

# Thank you!

## WHO'S TAKING CARE OF OUR [YOUNGER] KIDS?

PRETTY MUCH NO ONE... OTHER THAN YOU!



Progress is being made. 70% of New Hampshire high school athletes now have access to an athletic trainer. Younger and recreational athletes...? Forget about it! Except where you come in. Thanks to you, Safe Sports can make care available to some area youth leagues.

Very few young athletes have access to sports medicine prevention and care. But research shows a 40% reduction in major knee injuries in female athletes with the implementation of a simple prevention program. You can help.

**Your continued support could mean expansion of care to include more middle school and recreational athletes.**

## EVERYONE WITHIN 20 YARDS HEARD THE SNAP!

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Mike had to have a rod placed in his leg to hold the broken bones together. He came through that like a trooper and a few days later accompanied his team on a road trip. He is back in school with crutches and a bright yellow cast. His coaches and teammates have rallied to support him and have dedicated the season to him. **You made sure Mike had what he needed. Don't stop now. A thousand other athletes will need your help this school year when they get hurt!**



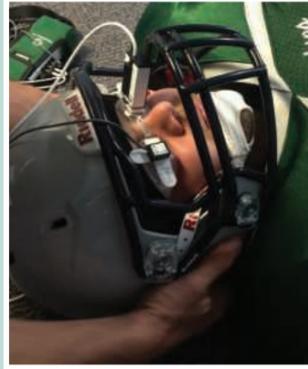
Mike had to have surgery to insert a rod to hold his broken bone together.

**"Needless to say, Michael is devastated. He's worked so hard and this was his time. Not just because it is his senior year, but for many reasons. Thank you for taking care of him and comforting him."**

**Debbie - Mike's mom - in a note to Mike's Safe Sports athletic trainer**

## RESEARCH SEEKS TO ESTABLISH BEST EMERGENCY EQUIPMENT MANAGEMENT

Protective equipment can interfere with the ability to deliver first aid during an emergency. What if there's a neck injury? What's the safest way to get past the helmet to the airway? These are some of the most dangerous situations in sports. Your donations have supported several research studies on this question. Old-fashioned equipment removal techniques were abandoned after your studies found they just didn't work. And football equipment that needlessly hindered airway access has been renovated by equipment manufacturers. We now have a lot of answers for the sport of football. **What about other sports? This work still needs your support.**



The hands of a research participant stabilize the head. Sensors attached to goggles will capture motion data. What's the safest way to get past the helmet to the airway?

## TEST YOUR SPORTS MEDICINE KNOWLEDGE! DO YOU KNOW THE ANSWERS TO THESE QUESTIONS?

1. True or false: Only people who get knocked out have had a concussion.
2. Compared to boys, girls have major knee injuries (ACL tears)
  - a) with about the same frequency
  - b) twice as often
  - c) 6-8 times as often
3. True or false: Sudden cardiac arrest is a leading cause of death among young athletes.

1. False. Only about 10% of sports concussions include being knocked unconscious. 2. C. Girls tear the ACL in their knee 6-8 times as often as boys. Prevention programs can reduce their tears by up to 40%. 3. True. Every year 30-40 young athletes die playing sports. Sudden cardiac arrest causes more of those than all other causes combined.

# NHMI NEWS



The newsletter for supporters of NHMI and Safe Sports Network! | Fall 2014, Volume 20, No. 3

## EVERYONE WITHIN 20 YARDS HEARD THE SNAP!

Some years go by with few broken bones. Not this year. Several serious fractures suffered by our young athletes have even needed surgery. Thanks to you, Mike C. had a Safe Sports Network athletic trainer right there on the field when his leg broke so explosively, everyone heard it.

*Between screams of pain, Mike showed that he didn't need an x-ray to know his injury was bad. "My leg is broken!"*

After three years as a backup, Senior, Mike C. was coming into his own. He was a brand-new starter. He had worked hard. He was still working hard that

day in only the second week of the season. They were practicing defense for that weekend's opponent. Although Mike was a running back, he had a role. He had to act like the visiting running back to help get his defense ready for the challenge. They had run a few plays when Mike was tackled around the legs. The tackler wrapped his arms around Mike's feet and legs and somehow everything got twisted. That was when everyone heard the snap. Followed by screaming.

Even though you weren't there that day, your support meant Mike had professional sports medicine care right there when he needed it. His Safe Sports athletic trainer examined Mike's leg then immediately splinted the injury and called for an ambulance. The injury was so bad that Mike had to have intravenous pain drugs right there on the field. The drugs didn't help his broken heart, though. He kept repeating over and over, "My season is over. There goes my whole career."

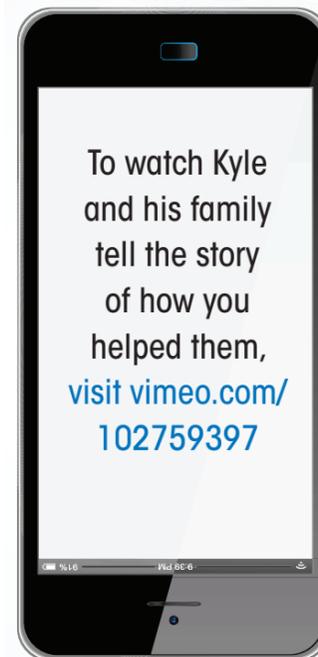
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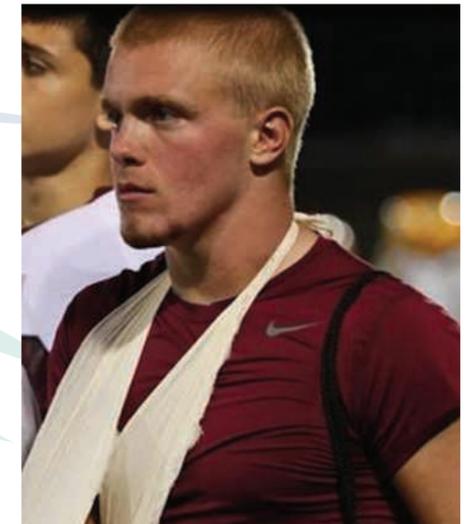
An awkward landing and Mike suddenly needed expert help. Your support meant he had it.

