



SIDELINES

What's New in March 2020!

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

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Watch the Video:
Dr. Shawn Kerger Demonstrates
HVLA Lumbar - Diagnostic Setup and Harley Start
Variation



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

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From the President: Shawn Kerger, DO, FAOASM



Nearly all of our focuses have been appropriately on COVID-19 matters, and we've several matters of the AOASM that I need to share with you. At the time of this writing, we just found out today that our Annual Conference is definitely on delay – Disney has provided us with several great options with no penalties – to walk away from our contract altogether or push back the date of the conference to a time of mutual agreement. We're looking at the calendar options in 2021 for the delay option, as there has been great interest and early registration for this year's program. I also believe that we would benefit (as we are as social a professional society as I've ever been privileged to belong to) from greeting each other again as strong families do with warm handshakes and heartfelt hugs around a shared table. And I can already hear Dougherty calling out the *shape* of that particular table...

We're also looking at options to still deliver the preconference workshops – the MSK ultrasound as well as the first annual Board Review course. Details on how these will be delivered will be available in April.

We're also acutely aware of how most of us are working from home and missing out on CME opportunities that we'd really planned on. However, many of us are also seeing fewer (if any) well patients in our practices and our productivity and income is also down. To meet the needs of our members in such circumstances, we're looking at several options to deliver quality CME at a discounted price to you in your home. This information will be on its way to you soon!

I'd like to take a moment and recognize a very important birthday this month of March – it's the third birthday of SafeSport. For those not already familiar with SafeSport, their mission is to make athlete well-being the centerpiece of our nation's sports culture through abuse prevention, education, and accountability. Since their inception, their growth and impact have grown exponentially, demonstrating the need for their existence. I invite you to review their third anniversary message from their president (<https://uscenterforsafesport.org/wp-content/uploads/2020/03/Third-Year-Anniversary.pdf>) and join me in congratulating them on their very impressive and important work in a very short period of time. We look forward to many more years of creating a safe and fun world for sport!

In closing, we all are one...at work, at play, and at home. Let's use this time to recognize how important we are to one another – and act accordingly. In so doing it has been, and will continue to be, a better world because you're in it. Thanks for this, and "go do you"!

Special Message from the President

"As we look forward to coming out of our winter cocoons, there's so much to be doing in our sports medicine practices – March Madness, baseball training camps, and looking forward to putting away the 'dreadmill' as the temps warm and the ground becomes less icy. The groundhogs' collective wisdom seemed to indicate that spring is nearly here, and they are never wrong..."

Hard to believe that's how I started last month's newsletter, and (to paraphrase Luke Skywalker for a moment) nearly every word of it was completely wrong – except (it would appear) for the groundhog's wisdom!

We're all more in a cocoon than usual, even compared to deep in winter – and there was no March Madness or baseball training camp to be found. Our leaders are following the actions of their ancestors during the 1918 Spanish Flu epidemic that could have defined beneficial outcomes for us today. And for the first time that I'm aware of since the beginning of sport, there are no organized team sports anywhere in the world to be found! (If you're aware of some, please share. I'm personally in a "sport-hole" and I suspect I'm not alone).

We're also approaching the official conclusion of the merger of osteopathic and allopathic postdoctoral education. Many of our residency programs have applied and completed this process and some have not. The AOA has been weakened this past year and is struggling to continue to define its need for existence, as are many of its branches. There are those who are predicting that this could be the end of osteopathic medicine or certainly its organizations.

And yet, far apart and withdrawn though we may be as individuals and as a profession, I think this could be one of our finest moments. As a species on this planet we stand united, looking beyond our own innate desires and choosing actions to benefit the well-being of others. There are some who suggest that we humans always have to view our world as an "Us" and a "Them" and, therefore, humans can only truly find peace and unite against a common enemy. COVID-19 is certainly such a threat, but more constant is our enemy of morbidity and mortality – enemies which we as physicians face daily. Now our battle is on Main Street and in our homes, and the solution lies within individual actions that sum up to a truly unique human endeavor in our lifetime.

