

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.



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March is National Athletic Training Month (NATM). The National Athletic Trainers Association created NATM to promote awareness about the importance of athletic trainers. This year, Safe Sports Network is working with NH government officials to recognize NATM. Safe Sports Network hopes to show the value of having athletic trainers at all high schools. Athletic trainers help ensure safety for the student athletes. Look for NATM awareness posters at Safe Sport Network Schools. Athletic trainers at each school will also have signature boards in their offices. Athletes will be encouraged to write "Why They Love their Athletic Trainer" on them. We also encourage all of you to help celebrate National Athletic Training Month and spread the word about why athletic trainers are important to you. Give us a call to learn how you can help.

MOM WHO NEARLY LOST SON TO SPEAK AT SAFE SPORTS SOCIAL



Beth Mallon will talk about the day in May 2009 when her son Tommy broke his neck playing lacrosse. How she was surprised when he didn't get up. And how Tommy's athletic trainer made a life and death difference for him that day. Tommy was playing in his final high school lacrosse game. He was headed downfield at full speed chasing a ground ball. A player from the opposing team was going for it too. They collided. It didn't look like much. But Tommy didn't get up. He told the people gathered around him that he wanted to "shake it off." Fortunately, Riki Kirchhoff, his certified Athletic Trainer, would not permit Tommy to get up. Tommy was spine boarded and taken by ambulance to a nearby trauma hospital. There they learned his neck was fractured and that he was lucky to be alive. Although he will never play contact sports again, the immediate on-field evaluation and medical care provided by an athletic trainer made the difference between life and death for Tommy Mallon. After the injury, Beth and Tommy Mallon founded of Advocates for Injured Athletes (<http://www.injuredathletes.org>). Their program Athletes Saving Athletes™ will be presented in Manchester on March 27. The Social will take place on Wednesday, March 26. Both events will be at The Derryfield.

BEDFORD FAMILY GRATEFUL FOR FOUR YEARS OF CARE FOR DAUGHTER

"Thanks for all your hard work helping our accident-prone daughter," says Hannah Shawver's mother Terri Shawver. That comment came after Hannah recovered from a concussion she suffered this past fall in soccer. "He has helped me with many injuries. From ankle sprains to concussions," says Hannah Shawver, a senior soccer and track athlete. The Shawvers are very grateful that their daughter was in capable hands and was able to return to competing in sports. Athletes are constantly pushing themselves to be the best. Many will go through an entire career without injury. Then there are those athletes that no matter how hard they train, wind up getting hurt repeatedly. Like Hannah, their injuries can be minor or severe. The care they receive for their injuries determines their safe return to play. Safe Sports donor contributions ensured that Eric Gelinus was there to take care of Hannah. She and her family are thankful!



FREE SPORT PHYSICALS MARCH 20

Safe Sports Network will offer FREE sports physicals on the evening of March 20. These sports physicals are designed for student athletes aged 11-18. These physicals combine an extensive medical history with physical assessments to help determine if an athlete can safely participate in sports. NH Orthopaedic Center is the title sponsor for the event. These sports physicals will take place from 5:30pm-7:30pm at the new NHOC office in Bedford at 9 Washington Place. Physicians, allied health professionals and other volunteers will be on hand to conduct the physicals.

Young athletes have had access to free sports physicals from Safe Sports Network for almost 25 years. This new March date was added to ensure that even more kids have access to the service. Important: We will not offer free sports physicals this June. There will be another opportunity for physicals in the fall. For more information visit our web page (http://www.nhmi.net/free_physicals.php) or call 627-9728.



CENTRAL STUDENTS WILL TAKE PART IN ATHLETES SAVING ATHLETES™ PROGRAM



This March, 50 student athletes from Central High School will take part in the Athletes Saving Athletes™ (ASA™) Program. The Athletes Saving Athletes™ program was created by Advocates for Injured Athletes™. The program curriculum was developed by medical experts from across the U.S. It covers concussion, head and neck injuries, heat illness, sudden cardiac arrest, diabetes, and asthma and stresses the importance of notifying a coach, certified athletic trainer or other supervising adult immediately when a teammate is in trouble. Beth Mallon and her son Tommy co-founded Advocates for Injured Athletes after her son Tommy's life was saved on the lacrosse field in May 2009. One of Tommy's teammates refused to help him up after he was injured in a game. Instead, he told Tommy to wait for the athletic trainer to evaluate him.

It would have been simple to reach a hand out to pull Tommy up. However, if he had done that, Tommy almost certainly would have had a catastrophic outcome. The Mallons wanted to be sure that other athletes knew simple but important things like Tommy's teammate did. The ASA™ program grew from that desire. NHMI has been working with Beth Mallon to bring ASA™ to New Hampshire. Safe Sports Network is one of two early expansion sites in the nation for ASA™. A grant from Harvard Pilgrim Health Care of New England has made this possible. The program will be presented at The Derryfield on March 27th.

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RESEARCH & EDUCATION UPDATES

A WORD FROM...



