



SIDELINES

What's New in January 2020!

In the January 2020 edition of Sidelines you will find the following content:

- Video: OA FPR
- President Letter: *Written by Shawn Kerger, DO, FAOASM*
- Reserve Your Hotel for AOASM 2020
- John Hill, DO, releases his book *All In*
- Athletes and the Arts
- SAOASM Update
- OMED 2020
- Journal Article Spotlight: *Clinical Journal of Sports Medicine*
- Journal Article Spotlight: *British Journal of Sports Medicine*

**Watch the Video:
Dr. Shawn Kerger Demonstrates
OA FPR**



*Click the image above for the full video, credited to Ohio University.
Thanks to Paul Becerra for creating the video and to Spencer Willette,
OMS-II, as the model!*

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From the President: Shawn Kerger, DO, FAOASM



2020...colloquially, this number is used to imply either 'perfect vision' or 'hindsight'. As we look forward to the upcoming events of this year, it's appropriate to take notice of our perfect vision for the coming year. I am not suggesting that it's perfect, but it certainly is noteworthy and impressive!

The Executive Committee has begun the refreshment of the AOASM logo and branding, the first step of which is to review our vision and mission statements. The last time we did so was almost two decades ago. It's the general opinion of the EC that this process will take a bit of time to do correctly, and there are costs associated with this process that need to be prudently and frugally decided upon. More to follow as we go through this process!

In keeping with the 2020 theme, the Stockard Osteopathic Clinical Joint Exam will be in an exclusively electronic format and the revision of the text (now in its 10th year since publication) is already underway. Our goal is to have sample chapters available at the spring conference with final publication release in July 2020.

Our annual Clinical Conference is just around the corner and already we're being asked about the registration date! The hotel reservations are already available online on our [conference page](#) on the AOASM website – registration for the conference itself will be coming in early February, and AOASM members will receive an email when this occurs, so keep an eye on your inbox!

It was just announced that one of our fellow osteopathic physicians, Jonathon Finnoff, DO, has been hired as the CMO for the US Olympic & Paralympic Committee. Dr. Finnoff will begin his term on March 2nd. (<https://www.teamusa.org/News/2020/January/14/Dr-Jonathan-Finnoff-Joins-US-Olympic-Paralympic-Committee-As-Chief-Medical-Officer>.) We celebrate his being named to this prestigious sports medicine position, and look forward to future collaborations between our AOASM sports medicine physicians and the USO and PC!

Finally, I wish a Happy New Year to you all – may 2020 bring you success and contentment in your professional and personal endeavors.

AOASM 2020: Save the Date!

Attendee conference registration for AOASM 2020 will open early February 2020!



AOASM²⁰₂₀

American Osteopathic Academy of Sports Medicine

APRIL 29-MAY 3

Preconference: April 27-28

Disneyland
RESORT



As to Disney properties/ artwork: © Disney

AOASM 2020 Hotel Reservations

Make your AOASM 2020 guest room reservation now at the Disneyland Resort Hotel! A limited number of rooms are reserved at this rate. To secure a room please contact the Disneyland® Resort by booking online 24/7

at <https://mydisneygroup.com/gdad20b> or by calling (714) 520-5005, M-F from 8:00 a.m. to 5:00 p.m. PST. (Refer to AOASM/Sports Medicine.)

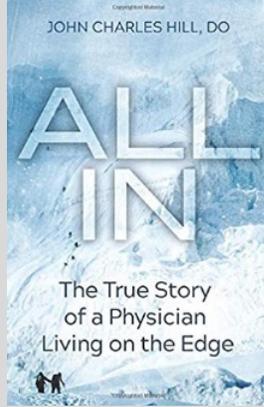
Reservations must be made by Friday, April 3, 2020 or before the group rooms are sold out, so do not delay. Prevailing rates may apply after this date or when the group rooms are sold out, whichever occurs first. Rooms are subject to availability.

Discounted Special Group Theme Park Tickets Available

[Click here](#) to purchase specially-priced Disneyland® Resort Theme Park tickets.

NOTE: These special ticket prices are **not available** once you arrive at the Resort. The ticket store closes at **9:00 PM PST on Monday, April 27, 2020**. Prices are subject to change per Disney without notice, so do not delay!

John Hill, DO, FAOASM Releases His



New Book, *All In*

Dr. John Hill has recently released his book, *All In*, which is available on [Amazon](#), and chronicles his "personal stories from his unique perspective as a sports medicine physician, ultra-athlete, husband, and father".



Athletes and the Arts

Dancer Return to Play

Written by Becca Rodriguez Regner, DO, FACOFP

One of the unique factors that makes osteopathic sports medicine physicians great, is creating safe modifications for athletes to keep active and working around an injury. The return to play (RTP) protocol is created for concussion athletes—football, basketball, and baseball athletes. RTP for the dancer should be the same mindset.