The juxtaposition of our current situations above – COVID-19 running amok, our not having sports to cover, and the questioning of what it means to be osteopathic physicians – is not mere happenstance. My faith in happenstance wanes next to that in providence. We osteopathic physicians have faced this enemy before. Our osteopathic ancestors met the 'Spanish flu' epidemic of 1918 head-on – and the outcomes data from that event suggest that their actions saved many lives more than any other treatment at the time. Patients under osteopathic care during that fight had a 0.25% mortality rate vs. 5% under other medical care (*JAOA*, Volume 100, No 5, May, 2000, pgs 320-323, special reprint of *JAOA* 1920 article by R. Kendrick Smith, MD, DO). The human body has not evolved that much in 100 years, and I suspect that (if we do our osteopathic duty) we will see that the osteopathic approach will once again demonstrate the truth of our osteopathic tenets.

Winter has indeed come and gone and so has our respite. It's time for us to once again ready ourselves against a common enemy and bring our osteopathic armament to the front lines through direct patient care, sharing our knowledge and skills with those who would join us, and save those under our united care. The world – and our osteopathic ancestry – await.



AOASM²⁰₂₀

American Osteopathic Academy of Sports Medicine

APRIL 29-MAY 3
Preconference: April 27-28

Disneyland
RESORT



As to Disney properties/ artwork: © Disney

Our thoughts are with each of you as we face COVID-19 and the rapidly changing social and professional environments under a pandemic. I hope you are finding ways to reach out to your support network, and know that your AOASM community is here as part of that network.

We want to let you know that for the last several weeks, our Officers and staff have been closely following the COVID-19 pandemic and are planning ahead for a variety of contingencies for the upcoming Clinical Conference, previously scheduled for late April. The new conference date is TBA. At this time, we are in discussion with the Disneyland Hotel for a delay of the conference to a later date, as we will not host our conference as planned in April of this year.

Please watch your email and we will continue to communicate with you as we have more information and decide on a new conference date. Regardless of when the Conference will happen within the coming year, please know that in some shape or form we plan to offer additional online CME opportunities this spring or early summer to assist our members.

[AOASM 2020 Webpage Regarding COVID-19 Updates](#)

DOs in Action

Denise Wunderler, DO, FAOASM, was recently featured in a national magazine for her non-

profit. Please read the full article by clicking the button below.

Click to Read the Full Article on Dr. Wunderler



SAOASM Update

Greetings, SAOASM:

First and foremost, we wanted to take a moment to congratulate all of the members of the Class of 2020 who matched into residency programs last week. For most of you, Match Day celebrations were "virtual" this year which certainly felt different than you had hoped, but please know how proud of everyone we are and how excited we are for you to move into this next step of becoming a physician. Congratulations!

All remaining regional conferences for this year have been cancelled due to COVID-19 concerns and restrictions. If you have any questions or concerns about registration fees, please reach out to your respective regional representatives.

The AOASM and Disneyland are creating contingency plans, and AOASM is considering alternate conference dates or other means to disseminate conference materials for the 2020 Clinical Conference. More details will be shared on the AOASM website as they come in. Stay up to date with information found here: https://www.aoasm.org/page/2020_Conference

Information regarding 2020-2021 SAOASM Executive Board positions will be coming soon. Dispersing the information has been a bit delayed due to changes happening surrounding COVID-19, but stay tuned. If you are interested in running for a position on the National Board, including Chair, Vice-Chair, or a Regional Representative position, please email me at studentaoasm@gmail.com and I can give you more information.

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!



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



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

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

- [Assistant/Associate/Full Professor of Clinical Family Medicine](#) at Indiana University
- [MD/DO - Family Medicine](#) - Shawano, Wisconsin, at Theda Care
- [Family Practice - Sports Medicine Physician](#) for Vermont near Ski Resorts

Journal Article Spotlight: *Clinical Journal of Sports Medicine*

Less Than Half of Patients Recover Within 2 Weeks of Injury After a Sports-Related Mild Traumatic Brain Injury: A 2-Year Prospective Study

Click Here for Full Article

Journal Article Spotlight: *British Journal of Sports Medicine*

International Olympic Committee consensus statement: methods for recording and reporting of epidemiological data on injury and illness in sport 2020 (including STROBE Extension for Sport Injury and Illness Surveillance (STROBE-SIIS))

Click Here for Full Article

