



NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

FALL 2005

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Winter Meeting - New Date: March 3-4

The devastation caused by Hurricane Katrina caused the AAOS to move their annual meeting from New Orleans in early March to Chicago in late March. Their Chicago date conflicted with our Winter Meeting dates, so we have rescheduled. We're fortunate that we were still able to arrange to hold the meeting at the beautiful Stoweflake Resort and Spa in Stowe, Vermont.



Dick Rothman heads a great lineup of speakers for 2006

Planning for this Category 1 (8 CME) activity is ongoing. Anticipated highlights include our usual outstanding value – **one small fee covers both your hotel room and the educational activity** – with the addition of an Early Bird discount for those who register before January 16. A 20% group skiing discount is also available to attendees.

Confirmed speakers at press time included:

Ken Koval, MD, with presentations on retrograde femoral nailing and hip fractures.

Andrew Kowal, MD presenting a talk on orthopedic pain management.

Stephen Lemos, MD, PhD, speaking about distal biceps tendon repair and Tommy John surgery.

Bernie Pfeifer, MD providing information about disc arthroplasty and spondylolysis .

Dick Rothman, MD, PhD speaking about small incision surgery and tapered stems for THA .

Tony Schepsis, MD, who will present updates on posterior shoulder instability and patella stabilization surgery.

Check our re-vamped web page for updated program information and online registration.
www.nhmi.net



In This Fall Issue...

- Research Updates
- Comments from the President
- Symposium Wrap-Up

Symposium Sells Out

This past September's Symposium was held at SERESC Conference Center in Bedford, New Hampshire. Based on the past few years' attendance, the facility should have been the perfect size... but this year's response was outstanding. We



worked with SERESC to accommodate as many as possible, but unfortunately 20 more were turned away. Aside from the limiting size of the meeting rooms, the SERESC facility worked quite well for our needs and provided a more intimate environment than the large theater at St. Anselm College. Over the next month or so, NHMI leadership will decide whether to try another year at SERESC or move again.

The evaluations of this year's meeting were very positive. The **live surgery demonstration** continues to be a popular element of our annual fall continuing education meeting. This year, Jim Vailas and his surgery

team demonstrated articular cartilage and meniscal procedures on a cadaver knee. In past years they have performed a Bankart procedure and an ACL reconstruction. Because the audience at these fall meetings is largely physical therapy professionals, they have significant experience rehabilitating patients after these procedures. However, they have often not had the opportunity to observe the surgical procedures — especially with the newest equipment such as suture anchors.



Although there is space for only a limited number of participants, the Members-only dissection workshop is also an annual favorite and this year was no exception. This year, Dr. John Lynn from The Orthopedic Center used a fresh-frozen lumbar segment to review anatomy and make correlations to injuries and surgical

procedures such as fusion and discectomy. A lottery determines the actual participants in this workshop, which focuses on a different body part each year. Only NHMI members are eligible for the lottery.

Other lectures throughout the day covered topics ranging from ankle fractures to ankle, knee, spine and shoulder rehabilitation. Lectures that sparked considerable audience interest covered the use of neuromuscular electrical stimulation for quadriceps rehabilitation and tips from the University of Kentucky's Dr. Tim Uhl on the proper evaluation and rehabilitation of the scapula.

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Address Information:

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

www.nhmi.net



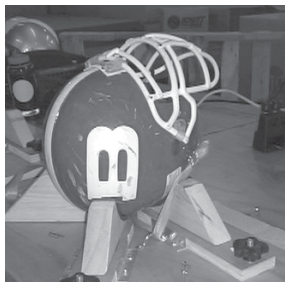
Mission Statement:

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.

Research Update

This year's Athletic Training Fellows are hard at work on their research projects. Both projects will contribute to the ongoing facemask removal line of research.

Football facemask removal: In-season success rate, tools and time required with an NCAA Division II Team. Stephanie Gale hit the road running with her project beginning data collection only two weeks after the Fellowship began on August 1. Stephanie's project examines facemask removal with a cordless screwdriver, as we have done in the past, but significantly increases external validity by performing the task on the field during actual football practices. Whereas previous studies have either utilized a model wearing the equipment or fixed helmets in a stabilization device, this investigation uses actual football players wearing their own personal equipment. If the screwdriver fails to remove the facemask, the task will be completed with a cutting tool.



Football facemask removal success rates and times: Comparison of the cordless screwdriver and Face Mask Extractor. Aaron Copeland is gearing up for piloting in a study that will compare the cordless screwdriver to the new edition of the Face Mask Extractor. Another element of this project will involve analyzing a clinical model that we have recently been espousing. That is, the initial use of the cordless screwdriver along with use of a cutting device should the cordless screwdriver fail to remove all of the screws. This study will take place at a nearby reconditioning plant and use the stabilization jig that we have used in past research. While this design may take something away from external validity, it allows us to substantially increase the volume of facemasks removed, increasing our overall power.



Comments from the President

Greetings from upper New England where the weather has been fantastic and the foliage is starting to color! It has been a great start of academic year start for the Institute with a successful Fall Symposium which was full to capacity and then some. With trepidation, we used a new facility and it showed to be quite conducive for our meeting. This change will likely be an improvement and we are constantly learning from our experiences.



This year's fellows, Stephanie Gale, MEd, ATC and Aaron Copeland, ATC, have been doing an outstanding job and have learned quite a lot in the short time that they have been with us. Laura is more involved with research than ever before and the studies are going to presentation and publication. Our research platform is growing thanks to Laura and our various co-investigators.

We are working to improve our Website image so we can get more attention in hopes of boosting our reputation and accomplishments, and hopefully get more sponsorship or funding for our mission.

Our Board of Directors has been very supportive with their volunteer time and effort. I would like to acknowledge that now by saying thank you very much for your help. It has made a great difference. As we continue to grow, more and more people in some way help us with our mission, and there are many of you, and I would like also to express my gratitude on behalf of the Institute.

Thank you for taking the time to read our newsletter.



New Hampshire Musculoskeletal Institute

35 Kosciuszko Street
Manchester, NH 03101

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2005-2006 Athletic Training Fellows

Aaron Copeland, ATC recently graduated magna cum laude from Lock Haven University in Pennsylvania where he was selected as the Outstanding Student Athletic Trainer for the 2005 graduating class. Aaron is originally from Pennsylvania, from a town he describes as being so small he has to drive 15 miles to get his mail. He is looking forward to a year in the “big city” of Manchester.



Stephanie Gale, MEd, ATC completed her graduate study of athletic training at Plymouth (NH) State University in December 2004. Stephanie comes to New Hampshire from her hometown near Cleveland, Ohio after spending several years teaching at a private school in Florida. Stephanie is most excited about the incredible variety of education she will receive during her year in the Fellowship.

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.

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NHMI
35 Kosciuszko Street
Manchester, NH 03101

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