



**New Hampshire  
Musculoskeletal Institute**

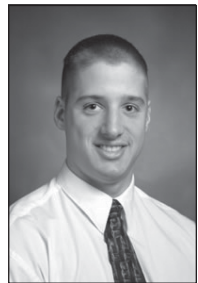
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## Meet NHMI's 2004-2005 Athletic Training Fellows

**Eric Gattie, ATC, CSCS** is a graduate (May, 2004) of Mercyhurst College in Erie, PA where he was captain of the lacrosse team. Eric is a New Hampshire native, born and brought up in



Lebanon. He cites the unique and varied educational opportunities - and his hope that they will help him identify the best course of graduate education for him - as the reason for his interest in NHMI's Athletic Training Fellowship.

**Genny Welch, MS, ATC** completed her undergraduate work at the University of Evansville in Evansville, Indiana and did her graduate work at Ohio University. Genny believes the experience she



will gain during the Fellowship will help her reach her ultimate goal - to work in professional hockey. In particular, she is eager to participate in the Fellowship's year-long series of observational rotations with physicians and other health care providers.

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## Papers Accepted; NOCSAE Funds New Study



NHMI Executive Director Laura Decoster has been working alongside Dr. Erik Swartz, Dr. Susan Norkus and Dr. Tom Cappaert on several football face mask removal investigations. This series of studies addresses the issue of airway

access in the injured football player. Some of this research has been funded by the National Operating Committee on Standards for Athletic Equipment including one recently accepted for publication by the American Journal of Sports Medicine. That paper, "Football equipment design affects face mask removal efficiency," provides a detailed report of research completed earlier this year. Important findings from that work include:

- Multiple significant differences in time and movement associated with face mask removal between six helmet equipment conditions.
- The cordless screwdriver was faster and created less movement than the Face Mask Extractor and the Trainers Angel.
- Trial failure was more common with cutting tools than with the screwdriver.

Also recently accepted for publication (Journal of Athletic Training) is another study in this line entitled, "Football face mask removal using a cordless screwdriver following helmet



use for at least one season of play." The most important difference between this study and the one mentioned above is that in this study athletic trainers removed the face masks from helmets that had been used by three football teams during the 2003 fall season. In all previous research on this topic, helmets had been provided new by the manufacturers. Significant

differences in success rate and time to face mask removal were found between schools. The possible reasons for those differences call attention to concerns about the use of carbon versus stainless steel hardware in football helmets. Overall, screw removal with a cordless screwdriver was successful 94% of the time (832/885 screws). Chandra Shirley, 2003-2004 Athletic Training Fellow was a co-author with Laura Decoster and Erik Swartz on this manuscript.

Decoster, Swartz and Norkus will continue working with used helmets in a study which has been funded by a \$34,000 grant from NOCSAE. The goals of this study include identifying factors which interfere with the ability to unscrew football helmet hardware after a full season of use. Among the variables to be investigated: weather, geographic region, helmet design features and hardware metal content.



### In This Issue:

- 11th Annual Symposium
- Comments from the President
- Winter Meeting Preview

## Terek Slated to Speak at Winter Meeting



NHMI is busy planning the 5th Annual Winter Meeting. The conference, planned for March 18 and 19th, 2005, will once again be held at the beautiful Stoweflake Resort and Spa in Stowe, Vermont.

Among the speakers already confirmed is Rick Terek, MD from Brown University. Dr. Terek will present two lectures on the topic of identification and management of orthopedic tumors. Nick Sgaglione, MD from New York City will also present at next year's meeting, one talk concerning the current state of elbow arthroscopy and the other about surgical management of articular cartilage injuries. Eric Tolo, MD from Lahey Clinic will speak about both distal radius fractures and common hand and wrist diagnoses. Single



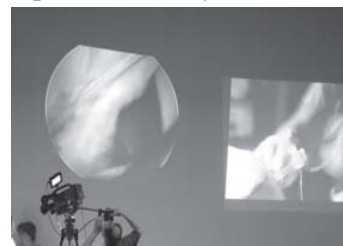
lectures will be presented by Mark Michaud, MD (posterior tibialis tendon dysfunction) and Barry Cadden, RPH (non-systemic management of musculoskeletal pain and inflammation). Sessions about arthroplasty and trauma topics will round out this CME event. In addition

to providing CME credit, the schedule will once again allow excellent collegial networking opportunities, provide a chance for orthopedists to spend time with vendors of commonly used orthopedic equipment and will also allow for time spent with friends and family enjoying Stowe's beautiful amenities.

If you are interested in attending the meeting, please contact Laura Decoster at NHMI.

## 11th Annual Symposium Highlights

NHMI's 11th annual fall symposium was held Saturday, September 11 at Saint Anselm College. This year's meeting again featured a surgery demonstration -- this time an arthroscopic Bankart procedure. Other topics for the day included orthopedic aspects of child



abuse, functional splinting and bracing of the athletic wrist, management of proximal humerus and ulnar collateral ligament injuries, and rehabilitating the overhead throwing athlete. A very informative and motivating lecture, entitled

"Prosthetics in the 21st Century" was given by Scott Cummings of Next Step Orthotics and Prosthetics. Mr. Cummings called

attention to the unfortunate fact that significant advances in prosthetic technology always accompany war but managed to leave the audience members upbeat and reconsidering their notions about what amputees can accomplish.



## Comments from the President

The Fall of 2004 is upon us here in New England and our state of affairs is still looking wonderfully colorful as is the foliage around us. It's always a great time of year for us at NHMI. We have two new Fellows who are featured in this newsletter, and I can say that they are both off to a great start. Please welcome our Fellows, Eric Gattie and Genny Welch. In news of past fellows, Melissa Manus, PA-C, ATC (96-97) has joined the staff of Schenectady Regional Orthopedic Associates. We were excited to see Melissa recently at our Symposium.

The fall Symposium was, again, a success with regards to the quality of the program and evaluations submitted by the attendees. However, attendance was not as good as we would like. Possible factors include the early fall date (the weather is still very nice!) and conflicts with other symposia. We will be considering moving to a later fall date and possibly different venue because of conflicting programs at St. Anselm College later in the fall. If you have thoughts or suggestions regarding how we can improve our attendance please contact us.

The great news for NHMI is that the manuscript from a recent face mask removal study was accepted for publication in the American Journal of Sports Medicine. The paper, entitled, "Football equipment design affects face mask removal efficiency" was authored by Erik Swartz, PhD, ATC, Susan Norkus, PhD, ATC, Thomas Cappaert, PhD, ATC and Laura Decoster, ATC. Major congratulations to Laura and co-investigators on this milestone accomplishment. This Journal is one of the prestigious worldwide sports medicine journals with a readership including a variety of sports medicine researchers and clinicians.

The other significant change for NHMI is our major sponsor HealthSouth will be replaced by Apple Therapy Services. We are very grateful for the support and working relationship HealthSouth provided NHMI. They have been a great sponsor for the Fellowship and the Institute's various programs. On behalf of the Institute, I want to thank HealthSouth for their generosity and cooperative relationship over the last ten years. We will continue to recognize HealthSouth as a significant partner in the success of NHMI.

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