

AOASM Newsletter



American Osteopathic Academy
of Sports Medicine

<http://aoasm.org>



Special points of interest:

- AOA Annual Conference
Orlando, FL
October 30—November 3, 2011
- AOASM Annual Conference
Louisville, KY
April 18—April 22, 2012

AOASM President's Letter

Congratulations to the members of the AOASM.

First of all I would like to thank all the members of the AOASM for the honor and privilege of being able to serve as the President throughout this year. It is a very exciting time in the AOASM. I would like to refer everyone to the AOASM website to read my opening letter, where I address a few of the great things currently happening within our organization.

As stated in my acceptable speech, my two major goal this year as president are:

1. To help build financial stability for the academy. This will happen through the academy forming new business partner relationships, securing educational grants, and with the sale of publications and the new textbook; Osteopathic

Clinical Joint Exam by Alan Stockard, DO, FAOASM.

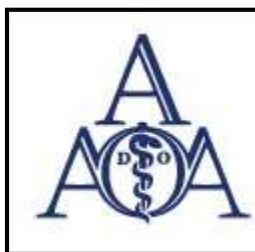
2. To not only grow the AOASM membership, but to have the current membership become even more active within the organization. The AOASM is an organization which offers great collegial atmosphere for the exchange of sports medicine knowledge and ideas. I feel that if more members become active with each ones' individual talents and experiences, we can collectively grow to be an even stronger academy. I would like to personally ask every member to join one of the committees. If we can get 100 members to do just half an hour of work monthly for the academy, we combined will do 50 hours of work advancing

the AOASM. Please become involved, the AOASM is your academy. Help form the future of the AOASM and osteopathic sports medicine. I invite you to contact Susan Rees, our Executive Director, for more information on committee participation.

Thank you for making the AOASM the great organization it is and I look forward to working with all of you in the future to continue to make it even better.

**Vince Disabella, DO,
FAOASM**

President AOASM



Osteopathic Sports Medicine Fellows at Work

Dan Clearfield, DO and Shamik Patel, DO (sports medicine fellows at Overbrook Hospital/ Sports Extra in Summit, NJ) along with sports medicine fellowship program director, Michele Gilsenan, DO, FAOASM provided medical coverage at the annual **ING Run Against Obesity** at Westfield, NJ in May 2011. Drs. Clearfield and Patel provided all coverage for the run including educational counseling to the runners on the morning of the event.



In addition, the Overbrook sports medicine fellows provided medical coverage for the NCAA Division III Men's Baseball Regional Championships which took place in Lakewood, NJ in late-May as well. They are served as the team physicians for the host baseball team, Kean University.



Please feel free to submit blurbs of your fellows' coverage experiences to share with our members.

AOASM 2011 Research Award Winners

The AOASM Board of Directors would like to congratulate the following winners of the 2011 Research Abstract, Case Presentation, and Poster Awards. The following submissions were presented by the authors at the recent AOASM 27th Annual Clinical Conference in Providence, RI. A panel of experts reviewed all presentations, and concluded the submissions received for presentation this year were exceptional and continue to advance the organization and the training fellowships commitment .

Poster Presentation:

1st: Melissa Tabor, DO

"Throwing Pains"

2nd: Scott Martin, DO

"Acute Hip and Chronic Low Back Pain in a female softball player"

3rd: Saunora, Prom, DO

"Snapping Elbow in a female lacrosse athlete"

Research Abstract:

Crystal Dyer, MD & Ryan Wen-nell

"Evaluation of Postural Stability Among NCAA Div I College Athletes Using 2.0 Force Plate Technology"

Case Presentation:

Daniel Day, DO

"Not your Everyday Knee Pain"

Don't miss the opportunity to participate in the 2012 research symposium at the upcoming AOASM 27th Annual Clinical Conference in Louisville, KY.



Sports Medicine Radiology Corner

34yo male power lifter presents with 8-10 month history of progressive worsening left wrist pain. Began initially with escalation in training, but no one injury or trauma. Pain is dorsal in wrist, increased with grip and significantly worse with rota-

tion or extension. Over past month has progressively worsened to everyday pain which worsens with use, and has no affected ability to lift, particularly presses, curls, and push-ups. Denies numbness and tingling, but is starting to notice

increased stiffness and weakness over the past month. Patient was seen by his PCP prior to referral and has an MRI.

What is your diagnosis?

