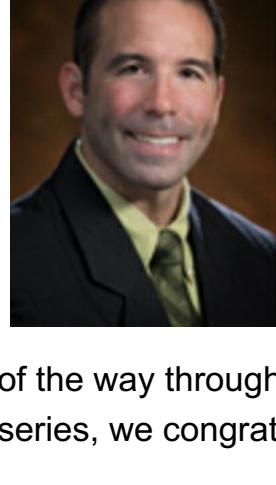




SIDELINES



From the President: R. Rob Franks, DO, FAOASM

I hope this message finds you all well and having a successful play-off run at this end of the fall season. I know that the fall season has been extremely busy here in the Philadelphia metropolitan area, and I am sure it has been where you are as well. I know it has been a very busy fall for Dr. Jason Genin, who was with the Cleveland Indians every step of the way through the World Series as their team physician. Even though the Cubs won the series, we congratulate Dr. Genin and the Indians on a fine play-off run.

AOASM has been very busy as well. Dr. Patrick Leary and I just returned from the American Academy of Pediatrics headquarters in Elk Grove, Illinois, where the first meeting to update the Pre-Participation Physical Examination was held. It was a successful, well-attended meeting, with the anticipated project completion date sometime in 2019. We will keep you posted as details become available.

The Website Committee, led by Drs. Daniel Day and Daniel Clearfield, is now starting to interview companies to execute the new website design. This group has worked tirelessly to update our AOASM website and is on time in its expectation to have the new website up and running by Spring 2017. We thank them for their hard work.

Dr. John Dougherty and Brooke Miller are confirming final plans for the Spring Conference at Harrah's in Las Vegas, Nevada, from May 3 to 6, with the Pre-Conference Workshop on May 1 and 2. The academic program is almost set as are the social events. Dr. Dougherty has some surprises in store for our social events. There will be more to come over the next few months, but it looks like it will be another Cinco de Mayo to remember.

I would also like to congratulate Dr. Becca Rodriguez on her article from last month's Sidelines on "Vitamin D Importance to the Performance Arts: Energy Required!" being distributed to the entire AOA membership via email. It was an outstanding article and continues to demonstrate the hard work and knowledge of our members.

In addition, I would like to thank Drs. John Dougherty, Angela Cavanna, and Michele Gilsenan on their continued work on the evolution of the Common Pathway and ACGME recognition. They have been doing much of the collating of material on the review of the week-to-week changes that are reported by the AOA and affecting our Fellowship Programs and our Conjoint Board.

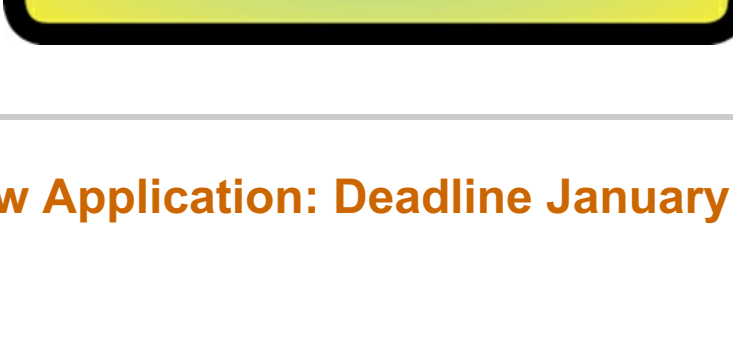
Finally, the Membership Committee would like for me to again remind you that membership renewal on the website is now open. Please take a few minutes to renew your membership so we can update our records as we get ready to transfer to the new website.

Thank you all for your hard work this fall season, and I wish you and your families a very happy and safe Thanksgiving holiday. For those of you with continued fall sports responsibilities, good luck as you finish playoffs.

Sincerely,
R. Robert Franks, DO, FAOASM
President, American Osteopathic Academy of Sports Medicine

Renew Your AOASM Membership Today!

It is time to renew your AOASM membership. As you consider renewing your membership for the 2017 membership year, we would like to thank you for your commitment to AOASM. As a member, you join others in your specialty who share your enthusiasm and dedication for the profession and to the association. Click the button below to renew, or [click here](#) for the PDF Membership Form.



