

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.



SAFE SPORTS ATHLETIC TRAINER'S EFFORTS APPRECIATED BY PARENT

My name is Joseph Pasqual and my son Daniel (#40) is a senior captain on the Little Green football team. The purpose of this communication today is to acknowledge the excellent care and professionalism demonstrated to Daniel and our family by [Safe Sports Network's athletic trainer] Mr. David Moreton this week. Mr. Moreton contacted us last Friday after the Exeter game to inform us of Dan's unfortunate injury and actually diagnosed the torn finger tendon before any x-rays or any doctor examinations. His prompt action enabled us to seek the proper care right away and we are optimistic that it will lead to a full recovery for Daniel. I would

also like to express my appreciation for David's concern and fine approach in explaining to our son the true ramifications of this type of injury in such a professional and caring way. ... In addition to the great moral support he gave Dan, David went out of his way to stay in contact with Dr. Wang and continued to share information with us throughout the week. David's extra effort had quite an impact on us during a tough and emotional week for Dan and we are grateful for those efforts. Let there be no doubt that David Moreton is a great asset to the Central program and our student athletes are the beneficiaries of his hard work in so many ways.

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 to express your wishes for your gift or call 603-627-9728.



- Consider making an end-of-the-year donation to NHMI in support of programs that care for young athletes and facilitate local education for health care professionals.

- Don a Santa suit and run in the Santa Shuffle on December 1. To register, visit: www.millenniumrunning.com
- Attend the Ugly Christmas Sweater Party on Saturday evening, December 22 - Derryfield Country Club, Manchester, NH.

NEW ENGLAND NFL ALUMS DONATE

In September, we received a \$5000 donation from the New England Chapter of the National Football League Alumni. Considering the high frequency of injury in football, it is logical that former professional football players would understand the value, and support, sports medicine services for kids. Several thousand young athletes who would otherwise have no sports injury care receive professional sports medicine coverage through our Safe Sports program.



Laura receives donation check from NHMI Board Member and NFL alumnus Steve Schubert.



SAFE SPORTS OBSTACLE COURSE A BIG HIT AT DAY FOR KIDS

The Manchester Boys & Girls Club's annual Day for Kids took place Saturday, September 22 at the Radisson Expo Center in Manchester. Exhibits ran the gamut of entertainment, education and activities for kids. Safe Sports Network was there with a smash hit obstacle course for the kids! With support from Johnson & Johnson and SafeKids Worldwide we had a large booth dedicated to sports safety and injury prevention and we gave out more than 900 cinch backpacks full of first aid items and information related to sports injuries. In addition to support from J&J, we received support from NH Orthopaedic Center, Pepsi and Amoskeag Beverages. Raffle prizes were provided by Cactus Jacks/T-Bones, Bugaboo Creek and Spare Time Bowling. Thank you to everyone who helped in this effort!!



More than 4,000 people attended the Day for Kids. Several hundred kids ran the Safe Sports Obstacle Course...many more than once!



The kids had a BLAST!



(L to R) NHMI Executive Director Laura Decoster and Safe Sports Director Keith Belmore pose with Paul Kesig from DePuy Mitek (a division of Johnson & Johnson). Mitek supported this event including providing 1,000 cinch sacks full of J&J first aid products.



The calm before the storm.

DONORS SUPPORT STUDENT ATTENDANCE AT SOLD-OUT SYMPOSIUM

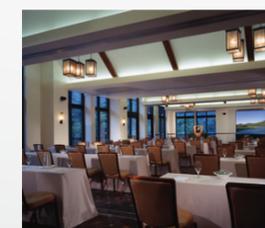
For the fifth year running, our Fall Symposium was sold out! This year, donations from generous supporters allowed 10 students from local health care professions programs to attend the September 15 continuing education meeting.

Students from Franklin Pierce DPT, Plymouth State and Colby-Sawyer athletic training, Boston University combined PT/AT, Northeastern PT, UMass-Lowell PT and Hesser PTA programs received the scholarships. These students

had their first experiences at a professional continuing education meeting because these donors understand how important this can be for young clinicians.

ORTHOPEDIC CME: JANUARY 25-26, 2013

Registration is now open for our 13th Annual Orthopedic Winter Meeting, slated for January 25 and 26 in Stowe, VT at the beautiful Stowe Mountain Lodge. The schedule includes a wide range of orthopedic topics from the use of biologics to enhance tendon-to-bone healing to the use of diagnostic ultrasound. Speakers: Chris Couture, MD; Alice Hunter, MD; Gus Mazzocca, MD; John Richmond, MD; Tony Schepesis, MD; Vlad Sinkov, MD and Mark Vrahas, MD. Full course information and registration is available on our webpage at: www.nhmi.net/winter_meeting.php As always, the registration fee for this meeting covers your hotel room for 2 nights.



If the past is any indication, this room will be full for our 13th Orthopedic Winter Meeting. Register early!

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Thanks to Symposium Benefactors and Institute Sponsors



2012-2013

ATHLETIC TRAINING RESIDENTS



Theresa Chester, ATC

Theresa is from North Carolina. She received her BS in athletic training from East Carolina University in May, 2012. She's very excited about the unique experience the Residency offers, especially the wide variety of educational opportunities she hopes will help direct her future endeavors. She is equally anxious for the autonomous experience at the high school to increase her knowledge, confidence and improve her clinical skills. Theresa enjoys playing the guitar, cooking and reading to de-stress.



Brad Endres, ATC

Brad hails from Muenster, Texas - a small town north of Dallas. He received his BS in athletic training from the University of Texas in May, 2011. Brad hopes to gain a well-rounded holistic approach to medicine that will better prepare him clinically. He's planning to go on to medical school from here. In his free time Brad enjoys any type of outdoor activity, be it hiking, hunting, fishing or golfing. He's excited for his first real winter in New Hampshire!

