



SIDELINES

What's New in June 2020!

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

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From the President: William Kuprevich, DO, FAOASM



In this time of challenges I hope all of you and your families are staying safe and well.

All of us, our families and patients, are impacted by this unprecedented COVID-19 pandemic, the resultant economic effect, and the recent events regarding equality for everyone. In the midst of the upheaval we ask ourselves, "What can we do? How can we help?"

As physicians, we are the leaders in providing the best information we can concerning the pandemic. We are on the frontline helping others feel confident about how to protect themselves and their families and what to do if symptoms arise. We provide a plan, along with information, to combat the anxiety of not knowing what to do. This is pivotal in encouraging calm and focus.

When it comes to the economic effect, we are there helping people who have concerns about job insecurity, income loss, and stress about the unknowns, all of

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which may affect their feeling of wellness or their actual health. This is where we excel - we care and we help. To be the most influential, we just have to do what we have always done and the positive results will be immeasurable.

The AOASM position statement on social injustice is shared in this *Sidelines* issue. Words are important, as is taking a unified stand. The newly appointed AOASM Diversity Committee will be guiding us in the development of our diversity inclusion statement and an action plan to achieve the goals set forth. With a unified approach and by utilizing the resources of our members, we have great potential to make OUR impact in sports medicine and our daily patient interactions.

Dr, Jason Smith will be chairing the Membership Committee as Dr Tu transitions onto the Executive Committee. Our Diversity Committee will be a subgroup of Membership and is undergoing team building at this time.

With OMED 2020 going virtual, Dr, Blake Boggess has positioned the AOASM well with meaningful, timely content. It will stimulate our interest and attention and we hope this virtual event will allow more AOASM members to participate. Additional information on the AOA's plans for this event are in this issue of *Sidelines*. Watch your email as plans develop over the summer.

We noted the interest in additional CME webinars after our 2020 virtual conference. We are planning to move forward with programs covering current clinical topics. These are anticipated to be two-hour sessions bimonthly and offered at times not to impact schedules as our teams start to resume training during the COVID-19 world.

[*Return to Training: Management of the Athlete from the COVID-19 Pandemic*](#) has undergone a revision and expansion. This newly revised document has had a broad release to media and sports medicine and athletic training organizations on the state and national level. We would like to thank Dr. Rebeccah Rodriguez Regner, Dr. Rob Franks, and Dr. Angela Cavanna for their continued work on this important framework.

Let's continue what is second nature to us: working together, and remembering that being a steady, calm resource for those who depend on us is always important, especially in times of crisis.

Stay safe all.

Diversity and Inclusion Statement

The American Osteopathic Academy of Sports Medicine, like the rest of the United States, has taken pause over the last several days to reflect upon the horrific acts of racial injustice and violence that resulted in the deaths of several Black and Brown Americans at the hands of racial discrimination and intolerance. The deaths of these individuals along with the history of mistreatment and sometimes brutality against Black and Brown Americans have called upon us to attempt to bring an end to centuries of racism, hatred and bigotry. The AOASM leaders and members stand together to speak against societal and institutional racism which has resulted in disparities in the treatment of people of color and the delivery of health care. As a professional society promoting public health and injury prevention, we must confront discriminatory actions which

jeopardize the safety and wellness in sport and the community at large.

Osteopathic sports medicine physicians are dedicated to promoting healthy lifestyles and providing safety within athletics by providing comprehensive, holistic, preventative, and diagnostic management of sports and exercise related injury, supporting safe training environments, and promoting proper nutrition to maintain active lifestyle. We provide compassionate care to all athletes regardless of race, age, gender, sexual orientation, or country of origin. AOASM will work to identify and eliminate forms of racial discrimination that occur at all levels of sport from the professional or national level to school and university settings, and finally, to private training facilities and community programs. By denouncing all forms of racism in sport and in the healthcare system, we will ensure equality to all physicians, interns, residents, medical students, certified athletic trainers, athletes, coaches, parents/guardians, and spectators to promote equal access to safe training environments and equal treatment on and off the field.

AOASM will take meaningful and sustained action to stand against racism and oppression by encouraging current and future osteopathic sports medicine physicians to promote positive change through teaching, serving, and caring for athletes, coaches, and patients of all backgrounds. As an organization, AOASM will revisit its strategic plan in order to identify opportunities for education, professional development, and advocacy with a focus on preventing institutional racism, unconscious bias, and disparities in medical care and in sport. We will mitigate racial stereotypes by focusing on diversity and inclusivity. We will engage Black and Brown physicians to identify societal barriers so as an organization we can drive change and address long-standing issues of discrimination.

Our strength lies in our community and diversity. Together we will work to create and sustain solidarity, justice, and equality for all.

