



NHMI
35 Kosciuszko Street
Manchester, NH 03101

NONPROFIT ORG.
US POSTAGE PAID
Permit #271
Manchester, NH

3rd Annual Winter Meeting

March 21-23, 2003 - Details Inside

For the most current information, or to register online,
see our website: www.nhmi.net

NHMI is a
501(c)3
corporation.
Donations are
tax-deductible.
Please make checks
payable to NHMI
and mail to: NHMI
35 Kosciuszko St
Manchester, NH 03101
or visit our web page
www.nhmi.net

Financial support for the publication of this newsletter is provided by:



Steven Schubert
Senior Vice President
Investments

603 626 2901
603 626 2929 fax
800 742 2166 x2901
steven.schubert@ubspainewebber.com

UBS PaineWebber Inc.
1662 Elm Street
Manchester, NH 03101



NHMI NEWS

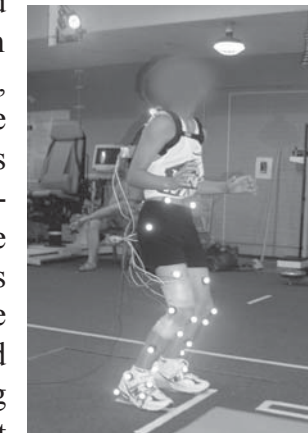
Fall 2002 (Volume 8, No. 2)

New Hampshire Musculoskeletal Institute
A nonprofit organization established to conduct research and education

Research Update: Data collection ongoing in UNH-NHMI study

Landing is a frequent mechanism of ACL injury and women have been found to land differently than men. A study group comprised of Erik Swartz, PhD, ATC and Ron Croce, PhD from UNH, Pam Russell, PhD from Bridgewater State College and Laura Decoster, ATC (NHMI) is currently evaluating age- and gender-related landing biomechanics. The investigators feel that the results of this study may contribute to the understanding of gender and developmental differences in landing biomechanics and perhaps shed light on the higher ACL injury rates affecting female athletes. More than 50 of the 60 subjects required for the study have been tested. Eligible subjects

fit into one of four groups: prepubescent boys and girls, and adult men and women. The study protocol includes the use of reflective markers (see photo), EMG electrodes and a force plate to collect kinetic, kinematic and EMG data during jumping activities. Landing characteristics will be analyzed and compared between groups. The results of this project will be presented at the NATA Convention next summer.



(Funding: National Athletic Trainers Association Research and Education Foundation; Shoes provided by New Balance Athletic Shoe Company.)

In This Issue:

- 3rd Annual Winter Meeting Preview
- Comments from the President
- 02-03 Athletic Training Fellows

Winter Meeting Scheduled - March 2003

Meeting open to orthopedists, PA-C's, ARNP's and NHMI MEMBERS ONLY!

NHMI's 3rd Annual Winter Meeting has been scheduled for March 21-23, 2003. It will be held at the Stoweflake Resort and Conference Center in Stowe, Vermont. Increased costs prevented our return to Topnotch, but we are confident that our new venue will meet all our needs - whether meeting-related or accommodations-related. For more information about Stoweflake's Spa, fitness center and dining choices, see www.stoweflake.com. Stowe is a great four-season destination with indoor and outdoor activities to meet everyone's needs...shopping, skiing, dining or just relaxing - Stowe has it all in a convenient, easy-travel location.

Speakers will include **James Bono, MD**, NE Baptist Hospital, **Dan Bouvier, MD**, The Orthopaedic Center, **Robert J. Johnson, MD**, University of Vermont, **Mark Lemos, MD**, Lahey Clinic, **Jim Vailas, MD**, The Orthopaedic Center, **Mark Vrahas, MD**, Massachusetts General Hospital and **Tamara Valovich, PhD, ATC**, Arizona School of Health Sciences. An exciting program offering **7 Category 1 CMEs** is being planned with a variety of orthopedic topics on the slate ranging from Dr. Bono's Using Digital Radiography to Plan THA to Dr. Johnson's discussion of implanted strain gauge findings in Rehabilitation after ACL Reconstruction. Dr. Valovich will provide a brief diversion from orthopedics with her talk "Evidenced Based Approach to Sports-Related Concussion." NHMI is proud to have her, an alumnus of our Athletic Training Fellowship, participate as a speaker in this year's meeting.