## ATHLETE BREAKS STRING OF BAD LUCK

### NEWS FLASH: KYLE PLAYED THE WHOLE 2014 SEASON WITHOUT AN INJURY!



Many of you met Kyle at the Safe Sports Social in March. He was one of the co-stars of the video. The one who finished rehabilitating one dislocated shoulder... Just to dislocate the other one the next season! If not for bad luck, Kyle might have no luck at all. Except he was lucky enough to have your support of Safe Sports to help him through his injuries.



Kyle watches from the sidelines after subluxing his right shoulder in the 2012 football jamboree. Your generous donations meant he had the care he needed on the field. And would again when he dislocated his other shoulder the next spring!

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### THANK YOU TO OUR FOUNDATION SPONSORS



# Safer athletes.



Kyle made it back from injuries to both shoulders to win a state championship with his teammates.

*"I'd like to thank the donors who made it possible for [the Safe Sports athletic trainer] to be there to take care of Kyle."*

*Kyle's mom,  
Jeanine.*

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Kyle set his sights on the 2014 baseball season... And he made it. He not only made it to play, he played the full season! Safe Sports athletic trainer Bethany Roun took care of Kyle. Both Kyle and his mother are very thankful that Beth was there. From his mom, Jeanine, "The athletic trainer is probably the most important person on the field. I'd like to thank the donors who made it possible for Bethany to be there to take care of Kyle."

## YOUR SCHOLARSHIP DOLLARS

YOU SENT A HIGH SCHOOL KID TO CAMP AND A PT STUDENT TO NHMI'S ANNUAL SYMPOSIUM

Improving musculoskeletal and sports medicine care is the goal... whether we're taking care of athletes or teaching people to take care of others. You make it possible.

Twenty years of generous donations have supported outstanding, low-cost local continuing medical education. About five years ago, several long-time attendees started donating to support student attendance at the meetings. They believe it's critical for young clinicians to realize as early as possible that very little is really like it seemed in the textbook. Since then, donations have helped more than 20 students attend NHMI's annual fall symposium. Last year, one of those students was Austri Silver. Recently, Austri sent a note.

*"I had such a great time last year at the symposium and felt very fortunate to have received a student scholarship to attend. I loved the lecture on ...shoulder rehab and frequently use [it] with my patients. I'm so excited to come back to the symposium this year as a new PT and am looking forward to the wonderful learning opportunities ahead."*

Another scholarship sends high school kids to a camp that helps them weigh a career in sports medicine. A recent winner, Brandon Hammerstrom, "had an amazing experience at camp learning about emergency situations and how to prevent injuries from recurring." Brandon was incredibly grateful to the donors that allowed him to attend that camp. "Thank you again for giving me the opportunity to learn about the career I am now certain I'm going into. Thanks. Brandon."



Your support gives young sports medicine professionals access to cutting-edge information and nationally-renowned speakers like Darin Padua from UNC-Chapel Hill.



You send winners of the Letendre Scholarship to a summer camp for high school students. Campers learn about the field of athletic training.

***"Thank you again for giving me the opportunity to learn about the career I am now certain I'm going into."***

- Brandon Hammerstrom - now a Springfield College athletic training student.

# Because of you.

## KIDS...AND COACHES...LEARN LIFE-SAVING SKILLS

YOUR SUPPORT MAKES CRITICAL INFO AVAILABLE TO LIKELY FIRST RESPONDERS



Safe Sports Director Amy Hollingworth teaches kids the theme of the Athletes Saving Athletes™ course. "What you know may save someone you know." A grant from Harvard Pilgrim Health Care makes this program possible.

The Athletes Saving Athletes™ program teaches student-athletes to recognize signs and symptoms of

potentially-catastrophic sports injuries and illnesses. The program stresses the importance of letting an adult know when someone may be in trouble. With approximately 40 young athletes dying and more than 5 million youth sports injuries every year, this could not be more timely. The more people that know this important information, the better. With your help, we are starting to make a dent. More than 100 Manchester athletes have been through Athletes Saving Athletes™.

*"I had no idea what an AED was. Now I know what it is, where it is and how to use it if someone needs it."* ASA class participant.

Coaches are also taking advantage of CPR/AED and first aid training available to them because of

your support. Some youth leagues, like Manchester's South Sabres, have brought their entire coaching staff in for classes.



Central students learn to use an AED and do CPR. Sudden cardiac arrest is the most common cause of death in young athletes.

Together we are making a difference. But we are just scratching the surface. Many more athletes and coaches need to know how to help in an emergency. With your support, they may even save a life.

COUNT US IN Harvard Pilgrim HealthCare of New England

## THIS IS BRENDAN

*Brendan is just one of thousands of athletes helped by donors like YOU.*



Last football season, Brendan had a serious neck injury. Brendan had the crucial care he needed that day because of your support.

Gifts from donors like you mean kids have this vital care every day.

Visit [www.nhmi.net](http://www.nhmi.net) to donate now.

(Visit [vimeo.com/103715051](https://vimeo.com/103715051) to watch Brendan and his family tell their story.)

## COACHES KNOW THE VALUE OF HAVING ATHLETIC TRAINERS

One longtime local coach has put up \$5000 to match your donations between now and November 30th. He knows kids still need your help! Become a monthly donor and do more every day to take care of our young athletes.

