



New Hampshire  
Musculoskeletal Institute  
35 Kosciuszko Street  
Manchester, NH 03101  
(603) 627-9728 • Fax (603) 627-0880  
e-mail address: info@nhmi.net  
www.nhmi.net

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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 Mac Hall, 2001-2002

(Mac is currently pursuing a physiotherapy degree in Australia where he relocated shortly after completing the fellowship.)

I had no problem getting my CPR certification. My technique was great and my timing was in perfect rhythm. CPR is easy! And when a nurse asked me if I was going to do compressions on a real person who had coded, I wanted to hide in a storage closet!

I didn't, I put on some gloves and pushed on that man's chest for what seemed like two hours (in reality, it was only 90 seconds). It was scary, and no amount of theory or practice on a mannequin can prepare you for that moment.

College teaches you a lot about how things work and what you should do in certain situations, but books

and lecturers only give you part of the picture. When you finally experience the things you've studied, only then can you really know and understand them.

The NHMI Fellowship offers you experiences like that daily. Some things you only see once, but it prepares you should it ever happen again, so you learn from it and next time can do it better. And the things we, as ATCs, see a lot of, NHMI offers an abundance of hands-on, practical experiences, so you get really good at managing and treating them. This benefits you, your team, and your patients.

Books prepare you for the things you will experience, but NHMI lets you experience the things you will experience!



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.  
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NHMI  
35 Kosciuszko Street  
Manchester, NH 03101

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# NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

## Great Slate Set for September 13

NHMI will hold its 15th Annual Symposium this September and we've put together an exciting program to celebrate! Here's what you can look forward to...

Irene Davis, PhD, PT is this year's visiting faculty member, coming to us from the University of Delaware. Dr. Davis will present two lectures in her area of research and clinical expertise: The Relationship Between Core Stability And Lower Extremity Mechanics And Injury and Retraining Gait Patterns with Real-time Feedback.

topic the unique combined perspectives of orthopedic surgeon and sports psychologist.

Hip arthroscopy is the "newest" popular surgical technique. Jim Vailas, MD will provide the information you need to help your hip arthroscopy patients rehab. First, Dr. Vailas will provide an overview in, Hip Arthroscopy: Coming soon to a clinic near you. Then, he will use a cadaver specimen to review pertinent anatomy and demonstrate the procedure.

To close the day, we will have lectures by Andrew Chen and NHMI Advisory Board Member Bill Dexter, MD (Maine Medical Center). Dr. Chen will cover the topic of viscosupplementation then Dr. Dexter will conclude with Red Flags for Medical Referral: Don't miss signs of tumors, aortic pathology, DVTs or infection in your patients. This review of signs/symptoms and case studies will challenge and instruct us all.

As always, NHMI Members will be eligible to participate in our special Dissection Workshop. This year Heather Killie, MD (The Orthopedic Center) will review shoulder anatomy, injuries and surgical procedures using a fresh-frozen specimen.

Watch your mail or check our website for registration materials...register early so you're not shut out! See you in September.



Drs. Dain LaRoche (UNH) and Ge Wu (UVM) will tag-team the topic of balance and falls in the geriatric population each presenting a lecture. Dr. LaRoche will start in the morning with, Balance and Falls – Part I: Why do aging people fall...? In the afternoon, Dr. Wu will follow up with, Balance and Falls - Part II: ... and how can we keep them up?

Dan O'Neill, MD, EdD of The Alpine Clinic and Coaching Mental Excellence will present a lecture titled, Incorporating Sports Psychology Concepts into your Physical Therapy Practice. Dr. O'Neill brings to this

## SPRING 2008

(Volume 14, No. 1)

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- Winter Meeting Follow-Up
- Research Update
- Mac Hall on NHMI's Fellowship

## Research Update

### NATA Abstracts Accepted

An abstract titled, "Monitored Rehab Functional Squat Coordination Test: Reliability, Learning Curve and Eccentric-Concentric Performance Comparisons" has been accepted for presentation at the June meeting of the National Athletic Trainers Association in St. Louis, MO. This abstract is based on work performed by Lindsay Labore, Larnie Boquiren, Pam Russell and Laura Decoster.



Another abstract, Face Mask Removal Efficiency in a Newly Designed Quick Release Face Mask Attachment System will also be presented at the NATA meeting. Collaborators on this project include Erik Swartz, Laura Decoster, J. Raskow and Adam Hernandez.

### Papers Published

Use of the Combined Tool Approach for Face Mask Removal during On-Field Conditions has been published by the Journal of Athletic Training (Vol 43, 1). Stephanie Gale; Laura Decoster and Erik Swartz are co-authors.

Combined Tool Approach is 100% Successful for Emergency Football Face Mask Removal has been published by the Clinical Journal of Sports Medicine (Vol 17, 6). Author: Aaron Copeland; Co-authors: Laura Decoster, Erik Swartz, Eric Gattie and Stephanie Gale.



## Orthopedic Winter Meeting Attendance Breaks Record

The response to our January 2008 meeting was outstanding! We were sold out by the early-bird deadline in early December! Planning is already underway for January 23-24, 2009. If you know a great speaker/topic, don't hesitate to contact us with a suggestion. In the meantime, a huge thanks to our sponsors who literally make this meeting possible!



## NHMI Get-together Planned in Association with NATA Meeting

In keeping with tradition, Laura Decoster will host a cocktail reception during the NATA's Annual Meeting in St. Louis. 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!

## NHMI COMMENTS FROM THE PRESIDENT



Greetings, folks. I am pleased to say that despite the economical slow down, NHMI maintains its course and strength. This would not be the case if we did not have the support of our meeting vendors, input from the advisory and board members, and the diligent work of our executive director, Laura Decoster.

Our Orthopedic Winter Meeting this year was successful in many ways: Attendance was excellent despite having changed from our usual March date to January; the skiing was fabulous; vendor support was generous and invaluable. On behalf of the Institute we thank you folks very much. Planning is underway for the January 2009 Winter Meeting again at Stowe in Stowe, VT.



The 2007-2008 Fellow year is three-quarters complete already and we are interviewing candidates for next year. The pool of prospects is strong. It is exciting to hear these candidates from all over the country say how interested they are in our program and how unique it is. It is also rewarding to learn from them that our program is known to provide an excellent learning experience and has an established excellent overall reputation.

The research component remains steady with Laura's attention and hard work. Please refer to the update in this letter.

The Fall Symposium is set and we are pleased to have another great program and expect a strong turnout. We are keeping the same venue which seems to be working well for us in many ways.

The Institute is established and secure. We need to build our endowment so that it is more self-supportive so that we do not have to stress about the profits of our educational programs. That step will be a great one, a milestone, for the Institute. We will continue to work towards that goal.

Thank you for your time and support.

Sincerely yours,  
Jim Vailas