



# American Osteopathic Academy of Sports Medicine

# SIDELINES

## What's New in July 2022?

In the July 2022 edition of *Sidelines* you will find the following content:

- President's Message
- OMed 2022 Call for Abstracts
- COVID-19 Update to PPE Forms
- SAOASM Update
- Featured Job Openings
- Journal Article Spotlight: *Clinical Journal of Sports Medicine*
- Journal Article Spotlight: *British Journal of Sports Medicine*
- COVID Corner



## President's Message Dr. Blake Boggess

Dear AOASM Membership,

I hope you are able to stay cool during this heat wave that is affecting many parts of the world! Summer is an excellent time to relax and enjoy a

vacation but also a time to review your Heat Illness Guidelines and Emergency Action Plans for your teams.

The Team Physician Consensus Statement: Initial Assessment and Management of Select Musculoskeletal Injuries will soon be published and is a statement developed by the Team Physician Consensus Conference (TPCC), an annual project-based alliance of

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*CJSM Editor*

six major professional associations including the AOASM. The goal of this document is to help the team physician improve the care and treatment of the athlete by understanding the initial assessment and management of selected musculoskeletal injuries. We would like to thank the two members who represented AOASM on this statement, Lori Boyjian-O'Neill, DO and Rob Franks, DO for their work.

OMED Boston, Massachusetts 2022 Registration has opened! You have the option to attend in-person or Virtual this year. Take advantage of the opportunity to connect with your friends and gain the continuing medical education because OMED 2022 has it all!

AOASM-Second Vice Present, Kate Quinn, DO, AOASM has organized and planned an amazing program in collaboration with other Osteopathic academies for us. You can earn up to 50 hours of AOA or ACCME Category 1 Credit. Attend IN-PERSON and claim an additional 10 hours of AOA 1-A or *AMA-PRA Category 1 Credit™*.

[Register Now](#)

Enjoy the rest of this summer and keep cool!  
Thanks,  
Blake

Blake Boggess, DO, FAOASM  
President  
American Osteopathic Academy of Sports Medicine

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**CALL FOR ALL ACCESS ARTICLES:** Interested in writing for Sidelines? Now's your chance! AOASM is looking for individuals to contribute to the All Access section of the monthly newsletter. Contact Ashley Haan (ahaan@reesgroupinc.com) if you'd like to get involved!

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Oct. 27-30 | Boston, MA | Hybrid



## Online Registration is Now Open for OMED 2022!

The Osteopathic Medical Education Conference (OMED) is the American Osteopathic Association's (AOA) premier educational event. Presented annually, it is a conference that showcases osteopathic medicine across multiple specialties and is planned in conjunction with AOA specialty college affiliates. It brings together the osteopathic community and provides an opportunity for attendees to obtain high quality education, network with one another, and additionally affords the AOA the opportunity to continue to strengthen its relationship and partnership with osteopathic affiliated organizations, including colleges of osteopathic medicine.

Click [here](#) to review the program.

Register Online  
Today!

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## Sports and Medical Organizations Encourage COVID-19 Vaccine Conversations Be Part of All Sports Physicals

On August 5, the AOASM joined the sports and medical organizations responsible for the Preparticipation Physical Exam in supporting the following [statement](#) on athletes and the COVID-19 vaccination. The multi-organizational statement was released at the same time as the White House statement [COVID Vaccination in Athletes & Updated Interim Guidance on the Preparticipation Physical Examination during the SARS-CoV2 Pandemic](#). As part of this initiative, the PPE History and PPE Physical Examination Form were updated to include questions about COVID-19 vaccination status. Links to the updated copies of the PPE History Form, in both English and Spanish, and the Examination Form are included in this newsletter, and also posted to the [AOASM website](#).

[Examination Form](#)

## SAOASM Update and Upcoming Events

### Written By Trent Griner, SAOASM National Chair

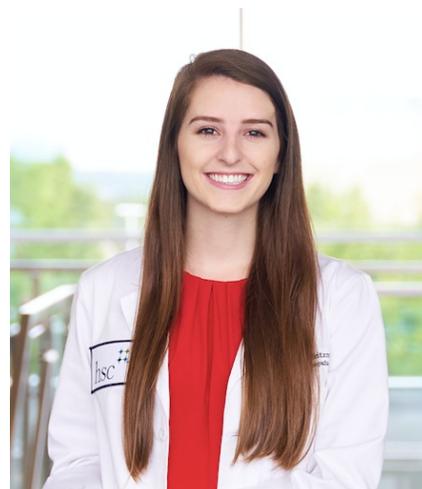
Hello SAOASM! I hope you are all having a great start to the new school year. Welcome to all our new members! Please encourage the members at your school to join SAOASM as membership is FREE for students and we have lots of great opportunities coming up this year. Please see below for an introduction to your new SAOASM Exec Board. We are all super eager to serve all the chapters and help you be successful in your path to Sports Medicine Careers!



