



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

Non-Profit Org.
U.S. POSTAGE
PAID
PERMIT #271
Manchester, NH

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.

The Value of NHMI's Athletic Training Fellowship

By Keith Belmore, MEd, ATC (2007-2008)

(Keith is currently an Assistant Athletic Trainer at Plymouth State University, Plymouth, NH.)

The NHMI Athletic Training Fellowship provided me opportunities to challenge myself academically and clinically. In this unique program I was exposed to areas of medicine and healthcare I had yet to encounter in my education or graduate assistantship. Having the opportunity to learn from multiple physicians and allied health specialists only strengthened my clinical skills and critical thinking ability. All of the various components of the Fellowship from the clinic and high school to the rotations and research provided learning opportunities that fostered my growth in sports medicine. During my time in the Fellowship I was placed in unique situations and settings that allowed me to grow as a young professional. These experiences coupled with the unique responsibility of completing the Fellowship while serving as the Head Certified Athletic Trainer for the Manchester Wolves was the platform for me to become a well-rounded and confident athletic trainer and solidified my career aspirations in athletic training. Looking back on my year spent as an NHMI Fellow there is no question that the experiences and people I met during this year helped shape me into the athletic trainer I am today. I am truly thankful for the **Experience of a Lifetime** both professionally and personally.

NHMI Congratulates Keith and 2008-2009 Athletic Training Fellow, Dawn Schisler, on their upcoming nuptials!!



Each year NHMI hosts two Athletic Training Fellows. Information about this program is available on our web page at 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 Street, Manchester, NH 03101

Thanks to our Winter Meeting Gold Sponsors



NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

Save The Date!

Symposium Planned for September 11

– SERESC, Bedford, NH

NHMI's 17th annual fall meeting will take place at SERESC in Bedford, NH. We are excited to have one of NHMI's Advisory Board members, Kevin Guskiewicz of UNC-Chapel Hill on our faculty. Dr. Guskiewicz is an internationally recognized expert on concussion; he'll share what you need to know on this hot topic. The rest of the slate brings expertise and years of experience to the Symposium for your benefit! As always, topics are diverse including something for everyone!



The meeting will also be an excellent value. For \$150 (NHMI members and non-member early birds registered by August 13) attendees will get 6 continuing education credits and all course materials, continental breakfast, full lunch and an afternoon snack.

Check www.NHMI.net for full course information with online registration. Hope to see you in September!



SPRING 2010

(Volume 16, No. 1)

President:

James C. Vailas, MD

Executive Director:

Laura C. Decoster, ATC

Carolann Altieri, PT
Nicholas J. Lazos, Esq.
Mark J. Lemos, MD
Marjorie A. King, PhD, ATC, PT
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

Kevin Guskiewicz, PhD, ATC
University of North Carolina-
Chapel Hill

Shepard R. Hurwitz, MD
University of Virginia

Mary Lloyd Ireland, MD
Kentucky Sports Medicine

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

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

Pamela J. Russell, PhD
Bridgewater (MA) State College

Arthur C. Vailas, PhD
Idaho State University

This year's Symposium topics:

What You Need to Know about Concussion: Recognition, Treatment, Rehabilitation and Return to Activity

Current Surgical Trends in Knee and Hip Arthroplasty

Evidence Based Trunk Stability: Applications to Low Back Pain Prevention Surgery

Cervical Radiculopathy

Surgery Demonstration: Surgical Management of Cervical Radiculopathy

ACL Risk: Identifying and Correcting Muscle Imbalances Linked to Dynamic Valgus Alignment

The Influence of Rotational Dysfunction on Knee Pathology

Treatment Approaches for Tibiofemoral Dysfunction

Are You Boomer Ready? Rehab and Return to Activity for Total Joint Patients

In This Issue:

- Research Update
- President's Comments
- Belmore on AT Fellowship

RESEARCH UPDATE

Two New Papers Published

"Effects of Gastrocnemius, Hamstring and Combined Stretching on Knee Extensibility" was recently published in *Athletic Training & Sports Health Care* (Vol 2 (2), 67-73). Congratulations to Pam Russell, Laura Decoster and Darcie Enea.

"Comparison of Emergency Face Mask Removal Effectiveness Between Traditional and Non-traditional Football Helmet Face Mask Attachment Systems" is slated for the *Journal of Athletic Training* later this year. Authors on this paper: Erik Swartz, Keith Belmore, Charles Armstrong and Laura Decoster.

