

NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



Winter 2021, Volume 27, No. 1

YOUR DONATIONS IN ACTION

— Katherine's grit and resilience, and your support, —
helped get her back in the game.

Katherine's grit and resilience, and your support, helped get her back in the game.

Katherine had plans for her soccer season that did NOT involve a back injury! Early in her season she fell hard directly on her back, resulting in pain that kept her sidelined off and on for much of the season. She battled persistent back pain that sometimes even limited her daily activities. But her determination and resilience – along with support and guidance from her athletic trainer – helped her return to the field before the end of her season.

“ Because of donors like you, Katherine had experts on hand to help when she needed it most. ”

Katherine worked hard and never gave up. She pushed through difficult workouts to build strength and endurance. Her resilience and dedication were an inspiration to her coaches and teammates.

“Even though some of the days were rough, she showed up with an optimistic outlook and a will to get better every day,” said Abrianna D’Onofrio, her Athletic Trainer. “She continued to show up and work hard when it would have been easy to give in and quit.”

Because of donors like you, Katherine had experts on hand to help when she needed it most.

THANK YOU!



Katherine worked hard and never gave up!

YOUR DOLLARS

AT WORK

YOU
HELPED KIDS
in Fall 2020 with

2,783 hours
of onsite staffing

512 new injuries
evaluated

10,255 treatments
provided

\$258,365 value
of free care to kids



FOCUS. DETERMINATION.
Sports help kids succeed. Safety is the first step.

You can help keep young athletes safer.

Donate items for the Safe Sports Calendar Raffle.
Items such as gift certificates, gift baskets,
cash donations and scratch tickets are welcome.

**Contact Amy at amy@nhmi.net
or 603-627-9728 for details.**

SAFER ATHLETES

COVID-19 RETURN TO PLAY GUIDELINES

COVID-19

SAFE SPORTS NETWORK HAS REMAINED DEDICATED TO ENSURING THE SAFETY OF YOUNG ATHLETES THROUGHOUT THE COVID-19 PANDEMIC.

VISIT OUR WEBSITE

TO VIEW OUR COVID-19 POLICIES, PROCEDURES AND RESOURCES

Staying on the cutting edge of science and research is important for the health and safety of our young athletes. This has been highlighted during the COVID-19 pandemic. Safe Sports athletes have benefited from efforts to remain on the forefront of the latest research and collaboration with area experts on appropriate care of pediatric COVID-19 patients. Best practice guidelines have been created with the goal of providing the safest environment for athletes as they reap the many benefits that sports provide.

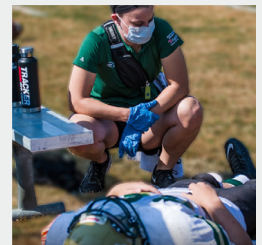
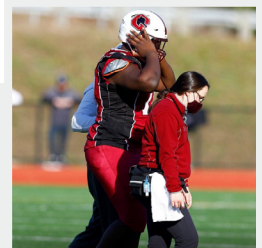
Although there are still many unknowns regarding the long-term health effects of COVID-19, viral infection has been correlated to cardiac injury, specifically, myocarditis. Myocarditis, or inflammation of the heart, preceded by a viral infection, is one of the leading causes of sudden cardiac death in sport.

Safe Sports athletes have been following these gradual COVID-19 return to play guidelines for a safer return to sport following a positive COVID-19 diagnosis.

BEST PRACTICE FOR RETURN TO PLAY AFTER COVID-19 IN YOUNG ATHLETES:

- At least 10 days of quarantine and physical rest.
- At least 7 days symptom free.
- Written medical clearance from healthcare provider.
- Completion of six-phase return to play progression over a period of seven days under the supervision of a licensed healthcare provider (e.g., Safe Sports Network Athletic Trainer). Exercise intensity is gradually increased during each phase and athlete is monitored for symptom development.

VISIT [SAFESPORTSNETWORK.ORG](https://safesportsnetwork.org) FOR MORE INFORMATION AND TO VIEW THE COMPLETE SSN COVID-19 RETURN TO PLAY GUIDELINES.



Save the Date

Tuesday, June 8, 2021

5:15 PM

Derryfield Country Club
Manchester, NH

9th ANNUAL

Safe Sports Social

Tuesday, June 8, 2021

presented by



You can be the answer. The question: Who's taking care of our kids?
Donate now at www.safesportsnetwork.org or use the enclosed donation envelope.

BECAUSE OF YOU

SAFE SPORTS STUDENT AMBASSADORS MAKING AN IMPACT ON AND OFF THE FIELD

The Safe Sports Network Student Ambassador program aims to help kids leverage the skills they learn in sports like confidence, courage, resilience, and determination to become strong leaders and good citizens.

This year's group of Ambassadors are excited and making the most of every opportunity!

More than 60 students from all nine Safe Sports schools are making an impact. Many are returning for a second year in the program – and some for their third! They are not deterred by the challenges of the pandemic. Instead, they are finding new ways to leverage the skills learned through sports to make an impact on their community.

The Student Ambassadors kicked off the year with a virtual launch party and volunteered at both the CMC Manchester City Marathon and the BASC Santa Claus Shuffle supporting local runners and businesses.

