



# New Hampshire Musculoskeletal Institute

ADVANCING KNOWLEDGE. ADVANCING CARE.

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March 15, 2017

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Dear Donor:

You make a difference every day for young athletes in greater Manchester.

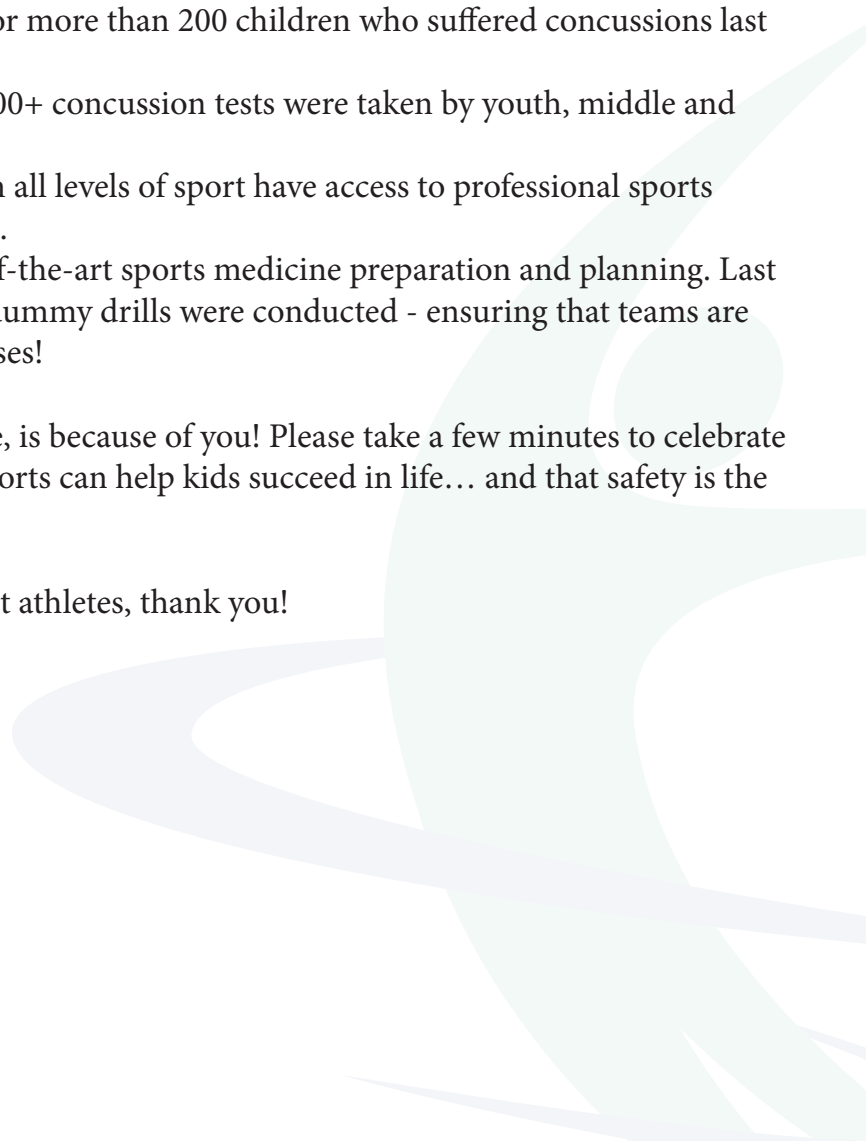
- You put athletic trainers onsite at to care for young athletes for 9,244 hours last school year!
- Your support meant Safe Sports Network's Youth Concussion Management expertise was right there for more than 200 children who suffered concussions last year.
- Because of you, 3,000+ concussion tests were taken by youth, middle and high school athletes.
- Young athletes from all levels of sport have access to professional sports medicine because you care.
- You provide state-of-the-art sports medicine preparation and planning. Last year nearly 100 drop-the-dummy drills were conducted - ensuring that teams are ready if a teammate collapses!

All of this, and much more, is because of you! Please take a few minutes to celebrate yourself. You know that sports can help kids succeed in life... and that safety is the first step.

On behalf of 6000+ student athletes, thank you!

