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OUTLINE OF SPORTS MEDICINE HISTORY IN POLAND
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1. FROM SPORTS HYGIENE TO SPORTS MEDICINE (1903–1923)

The First Sports Exhibition in Warsaw was a noteworthy event, which significantly contributed to support the idea of the relation between medicine, physical education and sports during the first two decades of the 20th century. The idea to organize such an event originated from the 19th century tradition of hygiene exhibitions, which were common those days. The exhibition took place in 1903 at the seat of the Warsaw Cyclists Society. One of the seven sections of the Society was the Section of Sports Hygiene chaired by Dr. Teodor Heryng. The keynote of this section was the improvement of public health through participation in “healthy sports”. The section also conducted medical, anthropometric and radiological examinations in gymnasts, fencers and athletes. The goal of these examinations was to determine the pro-health effect of physical exercise on the human body. The Section of Sports Hygiene took the initiative in organizing the hygiene exhibition. They presented x-ray images, diagrams and descriptions based on medical examinations performed in gymnasts, fencers and athletes, as well as multiple foreign handbooks on sports hygiene. The main object of the exhibition was the collaborative handbook “Sports Hygiene”, written especially for the Exhibition. The popular form of the handbook aimed at appealing to all sorts of recipients. It consisted of two parts and contained brief papers by 16 authors, mostly physicians, on the most popular sports disciplines. The handbook justified the need to participate in these disciplines and outlined the principles of hygiene that should be observed. This was the first handbook on this topic and an original work in Polish research literature. The second edition, published in 1917, modified by Dr. Władysław Osmólski, was radically changed and substantially extended, mainly by adding his papers on training, winter (snow) sports (skiing and sledging), aviation hygiene and the first aid. The chapter pertaining to the need of movement at every age also reflected the ideas of the pro-hygienic movement. A direct knowledge of sports described by different authors and their knowledge of medicine enabled accurate presentation of multiple issues. Contemporary reviewers consider “Sports Hygiene” to be the most significant and tenacious achievement of the Sports Exhibition. Until the second half of the 20th century, the second edition of this handbook was the basic source of information on hygiene and sports physiology. Referring to the role of physical exercise in maintaining health, significance of comprehensive body strengthening procedures was widespread in its widest concept as well as the idea of endurance exercise performance in a form of outdoor activities including mountain trekking. Dr. Eugeniusz Piasecki significantly contributed to the development of exercise methodology by introducing the idea of Swedish gymnastics combined with games at schools at the territory of Austrian annexation and wide spreading it on other annexed territories. A significant role was attributed to directed physical exercise in surgical and orthopaedic treatment. During the period of hygiene propagation, the ideas were formed to be the core of the developing
sports medicine. During the years 1918 – 1921, the Second Republic of Poland struggled for the boundaries of the restoring country. As early as in March 1922, a course on physical education for military school physicians was organized at the Central Military School of Sports and Gymnastics in Poznań.

The Physiological Laboratory of the College of Physical Education at Poznań University, established by Dr. Włodzimierz Missiuro was the prototype of sports medicine outpatient clinics, based on scientific fundamentals of physical education. The acquired experience and study results published in 1925 as “Physiological Laboratory Serving the Needs of Physical Education and Sports” was a compulsory textbook at future courses for sports medicine physicians.

2. SPORTS MEDICINE DURING THE INTERWAR ERA (1924-1939)

2.01. FIRST OUTPATIENT CLINICS OF SPORTS MEDICINE AND UNIVERSITY LABORATORIES OF PHYSICAL EDUCATION AND SPORTS MEDICINE (1924-1928)

The foundation of such units in the academic year 1924/25 at the Department of General and Experimental Pathology of the Faculty of Medicine at the Jan Kazimierz University in Lviv initiated the cultivated up to nowadays tradition of establishing research-didactic units, formally connected with sports medicine at University Faculties of Medicine in Poland.

It started in spring 1924 in Lviv, where Władysław Fuchs-Dybowski (1892-1969), the major of chivalry, the head of the Bacteriological Laboratory and head of the Department of Infectious Diseases at the District Hospital in Lviv, lover of sports, especially cross-country skiing, founded a sports section with an outpatient clinic of the Lviv Division of Polish Society for Hygiene. The Section founder, descendant of south Moravian Fuchs-Oulehla family and Hungarian mother, de domo Dolenszky, living in multinational Lviv, the man who made multiple research and organizational initiatives was the son-in-low of Professor Benedykt Dybowski’s (1833-1930), Polish outstanding anthropologist, zoologist and medicine graduate who fathered him. In 1925 he changed his surname to Dybowski. On his return from the Olympics in Paris (1924), Władysław Fuchs-Dybowski, preoccupied with the idea of the scientific approach towards providing medical care for Polish athletes, gained acceptance and protectorate from Professor Marian Franke (1877-1944), the head of the Department of General and Experimental Pathology of the Lviv University to found the Sports Medicine Laboratory in the academic year 1924/25 at the Department, using the uni-
versity facilities and measurement apparatus. Władysław Fuchs-Dybowski became the head of the Laboratory as a volunteer assistant. He presented the goals of the Laboratory activity, study methods and initial outcome during the 12th Conference of Polish Physicians and Naturalists in 1925 in Warsaw.

The earlier Władysław Dybowski’s activity on the international forum, including the Medical Committee, established during the 1st International Olympic Congress of Pedagogy in Prague (1925), was continued during the International Conference organized by the Swiss Olympic Committee during the 2nd Winter Olympics in St. Moritz (1928). The Congress, chaired by Wilhelm Knoll from Arosa, made a resolution to establish the International Association of Sports Medicine [Association Internationale Medico Sportiva (AIMS)] and to prepare the competitors for the 1st International AIMS Congress in August 1928 in Amsterdam. Dr. Władysław Dybowski became a member of the Congress Organizational Committee. The Congress was held in 1928 from 1 to 4 August during the 9th Summer Olympics in Amsterdam (Holland). Dr. Dybowski was a member of the Board of Management International Federation of Sports Medicine (FIMS) until 1939. The Congress participants, delegated by Polish state authorities as official representatives were: General Dr. Stanisław Rouppert, Prof. Stanisław Ciechanowski, Prof. Jakub Parnas, Asst. Prof. Gustaw Szulc, Dr. Władysław Osmolski, Dr. Włodzimierz Mozolowski, Dr. Władysław Dybowski, Dr. Janina Dybowska, Dr. Włodzimierz Missiuro and Kazimiera Muszałówna – the editor.

The scientific programme of the Congress comprised three main topics: “Heart rhythm and sports”, “Unification of sports medical examination sheets” and “The role of physical culture in the programme of primary, secondary and higher education”. During the session dedicated to the second topic, Władysław Dybowski was a speaker and W. Missiuro presented the study results and the proposal of medical examinations for professional athletes.

During this period of a remarkable development of sports medicine in Poland in 1928, thanks to the favourable circumstances, including the advanced research output of Dr. Eleonora Reicher (1884-1973) and Dr. Włodzimierz Missiuro (1892-1967), the opportunity of financing their research by the government and gaining protectorate of the outstanding professors of the Medical Faculty at Warsaw University, two research-didactic units were established. The first one was the Outpatient Clinic of Physical Education headed by Dr. Eleonora Reicher at the 2nd Clinic of Internal Diseases headed by Prof. Witold Orłowski (1874-1966). The second unit was the Physiological Laboratory of Physical Education and Sports headed by Dr. W. Missiuro at the Department of Physiology headed by Prof. Franciszek Czubalski (1885-1965). This was the time of the dynamic development of sports, wide spreading of the Olympic idea, particularly after the Olympic Summer Games in Paris (1924), which initiated the establishment of scientific fundamentals of counselling in sports medicine and its future systematization. The first outpatient clinics of sports medicine were open for small milieus of patients. Since 1924, the Outpatient Clinic of Sports Medicine was at the disposal of
officer cadets from the Military Sanitary School at the Ujazdowski Hospital which also serve didactic purposes in military physicians’ education. In 1926 the outpatient clinic was founded of the Warsaw Female Rowing Club headed for many years by the Club chairperson Z. Zabawska-Domosławska (1896-1939). Under favourable circumstances for competitive sports and sports medicine in late 1927, Dr. W. Missiuro organized the Medical Section of Polish Olympic Committee to provide medical examinations for the national team preparing for the Winter and Summer Olympics in St. Moritz and Amsterdam (1928). In 1927, the Association of Polish Sports Associations introduced the regulation of obligatory sports medical examination according to the fitness and medical examination sheet developed at the Laboratory of Lviv. The regulation included the postulate and the examination pattern.

2.02. FOUNDATION OF THE STATE SYSTEM OF COUNSELLING IN SPORTS MEDICINE (1928-1936)

The all-Poland programme of the system of counselling in sports medicine was included in the paper by Władysław Dybowski “Medical Care in Physical Education and Sports”, who made a speech during the 2nd plenary session of the Research Council of Physical Education on April 19th in Warsaw. The programme included the plan to found outpatient clinics of sports medicine at Physical Education Centres and to organize courses for physicians on physical education and sports. The session resulted in the implications made by the Research Councils of Physical Education, addressed to the State Office of Physical and Military Education to implement medical examinations for all disciplines of physical exercise. The programme was implemented in 1928-1931 through the foundation, providing equipment to 15 outpatient clinics of sports medicine at District Centres of Physical Education and organizing courses for sports medicine physicians. The qualifications required for the physicians included completion of the informative course supervising sports and physical education. The standard equipment of the outpatient clinic (implemented up to the year 1930/31) included: Pachon’s oscillometer (for selected clinics), mercury manometer, stopper-pulsometer, water spirometer, Collin’s dynamometer, dynamometer handpiece for acromio-dorsal stretching, centimetre tapes, steel anthropometer with compass callipers, person scale, steel centimetre tape and the plate for nasal patency assessment.

The following standard of sports medical examination and the documentation according to the guidelines from 1928-1934 were established: “Medical examination should be carried out at least once a year (at the beginning of the season and prior to training) and it is recommended to perform it twice during the breakthroughs of summer and winter”. Depending on the sports discipline, medical examination was carried out according to the minimal (I) or normal (II) pattern. Examination according to the minimal pattern (casual) comprised general examination with a functional test and physical development sheet [weight, chest girth, hand strength examination-
tion using a force gauge]. Examination according to the normal pattern (accurate) consisted of medical examination with a functional test [Schneider test or later recommended Martinet test in different modifications], anthropometric (biometric) examination, anthropometric (racial) examination, physical fitness test [high jumps and far jumps, 100 and 800 meter runs, hand grenade throw, rope climbing] and the competition participant’s sheet. Athletes received their physical development sheets with the assignment to the physiological and developmental age category and medical certification. The instructor was expected to read carefully and to sign the sheet.

In 1930 there were 14 working sports medical outpatient clinics (in Warsaw Lublin, Grodno, Vilnius, Białystok, Łódź, Kraków, Katowice, Lviv, Poznań, Toruń, Bydgoszcz, Brzesc-on the-Bug and Przemyśl) and 15 in 1931 (Luck was added). For a thorough evaluation of Polish candidates for the Olympic Games in Los Angeles, USA, a subcommittee was established in 1932, examining the candidates for the Olympics at the beginning of their stay at the Olympic campus; the examinations were repeated immediately before leaving for the Olympics to avoid sending overtrained competitors. As for the physicians’ qualifications, it was generally believed that a sports medicine physician should, after hospital practice, gain the certificate of completing the theoretical and practical course at the Central Institute of Physical Education and should prove his/her internship at one of the outpatient clinics, warranting experience in sports medicine. The course at the Central Institute of Physical Education provided training in examination techniques and various methods of exercise performance to acquire knowledge on the effect of light and heavier exercises on the human body and to develop some individual criteria for exercise performance. This could prove useful in later practice and teach sports medicine physicians to monitor the trainee and to talk about their findings.

During the years 1929-1931, three annals of the “Sports-Medical Review” were published as a quarterly devoted to physiology, pathology and sports hygiene, physical education and occupational activity. The editors were Asst. Prof. Gustaw Szulc and Dr. Włodzimierz Missiuro. The first three volumes contain the results of medical examinations carried out in the participants of the FIS International Ski Competition in Zakopane, 1929. In 1932, the name of the quarterly was changed to “The Review of Movement Physiology”, which was issued till 1939. This periodical included papers of Polish most distinguished physiologists, biochemists and anthropologists.

The Association of Polish Sports Associations, in 1935 ordered the subordinate associations to co-opt some physicians for the Board of Management as health propagators and developed general guidelines for medical care in sports associations.

