European Federation of Sports Medicine Associations (EFSMA) and Oceania had one member.

In 2002, the 27th World Congress was celebrated in Budapest, Hungary and Prof. Kai Ming Chan from Hong Kong was elected as President of FIMS, with Walter Frontera from Puerto Rico as Secretary General.



President Kai Ming Chan

3.5. FIMS and its new policies (2002-2010)

After eight years of Presidency by Prof. Eduardo de Rose, Prof. Kai-Ming Chan from Hong Kong was elected President of FIMS in 2002 in Budapest. A key manifesto pledge of the new President was the strengthening of the global presence of FIMS. Specifically, Prof. Kai-Ming Chan stated that *"to meet the aspirations of the international community, FIMS needs to formulate a mission*



A picture of the lecturers and their guests at the entrance of the Chinese Wall: K.M. Chan, Lyle Micheli, Wahid Al Kharusi, Martin Schwellnuss, Angela Smith, Fabio Pigozzi, Norbert Bachl, Thura Thurajja, André Debruyne.

statement and a global vision, restructure the launching platform. Define the deliverables, establish a monitor and evaluation mechanism and identify an accountable leadership." For this new global vision of FIMS and Sports Medicine, President Kai-Ming Chan proposed five main priority areas as future pillars of FIMS policies: Excellence, Health, Productivity, Culture, and Peace. The eight years that followed between 2002 and 2010 were instrumental for the worldwide promotion of FIMS with particular focus on new countries where sports physicians were eager to join the Federation as members.

In November 2002, an official FIMS delegation visited China to deliver a course for Sports Physicians in Beijing, Shanghai and Hong Kong in preparation of the FIMS World Congress in Beijing in 2006 and the Olympic Games of 2008. Each course had over 150 attendants. The 75th Anniversary of FIMS was celebrated in Switzerland the year later.



Delegation celebrating the 75th Anniversary of FIMS at the IOC Headquarters in Lausanne



**The 75th Anniversary
Delegation FIMS Ex-CO
at the city hall in
St-Moritz:**

Former Presidents:
Ericsson, Prokop, Chan;
President: Eduardo de
Rose; **Secretary General:**
Walter Frontera;
Treasurer: Costas
Christodoulakis; **Vice
Presidents:** Fabio Pigozzi,
Wahid Al Kharusi;
Members: Norbert Bachl,
André Debruyne;
**Chairman of the Scientific
Commission:** Dusan
Hamar; **Chairman of the
Interfederal Commission:**
Jeno Kamuti

ation was established some 75 years earlier. This event symbolized the “coming home” of FIMS.

This period in the history of FIMS is noted for establishing numerous new relationships between FIMS and leading supporting institutions. This is evident by the success of the FIMS 75th Anniversary but also from the subsequent hosting of the 2004 World Congress of Sports Medicine in Muscat, Sultanate of Oman and in Beijing, China, two years later. In Beijing 2006, the Presidency of FIMS was transferred to the experienced Walter Frontera, who had served two periods as Secretary General. The notable other development at the Beijing World Congress was the election of Prof. Fabio Pigozzi as Secretary General and Dr. André Debruyne as Treasurer.

Under the presidency of Walter Frontera, FIMS international agenda was strengthened further as well as the development of close relationships with the most important stakeholders in the field of sports medicine such as the IOC, which appointed a co-opted member of the IOC Medical Commission to the FIMS Executive Committee. For example, an agreement was signed between FIMS and the World Anti-Doping Agency (WADA) for co-optation into the Executive Board of the Federation of a representative of WADA and into the Health, Medical and Research Committee a representative of FIMS. Two other members were appointed to the FIMS Executive Committee by the Association of Summer Olympic International Federations (ASOIF) and the Association of International Olympic Winter Sports Federations (AIOWF).

To mark the 75th Anniversary, a first celebratory event was convened at the headquarters of the IOC, where the President of the IOC, Dr. Jacques Rogge, received a FIMS delegation represented by its past presidents along with a group of representatives from the FIMS bureau.

