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### Mission Statement

The New Hampshire Musculoskeletal Institute is a nonprofit organization established to promote, conduct, coordinate and disseminate musculoskeletal research and education and to ultimately improve musculoskeletal health care.

## The value of NHMI's Athletic Training Fellowship

By Patrick O'Sullivan, ATC (2001-2002)

(Patrick is currently the Head Athletic Trainer at Bryant University in Rhode Island.)

As a young professional, my experience in the Athletic Training field was limited to what I learned from the classroom and from the literature. While searching for employment, I came across the NHMI Fellowship. The description sounded like an invitation to approach the operating table, have a look at the X-ray, sit in with an MD consultation, or even get your hands dirty with a research project. Then when I was chosen, I felt like I had a backstage pass to the world of medicine. The experience itself is organized so that everyone involved expects to have a set of eyes peeking over their shoulder, asking questions about every move they make. My personal favorite was the back of the ambulance, because it had immediate impact on how I handled emergency situations. To this day, I still talk about the hundreds of surgeries, or visits to MD's offices like I was just there. The Fellowship experience is a year of intense learning, in a very unique educational model. I feel honored to be a part of such a hard working group, and have recommended the experience to many driven professionals.



Each year NHMI hosts two Athletic Training Fellows. Information about this program is available on our web page at [www.NHMI.net](http://www.NHMI.net)

NHMI is a 501(c)3 Corporation. Donations are tax-deductible.

Please make checks payable to NHMI and mail to:  
NHMI, 35 Kosciuszko Street, Manchester, NH 03101

## Thanks to our Winter Meeting Gold Sponsors



# NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

## 2010 Orthopedic Winter Meeting

ONLINE REGISTRATION OPEN NOW!

NHMI's 10th annual winter meeting, offering 8 Category 1 CME hours, will take place at the Stoweflake Mountain Resort and Spa January 29-30, 2010. Your registration fee will include both the CME activity and your room, so be sure to take advantage of this incredible value!

We are once again very excited about our excellent slate of speakers and topics!



### FALL 2009

(Volume 15, No. 2)

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post-traumatic knee osteoarthritis,  
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ACL reconstruction



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Lahey Clinic, Burlington, MA  
wrist (carpals, DRUJ) fractures



**John Kelly, MD –**  
U Penn School of Medicine, Philadelphia

knee chondral injuries, stress relief  
for the orthopedic surgeon



**Anthony Lapinsky, MD –**  
U Mass-Worcester

spine sports medicine,  
the aging spine



**Jay Lieberman, MD –**  
UConn Health Center, Farmington, CT

osteonecrosis of the hip,  
DVT prophylaxis



**Matthew Provencher, MD –**  
Naval Medical Center, San Diego

managing shoulder instability,  
the biceps tendon

The entire program is posted on our webpage at [www.nhmi.net](http://www.nhmi.net).

Hope to see you in Stowe!!

(Don't forget to register early -- this program regularly sells out by December 1.)

### In This Issue:

- Symposium Follow-Up
- Fellowship News
- President's Comments
- O'Sullivan on AT Fellowship

## FELLOWSHIP NEWS

**Adam Hernandez**, ATC is preparing to defend his thesis to receive his Masters in Athletic Training from Indiana State University. He received his bachelor of science from the University of New Hampshire where he was active in research collaboratively conducted by NHMI and UNH. In fact, he interfaced with previous fellows in that capacity. In addition to being very excited about participating in the Fellowship's rotations, Adam is looking forward to contributing to the ongoing development of our new structured curriculum. In his spare time, Adam likes to work out, go camping and read. He is also a World War II history buff.



**Matthew Burns**, ATC received his bachelor of science from the University of Connecticut. In the year prior to the Fellowship, Matt worked as the intern AT at Phillips Exeter Academy in Exeter, New Hampshire. Matt felt "drawn" to the unique program of diverse experiences offered by the Fellowship and he is also, like Adam, very motivated to contribute to the development of our new structured curriculum. In his free time Matt likes to do anything active -- running, hiking, snowboarding. During his interview he related that he thought the best word to describe him would be "alive!"



**Adam Hernandez, ATC and Matthew Burns, ATC are NHMI's 2009-2010 Athletic Training Fellows.**

Thanks to everyone—sponsors, speakers and attendees—who helped make our 16th Annual Fall Symposium a success. Save **September 11, 2010** for next year's meeting.

## Fellow Alumnus Recognized for Outstanding Manuscripts

1998-1999 Fellow Tamara Valovich-McLeod was a contributing author to the manuscript that won the 2008 *Journal of Athletic Training* Clint Thompson Award for Clinical Advancement. In fact, she was also a contributing author on two papers that took Second Runners-Up honors. The winning article published in JAT 43(4) was:

Snyder AR, Parsons JT, Valovich McLeod TC, Bay RC, Michener LA, Sauers EL. Using disablement models and clinical outcomes assessment to enable evidence-based athletic training, part I: disablement models.

### The runners up papers were published in the same issue of the Journal:

Almquist J, Valovich McLeod TC, Cavanna A, Jenkinson D, Lincoln AE, Loud K, Peterson BC, Portwood C, Reynolds J, Woods TS. Summary statement: appropriate medical care for the secondary school-aged athlete.

Valovich McLeod TC, Snyder AR, Parson JT, Bay RC, Michener LA, Sauers EL. Using disablement models and clinical outcomes assessment to enable evidence-based athletic training practice, part II: clinical outcomes assessment.

Congratulations to Dr. McLeod and her colleagues.



## COMMENTS FROM THE PRESIDENT

The success of past and current NHMI Athletic Training Fellows is on my mind as I enjoy the brilliant New England fall foliage. As you'll read in this issue of our News, Tamara Valovich McLeod (98-99) is making important contributions to the field of Athletic Training. I congratulate her on her achievements to date and look forward to hearing of her next award! I am pleased and proud to say that she is not alone and that our past fellows continue to do well in their chosen enterprises including further studies and clinical work. This year's new fellows, Matt Burns and Adam Hernandez, have done a great job so far and I expect they will have a productive year.



Our fall Symposium took place in mid-September this year. The program was once again an eclectic mix of current topics of interest to rehabilitation professionals. My colleague John Macy, MD, a shoulder surgeon from the Burlington, VT area, demonstrated a shoulder resurfacing arthroplasty procedure. On the other end of the spectrum of topics was a well-received presentation about using Yoga and other non-traditional approaches in PT by Tim Dreher, a PT from Massachusetts. Shoulder rehab, the MRSA epidemic and a sobering lecture about knee osteoarthritis epidemiology rounded out the slate. I'd like to extend my thanks to our great speakers – this year and every year! – for making our Symposium a success!

On the topic of conference speakers, we are thrilled with the line-up for the Winter Orthopedic Meeting (see front page)! I continue to be very proud of the perennially top notch educational content and adherence to ACCME guidelines at this meeting which has always offered Category 1 CME credit. It's been upsetting to encounter ethical challenges related to the new AdvaMed Guidelines which, among other things, suggest that any meeting taking place in a "resort environment" shouldn't be taken seriously. Unfortunately, some vendors' participation in this meeting has been affected as medical device companies strive for compliance with the new guidelines. I expect that over time moderation will win out, unethical practices will be eliminated and companies will once again be able to demonstrate their wares, even if it's under stiffer scrutiny. In the meantime, we are looking forward to another sell-out of this meeting in Stowe and hope the meeting will continue to be self-sustaining in this new environment. If so then we will continue to thrive. We hope that the quality of our educational programming shows the value and legitimacy of our programs. And as always, we greatly appreciate the support of our sponsors!