NHMI Part of Research Group to Receive Research Grant from NFL Charities

The NFL Charities recently announced that a research group led by NHMI Board member Erik Swartz will receive \$62,500 to help provide answers to questions about the best way to approach emergency care for football players. The study is titled Football Helmet, Facemask, and Shoulder Pad Designs: Implications for Acute Airway and Cardiovascular Care in Medical Emergencies. The researchers will use a high-fidelity simulation manikin to investigate the ability of athletic trainers to successfully perform CPR/AED activities on athletes wearing protective football equipment. Co-investigators on this project are Laura Decoster of NHMI and Jason Mihalik from the University of North Carolina-Chapel Hill.



NHMI Research continues to focus on appropriate management of football equipment in emergency situations.

Study Results Presented in St. Louis

Two abstracts explaining the results of research conducted by 2010-2011 residents Nora Beltz and Molly Day (Erik Swartz, Jason Mihalik and Laura Decoster) were included in oral presentations at this summer's convention in St. Louis. Nora's abstract, "Deflation of Air Bladders Slows Emergency Football Helmet Removal," reports on the time required to deflate air bladders and its impact on overall helmet removal time. Molly's abstract, "Facemask Removal is Safer than Helmet Removal in American Football" confirms a long-held assumption that helmet removal causes more head/neck motion than facemask removal. Congratulations to the researchers!

OUR PRESIDENT: Jim Vailas

Greetings! We've had a busy fall on the education front. I'm pleased to say our Fall Symposium was a great success. The program was well received and once again the meeting was sold out. Further, our vendor sponsorship continues to be solid.....much appreciated; thank you! Also I find it personally and professionally gratifying that PT, PTA and AT students were able to attend the Symposium through the generosity of a variety of donors. The fall is also the time for our new residents to get into full swing with the multifaceted residency, covering high school sports and walk-in clinic for Safe Sports Network, beginning their research projects and completing rotations with our great faculty members. Please read brief biographies of Theresa and Brad in this newsletter. We have also just had NHMI's first "grand rounds" for area orthopedic surgeons and PAs. We were fortunate to have Andrew Green from Brown University speak to make a great start for this program. Stand by for the next edition. And finally, looking ahead, registration is in full swing for our January orthopedic CME meeting at the wonderful Stowe Mountain Lodge. I encourage you to look at www.nhmi.net for details about the outstanding faculty, topics and accommodations. This should be a great meeting. Space is limited, so please register ASAP.

While we've been busy on the education front, we've continued to expand our efforts to ensure the services local kids receive from NHMI's Safe Sports Network are secure now and into the future. A huge part of this is introducing Safe Sports Network to the community. If you haven't already, please Like us on Facebook (www.facebook.com/safesports) and let your friends know about us. On the fundraising front, we will be hosting our first event, the Safe Sports Social on March 27, 2013. I hope some of you will get involved, helping us find the sponsors and auction items we need for that event!



OUR EXECUTIVE DIRECTOR: Laura Decoster

Members-Only Web Resource Page Launched

In pursuit of our goal to enhance benefits for NHMI members, we have recently launched a web resource for members only. This page provides access to speaker handouts from past continuing education meetings and will occasionally feature invited material on special topics. Members will be advised of these special "events" via email and Facebook. If you have not received your user name and password for the members-only page, give me a shout: laura@nhmi.net. Thank you to the NH Orthopaedic Center for their sponsorship of this resource.



Donations Make Programs Possible

Your donations support NHMI programs that provide sports medicine care at 9 area high schools, operate a free sports injury clinic, deliver free sports physicals to several hundred athletes each year, provide excellent professional continuing education at a great price, allow health care professions students to attend our fall symposium and fund a scholarship for an athletic training summer camp. On behalf of all the kids we care for and the professionals we educate – thank you to all our donors!

SAFE SPORTS DIRECTOR: Keith Belmore

Recently Safe Sports has been stepping up its efforts to bring sports medicine to youth organizations. According to SafeKids USA, 3.5 million children under the age of 14 are treated annually for sports injuries. Most of these athletes have no access to sports medicine professionals. Safe Sports is working to address this problem locally by opening our doors to youth athletes at our free injury drop-in clinic. We are also using our recently-awarded Boston Bruins Foundation grant to provide concussion management for three area youth leagues. The Manchester Flames and the Derry Demons have been awarded funded positions and 200 baselines have been administered. We are currently seeking a third youth league to receive concussion management services. Safe Sports is also working to identify sponsors to keep this youth program going. Learn more about Safe Sports programs at nhmi.net/safe_sports.php.



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



EDUCATION: QUICK HITS

- On October 17, NHMI held its first local evening CME meeting. Dr. Andrew Green, Chief of Shoulder & Elbow Surgery at Rhode Island Hospital and associate professor of orthopedics at Brown University, provided a lecture on Managing Proximal Humerus Fractures.
- NHMI's Integrated Clinical Sports Medicine Residency should be one of two programs to receive official recognition and endorsement by the NATA in this first year of post-professional program accreditation. We should hear this winter.
- A November shoulder anatomy dissection workshop has been scheduled for Keene State's athletic training students. We may be able to arrange a workshop for your group. Contact Laura - laura@nhmi.net or 603-627-9728.
- The application deadline for the Letendre Athletic Training Summer Camp Scholarship is April 1. Application materials may be found at www.nhmi.net/scholarships.php. The 2012 winner, Courtney Barlotta from Bedford High School, attended camp at William & Mary in Virginia.

