

Why I.S.Mu.L.T?

Nicola Maffulli¹
Francesco Oliva²
Antonio Frizziero³

¹Centre for Sports and Exercise Medicine Queen Mary University of London, Barts and The London School of Medicine and Dentistry, Mile End Hospital, London, U.K.

²Department of Orthopaedics and Traumatology, University of Rome "Tor Vergata" School of Medicine, Viale Oxford 81, Rome, Italy

³Department of orthopaedic Rehabilitation, University of Padova School of Medicine, Via Giustiniani 2, Padova, Italy

Corresponding author:

Nicola Maffulli

Centre for Sports and Exercise Medicine Queen Mary University of London, Barts and The London School of Medicine and Dentistry Mile End Hospital, 275 Bancroft Road, London E1 4DG, U.K.

e-mail: n.maffulli@qmul.ac.uk;

I.S.Mu.L.T is the "Italian Society of Muscles, Tendons and ligaments": it is a young baby, just one year old. I.S.Mu.L.T involves in his activities all professionals undertaking research, conservative care, surgical and rehabilitative care of muscles, ligaments and tendons conditions. I.S.Mu.L.T was started with a distinctive national character, but has absolute openness to Europe and the rest of the world. Indeed, the first executive decision was to have an international journal, *Muscles, Liga-*

ments and Tendons Journal (MLTJ), as its official organ. During 2011, I.S.Mu.L.T has developed its own web site (www.ismult.com), the tool through which all members come together to exchange ideas and develop initiatives and scientific meetings of the Society. Furthermore, I.S.Mu.L.T has organized its first meeting "*Advances in Muscles, Ligaments and Tendons Research and Clinical Practice*", held in Rome (Campus X University of Rome Tor Vergata) on 26-27 of November 2011. ISMu.LT has attracted young and established colleagues, and other young professionals in training, wishing to encourage the development of a more meritocratic culture and of evidence-based medical practice in our country.

In addition, ISMuLT wishes:

- 1) To promote and encourage the study of muscle, ligament and tendon.
 - 2) To promote and encourage, starting from basic science knowledge, new surgical techniques, and new biotechnological applications in the management of disorders of muscles, ligaments, and tendons.
 - 3) To promote exchange of ideas and experiences between specialists in this field all over the world.
 - 5) To establish continuing medical education programmes with at least annual training activities for continuing professional development.
 - 6) To develop trials and guidelines with the Italian national health service, regional and local health authorities, and institutions, involved in their preparation.
- There is a long road ahead, and the annual congress will be one of the ways to exchange ideas and get all together.