COVID-19 Resources for Sports

AOASM Return to Training

[*Return to Training: Management of the Athlete from the COVID-19 Pandemic*](#) provides guidance for athletes, trainers, franchises, and sports facilities as they prepare for a safe return to play and competition. These detailed recommendations include:

- Working Guidelines for Return to Training Venue and Team Training
- Recommendations for Training Facilities
- Continued Safety Strategies

Considerations for Youth Sports

[CDC Guidelines](#)

Athletes and the Arts COVID-19 Guidelines for Dancers

COVID-19 pandemic has affected every industry and every person. We



have seen and heard in the media all sports have been shut down. This includes the performing arts and training and work for dancers. Many professional companies like New York City ballet has closed the dance season for 2020. National organizations and leaders in the dance community have come together to support the arts. AOASM is proud to have Past President, Dr. Steve Karageanes as an advocate for the performing arts and he has been involved with the updated task force guidelines for dancers training and return to the studio.

Becca Rodriguez Regner D.O., FACOFP, FAOASM

Return to Dance During COVID-19

Steven Karageanes, DO, FAOASM
Youth Protection Advocates in Dance

These are guidelines that are meant to help dancers and dance studios return to dance activities and classes. Many rules and regulations will differ across the country, depending on where you live, so make sure you keep yourselves up-to-date with those as well. These recommendations will likely change as we learn more about this disease, so check back for updates.

Main point: Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, **there is no way of completely eliminating the risk of fatal infection.** This is important to remember in any activities you undertake, and parents should be reminded of this: **if in doubt, sit them out.**

Return to training: The US Olympic and Paralympic Committee broke return to training down into 5 basic phases, which we think makes sense:

Phase 1: Shelter in place, public facilities are closed.

Phase 2: Shelter in place lifted, but still no group gatherings, public facilities are still closed.

Phase 3: Public health authorities allow small groups, public facilities are still closed.

Phase 4: Public health authorities remove limitations on all group sizes, allow public training facilities to open.

Phase 5: Vaccine or cure is developed.

States and local governing bodies may add stipulations or exceptions to any orders they give. Some states like Michigan made their plans according to six phases, not five. The White House outlined three phases. The United States Olympic and Paralympic Committee made their plans designed to a return to training.

At this point, **your region would have to be at Phase 3** before getting students back into the studio.

[Click Here for Full Article](#)

Return to Dancing and Training Considerations Due to COVID-19

The Task Force on Dancer Health is dedicated to protecting the health and safety of dancers and their company settings. The purpose of this paper is to provide resources and information companies can use to help them develop return-to-studio protocols in the context of COVID-19. The information contained in this document is not meant to substitute for medical diagnosis and treatment and should be used for informational purposes only. These considerations are not meant to be prescriptive, but rather informative to help individual companies create their own return-to-studio protocol based on their situation and the stipulations put in place by their local public health authorities and governments. Governments may be making decisions for reopening based on weighing economics, politics and health. However, as the Task Force on Dancer Health, we strongly recommend making these decisions based on medical advice. As a result, your studio phase may lag behind the local government phase in reopening. You may need to adhere to stricter protocols to keep your company healthy and safe as they can perform when appropriate. The links provided in this document should also be referred to as the information on COVID-19 continues to change rapidly.

Basic Concepts:

Dancers and staff with medical conditions that place them at higher risk should not participate during this transition period.

- Be aware of COVID-19 symptoms (Appendix A) and check the CDC website for updates <https://www.cdc.gov/coronavirus/2019-nCoV/symptoms-testing/symptoms.html>
- Dancers who have traveled back to their company city should quarantine in isolation for 14 days before coming to the studios.
- Dancers and staff should continue to limit exposure outside of the home to essential needs such as grocery shopping, healthcare, and dance.
- Dancers and staff should only be at the studios if feeling completely well with no symptoms of illness.
- Temperature checks using a no-touch forehead thermometer must be conducted daily for every individual before entering the studio. Review Appendix A for signs and symptoms of COVID-19.
- If a dancer or staff member has had COVID-19, they will need a clearance note from a doctor to return to the studios.
- Social distancing recommendations in general become significantly greater when dancers and athletes are exercising indoors. Being in an enclosed, indoor space, sharing the same air for a prolonged period of time (> than 10 minutes) increases the chances of exposure and infection. Standard social distancing guidelines of 6 feet are not as effective as the time of exposure is increased and even a low dose of virus is within the air.
- All dancers and staff need to behave as if they are an asymptomatic carrier of COVID-19 to help reduce risk that asymptomatic individuals are infecting an enclosed environment.
- Companies need to be prepared with the appropriate PPE supplies and staffing for multiple cleanings per day of common spaces. Touch areas need to be specifically attended to such as elevator buttons, door handles, ballet barres, copy and fax machines, stair railings, and bathrooms/dressing room areas. Cleaning supplies and hand sanitizer must be sufficient to maintain a safe working environment with cleanings multiple times/day.

