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Mission Statement

NHMI is a non-profit 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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Youth Concussion Management



Safe Sports Network provides a concussion management program for youth leagues in the greater Manchester area. Athletes at the sub-high school level can have access to professional concussion care. Concussion services include: education to help parents, coaches, and athletes recognize concussions; injury assessment; supervised return to play activities; referral as needed; and ImPACT baseline and follow up testing. We are currently working with five youth leagues. If you are interested in this service for your league, please contact Amy at amy@nhmi.net. For more information on this and all of our programs, please visit www.safesportsnetwork.org.

FREE DROP-IN SPORTS INJURY CLINIC

For more than 20 years, young athletes have had the Safe Sports Network free drop-in injury clinic to help them with their sports injuries. The drop-in is staffed by certified athletic trainers who can assess, treat and refer as needed. Strains, sprains and concussions...all are welcome! NOTE: Serious and life-threatening injuries should be seen at emergency departments.

SUMMER HOURS: Monday – Friday, 3-4pm and by appointment

SCHOOL YEAR HOURS: Monday – Thursday, 3-6pm; Friday, 3-4pm

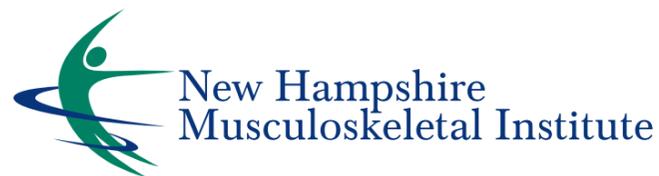
Visit us at www.safesportsnetwork.org for more information on this free service!

CPR/AED CERTIFICATION CLASSES AVAILABLE

Safe Sports Network is now offering classes for CPR certification. CPR can be a vital lifesaving tool. Classes are now available for youth league officials, coaches and other interested parties. First Aid Training is also available. If you or someone you know is interested in becoming CPR certified, please call 603-627-9728 or visit our website at www.safesportsnetwork.org

PLEASE CONSIDER A DONATION!

Would you consider leaving your child at a public pool if there was no lifeguard?! Thousands of young athletes get professional sports medicine care because of donors just like YOU! Donors ensure that kids at 7 NH high schools get on-site athletic trainers and that all young athletes have access to a free injury clinic. This is important for even minor sports injuries. But it can mean the difference between life and death in emergencies like heatstroke or brain injury. Even a small donation helps ensure kids have essential sports medical care. Click DONATE at www.safesportsnetwork.org. **Donate today. You could help save a young athlete's life!**



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www.nhmi.net

ADVANCING KNOWLEDGE. ADVANCING CARE.

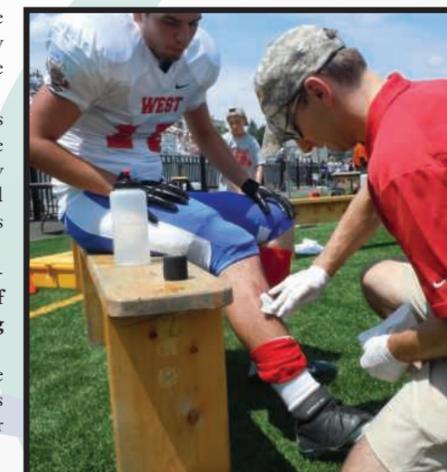


KEEPING CHaD ALL-STARS SAFE



Every year the state's best graduating seniors play (and cheer!) the East vs. West Football All-Star game to benefit the Children's Hospital at Dartmouth (CHaD). Safe Sports Network athletic trainers were there once again to ensure the athletes' safety. Safe Sports made sure that these young athletes stayed healthy and safe in 2 weeks of practices and on game day. Bethany Roun and Chip Cloutier cared for the East Squad. Jeremy Turner and Samantha Desmaris took care of the West team. Safe Sports Medical Director Jim Vailas, MD, served as team physician. The event took place at St. Anselm College and provided non-stop action from start to finish.

The game saw a tough defensive West team handle the East squad and win 24-7. The West All-stars have now won three straight games and remain undefeated in the game's young history. Game day was very hot and humid. Safe Sports athletic trainers were right there making sure everyone was properly hydrated throughout the day. They also utilized Cool Temp towels so the athletes would have some reprieve in between plays. Heat illness is preventable with proper attention to safety. The efforts were successful - not one athlete had a heat-related injury. **Please contact Safe Sports Network if you have questions about making sure your young athletes are safe.** The event raised over \$280,000 dollars for critical care programs at CHaD. Congratulations to all the athletes and to CHaD! We look forward to next year's first ever night game!