In 1936, according to the reports submitted to the State Office Of Physical Education and Military Training, there were 94 outpatient clinics of sports medicine (10 less than mentioned in the reports for the Chief Statistic Office): These included (a) outpatient clinics of sports medicine at District Centres of Physical Education,
entirely sponsored by the Office of Physical Education and Military Training. There were 15 outpatient clinics in Poland; (b) outpatient clinics of sports medicine at Municipal Centres of Physical Education, Medical Centres, sponsored partly by the Office of Physical Education and Military Training and partly by the municipal authorities. There were 68 such clinics in Poland; (c) outpatient clinics of sports medicine, receiving financial support from the university subsidies. There were 4 such clinics – 2 in Warsaw and 2 in Lviv and Vilnius; (d) specialist outpatient clinics of sports medicine, e.g. the sports-surgical outpatient clinic in Warsaw, sponsored mainly by the Office of Physical Education and Military Training and partly by the University; (e) union outpatient clinics of sports medicine, financed by the Sports Association, e.g. the Clinic of the Workers’ Sports Association in Warsaw; (f) club outpatient clinics of sports medicine maintained partly by the Office of Physical Education and Military Training and partly by sports clubs. There were 5 such clinics in Poland.

The outpatient clinics frequently employed qualified physicians who graduated from informative courses for physicians, organized by the central Institute for Physical Education or by universities. There were about 500 physicians who underwent general training in sports medicine and 270 physicians who graduated from the courses organized by the Central Institute for Physical Education and specialized in physical education and sports. Apart from the outpatient clinics, medical care for athletes was mainly provided at sports clubs where physicians performed casual examinations. Generally we may assume that about 40% of youth athletes were provided medical care.

At the end of 1936 the first Outpatient Clinic of Sports Surgery was founded at the 2nd Surgical Department of the Warsaw University. It was the first specialist clinic of this kind. The head of the Clinic, Prof. Adolf Wojciechowski (1886-1946) agitated a large group of physicians interested in practical and scientific aspects of sports surgery, among whom the most famous ones were Dr. Henryk Levittoux (1899-1940) and Dr. Stanisław Tokarski (1905-1958).

Polish sports medicine physicians actively participated in AIMS/FIMS World Congresses, which took place from 1928 to 1936. Dr. W. Missiuro and Asst. Prof. W. Dybowski participated not only in the above mentioned 1st AIMS International Congress of Sports Medicine which was held in Amsterdam in 1928, but also in the 2nd Congress AIMS International Congress of Sports Medicine in Turin in 1933, where Dr. W. Missiuro presented his paper: “The effect of systematic physical exercise on the phenomenon of respiratory transformation”, and Asst. Prof. W. Dybowski presented the paper „Training and tiredness”. General Stanisław Rouppert, Prof. Władysław Missiuro and Asst. Prof. Władysław Dybowski participated in the 3rd Congress in Chamonix (1934) and presented 5 papers, namely: S. Rouppert - „Standardization of sports biometric documentation”, W. Missiuro – “Assessment of functional tests in individual control of exercise effect in physical education and sports” and W. Dybowski – “Indices of training level and fatigue on circulatory system function following physical effort” and “The results of an ex-
perimental high mountain skiing course for aviators in the Five Polish Lakes Valley (1672 m)
Polish delegates, namely Dr. S. Rouppert, Dr. W. Czarnocka-Karpińska, Asst. Prof. W. Dybowski and Asst. Prof. J. Mydlarski participated in the IV Congress in Berlin (1936). Gen. Dr. W. Sidorowicz was a tutor of the group of athletes. During the Congress, Prof. W. Dybowski presented one of the programme papers on protection from hypothermia in aviators. Gen. S. Rouppert and Asst. Prof. J. Mydlarski presented the problem of physical education measure and Dr. W. Czarnocka-Karpińska presented her findings at the female ward of the two years’ college of the Central Institute for Physical Education.

2.03. FOUNDATION OF THE ASSOCIATION OF SPORTS MEDICINE PHYSICIANS (1937-1939)

Stabilization and a fairly significant development of counselling in sports medicine, accompanied by the receding great economic crisis in the years 1935-1936, entailed the need for association of occupational groups and creating a forum to present scientific achievements of Polish sports medicine physicians. The initial consolidation of the medical professionals was the result of the medical section at the State Office of Physical Education and Military Training. Captain Dr. Roman Rettinger (1899-1958), the former sports medicine physician at the outpatient clinic in Lviv, had outstanding contributions in this field. In late 1936, significant attempts were made to establish the Association of Sports Medicine Physicians. The status project was worked out by the chief officer of the Municipal Office of Physical Education, Dr. Juliusz Majkowski (1899-1981) in cooperation with Asst. Prof. Gustaw Szulc (1884-1941), the manager of the State Institute of Hygiene and Prof. Władysław Dybowski, the deputy chairperson of the Research Council Medical Committee of Physical Culture and Warsaw Physicians.

The 1st Congress of Polish Sports Medicine Physicians and the Association of Sports Medicine Physicians was held from 10 to 16 February 1937 during the ski march along the route of the II Brigade in Worochta. 62 physicians from different regions of Poland, dealing with sports and physical education participated in the Congress. On the first day of the Congress, the statute of the Association of Sports Medicine Physicians was enacted. The objectives of the Associations were: training and expanding the group of sports medicine physicians, associating the physicians dealing with physical education, ensuring the influence of the Association on sports medical examinations in Poland and employing the sports medicine physicians at sports clubs and organizations. Prof. Gustaw Szulc was the first chairperson of the Association of Sports medicine physicians. On application of the Board of Management, the 1st Congress of Sports Medicine Physicians by acclamation appointed Gen. Dr. Stanisław Rouppert (1887-1945) the Congress protector, Honorary Member of the Association. From 1931 to 1945, S. Rouppert was a member of the International Olympic Committee. During
the next two days research sessions were held. The speakers were: S. Rouppert ("Body weight control as a method of march performance evaluation"), W. Dybowski ("Bases for training level recognising"), A. Fiumel ("The effect of skiing on mental and physical readiness in aviators"), R. Rettinger ("Organization of medical care for athletes"), J. Lankosz ("Studies of sports electrocardiography"), W. Sidorowicz ("Immunity in athletes"), H. Bobkowska-Czerwińska ("Effect of physical exercise on cardiac disorders").

The 2nd Congress of the Association of Sports Medicine Physicians was held on February 14-15, 1939 in Zakopane during the International Ski Championships of Federation Internationale de Ski (FIS). The first topic of the programme was the issue of the circulatory system in physical education and sports. The main speaker discussed the relationship between athlete's heart and circulatory disorders in youth. Asst. Prof. W. Dybowski made another speech about the condition of the circulatory system in outstanding skiing competitors. The second topic of the programme was the issue of sports injuries. Dr. H. Levittoux was the main speaker. Next, the sports surgeons from the II Surgical Clinic of the Józef Piłsudski University of Warsaw presented their papers.

3. SPORTS MEDICAL COUNSELLING IN GERMAN PRISONER CAMPS (1940-1944)

Sports and physical education played a notable role in prisoner officers’ lives. The simplest forms of physical activity, like everyday walk, were crucial for their health and well-being. Moderate movement and active interest in physical activity counterbalanced unhygienic conditions at the prisoner camp, provided inspiration and protected the prisoners from the "barbed wire disease". All trainees obligatorily underwent periodic medical examinations. The outpatient clinics of sports medicine played a very important role at prisoner camps. An interesting study was performed by Dr. Bieniek in the Neu Brandenburg section. All the officers had their blood groups determined and, based on these results, attempts were made to find out whether the blood group could affect motor skills.

In the years 1940-1941 a sports medicine clinic operated in Oflag II B, in Arnswalde, headed by major Dr. Roman Rettinger. This unit was responsible for constant control of health in the officers who continuously participated in such activities. In May 1942, the majority of prisoners were transported to Oflag II D in Gross Born, where major Dr. Roman Rettinger, apart from his basic duties, continued dealing with sports medicine. He also headed the Medical Committee, examining the participants of the Olympic Games in 1944, organized at the camp by lieutenant Zygmunt Weiss, an outstanding athlete and journalist.
The dedicated work of camp physicians from Oflag II C in Woldenberg is also noteworthy, as they set in motion the Clinic of Sports Medicine and the Clinic of Sports Massage.

4. POST WAR STRUCTURAL CONVERSION OF COUNSELLING IN SPORTS MEDICINE (1945-1957)

4.01. ORGANIZATIONAL PROBLEMS

The duties of sports medicine physicians and organization of their work during the early post-war era were determined by eminent physicians – theorists and practitioners who were educated and gained experience in the Second Republic of Poland. In practice, the newly formed system of counselling in sports medicine was based on the concepts and ideas implemented during the interwar era. In September 1945, the Sports Medicine Outpatient Clinic was reconstructed at Polish YMCA in Warsaw. The building in Konopnicka street housed the medical office. Within 18 months, the Clinic with two employees gained further facilities and equipment. The patients were not only YMCA members, but also the competitors from other clubs, which used the sports gear in YMCA facility. In late 1947 the idea to create the Centre of Sports Medicine came into fruition. It was founded under the patronage and supported by the Ministry of Health and the Chief Office of Physical Culture.

The responsibility range and activity of the Centre were described according to the following guidelines: 1. Counselling in sports medicine is provided. 2. The ambulatory will be developed for the treatment of sports related injuries and conditions. 3. A scientific approach will be developed to the indications and contraindications to participate in sports. Dr. Zdzisław Zajączkowski became the director of the Centre. The main departments of the Centre were: Department of Internal Diseases directed by Dr. Wacław Sidorowicz (1905-1982), the Department of Surgery and Orthopaedics directed by Dr. Stefan Łukasik (1912-1981) and the Department of Gynaecology directed by Dr. Małgorzata Bulska (1909-1973). Besides, the Centre had the x-ray laboratory at its disposal, as well as the laboratory for ECG and metabolism studies and the facility for physical therapy. The physicians working for the centre were lecturers at the courses for sports medicine physicians.

According to the proposals and postulates of the scientific milieu, it was planned that the Centre of Sports Medicine would be transformed into the Institute of Sports Medicine. This concept was not implemented and the Centre served as a base for the future Chief Outpatient Clinic of Sports Medicine, which was founded in the second half of 1950. The Clinic also functioned as the Regional (voivodeship) Outpatient Clinic of Sports Medicine for the athletes from Warsaw and the region (voivodeship). In
1948-1949, the Ministry of Health and the Chief Office of Physical Culture worked on the organized system of counselling in sports medicine and on the status of sports medicine physician. The leader of this undertaking at the Department of Health was the graduate of the Sanitary Cadet School, the adjunct professor at the Health Institute of Mother and Child, Dr. Eugeniusz Łazowski (born 1913). It was planned to provide medical care for athletes within the structures of social health service, organizationally and financially supported by the Department of Physical Culture (facilities, equipment, duty hours during competitions and sports events). This structure was based on the leading role of the Central Regional (voivodeship) Sports Medicine Outpatient Clinics. Later, the district and municipal clinics were founded as well as the clinics at various health centres. According to the data sent to the Chief Statistic Office in Poland, there were 26, 47 and 57 operating clinics in the years 1947, 1948 and 1949 respectively. The above mentioned idea of organizing centralized regional health care units, being the exemplary and research-supervisory establishments, motivated the Department of Health and Regional Authorities to found Regional (voivodeship) Outpatient Clinics of Sports Medicine (later called Central Outpatient Clinics so as to restore the previous name). The educated and dedicated sports medicine physicians created and headed these clinics, rendering services and consultations and performing organizational, research and didactic functions. Apart from the Centre of Sports Medicine in Warsaw, the dynamic activity was developed by the clinics headed by Dr. Ryszard Jędrzejewski in Lublin, Dr. Stanisław Grochmal (1911-1995) in Krakow, Dr. Witold Jeszke (born 1914) in Poznań, Dr. Jerzy Suwiński (1895-1968) in Bydgoszcz and later by Dr. Irena Garbowska-Król (1919-1997) in Gdańsk and Dr. Aleksander Skwarczewski (1915-1972) in Łódź.

In Wrocław, the prototype of the future Central Outpatient Clinic was the Clinic of Sports Medicine, housed in its facilities and headed by Prof. Kornel Gibiński, formally founded in the academic year 1949/50, within the structure of the College of Physical Education of the University in Wrocław. In Szczecin, the director of the newly established small clinic was Dr. Kazimierz Strzyżewski. For the militaries, the Central Military Sports Medical Outpatient Clinic was founded in Warsaw.

Sports medicine physicians developed their skills based on the papers written by distinguished specialists who expressed their approaches during scientific meetings of the Association of Sports Medicine Physicians, pertaining to the contraindications for participation in sports due to internal, surgical, orthopaedic, gynaecological, ophthalmological, oto-laryngological and neurological conditions. The papers were published in periodicals reprinted at the Library of Sports Medicine, edited by Dr. Eugeniusz Łazowski.

The foundation of the 17th Central Regional (voivodeship) Outpatient Clinic of Sports Medicine till 1953, according to the binding (since 1950) administrative country division, constituted the framework for the state system of counselling in sports medicine. In each voivodeship, according to the needs and, first of all, the potential of athletes and dedicated physicians, numerous municipal and district clinics
were established. These clinics were formally supervised by the professionals from regional (voivodeship) clinics.