Award of Fellow Application: Deadline January 3, 2017

The Fellow of the American Osteopathic Academy of Sports Medicine (FAOASM) is held in the highest esteem by the sports medicine community and its recipients are counted on to mentor and foster development of the Academy. Proudly, the AOASM encourages and supports professional advancement of these worthy candidates by bestowing this award upon them. The FAOASM signifies the recognition of the applicant member's experience, dedication, service and contribution of the highest order to the advancement of Sports Medicine.

[Click here](#) to download the FAOASM application. The deadline for all application materials is January 3, 2017. Please email info@aosm.org with any questions.

Sports Osteopathy Update

Since 2015 members of AOASM have been traveling to Germany to provide instruction to German physicians in Osteopathic Sports Medicine. The course is titled Sports Osteopathy. The sponsoring academy providing Sports Medicine Certification to the German physicians upon completion of the course is the DAAO (Deutsch-Amerikanische Akademie fur Osteopathie). Dr. Michele Gilsenan, DO, FAOASM, was the first AOASM exchange presenter for the DAAO Annual Convention held in Cologne, Germany, from 10-28-16 to 10-31-16.

Dr. Gilsenan, past president of AOASM and current chair of AOASM International Committee, presented a lecture titled "Integration of Osteopathy in the Family Practice," and a workshop titled "Prolotherapy in the Athlete." In attendance were primary care doctors, orthopedic surgeons, and general surgeons interested in the osteopathic approach to medicine and how to incorporate such theories into their current practices.

"The reception to me and each AOASM presenter was and is so friendly, hospitable, and professional," says Dr. Gilsenan. "Thank goodness all attendees speak English. The group of doctors is so receptive to new information. They wish to continue with exchange presentations and grow our relationship between the two organizations even stronger."

"Do not be surprised if you are approached by someone wishing you 'Auf Wiedersehen' at our convention in Las Vegas in May 2017," she adds.

