



35 Kosciuszko Street • Manchester, NH 03101

(603) 627-9728 • Fax (603) 627-0880  
info@nhmi.net • www.nhmi.net

### Mission Statement

NHMI is a non-profit dedicated to advancing knowledge in musculoskeletal care and sports medicine and to promoting and providing a safe sports environment for athletes.

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



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www.nhmi.net

ADVANCING KNOWLEDGE. ADVANCING CARE.



## Safe Sports Network Awarded Boston Bruins Foundation Grant to Care for Local Youth

The Safe Sports Network was recently awarded a grant from the Boston Bruins Foundation to enhance youth concussion management. Safe Sports will implement a concussion management program for 3 youth programs that will include youth/coach/parent education, ImPACT computerized baseline testing, post-injury ImPACT testing, clinical examination and monitored return to play. The Safe Sports Network has already been working with the Manchester Flames in this capacity and will continue under the grant. The Derry Demons Youth Football and Cheer program has also been selected to receive care under the grant. Currently Safe Sports is looking for a third league to include under the grant. Safe Sports is proud to be able to provide these valuable services to youth athletes who have limited or no access to comprehensive concussion management. We would like to thank the Bruins Foundation for recognizing our efforts and supporting us financially! Learn more about our concussion program at [www.nhmi.net/concussion\\_management.php](http://www.nhmi.net/concussion_management.php).

### Prevention Tip: Overuse Injuries

Most overuse injuries can be prevented with proper training and common sense. Learn to listen to your body. Remember that "no pain, no gain" does not apply here. The 10 percent rule is very helpful in determining how to take things to the "next level." In general, you should not increase your training program or activity more than 10 percent per week. This allows your body adequate time for recovery and response. This rule also applies to increasing pace or mileage for walkers and runners, as well as to the amount of weight added in strength training programs. Learn more about overuse injuries at [www.stopsportsinjuries.org/overuse-injury](http://www.stopsportsinjuries.org/overuse-injury)

### FREE Drop-In Injury Clinic

For more than 20 years, the Safe Sports Network has operated a free drop-in injury clinic at 29 Kosciuszko St in Manchester. We are fortunate to have the great support of our sponsor Apple Therapy Services who provides space for us to care for young athletes within their physical therapy clinic. Urgent, life or limb threatening injuries should still be seen immediately at either an urgent care center or emergency department. However, other injuries can be evaluated by our certified athletic trainers who will assess the injury, determine whether a physician referral is required and provide treatment and rehabilitation advice.

SUMMER HOURS: Monday-Friday, 3-4 pm

SCHOOL YEAR HOURS: Monday-Thursday, 3-6 PM; Friday, 3-4 pm

Visit us at [www.nhmi.net/Free\\_injury\\_clinic.php](http://www.nhmi.net/Free_injury_clinic.php) for a full description of this free service!

## PLEASE CONSIDER A DONATION!

Safe Sports Network believes young athletes deserve professional sports medicine care, but more than half of NH's 74 high schools don't have an athletic trainer! (Would you consider sending your child to the public pool if there were no lifeguard?!) Donors ensure that kids at 9 NH high schools get on-site athletic trainers and that all young athletes have access to our free injury clinic. This is important for even minor sports injuries but can mean the difference between life and death in emergencies like heatstroke or traumatic brain injury. We hope that you will consider making a donation today. Even small donations help us ensure our kids have essential medical care. Jump online ([www.nhmi.net/donate\\_to\\_nhmi.php](http://www.nhmi.net/donate_to_nhmi.php)) and DONATE. You might just save a young athlete's life!