Brochures will be mailed to orthopedic surgeons, PA-C's and NHMI Members early in January, or visit our www.nhmi.net for more information.



Register Online at www.nhmi.net



Comments from the President

I am pleased and proud to say that our institute fares well with all its programs, despite the current economic state. Our recent, 9th annual, fall meeting was successful despite a lower-than-expected turnout, thanks to the support of our sponsors and work of the NHMI executive staff. The Saint Anselm College Dana Center, again, proved to be a wonderful venue for this meeting. The attendees' critiques were quite favorable. NHMI continues to do well with its mission for providing education within our community. Along that line, the preliminary program for the 3rd annual winter meeting appears to be promising for another successful meeting. However, much will depend on our sponsors who have been generous in the past. There is always

concern that this support will lessen because of the change in the economy and the increased financial restrictions within the sponsors' companies. NHMI executive staff and board will strive to maintain the strong sponsorship. Visit our revamped web page for Winter Meeting Program Information (www.nhmi.net).

This year's Athletic Training Fellows are well into their program of educational rotations with local healthcare professionals. We were pleased to welcome Kevin Horn, ATC from Oklahoma and Rebecca Scanlon, ATC from upstate New York into NHMI's growing family of Fellowship participants - they are the 11th and 12th athletic trainers to take part in this program. Currently, Kevin is observing



Kevin D. Horn, ATC
Oklahoma State University '01
02-03 Athletic Training Fellow



Rebecca L. Scanlon, ATC
Canisius College '02
02-03 Athletic Training Fellow

with Greg Soghikian, MD (NHMI Board of Directors) and Becky is with Tom Moser, MD in their respective orthopedic practices. They have already completed rotations with the ambulance, emergency room and local orthotists.

Regarding our research activities, Laura's increased time has enabled the institute to be significantly involved in quality research as well as organizing the Athletic Training Fellows in research activities. Much of this increased activity includes joint research with the University of New Hampshire Biomechanics Laboratory (See page 1). I am excited about the program's growth and look forward to more!

THANKS TO OUR SPONSORS AND ATTENDEES
FOR MAKING OUR 9TH ANNUAL SYMPOSIUM A SUCCESS!

HEALTHSOUTH
Sports Medicine & Rehabilitation Center

BEDFORD AMBULATORY
BASC
SURGICAL CENTER

THE
ORTHOPAEDIC
CENTER

PHARMACIA

North Country
H/O
stryker
Howmedica
OSTEONICS

CORFLEX

ORTHO R

AIRCAST

Pfizer

MERCK

Empi

SAMMONS
PRESTON

genzyme
BIOSURGERY

Smith-Nephew
Endoscopy Division

BLED SOE
BRACE SYSTEMS
BY MEDICAL TECHNOLOGY INC.

EBI
A BIONET COMPANY

BREG

LIFENET

Ortholine
ORTHOPAEDIC SPECIALISTS

SYNTHES

Smith-Nephew
Endoscopy Division

BAUERFEIND

surgi
care
incorporated

mitek
WORLDWIDE

Kinetic Technologies

President:

James C. Vailas, MD

Executive Director:

Laura C. Decoster, ATC

Board Members:

Carolann Altieri, PT II
Robert Confessore, PhD, FACSM
Nicholas J. Lazos, Esq.
Maria C. Mongan
Henry L. Roy, CPA
Steven W. Schubert
Gregory W. Soghikian, MD
Nicholas J. Vailas, MS

Advisory Board:

Scott D. Boden, MD
Emory University

William W. Dexter, MD
Maine Medical Center &
Orthopedic Associates of Portland

Charles O. Dotson, PhD
University of Maryland

Shepard R. Hurwitz, MD
University of Virginia

W. Benjamin Kibler, MD
Lexington Clinic Sports Medicine

David H. Perrin, PhD, ATC
University of North Carolina -
Greensboro

Marilyn M. Pink, PT, PhD
Health Care Research &
Management

Brian J. Sharkey, PhD
University of Montana

Arthur C. Vailas, PhD
University of Houston

Timothy P. White, PhD
Oregon State University

Address Information:

35 Kosciuszko Street
Manchester, NH 03101
(603)627-9728 Fax (603)627-0880
e-mail address: info@nhmi.net
www.nhmi.net

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.