

NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



Winter 2018, Volume 24, No. 1

YOUR DONATIONS IN ACTION

You and the other members of the Safe Sports Donor Team made a difference for Sydney!



Sydney's toughness and dedication help her persevere on and off the field.

Sydney S. is a sophomore at Memorial HS where she is a varsity field hockey player. Sydney reported to the Safe Sports athletic trainer in mid-August with numbness and exquisite pain originating from her low back. Her AT referred her to a specialist who diagnosed her with sacroiliac (SI) joint dysfunction. Although she continues to have some pain, she has returned to her pre-injury performance status and contributes to her team's success.

Thanks to you, Sydney has onsite professional advice that keeps her participating safely.

See the sidebar for some detail about how you helped keep athletes safer in the fall of 2017. **Thank you!**

YOUR DOLLARS AT WORK

YOU HELPED KIDS in Fall 2017 with

3,981 hours of onsite staffing

523 new injuries evaluated

8,860 treatments provided

\$266,618 value of free care to kids



FOCUS. DETERMINATION.
Sports help kids succeed.
Safety is the first step.

You can help keep young athletes safer. Buying a raffle ticket gives you 30 chances to win a cool prize and 100% chance of making a difference.

Buy your raffle tickets at www.safesportsnetwork.org

SAFER ATHLETES

VOLUNTEERS GIVE TIME TO KEEP KIDS SAFER

Students, coaches and a local company pitched in to help administer 4,710 concussion tests.

Bedford Student Athletes, Parents and Coaches



HOURS DONATED

Adrienne Allen
Brianna Coco
Gabrielle DeAngelis
Cole Glennon
Jenna Gosselin
Anika Hibbard
Letti Hibbard
Heather Morrison
Sue Thomas
Anders Vikstrom

Franklin Pierce University Doctor of Physical Therapy Students



HOURS DONATED

Alyssa Bensky
Brad Collett
Nathan Ho
Elizabeth Khitrik
Jacob Leberman
Colleen Leonard
Kathryn Pfeiffer
Leana Richards
McKayla Smith
Jacob St. Hilaire

Corflex Employees Corflex Cares program



HOURS DONATED

Bill Dugay
Ted Lorenzetti
David Neudorff
Lisa Richards
Eric Richards

University of New Hampshire Athletic Training Students



HOURS DONATED

Mikayla Cauler
Sydney Duncan
Alexander Fredette

THANK YOU, Volunteers!

Kids are safer because of YOU!

2018 SAFE SPORTS STAR OF THE YEAR WINNER TO BE HONORED AT MARCH SOCIAL

This award recognizes a person not associated with Safe Sports Network who, through words and actions, demonstrates his/her commitment to ensuring youth sports safety.



Sue Thomas, Bedford Head Coach



Coach Thomas and players practice for emergencies.

The 2018 **Safe Sports Star of the Year Award** will be presented to SUE THOMAS at the Safe Sports Social. Ms. Thomas is the girls' varsity basketball coach at Bedford High School, where she stands out for her dedication to youth sports safety. Not only does she work to ensure her own players are as safe as possible, she's a busy volunteer for Safe Sports Network. She regularly participates in community-wide events to provide concussion testing for children from schools and youth leagues around the area. Her commitment is extraordinary, and she is most deserving of this recognition.

You can be the answer. The question: Who's taking care of our kids? Donate now at www.safesportsnetwork.org or use the enclosed donation envelope.

BECAUSE OF YOU

AN ACL TEAR IS ALMOST CERTAIN TO BE A LIFELONG ISSUE

The FIFA 11+ Prevention Program Demonstrates Significant Injury Reduction



Gabby D. worked very hard to salvage some of this past fall's soccer season. But statistics suggest she's likely to have at least some trouble with that knee down the road.

The risk of ACL injury is about 1/1000 exposures (every time an individual athlete steps on a field for a practice or a competition is one exposure). Many of these injuries require surgery, the cost for which runs into the tens of thousands of dollars. The cost for care for osteoarthritis that occurs decades later is high in terms of dollars and disability. And that disability can be life-altering if it keeps people from remaining active.

But there is now good evidence that some ACL injuries can be prevented with a supervised exercise program.

Orthopedic surgeon/researcher James Slauterbeck from the University of Vermont has spent his career researching ACL injuries. He was recently an expert lecturer at NHMI's 18th annual continuing education meeting for orthopedic surgeons.