PARTICIPATING  
SPORTS MEDICINE PRACTICE

Safe Sports is a proud member of the STOP Sports Injuries Campaign sponsored by the American Orthopedic Society for Sports Medicine (AOSSM). Please visit their website for additional educational materials and to learn more about the initiative to STOP the growing epidemic of preventable youth sport injuries. [www.stopsportsinjuries.org](http://www.stopsportsinjuries.org)

## CHAD ALL-STAR GAME MEDICAL COVERAGE



On June 23, 2012, recent graduates from New Hampshire high schools suited up for the 1st Annual East/West All-Star Game at the University of New Hampshire's Cowell Stadium. Our Safe Sports Network proudly coordinated and provided all sports medicine services for the event which benefits Children's Hospital at Dartmouth (CHaD).



An East player gets his ankle taped by Kevin Bugeau, ATC.

Months of hard work and preparation went into pulling off this amazing event with 74 players representing schools from all over the state. The players began practice on June 13th for 10 days of preparation. The Safe Sports Network was right there with them every day. Safe Sports certified athletic trainers (ATC) Mike Hardy and Eric Gelinias served as the sports medicine staff for the West team. To keep the East team safe on the field, Rolinda Mitchell and Kevin Bugeau were on the sidelines. UNH senior athletic training student Caleb Couture also worked with the East team. Safe Sports Medical Director Jim Vailas served as team physician for Team West and Heather Killie served as team physician for Team East. The week and a half of practice went smoothly even with the onslaught of 90+ degree temperatures. The staff worked to keep the players hydrated and healthy. Game day arrived and provided a great show for the people in attendance, with the West team taking the title 44-



Safe Sports Staff covering the East/West game.

12. Overall the real winners were the children at CHaD as the event raised over \$300,000 to help offset the costs associated with providing lifesaving care. Safe Sports was thrilled to be a part of this great event and looks forward to being a part of the event for many years to come!

### How Safe Sports Can Help Your Team

"The Manchester Bears have worked with the Safe Sports Team for years. They are a fantastic asset to both our players and our parents. They are instrumental in keeping our kids safe and healthy by offering free physicals in the off-season as well as staffing a free sports injury clinic every day to evaluate youth sports injuries. The educational aspect they bring to our Parent Meetings is second to none. Our coaches also benefit when they host Coaches Educational Seminars for area youth football coaches at no cost to their programs. Wouldn't think of starting our season without them!"

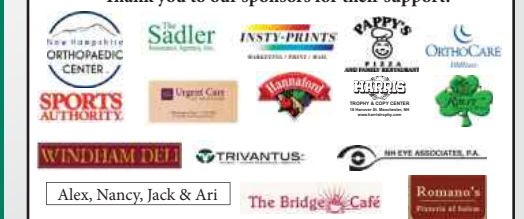
Steve Coburn  
President, Manchester Bears Football

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Safe Sports was able to provide 384 Free Physicals this past June!  
Thank you to our sponsors for their support!





## PELHAM HEAD AT MOVING ON: *Rolinda Mitchell, ATC, NHLAT*

I started with the Safe Sports Network in June of 2011. When I first started with the organization, I had no idea what to expect. I was taken to Pelham High School my first week, where I was able to view the facilities. My office was packed, floor to ceiling, with an assortment of athletic equipment and random odds and ends from around the school. The only request I made at the time was to be able to paint and re-arrange as I saw fit. I was given that permission and over the next month I cleaned, painted and updated the office. Little did I know 'spiffing' up that office would set the tone for my next two years. It was not just the office I would be renovating; it was also the relationships and expectations of the athletic community at PHS.

My first year was tough, not only was I trying to build rapport with the faculty and staff at Pelham, I was trying to regain the athletes' trust in athletic trainers and prove to them that we are more than just a profession that tapes ankles and hands out ice. It was after the first couple months that I realized I needed to prove to the athletic community of PHS that there was a higher level of care available and I would be able to provide that care.

