



# NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

SPRING 2006

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## Fall Meeting Planned

The Institute's 13th Annual Symposium is planned for Saturday, September 16, 2006. We will once again hold the meeting at the SERESC professional conference center in Bedford, New Hampshire. Program highlights include our members-only hip dissection workshop and an arthroscopic rotator cuff repair surgical demonstration performed by Jim Vailas. This year, Dr. Vailas will precede his surgical demonstration with an oral presentation about rotator cuff repair including a review of indications, patient selection and expected outcomes. The always-popular Marjorie King is slated to present a lecture concerning core strengthening for the non-athletic patient — core strengthening is all



the rage and most clinicians understand its importance in providing a strong base for extremity function. However, many physical therapy patients are significantly deconditioned, making the core strengthening approaches popular in today's literature too advanced. Dr. King will provide immediately-applicable information to help attendees facilitate optimal rehabilitation outcomes for their patients. Other topics this year include dance injuries, hip injuries, back pain in pregnancy, and orthopedic pain control.



**Back by popular demand:**  
Marjorie King to present  
on core activities for non-  
athletic patients.

the facility considerably and we will have the use of that larger conference center in 2007. The entire program and online registration form are available online at our website – [www.NHMI.net](http://www.NHMI.net).

Once again we will offer an early-bird registration discount for people registering by August 15. **REGISTER EARLY! SPACE IS LIMITED!** The size of the SERESC facility limits the number of participants we can accommodate this year — as it did last year when nearly 20 people were turned away — however, SERESC is currently building an addition which will enlarge the facility

### In This Spring Issue...

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# Stoweflake: Super Site for CME



Bad weather on the mountain left time for other activities!

Wind and snow kept much of the mountain closed for the weekend, but attendees at NHMI's 6th Annual Winter Meeting found other activities to enjoy at the Stoweflake Mountain Resort and Spa. And, of course the continuing medical education –8 hours Category 1 credit – was great because of excellent speakers. Dr. Dick Rothman presented convincing evidence that if you need to have your hip replaced, Philadelphia is worth a trip... nearly 100% success after 10 years follow-up! Dr. Susan Bukata, speaking about osteoporosis and fragility fractures, was just as convincing that everyone should be taking a calcium supplement. Other topics for the weekend included repairing the distal biceps tendon and Tommy John surgery (Steve Lemos), spondylolysis in the adolescent athlete and an overview of disc replacement arthroplasty (Bernie Pfeifer), hip fractures and retrograde femoral nailing (Ken Koval), posterior shoulder instability and patellar stabilization surgery (Tony Schepesis) and orthopedic pain control (Andy Koval).



Dr. Andrew Koval's lecture was so entertaining, he will speak at our September Symposium.

THANKS TO OUR SPONSORS!! This meeting is a great value – the registration fee includes the hotel room for the weekend – because of outstanding vendor support. This year, several new vendors joined us for the first time: welcome (and many happy returns) to Encore Medical, Olympus Surgical, Wright Medical Technologies, Euflexxa and MTF! Thanks for continuing support go out to perennial sponsors: Smith and Nephew, Stryker, Scandius, Surgicare, Mitek, New England Compounding Center, Corflex, Genzyme, Bledsoe Braces, LifeNet, Aircast, IFlow, Pfizer, Zimmer, and Johnson & Johnson DePuy.

Our 2007 meeting is planned for March 2-3 at Stoweflake. Program information will hit our web page first — watch for it at [www.NHMI.net](http://www.NHMI.net).

## Kevin Horn, ATC Named National Chair of Medical Student Organization

The national student organization for osteopathic surgeons recently elected Kevin Horn as its National Chair. Kevin is currently a second-year medical student at Lake Erie College of Osteopathic Medicine (LECOM) Bradenton. Prior to attending medical school at LECOM Bradenton, Horn was Athletic Training Fellow at NHMI and worked as an athletic trainer at Chickasha Physical Therapy. He is from Chickasha, Oklahoma and graduated from Oklahoma State University. After Kevin finishes his medical training, he hopes to specialize in orthopedic surgery.



Kevin Horn, ATC  
02-03 Athletic  
Training Fellow

### THANKS TO OUR WINTER MEETING GOLD SPONSORS:



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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.