At the conference devoted to the issues of medical care at the universities of physical education, held on April 10-11th 1953 in Warsaw, the proposal of tasks assignment and organization of the university centre of sports medicine were discussed. The tasks, organizational structure, forms of activity, staff skills and equipment discussed in details, become the inspiration and an exemplary framework for establishing modern centres of sports medicine in cooperation with dynamic outpatient clinics of sports medicine. The presented proposal of physicians’ duties in youth athlete care, based on the experience gained at the Poznań centre, included the principles of health control, physical development, physical fitness, overload conditions and hygienic-sanitary issues.

The criteria of fitness for training and participation in competitions were based on the guidelines from 1949 for surgical conditions according to Stanisław Tokarski and for internal medicine according to Wacław Sidorowicz. For the screening of the participants of mass events, including popularized national marathon runs, the published papers by Stefan Łukasik i Eligiusz Preisler were used as reference.

A wealth of original papers was published, on diagnostic methods, treatment and rehabilitation of sports-related injuries and the data on current findings were implemented to medical practice. These especially pertained to the following issues: nutritional hygiene, leisure activities, pro-health activities and the preventive role of increased motor activity in children, youth and adults.

Simultaneously with the operating common system of counselling in sports medicine, the “elitist” system of preparation for the Olympic games was established and supported by the Department of Physical Culture.

In 1954, the Medical Committee of the Polish Olympic Committee was called into being. As an advisory and opinion-forming body, it performed tasks going beyond its role defined by the statute.

The Committee’s basic responsibility was organizing a specialist medical care for the Olympic team competitors. Already at the beginning of its activity, the committee appointed the so called Olympic physicians. Each of such physicians provided medical care for the Olympic team participating in a given sports discipline. The physicians were appointed on application of different sports associations. Olympic physicians always performed the function of union physicians.

4.02. CONGRESSES OF THE ASSOCIATION OF SPORTS MEDICINE PHYSICIANS (1948-1957)

The Association of Sports Medicine Physicians was the organization integrating the milieu of sports medicine physicians. After World War II, in January 1947, Dr. Juliusz Majkowski took the initiative in organizing the meeting to reactivate the Association of Sports Medicine Physicians.
The 3rd Congress of the Association of Sports Medicine Physicians was held on May 23rd 1948 in Warsaw, in Polish YMCA lyceum. The participants were chiefly the Association members from Warsaw, Krakow, Gdańsk, Poznań and Lublin. The scientific programme comprised three speeches on: “Physiological effect of sports training on human body” (Prof. W. Missiuro); “The response of diastolic blood pressure to the functional test in athletes” (W. Sidorowicz) and “Joint injuries in sports” (S. Łukasik). Also M. Weiss and J. Alberycht presented their papers. Dr. Waclaw Sidorowicz was elected chairperson for the next cadence.

The general meeting awarded Prof. Włodzimierz Missiuro Honorary Membership of the Association. Earlier, Prof. Missiuro was appointed member of FIMS Board of Management (1948).

The 4th Congress of the Association of Sports Medicine Physicians was held on 1-2 April, 1950 in Warsaw. The programme paper was presented on “Medical care for professional athletes”, prepared by the Centre of Sports Medicine. The paper discussed organizational issues of this problem and the viewpoints of an internist (W. Sidorowicz), a surgeon (S. Łukasik), a gynaecologist (M. Bulska) and a radiologist (W. Czarnocka-Karpińska). Besides, five reports were presented. Marian Weiss discussed the issue of balneology in sports injury treatment, Eligiusz Preisler presented a comprehensive study of rowers and Stanisław Grochmal presented his test results obtained in skiers.

The 5th Congress of the Association of Sports Medicine Physicians was held on 7-8 December, 1951 in Warsaw and, like the previous congresses held from 1948 to 1950, was organized by the milieu of Warsaw sports medicine physicians under the leadership of Dr. Juliusz Majkowski. The leading topics of the scientific programme were: “Evaluation of body fitness in the light of Pavlov’s findings”, “Prophylaxis of sports injuries and the issue of functional tests of the circulatory system in evaluation of adaptive capability to physical effort” (W. Sidorowicz, W. Czarnocka-Karpińska, S. Grochmal). At the beginning of the session, the diplomas of Honorary Members of the Association were handed to Prof. Zygmunt Gilewicz, Prof. Włodzimierz Missiuro, Prof. Tadeusz Kielanowski and Dr. Juliusz Majkowski.

The 6th Congress of the Association of Sports Medicine Physicians was held on 28 November, 1953. It was organized in Poznań by the milieu of sports medicine physicians under the leadership of Dr. Eligiusz Preisler. The main topic of the scientific programme was the issue of using functional tests for evaluation of physical capacity of the human body. The programme papers were the following: “Load distribution in functional tests and its significance in sports training monitoring” (W. Sidorowicz); “Functional tests of the circulatory system in sports training monitoring” (Dr. S. Grochmal); “ECG curve in functional diagnostics” (E. Preisler) and “Roentgen kymographic func-
tional test” (W. Czarnocka-Karpińska). The remaining papers discussed the following topics: “Many years’ observation of physical conditions in students of physical education based on the exercise test” (E. Preisler), “Monitoring physical condition in athletes based on arterial blood pressure measurements (M. Łukawska), “Arterial hypertension in athletes” (W. Sidorowicz), “Diagnostic significance of reflex vital lung capacity tests” (Z. Knychalska) and dermatological conditions in athletes (F. Sokołowski).

The 7th Congress of the Association of Sports Medicine Physicians was held 1957 in Krakow, from 17 December to 18, and was organized by the milieu of sports medicine physicians form Krakow under the leadership of Dr. Jerzy Jedliński. The leading topic of the Congress was “Physiological and pathological origin of training and overtraining conditions”. The programme papers were presented by: Prof. W. Missiuro, Asst. Prof. W. Czarnocka-Karpińska and Prof. E. Preisler.

This was the period of a significant research activity revival in the field of sports medicine. Despite the complicated and difficult socioeconomic situation in Poland, many physicians, although not formally connected with counselling in sports medicine, for emotional reasons undertook effective measures to introduce the issues of sports medicine to current research projects at the reviving research units of medical universities, universities of physical education and the research institutes being founded that time. In Warsaw, in September 1953, the Well-Man Clinic was founded at the Research Institute of Physical Culture, with the staff and equipment from the first Clinic of Internal Diseases of the Medical University, headed by Prof. Andrzej Biernacki (1903-1963) and, since 1963, by Prof. Tadeusz Orłowski. For about 20 years, the Clinic, in cooperation with the central Sports Medical Outpatient Clinic, was the institution that trained physicians specialized in sports medicine. Moreover, it carried out complex scientific studies including the study with the sample of athletes competing in international sports events (European Boxing Championships [1953], Youth Athlete Rally [1955], Cycling Peace Race [1957]).

5. SPORTS MEDICINE AS AN INTERDISCIPLINARY FIELD (1958-1974)

5.01. ORGANIZATIONAL PROBLEMS AND PARTICIPATION IN THE 12TH FIMS CONGRESS (1958)

In the late 1950s the Ministry of Health implemented a new organization pattern of open medical services with a special role assigned to regional (voivodeship) specialist outpatient clinics. As for counselling in sports medicine, the instruction of
the Ministry of Health from 9 April 1960, concerning the frame organizational structure of regional (voivodeship) outpatient clinics of sports medicine was being implemented. The basic activity of these units was continued and improvement of task realization was planned with some extra staff employed at the clinics. The instruction allowed to include the following entities in the Clinic statute: the Research-Diagnostic Department, the Specialist Medical Care Department as well as the Methodological and Organizational Sections, and the divisions of registration, documentation and statistics. The Research-Diagnostic Department (might) include specialist clinics, diagnostic facilities (internal diseases, paediatric, surgical and orthopaedic, laryngological, ophthalmological, neurological and other offices according to the needs), diagnostic laboratories (analytical, radiological, ECG, anthropometric, functional test and other laboratories according to the needs). The Department of Specialist Medical Care might include the following rooms: surgical, treatment, physiotherapy and massage, dental or therapeutic gymnastics rooms, according to the needs).

The detailed tasks of the methodological-organizational section were determined. It was decided that the heads of departments should be sports medicine physicians with primary specialty in internal diseases, paediatrics or surgery. Under favourable conditions, the instruction provided fundamentals for establishing (importantly, in multiple centres) large sports medicine units, integrated with regional (voivodeship) clinics combining service, didactics and research tasks.

During the Jubilee FIMS Congress in Moscow in 1958, the participation of the Association of Sports Medicine Physicians in FIMS was renewed. The scientific programme included papers presented by Polish sports medicine physicians (W. Misiuro, E. Preisler, Seweryn Łukasik, L. Dec, S. Bober, W. Kornaszewski). From the historical perspective, we may assume that the preparation and participation in FIMS was essential against a background of the events that happened between 1958 and 1961. These included the formal establishment of sports medicine specialty, foundation of the Chair of Sports Medicine at the University of Medical Sciences in Poznań, scientific congresses of the Association of Sports Medicine Physicians in Wrocław (1959) and in Łódź (1961), where the structure of the Polish Society of Sports Medicine was expanded and the organizational structures of counselling in sports medicine underwent statutory modification.

The distinguished specialists in Polish milieu of sports medicine physicians and eminent practitioners were selected for the Medical Boards of International Sports Associations. These were: J. Moskwa [boxing], Z. Rusin [cycling], D. Onichimowska [rowing], A. Bilik [light athletics], O. Łada-Zabłocki [basketball], later J. Widuchowski [ice hockey], J. Smorawiński [field hockey]. Dr. Jerzy Moskwa (1923-2006) since March 1955 was a correspondent member of the AIBA Medical Commission; in 1958 he was elected a regular member and vice-chairman of the Board (till 1982). As the Board representative, he participated in the Meeting of the FIMS Interfederal Medical Commission during the 16th FIMS World Congress in Hanover
(1966). As a coach of Polish boxers and an influential activist of the international boxing organization, he presented the problems connected with boxing safety during subsequent sessions of the Medical Commission. He presented and tried to impose the viewpoint that there would be no healthy and safe boxing without safe training methods and unless only perfectly trained and prepared competitors were allowed to participate in boxing competitions. He stressed that without proper training tactics we would never ensure the competitors full health protection.

The Chairman of the Polish Society of Sports Medicine from 1965 to 1974, Prof. Seweryn Łukasik in 1968 presented his viewpoint as the guidelines for research in sports medicine. He thought that the trends of studies in sports medicine were virtually determined by the needs resulting from the responsibilities of health service in this field in Poland. It was the most common opinion that these tasks concerned providing medical care for the individuals participating in sports and different forms of physical education. Therefore, the research should aim, first of all, at the improvement of sports medicine physicians’ service quality through: a) the improvement of diagnostic methods and evaluation of physical fitness in individuals participating in sports in order to provide proper selection and exclusion criteria as well as prophylaxis of sports-related injuries; b) improvement of the methods of sports injury treatment; c) improvement of sports hygiene; d) developing the methods, which would be helpful for maximal performance improvement in professional athletes through participation in the development of training programmes.

The outlined tasks, although at the current phase of development were the subjects of research, in further perspective should be considered of secondary importance. The main element of sports medicine, predicting the development of this discipline, should involve studies aiming at showing the role of motor activity in prevention and treatment of civilization related diseases including: atherosclerosis with its most dangerous symptom – myocardial infarction, spontaneous hypertension, organic neuroses, etc. Studies of this kind bring sports medicine near clinical medicine.

5.02. SPECIALIZATION IN SPORTS MEDICINE AND FOUNDATION OF THE CHAIR OF SPORTS MEDICINE AT THE UNIVERSITY OF MEDICAL SCIENCES IN POZNAŃ (1958)

The of the Minister of Health’s regulation from 25 May 1958, concerning the principles and procedures of medical specialty certification, regarded sports medicine a secondary specialty, following the primary specialty in internal diseases, surgery or paediatrics. The specialty was acquired within 36 months. This stage was concluded with the article “Sports Medicine” by Asst. Prof. Wanda Czarnocka-Karpińska in Polish Medical Weekly” from 30 March, 1959. The current nestor of sports medi-
cine ended her article with the reflection: “As any other specialty, sports medicine was long enough ignored and tolerated. In most of the cultural countries it is now regarded a separate specialty. The acceptance of in sports medicine specialty is not accidental and results from many years’ work and dedication of several enthusiasts.

In 1958 the Specialty Training Unit called a Specialist Commission headed by Asst. Prof. W. Czarnocka-Karpińska. The Commission, verified about 60 physicians based on the current regulations and admitted them secondary specialty in sports medicine. All the candidates were required to have at least the first degree of specialty in basic branches of medicine and a long record service in sports medical counselling.

An important event for sports medicine physicians’ training opportunities and research realization was the establishment of the first Chair of Sports Medicine in Poland, headed by Prof. Eligiusz Preisler (1908-2008) at the Medical University in Poznań, in the academic year 1958/59. The head of the Chair was also the tutor of the Students’ Club of Applied Physiology and Sports Medicine. The courses in physical effort physiology and sports medicine, combined with the attractive sports programme, organized by the Chair in cooperation with the student’s self-government was a unique and exemplary training and didactic activity.