Looking back on the past two years, I can say there has been a vast improvement of the attitude and commitment to off-season



training, rehabilitation and injury prevention with the athletes. There is a higher level of trust and understanding amongst athletes, coaches and parents in regards to athletic injury and athletic training, but most of all, a higher appreciation for the profession as well. Along with the change in the attitude of the PHS community, I have grown as a young professional. My time spent at Pelham has been informative, rewarding, and enjoyable and I am proud to have been a part of PHS athletics. As I move ahead on a new journey, I would like to thank the staff, students and parents of the Pelham community for a wonderful experience and opportunity. I hope the program continues to progress and improve and that the positive changes will be permanent.

*Rolinda will be enrolling at the Mass General Hospital School of Health Professions to pursue a career as a nurse practitioner. Best of luck!!*

## STAFF SPOTLIGHT: Bedford HS Athletic Trainer has Impact on Bulldog Success



*Eric Gelin, right, and Mike Hardy served as the athletic trainers for Team West in last month's CHAD All-Star football game.*

Eric Gelin MS, ATC, NHLAT has been the Head Athletic Trainer at Bedford High School for three years. During his time he has helped numerous athletes overcome their injuries and return to playing their desired sport. Eric has also helped to develop several protocols and programs at BHS. Working with team physicians and the school's nursing staff, Eric developed a concussion protocol and tracking system that allows all athletes with mild traumatic brain injuries (MTBI's) to recover in the safest way possible. He has also developed a student assistant athletic trainer program for inspired Bedford High School students who have a career interest in sports medicine. The student-athletes appreciate Eric and his hard work and have even shown their gratitude by creating a fan page dedicated to him on Facebook.

To Eric the best part of the job is being a part of the success of his student-athletes and teams at Bedford HS. The 2011-12 school year has been the most successful in Bedford High School's five years of existence. Earning 6 state titles this year, the BHS Bulldogs have established themselves as a school to be reckoned with. As Bedford turns the page to next year, they will see the road to glory challenged more than ever. The upcoming seasons will see BHS moving to the Division I level in many sports, though football, hockey, wrestling, and lacrosse will remain in Division II. With great coaching and support from the community, it won't take long for the Bulldogs to be competing for state titles once again and Eric will be there to make sure that the athletes will be competing at their highest levels.

**West HS: Justin Bric, ATC & Sossan Al-Darraj, ATC** - The Manchester West Blue Knights enjoyed a successful 2011-2012 year. Senior standouts, Aaron Martin and Chris Cormier, will be missed next year. Martin earned All-State honors quarterbacking the Blue Knight football team, as well as achieving All-State honors in Basketball. Cormier excelled both in the classroom, earning a full ride academic scholarship to Utah State University, and on the track, earning All-State honors in winter track and qualifying for the outdoor state meet. Congratulations to these two exceptional student-athletes and all the Blue Knight seniors!

**Bishop Guertin HS: Jeremy Turner, ATC** - Congratulations to Bishop Guertin High School's Football, Girls Basketball, Boys & Girls Cross Country, Girls Indoor Track & Field, Boys Swimming & Diving, Girls Tennis, and Boys Lacrosse Teams on their 2011-2012 Division I Championships! Also, we wish to thank Tony Johnson, BG Athletic Director 2007-2012, for all of his hard work and dedication and wish him good luck in his future endeavors!

**Memorial HS: Mike Hardy, MBA, ATC** - Big congratulations to the 2011-12 Memorial High School Hockey Team. They finished second in the NHIAA Division I Hockey Championships. They did this with great leadership and a strong sense of team and respect. A joy to watch this season. Good luck to all the graduating seniors as they move on.

**Salem HS: Seth Conway, ATC** - Congratulations to the Salem Boys Volleyball Team on winning the 2012 NHIAA Championship! This marks their 8th straight title and is still the only team to be crowned champions in the eight year history of the sport in NH.

**Goffstown HS: Steve Traynor, ATC** - Goffstown has made great strides in their Athletic Training department this year. With the help of Steve Fountain, Athletic Director, and Frank McBride, Principal, we were able to initiate an after-school nutrition program for the athletes, which included access to snacks and an outside speaker came in to talk to the teams on the importance of proper nutrition for health and athletic performance.

