



# SIDELINES

## What's New in November 2020!

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

- **President's Letter: *Written by William Kuprevich, DO, FAOASM***
- **All Access**
- **Members Participate in DAAO**
- **AOASM OMED 2020 Speakers**
- **New Book: *Basketball Sports Medicine and Science***
- **New Book: *Best Practices in Sports Medicine***
- **SAOASM Updates and Student Spotlight**
- **Featured Job Postings**
- **Journal Article Spotlight: *Clinical Journal of Sports Medicine***
- **Journal Article Spotlight: *British Journal of Sports Medicine***

### From the President: William Kuprevich, DO, FAOASM

As we transition from the fall to winter sports season, we continue to constantly monitor the changing recommendations and data that affects us and our patients. We strive to remain close to those around us while maintaining social distancing. This personal interaction remains an important mental health need as we work through the unknowns of the pandemic.

Committees are working to guide us by developing important recommendations. These will address Diversity, Equity, and Inclusion and will help define the AOASM and Sports Medicine as we move forward.

At this point in our virtual calendar we are seeking members who are interested in contributing to our organization by serving on committees or on the Board of Directors. Nominations for the Board of Directors are currently open. Please use [this link](#) to nominate individuals who would be an asset to the Board of Directors. Self-nominations are encouraged. Please consider becoming involved in your

### AOASM BOARD OF DIRECTORS

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#### Associate Contacts

Michael Henehan, DO,  
FAOASM

*CJSM Editor*

organization. This work will bring you in contact with new and long term colleagues and will offer insight and exposure to the Osteopathic Sports Medicine Organization that is yours. Think about your goals and how they blend with those of AOASM. Reach out to make us aware of your interest; we look forward to working with you.

Our sportsosteopathy webinars for CME are moving forward and will be presenting starting in January. The lectures are timely and will include live chats with the presenters. This is an exciting program brought to you by Michele Gilsenan, D.O., and our lecturers from the Germany Sports Osteopathy Program. They strive to meet your needs by providing lectures with excellent content.

Many thanks to AOASM members who so admirably represented us at OMED 2020 and the final hours of the AOA HOD.

Stay safe and healthy this Holiday season,  
Bill

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## All Access

Rebecca Rodriguez Regner, DO, FAOASM

As team physicians near the holidays, we should remember the word—connection. Human connection is important but may vary from person to person. We can safely connect as humans in small groups less than 10, via video, or just a simple phone call. Although, our Osteopathic sports medicine physicians live across the USA, it is important to take time to connect, discuss effects of COVID-19 life, share ideas, and recharge with colleagues. Remember, we are all going through similar journeys from medical school until now.

This is a great time for team physicians to reflect on life personally and professionally. As team physicians, we often get busy with clinic, patient/athlete cases and team sports. Take time to re-organize thoughts, reset and make a revised plan. This year also allows for creative development both personally and professionally. Many states still do not have team sports and many of our Osteopathic sports medicine family members are not covering sports. This is very difficult and can also affect mood. Let's help to lift each team member up and provide each other support.

Mind: This is a great time to stimulate the brain and learn something new. If it's possible, take a new course or sign up for an online lecture to help further learning. A team physician can also sign up to learn a new procedural skill to implement in the office. The team physician may also learn via podcasts. Some great examples include:

1. "We Do Science"-The Performance Nutrition Podcast
2. Beyond the Pointe
3. The Eating Disorder Recovery Podcast
4. Focus on Sports Medicine

Body: As we move into winter weather, possibly change up the exercise routine! In recent months, many were exercising outside and now weather may cause more indoor workouts. Also, people may not feel comfortable going to gyms still. With that in mind, perhaps incorporating a home gym with either a treadmill, exercise bike or elliptical machine, or a rower can help with cardio. Our connection as athletes also can bring change in our strength and mobility program. Here are a list of ideas recommended by Dr. Stacy T, Sims, exercise physiologist:

1. Strength training: 2-3 times per week. Try to have 1 day of body weight exercises, 1 day of heavy dumbbell or kettle bell weight and 1 day of resistance work (tubing, bands, etc).
2. Mobility: 2 times per week. Take 20 minutes each time to work on your core which is collar bone to hip bone. That means working mobility exercises from shoulders, trunk and hips. The book, *Becoming a Supple Leopard* by Dr. Kelly Starrett is a great as it shows pictures and breaks the book up into each MSK joint/region.
3. Flexibility: Per ACSM, stretching can help joint range of motion and function and enhance muscular performance. Try a new stretching program 3 days per week using static, ballistic, and PNF. These stretches should be 3-5 repetitions of each exercise holding each pose for 30-60 seconds with intensity to the point of tightness or mild discomfort.

Spirit: Our connection to the holidays are all different and that brings great diversity to our organization. This time for many team physicians is a time to slow down and reflect on family and friends. It is important to make time for traditions and experience the joy of what the season brings. These days can also be very busy for others with gifts and travel. Here are a few tips to relax the mind and set the day in good motion:

1. Get 8-10 hours a sleep per night
2. Continue to hydrate with water 8-10 glasses per day, more if you exercise!
3. Continue a healthy diet but allow yourself a treat on the actual holiday.
4. Continue your daily exercise program with possible revisions suggested above.
5. Before you get out of bed take 5 minutes to be thankful for the day, organize your thoughts for that needs to get done and reflect on the goals you have for the day. DO NOT get on the phone, or check media or watch TV right out of bed. Start the day with reflection.