Return to Dancing and Training Considerations Due to COVID-19

[Click Here for Full Article](#)

COVID-19 FAQ for dancers and dance companies returning to the studios

The Dance USA Task Force on Dancer Health is committed to protecting the health and safety of professional dancers. The information in this document is meant as an adjunct to provide more information for dancers and companies as we all work to mitigate the transmission of COVID-19 and provide safe environments for dancers in the studio. Please refer to the informational paper titled: Return to Dancing and Training Considerations Due to COVID-19.

The information in this document is not intended to be a substitute for professional medical advice or recommendations from federal, state and local public health authorities. As the knowledge regarding COVID-19 is constantly changing, please also refer to the resources contained in this document and your local public health officials for the most up to date information.

How is the COVID-19 virus spread?

- Through droplet transmission in the air
 - Coughing, sneezing, forceful expiration, singing or yelling produces larger droplets that can contain a higher virus concentration and spread farther.
 - Normal talking and breathing produce aerosol droplets that remain suspended in the air
- Through droplet transmission on surfaces - touching the virus and then touching your face

Who is an asymptomatic carrier?

- A person who carries the virus, but does not show symptoms.
- Anyone at any age can be an asymptomatic carrier.
- It was surmised that a younger population may have mild to no symptoms but still infect others. However, as more people become infected, we learn more about the virus and are now seeing a rare but dangerous hyper-inflammatory condition that has been termed multisystem inflammatory syndrome (MIS-C) disease in our very young.

What if I just have a runny nose, sneeze, and cough from seasonal allergies?

- These symptoms are still an issue because COVID-19 is spread in the droplets from mucus
- You may have allergies but still be an asymptomatic carrier if the virus and spread the disease, causing others to become ill
- If your allergies are not controlled, please see your doctor to help get these symptoms under control as you should not be in the studio with any of these symptoms while the virus is still a threat.

COVID-19 FAQ for Dancers and Dance Companies Returning to the Studios

[Click Here for Full Article](#)

AOA Announces Virtual OMED 2020

The AOA has made the following announcement concerning OMED 2020:

Although we are greatly disappointed that COVID-19 will preclude an in-person meeting, we're excited to launch a one-of-a-kind virtual OMED conference, coming your way this October.

Recognizing the health and safety of DOs and medical students as a top priority, the trustees considered the current pandemic status and existing restrictions, as well as the possibility of a fall COVID-19 resurgence as critical factors in this decision.

Because we know many of you were excited to attend OMED in Austin and the Texas Osteopathic Medical Association looked forward to welcoming attendees to the Lone Star State, we are happy to report we have rebooked in Austin for OMED 2026.

We know this change will result in a number of critical questions regarding the event schedule, presentation platform, content, and CME credit. We assure you that we will work collaboratively and expeditiously with our stakeholders for input before any decisions are made or announced.

Please email your questions to ceo@osteopathic.org. We will monitor submissions and respond accordingly, as well as post our responses to the OMED 2020 [FAQ web page](#).

Greetings, SAOASM:

I hope you are all doing well and surviving boards for those of you affected!

First off, I have an exciting announcement to make. I would love to congratulate the recipient of BOTH the **Chapter of the Year Award** and the **Altruistic Chapter of the Year Award**: A.T. Still University – Kirksville College of Osteopathic Medicine!

Also, last month we let you all know who our new leadership group would be for this year. This month we wanted to give you a chance to get to know a little bit more about them.

National Chair: Daniel Brannen, Kirksville College of Osteopathic Medicine

Hey Everyone, I am a current fourth-year from KCOM and currently based in Grand Blanc, MI. I am 32 years old and I have three beautiful daughters. I grew up in Wisconsin and love my Packers, Bucks, Brewers, and Badgers. I played Collegiate football and baseball, as well as some Arena Football. I enjoy weightlifting, highland games, and spending time with my kids. I was your Vice Chair last year and am very excited to get to work on bringing you all a great learning experience this year!

National Vice Chair: Cara Conrad, Kirksville College of Osteopathic Medicine

My name is Cara Conrad. I am originally from St. Joseph, Michigan. I completed my undergraduate degree in athletic training at Hope College. After graduation I worked for four years as a certified athletic trainer at Hope College and for many local high schools, other universities as well as local gymnastics clubs. I became interested in sports medicine due to a few injuries I sustained during my time as a competitive gymnast. I have participated in many sports including gymnastics, dance, diving, and softball and have been a part of many other sports during my time as an athletic trainer including ice hockey, lacrosse, and volleyball. I enjoy playing the piano as well as running, hiking, and traveling. Last year I served as ATSU KCOM SAOASM Sports Medicine Club President as well as the SAOASM Central Region Representative. I am very excited to serve as the National Vice Chair this year!