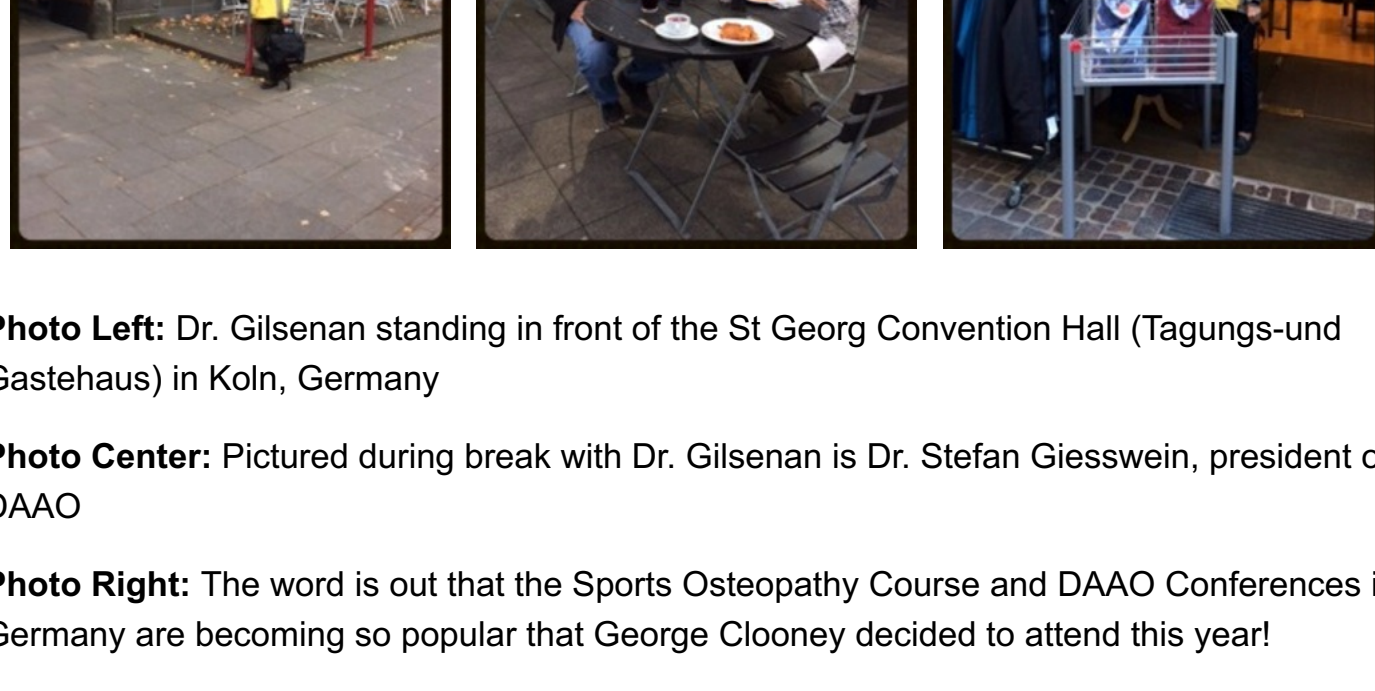


Photo Left: Dr. Gilsenan standing in front of the St Georg Convention Hall (Tagungs- und Gastehaus) in Kohn, Germany
Photo Center: Pictured during break with Dr. Gilsenan is Dr. Stefan Giesswein, president of DAAO
Photo Right: The word is out that the Sports Osteopathy Course and DAAO Conferences in Germany are becoming so popular that George Clooney decided to attend this year!

SAOASM Highlights

Written by: Charlie Kenyon, SAOASM National Student Chair; Stephen Saenz, SAOASM National Student Vice Chair

SAOASM would like to extend a giant THANK YOU to our fantastic webinar hosts from this fall semester.

On September 14 Kate Quinn, DO, delivered a fantastic webinar titled "AOASM: Your Road to Primary Care Sports Medicine," in which we discussed the history of AOASM and how to get involved in sports medicine at the local and national levels.

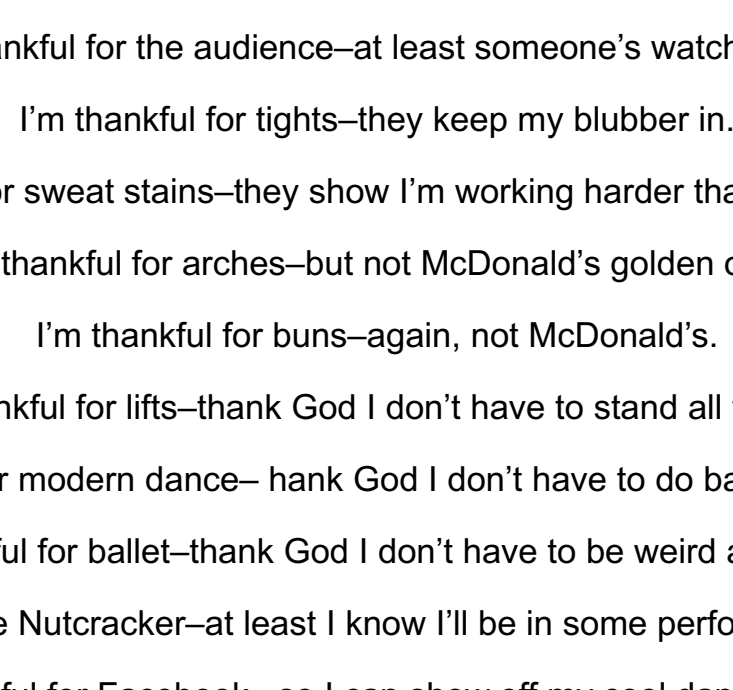
We were also extremely grateful to host Lindsey Stephens, DO, for a wonderful session on "The Top-10 Must Knows for the Family Medicine Trained Sports Doc" on November 14. Both of these sessions led to some excellent discussion and were unbelievable learning opportunities for our student members.

Any students who missed out on the webinars please check out the SAOASM Facebook page for links to recordings and updates on more awesome events, such as upcoming student regional conferences and the national clinical conference in May!

The student Facebook page can be found at: <https://www.facebook.com/groups/1401900156709888/>

Additionally, if there are any attendings or fellows interested in working with the SAOASM Board to organize a future webinar please contact Charlie Kenyon at cdk0085@live.unthsc.edu.

