

Mission Statement

NHMI is dedicated to advancing knowledge in musculoskeletal care and sports medicine and to promoting and providing a safe sports environment for athletes.



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NEW HAMPSHIRE ORTHOPAEDIC CENTER IS NHMI'S NEWEST SUSTAINING SPONSOR

NHOC has been a long-time supporter of NHMI programs. With their recent commitment to underwrite our Safe Sports Social and sponsor this newsletter they have become our newest Sustaining Sponsor. Sponsors at this level donate \$25,000 annually. NHOC providers serve as our team physicians. They supervise care received by the more than 4,000 athletes at Safe Sports schools. In that role, they are essential to ensuring kids in our community get the sports medicine care they need. Thank you, NHOC!



WAYS YOU CAN HELP

People often ask how they can help. We usually try to list some suggestions here. This time with the great auction items listed below, your gifts can benefit you too!!

- Use the enclosed envelope or visit our webpage to make a donation.
- Send us an email before March 27 to bid on any of the donated auction items below*:
 - Weekend stay at the beautiful Stowe Mountain Lodge in Stowe, VT (\$800 value)
 - NH Fisher Cats Luxury Suite with 18 tickets for the game (\$700 value)
 - Riddell 360 or Speed football helmet to protect your young athlete (painted in your school colors; \$350 value)
 - Other items include sports memorabilia, summer football and basketball camp tuition and an SAT prep course. Contact us for more information.
- We still have room for Social sponsors and program book ads. Follow the Safe Sports Social links on our webpage to the "become a sponsor" link for complete information.

*Auction winners will be announced at the Safe Sports Social and contacted by email or phone.



GOFFSTOWN ATHLETE FIGHTS POST-CONCUSSION SYNDROME

Everyone has heard of the Boys of Fall. At Goffstown High School this is no different. On Saturday afternoons you will find 35 football players ready to battle and give everything they have on the field. For Tyler G., a Saturday afternoon game in October turned into months of recovery...and showed his determination. "Goffstown with the ball, on the 40 yard line," the announcer's voice said over the PA. Tyler was hit while running the ball on that play. The seconds between being hit and hearing his athletic trainer talking to him are missing from his memory. Tyler was diagnosed with a concussion. What followed was months of headaches, light sensitivity, trouble concentrating, and numerous neurology appointments. Although he was told his season had ended, he was determined to work his way back to health. He did what he had to do. Tyler adjusted his school schedule, social life, and put a hold on all athletic activity. After 2 months of symptoms, Tyler was finally symptom free. He ended up missing the rest of the season, but Tyler is already working hard for next year.

**NHOC is the 2013 sponsor
of the NHMI News**



SPORTS CONCUSSION SNAPSHOT

Safe Sports Athletic Trainers see student-athletes with concussions every day. Sometimes those are kids with new injuries. More often they are kids in the athletic training room so their recovery can be closely monitored. At Bedford High School, Safe Sports Athletic Trainer Eric Gelinus evaluated 228 total injuries this past fall. Nine percent (21) of these injuries were concussions. Football players had the highest number of concussions (17). Girls' soccer (2) and field hockey (2) athletes suffered the rest of the concussions. Those athletes missed a total of 617 days from their sports. The average was 29 days missed (range 11-56 days). Eric works with the school nurses to ensure comprehensive care during recovery. He also works to educate athletes, parents and coaches about concussion and the importance of achieving full recovery before returning to sports. Researchers are learning more and more about these mild traumatic brain injuries. Safe Sports will stay up with that new knowledge so kids are as safe as possible.

Read about one athlete's battle to return from his concussion on page 4.



SUDDEN CARDIAC ARREST SURVIVOR TO SPEAK AT SAFE SPORTS SOCIAL

The inaugural Safe Sports Social fundraising event is planned for March 27 in Manchester. This event will include a social hour followed by a short program. Attendees will understand the importance of ensuring a safe sports environment for young athletes. Among the presenters will be Matt Keene. In October 2006, Matt was a high school football player at Kimball Union Academy (KUA, Meriden, NH). As practice was ending on October 18th, Matt collapsed on the field after suffering sudden cardiac arrest. The quick recognition and care provided by KUA's athletic trainers saved Matt's life that day. He will tell his story at the Social.



The Social auction includes a new high-tech football helmet painted in your team's colors. See page 4 for other items to be auctioned. You can help young athletes get the care they need!

ORTHOPEDIC CME MEETING SELLS OUT

Over 100 orthopedic surgeons and allied medical professionals attended NHMI's 13th Annual Orthopedic Winter Meeting. The stunning venue is far from the only draw. The faculty did an outstanding job educating the crowd to help meet our mission. **ADVANCING KNOWLEDGE. ADVANCING CARE.**



Augustus Mazzocca, a nationally-renowned expert, was only one of several exceptional speakers.

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Thank you to our program book advertisers and all our event sponsors!

RESEARCH & EDUCATION UPDATES

2013 MEMBERS-ONLY DISSECTION SCHEDULED FOR APRIL 6



On Saturday, April 6, 2013, Dr. Kathleen Hogan will present a hip dissection lab for NHMI members. The workshop will be held at the Bedford Ambulatory Surgical Center. Space is limited to 15 members. Contact us to register - 603-627-9728 or laura@nhmi.net.

