



NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

SPRING 2005

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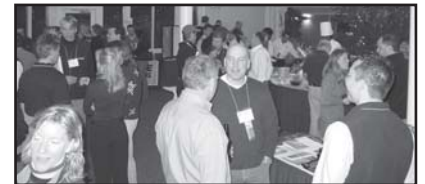
Stoweflake Sells Out!



Dr. Rick Terek's sessions covering bony and soft tissue masses were very well received.

Over the weekend of March 18-20, NHMI held its fifth annual meeting for orthopedic surgeons and allied health professionals at the Stoweflake Mountain Resort and Spa in Stowe, Vermont. Outstanding support from all our sponsors including our lead sponsors Pfizer, Smith & Nephew, and the Bedford Ambulatory Surgical Center combined with an excellent educational slate to make this a very affordable and popular program.

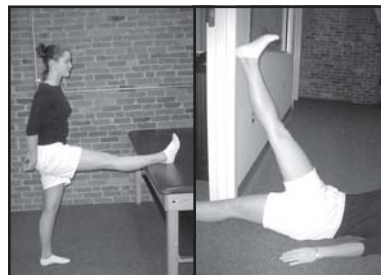
Presentations covering topics from top (shoulder) to bottom (posterior tibialis tendon) provided eight hours of continuing medical education at our most successful Winter Meeting to date. **Our 2006 meeting is scheduled for March 24-26, again at Stoweflake. Mark your calendars early!**



Exhibitors and attendees mingle at Friday's cocktail reception.

NHMI Study Garners Publicity

The December issue of the Journal of Athletic Training (Vol 39(4), 330-334) included the report of our study entitled, "Standing and Supine Hamstring Stretches are Equally Effective." There was a fair amount of public interest in this paper and this resulted in it being posted on Web M.D., Medline Plus and on the NATA homepage. We were also contacted indirectly by National Geographic Adventure and Fitness Magazine. A blurb about the study will be included in the July issue of Fitness. The full text of this manuscript is available online at the Journal of Athletic Training, www.nata.org/jat (follow archive link to find correct issue). The abstract can be found on our web page: www.nhmi.net.



In this study, supine and standing hamstring stretches were equally effective at increasing the range of motion (hamstring flexibility). The authors feel that supine stretching may better isolate the hamstrings, allow improved relaxation and, in general, be safer and more comfortable, especially for people with a history of low back pain.

In This Spring Issue...

- Research Updates
- Comments from the President
- 12th Annual Symposium Preview

Research Updates

Swartz Receives Inaugural Research Award; Data Collection Complete

In memory of Byron Goldman, former NOCSAE Executive Board Member and Executive Director of NAERA, the NOCSAE Board has established the “Byron Goldman Research Award” in recognition of Mr. Goldman’s long time and enthusiastic support of both NOCSAE and its collective mission to support research. The first recipient of this award is **Erik E. Swartz, PhD, ATC**, for his work entitled “**The influence of environment and regular use on football equipment over a full season of participation and its relation to face mask removal efficiency.**” Co-investigators on this project are Laura Decoster, Susan Norkus and Tom Cappaert.

At this time, data collection is complete. In an effort to determine the effects of environment, geographic region and use, the investigators removed facemasks from helmets (n=2,584) from 44 high schools across the United States.



This map shows the location of all high schools included in this research.

To accomplish this, researchers traveled to five helmet reconditioning plants from Maine to California. At each plant, helmets bound for reconditioning were intercepted before any maintenance was performed and a cordless screwdriver was used to attempt to remove the face mask from each helmet. Data cleaning and analysis

is underway. Among the secondary questions posed in this study: what is the impact of helmet design features and hardware metal content on the ability to remove the face mask from the helmet.



Helmets were mounted in this jig to stabilize them during each trial.

Studies to be presented in Keystone and Indianapolis

Results from two studies of football face mask removal have been accepted for presentation at national meetings this summer. Both studies will also be published by the respective journals associated with each meeting. The first will be presented at the National Athletic Trainers Association annual meeting in Indianapolis in June and be published in the *Journal of Athletic Training* later this year. This investigation looked at “Football face mask removal using a cordless screwdriver following helmet use for a least one season of play.” The second, “Football equipment design affects face mask removal efficiency,” will be presented at the annual meeting of the American Orthopedic Society for Sports Medicine in Keystone, Colorado, then be published in the August issue of the *American Journal of Sports Medicine*.

