

## CLINICAL ANATOMY CORNER

### Reflections on Injury Predisposition

Dr Neil Ashwood

There is a seasonality to injury patterns that is often not appreciated, and is the reverse to what we might expect. Often, people consider that bad weather correlates with injury. As temperatures increase in summer and there are more hours of daylight there is more activity, and more people injure themselves (1). It is true to say there are more hip and ankle fractures in the winter, but the increase in summer in upper limb injuries is higher as people fall off trampolines, etc. (Fig. 1 – forearm fracture from trampoline injury).



**Figure 1: Forearm fracture following a fall from trampoline**

Activity levels during the COVID pandemic have altered. More injuries tended to occur with certain sports like cycling especially due to the upsurge in the use of electric bikes but also during DIY (2). Patterns of injury remain reproducible and the presentation of these may vary regionally and nationally needing further research.

There are now subtler anatomical predispositions to injury being described that had previously not been clearly identified or recognised. For instance, certain mortise anatomic characteristics



**Figure 2: Widening of gap between metatarsals in a Lisfranc injury in the foot**

on radiographs have been shown to be associated with a predisposition to the ligamentous subtype of Lisfranc injuries (Fig. 2), (3). Also, certain people have a genetic predisposition to injury, with this being seen for ligaments such as the anterior cruciate ligaments (4).

So injury is not just a consequence of bad luck or poor judgment, but there may be an anatomical element that needs to be identified. This will determine how individuals undertake sport and work, and have an impact on the likelihood of injury. Why for instance is hamstring injury seen predominantly within the proximal region of the long head of biceps femoris? (5)

The more we know about musculoskeletal anatomical structures, the stresses and strains they are under with movement and injury patterns, the better we will be able to advise and protect our patients from preventable harm during normal and athletic activity.

#### References

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## CAREER DEVELOPMENT CORNER

### Tips for Moving up the Career Ladder

Dr Sara Sulaiman

It is never too early to start thinking about your career progression. Most of us have been given advice which stresses the importance of storing all our activities and evidence of achievements to use later in our promotion application. But is that all? I have been working in higher education for about 10 years. Here are a few tips that I wished I had known earlier in my career.

#### Find a mentor

I cannot emphasise enough the importance of having a mentor, whether from your department or outside your institution. Talk to your mentor about your career ambitions. They will guide you to set reasonable short and long term goals, advise you on policies that you might not yet be familiar with, introduce you to people, and support you through various work matters. A good mentor is GOLD!

#### It is OK to say NO!

As an early career academic, you might be asked to do/be involved in many tasks. These can be great to develop your experience, and an opportunity to try different things. However, there is also a risk that you will spread yourself too thin, burnout and end up being involved in many projects that do not enhance your career, or the projects that no one else wants to do (there is usually a reason why no one wants these projects). So do not be afraid to pass on things that do not interest you. A colleague once gave me this advice: If you find it difficult to say "No" directly, try saying "This sounds interesting, however, my plate is full at the minute and I do not think I will be able to fully develop xxx and I would not do it justice."

#### Be strategic

Spend time reading your institution's criteria for promotion and progression. The process and criteria are different in each institution. Do not just assume you know it. Map your roles, tasks, and projects to the criteria. Identify gaps and be strategic in finding roles that can fill these gaps.

#### Network, network, network

Scientific meetings don't only offer an insight into the latest research, but they are also a great place to find mentors. Don't be afraid to ask someone you met who has similar research interests or a successful career path to be your mentor. Your mentors can also guide you to find other opportunities like external examining, guest speaker sessions, or collaborators. Nowadays, thanks to social media platforms, networking can happen anytime and anywhere. Moreover, it is also important to have your professional profile updated regularly to reflect your current work and interests, whether on your institution's page or external platforms such as Academia.edu, ResearchGate.net, and LinkedIn.

Finally, although it could be really difficult to get over, if your application is unsuccessful, ask for detailed feedback. This will highlight where you need to develop. Address these areas and prepare for your next application. Do not act like being promoted is an entitlement, because it is not, and please do not be the person that grumbles publicly about how others did not deserve that promotion. That is really inappropriate and you cannot really know!



# HUMANS OF ANATOMY

Humans of Anatomy highlights the many facets of anatomy and explores the exciting projects anatomists are involved with. In this issue we feature the founders of Technical Healing Podcast: William Boardman, Charlotte Jones, Teaching Technicians, and Charlie Tanner, Senior Teaching Technician at the School of Anatomy, University of Bristol.



Hi Will, Charlotte and Charlie, thank you for taking the time to talk to us about your job and your new project, "Technical Healing" podcast.

How would you describe your role currently?

**Charlotte:** We all work as part of the anatomy technical team in the School of Anatomy at the University of Bristol. Our role varies but it mainly involves the creation and maintenance of anatomical specimens used to teach medical, veterinary, dental and anatomy students. We set up the classes and make sure they run properly, being on hand to fix any problems that might occur, including the odd fainting student!



