

AOASM Newsletter



American Osteopathic Academy of Sports Medicine

<http://aoasm.org>



AOASM President's Letter

Congratulations to the members of the AOASM.

Our academy is continuing to open opportunities for you to explore, expanding the informational pathway, and keeping abreast with ever-changing technologic developments.

The fact that I am writing a blurb in the AOASM Newsletter is exciting. Thanks to the hard work by R. Scott Cook, DO, and his editorial team, our AOASM members will continue to receive a professional quality quarterly newsletter highlighting current sports medicine developments, state-of-the-art therapies, membership

developments, and the progress of our academy. This newsletter is a labor of love and has resulted from pride in both our academy and profession. I hope you enjoy the newsletter as much as I do and appreciate the hard work required to keep our osteopathic sports medicine community informed.

Please visit our website at <http://www.AOASM.org> to read about our recent accomplishments regarding Board Certification of Added Qualifications, and the recognition of our academy at specialty college level regarding the advancement of educating our young physicians.

Enjoy our newsletter and continue to support and become involved in the AOASM!

Michele Gilsenan, DO, FAOASM

President, AOASM



Special points of interest:

- AOA Annual Conference
New Orleans, LA
November 1 – November 5, 2009
- AOASM Annual Conference
Anaheim, CA
April 14, 2010 - April 17, 2010

Resident Physician Shortage Reduction Act of 2009

In May 2009 the AOA launched a letter-writing campaign to Senator Bill Nelson and Congressman Joseph Crowley in support of their leadership on recognizing the need to expand medical training programs in underrepresented specialties such as primary care and general surgery. The

proposed legislation was designed to increase physician supply in general, but more specifically in specific disciplines where rapid growth is imminently needed to meet the rising demands of our growing workforce and aging population.

The AOASM endorsed the legislation in the continued

encouragement of developing primary care training programs and expanding current legislative restrictions governing non-hospital based training programs in the interest of expanding both current training options and future practice opportunities.



AOASM 24th Clinical Conference: Snowbird Revisited



Reflections from Snowbird, Utah (or unburying from the avalanche!)

The “Spring” AOASM Conference was a tremendous success due to engaging topics, near all-time record attendance, a new exciting venue, over SIX FEET of snow and a few interlodge “lock-downs” to assist in captivating the audience.

The conference moderators developed a conference comprised of appealing lecture topics stocked with enthusiastic speakers that captured the audience attention,

which can often be a hard task to master. Cutting edge topics such as “Ultrasound Guided PRP” and numerous injection and manipulation workshops once again seemed to steal the show. The continually developing interest in these topics has even foddered discussion of a possible near-future specialty pre-conference workshop. The United States Ski and Snowboard Association center for Excellence presentation and tour was very well received and even produced an Ad Hoc committee for affilia-

tion between the USSA and the AOASM.

Research interest once again continued to grow with record numbers of research abstract, case study, and poster presentations entertaining the attendees and leading to continual collegial discussions and debates.

Finally, 4 new fellows were welcomed into the AOASM; congratulations to Gregory Cibor, DO, FAOASM, Stephen Daquino, DO, FAOASM, Albert Kozar, DO, FAOASM, and Michael Sampson, DO, FAOASM.

AOASM 2009 Research Award Winners

The AOASM Board of Directors would like to congratulate the following winners of the 2009 Research Abstract, Case Presentation, and Poster Awards. The following submissions were presented by the authors at the recent AOASM 24th Annual Clinical Conference in Snowbird, Utah. A panel of experts reviewed all presentations, and concluded the submissions received for presenta-

tion this year were exceptional.

The winners are:

Research Abstract :
Shawn Mountain, ATC
Medial Tibial Stress Syndrome
The Bending Truth

Poster Presentation:
Greg Beato, DO
Coagulopathy in Compartment Syndrome

Case Presentation:

Daniel Clearfield, DO
Carnitine Palmitoyl Transferase Deficiency II: An Interesting Presentation of Acute Shoulder Pain in an Athlete

Don't miss the opportunity to participate in the 2010 research symposium at the upcoming AOASM 25th Annual Clinical Conference in Anaheim, CA April 14-17, 2010.

Sports Medicine Radiology Corner



As sports medicine physicians we regularly find ourselves reviewing numerous radiographic modalities including plain radiograph, MRI, MR Arthrogram, CT, SPECT, Ultrasound, Bone Scan, and others. This section is intended to provide members with a clinical radiographic practice pearl which can be used as a self-test to readers. The goal is to foster continuing medical education through review

and also serve as a board preparation resource.