5. 03. CONGRESSES OF THE ASSOCIATION OF SPORTS MEDICINE PHYSICIANS (1959-1961)

The 8th Congress of the Association of Sports Medicine Physicians was held in 1959, from 20 to 21 November, in Wrocław. It was organized by the milieu of sports medicine physicians from Wrocław under the leadership of Dr. Lechosław Dec (1924-1994). The founder and the first rector of the University of Physical Education in Wrocław, Prof. Andrzej Klisiecki (1895-1975) assumed his protectorate over the Congress.

The leading topics of the Congress included: the issue of health and physical development of youth athletes and the opportunities to take advantage of preventive effects of different forms of physical education. Comprehensive papers on the first topics were presented by Prof. A Klisiecki (Physical education of adolescents), Prof. T. Nowakowski (Physical education as a paediatric issue) and Prof. E. Preisler (The problem of medical care in youth athletes). The second topic was comprehensively presented in three papers by Prof. Stefan Łukasik (Physical culture as a preventive factor in involution changes and conditions of the motor organ), Asst. Prof. Seweryn Łukasik (The role of physical education in the prophylaxis of internal diseases) and Prof. S. Grochmal (The role of physical education in the prophylaxis of nervous system disorders). Apart from the leading papers, there were 25 reports discussing current medical issues of competitive sports. Prof. Eligiusz Preisler was again elected President. The General Meeting awarded Prof. Andrzej Klisiecki (Poland), Prof.
Dawid B. Dill (USA) and Prof. Kalman Lissak (Hungary) Honorary Membership of the Association of Sports Medicine Physicians.

The 9th Congress of the Association of Sports Medicine Physicians was held 1961, from 18 to 19 November, in Łódź. It was organized by the milieu of sports medicine physicians from Łódź, under the leadership of Dr. Władysław Czerucki (1919-2000). The main topics of the Congress included: “The problem of prolonging physical fitness in aged individuals and health state of former professional athletes”, and “Medical issues of competitive sports”. The program papers, presented by professors: W. Missiuro, W. Markert, W. Jankowski and S. Iwankiewicz, discussed physiological and pathophysiological processes of body ageing in the aspect of physical fitness. The reports on evaluation of health state in former professional athletes indicated that generally no adverse effect was found of sustained participation in sports on the human body (M. Łukawska, D. Weinberg-Onichimowska, J. Moskwa, T. Niedek). The medical aspects of competitive sports were described from the point of view of internal diseases, surgery, ophthalmology and organizational issues (M. Weber, Z. Zajączkowski, S. Dmochowski, A. Frontczak). The reports presented well documented neurologic and otolaryngological findings related to the incidence of injuries in boxers (H. Sulat, K. Pakowski). It was the last congress before converting the Association of Sports Medicine Physicians into the Polish Society of Sports Medicine. The organization of sports medicine physicians, established 70 years earlier, called the Association of Sports Medicine Physicians played a very useful role in integration of this occupational group, enhancing its opinion-forming effect on the Departments of Health and Physical Culture and creating occupational opportunities for physicians specialized in sports medicine according to the regulation of sports medicine specialty. Participation in scientific congresses of the Association of Sports Medicine Physicians and research sessions of district clubs, apart from the benefits of refresher training, inspired the physicians to undertake research in sports medicine. Organizational changes due to conversion of the Association of Sports Medicine Physicians into Polish Society of Sports Medicine corresponded to the development of Polish medicine-related ideas applying the achievements in other medical branches in sports medical theory and practice. Conversely, eminent Polish physicians, who were interested in the theoretical and practical aspects of sports medicine during the discussed period – from 1930s to early 1960s, had sometimes a decisive influence on the development of other medical branches in Poland. The research output and didactic activity of some scientists also had a significant effect on the development of this branch of medicine. These included the achievements of professors: Włodzimierz Missiuro in occupational and aviation medicine, Władysław Dybowski in aviation medicine, Eligiusz Preisler in applied physiology and cardiology, Eleonora Reicher in rheumatology, Wiktor Dega in orthopaedic rehabilitation, Stanisław Grochmal in neurological rehabilitation, Stefan Łukasik in or-
thopaedics and traumatology and Wacław Droszcz in pulmonology. The specifics of sports medicine as a multi-specialty, interdisciplinary and partly hobbyist branch of medicine, provided opportunities for many physicians to develop their occupational interest in sports medicine as primary or, more frequently, secondary activity. As for the latter, by including the elements of sports medicine into basic medical knowledge, the physicians significantly developed their competence and the level of counselling in sports medicine.

Prof. Włodzimierz Missiuro was elected President of the Polish Society of Sports Medicine. The General Meeting awarded Prof. Wanda Czarnocka-Karpińska (1894-1971) Honorary Membership of the Society.

5.04. CONGRESSES OF THE POLISH SOCIETY OF SPORTS MEDICINE (1963-1974)

During that period, the researchers’ interest was mainly focused on the verification of the physiological criteria for athletic training, also through implementation of fitness tests, adjusted to the specifics of selected sports disciplines, with the additional application of blood biochemical examinations. Cognitive tests and effort capacity tests were performed in mid- and high mountain areas, in the aspect of the future preparation and participation in the Olympics in Mexico. A particular attention was devoted to the clinic of chronic overload of the motor organ. The monographies were written, presenting theoretical fundamentals of the effect of increased physical activity on health in adults, particularly in the prophylaxis of metabolic and circulatory system disorders.

The sought solutions of functional test adjustment to physiological conditioning of selected sports disciplines, in need of actual development of training practice in competitive sports, were affected both by progress in training-related notions and the more frequent participation of sports medicine physicians in training as they were provided formal opportunities to cooperate with sports associations and to work for many months during sports events. This need of practice, as well as favourable circumstances provided by the legislator, resulted in a significant intensification of studies on applied physiology serving the needs of competitive sports.

Multiple sports disciplines were subjected to systematic fitness examinations. The evaluation of training level involved numerous studies verifying the usefulness of non-specific tests. Physicians, in cooperation with trainers in selected sports disciplines, sought for fitness tests which could be based on specific load application, verified at the same time in practice.

The 10th Congress of the Polish Society of Sports Medicine was held on December 7-8, 1963 in Warsaw. It was organized by the milieu of Warsaw sports medicine physicians under the leadership of Prof. Włodzimierz Missiuro. The inaugurating lecture “Civilization-related diseases, sports and medicine” was given by Prof. Włodzimierz
Missiuro. After that, Dr. Z. Zajączkowski presented the outline history of sports medicine in Poland. In his program paper, related to physical fitness of Polish youth, Prof. E. Preisler discussed the signs of fitness regression in contemporary youth as compared to the previous generation. During the surgical session, the problem of surgical treatment of the knee joint menisci was discussed. The free topics included the results of the study on nutrition in athlete population, the relation between muscular strength and nutritional status and the behaviour of intraocular pressure in weightlifters.

Prof. Włodzimierz Missiuro from Warsaw was elected President again.

The 11th Congress of the Polish Society of Sports Medicine was held on 11-12 December, 1965. It was organized by the Poznań milieu of sports medicine physicians under the leadership of Dr. Paweł Rudnicki.

The programme of scientific sessions included two main topics: “The effect of physical effort on metabolism” and “Joint injuries in sports”. The papers from Prof. Eligiusz Preisler’s Poznań school pertained to the behaviour of the indices of carbohydrate, fat (D. Kruk) metabolism, protein (R. Kabza, J. Rachlewicz), and electrolyte metabolism and the activity of enzymes in blood during rest and following physical effort (R. Kabza). The problem of overload-related changes in joints was presented by: S. Łukasik, J. Moskwa, J. Orłowski, W. Czerucki, L. Musur, Z. Rusin and M. Holak. The free topics included the analysis of nutrition in athletes (L. Namysłowski), the effect of muscle work on blood 17-hydroxysteroid level (K. Nazar), renal filtration (L. Dec), red blood cell hydration (J. Durkalec) and the effect of occupational activities on the circulatory and respiratory system function (E. Preisler, A. Kostrzewa and colleagues).

The General Meeting of the Polish Society of Sports Medicine elected its authorities. Dr. Seweryn Łukasik from Wrocław was elected President.

The 12th Congress of the Polish Society of Sports Medicine was held on 19-20 January, 1968 in Wrocław. It was organized by the milieu of sports medicine physicians from Wrocław under the leadership of Prof. Seweryn Łukasik and Dr. Bolesław Buła, the Secretary of the Organizational Committee.

The Congress took place during the period ending the preparatory cycle for the Olympics in Mexico in mid-high mountain conditions (1968). That time, several teams of researchers worked on the issues of theoretical and practical significance for the preparation of Polish athletes to start in the Olympics.

The leadership of the Polish Society of Sports Medicine, taken over by Wrocław physicians made an attempt to delineate the research trends of the actual status of Polish sports medicine.

The programme comprised the main topic, namely “Meteorological factors and physical effort”, two Round Table Conferences and a free topic session. During the main topic session, the papers were presented on the effect of meteorological
factors on physical fitness, the results of sports medical observations in mountainous Olympic centres during reconnaissance events in Mexico and the studies in a low-pressure chamber. During the first Round Table Conference on “The trends of the development of sports medicine in Poland”, the current organizational issues and the issues pertaining to staff were analysed; the President, Asst. Prof. Seweryn Łukasik presented his suggestions concerning the desired research trends in sports medicine. During the second conference on musculoligamental lesions in athletes, the initial paper was presented by Prof. Stefan Łukasik (Warsaw). During the free topic session, the main presented papers concerned, among other things, effort capacity in aged individuals and studies on the correlation between functional tests and physical fitness.

Asst. Prof. Seweryn Łukasik from Wrocław was again elected President.

The 13th Congress of the Polish Society of Sports Medicine was held on 9-11 October, 1969 in Olsztyn. It was organized by the milieu of sports medicine physicians from Warmia and Mazury under the leadership of Dr. Jan Chmiel.

The congress took place during the period of a several years’ practice and discussions in athletic milieu about the so called early specialization in sports. Polish sports medicine physicians were expected to start cooperation in the implementation of this idea.

The programme of research sessions included two main topics, namely: „Pro-health aspects of early sports specialization” and “Motor organ pathophysiology in competitors practising different sports disciplines. Sports-related injuries” and free topics. The Congress was combined with the Conference of the Board of Studies on the Effect of Exercise on Human Body of the Physiological Committee of Polish Academy of Sciences. The topic of the Conference was “Concentration of basic carbohydrate, protein and fat metabolites and enzyme activity in adolescent individuals”. Foreign visitors actively participated in the Congress. J. Dańko and E. Scholling presented their papers.

The General Meeting awarded Prof. Jiri Kral (from the former Czechoslovakia) and Prof. Serafin P. Letunov (from the former USSR) Honorary Membership of the Polish Society of Sports Medicine.

The 14th Congress of the Polish Society of Sports Medicine was held on 9-10 June, 1972 in Katowice. It was organized by the milieu of Upper Silesian sports medicine physicians and under the leadership of Asst. Prof. Lechosław Dec and Dr. Jan Piaskowski, the Secretary of the Organizational Committee. During the opening session of the Congress, after the opening speech made by Asst. Prof. Dec, referring to the 35th anniversary of the establishment of the Association of Sports Medicine Physicians, the main papers were presented by Asst. Prof. Stanisław Kozłowski – on “The physical capacity in sports and occupational activity” and Prof. Eligiusz Preisler...
(Poznań) on “Some forms of interval and isometric exercises in the prophylaxis of a premature decrease in physical capacity and work performance”.

The programme of the three research sessions comprised: medical aspects of female athletes, the problems of physical capacity and sports-related injuries. The papers of physicians from Poznań presenting the output of Prof. Eligiusz Preisler’s school of clinical physiology, Prof. Jan Fibak’s school of sports traumatology, and the Upper Silesian researchers from the Department of Sports Medicine of the University of Physical Education in Katowice, Regional Sports Medicine Clinic in Katowice and the Hospital in Piekary Śląskie.

The 15th Congress of the Polish Society of Sports Medicine was held on 27-28 September, 1974 in Łódź. It was organized by the milieu of sports medicine physicians from Łódź under the leadership of Dr. Henryk Kuński and Dr. Jan Miksza, the Secretary of the Organizational Committee. The Congress was combined with the Conference of the Board of Studies of the Effect of Exercise on Human Body of the Physiological Committee of Polish Academy of Sciences. The topic of the Conference was “Prophylaxis of hypokinetic syndromes”.

After the official opening of the Congress, the scientific session was initiated with the paper by Dr. Z. Zajączkowski – “Sports medicine during 30 years of the Polish People’s Republic” and followed by the Round Table Conference on nervous system overload in sports. The participants of the Conference were: Prof. J. Jedliński as a moderator and professors: S. Grochmal, A. Pąchalski and J. Zdebski. The next conference concerned the prophylaxis of hypokinetic syndromes with the main papers presented by Prof. Eligiusz Preisler et al. on morphological, functional and metabolic sequelae of hypokinesis in adults, and the papers presented by Prof. S. Łukasik and K. Wrabec on clinical sequelae of hypokinesis in internal diseases. Prof. J. Fibak discussed the prevention of thrombosis under conditions of hypokinesis. The conference ended with the papers presented by physicians from Poznań, discussing the methods of preventing hypokinesis in everyday life.