**Windham HS: Kevin Bugeau, ATC** - Windham HS opened its doors just 3 short years ago, competing primarily at the Division II and III levels. This past school year has been a breakthrough year for many WHS sports with the football team advancing to a Division V state final and the wrestling team taking home the Division III championship. Congratulations to all teams and their successful seasons!

**Pelham HS: Rolinda Mitchell, ATC** - Pelham athletics have continued to evolve over the past two years. Part of this is due to the summer training sessions we held last year. As we move towards the summer, I look forward to our summer training program and hope that the number of athletes involved will increase again this year. For more information, email [rolinda@sportsandrehab.com](mailto:rolinda@sportsandrehab.com).

**Central HS: Dave Moreton, ATC** - With the summer off-season coming up, take this opportunity to find me and ask about my strength & conditioning programs. I have weight programs for all seasons, sports and positions. I can give you a program that fits your time and equipment needs. Use this time to get stronger & faster before next year starts!

**Bedford HS: Eric Gelin MS, ATC** - This past season I created a student assistant athletic trainer position for students with an interest in sports medicine. One of the first duties they learn is the most common tapings an athletic trainer uses: an ankle, wrist, and thumb. The students' favorite part was being on the sideline of games and seeing all the injuries. The students' least favorite part was me quizzing them on anatomy!

### SAFE SPORTS: BY THE NUMBERS 2011-2012

**9,082**

Treatments provided to young athletes

**4,500**

Approximate number of athletes on our teams

**1,180**

New injuries evaluated

**384**

Free sports physicals

**9**

High schools with Safe Sports onsite

**3**

Youth leagues using our concussion program

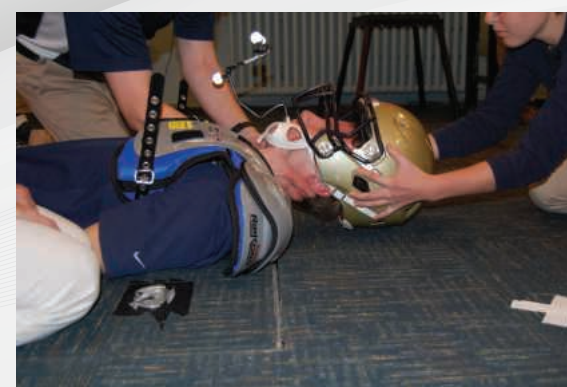
## WHAT IS A CERTIFIED ATHLETIC TRAINER?

We know, the name is misleading! A certified athletic trainer is a specialized sports medicine professional, NOT a coach or fitness trainer. The four-year professional preparation athletic trainers get includes anatomy, neurology, exercise physiology and course work in injury prevention, care and rehabilitation. Although only the Bachelors degree is required to sit for board certification, more than 70% of athletic trainers also have a Masters degree. Certified athletic trainers act as an extension of their team physicians providing on-site care to ensure athlete safety. Learn more about the field at:

[www.nata.org/sites/default/files/AT\\_Facts.pdf](http://www.nata.org/sites/default/files/AT_Facts.pdf)



## Staff Athletic Trainers Take Part in Football Emergencies Research



*Certified athletic trainers test methods for the safe removal of football equipment at the University of New Hampshire biomechanics lab*

Have you ever wondered how rescuers would get past helmet and shoulder pads to an injured football athlete's mouth and chest in an emergency? It's not as simple as you might think and NHMI Executive Director Laura Decoster and Board of Directors member Erik Swartz have actually spent more than a decade actively wondering about it. Their research work in this area has set the national standard all athletic trainers follow to ensure the safety of their athletes. They have received several grants including a recent grant from NFL Charities. Safe Sports athletic trainers regularly participate in these research studies and are therefore on the cutting-edge of knowledge in this area. This is a great example of how NHMI's research and education efforts complement and support Safe Sports athletic trainers.