Case Presentation:

A 17yo wide receiver presents with left calf and ankle pain. He is unable to bear weight since injury. He reports being body tackled while his legs were pinned under another tackler. He has soft tissue swelling around his lateral malleolus and apprehends external ankle rotation.

Initial radiographs of his ankle reveal no fracture, but mild widening of the mortise. Throughout exam he continues to complain of lateral calf pain. Additional radiographs are obtained of the proximal Tib-Fib and knee (shown at left) and reveal a ...?

Answer revealed on back page.

OMT in Sports Medicine: Clinical Practice Pearls

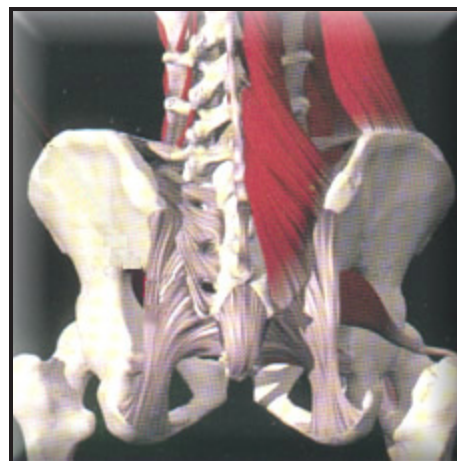
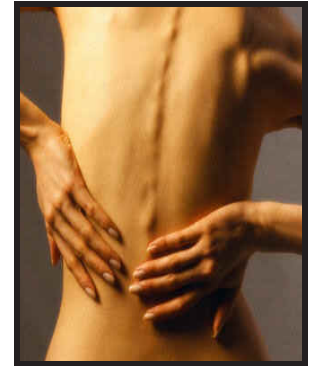
SI Joint Pain is Frequently Caused by Hypomobility and Contralateral Dysfunction

By: Darren McAuley, DO

Sacroiliac Joint dysfunction is a common cause of low back and pelvic pain in both athletes and nonsportsmen alike. This can be a result of activities including repetitive micro-trauma, overt/acute micro-trauma, or maintaining an erroneous and maladaptive postural position for an extended period of time. Somatic dysfunction in the SI Joint often leads to aberrant motion mechanics and can result in compensatory presenting pain in the remainder of the lumbar spine and pelvis.

The pelvis is comprised of two lateral sacroiliac (SI) joints and a midline (central) symphysis pubis. The SI Joints are comprised of a superior synovial portion and a more inferior fibrous portion. The synovial component of the SI Joint provides joint mobility while the lower fibrous component adds more structural stability and support. However, it is essential to note that both portions of the diarthrodial joint play a part in both of these roles. The SI Joints function as slings to suspend the sacrum within the pelvic brim. They allow for the motions of sacral torsions in both the anterior and posterior directions, as well as, innominate shears, rotations, in-flares, and out-flares. All of these motions can become the basis for somatic dysfunction of the SI Joint, and can render pain and further limited functional and/or athletic activity.

Because the pelvis is a bowl with such close anatomic relationships of all of the musculoskeletal components, forces are very easily transmitted from one side of the pelvic brim to the other side. The astute osteopathic clinician will uncover a diagnostic pattern on examination when evaluating SI Joint dysfunction, whereby forces transmit across the pelvic brim resulting in pain on the *opposite side* of the actual underlying somatic dysfunction. Osteopathic tests of the dysfunction side include standing flexion tests, ASIS compression assessment, and evaluation of inherent SI Joint mobility and will typically all yield the same diagnostic information. All too often busy osteopathic practitioners of manual medicine rush to treating the patient's symptomatic side and overlook these principles. In SI Joint dysfunctions and disorders, this haste in diagnosis can far too often lead to persistent symptoms or compensatory tissue and joint adaptation which can lead to further deception to the true root of the underlying problem.



AOASM 25th Annual Clinical Conference: Anaheim, CA



The 25th Annual AOASM Clinical Conference will be held at the Doubletree Hotel Orange County in Anaheim, CA from April 14, 2010, through April 18, 2010. The Doubletree Hotel is located within "The Block at Orange," an exciting entertainment complex complete with shopping, dining, and nightlife options, and is also a mere 1.8 miles from the entrance to Disneyland. The location provides a wonderful and relaxing setting to reconnect with AOASM colleagues, enjoy collegial conversation, attend a diverse array of educational lectures and workshops, and also offer an exciting family-friendly getaway!

