



## FALL 2011

(Volume 17, No. 2)

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## Exciting Times at NHMI!

Signs of the changes at NHMI are immediately visible... whether you are looking at this newsletter or landing on our new webpage. Our logo and webpage received a sorely needed update over the summer and we are thrilled with the results. Modern functionality and a crisp, clean look make www.NHMI.net a great place to visit. And speaking of modern... NHMI even has a Facebook page. Become a fan at [www.Facebook.com/NHMI1994](http://www.Facebook.com/NHMI1994).

The Institute itself also continues to evolve. We've always supported healthcare professionals with pertinent education and research, thereby indirectly impacting care in our community. Beginning next year, NHMI will have a direct impact on care in

our community by becoming the provider of sports medicine for thousands of young athletes in our area via the Safe Sports Network. Most of NHMI's leadership has also been involved throughout the years in the Safe Sports Network and the combination of these entities with very similar goals just made sense. Safe Sports will become a standing program of NHMI in January 2012. Read more later in this issue.

Another change is that the challenging economy is now directly affecting NHMI. We learned earlier this year that we will be losing a substantial portion of our perennial Institute sponsorship. This will require a new emphasis on fundraising activities. We will be pursuing a combination of grant, corporate and individual funding as well as running fundraising events. Learn more about this later in this newsletter.

As you read this edition of the NHMI News, we hope that you're half as excited about our growth as we are! Thank you for your continuing interest in NHMI.



### SUPPORT NHMI AND ENJOY GREAT MONARCHS HOCKEY AT THE SAME TIME!

Tickets sold for the March 24 game against archrivals Portland Pirates will benefit our programs. Buy tickets at [monarchsjungle.com/NHMI](http://monarchsjungle.com/NHMI)

### THANK YOU FOR YOUR SUPPORT!

### In this Issue

- Hear directly from our Executive Director and our new Director of Safe Sports
- EATA Grant Furthers Football Research
- Residency Accreditation Update
- Safe Sports: Free Injury Clinic

# EDUCATION UPDATE

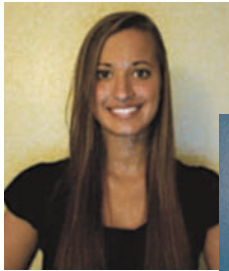
## Annual Orthopedic Meeting Moves to Stowe Mountain Lodge

Several regular attendees have requested that we try holding our meeting at the conference center right at the base of the ski mountain. Stowe Mountain Lodge is just a few years old and is modeled after great ski-in ski-out venues of the Rockies. The conference facilities are first class – and bigger, which will allow us to have more attendees. Foot, ankle, knee, hip and shoulder conditions are covered in the program (8 Category 1 CME). Lectures on economic challenges and international volunteer opportunities complete the slate of orthopedic topics. The whole program, our great slate of speakers and online registration are available at [http://www.nhmi.net/winter\\_meeting.php](http://www.nhmi.net/winter_meeting.php)

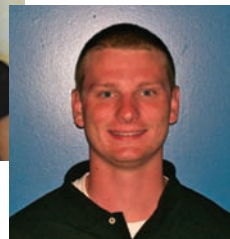


## Integrated Clinical Sports Medicine Residency

Sossan Al-Darraj and Justin Bric are the 29th and 30th athletic trainers to participate in this unique program. Sossan received her BS in athletic training from the Keene (NH) State College in May, 2011. She's very excited about the residency for many reasons, but especially to have opportunities to both improve her athletic training skills and to continue to explore her strong interest in AT research. Sossan uses her daily workouts and runs to de-stress.



Justin received his BS in athletic training from the University of Wisconsin-Madison in December 2010. He's most excited about the rare opportunity to gain the broad exposure and experience this residency offers with multiple medical specialties so early in his career. Justin likes to snowboard (in Wisconsin?!), golf, workout and play sports. He included this fun fact in his "tell us about yourself" essay: He can drive an Zamboni ice resurfer!



