

# Thank you!

## THIS IS CAITLYN

*Caitlyn is just one of thousands of athletes helped by donors like YOU.*



As a junior lacrosse player at Memorial High School, Caitlyn Petro suffered a significant concussion. Caitlyn had the crucial care she needed for that injury because of your support. She is now actively pursuing her goal to play Division I lacrosse. And with several recruiting letters, things are looking good. COME TO THE SAFE SPORTS SOCIAL to hear Caitlyn and her family tell their story.

Gifts from donors like you mean kids have this vital care every day.

Visit [www.nhmi.net](http://www.nhmi.net) to donate now.

## TEST YOUR SPORTS MEDICINE KNOWLEDGE! DO YOU KNOW THE ANSWERS TO THESE QUESTIONS?

1. True or false: There are more concussions in boys' basketball than in girls' basketball.
2. What is the most common injury in sports?
  - a) ACL (knee) tears
  - b) Finger dislocations
  - c) Ankle sprains
3. True or false: The best way to prevent injuries is to stretch before activity.

1. False. In comparable sports, girls have more concussions than boys. Some experts believe that girls' relatively weaker neck muscles are the culprit.  
 2. C. Ankle sprains are the most common injury in most sports. In fact, ankle sprains are the most common sports-related case for emergency room visits.  
 3. False. While stretching can be an important part of an athlete's routine, ensuring appropriate preparation before beginning a sport is the best way to prevent injuries. An athlete who sits on the couch all summer then goes out to try to make the team during August tryouts is just asking for trouble. As we head into spring, make sure your athlete (throwing athletes especially) are working themselves into shape.

# NHMI NEWS



The newsletter for supporters of NHMI and Safe Sports Network! | Winter 2015, Volume 21, No. 1

## HELPING MAX RECOVER SAFELY

Thanks to you, Max had professional sports medicine care from the Safe Sports athletic trainers.

Max suffered a concussion at a youth football practice in early August. Unfortunately, most youth athletes don't have access to professional sports medicine care. Safe Sports donors know how important this is and you're doing something about it. Read more about Max below to see what a difference it made for him and his family.

Sports training kicked in. They realized that something was wrong and kept him out of the rest of the practice. Good call. Soon, Max noticed problems with his balance and his head was hurting. He felt nauseous also. His parents took him home, then brought him to the Safe Sports Network drop-in injury clinic the next day.

Max is an athlete from Auburn who plays basketball, lacrosse and - his favorite sport - football. Last fall, Max was 11. He was ready to hit the ground running with his Derry Demons teammates at the beginning of the season. Unfortunately, during the first day of full-contact practice, Max sustained a concussion during a routine drill. The side of his head hit the ground awkwardly. He wanted to keep practicing, but the coaches' Safe

"This was Max's first football injury. We were concerned, but we knew he'd be in good hands with Safe Sports," says Max's dad, John. "We knew about Safe Sports because the Derry Demons participate in their Youth Concussion Management Program. All the kids had had concussion baseline testing before the season."

Max's possible concussion was confirmed at the Safe Sports drop-in clinic. His clinical examination showed concussion symptoms including balance problems. His computerized concussion test showed deficits. Over the next couple weeks, Max rested and got back to feeling normal.



*This is Max. Max is just one of thousands of athletes helped by donors like YOU.*

*"This was Max's first football injury. We were concerned, but we knew he'd be in good hands with Safe Sports."* John - Max's Dad

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## KIDS HAVE REAL MEDICAL PROBLEMS AND NEED REAL MEDICAL CARE

Do you think a coach's first aid class covers all these things? Highly unlikely. And the school nurse's responsibilities don't extend to after-school activities. **WHO'S TAKING CARE OF OUR KIDS?**

*"We think of kids as being healthy. And by and large, that's true. But it's not universal. As part of my preparation every year, I go through every athlete's medical records and flag athletes with conditions that may put them at risk. This gives me the opportunity to make sure everyone is prepared should an emergency arise."* - Kevin Silva, Safe Sports Network Athletic Trainer

should an emergency arise." Just looking at this partial list pictured here, we can see potentially-fatal allergies, asthma, diabetes and heart conditions. The athletic trainer will ensure that there's an EpiPen, inhaler, sugar sources or AED on site. And make sure the coaches know when and how to use those things if the athletic trainer isn't there.