The 2010 AOASM Clinical Conference Program Chair, Vince Disabella, DO, FAOASM, has crafted a diverse conference centered on the theme, "Strength

and Conditioning as Preventative Medicine." Dr. Disabella has assembled a wide experienced selection of moderators who have contributed individual educational sessions spanning topics such as dynamics of throwing and injury prevention, core training and pliometrics, ballistic cardiovascular conditioning, running injury prevention, training during pregnancy, diabetics and exercise, and exercising to combat obesity. Additional hands-on workshops and breakout sessions concentrate on development of exercise programs for core conditioning, age-specific exercise prescription, Ultrasound techniques, and OMT geared towards pelvic dysfunctions, runners, and lower leg dysfunctions.

Attendees at the 25th Annual AOASM Clinical Conference should leave the conference with a more

well-rounded understanding of patient and athlete conditioning and the importance it plays in maintaining healthy activity and preventing injury development.

The AOASM invites you to look forward into 2010 and reserve the dates in your calendar now to enjoy some wonderful California sun with your AOASM colleagues in Anaheim, CA in April 2010.

Please continue to watch the AOASM website at <http://www.AOASM.org> for upcoming registration and travel information and preliminary program presentation as available.

Looking forward to seeing you in California in 2010!

Join the AOASM at the AOA Conference in The Big Easy!



The AOASM is once again preparing to launch another educationally packed lecture series at the upcoming 114th Annual AOA Convention and Scientific Assembly at the Ernest N. Morial Convention Center in New Orleans, LA, November 1, 2009, to November 5, 2009.

The AOASM continues commitments to educational excellence by paring with the American Academy of Osteopathy and the American College of Osteopathic Pediatricians in developing and presenting joint lecture sessions at the 114th

Annual AOA Conference in NOLA. The AOASM lecture series spans from Monday, November 2, 2009, through Wednesday, November 4, 2009. The 2009 AOASM/AOA Program Chair, Angela Cavanna, DO, FAOASM, has assembled a diverse program honoring the AOA Conference theme of Prevention. Specific lecture sessions address topics such as Nutrition in Sports, Prevention of Overuse Injuries, Pre-Participation Examinations, Neurologic Injuries, and Osteopathic Evaluation of Sports Injuries.

You are invited to take a break this fall as football season winds down and spend some time with the AOASM in The Big Easy!

Did you know the AOASM receives money back from the AOA for everyone who registers under the Sports Medicine category? Support your AOASM and register today at <http://www.do-online.org/index.cfm?au=D&Pageld=convmain>

AOASM at the 60th NATA Meeting

The AOASM continued to demonstrate commitment to further development of relations with the NATA by presenting an AOASM Exchange Lecture Series at the recent NATA 60th Annual Meeting and Clinical Symposium in San Antonio, TX in June 2009.

Program Chair, Jodi Pelegrin, DO, ATC, and Paul Saenz, DO, FAOASM, developed a symposium focused on “low Back Pain in the young Athlete.” The

presentation concentrated on epidemiology, diagnosis, treatment, and return-to-play decisions with a specific focus on pars stress fractures and an “athlete’s protocol” for the treatment of spondylolysis.

Dr. Pelegrin went onto further lecture on “Osteopathy for the Athletic Trainer” providing a general overview of osteopathic principles and practices and the specific benefits inherent to OMT within the field of

sports medicine.

The lectures were well-received and well-attended and remain some of the anticipated sessions within the conference program.

The 61st NATA Annual Meeting will be held in Baltimore, MD, in 2010.



AOASM Student/Resident Rotation Feature

AOASM members regularly serve as preceptors and rotation hosts to osteopathic medical students and residents looking for sports medicine rotation experience in the course of their medical training. The AOASM website continues to provide membership contact information for students/residents wishing to establish rotations, however word-of-mouth continues as the best resource to learn about rotation possibilities.

The AOASM Newsletter in its continuing commitment to encourage growth and exposure of the AOASM membership body at large, will include a regular article in each newsletter edition featured on a specific rotation experience that has been submitted by a student or resident. The goal is to expose rotation opportunities available and allow

students/residents to share information easily. The article published in this edition was submitted by Kevin Noyes, OMS-IV from UNECOM.

I had the opportunity to rotate with Richard Mosychuk, DO, (a previous UNECOM graduate) who completed a sports medicine fellowship at The Center for Sports Medicine and Orthopedics in Phoenix, AZ. Dr. Mosychuk practiced in Arizona working with such athletic organizations as the Phoenix Suns and Coyotes before returning to the East Coast to practice in Massachusetts. He now is in private practice at Cape Cod Family Practice and ports Medicine in Mashpee, MA. His current practice is a blend of both primary care family medicine and sports medicine (concentrating on musculoskeletal injuries and

conditions). Dr. Mosychuk also serves as team physician for some of the Cape Cod League Baseball teams throughout the summer months which provides an additional experience in sports medicine during that time of the year. My experience was not purely a sports medicine rotation, but it was still a great educational experience that I really enjoyed throughout the duration of the rotation. In addition, Dr. Mosychuk was a joy to work with and truly seemed interested in teaching medical students.