## Bertrand & Blanche Letendre Athletic Training Camp Scholarship

The 2011 (fifth) recipient of NHMI's summer camp scholarship was Brandon Hammerstrom. Here's what Brandon had to say about his experience: *I want to say thank you to the New Hampshire Musculoskeletal Institute for giving me the opportunity to learn and explore the field of athletic training. I had an amazing experience at Camp learning about emergency situations and how to prevent injuries from recurring. I also enjoyed having the cadaver lab to learn and see the actual muscles, tendons, and other body*

*parts. Thank you again for giving me the opportunity to learn about the career I am now certain I'm going into.* This scholarship is funded by Mark Letendre whose own outstanding career as an athletic trainer received a boost from his high school athletic director who – unbeknownst to Mark – paid out of his own pocket for Mark to attend a Cramer camp. Mark is currently the Director of Umpire Medicine for Major League Baseball.

## NHMI-NH Pediatric Society Meeting Schedule for May

"Sports Medicine for the Pediatric Primary Care Provider" will be a full day CME opportunity and will cover a wide range of diverse topics including both medical and orthopedic lectures. Among the highlights: a look at the ECG screening controversy with Norm Berman, M.D. section chief for pediatric cardiology at Dartmouth Hitchcock in Lebanon and a hands-on shoulder examination workshop with Jim Vailas, M.D. (workshop space is limited!). The meeting will take place on Tuesday, May 8, 2012 in Bedford, New Hampshire. See the program at [http://www.nhmi.net/upcoming\\_events.php](http://www.nhmi.net/upcoming_events.php).

## 18th Annual Symposium Sells Out



*The members-only dissection workshop continues to be a very popular element of our fall Symposium. This year we were thrilled to have orthopedic spine surgeon, Glenn Lieberman, lead this workshop. We were also excited to be able to offer scholarships for two Franklin Pierce University DPT students. The scholarship funds were provided by an anonymous donor. Next year's meeting is planned for Saturday, September 15.*





# Safe Sports Network Becomes a Standing Program of NHMI

Although Safe Sports is officially new to NHMI, it recently passed its 20<sup>th</sup> anniversary. The need for this program hit home for NHMI founding member Nick Vailas one August day more than 20 years ago. Mr. Vailas was standing next to an athletic-looking young man outside a fence watching Manchester Central High School's football tryouts. He



asked the young man why he wasn't out there. The response to that question ("Because I can't afford the physical.") planted the seed that became the Safe Sports Network.

- Safe Sports has provided more than 32,000 hours of onsite medical coverage. The vast majority of these hours have been donated to our schools.

The Safe Sports Network offers free evaluation, treatment and rehabilitation of athletic injuries for student athletes of Greater Manchester, Salem, and Nashua, NH. Services include outreach to nine local high schools, free injury drop-in clinics, annual physicals and coach and community education. The staff is comprised of athletic trainers who work under the direction of [Jim Vailas, MD](#) who has been the Safe Sports Network Medical Director since its inception. Coordinating the daily operations is Director of Safe Sports [Keith Belmore, MEd, ATC, CSCS, NHLAT](#).

Since then:

- Safe Sports athletic trainers have evaluated more than 18,000 athletic injuries in the high schools while only referring roughly 1,000 to a doctor or emergency room. This translates to a significant savings of healthcare dollars for the southern NH communities we serve.
- More than 8,000 injuries have been evaluated in our free injury drop-in clinic.
- Safe Sports and community volunteers have provided approximately 7,000 free sports physicals.



## Focus on the Free Injury Drop-in Clinic in Manchester

The Safe Sports Network drop-in clinic provides free injury evaluation each year to several hundred school-age athletes from the Greater Manchester area. One of our licensed certified athletic trainers assesses the injury and provides recommendations for treatment, rehabilitation or referral to a physician if necessary. This service gives all young athletes access to professional sports medicine care without the delay (and time lost from sport!) they might experience waiting for a physician appointment. And, having these services immediately available gives athletes an alternative to just playing through pain until they can't stand it anymore and probably making the injury worse. The drop-in clinic is held at the downtown Manchester Apple Therapy Services office at 29 Kosciuszko Street at the times listed below.

School year hours: M-F 3-6pm  
Summer hours: M-F 3-4pm

Contact Safe Sports director Keith Belmore at 603-627-9728 for more information about the drop-in and how you can make a donation to support this effort.



