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NHMI NEWS

New Hampshire Musculoskeletal Institute

Advancing knowledge in musculoskeletal care and sports medicine

SPRING 2011

(Volume 17, No. 1)

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NHMI Welcomes New Board Members

Dr. Erik E. Swartz, PhD, ATC, FNATA was elected to NHMI's Board of Directors; his term began January 1, 2011. Dr. Swartz has been a longtime member of NHMI's Research Committee and an integral part of NHMI research and education programs. He is an associate professor and clinical coordinator in the University of New Hampshire's Athletic Training Education Program.

Dr. Tamara C. Valovich McLeod, PhD, ATC, FNATA was recently elected to NHMI's Advisory Board. Dr. McLeod was NHMI's 1998-1999 Athletic Training Fellow. She went on to receive her doctorate from the University of Virginia and has further distinguished herself at A.T. Still University where she is an associate professor and the inaugural John P. Wood, D.O., Endowed Chair for Sports Medicine.

DON'T MISS NHMI'S 18TH SYMPOSIUM ON SEPTEMBER 10!

Complete course information and registration available online at www.nhmi.net.

NATA Recognizes NHMI Leaders

Several members of NHMI's leadership will receive recognition for their contributions to the field at this year's NATA Annual Meeting. We're proud to congratulate:

Marjorie King, PhD, ATC, PT, an NHMI Founder and member of NHMI's Board of Directors, was inducted into the National Athletic Trainers' Association Hall of Fame. Induction into the Hall of Fame honors athletic trainers who exemplify the mission of NATA through significant, lasting contributions that enhance the quality of health care provided by athletic trainers and advance the profession.

The NATA Fellows program recognizes professional achievement in research and/or education, combined with service to the profession. Only the most accomplished scholars in the athletic training profession earn this distinction and are allowed to use the prestigious designation of "FNATA." In 2011, three of the seven new NATA Fellows have NHMI connections including the two new Board members mentioned here, **Erik Swartz** and **Tamara Valovich McLeod**. **David Perrin, PhD, ATC, FNATA** also received this recognition this year; Dr. Perrin has been a member of NHMI's Advisory Board for over 10 years.

The NATA's 2011 Continuing Education Excellence Award will go to **Laura Decoster**, NHMI's Executive Director. This award honors an individual who has made outstanding contributions to the profession of athletic training in the area of continuing education. Candidates are evaluated on several different criteria including creative works, volunteer service related to continuing education and speaking/presentations.

Finally, recognition as the *first runner-up* for the Journal of Athletic Training Kenneth L. Knight Award for Outstanding Research Manuscript went to: **Erik E. Swartz, PhD, ATC; Keith Belmore, MS, ATC; Laura C. Decoster, ATC**; Charles W. Armstrong, PhD: "Emergency Face-Mask Removal Effectiveness: A Comparison of Traditional and Nontraditional Football Helmet Face-Mask Attachment Systems."

In this Issue

- Renewed Collaboration with NH Pediatric Society
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EDUCATION UPDATE

NHMI Education for Physicians/Providers

Orthopedic Presentations & Grand Rounds

Reflecting NHMI's recently-expanded commitment to provide education for physicians, we have committed to programs in two areas. The first will involve a traveling series of orthopedic presentations/grand-rounds style meetings in New Hampshire. We anticipate coordinating 3 to 4 of these meetings annually and working with interested practices in various regions to host them at convenient sites. It is probable that at least one of these annual meetings will piggyback on one of the New Hampshire Orthopedic Society regular meetings; since people are already out for those meetings the attendees can kill two birds with one stone.

Musculoskeletal and Sports Medicine Education for Primary Care Providers

The second area of expanded offerings for physicians is providing CME for pediatricians and other primary care providers. In September 2010, NHMI collaborated with the New Hampshire Pediatric Society to present a thorough overview of sport-related concussion for physicians. We will once again collaborate with the NH Pediatric Society to provide another CME opportunity on May 8, 2012 in Bedford, NH. Topics will include musculoskeletal issues like shoulder injuries in young athletes and managing recurrent ankle sprains, as well as several sports medicine topics including an overview of the controversy surrounding the use of ECG/echocardiogram in pre-participation physicals.

NHMI Education for Healthcare-Professions Students

Another area of education expansion for NHMI includes reaching out to healthcare-professions students. On February 4, NHMI coordinated a knee anatomy workshop for student athletic trainers from Plymouth State University. This was the first of what we hope will be many student sessions with New Hampshire's athletic training and physical therapy students. Although some of these students do, in their education programs, experience human dissections, the NHMI workshops are presented by orthopedic surgery professionals who are able to make specific correlations between the displayed cadaver anatomy and common injuries or surgeries.



Fascinated Plymouth State athletic training students watch as Scott Evans, PA-C (NHMI Residency Orthopedics Preceptor) reveals knee anatomy.

Finally, we are hoping to receive grant money that would allow students from these programs (and possibly for orthopedic residents) to attend our professional education meetings. Stay tuned for news on that!

RESEARCH UPDATE

Paper Published

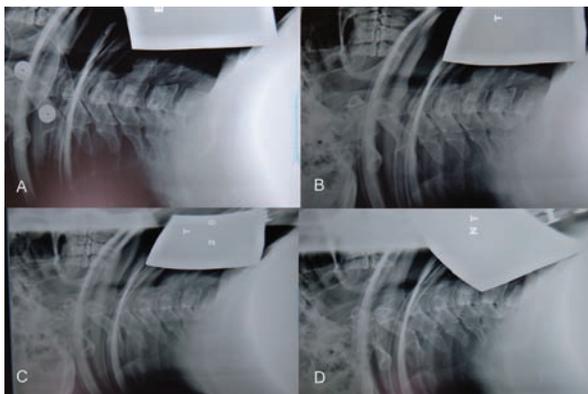
Prehospital emergency removal of football helmets using two techniques. *Prehospital Emergency Care* 2011;15(2):166-74. Congratulations to authors: Erik E. Swartz, Adam E. Hernandez, Laura C. Decoster, Jason P. Mihalik, Matthew F. Burns, Cate Reynolds.