Ambassadors have been learning about sports safety and athletic healthcare through monthly check-in activities, including creating posters to help educate their peers about common sports injuries.

Ambassadors saw what it takes to keep industrial athletes safer at work during a virtual workshop sponsored by Eversource. One student ambassador commented, *"I loved this! I learned so much about overall safety and taking care of my body. And I loved how interactive it was!"*

There are two exciting elements on the horizon for the Ambassador program. The first one is the creation of a Student Ambassador Advisory Committee. The second is a virtual event where they will be introduced to various healthcare career paths. Maybe some ambassadors will uncover a career path of their own!

SAFE SPORTS STUDENT **AMBASSADOR** PROGRAM

MEDIAL TIBIAL STRESS SYNDROME

COMMONLY KNOWN AS
SHIN SPLINTS

SHIN SPLINTS: AN
INFLAMMATORY
CONDITION IN THE
TIBIA AS A RESULT OF
OVERUSE/MILD
REPEATED TRAUMA

CAUSES

- Sudden increase in duration, frequency, or intensity of workout
- Running on uneven terrain/hard surfaces
- Having flat feet or high arches

SYMPTOMS

- Throbbing/aching pain along the inside of the shin
- Tenderness
- Mild swelling

TREATMENTS

- Rest
- Ice (20–30 minutes every few hours for a couple days)
- Using shoe inserts
- Stretching/massaging



Student Ambassadors Created
Sports Injury Informational Posters!



Ambassadors Volunteering for the 2020 CMC Manchester City Marathon!



Volunteering at the 2020 BASC Santa Clause Shuffle!

THANK YOU!

DONOR SPOTLIGHT: ERICA MURPHY

Accidental Meeting: Safe Sports advocate knows first-hand how important it is for student athletes to have the care they need.

“Literally an accident,” is how Safe Sports donor **Erica Murphy** describes her first interaction with the organization four years ago. She was watching her son, Brandon, on Memorial High School’s Hockey team play one of his first varsity games when a collision knocked the defenseman down on the ice.

And he didn’t get up right away.

“Hockey’s a rough and tumble game sometimes,” says Murphy. “As a parent, you expect that. But when you see your son go down and stay down, it’s one of your worst fears as a parent.”

Erica watched as her son received medical attention on the ice and then was brought to the warming room for further treatment. It was there she met Athletic Trainer **Sandy Snow** who explained what was going on with her son. “I had no idea that there was an athletic trainer right on the bench, at the ready if players sustain an injury,” she recalls. “That was an amazing surprise.”

Fortunately, Brandon’s injury was not severe. His family was told that, with rest and exercises supervised by Sandy, he would be back on the ice in about a week. Erica notes that Brandon’s rehab was conducted at school with Sandy. “You can’t imagine how convenient that was,” she says. “Without that resource in the school, he would have needed to miss class and we would likely miss work taking him to appointments. It’s an amazing free service that Safe Sports donates to the school and our children.”

Over the past four years, Erica has jumped in with both feet in support of Safe Sports as a donor, volunteer, and advocate. She has served as a speaker at public events and worked behind the scenes as a volunteer. And not to be outdone, Brandon has picked up the volunteer torch himself and been part of the Safe Sports Student Ambassador program.

“At the core of Safe Sports’ mission is to support youth athletes, their teams and their families,” said Erica. “They have provided our son and dozens of his fellow high school athletes with incredible support and opportunities. I want to help sustain this program so that future athletes and their families will have the same level of support.”

What is an Olympic Champion?

A donor who has made a 3-year financial commitment to help keep kids safer. We invite you to join Erica on the Olympic Champion team. Contact amy@nhmi.net for more information.



Erica and her family have been incredible ambassadors for Safe Sports Network.

“It’s an amazing free service that Safe Sports donates to the school and our children.”

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

1. A phased gradual return to sports following COVID-19 is important because there have been documented cases of myocarditis in athletes, which could lead to heart failure or sudden death. What is myocarditis?

- a. A reduction in blood flow through the heart.
- b. A weakening of the heart muscle due to lack of oxygen.
- c. Inflammation of the heart muscle that can lead to abnormal heart rhythms.
- d. An increase in blood flow through the heart.

2. How many phases are included in the Safe Sports Network COVID-19 gradual return to sports protocol?

- a. 2
- b. 4
- c. 5
- d. 6

Safe Sports Network is working to keep kids safer during the pandemic. Visit www.safesportsnetwork.org for more information.

Contact Sandy@nhmi.net or call 603-627-9728 for more information on these or other sports medicine topics.

1. (c) Myocarditis is an inflammation of the heart muscle. It can affect your heart’s electrical system. This reduces your heart’s ability to pump blood and can cause abnormal heart rhythms.

2. (d) There are 6 phases in the COVID-19 return to play protocol that are completed over a seven-day period.

Visit <https://www.nhmi.net/covid-19.html> for more information on the SN COVID-19 return to sports protocol.

ANSWERS

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www.safesportsnetwork.org

THANK YOU TO OUR FOUNDATION SPONSORS

