

### 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.



## MANCHESTER'S SANTA SHUFFLE SUPPORTS NHMI

NHMI was the charitable beneficiary for the first running – or shuffling – of the Manchester Santa Shuffle on December 3. The more than 1500 participants exceeded expectations and filled Elm Street with Santa-suited runners. Quite the sight! We welcome Millennium Running as our newest Corporate Partner and thank them for their \$2500 donation from this race.

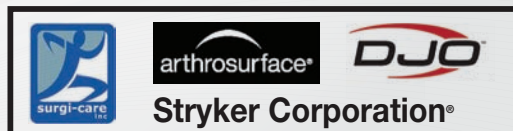
## WAYS YOU CAN HELP

If you would like to help our athletes or education recipients in any of the specific ways noted below, use the comment field at [www.nhmi.net/individual\\_giving.php](http://www.nhmi.net/individual_giving.php) to express your wishes for your gift or call 603-627-9728.

- Add to our Letendre Athletic Training Camp Scholarship fund. Each summer we send a high school student to camp to learn about athletic training. Your donation of any amount will help secure the future of this program and expand its reach to more interested students.
- Sideline tables. \$1000 will buy two quality tables. Your support is appreciated!
- Help a healthcare-professions student attend our September 15 Symposium. For every \$150 donation, we will invite a student from your favorite program or from one of the local colleges. In 2011, a donation allowed two students from the Franklin Pierce DPT program to attend.
- Donate a silent auction item for the September 15 Symposium. We will take bids during the day then use the proceeds to support our efforts to advance knowledge in musculoskeletal care and sports medicine and to promote and provide a safe sports environment for athletes.



### Thanks to our Winter Meeting Gold Sponsors



## DISSECTION WORKSHOP SERIES EXPANDED MEMBERS-ONLY SHOULDER SESSION PLANNED FOR MARCH



In 2012, NHMI will present at least four anatomy workshops. This doubles the number of workshops presented in 2011. We will continue to include a members-only session preceding our fall symposium -- scheduled for September 15 -- and have planned three others. Two of these are special events for

students in the athletic training education programs at Plymouth State University and Colby Sawyer College respectively. The other, scheduled for March 31, is the first step in our efforts to improve our offerings for our members. The format for our March 31 members-only workshop will be slightly different than members are accustomed to if they're familiar with our symposium workshop. First, this workshop will be longer - over two hours. NHMI President Dr. Jim Vailas, an orthopedic surgeon with more than 20 years' experience, will not pre-dissect the fresh-frozen shoulder specimen. Instead, the entire process of revealing anatomical structures will be performed within the workshop session; this

should give attendees an even better feel of the anatomy and relationships. Also, registration for this workshop will be first-come, first-served rather than the usual raffle. What won't be different is that space will be severely limited (12) to ensure that all attendees are able to see and handle the specimen and have Dr. Vailas answer all their questions. This workshop sold out in under a day. Members will be notified by e-mail and notices on Facebook when other special events are scheduled.

*Thanks to the GenLife Institute in Oklahoma their support with special pricing for the specimens for these workshops.*

### WATCH FOR ENHANCED RESOURCES FOR MEMBERS

For years, what members "got" for their dues was limited to this newsletter and access to a couple members-only activities surrounding the fall symposium. As you can see on this page, we've already added another dissection workshop for members. We will also be adding special access to educational resources online. Some examples include PowerPoints from NHMI meeting lectures, limited-time access to lessons associated with our Integrated Clinical Sports Medicine Residency and videos from various dissection workshops. Members will receive an e-mail with their unique username and password that will give them access when this new program is up and running. A heartfelt thanks to members who supported us over the years and advance welcome to new members.

### NHMI NEWS INCREASED TO 3 ISSUES PER YEAR

The addition of the Safe Sports Network to NHMI's standing programs gives us a lot more to talk about! A summer issue of NHMI News will focus on Safe Sports activities. Watch for it in July.