During the session devoted to respiratory and circulatory system overload, the opening speech was made by Prof. E. Preisler on “Exercise overload as reflected by ECG curve”. The results of polycardiographic and ultrasonographic examinations were the novelty in the evaluation of left heart ventricle muscle hypertrophy in competitive cyclists, presented by E. Szmłatloch and W. Walczak. During the session devoted to the effect of physical effort on human body, most of the presented papers concerned the post-exercise biochemical changes in blood.

During the session devoted to musculoskeletal system overload, the opening lecture was given by Prof. S. Kozłowski on “Adaptation of the motor organ to sports-related load”, followed by the paper presented by Jerzy Moskwa on sports-related joint overload.
The program was ended with numerous reports by the orthopaedists and surgeons dealing with practical aspects of sports medicine. Dr. Z. Zajączkowski presented the project of “The ethical and deontological principles of the Polish Society of Sports Medicine”.

An unique event was Prof. Jiri Kral's presentation of his paper “Sports medicine. The past, present and future”. Prof. Jiri Kral was a many years’ member of FIMS Board of Management and one of the creators of contemporary sports medicine. During the Congress opening ceremony, the former President of the Polish Society of Sports Medicine, Asst. Prof. Seweryn Łukasik handed Prof. Kral the diploma of the Honorary Member of the Polish Society of Sports Medicine, admitted by the resolution of the XIII Congress of the Society in Olsztyn (1969).

Prof. Stanisław Kozłowski from Warsaw was elected President.

6. DECENTRALIZATION OF MEDICAL CARE PROVIDED TO PROFESSIONAL ATHLETES AND VIVIFICATION OF THE RESEARCH ACTIVITY IN REGIONAL CENTRES (1975-1995)

6.01. ORGANIZATIONAL PROBLEMS

The solutions provided for the organizational problems were significantly affected by the changes in administrative division of Poland, introduced at the beginning of 1975. The division of Poland into 49 voivodeships entailed the necessity of founding Sports Medicine Clinics in each voivodeship. Virtually, the remaining, relatively strong and active clinics, organizationally developed in formed voivodeships and the new voivodeship clinics were founded through conversion of the so far existing district clinics. Following these changes, leading to a relative administrative decentralization, the Minister of Health and Social Care in his attempt to maintain the professional level of sports medical counselling, decided in his Decree of 1 March, 1975, that certain Clinics would supervise the remaining regional units, and the heads of these clinic were appointed regional (voivodeship) specialist. These were regional clinics, operating since 1974. Once the regional clinics were founded in new voivodeships, the Minister of Health and Social Care in his Decree from 14 April, 1978 extended the responsibility of the specialists appointed in 1975 voivodeship by expanding the area of their activity to neighbouring voivodeships. Such status was maintained until the end of 1982.

A relative decentralization of medical care providing for professional athletes was manifested by the Agreement made between the President of the Chief Commit-
tee of Physical Culture and Tourism and the Ministry of Health and Social Care from 15 April, 1975 on the cooperation between the outpatient clinics of sports medicine, the Institute of Sports Medicine and the University of Physical Education, the university departments of medical control and Polish Federation of Sports. The Agreement determined the principles of cooperation in providing medical care for the national team athletes and the principles of cooperation in sports medicine research. It resulted in the division of the national team competitors according to the sports disciplines they practised between the Central Outpatient Clinic of Sports Medicine, the University of Physical Education, regional (voivodeship) outpatient clinics of sports medicine and the university departments of medical control at universities of physical education.

Based on these decisions, the outpatient clinics of sports medicine were responsible for the entire system of medical care for competitors.

As for the research, the heads of the sports medicine clinics, together with the heads of the research units determined the research topics connected with the current sports-related issues. This agreement resulted in the vivification of the research activity in numerous regional (voivodeship) outpatient clinics of sports Medicine. Advantage was taken of these favourable circumstances for the establishment of the University Laboratory of Sports Medicine in Łódź, where, in the academic year 1975/76, a series of seminars and practical classes in sports medicine were introduced in the block of classes in internal diseases for the fifth year students of the Medical Department. The programme was developed by Dr. Henryk Kuński, the organizer and first head of the Laboratory of Sports Medicine, established on 1 October, 1975 within the structure of the Institute of Internal Medicine. The director of the Institute, Prof. Jerzy Rożniecki (1929-2007) was the tutor and patron of the large group of associate researchers, very kind and supportive for the Laboratory activity. For 23 years, until 1998, the Laboratory was housed in the facility of the Voivodeship Outpatient Clinic of Sports Medicine in Łódź. Since 1993, sports medicine classes had been an integral part of the fourth year preventive medicine programme for the students of the Faculty of Medicine. The Department of Sports Medicine was established within the structures of the Chair of Social and Preventive Medicine at the Medical University of Łódź. Prof. Anna Jegier became the head of the Department. The newest teaching programme emphasises particular health benefits of systematic pro-health training, the role of physical effort in prevention of chronic diseases and cardiological rehabilitation. The students have an opportunity to participate and thus gain experience in the programme of prophylactic examinations for the patients of the Well-Man Clinic. For several years, the students of the Faculty of Medicine have been participating in a similar programme, likewise the students of the Faculty of Health Sciences and the Faculty of Physiotherapy. Prof. Tomasz Kostka's many years’ personal and research-related connections with the Laboratory, and later, with the Department of Preventive Medicine combine his in-
An important contribution to the occupational activity of sports medicine physicians was the implementation of the Chief Physical Culture and Sports Committee President’s Ordinance from November 16th, 1979 concerning medical care providing for athletes during sports competitions. The Ordinance provides a detailed description of the duties of the competition organizers as for providing an adequate medical care to the competitors including the principles of cooperation with the regional clinic of sports medicine. In the part referring to medicine, the sports disciplines were identified, requiring additional medical examinations before the start of the competition. The enclosures presented the lists of medical personnel members who planned to work during competitions in different sports disciplines and the list of necessary equipment at the facilities for medical staff, namely medical devices, basic medications and dressing materials included in first aid kits.

It seems obvious that the execution of the Ordinance guidelines was not always successful, nevertheless it allowed, in favourable circumstances, to force adequate working conditions for sideline physicians during sports competitions.

The upgraded role of medicine in competitive sports was defined by the current President of the Polish Society of Sports Medicine, Prof. Stanisław Kozłowski in his paper presented during the Scientific Congress of Physical Culture and Sports on 21-24 November, 1979 in Poznań. He confirmed the role of sports medicine as an integral part of the system of medical branches, that may be applied only in close cooperation and based on this system. Sports medicine physicians have to take advantage of their knowledge and skills in general medicine and their basic specialties, which could provide fundamentals for specific issues of sports medicine. Therefore, the everyday realization of these tasks should be based on the competence of sports medicine physicians in basic medical knowledge and the functioning of a healthy human organism under different conditions of physical effort load and in exposure to factors of physical and social environments.

The continuous contact with adequate specialist health care units is also necessary as well as the contact with medical universities and medical research institutes. The basic tasks of sports medicine in physical education, sports and recreation are similar to the tasks of other sports disciplines and comprise prophylaxis, diagnostics, treatment and rehabilitation.

The official documents indicate that after 1990 an alarming tendency was observed of constant reduction of funds for sports medicine in Poland. Such conditions were maintained thorough the entire last decade of the 20th century. This may have been due to serious financial problems in health care units and in the Department of Physical Culture. Contrary to the progressive degradation of Regional (voivodeship) outpatient clinics of sports medicine, the dynamic development was observed in the Central Institute of Sports Medicine, which was based on the Central Outpatient
Clinic of Sports Medicine in Warsaw. This centre was established in 1994 in a newly constructed building in the area belonging to „Skra” sports club in Wawelska 5, and financially supported by the central authorities. It was equipped with the newest devices for laboratory diagnostics, fitness diagnostics, kinesitherapy and balneology. In 1995 the operation facility was open at the Clinic.

6.02. MODERNIZATION OF SPORTS MEDICINE SPECIALTY

A subsequent modernized program of specialist studies in sports medicine was developed in 1983 by the National Specialist Team for Sports Medicine under the leadership of Prof. Stanisław Kozłowski’s team. At the beginning, when defining the goal of specialist studies, apart from the acquisition of knowledge and practical skills, Prof. Kozłowski outlined the suggestion to master the desired personality traits of sports medicine physicians. The programme, accepted by the head of the Centre of Medical Postgraduate Education contained a detailed description of the specialty course and the conditions of taking the specialist exam including the scope of the required knowledge, practical skills and personality traits. The unified content of the program included the scope of authorization of specialists in sports medicine and the list of the units authorized for the specialty. In the part pertaining to the course of specialty, it was decided that the specialty in sports medicine may be developed after gaining the primary specialty in general surgery, children’s surgery, internal diseases, paediatrics, orthopaedics and traumatology, occupational medicine and general medicine, only at the units authorized for the specialty in sports medicine. The specialist studies consisted of: two years’ occupational practice (specialist internship) in a sports medical unit with the recommendation for systematic self-development and partial internship in the voivodeship sports medical outpatient clinic, fitness laboratory, department of orthopaedics and traumatology or internal diseases (depending on the primary specialty), the unit dealing with biological renewal, physical therapy and rehabilitation after sports-related injuries or sports medical outpatient unit, and finally, participation in at least 2 assemblies and sports camps and 10 sports events. The necessary conditions for taking the specialist exam included positive results of sports-medical certification tests, the theory of sports training, medical ethics and deontology, physiology of sports and methods of physical fitness evaluation, sports traumatology, and participation in the basic course in sports medicine organized by the Medical Centre of Postgraduate Education and the Central Outpatient Clinic of Sports Medicine. The requirements concerning all the specialties included active participation in the activity of the Research Society, presentation of two papers during sessions of the Research Society, preparing an original or a review paper and a good command of two languages to read and use the references without difficulty. This ended with theoretical and practical exam, conducted before an examination board. A detailed scope of the required knowledge comprised
physical effort physiology, developmental physiology, clinical issues in the aspect of physical education and sports, the theory of sports training, elements of recreational movement, rehabilitation, physical therapy and biological renewal, sports safety and hygiene, nutrition in athletes, rehabilitation, medical ethics and deontology, sports medical certification and organization of medical care for physical culture practitioners. Also the required practical skills were defined, being a derivative of the acquired theoretical knowledge, useful for work both at outpatient clinics of sports medicine and as a sideline physician during sports events in collaboration with trainers, and of biological renewal. Basically, specialists in sports medicine were authorized to provide medical care for the individuals participating in different forms of physical activity including certification allowing such participation. The units authorized for specialization in sports medicine included: the Central Outpatient Clinic of Sports Medicine, regional (voivodeship) outpatient clinics of sports medicine, the departments of sports medicine at universities of physical education and departments of applied physiology at medical universities and the Polish Academy of Sciences. The physicians interested in sports medicine in 1978 received the textbook on sports traumatology, edited by J. Garlicki and M. Kuś, and a year earlier – the textbook by M. Goncarzewicz, M. Krawczyński and W. Cichy - “Medical Control of Physical Education and Sports in Children and Youth”; in 1984, the first edition was published of the fundamental work by S. Kozłowski and K. Nazar – “Introduction to Clinical Physiology” and the second modified edition by Z. Zajączkowski “Sports Medicine in Practice”. The books by H. Kuński – “Pro-health Aspects of Physical Recreation in Middle Aged Individuals” (1981, 1985), “Fundamentals of Pro-health Training” (1985) and “Movement and Health” (1987) may have contributed to the popularization of pro-health training.

In October 1985, the first issue of Medycyna Sportowa journal was published as the official periodical of the Polish Society of Sports Medicine. During subsequent years, with the chief editor, Dr. Wiesław Tomaszewski, the editorial form of the journal evolved, reaching international standards corresponding to the periodicals indexed on the international scale.

6.03. CONGRESSES OF THE POLISH SOCIETY OF SPORTS MEDICINE (1977-1993)

The first decade of that period comprises consecutive cadences of Prof. Stanisław Kozłowski (1927-1985), the President of the Society, whose kindness, friendliness and readiness to provide support shaped the sports medical milieu within the range of scientific fundamentals of sports medicine, and particularly - applied physiology. He was intellectually and organizationally supported by Prof. Jerzy P. Dubiel (1937-1991) who paid particular attention to the cardiologic issues of sports medicine. Besides, the definition of “pro-health training for adults” was developed as
strictly determined physical exercises, adjusted to health-promoting requirements. This idea was intensively realized as part of scientific and counselling activity at the Laboratory of Sports Medicine of the Medical University in Łódź. As for sports traumatology, the topics related to this branch of sports medicine were reported during subsequent congresses and symposia from the scientific and didactic point of view, with additional emphasis placed on soft tissue injuries in sports, after Prof. Artur Dziak took over the initiative related to organization and problems.

