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2004 Winter Meeting Preview

To create a more dynamic program, next year's Winter Meeting will feature shorter (30 minute) sessions and allow more topics to be presented. Here's a look at the program:

- Revision ACL surgery, Arthroscopic shoulder stabilization: JR Richmond, MD – Tufts New England Medical Center
- Meniscal repair, Grade III AC joint injuries: Joseph Abate, III, MD – University of Vermont
- Preop activity measures in THA/TKA planning, Unicompartmental arthritis: Richard Iorio, MD – Lahey Clinic
- Minimally invasive spine surgery, Bone morphogenetic protein: Thomas Kleeman, MD – NH Spine Institute
- Open vs. arthroscopic rotator cuff repair (open perspective): Mark Lemos, MD – Lahey Clinic
- Treatment of pilon fractures, Evolution of locked plating: Michael Miranda, MD – Orthopedic Associates, Hartford
- Winter injury update: Glen Shapiro, MD – White Mountain Sports Medicine, North Conway, NH
- Open vs. arthroscopic rotator cuff repair (arthroscopic perspective): James Vailas, MD – NHMI

The 4th Annual Winter Meeting will be held in Stowe, Vermont, March 19-21, 2004. This meeting is open to orthopedists, PA-Cs, ARNPs and NHMI Members. Visit our webpage for more information.

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10th Annual Symposium: Hewett Headlines; Surgery Steals Show

NHMI was thrilled to be able to offer a slate of excellent speakers and topics at the 10th edition of its annual fall meeting. Tim Hewett, PhD, internationally known for creation of the first ACL injury prevention program, kept most attendees in their seats until the very end of the day to hear his signature lecture: Prevention of ACL Injuries in the Female Athlete. Dr. Hewett's research, as well as that of other leaders in this field, suggests that the incidence of ACL injuries among female athletes can be dramatically reduced through the use of these programs. The audience had many questions for Dr. Hewett during the ensuing panel discussion. One attendee, an athletic trainer/physical education teacher, implored Dr. Hewett to bring word of these programs to physical education teachers so they can be started with younger children.



The rest of the day was also exciting - especially the surgery demonstration presented by Dr. Jim Vailas (supported by Smith+Nephew and LifeNet). This session featured the performance of a hamstring autograft ACL reconstruction in a cadaver knee - right on stage - with both intra and extraarticular views projected on the Dana Center's movie-theater-size screen. The "set" was intentionally designed to look and feel just like the operating room and Dr. Vailas was assisted by his physician assistant and OR nurses. Narrating the session, Dr. Vailas took the audience through the entire procedure, from diagnostic arthroscopy to graft harvest and preparation, tunnel sizing and drilling, and finally graft insertion and tensioning. One attendee said, "I've seen many

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surgical demonstrations but I've never experienced such an elucidating and thorough one. I never understood that procedure quite as well as I do now." Evaluations of this session were universally positive and most requested an encore performance - using a shoulder - for next year. An arthroscopic rotator cuff repair is one possibility.

Other highlights included sessions on the treatment of plantar fasciitis and lateral knee pain by Dr. Gary Hunt who provided great overviews of both topics. In separate sessions, Dr. Robin Bruck presented the chiropractor's approach to neck and back pain and Dr. Powen Hsu gave the audience an update on advanced wound care. Finally, Dr. Scott Sigman informed the audience about recent technical advances

in the treatment of knee arthritis - including the use of Synvisc injections and autologous cartilage implantation.

NHMI's next educational activity will be the 4th Annual Winter Meeting in Stowe, VT in March 2004. This meeting is directed primarily toward orthopedic surgeons but is also open to Institute Members. See the back page of this newsletter for preliminary program information.



Dr. Tim Hewett, Ph.D.

Comments from the President

The 10th Annual Fall Symposium was a very nice success in many ways. Obviously it was the tenth consecutive year for the meeting which is an accomplishment in and of itself. This year also marked the first meeting in which we had a cadaver surgical demonstration on stage. Comments from the evaluations indicate that this was very well received and should be repeated. The size, quality, and support of this annual Fall meeting remains strong which demonstrates NHMI's strength and stability. Again, we are very fortunate and truly appreciative of our corporate sponsors. Every year the meeting appears to be better for everyone, especially for our attendees. We are seeing a core of regular attendees and this is wonderful. One of this year's attendees was Rebecca Lindsay, NHMI's first Athletic Training Fellow (1994-95). Listening to her reminisce about our first symposium was inspiring. The growth and changes that have occurred within NHMI have been very gratifying and fulfilling, especially in the context of our mission.