This first celebration was followed by a gathering at the Municipality of Saint Moritz, where the Feder-



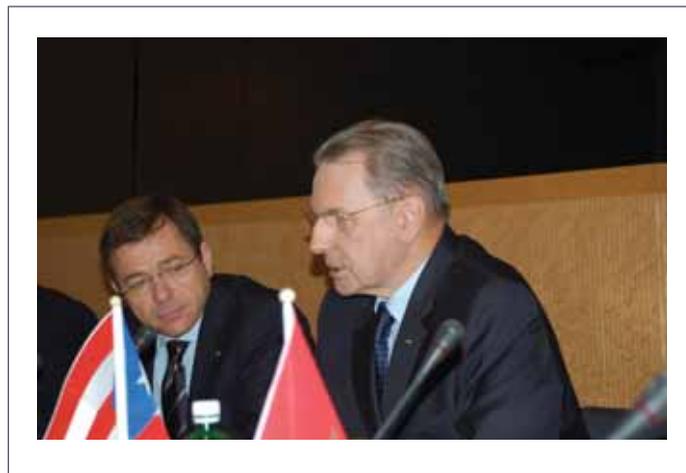
These developments further exemplify the close relationship between FIMS and the Olympic movement as institutions with strong historical ties and shared values and ideals.

Two World Congresses were organization in the next four years. The first, in Barcelona, Spain in 2008 and the second, in Puerto Rico in 2010, where Prof. Fabio Pigozzi was elected President of the Federation and Prof. Lyle Micheli as Secretary General.

3.6. *The global network phase (2011-2018)*

A key objective of Prof. Pigozzi's mandate was to strengthen the ties between FIMS and the Olympic movement and its historical roots in Switzerland. With this strategy in mind and for the first time in the history of FIMS, an Executive Committee to mark the beginning of Prof. Pigozzi's mandate was held at the IOC Headquarters with the attendance of the IOC President, Dr. Jacques Rogge on the 14th of October 2010.

With his key objective in mind, President Pigozzi moved to establish a permanent FIMS headquarters in Lausanne at the Maison du Sport International. This historic move would require a change of the FIMS statutes to comply with Swiss law; previously the official headquarters of the Federation had coincided with



the office of the Secretary General. The opening of the FIMS office in Lausanne was one of several important initiatives overseen by President Pigozzi in keeping with his pledge to strengthen the relationship between the Federation and the IOC, as well as the Olympic movement within the continents. Another major initiative was the launch of the FIMS "Collaborating Centres of Sports Medicine" (FIMS CC) with the aim to facilitate national, educational and research networks, to promote best practice sports medicine principles for athlete care and the worldwide promotion of active living.

IOC President Jacques Rogge and Prof. Fabio Pigozzi during the 1st FIMS Executive Committee 2010-2014 at the IOC Headquarters in Lausanne

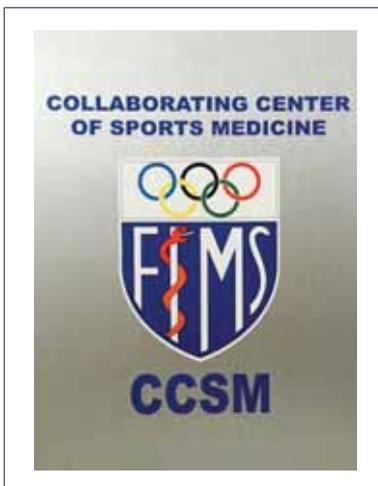


The FIMS Office in Lausanne

The idea behind the FIMS CCSM was for these centres to function as local facilitators and ambassadors of the vision and mission of FIMS and to disseminate a harmonised and evidenced-based sports medicine to all

parts of the world. A particular objective of the FIMS CCSM was for these centres to function as a hub to help individual FIMS members actively engage with activities such as editorial and educational initiatives to promote best practice principles for athletes' care.