After diagnosis, an imaging and treatment plan is given to the dancer and they look to their company physician for ways they can still move, even if it is a single limb. It is the love in their hearts and passion to create a beautiful and artistic dance that drives their spirit. Most dancers want to keep working on flexibility and continue attending class/rehearsal to learn choreography. It is important for the osteopathic sports medicine



physician to inquire about the number of hours the dancer is dancing per week in class, number of hours danced in rehearsal, and number of hours or how many performances/competitions they have per month. Many studios offer many types of genres of dance or cross training classes that dancers can participate in to keep muscles moving and for continued modified training. Utilize pilates, yoga, floor barre, swim, bike, and elliptical if possible in exercise modification. If safe, incorporate abdominal workouts, seated upper body weights or resistance training, and use of resistance band work where

appropriate. Formal physical therapy is also important to add to the treatment plan to help improve range of motion, strength, and lower extremity proprioception.

When the dancer is relieved of pain, inflammation and swelling, improvement in range of motion and strength, then

functional training, can begin. The dancer will be anxious to get back into class and start marking choreography. A 25% intensity or percentage rule of NL schedule can be used to return a dancer to the stage. It is important with the dancer, like with any other athlete, to build back gradually into sport. The 25% rule allows the physician to direct care and give the dancer an outline plan every two weeks to increase intensity of work load by 25%, as tolerated. This allows for an eight-week gradual return to play into 100% full out performance. Of course, this 25% rule can be altered according to athlete healing and severity of injury. Lastly, it is vital for the osteopathic sports medicine physician to ask about any competitions or shows in the near future. Dancers, parents and company directors are appreciative when company physicians can help create goals for the dancer in returning to performance.



SAOASM Update

Greetings, SAOASM!

Northeast Regional Conference

Recap: Students enjoyed excellent lectures from Drs. Elan Goldwaser, Christopher Mehallo, Miltiadis Zgonis, and Robert Franks and participated in afternoon workshops learning about sideline trauma! Pictures are coming soon to the website and posted on SAOASM's Facebook page. Thank you guest speakers, PCOM faculty and staff, PCOM SAOASM leadership, and Northeast Regional Representative, Sharon Longo.

Southeast Regional Conference

Recap: We had a great day at VCOM-Auburn learning from a great panel of leaders in sports medicine! Stay tuned for pictures on the website and Facebook page. Thank you to all of our speakers as well as VCOM-Auburn, VCOM-Auburn SAOASM leadership, VCOM-Auburn SAOASM President Katie Holley, and Southeast Regional Representative, Mary Spring!



Upcoming Conferences:

- Central Conference
 - **Host:** A.T. Still University – Kirksville College of Osteopathic Medicine (ATSU-KCOM)
 - **Date:** February 29, 2020
 - **Questions:** contact Central Regional Rep, [Cara Conrad](#).
- Mid-Atlantic Conference
 - **Host:** Liberty University College of Osteopathic Medicine (LUCOM)

- **Date:** March 28, 2020
- **Questions:** contact Mid-Atlantic Regional Rep, [Graham Mann](#).
- Midwestern
 - Details coming soon!
- Western
 - Details coming soon!
- AOASM Clinical Conference 2020
 - **Host:** American Osteopathic Academy of Sports Medicine
 - **Location:** Disneyland, Anaheim, California
 - **Date:** April 29 – May 3, 2020
 - Student activities will include lectures, hands-on workshops, medical student networking opportunities and much more! Stay tuned for more details on student activities during the conference!

Upcoming Webinars

- **Women in Sports Medicine Panel:** February 6, 2020, 8:00 p.m. EST
- Celebrate National Girls and Women in Sports Day with us for a panel discussion on being a women in sports medicine. Panelists will discuss topics ranging from their medical training, fellowship training, current practice, and much more!
- A link to join webinar will be emailed via regional representatives and posted on SAOASM Facebook page.

Stay tuned for more information on the rest of the regional conferences, more webinars, and the 2020 AOASM Clinical Conference! If you have any questions please reach out via email at studentaoasm@gmail.com

Megan Boyer
AOASM National Student Chair

SAOASM Webpage

SAOASM Facebook Page

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

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



Want to Be in the SAOASM Student Spotlight? Fill Out the Form Here!

Future OMED Conference Schedule

- OMED 2020: Friday, October 16 - Monday, October 19 in Austin, Texas
- OMED 2021: Friday, October 22 - Monday, October 25 in Phoenix, Arizona
- OMED 2022: Thursday, October 27 - Sunday, October 30 in Boston, Massachusetts

Journal Article Spotlight:

Journal Article Spotlight:

*Clinical Journal of Sports
Medicine*

*Update on the Role of Actovegin in
Musculoskeletal Medicine:
A Review of the Past 10 Years*

[Click Here for Full Article](#)

*British Journal of Sports
Medicine*

*What does best practice care for
musculoskeletal pain look like? Eleven
consistent recommendations from high-
quality clinical practice guidelines:
systematic review*

[Click Here for Full Article](#)

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