



NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

FALL 2006

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Winter Meeting Shaping Up for March

The 2007 edition of NHMI's Annual Winter Meeting is slated for March 2-4 at the Stoweflake Resort. All the popular aspects of this program remain in place including the incredible low price (**which includes your Friday and Saturday accommodations and your CME activities**), the perfect schedule which allows time for your education *and* your recreation in beautiful Stowe, Vermont plus great opportunities for collegial interaction in a comfortable atmosphere. Add in the incredible Spa at the Stoweflake and it's no surprise that this meeting has sold out each of the past two years and we expect 2007 to be just as attractive.



Stoweflake will once again host our orthopedic CME meeting.

New this year - Friday morning workshop: Shoulder Instability Repair



New for '07: Joe Abate, MD will present an optional workshop on shoulder instability repair. Register in advance.

New for 2007 will be an optional hands-on workshop with Dr. Joe Abate (UVM, Burlington, VT) and representatives from Smith & Nephew. Topics will include knotless repair and knot tying as well as OR set up and technique pearls. There will be no additional fee for the workshop; however, those wishing to attend must register in advance for this activity.

Dr. Abate will also provide two lectures during the main meeting including one on hip arthroscopy and one on PCL reconstruction. Mary Lloyd Ireland, MD from Lexington, Kentucky will provide attendees with an update on current research into the possible causes of the gender differential in ACL injury rates. JP Warner, MD from the Harvard Shoulder Service will present two lectures:

Shoulder Arthroplasty: Patient Happiness and a Shoulder to Lean On, as well as Inverse Prosthesis: Shoulder Function Back from the Abyss. Hollis Potter, MD from the Hospital for Special Surgery will present lectures on Hip Imaging and MRI of Articular Cartilage: Trauma, Degeneration and Repair.

Watch our webpage for updated program information and online registration. **REGISTER EARLY** — space is limited.

In This Fall Issue...

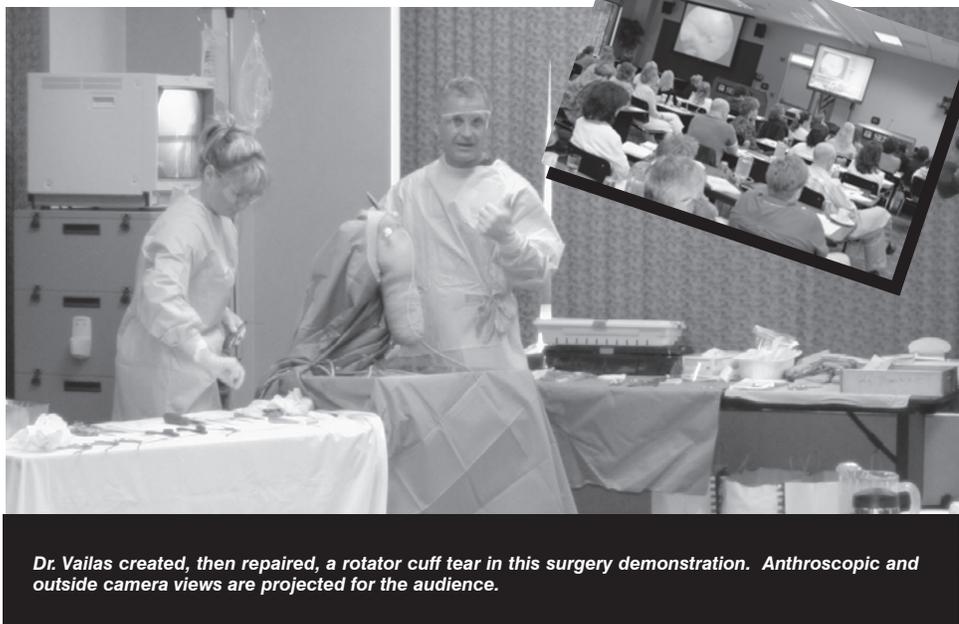
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Symposium Sells Out Before Early Bird Deadline!

"If it ain't broke, don't fix it" might apply to the template for our annual fall continuing education meeting. The meeting was once again held at SERESC Conference Center in Bedford, New Hampshire. Although the Conference Center was a little bit small for our meeting in 2005 (20 would-be attendees were turned away) NHMI leadership decided to stick out another year there after learning that the Center has plans to more than double the size of their meeting space. Remarkably, this year's course was full more than two weeks before the registration deadline... in fact, it was sold out even before the Early Bird deadline! More than 60 people requested their names be added to a waiting list and probably more potential attendees stopped at the "sold out" banner on our webpage. The Center offers state-of-the-art audiovisual systems in a very comfortable atmosphere and we do wish to continue to hold our meeting at this location. However, the "If it ain't broke..." adage only goes so far and if the addition to the Center is not completed for the 2007 meeting, we will make small changes to our set-up to increase the number of attendees that can attend.

