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From the Editor

Twenty years ago a journal topic about the aging athlete would have been inappropriate and of little interest to most medical disciplines. But today in 1995, it is much needed information. Scientific advances, health care and wellness knowledge have altered our practice immensely. We can expect to find more athletes who are older, more who have been athletic and have made a transition to other sports throughout their lifetime and probably even more who have gotten the message later in life and want to work at being active again. Racquet sports, weightlifting, track events, swimming, bicycling and walking all have varying degrees of participation for the seasoned athlete.

I always wonder whether the elderly jogger in my neighborhood is carrying a cane for protection or to help him get home. I'm not a jogger so I would have to carry a cane for both purposes — especially to make it home.

Jeffrey Young, MD, has done an excellent job of selecting authors for this topic. They have been very thorough in their research and writing. I really appreciate all their efforts.

I hope you find this information to have application in your practice or as you undertake your next athletic adventure. There are many secondary benefits of learning a new sport or activity, not the least of which is the development of new dendrites and strengthening of the mind. I refer you to an article in which neuroscientists explore the benefits of 'Brain Calisthenics'.¹

Karen S. Rucker

¹Golden, D. Building a better brain, *Life* 1994; July: 62–70.