Abstract to be presented at NATA in New Orleans

Radiographic Evidence Demonstrates that Occipital Padding Maintains Cervical Alignment after Football Helmet Removal. Congratulations to authors:

Adam E. Hernandez, Laura C. Decoster, Matthew F. Burns, Erik E. Swartz, Dinakar S. Murthi, James C. Vailas, Linda L. Isham.

This study compared cervical spine alignment with helmet (A), padding (B, C) and no padding (D).



12TH ANNUAL WINTER MEETING

to be held at **Stowe Mountain Lodge**, January 20-22, 2012! Whet your appetite for this great new ski-in ski-out venue at www.stowemountainlodge.com.





COMMENTS FROM THE PRESIDENT



Greetings, I am excited and grateful for the advancement of NHMI's mission over the last several months since our last Fall 2010 newsletter.

First, I want to congratulate our executive director, Laura Decoster, for receiving the NATA 2011 Excellence in Continuing Education Award; very well deserved! Great work, Laura.

Also, I want to congratulate our board members, Drs. Swartz, Perrin, and Valovich for being recognized by the Fellows program for NATA; and Dr. King for being inducted into the NATA Hall of Fame. Please, read the more about our advisors and these awards on Page 1 of this newsletter.

Through the effort of our Board members and professional colleagues, and the guidance of our consultant, Dianne Connolly, NHMI is making strategic changes within key aspects.

First, related to the NATA's post-professional program accreditation process, our athletic training fellowship will be called a residency and fellows will be known as residents. Other changes involve Laura's time and focus. She will transfer her day-to-day Safe Sports Network responsibilities to Keith Belmore, MEd, ATC. Keith was one of our 2007-2008 fellows. After spending the intervening years as the Head Football Athletic Trainer at Plymouth State University, Keith will become the Director of the

Safe Sports Network this summer. This will allow Laura to focus on expanding NHMI's education efforts.

Already, as you can see in this newsletter, we are expanding our educational programs for

physicians and surgeons with grand rounds and collaborative symposia with our primary care colleagues. We also plan to expand offerings to allied health professionals; one program is the cadaver dissections which are off to a great start.

Finally, we are working on plans to begin offering community sports medicine education.

It is a very exciting time for the Institute; we are planning to expand our board to include more community involvement. Hopefully, with this expansion there will more opportunity for future fund-raising and support to grow NHMI. We are currently organizing a major fund-raising plan and by the time the next newsletter circulates we will have a solid plan. In closing, I want to express my sincere gratitude to our Board members, professional colleagues, Dianne, and Laura for the significant work they provided throughout the strategic planning process. And for our readers who are interested in our winter meeting in Vermont, I encourage you to look at our website and the Stowe Mountain Lodge website to learn more about a great opportunity at a great and special place.

NHMI GET-TOGETHER PLANNED FOR NEW ORLEANS

Laura Decoster will host a cocktail reception during the NATA's Annual Meeting. Current and past Fellows/Residents, Advisors and others close to the Institute are invited. Please contact Laura Decoster if you will be in New Orleans on June 20 and would like to attend!



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Mission Statement

The Mission of NHMI is to share our passion for the advancement of knowledge in musculoskeletal care and sports medicine.

The Value of NHMI's Athletic Training Residency

By Adam Hernandez, 2009-2010

How does one articulate an experience that has so truly and profoundly shaped and influenced both their professional and personal lives? As I sat down to try and write about my NHMI experience I was struck by the enormity of the task. After many drafts and many failed attempts to truly express myself I came to the conclusion that the best way to describe my time at NHMI is simply: Top five experiences of my life!



To say that I learned more in one year than I ever have before would be a complete understatement and would not do my time at NHMI the justice it truly deserves. I knew my experience would be special when the first day of rotations I was able to go with the physician I was shadowing to help relocate a hip in the ER. Only now as I reflect on my time at NHMI, can I begin to fully appreciate all the experiences and teachable moments that I was part of. My orthopedic evaluation skills have grown tenfold, my rehabilitation skills were nurtured and strengthened, and my understanding of a myriad of diverse medical professionals has grown exponentially. While at NHMI I was able to actively engage in my own education and was encouraged by the faculty and staff daily.

Many of my fondest memories from NHMI are the professional and personal relationships that I was able to build. My team and network of supporters and mentors has grown greatly. The staff and faculty of NHMI want you to succeed and do their best to see that you do. As I leave NHMI I know I am part of a very special family that will always be there to guide me, support me, and even give me a little tough love if that is what I need to succeed. Stepping out into a new and exciting career as an athletic trainer I am confident, because of my time at NHMI that I can tackle any obstacle that is placed in front of me and I will come out the other end stronger and wiser.

NHMI has made me not only a better athletic trainer but also a better person. Without reservation, I would recommend the NHMI experience to both new athletic trainers and the seasoned veteran alike. Jobs come and they go but when you are given the once in a lifetime opportunity to do something great you should always take the risk and jump in feet first. NHMI is THAT opportunity. So close your eyes, hold your breath, and jump in. Do not worry if you can't swim, your NHMI family will guide you through the waters.

Each year NHMI hosts two Athletic Training Residents. Information about this program is available on our web page at www.NHMI.net

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