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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.

FELLOWSHIP NEWS

Athletic Training Fellowship Name Change: Integrated Clinical Sports Medicine Residency

In another of a series of exciting growth steps for this program (including the development of a structured curriculum in 2008) we will transition to a new name over the next year. The name change is part of our effort to gain accreditation of this program by the National Athletic Trainers Association. The NATA has recently adopted standards and guidelines for post-professional education programs for athletic trainers and the first application cycle is now underway.

The Mission of the Residency is to cultivate exemplary athletic trainers by:

- refining and diversifying clinical ability to identify and manage injuries, illnesses and conditions;
- improving understanding and competency in areas that epitomize exemplary healthcare practice;
- fostering confident professional networking through daily interaction with physicians and allied healthcare providers;
- imparting knowledge of, and respect for scientific research;
- engaging in applied research opportunities; and
- cultivating autonomous critical thinking habits.

2010-2011 Athletic Training Fellows



Nora Beltz, ATC

Nora Beltz, MS, ATC, CSCS received her Masters in athletic training from Plymouth State University in June 2010. She received her BA in biology from Colby (Maine) College and worked briefly in that field before deciding to pursue athletic training. The Fellowship, she believes, will make her a better athletic trainer by exposing her to multiple physicians/professionals in the sports medicine team and significantly broadening her experience. Nora enjoys multiple outdoor activities and has done a fair amount of traveling including a study-abroad stint in London.



Molly Day, ATC

Molly Day, ATC finished number 1 in the 2010 graduating class at the University of Wisconsin-Lacrosse where she earned a BS in athletic training. She is very excited about the incredible educational opportunity the Fellowship offers and believes it will support her pursuit of medical school afterwards. In addition to being an excellent student, Molly is an accomplished artist, excelled as a track & field athlete and plays the piano.

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

Thanks to our Winter Meeting Gold Sponsors



NHMI NEWS

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

NHMI Adopts a New Mission Statement

To share our passion for the advancement of knowledge in musculoskeletal care and sports medicine

To realize our Mission, we are guided by these principles:

Excellence The Institute models excellence and strives to inspire it in others.

Collaboration The Institute cultivates multidisciplinary collaboration.

Integrity The activities of the Institute are guided by selfless commitment to honest productivity without personal gain.

As an initial step in NHMI's 2010 strategic planning effort, members of the Board of Directors along with Erik Swartz (NHMI Research Committee) and Pam Russell (NHMI Advisory Board), gathered to review the Institute's mission. We are very pleased with this resulting statement of our Mission and Core Values.

A second meeting added several other participants who represent some of those served by NHMI programs. The goal of this meeting was to identify new and/or expanded programs NHMI might develop over the next 3-5 years. The Board expresses sincere thanks to these people who gave their time to help us in this effort:

Dawn Schisler Belmore, MEd, ATC – Colby Sawyer College (2008-2009 NHMI Fellow)

Keith Belmore, MEd, ATC – Plymouth State University (2007-2008 NHMI Fellow)

Glen Crawford, MD, FAAOS – Sports Medicine Atlantic Orthopedics, Portsmouth, NH

Glenn Lieberman, MD – Orthopaedic Professional Associates, Gilford, NH

Watch for new programs to be finalized over the next few months.



Stowe Ortho CME Meeting – January 28-29, 2011. See details inside.

In This Issue

- Stowe Orthopedic Winter Meeting
- Name change for AT Fellowship
- Research Update
- Comments from the President

EDUCATION UPDATE



Register now for Stowe!

NHMI's 11th Annual Orthopedic Winter Meeting is planned for January 28-29, 2011. The meeting will again be held at the Stoweflake Conference Center in Stowe, VT. CDR Matthew Provencher is once again scheduled to present on current shoulder topics; some will recall that he was deployed to Haiti to assist victims of the earthquake and had to miss the 2010 meeting. In addition to the shoulder talks, he will also present, "Update on War

Among the many topics at next year's meeting, Dr. Andrew Chen will present: "PRP: Believe the Hype?"

Wounds and Humanitarian Assistance: The Orthopaedist's Role" based on his worldwide experiences in this realm. CDR Provencher is only one of several outstanding faculty slated for 2011. Please visit www.nhmi.net to see the full program and register online. The meeting fee still includes your hotel room.

Register early as space is limited!

Two sold-out meetings held in September



Dinakar Murthi, MD (second from right in the top photo) demonstrated a cervical surgical procedure that was projected on the screens during the general session, then drew crowds for an up-close look at the conclusion of the session. NHMI thanks Stryker Spine for consultation and support of this session as well as BASC and NHOC staff for pulling it all off!

Our 17th Annual Symposium was held September 11. Over 200 attendees enjoyed a full day of lectures on topics of particular interest to rehabilitation professionals. In addition, NHMI Advisor Kevin Guskiewicz, an internationally-recognized expert on sport concussion shared his knowledge with the audience. If you have suggestions for topics for the 2011 meeting, now's the time to let us know!