The current Fellows, Chandra Shirley and Jenn Nowak, are having an exciting year. They are doing a fine job and are very enthusiastic about the Fellowship. At the Symposium, they had the opportunity to visit with Becca Lindsay and appreciate the growth and the value of the Fellowship. For most of our Fellows, the Fall Symposium is their first professional meeting and it is rewarding to see the quality of the meeting reflected in their excitement. The Fellows also attend the Annual Winter Meeting and it is great to be able to offer these educational opportunities to enhance their program experiences. The Fellowship remains quite solid.

Along the research line, Laura has been devoting more time to our past, current, and future projects and we are seeing results with manuscript submissions and recent publications. Also, our relationships continue to grow with University of New Hampshire, Plymouth State University, and Bridgewater State College through the efforts of Dr. Erik Swartz, Drs. Julie Bernier and Margie King, and Dr. Pam Russell, respectively. We are very appreciative and pleased with their interest and support of the Institute as well as their efforts with joint projects.

NHMI's state of affairs is solid and promising. Recent changes to the composition of our Boards further demonstrate the Institute's growth. Dr. Margie King (NHMI Founding Member) has returned to the area and to NHMI's Board of Directors. She is teaching at Plymouth State University and developing a biomechanics lab. We are pleased to have her back in the area. Finally, there have been three additions to NHMI's Advisory Board. I want to thank these individuals for their willingness to serve us in this capacity and welcome them to the NHMI family. Welcome, Kevin Guskiewicz, PhD, ATC, Mary Lloyd Ireland, MD and Pamela J. Russell, PhD...and welcome back, Margie!

Finally, I am grateful for the devoted and focused effort of our executive director who is working diligently on our research projects and the 4th Annual Winter meeting.

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03-04 Athletic Training Fellows: Jennifer Nowak & Chandra Shirley

NHMI's Athletic Training Fellowship, now in its 10th year, continues to attract top athletic training graduates from all over the country. This one-year program provides young certified athletic trainers with exposure to numerous medical and allied health professionals in structured observational rotations. In addition, the Fellows gain valuable athletic training and research experience. Visit NHMI's web page for more information about this unique program.

MEET THIS YEAR'S FELLOWS:

Jennifer Nowak, ATC is a native of Massachusetts. She received her bachelor's degree in Athletic Training from the University of New Hampshire with honors in May of 2003. Basketball, whether coaching or playing, is one of Jenn's favorite activities. She also enjoys camping. Chandra Shirley, ATC is from Minnesota. She graduated with a BS in Athletic Training (Second Major: Human Performance and Fitness) from North Dakota State University (with honors) in May of 2003. Chandra enjoys traveling - she visited Brazil this past summer and has driven the entire length of Highway 1 from Victoria, BC to Tijuana, Mexico.



Jenn Nowak (far left) and Chandra Shirley (far right) pose at this year's Symposium with NHMI's Executive Director, Laura Decoster (2nd from right) and Administrative Assistant, Charlene Hayes (2nd from left).

Research Highlights

- **Jump Study:** Manuscripts submitted for publication
- **LACS Study:** Data analyzed/Manuscript being prepared
- **Hamstring Stretching Study:** Manuscript submitted for publication

<p>President: James C. Vailas, MD</p> <p>Executive Director: Laura C. Decoster, ATC</p> <p>Board Members: Carolann Altieri, PT II Robert Confessore, PhD, FACSM Nicholas J. Lazos, Esq. Marjorie A. King, PhD, ATC, PT Henry L. Roy, CPA Steven W. Schubert Gregory W. Soghikian, MD Nicholas J. Vailas, MS</p>	<p>Advisory Board:</p> <p>Scott D. Boden, MD Emory University</p> <p>William W. Dexter, MD Maine Medical Center & Orthopedic Associates of Portland</p> <p>Kevin Guskiewicz, PhD, ATC University of North Carolina - Chapel Hill</p> <p>Shepard R. Hurwitz, MD University of Virginia</p>	<p>Mary Lloyd Ireland, MD Kentucky Sports Medicine</p> <p>David H. Perrin, PhD, ATC University of North Carolina - Greensboro</p> <p>Marilyn M. Pink, PT, PhD Health Care Research & Management</p> <p>Pamela J. Russell, PhD Bridgewater (MA) State College</p> <p>Arthur C. Vailas, PhD University of Houston</p>
<p>Address Information: 35 Kosciuszko Street Manchester, NH 03101 (603) 627-9728 Fax (603) 627-0880 e-mail address: info@nhmi.net www.nhmi.net</p>	<p>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.</p>	