# Research Update

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## Summer Research Presentations

Response to abstracts submitted for presentation at meetings in the summer of 2006 was excellent – 4 for 4!

The ACL Summit in Kentucky kicked off the season in early April. Erik Swartz, PhD, ATC presented results from a recent landing study at this meeting in Lexington. This study also won Best Undergraduate Poster at the Eastern Athletic Trainers Association meeting this past January.

The ACSM meeting takes place in Denver May 31 through June 3. Pam Russell, PhD will present results of a preliminary step in our investigation of the impact of gastrocnemius stretching on knee range of motion when she reports on the effect of foot position on supine knee extension.

Two papers will be presented at the NATA meeting in Atlanta on June 15. Both studies concern football helmet face mask removal. The first – results from our NOCSAE-funded study on screwdriver removal of face masks after at least one season of play – will be presented by Laura Decoster. The second will be presented by Stephanie Gale, 2005-2006 NHMI Athletic Training Fellow. Her study examined the use of a screwdriver and a backup cutting tool for face mask removal.

## NHMI Executive Director to contribute to NATA Position Statements

Laura Decoster has been invited to join writing teams for two National Athletic Trainers Association position statements. She will assist Erik Swartz, a regular research collaborator and member of NHMI's research steering committee, and other members of the writing team in the development of a Position Statement for the NATA on the topic of the prehospital care of the spine-injured athlete. Other members include MaryBeth Horodyski, EdD, ATC, Barry Boden, MD, Ron Courson, ATC, PT, EMT-I, CSCS, Sue Norkus, PhD, ATC, Robb Rehberg, PhD, and Kevin Waninger, MD.

The other position statement will focus on pediatric overuse injuries. That team is headed up by NHMI athletic training fellowship alumnus Tamara Valovich McLeod and includes Jon Almquist, ATC, Mick Koester, MD, ATC, Lyle Micheli, MD, Terry Parker, PhD, ATC, Michelle Sandry, PhD, ATC, and Chris White, MS, ATC.



## Comments from the President

Again, I am deeply pleased to inform you that the state of affairs within the Institute remains stable and positive, thanks to our executive director, Ms. Laura Decoster. We are very proud of the Institute's work and accomplishments; essentially carrying out the work of our mission concerning education and research. Highlights since the last newsletter include a successful Winter Meeting in March. We are already planning for next's year meeting at Stoweflake Resort in Stowe, Vt., which has become a great venue for us. The fall Symposium program promises another excellent educational opportunity. On the research front, Laura and her colleagues continue doing research and presenting and publishing.



Years with the Institute are passing and we are growing nicely. We have chosen our fellows for next year and we expect another great pair to succeed our current fellows. As the fellowship grows, so does the alumni association. We are so pleased to see our fellows become accomplished in their professions. This has been very rewarding.

Please send comments back to us. Collectively we can do more for NHMI. Have a great summer and we will be getting back to you in the fall.

*Thank you for taking the time to read our newsletter.*

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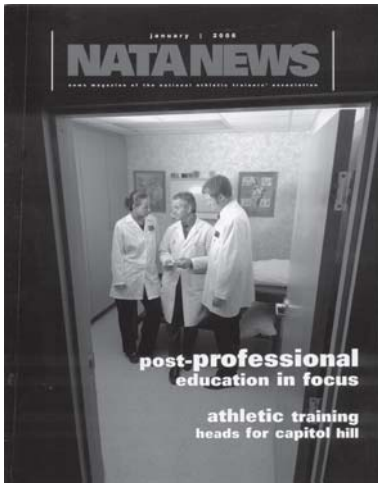
## New Hampshire Musculoskeletal Institute

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## NHMI Fellowship featured in NATA News

The innovative athletic training fellowship offered by the Institute was recently the focus of an article in the National Athletic Trainers Association newsmagazine. A link to the full article is available on our web page (<http://www.nhmi.net/fellowship/index.htm>).

## 2006-2007 Fellows Announced

**Lindsay Labore and Larnie Boquiren** will be NHMI's next Athletic Training Fellows. Lindsay is from Manchester, NH; she completed her education at Northeastern University. Larnie was raised in Southern California. Her undergraduate athletic training degree is from Cal State - Fullerton. She's currently completing her masters in sports medicine/athletic training at the Arizona School of Health Sciences.



Larnie  
Boquiren



Lindsay  
Labore

*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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