Dr. Richard Wilk discusses hip arthroscopy at the 2014 Winter Meeting

EDUCATION: QUICK HITS

- Dissection labs have been scheduled for 2014. NHMI members will be treated to a review of foot and ankle anatomy with Dr. Marc Michaud. This members-only lab will take place in Bedford on Saturday, April 12. Other dissection labs are scheduled with specific groups. Contact us if you would like to arrange one for your group.
- The application deadline for NHMI's Athletic Training Residency and for the Letendre Athletic Training Summer Camp Scholarship is April 1. Application materials may be found at www.nhmi.net.
- Orthopedic Grand Rounds are planned for April, June and October. The first event will be held April 2 at Bonta in Hampton. Dr. Young-Jo Kim will speak about Femoro-Acetabular Impingement. To register, contact Laura Decoster at laura@nhmi.net or 603-627-9728.
- Our 21st Annual Symposium is scheduled for September 13, 2014. NHMI Members will be able to enter the raffle to participate in the dissection lab. Dr. Vladimir Sinkov is going to dissect a lumbar spine specimen.



On April 12, Dr. Marc Michaud will lead a foot and ankle anatomy workshop for NHMI Members. Dr. Michaud is a foot and ankle specialist with NH Orthopaedic Center.

RESEARCH: QUICK HITS

- 2013 saw the publication of *Facemask Removal is Safer than Helmet Removal for Emergent Airway Access in American Football* in The Spine Journal. Congrats to authors Erik Swartz, Jason Mihalik, Nora Beltz, Molly Day and Laura Decoster.
- Three NHMI research abstracts were presented at last summer's NATA meeting. Two have been accepted for the 2014 meeting. Our research focus continues in the area of emergency management of football equipment.
- The data collection phase of our NFL Charities-supported research is coming to a close. Using high tech simulation manikins, researchers hope to identify the best approaches to CPR and rescue breathing in equipment-clad football players.
- 2013-2014 Athletic Training Residents Kevin Silva and Max Cohen are just beginning participant recruitment for their project. Their study will compare acceleration associated with chinstrap removal in various conditions.

OUR PRESIDENT: *Jim Vailas*

I just returned from the 14th Annual NHMI Winter meeting which finished Saturday, January 25th. I am pleased and proud to say that it was a success in many ways. Our speakers were outstanding. The facilities and service at Stowe Mountain Lodge Resort were great. The weather was fairly cooperative. We have locked in the Stowe Mountain Lodge for the 2015 and 2016 meetings. I want to thank everyone responsible for making it all work. That list includes our sponsors, attendees, speakers, vendors, and of course our staff: Bethany Roun and Laura Decoster. After reading this newsletter, you will appreciate that NHMI is busy supporting its mission of "advancing knowledge in musculoskeletal care and sports medicine and promoting and providing a safe sports environment for athletes." In addition to the Winter Meeting, other education efforts continue. We have started the recruiting process for next year's residents to replace our two current outstanding residents. Safe Sports programs continue our dedication to youth sports safety. I want to close by noting that March is National Athletic Training Month. Many people, young and old, athletic or not, do not know what an athletic trainer does or who they are. We all need to work to educate our communities. Athletic trainers are "guardian angels" for our children, and adults, in sports.

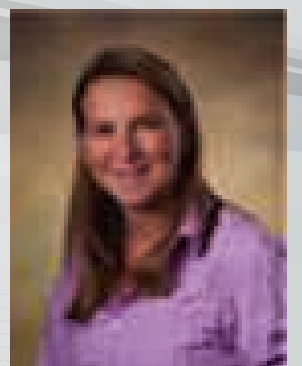


OUR EXECUTIVE DIRECTOR: *Laura Decoster*

I still love helping parents through their kids' injuries, even after all these years. Usually it's on the phone for me now since I'm not on the field any longer. It's very rewarding to start a conversation with a confused, scared parent and end that same call with an informed, confident parent. Concussion phone calls are frequent. But, this morning I spoke with a mother worried about her son's finger injury. He'd seen two doctors. Mom was frustrated because the doctor told her that he didn't see any fractures on the x-ray, but her son should take 2 weeks off anyway. Not exactly a sports medicine approach! Young athletes need professional sports medicine care as much as - or more than - their older counterparts. Donors have made Safe Sports Network available for thousands of kids. It makes a real difference for kids every day. Thank you!

SAFE SPORTS DIRECTOR: *Amy Hollingworth*

We are in the midst of another winter sports season. Safe Sports athletic trainers are hard at work on the courts and rinks keeping young athletes safe. This fall, area athletes worked hard with our sports medicine team to rehab injuries and get back on the field. From August through November, over 650 new injuries were treated and nearly 7,000 treatments were administered! I would personally like to thank the donors who make it possible for these athletes to get this quality sports medicine care. March looks to be a busy month for Safe Sports. The FREE physicals are being offered on Thursday, March 20th. We are very excited about the presentation of Athletes Saving Athletes™ on March 27th. We are thankful for the support received from Harvard Pilgrim Health Care of New England to bring this program to Manchester. Look for Safe Sports athletic trainers at the CHaD Battle of the Badges hockey game on March 1st and again in June on the sidelines of the BASC East/West High School All-Star game. We are proud to be part of these events and look forward to continuing to work with CHaD for many years to come. To learn more about the physicals, games and other Safe Sports events, check out our page on the web at www.safesportsnetwork.org. *As always I thank you for your support of the Safe Sports Network.*



THANKS TO OUR WINTER MEETING GOLD SPONSORS.