ATHLETES SAVING ATHLETES™ PROGRAM A BIG HIT WITH CENTRAL HS STUDENTS

On March 27th, 56 Central H.S. student-athletes took part in a program designed to help students recognize signs and symptoms of life-threatening conditions. The program is called Athletes Saving Athletes™ (ASA™). It was presented by Safe Sports Network Director Amy Hollingworth. The goal of ASA™ is to reduce the risk of injury and death for student athletes. They accomplish this by using the power of knowledge and kids talking to kids.

Students learn that, "What they know may save someone they know." These athletes are now "ASA Ambassadors" who made the commitment to share their new knowledge with current and future teammates.



Athletes from Central High School learn CPR from Safe Sports Director Amy Hollingworth

The ASA™ program topics included head and neck injuries, heat illness, sudden cardiac arrest, diabetes and asthma. Student athletes learned to recognize when they should get immediate help from the athletic trainer or coach.

Hands-Only CPR and the use of an AED (automated external defibrillator) are important subjects in the

IN THIS ISSUE

- Staff Spotlight : Bethany Roun ATC, NHLAT
- Mom thankful for care of son's shoulder
- Year-end Snapshots From Safe Sports Schools
- Youth Concussion Testing

Thanks to our Safe Sports Social Sponsors!



NHMI RESEARCH ABSTRACTS AT NATA

NHMI Residents spend their year here learning and working. The program includes doing a research project. Brad Endres and Theresa Chester (2012-2013) did studies on the emergency removal of football equipment. One focused on uniform removal in a heat stroke scenario. The other looked at whether the facemask should be removed prior to helmet removal. **Abstracts from both studies were presented June 27 at the National Athletic Trainers Association annual meeting in Indianapolis.** Congratulations to Brad, Theresa and all their co-authors.



STAFF SPOTLIGHT: Bethany Roun, ATC, NHLAT



Bethany Roun is one of Safe Sports Network's most recent additions. Bethany has just finished her second year at Goffstown High School. Bethany has truly enjoyed becoming a part of the Goffstown athletic community. Coaches, parents and athletes can see Bethany at games and practices throughout the year. "To be able to come into a new town, and immediately feel welcome by such a strong athletic community has been amazing. To be a part of helping and watching the athletes grow has been the best part of being at Goffstown," says Bethany. Goffstown always has the athletes' best interests in mind. This lets Bethany focus on making sure the kids are safe.

PARENT TESTIMONIAL

A Londonderry HS parent thanks Safe Sports AT Jeremy Turner

On Friday January 17, 2014, our son Andrew dislocated his shoulder in a basketball game being played at Bishop Guertin. We would like to thank the athletic trainer at BG for the excellent care [our son] received. At the time of the injury, my understanding is that my son's shoulder was out of its socket. His arm was purple and he was in excruciating pain. The athletic trainer calmly worked my son's arm to get an understanding of the magnitude of the injury. Through this process, the shoulder popped back into place. My son's arm turned

back to normal color. He was given a shoulder sling and ice to ease his discomfort. The trainer followed up with us during the game discussing the injury and again with all of us after the game. He also recommended an orthopedist to assess the damage. He communicated directly with Michelle Hart-Miller, Londonderry HS athletic trainer. **We want to thank the athletic trainer for the excellent medical care provided to our son at the time of the injury, and helping all of us emotionally deal with the situation.**



From to L or R: Dr. Art Maerlender, Laura Decoster, Dr. Jim Vailas

MAERLENDER RECOGNIZED AS SAFE SPORTS STAR OF THE YEAR

The 2nd Annual Safe Sports Social was held March 26th. The night was full of heartwarming stories highlighting the need for continued focus on youth sports safety. The inaugural Safe Sports Star of the Year award was presented to Art Maerlender, PhD. In 2008, Dr. Maerlender founded the NH Advisory Council on Sport Concussion. The Council helps schools with concussion management. Dr. Maerlender oversees neuropsychological testing at 30 schools in NH. Student athletes at these schools have concussion care that rivals most college programs. Dr. Maerlender was honored for his extraordinary contribution to youth sports safety.