#### COVID CORNER:

This section was designed to give team physicians updates or helpful tips on the ever-changing SARS-CoV-2 virus. Again, as we move into Flu season, it is essential to be able to tell similarities and differences between the two viruses for our patients and athletes. Here is a great article from [CDC.gov](https://www.cdc.gov/media/releases/2020/s1119-differences-between-flu-and-covid-19.html): "[What is the difference between Influenza \(Flu\) and COVID-19?](https://www.cdc.gov/media/releases/2020/s1119-differences-between-flu-and-covid-19.html)"

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## AOASM Members Participate in DAAO

AOASM Members presented at the Deutsch-Amerikanische Akademie für Osteopathie (DAAO) annual fall congress, held virtually this year November 13 and 14. Members presenting included Michele Gilsean, DO, FAOASM (left), Shawn Kerger, DO, FAOASM (middle), and Katie Quinn, DO, FAOASM (right).



## AOASM OMED 2020 Virtual Conference Speaker Presentations

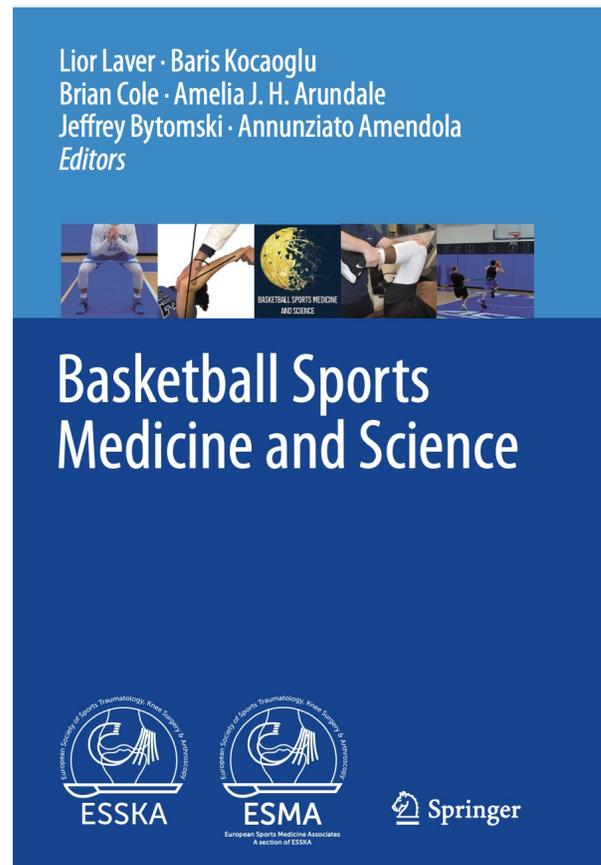
All the AOASM presenter presentations for which we had approval to post slide handouts via PDF for your viewing will be located on the OMED 2020 website located [here](#).

A reminder the OMED evaluation and attestation was due by November 15th. Any questions please email the AOA at: [conventions@osteopathic.org](mailto:conventions@osteopathic.org).

Once again, thank you everyone that was involved in planning OMED 2020!

## 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)**

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

**Order Information:**

[Springer](#)

[Amazon](#)

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## **Best Practices in Sports Medicine: AMSSM and AOASM Case Studies**

Publication Date: June 2020

This new book features 74 of the best cases presented at the annual meetings of AMSSM and AOASM. Organized by anatomic subject, these cases touch on nearly every area of clinical interest in the field of sports medicine. Topic areas are modeled on content areas in the American Board of Family Medicine Certificate of Added Qualifications (CAQ) in Sports Medicine exams. The clinical cases reveal the nuances in sports medicine – the grey areas where decision points can go either way – as well as the fact that a

patient's journey back to health can take different roads.

Editors:

Michael Henehan, DO  
Rebecca Cari, MD  
Christian Fulmer, DO  
Mandeep Ghuman, MD

472 pages soft cover book  
ISBN: 978-1-60679-492-0  
Publisher Healthy Learning



## Best Practices in Sports Medicine: AMSSM AND AOASM CASE STUDIES

EDITORS:  
Michael Henehan, DO  
Rebecca Carl, MD  
Christian Fulmer, DO  
Mandeep Ghuman, MD

- Case-Based Learning Modules
- Multidisciplinary Commentary
- Interactive Learning Style
- Evidence-Based "Practice Pearls"
- Return-to-Play Discussions
- Board Review Resource

Click here to order at [healthylearning.com](http://healthylearning.com) and enter code SAVAO for a 10% discount.

## SAOASM Update and Upcoming Events

We would like to thank everyone who attended our last webinar on November 11th where Dr. Daniel Clearfield talked to us about his time at the United States Olympic Training Center. This was one of our most highly requested topics this year and we had a great turn out. Dr. Clearfield provided us with a great deal of insight into an experience that many of our students aspire to achieve someday. If you were unable to attend, [here](#) is a link to the webinar recording.

Our next webinar will be held in January with more details to follow in the next edition of Sidelines. We would like to wish everyone a safe and happy holidays!

Athletically,  
Dan Brannen and Cara Conrad

SAOASM Webpage

SAOASM Facebook Group

*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](mailto: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!

## Featured Job Openings from the AOASM Career Center

- [Experienced Sports Medicine Physician Assistant](#) in sunny western Colorado.
- [Family Medicine-Sports Medicine](#) in the ski country of Vermont.

### Journal Article Spotlight: *Clinical Journal of Sports Medicine*

*Feasibility of Early Active Rehabilitation for Concussion Recovery in Youth: A Randomized Trial*

Click Here for Full Article

### Journal Article Spotlight: *British Journal of Sports Medicine*

*Football-specific strategies to reduce COVID-19 transmission (Infographic)*

Click Here for Full Article

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