Hello everyone. My name is **Trent Griner** and I am the 2022-23 SAOASM National Chair. I attended college at Berry College in Rome, Ga where I received my bachelor's degree in Exercise Science. I am currently a fourth-year medical student at PCOM South Ga in my hometown of Moultrie, Ga. This fall, I will be applying to family medicine residency with the hope of continuing on to do a sports medicine fellowship. I have been fortunate to find a great community and support system here in AOASM and it has been an honor to serve my fellow students for the last two years. It is my hope that as

National Chair this year, I will be able to facilitate educational and relational experiences for my fellow students that will benefit them as they develop into the future of sports medicine. I would like to extend my gratitude to all of the physician members of AOASM who have given their time and energy to ensure that student members feel welcome in the family that is AOASM. I look forward to a great year for both student and physician members alike!

My name is **Kassidy Fix** and I will be serving as the National Vice Chair of SAOASM this year. I served as the Regional Rep for the Central Regional for the past year and I can't wait to see what another year holds for this awesome organization. I am originally from Illinois, but moved to Texas for high school and received my BS in Biomedical Sciences from Texas A&M. I am currently in my third year at TCOM in Fort Worth, Texas doing my Internal Medicine rotation. I am interested in pursuing a career in Sports Medicine for reasons probably similar to a lot of you - from suffering an injury myself. I had just made the A&M track team and was so excited to go to my first meet when I tore my ACL, MCL, medial and lateral meniscus. While it seemed unfortunate at the time, looking back I can see it was a blessing in disguise because it led me to pursue a career in medicine to help others get back to doing what they love! My goal this year is to help you guys out as much as possible by providing helpful webinars, sharing resources, and finding creative ways to get students involved in Sports Medicine, finding mentors, learning new things, practicing skills, and whatever will benefit you all most! If you ever have any ideas or questions,

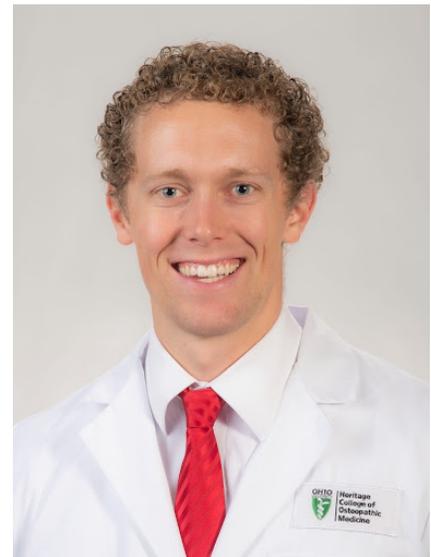


please don't hesitate to reach out to us at [studentaoasm@gmail.com](mailto:studentaoasm@gmail.com) or follow us on Facebook (SAOASM) and Instagram (@theaoasm). Don't forget to visit our website as well - [aoasm.org](http://aoasm.org)!



Howdy! My name is **Ellie Rice**, and I am the regional representative for the Central Region of SAOASM. I am currently an OMS-II at Texas College of Osteopathic Medicine. I am from Austin, Texas and went to undergrad at Loyola University Chicago, where I majored in biology and played Division-I basketball for 4 years. Throughout my athletic career, I sustained quite a few injuries that required me to sit on the sideline and go through many hours of rehab. Though this was tough, I was able to learn so much from our team physicians who really helped me get back to doing what I loved. I am passionate about sports medicine because I want to be able to help athletes come back from injury feeling confident and ready to perform. Outside of school I love to play basketball, find new coffee shops, and hang out with my pup Aspen!

Hi everyone! My name is **Brandon Wolters** and I have the pleasure of serving as the Midwest Regional Coordinator this coming academic year. I was born and raised in Coldwater, OH where my love for sports began. I participated in every sport with a ball involved and eventually fell in love with baseball, football, and basketball. I now attend the Ohio University Heritage College of Osteopathic Medicine here in Columbus, OH where I've picked up additional interest in CrossFit and triathlons in addition to continuing my love for sports in my spare time. I've endured my fair share of athletic injuries over the years and have since grown a passion in injury prevention. I aim to partner with patients of all ages to assure they can safely continue an active lifestyle throughout their lives. I look forward to getting to know you all in the SAOASM Midwest chapters!



