



SIDELINES

What's New in May 2020!

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

- AOASM Releases Return to Training Guidance
- AOASM Virtual Conference Recordings for Category 1-A CME
- AOASM 2020 Virtual CME Conference
- Election Results for the 2020-2021 Board of Directors
- SAOASM Update
- OMED 2020
- Journal Article Spotlight: *Clinical Journal of Sports Medicine*
- Journal Article Spotlight: *British Journal of Sports Medicine*

AOASM's Detailed Return to Training Framework Available for Download

As an association of physicians dedicated to the health and well-being of athletes, the AOASM released a comprehensive plan from which members of the osteopathic medicine community can garner information for:

- Recommended equipment in the training facility
- Initial return to team training
- Return to play with initial positive antibody test
- Training facility procedures

The document can be found online at AOASM's website.

[Click Here for Full Release](#)

AOASM BOARD OF

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FAOASM

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Michael Henehan

CJSM Editor

[AOASM Virtual Conference Recordings](#)

for Category 1-A CME

Up to 10 hours of Category 1-A CME credit are available for viewing the recorded sessions from the May 2020 AOASM Virtual Conference. The recordings will be available through December 31, 2020.

The following courses have been recorded and are available for CME credit:

- Sports Nutrition and Performance
- Sports Performance
- Podium Presenter Case and Research Presentations
- Osteopathic Treatment of the Runner's Pelvis
- Case and Research Abstract Poster Presentations
- Pain Management and Opioids: Balancing Risks and Benefits (AOA CO*RE)
- Female Athlete Mental Health
- Autism/Asperger's Disease in Ped Athletes
- Tx of Common Perineal Nerve Entrapment with Neural Hydrodissection in Dancers
- Pinch Hitting in a Pandemic: From Sports Medicine to Public Health
- CAQSM: Exam Updates, Tips and Strategies

If you registered for the LIVE Virtual Conference

Hoping to catch sessions you missed during the live conference?

To receive credit for the recorded sessions:

1. Go to www.aoasmposters.org and click on "2020 Virtual Conference Videos" in the upper right corner. Log in and view the content for which you'd like to receive credit. *Please note that the password and username to access the recordings is different from your AOASM website log-in information!* (Questions about logging in? Please contact info@aoasm.org.)
2. Complete the [CME reporting form](#) for recorded sessions. (Please attest to only the **recorded** hours on this survey. A link for the live sessions was sent previously.)
3. AOASM will submit your hours to the AOA!

Recordings will be available through December 31, 2020. The last day to complete the [CME reporting form for recorded sessions](#) is January 11, 2021.

To register now and view the recorded Virtual Conference sessions

1. [Register](#) and pay for the Virtual Conference. (AOASM members must be logged in to receive the member price.)
2. Within one business day, you will receive an email from info@aoasm.org with the log-in information needed to access the recordings.
3. Go to www.aoasmposters.org and click on "2020 Virtual Conference Videos" in the upper right corner. Log in and view the content for which you'd like to receive credit. *Please note that the password and username to access the recordings is different from your AOASM website log-in information!* (Questions about logging in? Please contact info@aoasm.org.)
4. Complete the [CME reporting form](#) for recorded sessions.
5. AOASM will submit your hours to the AOA!

Recordings will be available through December 31, 2020. The last day to complete the [CME reporting form for recorded sessions](#) is January 11, 2021.

AOASM 2020 Virtual CME Conference

Thank you for attending the #AOASM2020 Virtual CME Conference. We hope you enjoyed your virtual conference experience!



The AOASM would like to thank Dr. Shawn Kerger (2019-2020 AOASM President) for a great year!



Congratulations to our incoming President, Dr. William Kuprevich (2020-2021 AOASM President).