*Safe Sports assistant director Mike Hardy, MBA, ATC assesses this athlete's shoulder strength.*



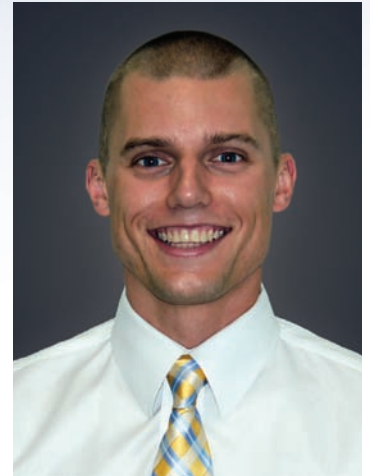
## From Our Safe Sports Director

It is a very exciting time for the Safe Sports Network as we transition our program from Apple Therapy to the NH Musculoskeletal Institute, a 501(c)3 non-profit organization. As you may know the Safe Sports Network has been providing sports medicine services to high school aged athletes for the last 20 years. More specifically this program has provided on-site athletic training coverage to area high schools, a free injury drop-in clinic, free sports physicals and educational opportunities to educate athletes, parents and coaches. As we move forward under NHMI we will continue to expand and improve upon our existing programs and look to develop new programs to fill the needs in the athletic community.

Our most recent initiative has been to reach out to younger athletes in the youth levels of sport. We are excited to announce our first youth partnership with the Manchester Flames Hockey Association. With the Flames, the Safe Sports Network is implementing a comprehensive concussion

management program which will include ImPACT testing, clinical management and concussion education. Through this partnership we hope to increase awareness of head injuries at the youth level and afford safer athletic participation for these athletes. In the near future we hope to bring this service to other youth sports and communities in the southern NH area.

Please be on the lookout for more information about the Safe Sports Network and how you can help support us in our efforts to provide a safe sporting environment for young athletes.



### Safe Sports Brings Concussion Management Program to Manchester Flames Youth Hockey

This program includes coach, parent and athlete education, injury assessment and computer testing. Injured athletes will come to our free injury drop-in clinic for evaluation and supervised gradual return to activity to ensure safety. Contact Keith Belmore, 603-627-9728 ext 103, for more information.

## RESEARCH UPDATE

### EATA Grant Will Further Emergency Airway Access Research

Researchers from UNH, NHMI and UNC have received a grant from the Eastern Athletic Trainers Association to study "Football facemask, helmet, and shoulder pad equipment designs: Effects on acute airway and cardiovascular care in medical emergencies." Laura Decoster, Erik Swartz, Jason Mihalik and 2011-2012 NHMI Residents Sossan Al-Darraji and Justin Bric will compare airway and chest access in athletes wearing the new Riddell 360 helmet, the Schutt ION-4D helmet, Riddell RipKord shoulder pads and traditional shoulder pads. Except for the traditional pads, this equipment has been designed with emergency access in mind, using various quick-release mechanisms to facilitate removal.

### Papers Published in Spine and American Journal of Emergency Medicine

**Maintaining Neutral Sagittal Cervical Alignment after Football Helmet Removal during Emergency Spine Injury Management** was published in the August 2011 edition of Spine. Congratulations to Laura Decoster, Matthew Burns, Erik Swartz, Dinakar Murthi, Adam Hernandez, James Vailas and Linda Isham. Also published in August 2011 in the American Journal of Emergency Medicine, **A Study of Emergency American Football Helmet Removal Techniques.** Congratulations to Erik Swartz, Jason Mihalik, Laura Decoster and Adam Hernandez.



# A WORD FROM...

## ...Our President – Jim Vailas

Greetings! I am very excited about the progress and changes occurring within NHMI. The newsletter nicely details these changes and accomplishments. I want to highlight the fact that Keith Belmore is the director of Safe Sports Network which will be officially a program within the Institute in January 2012. Thus it will be the Institute providing Safe Sports Network's great athletic medicine services to our surrounding communities. I encourage you to read the enclosed article about Safe Sports Network. Having Safe Sports Network within NHMI will allow for more effective fund raising which will be vital to the financial stability of the Institute.