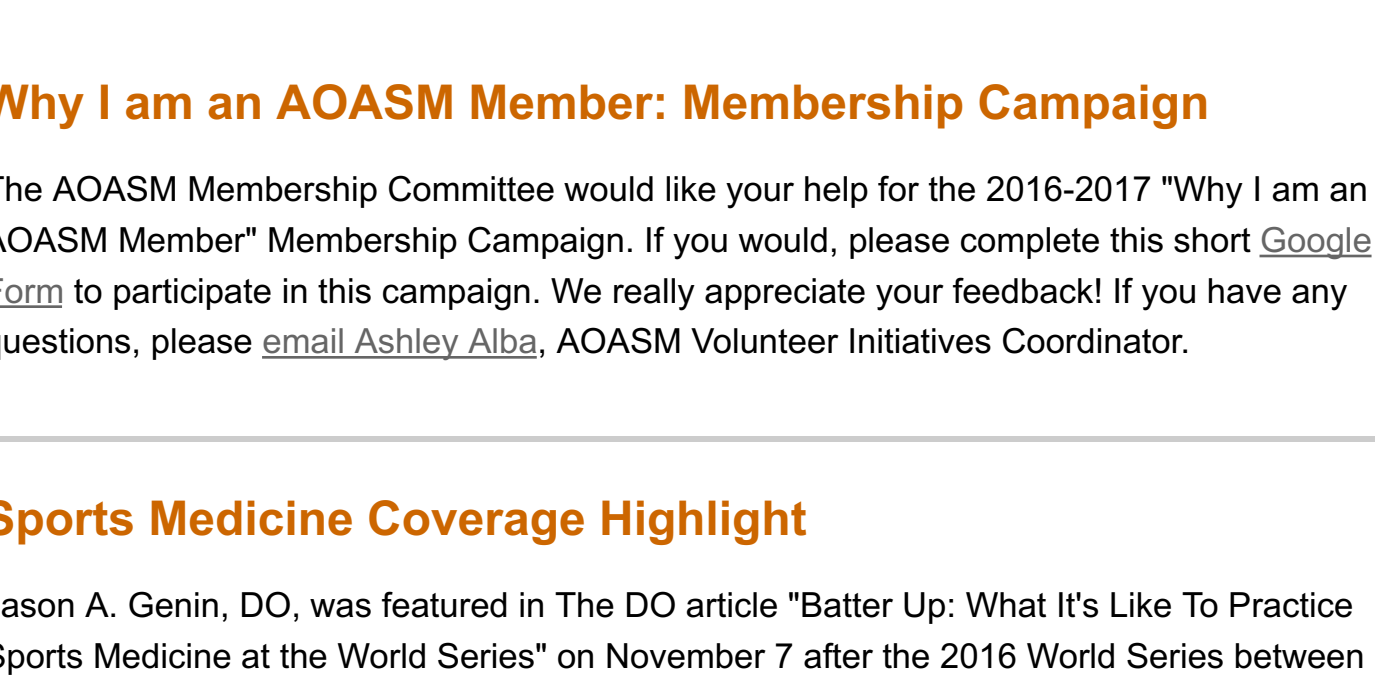
Thanks again to all the incredible mentors out there who go above and beyond to spread the sports medicine love to future generations of SAOASM!



Athletes and the Arts

Provided by: Rebeccah Rodriguez, DO
Happy Thanksgiving from Athletes and the Arts! Enjoy the festive article below!
The Bunion: A Dancer's Thanksgiving Day Prayer
Written By: Emmaly Wiederholt, Maggie Stack, and Cathy Intemann on dance.com

Oh Lord,
This Thanksgiving I'm thankful for many things.
I'm thankful for the audience—at least someone's watching me.
I'm thankful for tights—they keep my blubber in.
I'm thankful for sweat stains—they show I'm working harder than anyone else.
I'm thankful for arches—but not McDonald's golden ones.
I'm thankful for buns—again, not McDonald's.
I'm thankful for lifts—thank God I don't have to stand all the time.
I'm thankful for modern dance—hank God I don't have to do ballet all the time.
I'm thankful for ballet—thank God I don't have to be weird all the time.
I'm thankful for the Nutcracker—at least I know I'll be in some performance every year.
I'm thankful for Facebook—so I can show off my cool dance photos.
And I'm thankful for rehearsal—so I can work off all this turkey.
Amen.