Answer is on last page

OMT in Sports Medicine: Clinical Practice Pearls

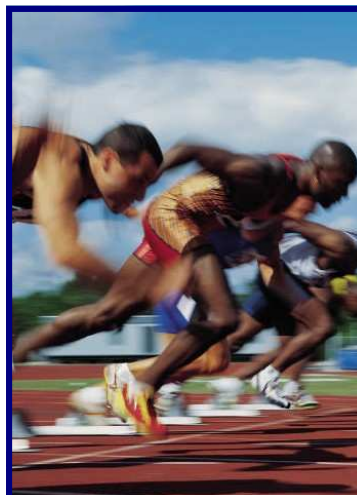
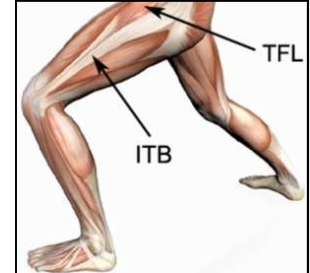
Osteopathic Considerations for Iliotibial Band Syndrome

By: Darren McAuley, DO

The Iliotibial Band (ITB) is a long, broad connective tissue that acts as a secondary stabilizer for the pelvis. Its origin is intricately intertwined within the anatomy of the Tensor Fascia Latae (TFL) which also results in anatomic anchoring of the soft tissue to the iliac crest. Insertion of the connective tissue on Gerdy's tubercle also occurs distally along the antero-lateral portion of the tibia.

Iliotibial Band tension and somatic dysfunction are exceedingly common patient presentations in those who run or cycle for sport and/or as a form of training/conditioning. Prolonged running can result in overdevelopment of the quadriceps and hamstrings which in turn often occurs in the presence of relative underdevelopment in the guteal muscles, principally the gluteus medius. These muscle imbalances precipitate a functional instability of the pelvis which is often highlighted additionally by an increase in lateral pelvic rocking from running gait. The body's natural compensation for this resultant pelvic sway is to recruit additional compensatory tension from other lateral muscle groups which includes the Tensor Fascia Latae. This additional tensile stress translates directly into Iliotibial Band irritation which often subsequently results in soft tissue thickening, nodularity, contracture, and resultant pain. When left untreated or incompletely treated it can also lead to secondary problems of greater trochanteric bursitis, hip capsulitis/contracture, and distal ITB bursitis.

An osteopathic perspective on treatment includes correcting the mechanical and muscle imbalances and abnormalities that have allowed to begin. Specifically, manual medicine protocol should address tissue texture changes and tension within the Iliotibial Band itself with counter-strain, balanced ligamentous tension, and direct inhibition. Also important is the ITB's direct connection to TFL, and possible development of trigger points which can occur within the belly of this tissue. Advanced practitioners will note that adductor muscle group tension tends to worsen the presentation, hence this should be treated using counter-strain, muscle energy, and an in-depth manual and/or home stretching program. Chapman's point occurring within the distal ITB may become contributors to many gastrointestinal complaints in runners and should also be explored if dictated by individual patient history or concurrent physical findings.



(c) Sebastian Kautzki - iStockphoto

AOASM 27th Annual Clinical Conference Louisville, Kentucky



The 27th Annual AOASM Clinical Conference will be held at the Marriott Downtown in Louisville, KY from April 18, 2012 through April 21, 2012.

The 2010 AOASM Clinical Conference Program Chair, Angela Cavanna, DO, FAOASM, has crafted a planned conference program to include numerous topics involved in the theme, "The Medicine of Sports". As sports medicine physicians we are very comfortable in treating injuries and assessing return-to-play criteria with regards to acute injuries and orthopedic issues and concerns. Unfortunately many of the athletes we treat are also subject to many diseases and additional medical issues that also afflict the general population. The manner in which we as sports medicine physicians handle many of these issues will play important roles



in the training schedules of our athletes and ultimately in their ability to compete and perform.

In keeping with these considerations, Dr. Cavanna has constructed a conference incorporating lectures on over-training, nutrition, depression screening, travel/time change affects, and sleep disturbances as a few examples of important and sometimes overlooked topics. By exposing these topics and sharing information and education regarding them, it can lend us as sports medicine physicians to better address athletic poor performances and offer educated advice for improvement. Additional medical concerns, such as Infectious Disease issues will be examined in concert with return-to-play criteria. Additionally, continued controversial issues in cardiac pre-

participation screening and concussion management will be reviewed with the goal to address current standards of care.