**The 16th Congress of the Polish Society of Sports Medicine** was held on 13-14 November, 1977 in Szczecin. It was organized by the milieu of sports medicine physicians from Szczecin under the leadership of Dr. Roman Podgórski. The opening speech on “The beginnings of scientific movement among the physicians - activists in sports organizations” was made by Prof. L. Dec, and referred to the 40th anniversary of the foundation of the Association of Sports Medicine Physicians. The programme included three blocks of topics: “The role of sports medicine in health-promoting activity among the population”, “The criteria for body training” and “Pathological changes in the spine and participation in sports”.

The General Meeting awarded Honorary Membership of the Polish Society of Sports Medicine to Prof. Eligiusz Preisler, Prof. Stefan Łukasik, Prof. Seweryn Łukasik and Dr. Zdzisław Zajączkowski.

**The 17th Congress of the Polish Society of Sports Medicine** was held on 6-8 October, 1979 in Bydgoszcz. It was organized by the milieu of sports medicine physicians from Bydgoszcz under the leadership of Dr. Mieczysław Tomasik. After the official opening combined with the celebration of the 50th anniversary of the Voivodeship Outpatient Clinic of Sports Medicine in Bydgoszcz, the Round Table Conference was held on “Sports training physiology and overtraining”. The programme consisted of three blocks of topics, namely: physical effort physiology, medical aspects of children and youth athletes and the injuries and diseases of the humeral joint in athletes.

**The 18th Congress of the Polish Society of Sports Medicine** was held on 18-19 October, 1981 in Wroclaw. It was organized by the milieu of sports medicine physicians from Wroclaw Asst. Prof. Karmena Stańkowska i Dr. Andrzej Bugajski, the Secretary of the Organizing committee.

The programme comprised two main topics, namely: “The issue of biological renewal in sports” and “The diseases and injuries of feet in athletes”. Free topics were presented during the sessions and comprised: “Cardiological issues”, “Surgical issues”, “Physiological issues” and “Various reports”.

Decentralization of medical care provided to professional athletes ...
The 19th Congress of the Polish Society of Sports Medicine was held on 27-28 October, 1984 in Gdańsk. It was organized by the milieu of sports medicine physicians from Gdańsk, under the leadership of Dr. Stanisław Michalski and Dr. Bogdan Błoński, the Secretary of the Organizing committee. After the opening, the event-related paper - “60 years of medical counselling for Polish athletes (1924-1984)” was presented by Prof. Lechosław Dec. The scientific programme comprised three main topics: “Soft tissue injuries,” “Medical aspects of female athletes” and “Late sequelae of participation in sports” and the sessions including presentation of different reports. During the first day of the Congress, the sessions were devoted to soft tissue injuries. The opening paper – “Injuries of the motor organ soft tissues in sports” was presented by Prof. Artur Dziak, the leader of the topic and the chairperson of the session. Subsequent papers, mostly originating from the Warsaw Centre, discussed diagnostic and therapeutic issues of soft tissue injuries due to different causes and of different location. At the same time, the sessions of different reports took place. During the second day of the Congress, two sessions were devoted to medical aspects of female athletes and late consequences of participation in sports. The first session comprised two opening speeches, namely “Differences in physiological adaptation to physical effort in the male and female population (S. Kozłowski, K. Nazar) and “Clinical aspects of female athletes” (L. Marianowski). During the second session, the presented papers pertained to the delayed effect of participation in sports on the motor organ (A. Dziak), cardiovascular system (J. P. Dubiel, W. Kolasińska-Kloch, J. Jasieński) and the level of physical fitness in former athletes (J. Ślężyński, R. Brehmer).

The General Meeting awarded Dr. Stanisław Michalski and Prof. Ejnar Eriks-son (Sweden) Honorary Members of the Polish Society of Sports Medicine.

The 20th Congress of the Polish Society of Sports Medicine was held on 15-17 October, 1987 and was organized by the Warsaw milieu of sports medicine physicians under the leadership of Dr. Zbigniew Rusin. This was a jubilee congress, dedicated to the memory of Prof. Stanisław Kozłowski (1927-1985). During the Congress opening sessions, the papers connected with the history of the Polish Society of Sports Medicine and the actual condition of sports medicine in Poland were presented by Prof. L. Dec, Dr. Z. Zajączkowski and Dr. J. Garlicki.

The outlined programme of the Congress consisted of two parts: physiology, traumatology and free topics, and two Round Table Conferences: “Athlete’s Heart” (moderator: Prof. Jerzy P. Dubiel) and “Prophylaxis of Overload and Motor Organ Injuries in Sports” (moderator: Prof. Jerzy Sowiński).

The first part, pertaining to physiology comprised two sessions. During the first session, the papers were presented by Prof. J.P. Dubiel (“The significance of motor activity in prevention of circulatory system diseases”) and Prof. K. Nazar (“The significance of motor activity in prevention and treatment of metabolic diseases). During the second session, the opening speech was made by Prof. B. Buła (“Physio-
logical cost of a defined physical effort in male competitors with different levels of physical fitness”). The part pertaining to traumatology was started with the presentations of the invited foreign guests. During subsequent sessions, the presented papers pertained to overload changes in the motor organ in sports. The majority of participants belonged to Prof. Dziak’s team.

Prof. Bolesław Buła from Wrocław was elected Chairman. The General Meeting awarded Prof. Lechosław Dec Honorary Membership of the Polish Society of Sports Medicine.

The 21st Congress of the Polish Society of Sports Medicine was held on 12-13 October, 1990 in Jelenia Góra. It was prepared by the milieu of sports medicine physicians from Jelenia Góra under the leadership of Dr. Zbigniew Sławek, and after his premature death, organization of the Congress was continued by the Organizing committee with: Dr. Stanisław Siuta, Julian Gozdowski, M.A. and Dr. Jan Chmura. The programme of the plenary session pertained to the issues of sports medicine in children and youth and included presentation of three papers: “The Role of Sports Medicine in Promoting Health in Children and Youth” (B. Woynarowska), “Risk from the Motor Organ in Children and Youth” (A. Dziak) and “Anthropological and Physiological Indices in Relationship Formation Between Training Load and Specific Effort Capacity in Youth” (H. Kuński). The remaining traditional sessions were devoted to physical effort physiology, sports traumatology and free topics. The Congress was held simultaneously with the Polish-Finnish Symposium on electromyographic activity and thermoregulation during exercise performance.

Prof. Artur Dziak from Warsaw was elected Chairperson. The General Meeting awarded Dr. Marii Łukawska-Graczyk Honorary Membership of the Polish Society of Sports Medicine.

The 22nd Congress of the Polish Society of Sports Medicine was held in Spała on 14-16 October, 1993. It was organized by the milieu of sports medicine physicians from Łódź, under the leadership of Prof. Romuald Lewicki. The detailed leading topics were not determined in the Congress programme and the sessions were planned so as to review the current research sessions within the range of sports medicine in Poland. To realize this program concept, the scientific sessions were divided into three basic problem sessions. These pertained to: orthopaedics and traumatology, cardiology and physiology and the biochemistry of physical effort. The Congress ended with a training session.

During the sessions devoted to orthopaedics and traumatology, the issues of diagnostics and injuries of the knee joint (T. Ściński, J. Widuchowski) were predominant. During the cardiologic session, the results of prospective studies were presented on pro-health training (H. Kuński and colleagues.), physiological effect of cardiologic rehabilitation (A. Jegier and colleagues), and cardiologic reasons for...
inability to participate in sports (E. Fojt, J. Szewieczek. D. Strzałkowska). During the session pertaining to physiology, the results of studies on the relation between blood growth hormone concentration and anaerobic threshold in athletes of different age were presented (J. Chwalbińska-Moneta and colleagues). During the free topic sessions, medical aspects of safety in sea sailing (K. Stańkowska) and competitive canoeing slalom (W. Gawroński) were discussed.

Prof. Romuald Lewicki from Łódź was elected Chairperson. The General Meeting awarded Prof. Zofia Karwan-Knychalska and Dr. Paweł Rudnicki Honorary Membership of the Polish Society of Sports Medicine.

7. ADJUSTING SPORTS MEDICINE TO THE CHANGES IN GENERAL MEDICAL CARE (1996-2009)

7.01. ORGANIZATIONAL PROBLEMS

The condition of counselling in sports medicine dramatically deteriorated in the years 1997-1998. The counselling was not supported by regulations and its existence depended on friendly or adversary approaches, general rules of both laws by the regional administration and, first of all, on the organizers of the newly founded sickness funds. Polish Society of Sports Medicine took the initiative to save the output of Polish sports medicine and delineate its further development. The head physicians of the regional (voivodeship) outpatient clinics of sports medicine expressed their anxiety with the situation during the meeting, which, on the initiative of Polish Society of Sports Medicine, took place on June 20, 1997 in Gdynia.

About six months later, on 13 November 1998, at the Ministry of Health, the members of the Chief Management Board with the Society leader, prof. J. Smorawiński, the senator of the Polish Republic, undertook prompt action, which proved effective, as after four years of attempts at different stages of health protection reorganization in Poland, at the beginning of the year 2002, some limited funds were assigned for further activity of counselling in sports medicine. The obvious benefit was obtaining the status of detailed specialty and appointing, apart from the national consultant, 12 regional consultants in 1999.

The organizational problems of that period are integral part of the education process in sports medicine physicians. On one hand, the state system of sports medical counselling was destroyed and extreme difficulties were encountered in the opportunities for specializing in sports medicine. In such circumstances, the basic task of sports medical counselling, namely certification of fitness for physical exercise, was overtaken by physicians performing different forms of commercial activity, part-
ly financed based on agreements, signed during the first years with regional Sickness Funds, the later divisions of the National Health Fund.

The formal assurance of an adequate professional level of this activity was entrusted to the national consultant and regional consultants. Since there was a small group of physicians specializing in sports medicine, the training was taken over by the community gathered around the Polish Society of Sports Medicine. Beginning with issuing short-term certificates of approval, based on the previous for sports medical counselling, the training system was established for physicians authorized to work for sports medical counselling. The persistent strive at the Ministry of Health resulted in issuing next resolutions, defining the part of population, which might be allowed to undergo sports medical examinations within their health insurance package. The fact that athletes under 21 years were entitled to undergo such examinations was considered a social success.

The specialty in sports medicine is a separate issue. It has been regarded a detailed specialty since 1999. In 2003, a team of experts, together with the appointed experts, developed a detailed specialty programme. The modern programme, with broad description of its each element, was virtually extremely difficult to carry out by physicians who did not work full time for sports medical counselling. The actual modified definition was an unquestionable success of the authors of that programme. The full definition is as follows: “Sports Medicine, also called the medicine of motor activity, is an interdisciplinary branch of medical knowledge, utilising the achievements in anthropology, biology, biochemistry, physiology and the theory of sports training, as well as such disciplines as: orthopaedics, traumatology, paediatrics, internal diseases and cardiology. The basic element of sports medicine is health protection in individuals involved in different forms of physical activity, from physical education classes to competitive sports, from recreational activities to pro-health training and from prophylaxis of various conditions to treatment and rehabilitation.

Sports medicine deals with physically active individuals, healthy and ill, during each period of their lives. Unlike other branches of medicine, it comprises the whole of physiological and pathological processes which occur within the body due to physical activity or lack of it, in all body systems and organs. We may expect that under favourable circumstances and according to the “European tendency”, sports medicine defined this way will gain the status of basic specialty.

With a very inconsiderable number of physicians specialized in sports medicine and extremely difficult conditions for specialty development, the Chief Board of Management of the Polish Society of Sports Medicine, together with the National Consultant in sports medicine, considering the need of a wide access for children and youth to sports medical examination conducted by trained and authorized physicians, introduced certificates of Polish Society of Sports Medicine in 2001 within a cycle of training sessions, defined as the “ABC of sports medicine” courses. The cycle consists of four one day training sessions and a final exam. The block of sessions on
physiology, combined with workshops on fitness examinations was developed by the Department of Applied Physiology of Mossakowski Medical Research Centre, Polish Academy of Sciences thanks to substantial intellectual and executive dedication of Dr. Andrzej Ziembka. The certificate is valid within the defined time limits and requires updating, thus permanent training was enforced. During the session of the Committee of Conference at the Ministry of Health in July 2005 the “sports medical certification” skill was approved. This skill is confirmed by the extended range of Polish Society of Sports Medicine certificate. In September 2005, the Society issued a comprehensive collaborate textbook edited by A. Jegier, K. Nazar i A. Dziak – “Sports Medicine” and a year earlier – the book edited by M. Mędraś – “Sports Medicine” and the guidebook by H. Kuński “Pro-health Training in Adults”.

