



SIDELINES

What's New in December 2020!

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

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From the President: William Kuprevich, DO, FAOASM

As the long year of 2020 comes to a close, I find myself reflecting on how well we have adjusted to the unprecedented challenges. I am proud of how AOASM members found new solutions when the familiar ways of doing things did not work this year. There was a lot of brainstorming, hard work, and perseverance leading to our achievements - thank you for all the effort.

In March, we changed our 2020 Clinical Conference from a live event to a virtual format. Our Program Chair, Dr. Becca Rodriguez, and The Rees Group, specifically Brooke Miller, created a fantastic meeting in just a month's time. Our lecturers produced quality content. There was excellent attendance and even an energetic social evening gathering hosted by Dr. Priscilla Tu.

OMED also joined the virtual world; Dr. Blake Boggess, our Program Chair, and

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our talented faculty were up to the task. Both meetings were financially positive for us. A happy note in such a bleak year.

We have worked to be supportive of our members and the mission of our organization. Our membership is up and meeting attendance is strong. We are pleased that in a difficult year we have positive things to share with you.

In 2021 we will need to continue to seek avenues to maintain our growth and importance to our members and the sports medicine community. We have many talented members serving in important roles within our organization and outside it. Their continued engagement will help us identify and seek opportunities, and be aware of risks that are on the horizon for our members. There will be new vaccine issues, travel restrictions, and work issues in 2021, and others will look to us for advice and information as they have this year.

One of my goals is the development of leadership within our organization. Programs outlining leadership skills could be made available for new leaders, which could help each of us bring what we learn to our leadership positions. The more effective each leader is the stronger our organization.

Other things important to us:

- Equity and inclusion - defining and addressing issues.
- Weekly Thursday webinars from the Sports Osteopathy Faculty to begin in mid-January 2021. We are looking forward to this.
- Updating our bylaws and continuing the discussion of our position in the ACGME world.
- The 2021 Board of Directors nominations need to be submitted by December 31. Please consider your interest in serving and guiding your organization. We welcome your input and greater involvement.

I wish you all a happy holiday time shared with family, friends, and colleagues. Let's keep working together to find new opportunities to support each other and to help those around us.

Be safe,
Bill

All Access

Rebecca Rodriguez Regner, DO, FAOASM

Refuel the Body for Health Success

As osteopathic sports medicine physicians move into 2021, a reflection on taking care of our own physician health is vital. As physicians, we spend so much time taking care of patients, athletes, friends, and family members, we often leave our health treatment last. Through our studies, research, and discussion with patients/athletes, it is important to implement in our

lives, fueling our bodies for health success.

Let's not settle for an okay diet and some random, infrequent exercise program. Remember our sports medicine roots-we are connected by fitness/sport, nutrition, and injury treatment and prevention. Let's commit to our health and bring our A game for a true healthy diet and committed exercise program. We hear many patients state, "I was doing great before the pandemic and then I dropped off, gained weight, and now not exercising as much." But why not? Now is the time to recognize we all actually have a bit more time for reflection and resetting of our program to make our health number one. We are already actively decreasing infectious disease, getting less URI signs and symptoms, less influenza, less flare up of inflammation in many parts of our body.

Now it is time to refuel our body, mind, and spirit. Even as some of us are getting back into sports coverage with teams, we should make ourselves number one. Let's start with diet. We read all the time, what we put into our body is a reflection of our health.

Read the full article [here](#).

Call for AOASM 2021 Case and Research Abstract Submissions

The Program Committee for the 36th Annual Clinical Conference of the American Osteopathic Academy of Sports Medicine would like to promote the annual meeting on April 28-May 1, 2021. Registration and conference details are forthcoming and will be posted on the AOASM website in January 2021.

In the meantime, we would like to formally announce the case and research abstract submission deadlines! Case and research abstract submissions must be received by March 1, 2021. All submissions must be entered by 11:59 p.m. PST. - submissions received after this deadline will not be considered.

To learn more and access the submission forms, [click here](#).

New Sports Osteopathy Webinars

AAOASM has partnered with the Deutsch-Amerikanische-Akademie für Osteopathie (DAAO) (German-American Academy for Osteopathy) offering lectures on sports osteopathy to physicians in Germany. For the first time, AOASM will offer eight lectures from this series in a webinar format in the US, beginning January 14, 2021. All webinars begin at 8:00 p.m. ET, 7:00 p.m. CT.

Webinar Schedule:

- January 14: Guidelines, Benefits of Exercise, and Medical Conditions Part I - Kurt Heinking, DO, FAAO
- January 21: Guidelines, Benefits of Exercise, and Medical Conditions Part 2 - Kurt Heinking, DO, FAAO
- January 28: Core Stability in the Athlete - Kate Quinn, DO, FAOASM

- February 4: Concussion Update - R. Robert Franks, DO, FAOASM
- February 11: Thoracic Outlet Syndrome: An Osteopathic Approach - Alexandra Myers, DO, FAOASM
- February 18: Thoracic Spine Considerations - Kate Quinn, DO, FAOASM
- February 25: Osteopathic Approach to Hand and Wrist Injuries - Dan Clearfield, DO, FAOASM
- March 4: Lower Extremity for the Competitive Athlete - Brett DeGooyer, DO, FAOASM

Pricing:

Physician Members: \$40/webinar

Physician Nonmembers: \$60/webinar

AOASM Student/Resident/Fellow Members: Free

Student/Resident/Fellow Nonmembers: \$10/webinar

Register for the entire series and receive a discount of 15%.