Three Abstracts Accepted For Presentation This Summer at NATA (Philadelphia)

An abstract titled, "Characteristics of Interactions between Certified Athletic Trainers and Emergency Medical Services Personnel in Secondary School and Collegiate Settings: A National Survey" will be presented in Philly. The purpose of this study was to survey NATA members regarding on-field interactions with EMS personnel. Congratulations to authors Laura Decoster, Erik Swartz, Jennifer Hootman and Thomas Cappaert.

A subset of data from the same survey investigated "Compliance with Evidence-Based Football Face Mask Removal Recommendations in Clinical Athletic Training Practice." Three of the authors (Decoster, Swartz and Cappaert) have been very involved in researching the best approach to removing the face mask to allow airway access in on-field emergencies. However, no published data have revealed the frequency with which this skill is required, nor whether athletic trainers are following recommendations.

Finally, an abstract titled, "The Influence of Leg Dominance on Coordination during a Closed-Chain Tracking Task" was designed to determine whether non-dominant and dominant legs have comparable coordination. The principal investigators on this project were 2008-2009 Athletic Training Fellows, Dawn Schisler and Sarah Philipp. Laura Decoster and Pam Russell are also authors on this project.

Ongoing Research

Two NHMI-UNH collaborative projects are currently in data collection. Although the current recommendation in the field is to leave the helmet in place during transport to the emergency department, there are several reasons this may not be possible. These studies look at different questions surrounding helmet removal. The first, "Maintaining Neutral Cervical Alignment After Football Helmet Removal During Emergency Spine Injury Management" uses x-ray to assess spinal alignment. One of this year's two fellows, Matthew Burns, is leading this effort to determine whether using a towel to pad the void left after helmet removal maintains appropriate alignment. Collaborators on this study include Laura Decoster, Adam Hernandez, Erik Swartz, Linda Isham and Dinakar Murthi. The second study, "Head Motion, Time of Removal, and Perceived Ease of Removing a Football Helmet Using the Eject™ Helmet Removal System" is the research focus of our other current fellow, Adam Hernandez. This study will compare manual helmet removal to removal using a proprietary removal system. Data collection in this study is just getting underway.

Orthopedic Winter Meeting Wrap-up



The January 2010 edition of our annual winter meeting (our 10th!) was very well received and sold out again! Attendees even included docs from well outside the region – North Carolina and Texas! The 2011 Orthopedic Winter Meeting will be held January 28 and 29th at the Stowe/Flake Resort. There is still time to submit your thoughts for topics and/or speakers for the 2011 meeting. Thank you to our sponsors!!

NHMI Get-Together Planned for Philadelphia

In keeping with tradition, Laura Decoster will host a cocktail reception during the NATA's Annual Meeting in Philadelphia. Current and past Fellows, Advisors and others close to the Institute are invited. Please contact Laura Decoster if you will be in Philadelphia on June 24 and would like to attend!



Erik Swartz and Tom Cappaert, shown here at a recent NHMI cocktail party, are co-authors on projects mentioned in the Research Update!

N
H
M
I



COMMENTS FROM THE PRESIDENT

As you can see in this letter our education and research activities remain strong.

I was once again very pleased with our winter meeting at Stowe – the faculty and talks were great and as usual, time with colleagues was very rewarding. Nature was against us in a couple ways - very cold weather in Vermont kept all but the hardiest off the slopes and the earthquake in Haiti kept speaker Matt Provencher from attending as his naval medical unit was shipped there to care for victims. At least he was probably warm!! We have rescheduled Dr. Provencher for the 2011 Stowe meeting (January 28 & 29) so we can hear pearls about managing shoulder instability and the long head of the biceps tendon from one of the country's experts! And, sincere thanks to our sponsors; your support is very much appreciated.



We are excited for another fall symposium and the variety of interesting and exciting topics. Our faculty list is full of dynamic speakers. In addition to our NHMI Advisor Kevin Guskiewicz, the slate includes Darin Padua (also from UNC), Michael Mullin from Portland, ME, and John O'Halloran from Greensboro, NC. From my orthopedic practice, spine surgeon Dinakar Murthi will share updates and demonstrate surgical procedures for managing cervical radiculopathy. As always, NHMI Members may participate in a special reception immediately following the conference; I hope to meet many of you there!

Another academic year is coming to a close soon. This means we are already screening applications for next year's Fellows. Our current fellows, Matt Burns and Adam Hernandez, have done a great job and have been busy with their research projects. I am proud that NHMI will have a presence at the national athletic trainers meeting in Philadelphia by presenting abstracts and the annual alumni gathering. I am especially gratified to see, for several years running, that our Fellows are there presenting their research! Congratulations to you all for recognition of your hard work!

Thank you to our NHMI News readers for being interested and supportive of the Institute. Our relationship with you helps grow the Institute in many ways.