My name is **Jake Roush**, I am an OMS III at RVU-SU and I am the Western regional representative for this next year. I am one of my school's osteopathic fellows and love sports medicine! Before medical school I worked as an athletic trainer and fell in love with working alongside athletes and others who take part in sports! I love being able to help people reach their personal goals and enjoy watching the process of injury to getting back on the field. It's incredibly fulfilling. I love sports medicine because I am fascinated with how our muscles, bones and ligaments are all interconnected as a unit. I look forward to getting people just as excited about sports medicine this next year!

My name is **Davis Ranburger**, current OMS IV at VCOM-Auburn, completing my clinical rotations in Jacksonville, FL. In my time with SAOASM I have held prior positions as the VCOM-Auburn Chapter President, from 2020-2021, and am grateful to have served as the SAOASM Southeastern Regional Representative this past year, 2021-2022. A little about me; I was born and raised in Owensboro, Kentucky, have been a lifelong athlete, and am a former Division I Swimmer for Western Kentucky University. In recent years, my athletic talents have shifted away from swimming to now being a six-time marathon/ultramarathon finisher, four of which completed in graduate/medical school. Throughout undergrad, my career and life goals changed multiple times until I ultimately found a passion for medicine. On my route to VCOM-AU, I navigated two Bachelor's degrees and two Master's Degrees, but none of it provided the satisfaction that I found in Osteopathic Medicine. Initially, I came into medical school with an open mind but soon found that my past experiences in athletics led me down a path in pursuit of Primary Care Sports Medicine. I look forward serving as your Southeastern Regional Representative again for this coming year. War Eagle and Go Hilltoppers!



My name is **Annemarie Beran**, an OMS-III at VCOM-VA, the representative for the Mid-Atlantic Region. My love for sports medicine dates back to breaking my ankle at 10 years old. Pursuit of this career path was solidified in my first two years of medical school. My favorite sport to watch (and, once upon a time, play) is basketball. Outside of being a student, I love to spend time with my two dogs, workout, garden and cook. I look forward to a great year with SAOASM!

My name is **Gerardo Rivera - Colón** and I am currently an OMS-2 at Rowan School of Osteopathic Medicine in Stratford, NJ. I graduated in May 2021 with a Bachelor's in Chemical Biology from Saint Joseph's University in Philadelphia where I played club baseball all four years. This year I am excited to be representing the North East Region of SAOASM! I'm looking forward to connecting with the chapter presidents and other regional representatives and most of all organizing the North East SAOASM Regional Conference.



SAOASM Webpage

SAOASM Facebook Group

If there is ever anything you would like to learn about or see happen through the SAOASM, please reach out to our Executive Board at [studentAOASM@gmail.com](mailto:studentAOASM@gmail.com).

We love hearing from you and providing you with the best opportunities to learn and have fun in sports medicine!



CHOOSE  
AOA BOARD  
CERTIFICATION.

*I did.*

**Becca Rodriguez Regner, DO, FACOFP**

Team USA Physician Olympic Training Site  
Chula Vista, CA

AOA-board certified Family Medicine  
and Sports Medicine



## Featured Job Openings from the [AOASM Career Center](#)

- [Family Medicine / Sports Medicine Physician](#) in Northfield, VT
- [Clinical Assistant Professor](#) in Seattle, WA
- [Assistant Program Director](#) in Columbia, SC
- [BC/BE Family Medicine, Emergency Medicine, and Primary Care Sports Medicine Physicians](#) in Carbon County, PA

### Journal Article Spotlight: *Clinical Journal of Sports Medicine*

*Preliminary Safety and Efficacy of Head and Neck Cooling Therapy After Concussion in Adolescent Athletes: A Randomized Pilot Trial*

Read the Full Article

### Journal Article Spotlight: *British Journal of Sports Medicine*

*Strong, Steady and Straight: UK Consensus Statement on Physical Activity and Exercise for Osteoporosis*

Read the Full Article

## COVID Corner

### *Clinical Journal of Sports Medicine*

*Low Risk of Cardiac Complications in Collegiate Athletes After Asymptomatic or Mild COVID-19 Infection*

Read the Full Article

### *British Journal of Sports Medicine*

*COVID-19 Boosters This Fall to Include Omicron Antigen, but Questions Remain About Its Value*

Read the Full Article

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