Congratulations to the 2020 Award of Fellow Recipients:

- Caroline Beall, DO, FAOASM
- Sarah Bancroft, DO, FAOASM
- Brett DeGooyer, DO, FAOASM
- Dominic King, DO, FAOASM
- Bradley McCrady, DO, FAOASM
- Andrew Pieleck, DO, FAOASM
- Saunora Prom, DO, FAOASM
- Kate Quinn, DO, FAOASM
- Becca Rodriguez Regner, DO, FAOASM

2020 Case and Research Award Winner Recognition

Case Poster: Austin Puchany

Nonoperative Management of a PCL Tear in a Division 1 Wrestler

Case Podium: Sharon Longo

Sudden Cardiac Death in an Olympic Athlete from Undiagnosed Cardiac Sarcoidosis

Research Poster: Megan Craig

Pre-Competition Manipulation and Musculoskeletal Injury Risk Among Virginia Tech Football Players during the 2015-2017 Football Seasons

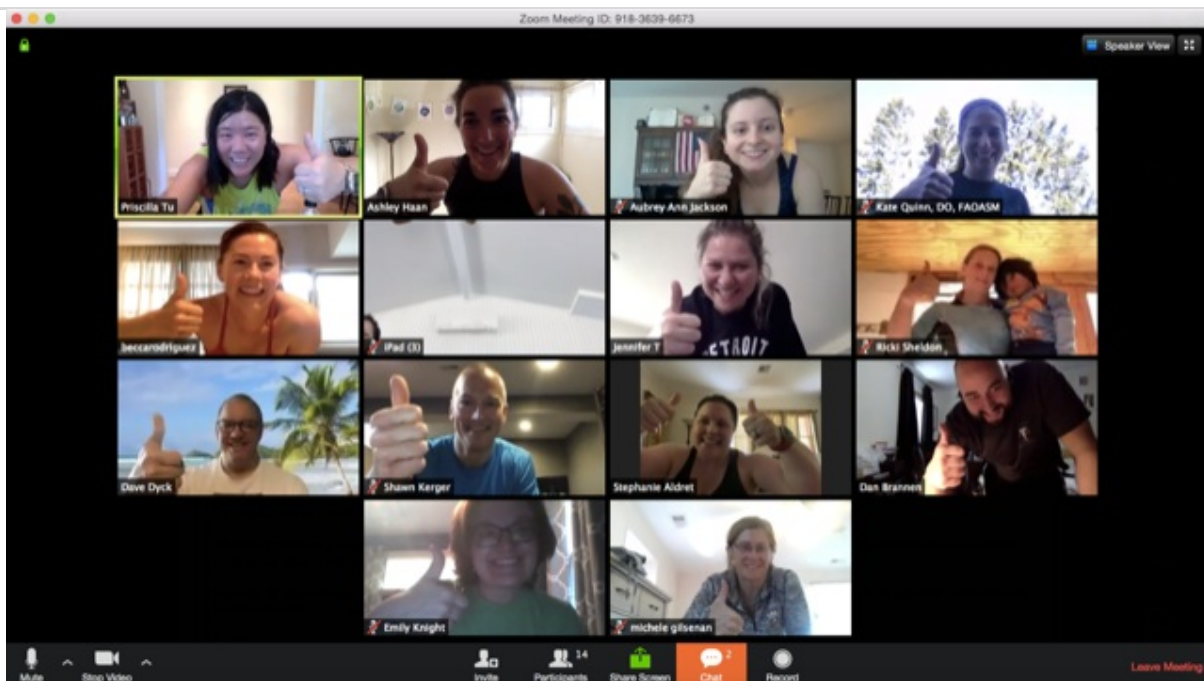
Research Podium: Mary Mitchell, DO

Assessment of Patellar Tendons Over the Course of a Collegiate Men's and Women's Basketball Season Using Gray-Scale Ultrasound and Shear-Wave Elastography

Special Thanks to our Podium and Poster Judges this year!

- Blake Bogges, DO, FAOASM
- Dan Clearfield, DO, FAOASM
- Michele Gilsenan, DO, FAOASM
- Nicole Goddard, DO
- Bhavesh Joshi, DO
- Al Kozar, DO, FAOASM
- John Luksch, DO
- Josh Priddle, DO
- Mark Rogers, DO
- Daniel Savarino, DO
- Mary Solomon, DO
- Melissa Tabor, DO, FAOASM
- Ron Torrance, DO
- Sara Wemlinger, DO
- Gillian Wooldridge, DO
- Stephanie Yellin, DO
- Anne Marie Zeller, DO

A special thanks to Dr. Ronald Burns (2019-2020 AOA President) for attending the #AOASM2020 Virtual CME Conference and sharing an AOA Update. [Click here to hear his message.](#)



Awesome job to those attendees that posted on the AOASM social media meeting their daily conference Exercise Challenge! A huge shout-out especially to Dr. Priscilla Tu for leading Live Zumba!