Northeast Regional Rep: Alexander Tejada, Philadelphia College of Osteopathic Medicine - PA

"Move it or lose it". This quote is what I have lived by throughout my young medical career and my life. After seeing both if my parents succumb to chronic preventable comorbidities, I have developed a passion for sports medicine. I look to use the healing hands of osteopathic manipulation with compassionate empathy for my patients to push them toward optimum health. Through consistent preventative care and the prescription of exercise, my future patients will be able leave unhealthy habits to reach their health potential. I hope with this leadership position, I can influence others who might share a similar vision and give them the help they desire to become a compassionate, health-promoting, life-changing physician.

Mid-Atlantic Regional Rep: Jordan Paolucci, Liberty University College of Osteopathic Medicine

I'm a rising third-year at LUCOM who loves making music and the great outdoors. I was a certified athletic trainer prior to medical school, and a NCAA Division I athlete before that. When I'm not studying, you can find me experimenting with coffee brewing methods or chilling out at the beach!

Southeast Regional Rep: Trent Griner, Philadelphia College of Osteopathic Medicine - South GA

Hi, I'm Trent Griner. I am a second-year at PCOM-South Georgia in Moultrie, GA. I

graduated from Berry College with a degree in exercise science. My goal is to be a primary care sports medicine physician. I have been involved in athletics my entire life from football to bull riding and I look forward to building a career providing the best care possible to the athletic population. I am excited to be part of the SAOASM and serve the chapters of the Southeast Region.

Midwest Regional Rep: Andrew Cade, Ohio University Heritage College of Osteopathic Medicine -Dublin

Hello! My name is Andrew Cade and I am a second-year medical student at the Ohio University Heritage College of Osteopathic Medicine – Dublin Campus. I am from Lancaster, Ohio and graduated from Otterbein University, Magna Cum Laude with Honors with a B.S. in allied health. On campus, I am the Vice President of the Surgery and Sports Medicine Club, an Honors OMM Teaching Assistant, and an Academic Peer Support Leader. When I am not studying, I enjoy working out, being outdoors, and spending time with my friends and family. My future medical interests include orthopedics, physical medicine and rehabilitation, or emergency medicine, with an emphasis in sports medicine. I look forward to having a great year working with the SAOASM Midwest chapters!

Central Regional Rep: Sean Healy, University of the Incarnate Word School of Osteopathic Medicine

Hi, I'm Sean! I'm originally from Atlanta, Georgia, and I am currently a rising third-year medical student at UIWSOM in San Antonio, Texas. I was previously our school's Chapter President helping to forge new opportunities for students in the field of sports medicine. Our students were able to participate in weekly shadowing experiences, sideline coverage, or attend a number of guest lectures that featured a wide variety of sports medicine topics. As the newly elected Central Regional Representative, I hope to inspire incoming students to pursue a career in sports medicine. Our annual regional conference will be held, in San Antonio featuring a number of speakers of diverse specialties in the sports medicine field.

Western Regional Rep: Gage Williamson, Rocky Vista University, Colorado

With an extensive history in athletics ranging from peewee sports, to playing all the way up to the semi-professional level in soccer, to coaching youth competitive soccer for 8 years, I have gained a tremendous passion for sports and the life lessons they can teach us. This experience fueled my desire to work as a part of a collaborative medical team, much like my passion for involvement with sports teams. Currently, I am also one of the Osteopathic Fellows at Rocky Vista, acting as the National Fellows Representative for the Rocky Vista Colorado Campus. Outside of school, I am passionate about exploring the great outdoors and always seeking out a new adventure. Another passion of mine is fostering and rescuing abused and neglected dogs; I currently have the two most beautiful dogs in the world, Chai and Lilypad, and they are the lights of my life. I greatly look forward to continued work with SAOASM and helping build the club within the Western Region for all of our student members!

Congratulations to the students who received the Meritorious Service Award for the 2019-2020 academic year:

- Daniel Brannen, OMS-III, Kirksville College of Osteopathic Medicine - A.T. Still University
 - Megan Boyer, OMS-III, OMS-III, Liberty University College of Osteopathic Medicine
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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!



CHOOSE AOA BOARD CERTIFICATION. I did.

Becca Rodriguez Regner, DO, FACP
 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](#)

- [Sports Medicine/Physiatry/Pain PA](#) at Valley Sports Physicians and Orthopedic Medicine in Glastonbury, Connecticut
- [Sports Medicine Physician](#) at Kings County Hospital in Central Brooklyn

Journal Article Spotlight: *Clinical Journal of Sports Medicine*

Low Bone Mineral Density in Elite Female Athletes With a History of Secondary Amenorrhea in Their Teens

Click Here for Full Article

Journal Article Spotlight: *British Journal of Sports Medicine*

Infographic. Cooling strategies to attenuate PPE-induced heat strain during the COVID-19 pandemic

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