AOA Credits:

AOASM has request the AOA Council on Continuing Medical Education approve the live webinars for up to 8.0 hours of AOA Category 1-A CME credits.

Registration:

Visit the [AOASM website](#) for registration information.

Participate In a Spondylolysis Survey

AOASM has received a request from a sports medicine fellow at Thomas Jefferson University Hospital who is working on a study that aims to qualify and analyze differences in the diagnosis and treatment of spondylolysis by physicians based on specialty and region. This IRB-approved study consists of a questionnaire that will evaluate the treatment and diagnosis of spondylolysis. Your participation in this study will contribute to advancing the understanding of the diagnosis and treatment of spondylolysis. Additionally, your participation in this study is entirely voluntary, and you can end your participation at any time.

If you decide to participate, please fill out the questionnaire via the link below. This should take 15 minutes or less of your time to complete, and can be completed from your mobile device or computer. If any question makes you feel uncomfortable, you don't have to answer it. Any information you provide will remain strictly confidential. Your name will not be identified or associated with any specific responses, and it will not appear in any published materials which result from this research.

[Take the survey here](#)

Basketball Sports Medicine and Science

This book is designed as a comprehensive

educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. *Basketball Sports Medicine and Science* is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language, and improving communication within the team staff and environment.

Contributions from the following AOASM members:

Jeffrey Bytomski

- Editor

Blake Boggess (with Jordan Rawlings)

- Ethical and Medico-Legal Issues in Injury Management and Return to Sport in Basketball (Pages 957-965)

Benjamin Boswell (with Benjamin Oshlag)

- Constructing a Medical Team: The Medical Needs of a Basketball Team (Pages 83-90)

Alex Diamond (with Andrew W. Kuhn)

- The Young/Adolescent Basketball Player (Pages 847-864)

Jeff Kovan (with Chelsea Gonzalez)

- The Role of the Team Physician in Basketball (Pages 121-123)

Mark Rogers (with Shan Fairbanks)

- The Role of Pre-participation Assessment and Screening in Basketball (Pages 91-102)

Thomas Stocklin-Enright (with Nathan McMurray)

- Head, Neck, and Face Injuries in Basketball (Pages 215-223)

Priscilla Tu (with Travis Nelson)

Lior Laver · Baris Kocaoglu
Brian Cole · Amelia J. H. Arundale
Jeffrey Bytomski · Annunziato Amendola
Editors



Basketball Sports Medicine and Science



- General Considerations in Basketball: Court Type, Shoes, and Protective Gear (Pages 957-96)

Order Information:

[Springer](#)

[Amazon](#)

Ring in the New Year with your AOASM Family!

Log in to Gather.Town Saturday, Jan 2, from 5:00-7:00 p.m. EST, and let's have a drink (or more) together to celebrate the end of 2020! Masks not required.

Keep an eye on your inbox for an official invite and link soon!

SAOASM Update

On behalf of the SAOASM leadership, I would like to take the time to wish each of you a happy holidays. We will not be having a webinar during the month of December; however, we have an exciting lineup ready for the new year beginning in January. I hope you all have some time off to enjoy the holidays with loved ones, reflect on the past year, and prepare for the upcoming year. Please stay safe and healthy. Thank you all for a great fall semester!

Athletically,
Dan Brannen
SAOASM National Chair

SAOASM Webpage

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

SAOASM Facebook Group

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, FACFP
Team USA Physician Olympic Training Site
Chula Vista, CA
AOA-board certified Family Medicine and Sports Medicine

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

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

- [University Physician - Sports Medicine Specialist](#) in Eugene, Oregon.
- [FT Family Medicine/Sports Medicine Opportunity](#) in Upstate, South Carolina.
- [Sports Medicine Physician](#) in Spokane Valley, Washington.

Journal Article Spotlight: *Clinical Journal of Sports Medicine*

Use and Outcome of Local Anesthetic Painkilling Injections in Athletes: A Systematic Review

Click Here for Full Article

Journal Article Spotlight: *British Journal of Sports Medicine*

International Olympic Committee (IOC) Sport Mental Health Assessment Tool 1 (SMHAT-1) and Sport Mental Health Recognition Tool 1 (SMHRT-1): towards better support of athletes' mental health

Click Here for Full Article

COVID Corner

Interim Guidance on the Preparticipation Physical Examination for Athletes During the SARS-CoV-2 Pandemic

Click Here for Full Article

Successful return to professional men's football (soccer) competition after the COVID-19 shutdown: a cohort study in the German Bundesliga

Click Here for Full Article