Sincerely,

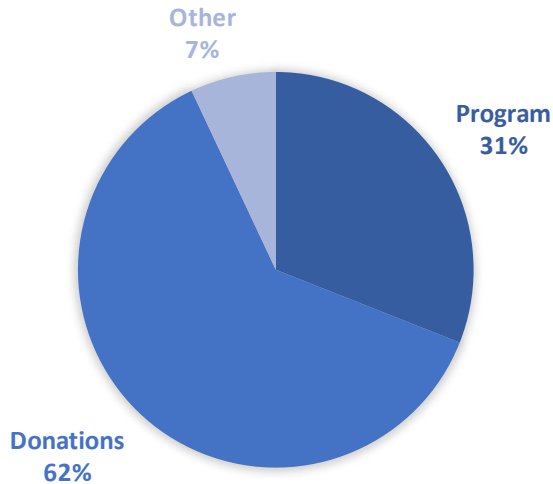
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Executive Director



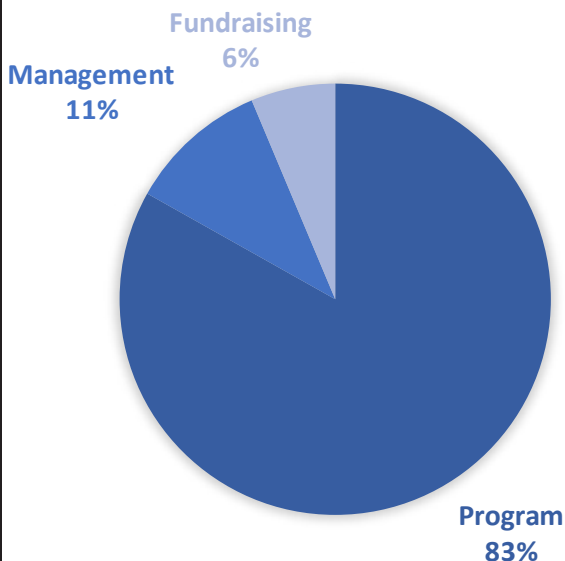
# 2016 Annual Report

## Financial Report

### REVENUE 2016



### EXPENSES 2016



"I'm sure I would have just kept playing if the athletic trainer wasn't there. But he helped me understand that it really wasn't in my best interest. And he helped me deal with it... because I was devastated." *DC - Student Athlete*

[www.nhmi.net](http://www.nhmi.net)



## This is Makenna

**Middle School Gymnast  
Pain-Free after Months of Back Pain**

Makenna Lord's low back pain started during gymnastics practice. She'd had this pain off and on for months. She had been toughing it out, but couldn't ignore it anymore. Fortunately, her school was part of Safe Sports' Middle School Sports Safety Infrastructure Project so her mom had heard about the drop-in clinic.

The pain had Makenna limping when she arrived. It was burning and achy all day and it got worse with activity. She was evaluated, treated and taught a home program. She and her mom worked on the home program together. When she returned to the drop-in clinic with no limp, 0/10 pain, and feeling 90% better!

Makenna has returned to gymnastics without a problem...she has checked in a couple times and she is doing great! Makenna and her mom send their thanks to Safe Sports donors who helped Makenna safely back to sports.

# Thank you, 2016 donors!!

You make it possible for young athletes to have the care they need.



## Keeping Young Athletes Safer Since 2011

Maribeth Crupi  
*Laura Decoster & Charlene Hayes*  
*Marjorie King*  
*Henry Roy*  
*Steven Schubert & Family*  
*Greg Soghikian*  
*Erik Swartz*  
*James Vailas*  
*Nick & Mary Ann Vailas*

## Keeping Young Athletes Safer Since 2012

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Amy Hollingworth  
Lisa King  
Lindsay Labore  
Mark Letendre  
Melissa Manus  
Tamara McLeod  
John Mortimer  
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## Keeping Young Athletes Safer Since 2013

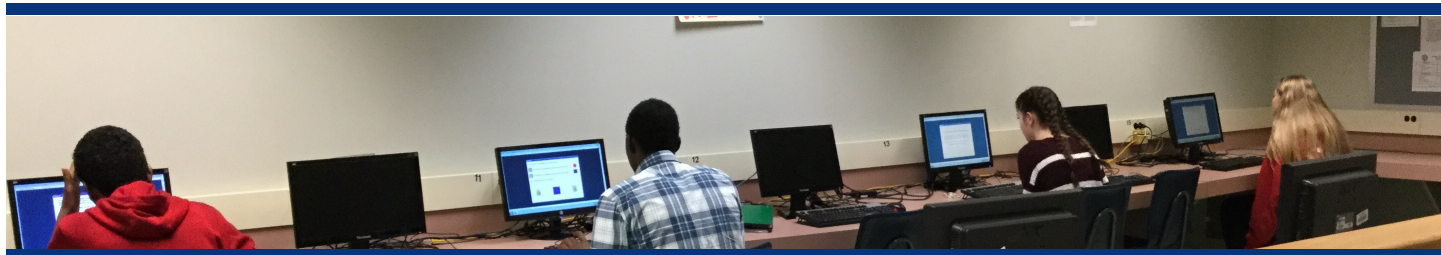
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# You Made a Difference in 2016



This young man suffered one of 1,200 injuries that were managed by athletic trainers you made possible. Every year athletes step on the field (or ice!) under the watchful eye of Safe Sports athletic trainers about 100,000 times.