Since their launch, the FIMS-CCSM programme has been continuously evolving and the current aims of the FIMS CCSM is best summarized as follows:



Plaque of a FIMS Collaborating Centre of Sports Medicine

“to promote international FIMS standards of Sports Medicine applied to clinical care and research through knowledge transfer and exchange; to plan, implement and deliver accessible FIMS educational courses in the domain of sports medicine and addressed to team physicians, instructors, rehabilitators, emergency physicians and other relevant allied to medicine personnel; to promote a model capable of supporting and developing countries and early career professionals for advancement of sports medicine best practices through peer coaching of team physicians; to encourage and help FIMS members cooperate and work in collaborative international

networks seen as research environments in which research evidence-based sports medicine is promoted and supported”.

Through the FIMS CCSM and its global network, FIMS aims to promote problem solving, networking, communication and where possible, partnerships with the most important international public bodies to disseminate and promote sports values and ideals.



During Prof. Fabio Pigozzi's first term as president, the 32nd FIMS World Congress was held in Rome in 2012 and widely remembered as the world congress that showcased the first fruits of the new FIMS expansion policy in gaining visibility, image, and influence worldwide. The size and success of the FIMS World Congress in 2012 (i.e., 2800 participants from 92 Countries) sent an important message to all stakeholders, a message which surely increased the visibility and acceptance of FIMS as a scientific organization and community of practitioners.

In a letter from Lausanne written on December 31st, 2012 to the FIMS Community, President Pigozzi wrote: *"Undoubtedly, all of us still have vivid memories of the overwhelming success of the 32nd FIMS World Congress of Sports Medicine in September in Rome. A total of 2800 sports physicians and scientists, physiotherapists, sport scientists, stu-*



dents and other colleagues from 92 National Sports Medicine Associations in five continents convened in Rome, making this the largest FIMS World Congress ever. The World Congress remains our educational and scientific flagship event offering not only unique opportunities for continuous education and keeping up-to-date with latest scientific evidence, but also for networking and promotion of FIMS. It is our responsibility to open this Congress to as many colleagues worldwide as possible, and we need to make particular efforts to enable those from regions where sports medicine is still developing to participate. It will be a major task of the Council of Delegates and future organizing committees to duly consider and optimize the accessibility and affordability of locations for colleagues from remote and resource-limited regions".

There is no doubt that the 32nd World Congress marked what can best be described as the *"Millennium phase"* of FIMS. A phase that epitomizes the very close ties and cooperation with key opinion leaders in world sport and

**President of
Federazione Medico
Sportiva Italiana (FMSI)
Maurizio Casasco and
President FIMS
Fabio Pigozzi
Opening ceremony of
the XXXII FIMS World
Congress in Rome 2012**



medicine such as the IOC and its Medical and Scientific Commission, the Association of Summer Olympic International Federations (ASOIFIS), the Association of International Olympic Winter Sports Federations (AIOWF), Sport Accord, the Global Association of International Sports Federations (GAISF) and the World Anti-Doping Agency (WADA).

The 33rd FIMS World Congress was held in Quebec City, where Prof. Pigozzi was re-elected President and Prof. Norbert Bachl from Austria replaced Prof. Micheli as Secretary General. During this congress, the main theme proposed together with the Canadian Association of Sports Medicine, was the importance of physical activity as lifestyle for the general public and in non-communicable diseases.

In keeping with the tradition inaugurated by the presidency of Prof. Pigozzi, the first Executive Committee of the 2014-2018 term was held in Lausanne at the IOC Headquarters and was attended by the IOC President, Thomas Bach together with the new Chairman of the Medical Commission, Prof. Uğur Erdener.