Other research news

- Paper published: Effects of developmental stage and gender on lower extremity kinematics and vertical ground reaction forces during landing. *Journal of Athletic Training*, Vol 40 (1), 9-14. Authors: Swartz EE, Decoster LC, Russell PJ, Croce RV

- Paper in press: The effects of hamstring stretching on range of motion: A systematic literature review. In press, *J Orthopedic and Sports Physical Therapy*. Authors: Decoster LC, Cleland J, Altieri C, Russell PJ
- Paper in press: A comparison of head movement during backboarding by motorized spine board and log roll techniques. In press, *Journal of Athletic Training*. Authors: Swartz EE, Nowak JL, Shirley CP, Decoster LC
- Data collection underway: Curiosity about the contribution of the gastrocnemius to “hamstring tightness” or lack of full knee extension range of motion was the motivation for this study: “The effect of gastrocnemius stretching on hamstring flexibility.” Currently, about half of the required subjects have been enrolled. Study team: Russell PJ, Decoster LC, Smalley DE.



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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.

New location for 12th Symposium

After five successful years at St. Anselm College, we have decided to move this meeting to the dedicated conference center at Southeastern Regional Education Service Center in Bedford, New Hampshire. This September's meeting is slated for Saturday, September 17. The program is set and can be viewed on our web page www.NHMI.net. Highlights include lectures by Dr. Tim Uhl from the University of Kentucky entitled *Scapular Dyskinesia: Evaluating the Problem and Scapular Dyskinesia: Integrating the Kinetic Chain into the Intervention*. Local physical therapy educator Dr. Joe Gallo will present a session on evidence-based use of neuromuscular electrical stimulation to enhance quadriceps recovery. Mark your calendar and plan to join us – it's sure to be a great program.

For members only: Lumbar Spine Dissection & Anatomy Review.



Comments from the President

One of the Institute's two focus areas is musculoskeletal education and the publishing of this Spring NHMI newsletter reminds me that another year is coming to a close for a major NHMI educational program, the Athletic Training Fellowship. I am very pleased to say that this year's Fellows, Genny Welch, MS, ATC and Eric Gattie, ATC, have done an outstanding job and they have had an great year.

At the moment we are doing final interviews for next year's Fellows, and the candidates are excellent. I appreciate the high quality of our Fellowship program and its broad reputation among athletic trainers throughout the country. I commend Laura Decoster, the program director, and our affiliated faculty and previous Fellows for helping establish this. I look forward to expanding our Fellow alumni association.

Also on the topic of NHMI educational programs, our 5th Annual Winter Meeting at the StoweLake Resort (Stowe, VT) was a great experience in all aspects. It was one of the best programs, if not the best, we have had for this type of meeting. With the support of our generous sponsors, NHMI membership, attendees, speakers, and meticulous organization by our executive director, this year was a great success. Thank you to you all.

Our other main focus, the research program at NHMI, is starting to grow and is establishing a stronger foundation for continued growth. I refer you to the research highlights within this newsletter for specific information regarding recent accomplishments.

Again, I am comforted by knowing that NHMI continues to have an established educational program and growing research program which is consistent with its Mission. I wish all our readers a joyful and safe summer. We always are receptive to comments or suggestions from our readership; please speak up.



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Fellow Spotlight: Rebecca Lindsay, ATC (94-95)

NHMI's Athletic Training Fellowship started in 1994 with Rebecca Lindsay as our very first Fellow. Currently, Becca is finishing her second year as the interim head athletic trainer (and her ninth year overall) at the University of Vermont in Burlington. When asked what aspect of the fellowship she considers to have been

most important to her daily work as an athletic trainer, Becca reported that her exposure to and interaction with different healthcare professionals during the fellowship has turned out to be quite valuable to her in her current role. Becca also commented that she felt the Fellowship opened up career opportunities for her

because she was able to demonstrate the phenomenal amount of information she had gained about all aspects of athletic health care through the observational rotations. Through the years, Becca has maintained her passion for athletic training and fondly recalls the excitement on both her part (learning about eyes) and that of ophthalmology faculty member Randy Brown, M.D. (learning about athletic training) in one of her first rotations as a Fellow. Becca is looking forward to the completion of a successful search for a new UVM head athletic trainer so she can return her focus to being the head athletic trainer for UVM's women's basketball team and Associate Head Athletic Trainer. She is engaged be married to Marcel Choquette this summer.

*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:

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