Many thanks to the 2020 speakers, moderators, presenters, and volunteers to help with the success of the AOASM 2020 Virtual CME Conference. An extra special thanks goes to our AOASM 2020 & 2021 Program Chair, Becca Rodriguez Regner, DO, FAOASM.

Election Results for the 2020-2021 Board of Directors

Congratulations to the following individuals elected to serve on the Executive Committee and Board of Directors!

Executive Committee:

Priscilla Tu, DO, FAOASM - Secretary/Treasurer

Board of Directors:

Elected for three-year terms:

Al Kozar, DO, FAOASM

Kathryn Lambert, DO, FAOASM

Andrew Martin, DO, FAOASM

Board of Directors:

Appointed to complete the one year remaining on Dr. Priscilla Tu's term:

Brett DeGooyer, DO, FAOASM

SAOASM Update

Greetings, SAOASM:

Hope you all are doing well and enjoying the last few weeks of your semesters!

We wanted to take a moment to recap the 2020 Virtual CME Conference and our final SAOASM webinars of the academic year!

- At the 2020 Virtual CME Conference we had an awesome turnout for SAOASM! From poster and podium presentations to morning Zumba workouts to participating in our student-focused activities including "Speed Mentoring" and "Fellowship Fair," SAOASM was well represented! A special thank you goes out to our SAOASM Physician Advisors, Dr. Kate Quinn and Dr. Angela Cavanna for helping us organize student focused activities in the new online format!
- Over the last month, SAOASM hosted three webinars as our SAOASM "Virtual Conference" series to close out the year. We heard from:
 - Dana Meadows, PT, DPT, who spoke on *Physical Therapy for Athletes & Interprofessional Considerations*
 - Helen Clay, LAT, DAT, who presented on the *Role of Athletic Trainers in Care of the Athlete*
 - Hallie Zwibel, DO, who presented on *E-Sports & Considerations for Athletes*
- We are so thankful for our guest speakers for their willingness to share their experience, knowledge, and time with us. I know the students took away a lot of great things from your presentations and we appreciate your willingness to teach us!

We also held our SAOASM Elections for 2020-2021 Leadership! This year, we will be led by:

- National Chair – Daniel Brannen
- National Vice Chair – Cara Conrad
- Northeast Regional Representative – Alexander Tejada
- Mid-Atlantic Regional Representative – Jordan Paolucci
- Southeast Regional Representative – Trent Griner
- Central Regional Representative – Sean Healy
- Western Regional Representative – Gage Williamson

We look forward to their leadership in SAOASM through the next year! We continue to have a need for a representative of the Midwestern Region. If you are a student at a COM who is a member of this region and would like to run for this position, please email studentaoasm@gmail.com to let us know you're interested!

As we now have new leadership moving into their roles, I wanted to take a final moment as National Student Chair to thank all of our AOASM members who have contributed to the betterment of our student organization throughout the year. Your influence and willingness to support students is huge and I cannot thank you enough for your exemplary leadership. Thank you to the rest of the 2019-2020 SAOASM National leadership including my Vice Chair, Daniel Brannen, and all of our wonderful Regional Representatives. You all made this year a great experience for me personally and served as excellent student leaders for SAOASM. I am grateful for your efforts given to the betterment of our SAOASM student members and could not have had this COVID-filled year run as smoothly as it did without your efforts.

Thank you also to the rest of SAOASM for your support and participation throughout the year. It was an honor to serve you all as National Student Chair over the past year. I look forward to continuing to support you all in the upcoming year as Dan and Cara move into their new leadership roles. Know that I continue to be available to other students who would like to get more involved with SAOASM and am glad to remain a resource for students in the upcoming year! Please feel free to remain in contact (mboyer3@liberty.edu).

Best wishes for a great new year of SAOASM,

Megan Boyer

Former SAOASM National Student Chair, 2019-20

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 Page

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!



[Click Here to Start Planning for OMED 2020!](#)

Journal Article Spotlight: *Clinical Journal of Sports Medicine*

*Revisiting Arthroscopic Partial Meniscectomy for Degenerative Tears in Knees With Mild or No Osteoarthritis
A Systematic Review and Meta-Analysis of Randomized Controlled Trials*

[Click Here for Full Article](#)

Journal Article Spotlight: *British Journal of Sports Medicine*

The resurgence of sport in the wake of COVID-19: cardiac considerations in competitive athletes

[Click Here for Full Article](#)

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