The 34th FIMS World Sports Medicine Congress was held in Ljubljana, Slovenia from September 29th to October 2nd, 2016 under the honorary patronage of the President of the Republic of Slovenia and supported by the Turkish Sports Medicine Association (TSMA) and Slovenian Sports Medicine Association (ZMSS). Widely ac-

**President of IOC
Thomas Bach with
President Fabio Pigozzi,
Prof. Norbert Bachl and
Prof. Uğur Erdener,
Chair of the IOC Medical
Commission**

knowledged as the congress with the highest level and the widest breadth of science, the 34th FIMS Congress showcased the new advances in sports medicine. A key feature of the 34th FIMS Congress that evolved from integrating the very best of all previous congresses was the multidisciplinary focus that elevated the FIMS World Congress to the premier global sports medicine event; an optimum forum for researchers and clinicians from all parts of the world to exchange ideas and state-of-the-art practice in all the

emerging fields of sports medicine. Owing to the successes of previous FIMS Conferences and Congresses, the FIMS World Congress offers sports physicians from all around the world, physiotherapists and students an unprecedented opportunity to share the values of the Federation, exchange the latest research findings, debate topical issues such as anti-doping and new advances in technologies and create a shared vision of injury prevention and health maintenance through active lifestyles.



President Fabio Pigozzi and Dr. Ivo Ferriani, IOC Member at the 34th World Congress of Sports Medicine in Ljubljana, Slovenia

In order to disseminate the values and ideals of FIMS to all corners of the world, FIMS entered into a strategic partnership with the ACSM Journal, Current Sports Medicine Reports (CSMR) in February 2017. This association with one of the leading sports medicine journals, strongly supported by the Executive Committee with the outstanding contribution of the new chairman of the Scientific Commission, Prof. Pitsiladis, whose efforts are widely acknowledged as having significantly enhanced educational and scientific activities of FIMS and added further value for all FIMS members.



Current Sports Medicine Reports (CSMR) - first FIMS special issue and Prof. Yannis Pitsiladis



4. *FIMS and its future commitments*

In recent decades, FIMS has dedicated most of its efforts to define ethical codes and practices to protect human health that stems from a deep interest in the moral growth of the athlete through education and prevention of “un-sporting” behaviours. As such, FIMS is committed to promoting internationally the image of a sports physician as both a caregiver and moral agent who acts in accordance with specific ethical principles. These include being responsible for the athlete, promoting, securing and maintaining their health both in the short and in the long term, improving information exchange between the athlete and patient. According to the FIMS Code of Ethics, all sports physicians should avoid or minimize conflict of interest and maintain and protect confidentiality avoiding disclosure. Athletes should be aware that personal or private health care status data may need to be shared with others. Indeed, disseminating to other professionals the importance of ethics and the code of conduct is a primary objective of FIMS. Sports physicians are expected to be knowledgeable of the ethical codes of conduct related to their professional practice. FIMS, through frequent educational initiatives in cooperation with universities and research centres, is helping sports physicians worldwide update their knowledge and competencies according to best international practices. The modern-day sports physician should be familiar with all ethical codes in this era of personalized and technology-based medicine. FIMS activities are also intended to help sports physician reflect on ethical and social issues related to performance enhancement, doping prevention and protecting the health of athletes. This critical reflection needs to be adopted by the sports physician as he/she pursues their profession.

The sports medicine professional is often confronted with difficult conundrums, especially at elite and professional level. FIMS overarching agenda is to promote ethical values in the context of contemporary sport advancing a cultural agenda for spreading the principles that inspire sport as a social practice, developing a non-coercive, preventive role for medicine and all the organizations which use the knowledge from this science to control sport and



its practice. FIMS as an association of affiliated specialists, consider further education and development as the primary responsibility of the modern-day sports physician. The principles of healthy sport need to be taught at all stages of education and sports physicians and all other allied professionals can help teachers and educators to disseminate the principles of optimal nutrition, healthy diet and a balanced lifestyle. FIMS is active in helping the public and athletes recognize human limits and have a clear idea of their capabilities and limits when they engage in sport. This does not mean an unconditional acceptance of such limitations but a concerted effort to overcome these limits, respecting the values of individuals, rules and regulations, the type of sport, the environment and all forms of life.