EDUCATION: QUICK HITS

- Our 20th Annual Symposium is scheduled for Saturday, September 14, 2013. NHMI Members will be able to enter the dissection lab raffle. Dr. Vailas is going to dissect a shoulder. He's also going to do the day's surgery demonstration: arthroscopic rotator cuff repair.
- Symposium Scholarships: In 2012, donors gave 10 scholarships for students to attend the Symposium. Once again 10 spots will be saved for this. Click the DONATE button at www.nhmi.net and use the Individual Giving link. Use the comment box to specify the purpose of your donation. Each \$150 donation supports a student's first exposure to cutting-edge education.
- We will offer single-topic orthopedic CME lectures in May and October this year. If you would like to be included on the invitation list, let us know: laura@nhmi.net or 603-627-9728.
- 2013 dissection labs are scheduled for members as well as for Plymouth, Keene and Colby-Sawyer's athletic training students.
- The application deadline for NHMI's Athletic Training Residency and the Letendre Athletic Training Summer Camp Scholarship is April 1. Application materials may be found at www.nhmi.net.



Work Begins on NFL Charities Grant Research

NHMI, UNH and UNC-Chapel Hill researchers have begun piloting on research supported by NFL Charities. The study will take place at the high-tech Center for Innovative Learning in Raleigh, NC. Simulation manikins will be used to determine the best approaches to CPR in football players. NFL Charities awarded \$62,500 to help answer these questions.

2012-13 AT Resident Projects to Answer Football Questions

This year's residents will conduct two separate investigations. 1) During helmet removal, is head acceleration affected by preliminary facemask removal? 2) How long does it take to remove football clothing and equipment in preparation for exertional heat stroke treatment (cold water immersion)? Watch for results later this year.

THANKS TO OUR WINTER MEETING GOLD SPONSORS.



A WORD FROM...

OUR PRESIDENT: *Jim Vailas*

Happy New Year. Things are off and running at NHMI already! Planning for our inaugural Safe Sports Social fundraising event is well underway. I'm pleased to see more and more people accepting invitations to attend. We hope this will provide strong support to ensure kids have continuing access to Safe Sports services for years to come. I'm also pleased to say that our 2012 annual report will show us in the black with a 6-fold increase in our donor base. It's clear our donors understand the importance of improving sports safety for young athletes - you made the difference in a year we anticipated might be our first ever in the red! Thank you, donors! And thanks to our executive director, Laura Decoster, and the Board members for their great work over the past year. I would like to mention a couple specific events for which Safe Sports was a charitable beneficiary. Both the Santa Claus Shuffle and Ugly Christmas Sweater Party improved our presence in the community and while also supporting our Mission. My personal thanks to John Mortimer, Gene Brown and Tyler Brown. On other fronts, the Winter Meeting continues to sell out each year and the vendor support is phenomenal. On behalf of NHMI and its Board, I want to thank our vendors, faculty, attendees, Stowe Mountain Lodge, and Laura for putting this all together. On the research front, Dr. Erik Swartz, Laura and the residents continue to collaborate on football-related projects. NHMI is developing nicely in the ways our strategic plan intended. I am very excited about our first fundraising event, the Safe Sports Social, on March 27 at the Derryfield Country Club. I'm looking forward to seeing some of you folks there. As always, thank you for reading our newsletter and for your support.



OUR EXECUTIVE DIRECTOR: *Laura Decoster*



In my 20 years (!) running NHMI, I've been fortunate to meet many of you who believe, as I do, that young athletes need sports medicine care from knowledgeable professionals. You have helped shape and support NHMI in its mission to advance knowledge and advance care in musculoskeletal and sports medicine. With your help, we strive daily to improve care in our community via NHMI's three program areas - sports medicine research, education and Safe Sports Network. We don't have a huge research program, but over the years we've been pleased to contribute to the national discussion on appropriate management of football equipment during emergencies. On the continuing education front, providers at all levels - from athletic trainers and physical therapy professionals to physicians -

have access to reasonably-priced cutting-edge education right in their own backyards (including health care professions students who you helped attend last year's Symposium!). And more than 4,000 athletes are covered under the Safe Sports Network umbrella. From sports physicals, to the daily injury drop-in clinic and on-site care at several high schools, you're helping to provide services that kids would not get otherwise... from providers with the latest information at their fingertips. It sounds cliché to say we couldn't do it without you, but it's the absolute truth. Thank you.

SAFE SPORTS DIRECTOR: *Keith Belmore*

We are now in the midst of another winter sports season with the Safe Sports Athletic Trainers hard at work on the courts and ice rinks keeping young athletes safe. This past fall our sports medicine team was extremely busy taking care of injuries and getting athletes back on the field. From August through November the staff evaluated 931 new injuries and administered 8,175 treatments! Without question the care and attention the athletes get is second to none. I would personally like to thank the donors who make it possible for these athletes to get this quality sports medicine care. In June, Safe Sports will once again provide the sports medicine coverage for the BASC East/West High School All-Star game to benefit Children's Hospital at Dartmouth. We are proud to be a part of this great event now in its second year and look forward to working with CHaD for years to come. To learn more about the game, check out our Safe Sports page on the web at www.safesportsnetwork.org.

As always we thank you for your support of the Safe Sports Network.