More than 3,000 athletes took concussion baseline tests in 2016. That meant that when a young athlete had a concussion - which they did over 200 times in 2016 - clinicians had info to rely on to safely return them to play.



Sudden Cardiac Arrest is the leading killer of young athletes. Your donations support a focused campaign to try to ensure there's always someone trained to care for a collapsed athlete until trained help arrives. Athletes Saving Athletes(tm), hands-only CPR/AED for health classes, CPR/First Aid for coaches are all part of the plan.

# Thank you, 2016 donors!!

Every gift supports efforts to improve knowledge and sports safety.

## Keeping Young Athletes Safer Since 2014

Sarah Ambrogi	Arthur Maerlender
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Michael Harrison	Andy Vailas
Dave Herod	James B. Vailas
Peg Hubner	Jami Vaughn
Sandy Joyce	

## Program Highlights

- Young athletes had 1,200 new injuries evaluated by Safe Sports Network staff.
- Athletes received 15,000 free treatments.
- 340 healthcare providers attended NHMI continuing education events.

## Keeping Young Athletes Safer Since 2015

Louis Arcidy	Maureen & Tony Grande
Kimberly Barbee	Rick Greenwald
Ted Bishop	Kevin Horn
Tracy Bond	Linda Isham
Tyler Brown	<i>Linda Johnson</i>
Judy Camirand	Andrew Lathrop
Judy Carr	Ted Lorenzetti
Pat Caveny	Owen McGarrahan
Rick Dichard	Matthew Mercier
Mike Doyle	John Mokas
Andrea Elliot	Bob Noonan
Richard Feldheim	Chris Poirier
Nancy & Jack Gati	Arthur Sullivan
Eric Gelinis	Donald Sweet
Ted Gatsas	Juli & Glenn Tierney
	Stephen Traynor

“When my son got hurt, the athletic trainer took care of his ankle *and* his broken heart. He was still laughing at her jokes when he came home from watching his team practice. It made a huge difference for him.”

*Memorial High School parent*

**Keeping Young Athletes Safer Since 2011**

**Apple Therapy Services**

**Bedford Ambulatory Surgical Center**

Maribeth Crupi Physical Therapy

NFL Alumni

**NH Orthopaedic Center**

OrthoCare Medical

Sports & Rehab

SurgiCare

**Keeping Young Athletes Safer Since 2012**

Aegis Consulting & Solutions Group

Amoskeag Beverages, Inc

Boston Bruins Foundation

Catholic Medical Center

Cross Insurance

DePuy Orthopaedics

Foothills Physical Therapy

Harris Trophy

Millenium Running

NBT Bank

NH Eye Associates

**Keeping Young Athletes Safer Since 2013**

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Central Activity Fund

Central Paper Products Co.

CGI Business Solutions

Copper Door/Great NH Restaurants

Dunkin' Donuts

ECCO

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Workplace Benefits Solutions



**New Hampshire  
Musculoskeletal Institute**  
ADVANCING KNOWLEDGE. ADVANCING CARE.

**Keeping Young Athletes Safer Since 2014**

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Common Man - Common Effort

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Medical Laser Technologies

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Northeast Delta Dental

Pat's Peak

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The Derryfield Restaurant

The Derryfield School

Union Leader Corp

Werner Auto

**Keeping Young Athletes Safer Since 2015**

Acapella Technologies

Amazon Smile Foundation

American Health Centers

Boston Red Sox

Brady Sullivan Properties

Candia Woods

Corflex, Inc

DJO Global

Kiwanis Club of Manchester

McLane Middleton

MFAC, LLC - Perform Better

New England Patriots

Pacira Pharmaceuticals

Runner's Alley

Simbex

**Keeping Young Athletes Safer Since 2016**

American Medical Imaging

Ashland Physical Therapy

Colliers International

DCU for Kids

Downdog Flow Yoga & Pilates

Hudl.com

Manchester Bears Senior Football Club

NH CIBOR CARES

Pandex

Setronics

Sterling Plastic Surgery

Sheehan, Phinney, Bass & Green

**Thank you, 2016 Corporate Donors!!**