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### Mission Statement

The New Hampshire Musculoskeletal Institute is a nonprofit organization established to promote, conduct, coordinate and disseminate musculoskeletal research and education and to ultimately improve musculoskeletal health care.

## The Value of NHMI's Athletic Training Fellowship by Tamara (Valovich) McLeod, 1998-1999

I can honestly say that without the NHMI Fellowship I would not be in the position that I am in today. After completing a Master's degree in kinesiology, I was looking for a way to get back into athletic training and the Fellowship program allowed me to return to my athletic training roots. During my time as a fellow I was exposed to many diverse healthcare settings and was able to participate in several clinical rotations that allowed me to learn more about other healthcare professions, while teaching others about athletic training. Looking back, I feel the individuals involved with the Fellowship program, especially the

research component, were invaluable resources that led me to enroll at University of Virginia in the Doctoral Program in Sports Medicine. The clinical, teaching, and research experiences I gained during my one year as a fellow have benefited me greatly as a young faculty member and athletic training researcher. I am pleased to say that one of my own students (Larrie Bogniren, MS, ATC - 2006-2007) has followed in my footsteps and has recently completed the program. I would encourage any young athletic trainer to consider expanding their athletic training horizons through the NHMI Fellowship.



Each year NHMI hosts two Athletic Training Fellows. Information about this program is available on our web page at [www.nhmi.net](http://www.nhmi.net)

**NHMI is a 501(c)3 Corporation.  
Donations are tax-deductible.**

Please make checks payable to NHMI and mail to:

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**Sports & Rehab**



## FALL 2007

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# NHMI NEWS

New Hampshire Musculoskeletal Institute  
*A nonprofit organization established to conduct research and education*

## 8th Annual Orthopedic Winter Meeting MARK YOUR CALENDAR FOR JANUARY, 2008

Brochures will soon be in the mail and online info is up and ready now. Register, your registration fee includes your room and the CME activity -- considering that the fee barely covers the room at this great resort, this is an outstanding bargain. Our sponsors make that low fee possible and they will be glad to receive your thanks during exhibit hours. **Early-bird registrants save \$100** and should be in time to grab a spot for NHMI's 8th Annual Orthopedic Meeting.



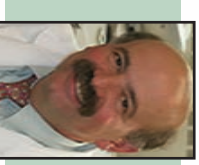
To kick off the 2008 meeting we will once again offer an optional workshop on Friday, January 25 from 10 to noon. This workshop is sponsored by Smith & Nephew and will focus on Current Concepts in Rotator Cuff Repair such as double row repair techniques, knotless repair and knot tying. There is no additional cost for this workshop, but pre-registration is required.

Past attendees will be familiar with the meeting schedule, which allows for a great combination of continuing education, collegial interaction and recreation. Eight hours of Category 1 CME are spread over three sessions

beginning Friday afternoon at 3 p.m. Following that educational session is a cocktail/hors d'oeuvre reception that allows you to connect with your colleagues and spend time with exhibitors whose sponsorship allows us to offer this meeting at such a great price. Two Saturday sessions, morning and afternoon, are divided to allow attendees time to hit the slopes... or let the Spa staff hit them.

Speakers and topics focus on issues in orthopedic surgery. The faculty consists of: Melvin Rosenwasser, Alan Curtis, Jack Wixted, Andrew Chen, Andrew Elliott, Ian Dickey, Tim Poutre, Lisa Eisenlohr and Scott Sigman. Please visit NHMI's webpage ([www.nhmi.net](http://www.nhmi.net)) for full program information.

**Melvin Rosenwasser, MD**  
is only one of the great speakers you'll hear at our '08 orthopedic meeting.



For the sixth year, this meeting will be held at the Stowe/Flake Mountain Resort and Spa. Stowe/Flake is conveniently located in the heart of Stowe, VT. The Resort has grown into a four-season, world-class resort, and a premier conference center certified by the International Association of Conference Centers (IACC).

### In This Issue:

- NHMI Advisors Appointed
- President's Comments
- Research Updates
- McLeod Reflects on Fellowship

# NHMI Congratulates Advisors/ Committee Members

Two NHMI Advisors and one member of our Research Steering Committee have recently been named to prestigious posts at their respective Universities.

**Arthur Vailas, PhD** provided NHMI with invaluable guidance during its inception and early growth and he remains a member of our Advisory Board. At this writing, Dr. Vailas has taken over as President of Idaho State University.



Dr. Vailas's past posts include vice chancellor and vice president for research and intellectual property management for the University of Houston, where he also served as professor and distinguished chair in biology and biochemistry. He has served the University of Wisconsin-Madison as associate dean for research and development, professor of orthopedic surgery, kinesiology and director of the Biodynamics Laboratory. Earlier in his career, Dr. Vailas was a professor in the department of physiological sciences at the University of California, Los Angeles.

Dr. Vailas has served on national boards and scientific panels for NASA and the National Institutes of Health (NIH) and consulted for biotechnology and aeronautical companies. He received his Ph.D. at the University of Iowa and his B.S. degree at the University of New Hampshire where he played college football.

**David Perrin, PhD, ATC** has served as a member of NHMI's Advisory Board for more than ten years. He has also contributed to NHMI educational programming as a lecturer. Dr. Perrin has recently been named Provost (chief academic officer) at the University of North Carolina-Greensboro.