The milieu of sports medicine physicians from Krakow, under the leadership of Dr. Zbigniew Szyguła and Dr. Wojciech Gawroński, provided considerable support for maintaining the level of sports medicine in Poland by organizing „Medicina Sportiva” International Symposia in the years 1996-2006, with FIMS experts’ participation. Since the beginning of 1997, the Medicina Sportiva quarterly has been published, edited by Zbigniew Szyguła and Wojciech Gawroński and since 1999 – “Medicina Sportiva Practica” and “Medicina Sportiva Suplement”. The third official journal of the Polish Society of Sports Medicine, apart from earlier periodicals, is the indexed quarterly, edited by Jerzy Widuchowski “Knee Surgery – Arthroscopy – Sports Traumatology”. The meeting of delegates from the member countries of the European Federation of Sports Medicine Associations, during the IV Congress of Sports Medicine EFSMA in Limasol on October 2005 elected the Polish delegate, Prof. Anna Jegier member of the EFSMA Board of Management.

Based on the reported events, we can hope that sports medicine will preserve its “bridgeheads” and will have an opportunity for survival and further development. It should be regarded a significant success of the milieu, facing the scattering or partial liquidation of the neighbouring branches of preventive medicine, school hygiene and occupational medicine.

7. 02. CONGRESSES OF THE POLISH SOCIETY OF SPORTS MEDICINE AND INTERNATIONAL SYMPOSIA OF „MEDICINA SPORTIVA” (1996-2009)

The 23rd Congress of the Polish Society of Sports Medicine was held on 15-18 September, 1996 in Krakow; it was organized by the Krakow milieu of sports medicine physicians under the leadership of Dr. Zbigniew Szygula and Dr. Wojciech Gawroński. The Congress was combined with the 1st International Symposium of Medicina Sportiva. The motto of the Congress was “Sports and Health”. 350 participants from Poland and abroad participated in the Congress sessions. The organizers aimed, on one hand, at presenting health benefits of active participation in different
forms of physical activity - and on the other – presenting health hazards of a wrongly understood sports performance. They wanted to emphasise the role of sports medicine as primarily preventive medicine.

The scientific part of the Congress was preceded by the popular scientific part “Towards Health”, organized during the day of Congress opening and directed to the community of Krakow. The soldiers from the Krakow Military District participated in that part of the Congress. They presented the martial art of grapple and Robert Korzeniowski – the Olympic walking champion, who, together with Dr. Kuński conducted pro-health training, also provided its scientific justification.

The programme was divided into three parts. In the first part, the sessions suggested by the organizers, combining the Scientific Congress of the Polish Society of Sports Medicine with the International Medicina Sportiva Symposium, had a form of expert lectures presented within the Symposium framework, mainly by foreign guests, during morning hours.

The second block of sessions, defined as scientific sessions, took place in afternoon hours and comprised presentation of scientific reports, both oral and in a form of posters. Oral reports were presented simultaneously during separate scientific sessions: Sports and Health, Physical Effort – Physiological and Clinical Issues and Sports Traumatology. During late afternoon hours, two poster sessions took place, involving 133 presentations.

During the last day, the Round Table Conference was held on: “Physical activity in prevention of civilization-related diseases”.

Prof. Jerzy Smorawiński from Poznań was elected President. The General Meeting awarded Dr. Henryk Kuński Honorary Membership of the Polish Society of Sports Medicine.

The 24th Congress of the Polish Society of Sports Medicine was held on 22-25 September, 1999 in Poznań. It was organized by the milieu of sports medicine physicians from Poznań under the leadership of Prof. Dr. Jerzy Smorawiński. The title of the programme was “Motor activity and health of the society at the beginning of the 21st Century”. According to the tradition developed during previous years, the Congress consisted of three basic plenary sessions pertaining to: physiology, internal medicine and traumatology. Besides, 6 topical sessions were held, pertaining to motor activity in the aspect of nutrition, ageing processes, adolescence, pro-health education of the community, sports for disabled individuals and measures against doping. The foreign guests including Prof. A. Hackney, A.J. Sargeant, A. Weltman, J.E. Greenleaf, S. Porta, V.A. Coroll, P.E. Nowacki, M. Havrda and F. Strollo presented 9 papers on contemporary issues of sports medicines. The first Scientific Session of the Historical Committee of the Polish Society of Sports Medicine took place during the Congress.
Prof. Jerzy Smorawiński from Poznań was again selected President. The General Meeting awarded Dr. Mieczysław Tomasik and Prof. John Greenleaf (USA) Honorary Membership.

The last in the 20th century Congress of the Polish Society of Sports Medicine was held when the first steps were made to reform the system of health protection in Poland, and during implementation of regional sickness funds, which radically changed the condition of counselling in sports medicine, causing a substantial reduction of its range and activity potential. Hence, the lobby discussions, transferred to the General Meeting sessions were to a large extent dominated by issues pertaining to the condition of sports medicine in Poland.

A special role in the vivification of the sports medical milieu activity should be attributed to International Symposia Medicina Sportiva during the years 1996-2004 and Medicina Sportiva Practica during the years 1998-2008.

**The 1st International Symposium Medicina Sportiva** was held on 15-18 September 1996 in Krakow and it was combined with the 23rd Congress of PSSM.

The experts’ papers (O. Bar-Or, T.D. Fahey, R.M. Malina, H. Ohno, A. Viru, C. Zauner), presented during the Symposium were published in the new quarterly journal, Medicina Sportiva, edited in Krakow.

**The 2nd Symposium Medicina Sportiva** was held on 18-21 March, 1998 in Krynica. During the first session (in English), the lectures were given by: Prof. Anthony Hackney (USA) „Neuro-endocrine System and Sports Training”, Prof. Dusan Hamar (Slovakia) - „Isokinetic cycle ergometer - application in sports medicine”, Prof. Victor Corrol (Canada) - “The effects of exercise intervention on symptoms and perceived stress levels of patients with Crohns disease” and Dr. Giuseppe Parise (Italy) – “Free radicals production and antioxidant activity in marathon runners”. During the second session, the lectures were given by Polish experts. These included: “Physiological effects of endurance training” by Prof. K. Nazar, “Low back pain syndromes” by Prof. A. Dziak and “Ultrasonographic diagnostics of the motor organ” by Dr M. Serafin-Król. The afternoon session was organized and led by Dr. W. Gawroński; it was devoted to the topic “Medications from the Sports Pharmacy” and included the case report by Dr. A. Wisterowicz of a 75 years old super-marathon runner, combined with presentation. Next, two parallel topical sessions took place, the first one pertaining to physiology and internal medicine and the second one pertaining to traumatology and orthopedics. During the third session, lectures were given by Prof. W. Cichy on “The role of antioxidant vitamins in prevention of post-exercise oxidative stress”, Prof. H. Kaciuba-Uściłko – “Adaptation to low ambient temperatures” and Dr. Z. Szygula – “Prophylaxis of heat-related disorders in athletes”. The fourth session was began with the lecture by Dr. J. Żołądź on “Exercise potential of human skeletal muscles and the phenomenon of fatigue”. The next lectures of this session
pertained to injuries and orthopaedic issues. Prof. A. Dziak presented his paper on “The most common reasons of painful shoulder syndrome” and Dr. M. Serafin-Król presented USG diagnostic opportunities in painful shoulder syndrome. The symposium ended with the reports and panel discussion by Prof. Victor Corrol and Dr. Jerzy Żołądź. During the free time, numerous social events took place with the main one – skiing competition for Symposium participants on G-slabolom route.

**The 3rd Symposium** was held on 12-15 November, 2000 in Krakow. The bugle call from the Mariacki Tower was the signal indicating start of the Symposium with the inaugurating lecture by Prof. Per-Olaf Åstrand (Sweden). The title of the lecture was “Why should we exercise?”

The agenda during subsequent days comprised morning scientific sessions in English including 8 lectures presented by John E. Greenleaf – “The evil of bed rest”; Han Kemper (Holland) – “Can exercise prevent osteoporosis?”; Dusan Hamar (Slovakia) – “Health aspects of resistance training in middle aged and elderly population”; Tom Fahey (USA) – “Developing strength and power for sports”; Dieter Böning (Germany) – “Altitude training”; Michael Kalinski (USA) – “Catecholamine metabolism and signal transduction during exercise”; Domhnall McAuley (North Ireland) – “Treatment of soft tissue injuries with science”; Ron Maughan (Scotland) – “Carbohydrates for exercise and better performance”.

**The 4th Symposium** was organised on 14-19 April, 2002 in Zakopane as “The Days of Sports Medicine” with the motto: “Sports Medicine – from Theory to Practice”. It comprised the cycle of four conferences: the International Symposium Medicina Sportiva 2002, the National Conference Medicina Sportiva Practica, workshops for young physiologists from the former socialist countries (Advanced Workshop for Young Physiologists - organized by Medicina Sportiva and the Physiological Society from Great Britain) and the all-Poland training of the “ABC of Sports Medicine” cycle.

The lecturers at the Symposium were among others: Prof. Per Olof Åstrand, Prof. Ron Maughan z Aberden, Prof. Walter Schmidt, Prof. Paul Greenhaff, Prof. Jan Gorski, Prof. Mike Kalinski. Particularly interesting were the mono-topical sessions: “Free radical processes during physical exercise” (Chairperson – Prof. Kazimierz Szyszka) and “Pro-health training (Chairperson - Dr. Henryk Kuński). Of particular interest were also the physiological and internist sessions chaired by Prof. Jan Gorski and Prof. Władysław Rokicki and the session devoted to orthopaedics, rehabilitation and traumatology, chaired by Prof. Prof. Artur Dziak, Tadeusz Trzaska and Z. Wrzosek.

The National Conference Medicina Sportiva Practica was devoted to practical issues, most frequently encountered by physicians and physiotherapists during their work with athletes.
The 5th Symposium was held on 5-8 September, 2004 in Krakow. The inaugurating session (interpreted simultaneously), according to the tradition, started just after opening with the bugle call from the Mariacki Tower. The subject of this session was history of sports medicine and the session was organized on occasion of the 75th anniversary of the courses for sports medicine physicians in Krakow. The first lecturer was Prof. Per Olof Åstrand, who presented the development of effort physiology from its beginning up to nowadays. The next lecturer, Dr. Henryk Kuński in his paper “It was seventy five years ago in Cracow. A page in the history of sports medicine in Poland” presented the genesis and programme of the course as well as the role of Polish researchers (Dr. Władysław Dybowski, Dr. Włodzimierz Missiuro) in the integration of sports medical milieu worldwide. It was confirmed this in the lecture “Development and current issues of sports medicine in Europe” by the FIMS historian, Dr. John Wesseling from Hague. The sessions were summed up by Dr. Wojciech Gawroński in his report on our country’s input in the European Union within the range of medical ideas and the organization of sports medicine.

Over 120 persons from Poland and several notable foreign experts – the lecturers of FIMS Eastern European Tour: Poland, Slovakia, Serbia & Montenegro” (Prof. Per Olof Åstrand from Stockholm, Prof. Kai-Ming Chan from Hongkong, FIMS President, Prof. Norbert Bachl from Vienna, Prof. Walter Frontera from Puerto Rico, Prof. Duszan Hamar from Bratislava and Prof. Fabio Pigozzi from Rome). Simultaneously, Polish researchers - Prof. Anna Jegier and Prof. Wojciech Drygas gave their lectures.

The 25th Congress of PSSM was held on 12-14 September, 2002 in Warsaw. It was organized by the Warsaw milieu of sports medicine physicians, under the leadership of Dr. Tadeusz Ściński and Dr. Wiesław Tomaszewski. Officially, in invitations and programme, the Congress was named the Jubilee XXV International Congress of Polish Society of Sports Medicine. The leading slogan of the Congress was: “Sports Medicine as the Key to Health and Success” and developed into “Motor activity in prophylaxis and treatment of civilization-related diseases”.

This was an interdisciplinary scientific congress, in which physicians of different specialties participated as well as the representatives of other branches of knowledge connected with sports. The representatives from multiple Polish Research Societies including the Cardiological, Diabetological, Orthopaedic and Traumatological, Neuropsychological, Allergological and Physiotherapeutic Society were invited for cooperation and leadership of selected scientific sessions. The basic objective of the Congress was to show the role and significance of physical activity in prophylaxis, complex treatment and rehabilitation of the most common civilization-related diseases including disorders of the cardiovascular system, the respiratory system (with particular emphasis placed on asthma), the musculoskeletal system, the central nervous system and other dangerous social diseases.
The official opening of the Congress was preceded by the “international trainers’ session” combined with the seminar – “ABC of sports medicine” with simultaneous debates within three scientific sessions: “Selected issues of kinesiology” (chaired by Prof. W. Starosta), “History of sports medicine teaching in Poland” (chaired by Dr. H. Kuński) and “Psychology of sports” (chaired by Prof. M. Krawczyński and Dr. J. Kłodecka-Różalska). Two inaugurating lectures were given by Dr. H. Kuński, namely “From informative courses for sports medicine physicians to specialty in sports medicine” and by Prof. W. Drygas – “Health, fitness and longevity – the role of physical activity”.

