



# NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

SPRING 2007

(Volume 13, 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  
University of Houston

## *Diverse Topics – Something for Everybody at NHMI's Fall Symposium*

The Institute's 14th Annual Symposium is planned for Saturday, September 15, 2007 at the SERESC professional conference center. The conference center will have a brand new room to comfortably accommodate our crowd! Program highlights include an **elbow (UCL reconstruction)** surgery demonstration performed by Dr. Bill Morgan (of Curt-Schilling's-ankle fame). This year's members-only dissection

workshop will focus on the **lower leg and ankle** and be led by orthopedic surgeon, Dr. Marc Michaud. We will also have a west-coast visitor in the form of Holly Silvers, PT. Ms. Silvers is the coordinator of the PEP (Prevent Injury, Enhance Performance) **ACL injury prevention** program. Dr. Josh Cleland, PT will discuss **evidence-based treatment of ankle conditions** and, in a separate lecture, **evidence-based conservative management of c-spine disorders**. Other topics this year include **aquatic rehab** for orthopedic injuries, and a session concerning integration of **acupuncture** into more traditional approaches to rehabilitation.



*A large addition to the SERESC Conference facility will better accommodate our attendees.*



*An update on ACL injury prevention programs is one of several topics on this year's program.*

We will again offer an early-bird registration discount for people registering by August 15. **REGISTER EARLY & SAVE!** The entire program and online registration form are available online at our website – [www.NHMI.net](http://www.NHMI.net).

## **In This Spring Issue...**

- Winter Meeting Slated for January 2008
- President's Comments
- Research Updates
- Summer Scholarship Winners Announced

# 2008 Winter Meeting Scheduled for January 25-27

For the past few years we've scheduled our Stoweflake meeting around the AAOS meeting and school vacations. For 2008, we will avoid both potential conflicts by holding the meeting at the end of January. This should continue to be a fairly good date – at least for avoiding the Academy and February vacation dates – and we hope to make it a tradition for the future. If you have topics or speakers you would like to see, please contact Laura Decoster ASAP.



Stoweflake Resort & Spa (Stowe, VT) will host our 8<sup>th</sup> Annual Winter Meeting.

The 2007 meeting was great despite the inconvenience of a Friday snowstorm that created some havoc with the schedule. As always, we extend our THANKS TO OUR SPONSORS!! This meeting is a great value – the cost is similar to comparable CME events, **but the registration fee includes the hotel room, saving attendees more than \$500!**

Outstanding vendor support makes this possible. This year, several new vendors joined us for the first time: welcome (and many happy returns) to Sanofi Aventis, DynaSplint, American Health Centers, Inc, King Pharmaceuticals and DonJoy Orthopedics. Thanks for continuing support go out to perennial sponsors: Apple Therapy Services, Sports & Rehab Centers, BASC, Smith and Nephew, Stryker, Scandius, Surgicare, Mitek, Euflexxa, Corflex, Genzyme, Bledsoe Braces, MTF, LifeNet, Pfizer, Zimmer, Johnson & Johnson DePuy, and Synthes.

2008 program information will hit our web page first — watch for it at [www.NHMI.net](http://www.NHMI.net).

Thanks to our sponsors for making this program possible.



## Inaugural Summer Camp Scholarships Awarded

Over the past year, NHMI has worked with Mark Letendre to create the Bertrand & Blanche Letendre Summer Athletic Training Camp Scholarship. Mr. Letendre hails from Manchester, New Hampshire and although his athletic training career took him to the West Coast, he never forgot his roots or the people who fostered his growth. After 21 years as a Major League Baseball athletic trainer, in 1999 he became Major League Baseball's Director of Umpire Medical Services. Mr. Letendre credits his start in athletic training to a summer athletic training camp he attended during high school. He learned many years later that his high school athletic director had paid for his camp experience out of his own pocket after the city declined the AD's request to pay to send his student to camp. In an effort to give back to his community and to help foster interest in his profession of athletic training, Mr. Letendre has generously sponsored this scholarship named after his parents.

Catherine O'Neill, a 16-year-old junior from Manchester Central High School is one of the two inaugural award recipients. She is a high honors student and varsity basketball player and still finds time for a part-time job. Catherine has met many athletic trainers in the course of her athletic career and believes sports medicine may be a great field for her because she could "... be the one to help someone get back to doing something they love after... an injury..."



High school students will attend a summer athletic training camp in Springfield, MA.

(soccer, softball). Kelsey has become interested in a career in physical therapy or athletic training because she will enjoy helping others build/rebuild their strength and recover from injuries. She believes that this summer camp will help her explore careers in this area and will be an excellent experience.

Catherine & Kelsey will be attending the Athletic Training Student Workshop offered by Springfield College this summer. Congratulations, Catherine & Kelsey!