As usual, the most highly rated session from the meeting was the surgery demonstration. This year, Dr. Jim Vailas demonstrated an arthroscopic rotator cuff repair. The demonstration was enhanced by his preceding lecture about the topic which provided attendees with an anatomy review as well as an overview of surgical indications and expected outcomes. Other topics covered at this year's meeting included evidence-based low back pain management, management of dance-related injuries, back care in pregnancy, an update on NSAIDs (Friend or Foe?), hip problems in adolescent athletes and core strengthening for non-athletic patients.

Our popular members-only activities were well received. Dr. Vailas (he was busy this year!) performed the dissection anatomy review himself for the first time in 10 years. Although only a limited number of members participated in this activity I heard many comments throughout the day about what a great experience it was. Our meet-the-speakers cocktail reception was also great this year with many members choosing to participate — people were so involved in collegial discussions we had to be shoed out of the facility.



Dr. Vailas created, then repaired, a rotator cuff tear in this surgery demonstration. Arthroscopic and outside camera views are projected for the audience.

Many Thanks to all Our Sponsors

Grants from the following companies make this program possible...



Perform Better was a first-time exhibitor at this year's meeting. Our Sponsors' generous contribution to this meeting make it affordable for attendees.



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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.



Comments from the President

Greetings from beautiful New Hampshire! This fall season's weather has been fabulous with spectacular foliage, one of the best ever. With that pleasant thought, I am pleased to state that our fall symposium, like the weather, was fabulous; thank you Laura Decoster, NHMI Executive Director. The symposium, which was held at the SERESC conference center, was sold out. Vendor/corporate sponsorship was very strong and we are very appreciative and grateful. For more details about the symposium please read the article on the previous page of this newsletter.



With the Fall comes the new fellows, Lindsay Labore, ATC and Larnie Boquiren, MS, ATC who have been busy and excited about their rotations with the Fellowship. Our clinical faculty has been very helpful and generous with their time; thank you. Soon the Institute will be visited by an NATA (National Athletic Trainers Association) representative on post-professional education to review our fellowship for consideration of accrediting the program. This is a major step toward our educational mission. With thirteen years of fellowship experience, we welcome the visit and are very excited about collaborating with the NATA to make this happen.

Financially, the Institute continues to slowly prosper. We are stable but always striving to build the endowment to strengthen resources and work toward being self-sustaining. This is a struggle for most educational institutions and we will continue to challenge that struggle to protect our goals to educate and research in the musculoskeletal community. Your guidance or support in any form or fashion is always appreciated.

Thank you for taking the time to read about us and your consideration for things we do and want to do.

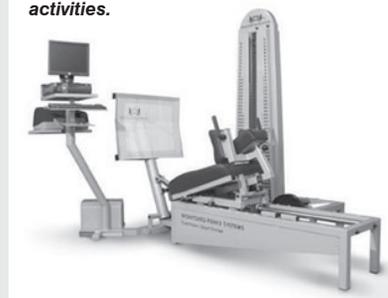
*Sincere wishes for an enjoyable
fall and winter and a Happy Holiday season.*



Research Update

- Results of our NOCSAE-funded investigation of football facemask removal (from used helmets) will be published in a near-future issue of the Journal of Athletic Training.
- 2005-2006 athletic training fellows Stephanie Gale and Aaron Copeland completed research projects concerning facemask removal. Ms. Gale's manuscript has been through peer review and is currently undergoing revisions before resubmission. Her study investigated in-season success rate for facemask removal in a college football team. Mr. Copeland's research compared facemask removal with a cordless screwdriver and a cutting device on used helmets — the first study to investigate removal by loop strap cutting on used helmets. The manuscript should be completed shortly; the study will also be submitted for presentation at the 2007 NATA meeting in California.
- NHMI researchers, including 2006-2007 athletic training fellows Larnie Boquiren and Lindsay Labore, have started the first of several projects to be performed on the Monitored Rehab System's Functional Squat device. Very little research has been performed using this device. Consequently, the first projects concern learning effects, reliability and validity.

This computer-interfaced device promises to provide neuromuscular coordination measures for functional activities.





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Fellowship News: NATA may recognize post-professional programs

Laura Decoster, our executive director, attended meetings with members of NATA's Education Committee during this year's National Athletic Trainers Association annual convention in Atlanta. Also present at these meetings were directors of other post-professional programs across the country. It was announced that the NATA Board has voted to investigate the possibility of recognizing and/or accrediting residency and fellowship programs. The chairman of the Education subcommittee charged with assessing institution of the Board's decision will make site visits to existing programs in an effort to understand current post-professional offerings.

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

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

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