Our residents (fellows), Sossan and Justin are doing quite well. They are fully engaged in their rotations, athletic training hands-on coverage, the walk-in clinic and their research. They greatly appreciated the learning from the fall symposium which was very successful in many ways—thank you, sponsors, for your support. I expect our winter symposium to also be successful. Please review the program at our website ([www.nhmi.net](http://www.nhmi.net)). We are very excited about the new conference center (larger facilities will allow us to take more registrants) and of course,

about the education program. Our executive director, Laura Decoster, continues to have a busy agenda with the residency accreditation, expanded education programs, website design, and now fundraising and grant solicitations. We expect to have more information about fundraising and grants for you to read within the spring news letter.



After you read this newsletter you will appreciate the changes and progress of the Institute which are quite significant and may leave one with concern about sustaining what is being done. We have thoroughly looked at our programs and support. I am confident the Institute will do well for various reasons, the most important being the people who run the Institute, and the board, truly believe and support what we are doing. In closing, thank you to those you have supported us and continue be supportive and interested in our mission.



## ...Our Executive Director – Laura Decoster

What a year 2011 has been! I'm very pleased with our new logo and webpage...a big improvement in appearance and functionality. (If you haven't checked it out yet, please visit [www.nhmi.net](http://www.nhmi.net).) Several members of NHMI's leadership were recognized with awards in 2011 – one more *congratulations!* to all. After many hours of effort, we

have completed our Residency self-study and submitted our application to be among the first NATA-accredited post-professional programs. Thank you to our advisors, board members and residency alumni for your invaluable assistance on this. I am looking forward to continued growth in 2012. We will be busy with education, research and with the integration of Safe Sports into NHMI's complementary family of programs. Like us on Facebook to keep up! [www.facebook.com/NHMI1994](http://www.facebook.com/NHMI1994) and [www.facebook.com/SafeSports](http://www.facebook.com/SafeSports).



Visit NHMI's home page



Learn more about Safe Sports



# New Hampshire Musculoskeletal Institute

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## Mission Statement

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

## Fundraising: An Opportunity for You to Help Care for Young Athletes

NHMI is entering a new era and we are now offering our friends an opportunity to join us in support of our efforts for youth sports safety and musculoskeletal research and education. Three of our programs are intimately connected and combine to take care of several hundred Manchester school athletes.

Most readers are aware of NHMI's unique **Integrated Clinical Sports Medicine Residency** post-professional program for athletic trainers. But many may not be aware that in addition to receiving an unparalleled didactic experience, the clinical aspect of the residency puts the residents in roles providing free sports medicine care for community youth through our Safe Sports Network which is dedicated to promoting and providing a safe sports environment for athletes. Our Residents staff our **free drop-in injury clinic** and provide **after-school athletic trainer coverage** at Manchester West High

School. In those roles, the Residents care for over 300 athletes at West and evaluate about 100 injuries to middle and high school students via our free drop-in clinic. Last year the residents had 800 patient interactions with young athletes. Less than half of NH high schools have a certified athletic trainer. **No other organization is addressing this crucial need like we are!**

**Your donation will allow us to continue to provide immediate access to critical sports medicine care for our kids. We ask you to join us in ensuring the safety of our young athletes by making a donation.**

Contact us today and commit some of your charitable dollars to be part of this great effort. Donations can be made by check and credit card; donations can be made one time, monthly and annually; donations can be multi-year pledges and bequests. **ALL gifts are important – large and small.**

### Athletic Training Resident Makes a Difference

Last year a high school lacrosse player approached one of our resident certified athletic trainers complaining that his leg felt weak. He'd been aware something was up for a few weeks and casually mentioned it to the athletic trainer at practice one day. After examining the athlete, the athletic trainer was concerned about the history and quad atrophy she noted. She spoke to the athlete and his parents immediately and the next day, the athlete saw our team physician. Within a week, he had seen a local spine specialist then went on to see a specialist in Boston who soon operated to remove tumors in this athlete's spinal cord! Without the Safe Sports program, who knows how long it might have been before the athlete got definitive treatment! Your gift will help us ensure essential medical care for our high school kids. Donate today!



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