### IN THIS ISSUE

- Comments from NHMI Leadership
- Education Update
- How to Support Specific Initiatives



**SUPPORT NHMI AND ENJOY GREAT MONARCHS HOCKEY AT THE SAME TIME!**

Tickets sold for the March 24 game against archrivals Portland Pirates will benefit our programs. Buy tickets at [monarchsjungle.com/NHMI](http://monarchsjungle.com/NHMI)

**THANK YOU FOR YOUR SUPPORT!**



## REGISTRATION OPEN: SPORTS MEDICINE FOR THE PEDIATRIC PRIMARY CARE PROVIDER



Christopher Couture, MD will speak about recognition and management of stress fractures. Dr. Couture is also a member of our Residency faculty.

Registration is now open for this full day (7.5 hours Category 1 CME) meeting that will cover a wide range of diverse topics. Topics will include both medical and orthopedic concerns. Among the highlights: a look at the ECG screening controversy with Norm Berman, MD section chief for pediatric cardiology at Dartmouth Hitchcock in Lebanon and a lecture on recognizing and managing elbow and shoulder injuries in the young throwing athlete by Donald Bae, MD from Children's Hospital Boston. The meeting will take place Tuesday, May 8 in Bedford, New Hampshire. The full schedule is available on our webpage at: [http://www.nhmi.net/upcoming\\_events.php](http://www.nhmi.net/upcoming_events.php). To register, contact Catrina Watson at the New Hampshire Pediatric Society 603-224-1909.

## EDUCATION UPDATE: QUICK HITS

- › For NHMI members only: A shoulder anatomy dissection workshop has been scheduled for March 31. Members should watch for e-mails or Facebook announcements for future special events.
- › Our 19th Annual Fall Symposium is scheduled for Saturday, September 15. Watch our webpage for course information. [http://www.nhmi.net/fall\\_symposium.php](http://www.nhmi.net/fall_symposium.php)
- › Recruiting for 2012-2013 athletic training residents is well underway. Complete information and application are available at <http://www.nhmi.net/residency.php>. Our NATA residency accreditation site visit will take place this spring.
- › The application deadline for the Letendre Athletic Training Summer Camp Scholarship is April 1. Application materials may be found at <http://www.nhmi.net/scholarships.php>.
- › Our 12th Annual Orthopedic Winter Meeting took place January 20-21 at Stowe Mountain Lodge in Stowe, Vermont. We broke our previous attendance record with 100 registrants this year. Planning is already underway for 2013.

## NHMI RECOGNIZES RESIDENCY CLINICAL INSTRUCTOR JEFFREY BYER, MD FOR DOCTORS' DAY



NHMI's Integrated Clinical Sports Medicine Residency faculty is full of outstanding clinical instructors. This year we would like to take advantage of Doctors' Day to recognize the contributions of Dr. Jeffrey Byer to our residency. Dr. Byer is an otolaryngologist who practices in Manchester and Nashua. He was added to our faculty in 2007 and quickly became a resident favorite. The easiest explanation for this is that he *loves* to teach. 2008-09 Resident Dawn Schisler Belmore commented that during her two weeks with him, "Dr. Byer used every available teaching moment. ...throughout my experience with Dr. Byer if he could include other senses (sight, smell, touch) to enhance my learning, he did so."

Each resident observes with him in the clinic and OR and everyone comes back with a new respect for the breadth of the ear, nose and throat specialty. They also come back having received a healthy dose of exposure to a doctor outstanding in the area of patient-centered care. Dr. Byer's commitment to caring for his patients has inspired our residents; many comment on it in their post-rotation reflections. Just one example: "Dr. Byer's tireless insistence on discovering the solution to every problem has changed my approach to treating patients. [My time with him reinforced that I must care] for my patients to the best of my ability, regardless of how seemingly insignificant or minor the injury." (Molly Day, ATC, 2010-11 Resident)

NHMI would like to thank Dr. Byer for his continued involvement with our AT residency.