Bedford: Eric Gelinas, MS, ATC, NHLAT

Another year gone by and it's hard to believe I'm wrapping up my 5th year here. What can I say? Bedford keeps continuing the winning tradition and racking up State Titles like its business as usual. Eleven in one school year has to be a record. I want to say thank-you to all the athletes, coaches, and parents for making my job so enjoyable. Lastly, congratulations to the senior class of 2014. I couldn't have asked for a better group of young people to work with. I will truly miss you guys next year. Don't hesitate to come back and visit. See everyone else in August!

Goffstown: Bethany Roun, ATC, NHLAT

Congratulations to all Goffstown athletes on another successful year. Every athlete showed determination to be better and stronger than they were last year. 2013-2014 brought along many firsts and continued success. Congratulations to all athletes that were involved in playoffs this year. A big congratulations to our State Champion wrestlers, our baseball team on their D2 state championship, and our boys lacrosse team on a very exciting state championship game against Bedford High School. I want to thank all GHS seniors for keeping this year exciting, and to wish you all the best in your future endeavors!

Memorial: Sam Desmarias, ATC, NHLAT

I would like to thank everyone I have come in contact with at Memorial High School. Because this was my first year, I was a little nervous about how it would go, but everyone was very kind and helpful. Each and every one of my teams (athletes & coaches) was a pleasure to work with, and I am very excited to come back next year!

Campbell: Chip Cloutier, ATC, NHLAT

We had a good year here at Campbell with three State Championships. No real serious events to report, only a couple requiring doctor referral. The stretching and conditioning programs that our coaches are running are keeping our injuries to a minimum, as well as our coaches' dedication to safe practicing standards. Our first year as an IMPACT school has given us another tool to better protect our students both on and off the field, and prevent concussions from becoming a chronic problem for our athletes. Overall a successful year and I am looking forward to starting again in August.

Bishop Guertin: Jeremy Turner, ATC, NHLAT

The 2013-2014 seasons were a fun and exciting time for Bishop Guertin High School. Congratulations to BG's Boys Golf, Girls Indoor Track, and Boys Lacrosse teams for their hard work and accomplishment of winning State Championships. A special congratulations goes to two BG student-athletes for being awarded the NHIAA Student Athlete of the Month: Michael Deveraux (November) and Molly McCabe (March). We would like to thank Br. Mark Hilton, S.C., for his work and dedication to BG and the community as President. Brother Mark will be taking a new position and will be leaving BG this July. Congratulations to Linda Brodeur, current principal, who will be the new president at BG and finally welcome to Jason Strniste who will be the new principal.

Central: David Moreton, ATC, NHLAT

2013-14 saw many successes for Central on both the team and individual levels. We had state title winners in boys basketball and ice hockey, as well as individual state winners in wrestling. Congratulations to everyone else on all their accomplishments this year! If anyone is looking to improve themselves physically, contact me this summer. I have sport-specific programs designed to improve strength, speed and power depending on the needs of each sport. See you in the fall!

SAFE SPORTS: BY THE NUMBERS

2013-2014

11,920

Treatments provided to young athletes

4,500

Approximate number of athletes on our teams

1260

New Injuries evaluated

7

High Schools with Safe Sports onsite

5

Youth leagues enrolled in Safe Sports' concussion program

West: Kevin Silva, MS, ATC, NHLAT and Max Cohen, ATC, NHLAT

We would like to send a special thank you to Manchester West High School for allowing us to provide athletic training services to all the student-athletes. This past year has been an incredible learning experience, helping us to grow both personally and professionally. Our student-athletes are a unique group of individuals and each one had an impact on us. For this we would like to say thank you again and we wish them all the best in their future endeavors.



WHAT IS A CERTIFIED ATHLETIC TRAINER?

We know the name is misleading. A certified athletic trainer is a specialized sports medicine professional, NOT a coach or fitness trainer. The four-year professional preparation athletic trainers get includes anatomy, neurology, exercise physiology and course work in injury prevention, care and rehabilitation. Although only a Bachelor's degree is required to sit for board certification, more than 70% of athletic trainers have a Masters degree. Certified athletic trainers act as an extension of their team physicians, providing on-site care to ensure athlete safety.