Important points from his lecture:

- Female athletes are still suffering ACL injuries at rates 2-8 times higher than males. Many risk factors have been identified, including, especially for women, having a family history of ACL tear.
- Using the FIFA 11+ preventive exercise program has reduced ACL injuries by as much as 72%.
- Although the exercises are relatively easy and straightforward, the research shows that doing them correctly is imperative. Perfect practice makes perfect.
- Injury rates are continuing to increase despite the FREE availability of this program. In one study only 53% of coaches who attended a workshop ended up implementing the program. This is true, even though teams that use the program have more wins, increased strength and more athletes who make it through to the end of the season.

“For some reason, it's hard to get coaches and teams to buy in. Even though, in addition to preventing injuries, this program shows bonus performance improvements too!”

James Slauterbeck, MD, ACL Injury Researcher

Dr. Slauterbeck has spent some time on the question of how to improve compliance with the program. He has recently proposed a 6-minute daily program that can be incorporated into team warm-ups. Six minutes a day to prevent a life-altering injury - while also increasing a team's wins - seems cheap!

Ask a Safe Sports athletic trainer how this program can be implemented for your team.

SAFE SPORTS ATHLETIC TRAINER RECEIVES GATORADE RECOGNITION FOR EXCELLENCE

Eric Gelinas has received the prestigious Gatorade Secondary School Athletic Trainer Award for 2018.

Eric Gelinas, MS, ATC, is the 2018 Gatorade Secondary School Athletic Trainer Award recipient from the Northeast. The award recognizes an athletic trainer “who has made outstanding contributions in furthering his or her high school's athletic care program or the overall profession of Secondary School Athletic Training.”

Eric is the Assistant Director of the Safe Sports Network and the Head Athletic Trainer at Bedford H.S. (NH). Eric's commitment to the safety of his athletes was recognized at a recent meeting in Boston and will receive further recognition at a national meeting in New Orleans over the summer. Congratulations on this prestigious honor!



Executive Director Laura Decoster (left) and Safe Sports Director Amy Hollingworth flank award winner Eric Gelinas at a recent ceremony in Boston.

THANK YOU!

DONOR SPOTLIGHT: HARVARD PILGRIM HEALTH CARE

A three-year \$15,000 sponsorship launched Athletes Saving Athletes™ in NH in 2013. Since then, HPHC has remained an important annual sponsor, keeping young athletes safer.

How does Safe Sports Network's mission align with Harvard Pilgrim's?

We share the same commitment to keeping people safe and healthy throughout their lives, on and off the field or court. Playing sports can be so important for our kids – mentally, socially, and physically. Making sure athletes are playing safer is critical to their short and long-term health.

Is there a Safe Sports story that sticks in your mind? If so, why has that story stayed with you?

One story that sticks out in my mind is the story of Caitlyn, a high school lacrosse player who suffered a head injury in practice. Thanks to the support of her parents and her Safe Sports athletic trainer who helped coordinate care, Caitlyn was able to get back to school and sports and recovered fully. As a student athlete myself, I recall getting a concussion (my third) that required hospitalization and observation. At the time, the protocol was to get me off the playing field, but there was no follow up and no recognition by my coaches or my peers to the seriousness of the injury. It is so important to keep our youth athletes safe, healthy, and happily playing the sports they love.



Bill Brewster, HPHC NH VP, poses with NHMI Executive Director, Laura Decoster at NH's inaugural Athletes Saving Athletes™ Class.

What factors were important in Harvard Pilgrim's decision to become a Safe Sports donor? Why do you continue to donate for youth sports safety?

For us, it's about a shared commitment to preventing illness and injuries and helping to improve everyone's health. Harvard Pilgrim is proud to continue to support Safe Sports.

“...Making sure athletes are playing safer is critical to their short and long-term health.”

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

- TRUE OR FALSE:**
Being overly emotional (compared to normal behavior) is a sign of concussion.
- TRUE OR FALSE:**
A 1-minute delay in use of an AED on a person who has suffered cardiac arrest reduces chances of survival by 7-10%.
- TRUE OR FALSE:**
Having a parent who has sustained an ACL injury significantly increases female athlete's risk of her own ACL tear.

for more information on these or other sports medicine topics
or call 603-627-9728
Contact Amy@nhmi.net

1. **True.** Remember, concussion is a brain injury and your brain controls everything. Sadness, crying, untoward anger or aggression may all be emotional signs or symptoms of concussion. To be on the safe side, anytime someone who has been hit in the head is behaving unusually, seek care from a health professional knowledgeable about concussion.

2. **True.** Every minute counts when you're trying to save a life. Make sure your sports team knows where the nearest AED is and knows how to use it. Safe Sports can help with emergency action planning. Contact amy@nhmi.net.

3. **True.** Injury risk is also increased in women with hyperflex joints and increased body mass. Men with flat feet appear to have a higher risk of ACL injury.

ANSWERS

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THANK YOU TO OUR FOUNDATION SPONSORS