Perrin started at UNCG in 2001 as dean of the School of Health and Human Performance and professor of exercise and sport science. Before UNCG, Perrin was at the University of Virginia's School of Education from 1986-2001. There he was chair of the Department of Human Services and the Joe Gleck Professor of Sports Medicine from 1999-2001.

He is a past Editor-in-Chief of the Journal of Athletic Training and author of several books. He earned a Bachelor of Science degree from Castleton State College in Vermont and a Master of Arts in physical education with a specialization in athletic training from Indiana State University. He holds the PhD degree in exercise physiology from the University of Pittsburgh.

**Julie Bernier, PhD, ATC** is a member of NHMI's Research Steering Committee. After serving in several posts at Plymouth State University, Dr. Bernier has been named PSU's new Provost and Vice President of Academic Affairs.

She most recently held the position of Interim Provost and has been part of the PSU staff for nearly 20 years. In the past at PSU, Bernier served as faculty in athletic training, as well as the director of graduate and undergraduate athletic training education. She has served as



chair of Health and Human performances, as well as serving as the Associate Vice President for undergraduate studies and as the director of the Frost School when it opened in 2005.

Bernier received a bachelor's degree in physical education and sports medicine, a master's degree in curriculum and instruction from Keene State College and a Doctor of Education in sports medicine from the University of Virginia.

## Symposium Crowd Comfortable in New SERESC Space

More than 200 people were easily accommodated in SERESC's new addition when NHMI held its 14th Annual Symposium on September 15. Speakers this year included: Stephen Cina, MAOM, Lic. Ac., LATC, Josh Cleland, PhD, PT, Ron Fuller, BS, PTA, Bill Morgan, MD and Holly Silvers, PT. Ten NHMI Members were treated to an excellent cadaver anatomy review with Marc Michaud, MD. The 15th Annual Symposium will be held September 13, 2008.



# NHMI GO MENTORS FROM THE PRESIDENT



Greetings from the beautiful state of New Hampshire where the foliage is peaking! Fall is always an exciting time for NHMI with new Fellows in full swing with their rotations and getting started with their research projects. Of course, our annual fall symposium adds to the excitement. The meeting was again a financial and educational success; many thanks to our sponsors, speakers, registrants, and, of course, Laura and her support staff. This year I was not able to attend the symposium for the first time since its inception fourteen years ago. Instead, I was attending the investiture of the 12th President of Idaho State University who happens to be one of our advisors and my brother Arthur. Needless to say it was a great event and honor to be part of it. Congratulations to Dr. Arthur C. Vailas. I would like to personally acknowledge and express my gratitude to Dr. Greg Soghikian, one of NHMI's board members, for assuming my role as the moderator for the Symposium.

The overall state of affairs for the Institute is strong. The research component is growing thanks to Laura and our institutional affiliates; two new publications are due out later this year. (See Research Updates.) Our endowment continues to slowly grow but we have not yet reached the level where the annual return can support the annual expenses of the Institute. Our projections show that we may reach that level in about five years, a great but reasonable goal. With that in mind, I am deeply thankful to those who have supported us and continue to support us.

A new addition to the Institute's programs is the Letendre Scholarship. This scholarship sends the winning high school junior to an athletic training summer camp. Our first recipient, Kelsey Isham from Manchester (NH) Memorial High School, had a great experience, and so off to a great start with this program. Thanks to Mark Letendre, the donor for this program.

Please note that our winter meeting will be January 25 & 26, 2008. For die-hard football fans – not to worry: this is the off week between the NFL Conference Championship games and the Super Bowl. Brochures were recently mailed... and as always, complete program info is available on NHMI's web page ([www.nhmi.net](http://www.nhmi.net)). The program will again be educational and enjoyable – I hope to see many of you in Slowe.

Thank you for your time and support.

Sincerely yours,  
Jim Vailas



## Research Update

**Use of the Combined Tool Approach for Face Mask Removal during On-Field Conditions** has been accepted by the Journal of Athletic Training. Stephanie Gale worked on this project as the principal investigator during her 2005-2006 Athletic Training Fellowship. Laura Decoster and Erik Swartz are co-authors. This study looked at the use of a cordless screwdriver (combined with the use of an appropriate backup cutting tool) for face mask removal during the 2005 football season. Six helmets each had a screw-removal failure at one position. All face masks except one (75/76, 98.6%) were removed with this approach within the prescribed 3-minute time limit.

**Combined Tool Approach is 100% Successful for Emergency Football Face Mask Removal** has been accepted by the Clinical Journal of Sports Medicine. Aaron Copeland (05-06 Athletic Training Fellow) ran this investigation during his fellowship. Co-authors: Laura Decoster, Erik Swartz, Eric Gattie and Stephanie Gale. This study compared the combined-tool approach described above with a pure loop-strap-cutting approach. Face mask removal was attempted on 600 used high school football helmets (300 per condition). Briefly, the results of that study demonstrated comparable effectiveness (100% vs. 99%) and generally acceptable but statistically significantly different

mean times and perceived difficulty (10-point scale) ratings between the approaches (Combined Tool Time: 37.84±15.37s, Cutting Tool Time: 51.21±19.54s; P<0.001), (Combined Tool Difficulty: 1.83±1.20, Cutting Tool Difficulty: 3.06±1.13; P<0.001).