As osteopathic physicians, the conference will continue to forge our comprehensive approach to athletes with workshops covering topics such as prolotherapy, OMM in athletes, exercise stress testing, and ECG reading. And to round out the experience, an additional pre-conference hands-on workshop on Musculoskeletal Ultrasound will offer both introductory and advanced programs.

The AOASM invites you to look forward into 2012 and reserve the dates in your calendar now to enjoy some wonderful collegial fun with your AOASM colleagues in Louisville, KY.

Join the AOASM at the AOA Conference in Orlando, FL

The AOASM is once again preparing to launch another educationally packed lecture series at the upcoming 116th Annual AOA Convention and Scientific Assembly at the Orange County Convention Center in Orlando, FL from October 30 to November 3, 2011.

The AOASM continues commitments to educational excellence by paring with the ACOFP and AAO in developing and presenting joint lecture sessions at the 116th Annual AOA Conference in Orlando. The AOASM lec-

ture series spans from Monday, October 31 through Wednesday, November 2, 2011. The 2011 AOASM/AOA Program Chair, Patrick Leary, DO, FAOASM has assembled a diverse program "Teamwork Toward Wellness", featuring both Team Physician and Orthopedic Symposiums. Specific lecture sections address topics such as sports nutrition, doping, dive medicine, PRP, EKG in pre-participation exams, shoulder rehabilitation, eating disorders in collegiate athletes, and OMT

for low back pain and ankle injuries to name a few.

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

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 as a member of the AOASM under the Sports Medicine Category!!



AOASM Student/Resident Member Activity

Over the past 2010-2011 academic year the AOASM Student and Resident Members have remained active and continued their commitment to education within the field of osteopathic sports medicine. Here are few samples of those highlights:

Kansas City University of Medicine and Bioscience:

Thirty-four medical students from KCUMB were led under the guidance of William J. Legg, DO in a dislocation-reduction clinic in diagnosing and successfully treating and reducing an anterior glenohumeral dislocation. The Legg Reduction Technique, recently published in the JAOA, works synergistically with the muscles in the shoulder girdle to reduce the dislocation using natural tendencies within the muscle groups.

Lake Erie College of Osteopathic Medicine - Bradenton:

The LECOM-Bradenton Chapter students hosted a 2nd annual Powderpuff Tournament between OMS-I and OMS-II ladies to raise funds for the winner's charity. Upon completion of the successful event, it was unanimously decided all funds raised be donated to the Manatee County Special Olympics.

Nova Southeastern University College of Osteopathic Medicine:

NSU-COM AOASM student members participated in a shadowing program with local high schools to assist with high school football game coverage. The program is student-run and coordinated with the NSU Sports Medicine Department advisor, Andrew Kusinski, DO. This allows student one-on-one learning experiences in an up-close spontaneous setting as injuries occur throughout the football games.

Philadelphia College of Osteopathic Medicine:

Student members of the PCOM SAOASM club volunteered at the Pennsylvania Special Olympics Fall Festival at Villanova University. The volunteer student physicians helped out with events and cheered on athletes. In addition the student volunteers sponsored two Special Olympic athletes through the Special Olympics "Adopt an Athlete Program".

Ohio University College of Osteopathic Medicine:

OUCOM student members spent time shadowing team physicians during weekly sports clinics and also have additional opportunities to gain sideline experiences during home football games. Members also participated in providing coverage of the Athens Marathon and Loretta Lynn Motocross Qualifier.

Touro University Nevada College of Osteopathic Medicine:

Student physician members volunteered to help with coverage of the Las Vega Rock n Roll Marathon attended by close to 30,000 participants.

Lake Erie College of Osteopathic Medicine:

LECOM Sports Medicine club members organized regular meetings with lectures addressing topics such as *What is a Sports Medicine Doctor?*, *Concussions in Athletes*, and *Ski and Snowboard Injuries*.

Western University College of Osteopathic Medicine of the Pacific:

Western Sports Medicine club members hosted a guest lecture on Traumatic Ankle Injuries by podiatric surgeon, Dr. Bora Rhim. The club continues numerous sports medicine based lectures throughout each academic year.

Pacific Northwest University - College of Osteopathic Medicine:

PNWU's AOASM club members host numerous intramural sports events throughout the year to help students stay active and also stay in touch with sports medicine through injury management during each event.





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AOASM

The AOASM Newsletter will release Issue 2 in December of 2011. Articles and entries for submission are always encouraged. The submission deadline is December 1, 2011. 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: Keinbock's Disease