Over the last twenty years, FIMS has consolidated its role and function as an organization of scholars devoted to a specialized medical science and specialist expert in monitoring doping and seeking new anti-doping solutions. FIMS is committed to solving the main obstacles and difficulties that continue to impact sports medicine. Modern-day issues such as confidentiality, disclosure, working with vulnerable populations, conflicts of interest and consent. Such issues are found in many other branches of medicine but are further compounded in sports medicine. The sports physician embodies specific roles: team doctor for a single club; sports physician for a national sports federation; independent consultant to an employer of the athlete patient; specialist consultant in a legal process; an event physician engaged by the organizers of an event. With each of these roles come unique ethical challenges that necessitate specific behaviours and attitudes towards both the patient athlete and the profession. Providing effective solutions to these problems and difficulties is a primary aim of FIMS as a Federation of professionals who devote their lives to sports values/ideals and the medical profession.

In the near future, FIMS will channel all necessary resources into producing a professional code of practice to guide the conduct of sports physicians worldwide and stimulate a professional reflection on the nature and aims of sports medicine as a science in the service of sport and human well-being. FIMS wishes to accomplish a professional code that values and expects a sports physician to be focused on providing care to her/his athlete and ca-



pable of working with colleagues and using up-to-date sources of professional guidance. It is the intentions of FIMS to enhance its resources so as to enable a greater focus on training young generations of sports physicians to be aware of professional and ethical codes of conduct as related to their practice, helping them update their professional knowledge and competencies in line with best practice guidelines. FIMS professionals must also be aware of their national healthcare policies and sporting contexts and familiar with national and international codes. This guiding reference should enable sports physicians affiliated to FIMS to become a practitioner who better understands medicine in a broader context of practice, goals and competencies that range from prevention and ethics to the use of new screening technologies for the promotion of the health of athletes and the wider population engaged in sport.

The development of a universally-accepted ethical conduct code in sports medicine and the delivery of specific training in new screening technologies to the new generation of physicians is the future challenge that FIMS must embrace fully in the new millennium. FIMS CCSM and networks are committed to challenge and stimulate national and international sports organizations to reflect publicly on what is fair, permissible and impermissible in sports supporting and providing the best care to all individuals who strive for the highest levels of performance in practice and sporting competitions. It is envisaged that FIMS and related bodies and centres will intensify, as part of a lifelong learning process, their activities to promote the education of athletes in areas such as health and prevention of injury and illness.

In the coming years, another major challenge facing FIMS will be the promotion of a broader and more familiar image of sports medicine. This change in vision and perception can be achieved by developing, for example, advertising campaigns, workshops, promotion and distribution of information material in clubs, federations and schools aimed at athletes, pupils and their parents, whether already active or not. Additional challenges facing FIMS in the coming years will be to elevate sport and sports medicine into a source of health promotion and to redefine sports medicine as being capable of looking at well-being as a holistic personal experience and socially determined. To do this, FIMS will need to direct much of its resources and efforts



to convince international governments to invest in sport and to look at sport as an outstanding tool for promoting healthier lifestyles. With FIMS at the helm of a united global discipline, sports medicine will continue to strengthen. Education and science must be the fundamental principles informing all future actions and successful policies of our Federation. Guidance, support, protection, ethics, and care of the athlete and communities in close cooperation with international organizations will be paramount to the modernization process and continued success of FIMS. The roadmap outlined here needs to be implemented by competent political and educational strategies centered on a model of holistic “care” that FIMS will have the task to convey to all new generations of young sports physicians.

The organization of the 35th FIMS World Congress under the patronage of the Brazilian Society of Exercise and Sports Medicine (SBMEE) in the City of Rio de Janeiro, Brazil, in 2018, will provide an excellent opportunity for scientific and professional exchange within the scientific domains of sports medicine and its interdisciplinary research fields.

The organizers of the FIMS Congress in Rio are confident that the Congress held in the new continent will add an exciting new page and in doing so, start a

new chapter in FIMS 90 years of excellence, science and love for sports medicine and sport science. This Congress with its contemporary topics and invited lectures and seminars of the highest standard will strengthen further the position of FIMS and serve to maintain FIMS as the world-leader in sport science, sports medicine and education.



Memory picture on the occasion of the first Executive Committee 2014-2018 held in Lausanne on the 4th November 2014



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