To achieve the goal defined by the Congress motto, the debates were held during didactic-scientific and scientific sessions and poster presentation session. The didactic-scientific sessions were planned to take advantage of the progress in contemporary science in the process of permanent education of sports medicine physicians. The didactic sessions included subsequently presented issues of internal medicine, orthopaedics and traumatology, namely: “Physical activity in primary and secondary prophylaxis in cardiovascular system diseases” (chaired by Prof. W. Drygas and Prof. A. Mamcarz), “Respiratory system diseases and physical activity” (chaired by Prof. T. Plusa), “Selected cardiological problems in sports medicine” (chaired by Prof. A. Mamcarz and Dr. W. Braksator), “Physical activity in prevention and treatment of diabetes mellitus” (chaired by Prof. J. Tatoń) and “The day of orthopaedics and rehabilitation” (chaired by Prof. J. Kiwerski and Prof. T. Trzaska). At the same time, in other rooms, scientific sessions took place on: “Physiology and biochemistry of effort” (chaired by Prof. J. Popinigis and Prof. H. Kaciuba-Uściłko), “Selected problems of internal medicine in sports medicine” (chaired by Prof. J. Smorawiński), “Sports cardiology” (chaired by Prof. A. Jegier and Prof. A. Mamcarz), “Public health” (chaired by Prof. T. Kostka) and “Physical activity in prevention and treatment of brain dysfunction” (chaired by Prof. M. Pąchalska, Prof. A. Pąchalski and Prof. J. Talar).

Prof. Krzysztof Klukowski from Warsaw was elected Chairperson.

The 26th Congress of PSSM was held on September 23-25, 2005 in Wrocław. It was organized by the Wroclaw milieu of sports medicine physicians under the leadership of Dr. Andrzej Czamara and Dr. Andrzej Bugajski.

The official opening of the Congress, inaugural lectures and the musical programme took place in the restored Wroclaw Opera room. The motto written on invitations and the programme was “Progress in Sports Medicine”. The four inaugural lectures pertained to: the history of scientific congresses of sports medicine in the Lower Silesia 1959-1990 (H. Kuński), the issues pertaining to internal medicine in sports medicine (A. Jegier), sports-related injuries in the decade of bones and articulations (T. Trzaska) and the contemporary medical language (J. Miodek).

The scientific programme of the Congress was included in 12 topical sessions and one session of poster presentation. During the first day of the Congress, the de-
bates were included in three consecutive sessions, pertaining to nutrition, nutritional support and the issues of psychosomatic renewal in sports (B. Raczyńska, M. Mędraś, Z. Szyguła); progress in physiology, biochemistry and endocrinology of physical effort (Z. Jethon, M. Mędraś, A. Ziembła, A. Jegier) and contemporary cardiology problems of sports medicine (A. Jegier, W. Braksator, A. Mamcarz, H. Krysztofiak).

At the same time, during afternoon hours, the posters were presented as part of the three topic session. The session included a series of interesting papers.

There were 5 dominant didactic and scientific sessions pertaining to traumatology. During subsequent sessions of the second and third day of the Congress, current approaches to various cruciate ligament therapeutic options were discussed (T. Trzaska et al.) and the secondary reconstruction of anterior cruciate ligament (A. Czamara), as well as the approaches to articular cartilage treatment (T. Trzaska) and injuries of knee joint menisci (J. Widuchowski). The next papers pertained to: rotator (cuff) injuries (J. Fabiś), shoulder joint instability (L. Romanowski) together with physiotherapeutic procedures in shoulder joint dislocation and rotator cuff lesions (A. Czamara), acute ankle (subtalar) joint injuries (J. Widuchowski) and diagnostics and treatment of Achilles tendon lesions.

During the last day of the Congress, apart from the last session pertaining to traumatology, four short sessions took place on the problems of elderly people participating in sports – recreational activities (T. Kostka), medical issues of children and youth athletes (M. Krawczyński, M. Wosik-Erenbek), sports and disabled individuals (R. Lewicki, W. Gawroński, J. Wnorowski, Z. Szyguła) and current legal norms of sports medical certification (W. Furgał).

Professor Anna Jegier, the head of the Department of Sports Medicine of the Medical University of Łódź was elected Chairperson. The General Meeting awarded Honorary Membership of Polish Society of Sports Medicine to: (in alphabetical order) Prof. Artur Dziak, Dr. Janusz Garlicki, Prof. Krystyna Nazar, Dr. Zbigniew Rusin and Prof. Karmena Stańkowska.

The 1st Congress Medicina Sportiva 2006 was held on 23-26 November, 2006 in Krakow. The Congress was the opening event of the 70th anniversary of Polish Societies of Sports Medicine. About 450 persons participated in the Congress, including 18 eminent foreign experts and Presidents of FIMS - Prof. Walter Frontera and EFSMA - Prof. Norbert Bachl, as well as 22 invited Polish lecturers. During morning hours, plenary sessions took place. During these sessions, foreign experts gave lectures on physiology, biochemistry, gerontology, orthopaedics, traumatology and rehabilitation providing the review of the contemporary knowledge related to sports medicine (Glen Bergeron, Joseph Cummiskey, Hans-Hermann Dickhuth, Andre Debruyne, Emin Ergen, Anthony Hackney, Dusan Hamar, Wolfgang Jelkmann, Michael Kalinski, Dusan Mesko, Lyle Micheli, Martin Schwellnus, Yung Shu-Hang Patric).
During afternoon hours, domestic sessions were held including the cardiological session dedicated to the memory of Prof. Jerzy Paweł Dubiel (1937-1991).

The 27th Congress of PSSM was held on 6-8 September, 2007 in Solina. It was organized by the Subcarpathian and Małopolskie milieu of sports medicine physicians under the leadership of Dr. Witold Furgał in cooperation with Dr. Dr. Wojciech Gawroński and Zbigniew Szyguła.

The choice of location was due to the reference to tradition of the organized 70 years ago 1st Congress of Sports Medicine Physicians and establishment of the Association of Sports Medicine Physicians on February 10th 1937 in Worochta. Both Worochta and Solina, albeit nowadays separated by the state frontier between Poland and Ukraine, are located in Eastern Carpathians. As during the two interwar decades, Chornohora, Gorgany, Prut and Czeremosz attracted with exotics, the Bieszczady Mountains, which were the only part of Eastern Beskyd and during the post war era became a notable tourist attraction and maybe, to some extent, a token payment for the lost and praised chains of Chornohora and Gorgany. A symbolic event was ski ascent of Dr. Wojciech Gawroński, the PSSM Vice-President on Howerla, the highest chain of Chornohora, in February 2007.

The Congress opening as well as the inaugural session were organized to commemorate the 70th anniversary of the activity of Polish Societies of Sports Medicine, from the establishment of the Association of Sports Medicine Physicians to the moment of converting it into Polish Society of Sports Medicine. The papers referring to the history of the Societies, physiology of physical effort, orthopaedics and traumatology in sports medicine from the perspective of the past 70 years, were presented by Dr. H. Kuński, Prof. K. Nazar and Prof. A. Dziak. The programme of the Congress comprised scientific sessions and lectures included in the course, which is compulsory for obtaining the PSSM certificate. Among the eight scientific sessions, the topics “Physiology of physical effort” (A. Klimek, J. Cempla et al. from the University of Physical Education in Krakow) and “Arthroscopy in diagnostics and treatment of traumatic joint injuries” (J. Widuchowski, K. Szyluk, A. Jasiński from the Voivodeship Hospital of Traumatic Surgery in Piekary Śląskie) raised the biggest interest.

The General Meeting of PSSM Members awarded Honorary Membership to Dr. Lesław Musur from Warsaw.

The International Scientific Congress of PSSM was held on 10-12 October, 2008 in Warsaw. It was organized by the Warsaw milieu of sports medicine physicians under the leadership of Dr. Wiesław Tomaszewski. It was intended to be an interdisciplinary scientific meeting with participants – physicians specialising in different branches of medicine and representatives of other sciences connected with sports, physical activity, as well as trainers, sports activists and teachers of physical educa-
tion. The introductory lecture by Dr. H. Kuński “Creditable events in the history of sports medicine in Poland. It happened in the Olympic year 1928” referred to unusual events in sports medicine, which happened 80 years ago.

The subsequent sessions pertained to: physical activity and treatment of civilization-related diseases, biochemistry and physiology of effort, non-Olympic and extreme sports, doping in sports, psychology, qualification for competitive sports, free topics and poster presentations.

There were 300 Congress participants, who also had an opportunity to visit numerous exhibits of the newest diagnostic and therapeutic devices. Traditionally, a ringo tournament was organized by the untiring promoter of this Polish game, Dr. Krystyna Anioł-Strzyżewska.

The 28th Congress of PSSM will be held on 25-27 June, 2009 in Łódź. It will be organized by the milieu of sports medicine physicians from Łódź under the leadership of Prof. Anna Jegier and Prof. Tomasz Kostka. The Congress “Physical Activity in Healthy Individuals and Patients” with participation of European experts in physical effort physiology, sports medicine and physical activity was proposed by the representatives of sports medicine and physical culture sciences, physicians, physiotherapists and trainers.
CONCLUSIONS

The events of contemporary sports medicine history in Poland, deserving particular attention include:
1. Establishment of the first university Laboratory of Sports Medicine in Lviv in 1924 and next research units at the universities of Warsaw and Poznan in the years 1926-1928. During the post-war era, the Departments of Sports Medicine were established at the Medical University in Poznan and Medical University in Łódź.
2. The state system of sports medical counselling organization in the years 1928-1998 including regulatory settlement of medical care providing for athletes.
3. Permanent development of the programme of sports medicine specialty, formally accepted in 1958, continuously modernized in 1973 and 1983 and as a detailed specialty in 2001 and 2003. The directional definition was accepted to denote the programme of specialization and direction of research. “Sports medicine, also called medicine of physical activity, is an interdisciplinary branch of medical knowledge using the achievements of anthropology, biology, biochemistry, physiology and the theory of training, as well as such clinical branches as: orthopaedics, traumatology, paediatrics, internal diseases and cardiology. The basic objective of sports medicine is health protection in individuals participating in physical activities, from physical education classes to competitive sports, from recreational activities to pro-health training and from disease prophylaxis to treatment and rehabilitation. Sports medicine deals with physically active individuals, healthy and ill, during each period of their lives. Unlike other medical branches, sports medicine comprises the total of physiological and pathological processes, which occur within human body due to physical activity or its lack, in all systems and organs. We may expect that under favourable circumstances and with the “European” tendency, sports medicine defined this way will gain the status of a basic specialty.
5. The activists from Polish milieu of sports medicine physicians actively participated in the establishment of AIMS/FIMS and its scientific congresses. The representatives of this milieu were elected to FIMS Board of Management (W. Dybowski, W. Missiuro) and EFSMA (A. Jegier) and Medical Committees of International Sports Associations (J. Moskwa [boxing], Z. Rusin [cycling], D. Onichimowska
[canoeing], A. Bilik [athletics], O. Łada-Zabłocki [basketball], J. Widuchowski [ice hockey], J. Smorawiński [field hockey]).

6. The ideas of physical activity medicine were brought forward by eminent Polish researchers in occupational medicine (W. Missiuro), aviation medicine (W. Dydowski) medical rehabilitation (S. Grochmal, W. Dega), clinical physiology (E. Preisler, S. Kozłowski, K. Nazar, J.P. Dubiel) and orthopaedics (A. Wojciechowski, H. Levittoux, S. Łukasik, J. Moskwa, A. Dziak, J. Widuchowski).
REFERENCES

GALLERY OF THE MOST FAMOUS POLISH SPORTS PHYSICIANS

Teodor Heryng (1847–1925)

Władysław Osmolski (1883–1935)

Władysław Dybowski (1892–1969)

Włodzimierz Missiuro (1892–1967)
Gallery of the most famous Polish sports physicians

Juliusz Majkowski (1899–1981)
Wacław Sidorowicz (1905–1982)
Zdzisław Zajączkowski (1911–1997)
Eligiusz Preisler (1908–2008)
OUTLINE OF SPORTS MEDICINE HISTORY IN POLAND

Stefan Łukasik (1912–1981)
Jerzy Moskwa (1923–2006)
Stanisław Kozłowski (1927–1985)
Jerzy Dubiel (1937–1991)
Polskie Towarzystwo Medycyny Sportowej
Polish Society of Sports Medicine

Member of International Federation of Sports Medicine (FIMS) and Member of European Federation of Sports Medicine Associations (EFSMA)

Scientific-didactic activities

- Organisation of scientific conferences
- Organisation of postgraduate education
- Edition of journals and books
- Cooperation with other institutions
- Formulation of opinions, statements

Polish Society of Sports Medicine Journals and Books
Henryk Kuński, MD, was born in 1932 in Vilnius. A sports physician and internist, populariser of pro-health training and researcher of sports medicine history. In 1962-1970 the adjunct professor of the Clinical Department of the Institute of Occupational Medicine in Łódź. Previously, for many years Dr. Kuński was head of the Regional Sports Medicine Clinic and the organizer of the Well-Man Outpatient Clinic in Łódź (1971-2002). Besides, he was the initiator and head of the Laboratory of Sports Medicine at the Medical University of Łódź (1975-1998), the research, didactic and counselling unit for people participating in pro-health forms of physical activity. An honorary member of the Polish Society for Sports Medicine. His research output includes over 120 original papers including 10 books and academic textbooks.