## OUR PRESIDENT: *Jim Vailas*

As I write this, I am just back from our 12th Annual Orthopedic Winter Meeting (January 20-22). The meeting was held at a new venue, Stowe Mountain Lodge where the larger conference and exhibitor rooms allowed us to considerably increase our attendance. It was a wonderful, successful, meeting. On behalf of the NHMI Board of Directors and Ms. Laura Decoster, I want to express our gratitude to our corporate sponsors, speakers, attendees, and Stowe Mountain Lodge for making it all work! The momentum and excitement of this past meeting now carries us forward to the next meeting which is being presented collaboratively with the New Hampshire Pediatric Society in May. We're also looking forward to our NATA residency accreditation site visit this spring and to expanding our dissection workshop series.



In addition to ensuring great programs reach our constituents, Ms. Decoster and Mr. Keith Belmore (our Safe Sports Director) are also working hard to improve community awareness and involvement in NHMI. This will help ensure we have adequate financial resources to care for young athletes – both directly and indirectly through education and research. 2012 will be a critical year as we try to secure financial support to ensure NHMI's longevity. On those lines, if you have ideas, comments, references which may help please contact Ms. Laura Decoster or me. Thank you for your interest and support.

## OUR EXECUTIVE DIRECTOR: *Laura Decoster*

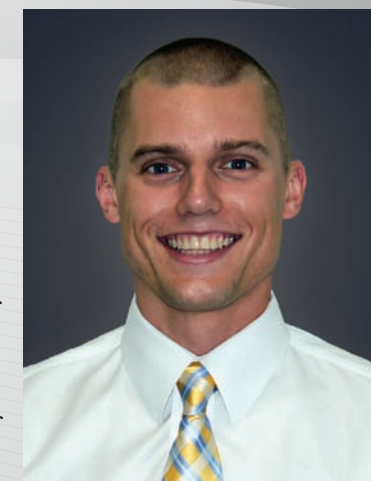
I'm thrilled to announce that NHMI's Safe Sports Network has been tapped to provide the sports medicine coverage for the inaugural New Hampshire East/West High School All-Star Football Game. This game is a benefit for Children's Hospital at Dartmouth. We are proud to be a part of this event and look forward to expanding our services to care for these athletes in June. To learn more about the game, visit [www.nhmi.net/safe\\_sports.php](http://www.nhmi.net/safe_sports.php). Also on the Safe Sports horizon for June is our annual free sports physicals. We're busy trying to identify sponsors for the physicals. If you or someone you know shares our passion for ensuring safe sports participation for youth and might like to contribute, please let me know!



I'm also excited about planned upgrades for NHMI members including our expanded dissection workshop series and members-only resources to be posted online. New programs will be announced on our Facebook page and via e-blasts to current members. Like us on Facebook to be sure you're updated! [www.facebook.com/NHMI1994](http://www.facebook.com/NHMI1994).

## OUR SAFE SPORTS DIRECTOR: *Keith Belmore*

Our Safe Sports Network athletic trainers are in the middle of the winter sports season caring for young athletes as they wrestle or play basketball or hockey. Just a couple months ago we wrapped up the fall sports season. The Safe Sports team evaluated more than 500 new athletic injuries at our nine schools and drop-in injury center; more than 4,500 treatments were administered! Even with all these injuries our staff only needed to refer 160 cases to physicians or the emergency room. As you know this translates to huge savings for families and the community in terms of health care dollars. Without our athletic trainers many of these athletes might not get proper medical care or be able to return to sport in a timely and safe manner. I would personally like to thank our staff athletic trainers who are on the sidelines protecting our young athletes every day. They truly make a difference in the lives of thousands of young athletes each year!



*We thank you for your support of NHMI and the Safe Sports Network.*