Having a certified athletic trainer at your school gives you an expert in this area. The athletic trainer is the key to having adequate and appropriate athletic medicine for our kids. **That's the difference that your support of Safe Sports Network makes for our high school kids. But what about our middle school kids? Take a look at the box below.**

### Middle School Athletes Need You Too!

Looking at the conditions listed in the picture shows one thing for sure: most of these conditions did not suddenly develop when the athlete got to high school. We need to make sure our middle school kids are safe too. Safe Sports has a plan... The only thing missing is the money. Visit [www.nhmi.net](http://www.nhmi.net) and become an MVP monthly donor today - help reach this goal! Every contribution helps!

Athlete Watch List
Note:
Epi-Pen Peanuts
Migraines, Chronic Hives, Anxiety
Bee Allergy
Concussion Hx
Factor V Leiden (blood clotting disorder)
Concussion Hx
Concussion Hx
Asthma, Celiac disease
Migraines
Hearing Loss in Left ear
Asthma
Anti Phosphoid Antibody Syndrome (Cumadin)
Bees; Epi-Pen
Concussion Hx
Type I Diabetes
Asthma, Concussion Hx
Concussion Hx
Asthma
Asthma
Diabetic
Concussion Hx
Epi-Pen for Bee-Stings
Frequent fainting due to low BP, Concussion Hx
Concussion Hx
Latex Allergy
Aortic Stenosis
Epi-Pen; Bee/Wasp/Hornet
Asthma
Concussion Hx
Concussion Hx
Asthma
Concussion History Warning
Epi-Pen; Unknown Allergy
Long QT syndrome, AED on site at all times

*This screenshot shows just 34 of 150 athletes on the Safe Sports Network watchlist for this year. The list is alphabetical... not in order of severity! THIS is a major reason it's so important to ensure our young athletes have the care they need.*

## PAST LETENDRE SCHOLARSHIP WINNER WINS ANOTHER SCHOLARSHIP

Congratulations to Brandon Hammerstrom for winning a scholarship to the National Athletic Trainers Association iLead Student Leadership program. This program brings outstanding athletic training students together to help them be successful, effective leaders as they move into the professional world. Brandon is currently an athletic training student at Springfield College.

NHMI's Letendre scholarship is given to a high school student interested in the field of athletic training. The application deadline for this year's scholarship is April 1. Visit [www.nhmi.net](http://www.nhmi.net) to apply.



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 35 Kosciuszko Street  
 Manchester, NH 03101  
 (603) 627-9728

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

## THANK YOU TO OUR FOUNDATION SPONSORS



# Safer athletes.

Continued from page 1



Max is safe and thriving...isn't that exactly why you donate to a children's charity?

## MAX IS BACK TO SPORTS

It took about a month, but with proper supervision Max returned safely to youth football.

Based on the combination of his clinical and computerized exams, Safe Sports recommended some extra recovery time after Max was symptom-free. Making sure kids have enough recovery time can make all the difference. "It was great to have the advice of the professionals at Safe Sports. Max recovered from his concussion, returned to play and went on to finish the season as a key member of the team. Currently he is doing great, having just celebrated his 12th birthday he's playing basketball, looking forward to lacrosse in the spring and of course the start of the football season again this summer."

Here's a message to readers from Max's dad, John: "All the youth leagues in the area should take advantage of Safe Sports Network's Youth Concussion program. It made a huge difference for Max and for us. I'm not sure what we would have done without it."

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John - Max's Dad

## EVER WONDER EXACTLY HOW YOU'RE HELPING DAY-TO-DAY?

A DAY IN THE LIFE - AFTER SCHOOL IN THE HIGH SCHOOL ATHLETIC TRAINING ROOM.

Tuesday, October 28 was a beautiful fall day. Sunny and 64°. A great day for fall sports. The kids were all still in class when Safe Sports athletic trainer Eric Gelinas arrived at Bedford High School at 1:30. He made quick stops to pick up the golf cart and visit briefly with the athletic director. Eric opened the athletic training room for the afternoon at 2. He had just enough time to get settled before the first of 28 athletes arrived at his door. After that soccer player was taped, football, volleyball, cheerleading and other soccer athletes followed. There were several tape jobs interspersed with ankle and concussion rehab exercises. A football player did stage III of the concussion return to play protocol. Most of those 28 kids were in and out in a frenetic half hour.

