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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 Kevin Horn, DO, ATC, 2002-2003

I can't say enough about the athletic training fellowship offered by the New Hampshire Musculoskeletal Institute. The fellowship gave me the opportunity to participate in research at the University of New Hampshire, and develop my leadership & organizational skills by hosting two educational conferences. Through the fellowship's well-planned mix of rotations and work at the high school and a local physical therapy clinic I was exposed to a wide variety of medical fields that I would not have had access to otherwise. Participating in this unique post graduate experience helped me focus my goals and made me realize that I wanted to continue on with my own education. Besides all of the professional benefits NHMI offers it gave me the opportunity to explore a new part of the country, make friends and gain a better understanding of my strengths and weaknesses. Special thanks to Laura Decoster and Dr. James Vailas for an unforgettable year and all of the hard work that they put into making this fellowship possible.



**NHMI CONGRATULATES KEVIN FOR FINISHING MEDICAL SCHOOL. HE'S SET TO EMBARK ON HIS RESIDENCY IN EMERGENCY MEDICINE THIS JUNE!**

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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## Thanks to our Winter Meeting Gold Sponsors



# NHMI NEWS

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

## Save The Date!

16th Annual Symposium to be held September 12  
– SERESC, Bedford, NH

NHMI has once again been fortunate to secure great speakers for our fall meeting. This year's slate includes Donald Craven, an infectious disease specialist from Lahey Clinic; Tim Dreher and Doug Gross, physical therapists from the Boston area; Martin Kelley, a physical therapist from Philadelphia; and John Macy, an orthopedic surgeon from Burlington, Vermont.



This year's meeting will also be an excellent value. For less than \$150 (by August 15, NHMI members) attendees will get 6 continuing education credits and all course materials, continental breakfast, full lunch and an afternoon snack. Regular and generous support from our sponsors has allowed us to keep this course fee low for several years -- particularly important given this year's economic issues!

Check [www.NHMI.net](http://www.NHMI.net) for full course information with online registration. Hope to see you in September!



## SPRING 2009

(Volume 15, No. 1)

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**As always, topics are diverse --  
something for everyone!**

### This year's topics:

**Assessing Scapular  
Muscle Dysfunction**  
**Physical Therapy Management  
of Fibromyalgia and  
Chronic Pain**  
**Knee Osteoarthritis:  
Conservative Care  
for a Rising Epidemic**  
**Shoulder Osteoarthritis in  
Young Active Patients**  
**Surgery Demonstration:  
Shoulder Resurfacing  
Arthroplasty**  
**Rehabilitation after  
Rotator Cuff Repair**  
**Incorporating Yoga, Pilates,  
Tai Chi & Feldenkrais in  
your PT Practice**  
**Identifying Cervical Causes  
of Headache, Dizziness and  
Shoulder Pain**

**The MRSA Epidemics in the USA:  
What You Need to Know**

## In This Issue:

- Research Update
- President's Comments
- Horn on NHMI's Fellowship

## RESEARCH UPDATE

*Three abstracts accepted for presentation this summer*

### ACSM (Seattle, WA):

An abstract titled, "A Gender Comparison of Lower Extremity Landing Biomechanics Utilizing Different Tasks" will be presented at this May's annual meeting of the American College of Sports Medicine in Seattle. The purpose of this study was to compare lower extremity mechanics between genders landing from a fixed height and from a self-initiated jump set at a percentage of each subject's maximal vertical jump. Congratulations to authors Erik Swartz, Adam Hernandez, Dain LaRoche and Laura Decoster.

### NATA (San Antonio, TX):

"Validity and Reliability of the Monitored Rehabilitation Functional Squat Proprioception Test Component" represents continuing work establishing a foundation for the use of the Monitored Rehab device in research. This study sought to assess the measurement accuracy of the MRFSS and determine validity and reliability of the MRFSS proprioception test component. Collaborators on this project include: Eric Gattie, Melissa Heon, Dain LaRoche and Laura Decoster. Eric Gattie was a 2004-2005 NHMI Fellow.

Finally, an abstract in our face mask removal research line will be presented at NATA this summer. "Face Mask Removal in Newly-Designed Football Helmets" was designed to compare the effectiveness of FM removal on newly-designed and traditional football helmets. The Riddell Revolution IQ Quick Release and the Schutt Ion 4D were the "newly-designed football helmets" investigated here. Keith Belmore, Erik Swartz, Laura Decoster and Charles Armstrong collaborated on this project. Keith Belmore was a 2007-2008 NHMI Fellow.

### Ongoing Research:

Data collection is complete in our survey of athletic trainers regarding their experiences with EMTs during on-field emergencies. The study group includes Laura Decoster (NHMI), Jennifer Hootman, PhD, ATC, FACSM (Centers for Disease Control), Erik Swartz, PhD, ATC (University of New Hampshire) and Tom Cappaert, PhD, ATC (Central Michigan University). The nearly 2000 responses will now be analyzed. Stay tuned.

## Orthopedic Winter Meeting – Another Sell-Out



The January 2009 edition of our annual winter meeting (our ninth!) again attracted a great deal of interest. Excellent skiing conditions didn't hurt! The 2010 Orthopedic Winter Meeting will be held January 29 and 30th at the Stoweflake Resort. There is still time to submit your thoughts for topics and/or speakers for the 2010 meeting. Thank you to our sponsors!!



The 2008 party in St. Louis was a great chance to visit!

### NHMI Get-Together Planned For San Antonio

In keeping with tradition, Laura Decoster will host a cocktail reception during the NATA's Annual Meeting in San Antonio. Current and past Fellows, Advisors and others close to the Institute are invited. Please contact Laura Decoster if you will be in St. Louis on June 19 and would like to attend!



## COMMENTS FROM THE PRESIDENT

Greetings from the Granite State where we are still experiencing cold evenings and semi-warm days with signs of spring around us....typical New England weather, good for making maple syrup. I am pleased to state that the NHMI is strong and stable despite the current economic stresses. As you see in this newsletter all aspects of the institution are fully functional. Our research and education efforts continue to be in line with our mission. Thanks to the leadership and work of our executive director, Laura Decoster, and our corporate sponsors.



Interviews for next year's Fellows have started. Candidates are incredibly strong making the choice very difficult but it is gratifying to see the high quality of the candidates. The decisions should all be made in the next few weeks – check our web page for an announcement. We're very excited for this next year as it will be the first implementation of our new structured curriculum. The curriculum includes self-guided PowerPoint lectures and assignments on rotation-related content, a condensed introductory research course and a slate of problem-based/case study learning opportunities.

Our Orthopedic Winter Meeting in Stowe, Vermont was another success in all aspects including the skiing and other winter sports activities. Stowe continues to be a wonderful place for this symposium so we will continue to have the winter meeting there. The fall Symposium agenda is finalized and looks like another great slate. Please register early! Last year we had to turn away several people.

In closing, I want to thank the many folks and companies who have and continue to support us in our mission to educate and learn through quality research and symposia. Have a safe and enjoyable summer.