Charlotte Jones

What is your favourite part of your job?

**William:** I love the variation of the job. You could be doing a completely different project or task every day of the week. If I had to choose a particular favourite, it would be dissecting. When you spend hours carefully dissecting a specimen, and then you



William Boardman

see that specimen has been chosen for a student practical, it does bring a sense of accomplishment and pride.

**Charlie:** That is true, I would also agree. I enjoy how variable each day is. Alongside our primary set of traditional tasks that

Charlie Tanner

a typical technician would carry out, myself & our highly skilled team of technicians dissect, produce anatomical potted specimens, publish research papers, guest speak at conferences, produce osteological builds, teach, manage the building safety and much more. These are probably my favourite parts of the role.

**Charlotte:** I love how varied my job is, but my favourite parts would be teaching and dissecting. I enjoy the challenge of teaching – the students we have are very clever and can have some great questions. It's also nice to watch that 'lightbulb' moment when you can see you've helped someone understand a tricky topic. Dissecting I love because it's a creative task you can get stuck into and really make your own. I'm lucky enough to be dissecting a small crocodile at the moment, and I'm finding the layout fascinating – there's not too many resources on crocodile anatomy in situ so it's very much learning as I go, but that makes it all the more interesting.

What is your least favourite part of your job?

**Charlotte:** The smell of the crocodile I'm dissecting at the moment, or rather the face of everyone else coming in the room whilst I'm dissecting it! Makes me feel most unpopular..

**William:** Mould growth especially during hot weather. I am not a fan of cleaning mould but it is an essential activity to preserve the specimens.

**Charlie:** To be completely honest, there isn't much that I don't like about this job, the role is great and so are the staff! If I have to pick one thing, it would be the AV and IT equipment deciding not to work at the most inconvenient moment. Mostly when the lead academic is ready to show their dissection demonstration under the camera to 150 students.

Tell us a bit about your podcast?

**William:** The Technical Healing Podcast was started with passion. Charlie, Charlotte, and I often spoke about mental health and well-being and all three of us have a huge interest in the subject. We are also all podcast fans and often

recommend podcasts to each other.

During the lockdowns of Covid-19, the technical team had no student practicals to prepare and therefore were left twiddling their thumbs a little. We started thinking about all the people around the university that would be having difficulties with their well-being. Most people were stuck isolated at home, dealing with the loss of loved ones, or anxious about the changes to their regular lives. There we were, surrounded by supremely intelligent and gifted researchers and academics that cover a vast landscape of subjects and specialities. We decided to fill our time by interviewing different experts, with the aim of covering every angle of mental health, and to provide any listeners with knowledge, advice and techniques that would maybe help during a stressful period.



Technical Healing Team

What was the most interesting guest you had and why?

**Charlotte:** For me it was Dr Ben Sessa, one of the leads behind the new clinic coming to Bristol which aims to treat mental illnesses with the use of ketamine and talk therapy. I found this the most interesting as it's a rather 'taboo' topic, however the evidence to support this type of therapy is overwhelming. Alternatively, I would say Tim Wilson. He was a contestant on The Circle, a

reality show run by Channel 4, and someone I'd followed for a good couple of years. Speaking to him in person was bizarre as he was exactly as he was on the show, an extremely animated and fun personality with a lot of wisdom to share.

**William:** Every guest has been interesting in their own unique way. Brian Miller was the guest that I found most interesting on a personal level. Brian's technique of having a meaningful conversation with three people per day is a concept that I have tested since the recording. It really works! Just having more social interaction does lift your mood, gives you purpose, and improves your well-being. I found that just interacting with a few strangers makes you feel that you are involved in society and promotes a stronger sense of belonging in this fast-paced world.

Brian also gave a positive spin on the global pandemic by stating that with the technology we have in place, we have been able to connect with each other easily and possibly more often than we would usually.

**Charlie:** For me, personally I enjoyed the podcast with Kev Brady. Firstly, such a lovely chilled out chap, who made our job very easy when interviewing. Kev talked to us about his extreme global adventures, from starting up his paddle boarding business in Gloucester, Norway, and Sri Lanka and canoeing the length of the Mississippi river (over 2000 miles). Kev talks to us about stripping life back to the basics, getting outside with nature as a tool to distract you from the anxieties of modern life and improving your wellbeing.

What was the hardest part about this project?

**William:** The hardest part was getting started. Having no knowledge or experience meant that we had no idea how to record sound effectively, how to edit, how to publish episodes, and then how to promote it.

**Charlie:** Personally, one of the hardest parts of the projects was interviewing the guests in a captivating charismatic way (or trying to). Some of our guests are at the top of their field and have an abundance of knowledge on these topics! At times you can feel quite intimidated which can affect the flow of conversation.

**Charlotte:** Getting us all in the same place! We're all quite busy people, as are the people we're interviewing, so this could be tricky. Luckily we realised this early on so often had things planned far in advance.