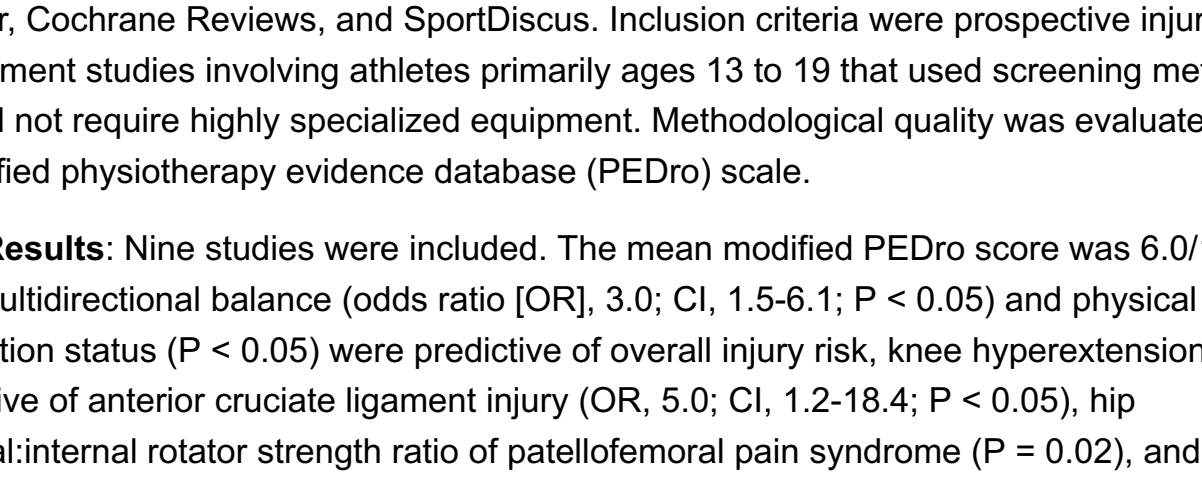
Why I am an AOASM Member: Membership Campaign

The AOASM Membership Committee would like your help for the 2016-2017 "Why I am an AOASM Member" Membership Campaign. If you would, please complete this short [Google Form](#) to participate in this campaign. We really appreciate your feedback! If you have any questions, please email [Ashley Alba](mailto:Ashley.Alba), AOASM Volunteer Initiatives Coordinator.

Sports Medicine Coverage Highlight

Jason A. Genin, DO, was featured in The DO article "Batter Up: What It's Like To Practice Sports Medicine at the World Series" on November 7 after the 2016 World Series between the Cleveland Indians and the Chicago Cubs. [Click here](#) to read more!

Journal Article Spotlight: Clinical Journal of Sport Medicine



Physical Exam Risk Factors for Lower Extremity Injury in High School Athletes: A Systematic Review

Objective: A stated goal of the preparticipation physical evaluation (PPE) is to reduce musculoskeletal injury, yet the musculoskeletal portion of the PPE is reportedly of questionable use in assessing lower extremity injury risk in high school-aged athletes. The objectives of this study are: (1) identify clinical assessment tools demonstrated to effectively determine lower extremity injury risk in a prospective setting, and (2) critically assess the methodological quality of prospective lower extremity risk assessment studies that use these tools.

Data Sources: A systematic search was performed in PubMed, CINAHL, UptoDate, Google Scholar, Cochrane Reviews, and SportDiscus. Inclusion criteria were prospective injury risk assessment studies involving athletes primarily ages 13 to 19 that used screening methods that did not require highly specialized equipment. Methodological quality was evaluated with a modified physiotherapy evidence database (PEDro) scale.

Main Results: Nine studies were included. The mean modified PEDro score was 6.0/10 (SD, 1.5). Multidirectional balance (odds ratio [OR], 3.0; CI, 1.5-6.1; P < 0.05) and physical maturation status (P < 0.05) were predictive of overall injury risk, knee hyperextension was predictive of anterior cruciate ligament injury (OR, 5.0; CI, 1.2-18.4; P < 0.05), hip external:internal rotator strength ratio of patellofemoral pain (P = 0.02), and foot posture index of ankle sprain (r = -0.339, P = 0.008).

Conclusions: Minimal prospective evidence supports or refutes the use of the functional musculoskeletal exam portion of the current PPE to assess lower extremity injury risk in high school athletes. Limited evidence does support inclusion of multidirectional balance assessment and physical maturation status in a musculoskeletal exam as both are generalizable risk factors for lower extremity injury. [Read more...](#)

Journal Article Spotlight: British Journal of Sports Medicine

Exercise prescription for patients with type 2 diabetes—a synthesis of international recommendations: narrative review