Kevin Noyes, OMS-IV
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Submissions should be limited to 250-300 words and may be submitted via email to the attention of student/resident rotation editor Eric S. Bohn, DO, at cookdo@coaortho.com.



2010 Conjoint Sports Medicine CAQ Examination Dates

The 2010 Conjoint Sports Medicine CAQ Certification and Recertification examinations will be held on Tuesday, April 13, 2010, prior to the beginning of the 25th Annual AOASM Clinical Conference at the Doubletree Hotel Orange County in Anaheim, CA. Application deadlines are as follows:

1st Application Deadline: Postmark– Wednesday January 13, 2010 (no late fee)

2nd Application Deadline: Postmark– Friday, February 12, 2010 (with additional \$100 late fee)

3rd Application Deadline: Postmark– Friday, February 26, 2010 (with additional \$200 late fee)



The Sports medicine Examination process for certification of added qualifications is jointly developed by interested osteopathic specialty boards and the American Osteopathic Academy of Sports Medicine. A Sports Medicine Conjoint Examination Committee has representation from each participating specialty board and academy.

This process is designed to recognize excellence among those providing care to persons who participate in athletics or exercise programs. The examination evaluates the understanding of the scientific basis of the problems involved in Sports Medicine, the familiarity with the current advances in Sports Medicine, the possession of sound judgment and of a high degree of skill in the diagnostic and therapeutic procedures involved in the practice of Sports Medicine.

Application packets and additional information can be found at:

<http://www.aoasm.org/boardcert.cfm>

AOASM & AMSSM Oppose Ultrasound Reimbursement Cuts

On June 19, 2009, the US House of Representatives released draft legislation proposed to reduce payment for Ultrasound services in physician offices by 10-20%.

The AOASM joined the AMSSM in supporting a letter-writing campaign in opposition of said proposal. While the legislation contained beneficial policies, including medicare payment increases for primary care services, the Ultrasound reimbursement decreases proposed direct adverse

interests of many AOASM and AMSSM members.

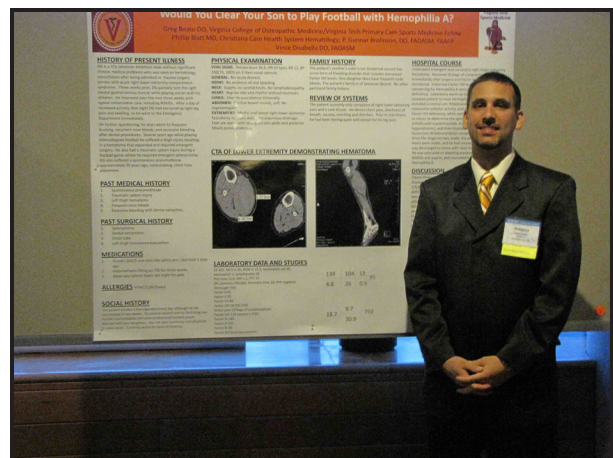
After the organizations and members mounted a letter-writing assault on the House of Representatives, less than one month later the House removed policies intended to cut Ultrasound reimbursements from the initial legislature.

While this is indeed successful news, at this moment the legislature continues within the Senate and the necessity for continued advocacy

against such reimbursement reductions by both the AOASM and AMSSM continue to create political pressure to further alter this legislative proposal.

Stay tuned for more emerging information on this topic as it develops.

Remembering Snowbird, Utah 2009



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AOASM

The AOASM Newsletter will release Issue 3 in September 2009. Articles and entries for submission are always encouraged. The submission deadline is August 31, 2009. To ensure best consideration for publication, entries should be submitted as early as possible.

As always, the newsletter remains committed to the continual development and growth of the AOASM. All comments and suggestions are always welcomed and may be submitted to the publisher.

Radiology answer: **Maisonneuve Fracture**

AOASM Member News-Bits

Darren McAuley, DO, has recently joined the medical team for the US Rowing Team and will be traveling with the team to attend the Junior Nationals in France in late July -early August 2009.

Rob Franks, DO, FAOASM, was recently invited to join the US Wrestling Medical Team at the USOC Training Center.

Marcia Whalen, DO, FAOASM, was recently named team physician for the US Water Polo Team.