Kelsey Isham, a 16-year-old junior from Manchester Memorial High School will receive the other summer camp scholarship. Like Catherine, Kelsey is an excellent student and varsity athlete



### Address Information:

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

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



## Comments from the President

Greetings from the land of no Spring season. The New England weather has been erratic but it has finally settled. Unfortunately, the extreme change, from winter conditions to summer-like conditions, has left us with very little spring. Regardless, the Institute continues to thrive and fulfill its mission. This newsletter is a testimony of its performance and accomplishments. Again, I would like to thank the people and organizations who continue to sponsor our programs.



Our fellows, Larnie Boquiren and Lindsay Labore, have fit in nicely into the family of fellows. They are busy and learning. Their year is coming to a close which means we are in the process of selecting new fellows for next year. I am pleased to say that our candidates are outstanding individuals and we can expect that next year's fellows will continue the tradition of having outstanding members within our Institute.

I am pleased to say that the Institute has established the Bertrand & Blanche Letendre Scholarship, which will have its first recipients this summer. This scholarship is for high school students interested in the field of athletic training, funding their attendance at an introductory summer camp. Thank you to the Letendre family.

I want to emphasize the date of the next winter meeting in Stoweflake, January 25-27, 2008. This is almost six weeks earlier than our usual time. We are planning another strong educational program and expect to have pleasant winter conditions but of course cannot predict the storms. Also, please contact us if you would like a specific issue or topic presented at the meeting. The main focus, now, is the fall meeting – hope to see you there. Check NHMI's web page for program information.

Thank you, all, for your interest and support of NHMI.

*Have a great summer!*



## Research Update

- **NATA Presentation**

Aaron Copeland, 2005-2006 Athletic Training Fellow will present the results of his project titled, **Combined Tool Approach is 100% Successful for Football Face Mask Removal**. This NOCSAE-funded study compared face mask removal using a cutting tool with removal using a screwdriver and a backup cutting tool. Collaborating authors on this project include Laura Decoster, Erik Swartz, Eric Gattie and Stephanie Gale. The manuscript for this project will be published in the Clinical Journal of Sports Medicine.

- **JAT Papers**

The first 2007 issue of Volume 42 of the Journal of Athletic Training includes **The Influence of Various Factors on High School Football Helmet Face Mask Removal: A Retrospective Cross-Sectional Analysis**. Congratulations to authors: Erik Swartz, Laura Decoster, Susan Norkus and Tom Cappaert.

- **Combined Tool Approach for Face Mask Removal is Fast and Effective during On-Field Conditions** has also been accepted by the Journal of Athletic Training. Stephanie Gale worked on this project as the principal investigator during her 2005-2006 Athletic Training Fellowship. Laura Decoster and Erik Swartz are co-authors.

- **Monitored Rehab Learning Curve and Reliability**

NHMI researchers, including 2006-2007 Athletic Training Fellows Larnie Boquiren and Lindsay Labore, have completed the first of several projects to be performed on the Monitored Rehab System's Functional Squat device. Very little research has been performed using this device. Consequently, the first projects concerned learning effects and reliability. An analysis comparing concentric and eccentric accuracy performance is also planned.



## New Hampshire Musculoskeletal Institute

35 Kosciuszko Street  
Manchester, NH 03101

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

### In This Spring Issue...

- Winter Meeting Slated for January 2008
- President's Comments
- Research Updates
- Summer Scholarship Winners Announced

## *The Value of NHMI's Athletic Training Fellowship by Melissa (Reinemann) Manus, 1996-1997*

The athletic training fellowship is a great opportunity for any athletic trainer looking to improve themselves as a professional. Diverse and informative rotations allowed for you to build your knowledge base and skills as well as have first-hand exposure to a variety of other health professionals that an athletic trainer may need to interact with at some point during their career. Also the time spent in the clinic and on the playing field gave me the chance to strengthen my evaluation and diagnostics abilities as well as refine my rehabilitation skills and techniques. The research component helped to build academic strength as well. This allowed me to become a more well-rounded professional and opened the door to other career opportunities in the sports medicine field. Even after the fellowship was completed I still have benefited from the professional relationships developed along the way. This community of friends and professionals has continued to offer support and mentorship in my present career.



*Melissa is now working as an orthopedic surgery PA at Schenectady Regional Orthopedic Associates.*

*Each year NHMI hosts two Athletic Training Fellows. Information about this program is available on our web page at [www.NHMI.net](http://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*



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



**Steven Schubert**  
Senior Vice President - Investments  
The Schubert Financial Group

**UBS Financial Services Inc.**  
1662 Elm Street  
Manchester, NH 03101  
Tel. 603-626-2900, Fax 603-626-2929  
800-742-2166 Ext. 2900  
[steven.schubert@ubs.com](mailto:steven.schubert@ubs.com)

UBS Financial Services Inc. is a subsidiary of UBS AG.  
[www.ubs.com](http://www.ubs.com)