Background: Physical activity is a cornerstone of type 2 diabetes treatment and control. **Aim:** We analysed and synthesised the guidelines and recommendations issued by scientific organisations, regarding exercise prescription for patients with type 2 diabetes. **Method:** A systematic bibliographic search in PubMed, Web of Science and Scopus databases was conducted. Clinical guidelines from major international scientific organisations in the field of diabetology, endocrinology, cardiology, public health and sports medicine were also considered. 11 publications were selected. **Results:** Published guidelines recommend a weekly accumulation of a minimum of 150 min of aerobic exercise at moderate-to-vigorous intensity spread over a minimum of 3 days per week. Resistance exercise for muscle strengthening is also recommended at least 2 days a week. Flexibility exercises may complement other types of exercise. Combining aerobic and resistance exercise within the same exercise session is recommended by most guidelines. **Conclusions:** Exercise prescription for individuals with type 2 diabetes should include specific information on the type, mode, duration, intensity and weekly frequency. The exercise strategies must be adapted for each individual, based on comorbidities, contraindications and realistic personal goals. [Read more...](#)

November 23, 2016



AOASM BOARD OF DIRECTORS

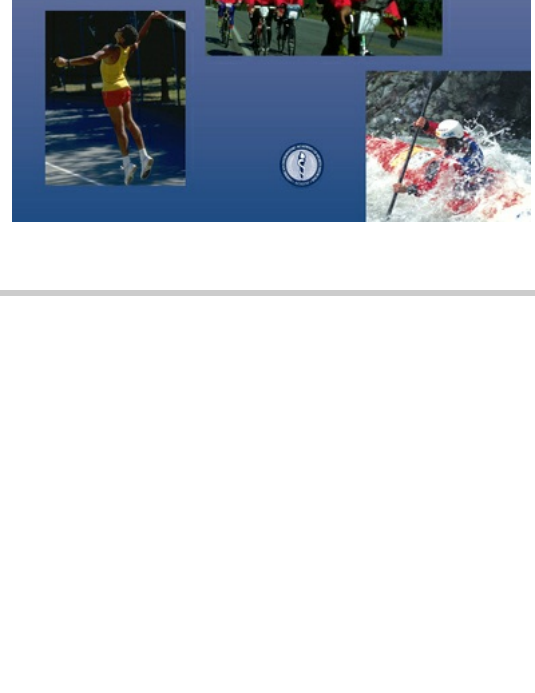
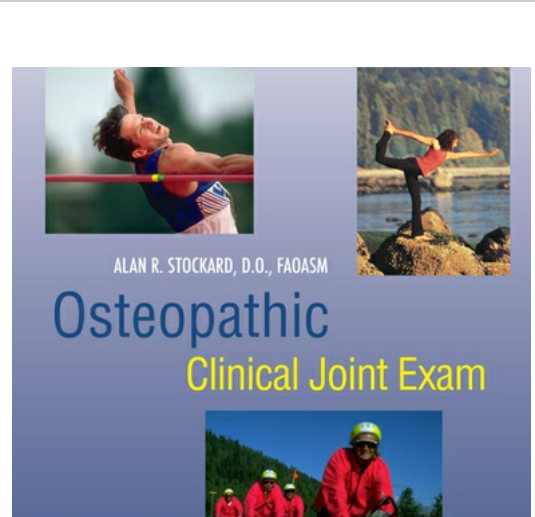
- Executive Committee**
R. Rob Franks, DO, FAOASM
President
Jeff Bytomski, DO, FAOASM
President-Elect
John Dougherty, DO, FAOASM
First Vice President
Shawn Kerger, DO, FAOASM
Second Vice President
William Kuprevich, DO, FAOASM
Secretary/Treasurer
R. Scott Cook, DO, FAOASM
Immediate Past President
Board of Directors
Warren Bodine, DO
Blake Boggess, DO, FAOASM
Daniel Clearfield, DO, MS
Kathryn Lambert, DO, FAOASM
Andrew T. Martin, DO, MBA, FAOASM
Kate Quinn, DO
Rebeccah Rodriguez, DO
Michael Sampson, DO, FAOASM
Stephen Steele, DO, FAOASM
Priscilla Tu, DO, FAOASM

Associate Contacts

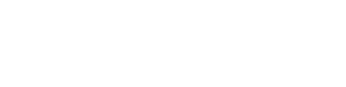
Michael Henehan
CJSM Editor

Executive Director

Susan Rees



Share this email:



American Osteopathic Academy of Sports Medicine
2424 American Lane, Madison, WI 53704
+1-608-443-2477 • info@aosm.org • www.aosm.org

Manage your preferences | Opt out using TrueRemove™
Got this as a forward? Sign up to receive our future emails.
View this email online.

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list