On September 22, NHMI and the NH Pediatric Society co-sponsored, "Management of Sports-Related Concussions," a Category 1 CME activity for primary care and other providers. Morning lectures covered epidemiology and anatomy and physiology of mild traumatic brain injury laying the foundation for lectures on assessment and management of concussion. Robert Cantu, MD, international expert on concussion, anchored the faculty and NHMI Athletic Training Fellow Alumna Tamara Valovich McLeod discussed returning student athletes to school and to sports after concussion.



NHMI collaborated with the NH Pediatric Society to put on a meeting about sport concussion in September. Several athletic training students from NH programs were able to attend including this contingent from Plymouth State University. On the far right is NHMI Founder Marjorie King, Director of Graduate Athletic Training Education at Plymouth.

RESEARCH UPDATE

Papers to be published

"Prevalence and Characteristics of General and Football-Specific Emergency Medical Service Activations by High School and Collegiate Certified Athletic Trainers: A National Study" will be published in the Clinical Journal of Sports Medicine. Authors: Laura Decoster, Erik Swartz, Thomas Cappaert and Jennifer Hootman.



Riddell's Quick Release face mask attachment device was studied in a paper to be published in JAT in December

"Comparison of Emergency Face Mask Removal Effectiveness between Traditional and Non-traditional Football Helmet Face Mask Attachment Systems" is slated for the December issue of Journal of Athletic Training. Authors on this paper: Erik Swartz, Keith Belmore, Charles Armstrong and Laura Decoster.

Manuscripts from two studies conducted by last year's fellows, Adam Hernandez and Matthew Burns, have been submitted for review: "Prehospital Emergency Removal of Football Helmets Using Two Techniques" and "Maintaining Neutral Cervical Alignment after Football Helmet Removal during Emergency Spine Injury Management." Very briefly, in the first study, data supported manual helmet removal over removal with a commercially-available device. In the second study, inserting padding under the occiput after isolated helmet removal maintained cervical alignment thus providing an alternative to the all-or-none principle which calls for simultaneous removal of football helmet and shoulder pads in emergency situations. Collaborators on these studies include Erik Swartz, Laura Decoster, Cate Reynolds, Dinakar Murthi, Jason Mihalik, Jim Vailas and Linda Isham.

COMMENTS FROM THE PRESIDENT

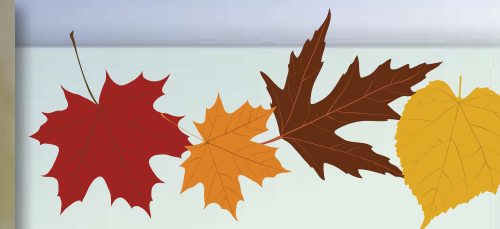


2010 has been an exciting and busy time for NHMI and among other things I've been reflecting on the good fortune we enjoy having the participation and commitment of the great people who are involved in the Institute. While I am indebted to all of our leaders and all deserve recognition, I am going to take this opportunity to recognize four recent special achievements. Congratulations to all of you and thank you for your continuing efforts in support of NHMI!

■ Dr. Marjorie King recently received research funding from NIH's National Center for Research Resources IDeA Network of Biomedical Research Excellence (INBRE) as part of a major statewide (NH) effort to improve biomedical research capacity and encourage students toward careers in biomedical science. Margie is a Founding Member of NHMI and continues as a member of our Board of Directors. She is an associate professor and director of graduate athletic training education at Plymouth State University.

■ Dr. Pamela J. Russell received Bridgewater State College's 2010 Presidential Award for Distinguished Teaching. Pam is a member of NHMI's Advisory Board and the architect of the structured curriculum that is the foundation of the Fellowship (now Residency) program. She is a professor of biomechanics and director of the Faculty Advocacy Network at Bridgewater, which recently achieved University status.

■ Dr. Erik Swartz was recently honored with the University of Toledo, College of Health Science and Human Service, Distinguished Alumnus Award. Erik is a member of NHMI's research committee, an integral part of athletic training fellows' research experience and



a frequent research collaborator. He is an associate professor and clinical coordinator in the University of New Hampshire's Athletic Training Education Program.

■ Dr. Tamara Valovich McLeod was recently named the inaugural John P. Wood, D.O., Endowed

Chair for Sports Medicine at A.T. Still University which provides her with dedicated research funds for her important work in pediatric sports concussion and other injuries. Tamara was the 1998-1999 NHMI Athletic Training Fellow. She is currently an associate professor in the athletic training program and the director of ATSU's Interdisciplinary Research Laboratory.

Also, as always during my favorite time of year – I love crisp fall weather! – I want to welcome this year's Athletic Training Fellows to the Family. Nora Beltz and Molly Day are doing a wonderful job with the fellowship and the duties. Another fall note – the Symposium was again very-well received and our corporate sponsors continue to supportive to keep our programs going. On behalf of the NHMI Board I want to extend a sincere thank you to our sponsors.

Finally, I am very excited to tell you that the Institute is going through a strategic planning process which has been productive. As a result, the Board approved the new mission statement noted on the front page of this NHMI News. We continue to look at what the Institute is doing and can do; and how can we do more to carry out our mission, possibly with the public and other medical professionals throughout New Hampshire. It is a very exciting and important time for the Institute. Standby for further news when our next newsletter is released!