About 3:00, the daily rush had calmed down a bit, so Eric could evaluate that day's new injuries. A jaw contusion in a cheerleader and a new ankle sprain in a football player. Finally, a post-injury ImPACT concussion test was administered. By 3:45, Eric had medical kits and equipment loaded on his golf cart and he was on his way out to practices. He checked in with coaches at the soccer practices then set up at football. Generally, he remains at football practice for the afternoon, available to others at a moment's notice. Fortunately there were no new major injuries that day. But Eric was there and ready if there had been.

"This was a fairly normal fall afternoon. I usually see somewhere between 25 and 35 kids every day." Eric is one of 8 Safe Sports athletic trainers assigned to area high schools. Most days look just like this at all 8 schools. This past fall alone, 724 new injuries were evaluated and 7885 treatments were provided. Eric goes on to say, "I don't know if our donors really understand what they're doing for these kids. And how much they - and their parents - appreciate it. It's really a great thing."



The Bedford high school athletic training room is a busy place. This game day picture shows two of Eric's student athletic trainers helping him get the athletes ready for their game.



Conveniently, both of these athletes needed the same kind of balance rehab!

*"I don't know if our donors really understand what they're doing for these kids. And how much they - and their parents - appreciate it. It's really a great thing."*

- Eric Gelinas, Safe Sports Network, Assistant Director

# Because of you.

## SAFE SPORTS SOCIAL - MARCH 25, 2015

THIS YEAR'S KEYNOTE SPEAKER, BOB GFELLER, KNOWS BETTER THAN MOST HOW IMPORTANT IT IS TO MAKE SURE OUR KIDS HAVE THE CARE THEY NEED. HIS 15-YEAR-OLD SON MATTHEW DIED AFTER A FOOTBALL-RELATED TRAUMATIC BRAIN INJURY.



Matthew Gfeller loved football. He died doing what he loved. Come to the Social to hear more about Matthew and his family's efforts to make his death have meaning.

**"Since Matthew died, Bob and his wife, Lisa, want kids to play it safe."**

Matthew was one of three children. He was a hard-working, goal-oriented, motivated young man. He was a charismatic, well-liked Eagle Scout. He taped handwritten notes about his athletic goals around his room. He was passionate about football and one of his goals was to make the varsity football team. He did make the team. And he died in his first varsity game after a severe helmet-to-helmet collision caused a fatal brain injury. He never regained consciousness and died 2 days later on Sunday, August 24, 2008. Matt would be 22 now.

Since Matthew died, Bob and his wife, Lisa, have dedicated themselves to ensuring kids play it safe through prevention, recognition and treatment of youth sports head injuries. That's the mission of the Matthew Gfeller Foundation ([www.matthewgfellerfoundation.org](http://www.matthewgfellerfoundation.org)) created by the family after Matthew's death. After many years in the business arena, including most recently as Executive Vice President for Lowe's Home Improvement. Bob is currently the Executive Director of the Childress Institute for Pediatric Trauma in North Carolina. He is actively involved in trying to keep kids safe on a daily basis. Bob Gfeller will deliver the keynote address at this year's Social.



Our kids need you.

*You're Invited*  
**Wednesday, March 25, 2015**  
**The Derryfield**  
 Tailgating 5:15 | Game Time 6-7  
 RSVP today by contacting Laura Decoster via email at [laura@nhmi.net](mailto:laura@nhmi.net) or by phone at 603 627-9728  
[www.safesportsnetwork.org](http://www.safesportsnetwork.org)

## TWO EASY WAYS TO KEEP TAKING CARE OF ATHLETES EVERY DAY: REMEMBER THESE ONCE AND PUT THEM ON AUTOMATIC!

Shop at [smile.amazon.com](http://smile.amazon.com) and Amazon will donate .5% of all your eligible purchases to NHMI/Safe Sports Network. Copy this into your browser: <https://smile.amazon.com/ch/02-0471046>. Log into your Amazon account and voila!

Become a monthly MVP Sponsor (Making Victory Possible)! Monthly giving automatically charged to your credit card is an **easy, affordable way for you to MAKE A DIFFERENCE every day!** Take a few minutes to send an email to Laura or call 603-627-9728 to get set up.

## SOCIAL PROGRAM BOOK ADS ARE WIN-WIN.

Place an ad in the Safe Sports Social Program Book. These ads do double duty! Place an ad and kill two birds with one stone: get your message in front of 200 prominent citizens AND take care of kids! Ad prices range from \$75 to \$200. Reserve your ad today.

Contact Laura Decoster.  
 603 627-9728. [laura@nhmi.net](mailto:laura@nhmi.net).