



# NHMI NEWS

Spring 2003 (Volume 9, No. 1)

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

## WINTER MEETING HIGHLIGHTS

NHMI's 3rd Annual Winter Meeting was held March 21-23, 2003 at the Stoweflake Resort and Conference Center in Stowe, Vermont.

Speakers included **Dan Bouvier, MD**, The Orthopaedic Center, **Robert J. Johnson, MD**, University of Vermont, **Mark Lemos, MD**, Lahey Clinic, **Jim Vailas, MD**, The Orthopaedic Center, **Tamara Valovich, PhD**, ATC, Arizona School of Health Sciences, **Geoff VanFlandern, MD**, NE Baptist Hospital, and **Mark Vrahas, MD**, Mass General Hospital. The presentations covered a wide range of orthopedic topics including Dr. Johnson's questions about the wisdom of accelerated rehabilitation after ACL reconstruction, as well as a review of his 30 years of ski injury epidemiology data. Dr. Vrahas, Chief of Trauma at Mass General, spoke about the care of distal humerus and tibial plateau fractures. A rousing discussion of the merits of various



ACL autograft material followed point-counterpoint presentations by Drs. Lemos and Vailas. Dr. Bouvier presented his approach to treating distal biceps tendon ruptures and Dr. VanFlandern covered joint replacement topics - the hinged knee and acetabular revision. Dr. Valovich, an alumnus of NHMI's Athletic Training

Fellowship, provided a brief diversion from orthopedics with her talk "Evidence Based Approach to Sports-Related Concussion."



In addition to the well-received CME activities, there was excellent opportunity for social interaction during the evening receptions, and many attendees made use of significantly discounted ski tickets. Outstanding support from our vendors (see page 2) allowed us to offer this program at a great rate and our sincere thanks goes out to them. Next year's meeting is scheduled for March 19-21, 2004.

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# Research Update:

## Jump study results to be presented at NATA Annual Meeting



Some researchers have suggested certain biomechanical landing patterns, which may place athletes in vulnerable positions for ACL injury, are more common in women. 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) has conducted this study to assess landing biomechanics among fifty-eight subjects divided into age and gender groupings. Three dimensional video, EMG and ground reaction forces

were measured during landing from a vertical jump. The presence or absence of biomechanical differences between genders before puberty may support motor learning, as opposed to structural differences that arise secondary to maturation, as a possible cause of differential ACL injury rates between men and women. Such information could guide appropriate implementation of intervention strategies.

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

## LACS study nears completion

This prospective cohort study was designed to determine the effectiveness of Laser-Assisted Capsular Shrinkage in treating patients with shoulder instability. The limitations of the past research in this area include mixing of patients with varying primary causes of shoulder pain and short-term follow-up (mean six months). Although the current study is relatively small, eligibility criteria were strictly controlled and the average follow-up is 41 months. This summer, data will undergo final analysis and results will be published.

## Fellows study hamstring stretching

2002-03 Athletic Training Fellows Kevin Horn and Becky Scanlon are investigating the relative effectiveness of supine and standing hamstring stretching. The supine method has not been evaluated in a research setting, but is commonly used clinically as it is easier to teach and requires less supervision, thereby making it a technique patients/athletes can successfully perform independently. It is the goal of this study to compare this supine method to the already-validated standing method.

## SUPPORT OUR WINTER MEETING SPONSORS!



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# Comments from the President

The 3<sup>rd</sup> Annual Winter Meeting in Stowe, VT at the Stoweflake Resort was a wonderful success. A couple of key reasons for the success: the generosity of our corporate sponsors, noted in the newsletter, and the hard and detailed work of our executive director, Laura Decoster. Thank you very much Sponsors and Laura, and to our speakers, attendees, and support staff. It is very gratifying to be able to express such news to you. Programs like this demonstrate how the Institute is growing and I am quite pleased. Also noted in this letter are briefs about the on-going research - another example of the growth of our Institute. A lot of this is occurring because of the increased hours - a change which are all pleased to see - and continued devotion of our executive director. We are currently evaluating new Fellow candidates for a start this summer. We are pleased with the quality and quantity of applicants. Our two Fellows this year, Becky Scanlon and Kevin Horn, have done an outstanding job and we are pleased to have them be part of the growing NHMI family. Overall, the state of affairs with the Institute is quite stable and promising. I expect to be able to convey a similar sentiment in the next newsletter. I wish you a healthy and happy summer; and thank you for your interest and support of NHMI.



A great example of NHMI's growth: for the first time an alumnus of our Athletic Training Fellowship was an invited speaker at our Winter Meeting. President Jim Vailas thanks Dr. Tamara Valovich (98-99) at the podium.

<p><b>President:</b> James C. Vailas, MD</p> <p><b>Executive Director:</b> Laura C. Decoster, ATC</p> <p><b>Board Members:</b> Carolann Altieri, PT II Robert Confessore, PhD, FACSM Nicholas J. Lazos, Esq. Marjorie A. King, PhD, ATC, PT Henry L. Roy, CPA Steven W. Schubert Gregory W. Soghikian, MD Nicholas J. Vailas, MS</p>	<p><b>Advisory Board:</b> Scott D. Boden, MD Emory University</p> <p>William W. Dexter, MD Maine Medical Center &amp; Orthopedic Associates of Portland</p> <p>Charles O. Dotson, PhD University of Maryland</p> <p>Shepard R. Hurwitz, MD University of Virginia</p> <p>W. Benjamin Kibler, MD Lexington Clinic Sports Medicine</p>	<p>David H. Perrin, PhD, ATC University of North Carolina - Greensboro</p> <p>Marilyn M. Pink, PT, PhD Health Care Research &amp; Management</p> <p>Brian J. Sharkey, PhD University of Montana</p> <p>Arthur C. Vailas, PhD University of Houston</p> <p>Timothy P. White, PhD Oregon State University</p>
<p><b>Address Information:</b> 35 Kosciuszko Street Manchester, NH 03101 (603)627-9728 Fax (603)627-9728 e-mail address: info@nhmi.net www.nhmi.net</p>	<p><b>Mission Statement:</b> 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.</p>	



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# NHMI's 10th ANNUAL SYMPOSIUM

*Join Us September 13, 2003*

**Saturday  
Sept. 13, 2003  
St. Anselm College,  
Manchester, NH  
6.25 Contact  
Hours**

**Meeting Highlights:**

- ACL Surgery Demonstration - NEW!
- Cadaver Anatomy Workshop - for members only!

**Lectures Focus On:**

- Foot
- Knee
- Wound Care
- Alternative Therapies



See our web page for details and on-line registration:

**WWW.NHMI.NET**

or call 603-627-9728. Brochures will be mailed in late July.

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