



# SIDELINES

## What's New in October 2020!

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

- **President's Letter: *Written by William Kuprevich, DO, FAOASM***
- **AOASM at OMED 2020**
- **Webinar: "Bringing Performances Indoors"**
- **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

Since becoming your president, you and I have experienced six months like no other. The need to alter our personal and professional lives has impacted all of us. Connecting or reconnecting with friends, colleagues, and mentors reflects a need that takes on a higher level of importance. This type of communication is basic to our well-being. Caring for ourselves physically and emotionally is needed daily, especially since many of our sideline and training room interactions have been altered or cancelled. Remember AOASM is your sports medicine home. The friendly atmosphere and ease of communication have been some of our trademarks. This is true whether it's a med student or fellow chatting with a D1 or Olympic doctor or colleagues seeking a curbside opinion on some worrisome situation.

The AOA House of Delegates (HOD) recently met virtually with your leadership present. Technology allowed our representative and members credentialed with state societies to easily communicate on resolutions of concern. The good news being, even with many hours over two days and one Saturday morning yet to come, we were pleased with the interactions and votes. Our participation in the

### AOASM BOARD OF DIRECTORS

#### Executive Committee

William Kuprevich, DO,  
FAOASM

*President*

Rebecca Rodriguez Regner,  
DO, FAOASM

*President-Elect*

Michael Sampson, DO,  
FAOASM

*First Vice President*

Blake Boggess, DO, FAOASM

*Second Vice President*

Priscilla Tu, DO, FAOASM

*Secretary/Treasurer*

Shawn Kerger, DO, FAOASM

*Immediate Past President*

#### Board of Directors

Warren Bodine, DO, FAOASM

Daniel Day, DO, FAOASM

Brett DeGooyer, DO,  
FAOASM

Al Kozar, DO, FAOASM

Kathryn Lambert, DO,  
FAOASM

Andrew T. Martin, DO, MBA,  
FAOASM

Rance McClain, DO,  
FAOASM

Kate Quinn, DO, FAOASM

Mark Rogers, DO, FAOASM

#### Associate Contacts

Michael Henehan, DO,  
FAOASM

*CJSM Editor*

HOD assures we are aware of resolutions that govern the AOA and have a voice in any potential impact on our members.

OMED 2020 followed the HOD with four days of virtual CME and gatherings. The AOASM Program Chair, Dr. Blake Boggess, expertly crafted two days of CME with concurrent sessions shared with ACOFP, ACONP, and AOCPMR. Outstanding lectures were presented by Drs. Kerger, Tu, Martin, Bodine, and Disabella. Well worth checking them out.

The virtual platform is evolving in its ability to present clinically relevant programs, including an added bonus of an interactive chat with the speaker following the lectures. The virtual world needs to continue to upgrade the after-hours social interactions where relationship-building and networking occur. We are working on creative ways to feel (and be) connected while distancing.

Please enjoy the OMED section of this edition of *Sidelines*.

Your AOASM Committees continue to develop diversity and inclusion plans, updating criteria for our Fellow Award, and reviewing our osteopathic distinctiveness now that we are in the ACGME world. Our sports osteopathy lectures in Germany with the DAAO are continuing this fall. Our webinar series will be starting in November. Watch for the email.

As we continue to adjust our lives and work schedules in this ever-evolving pandemic, please reach out to friends, colleagues, family, and those you may only know peripherally. Just let them know someone is thinking of them. Continue to exercise, find time to start a good book, and remember to VOTE.

Appreciate you all.

Bill

---

## AOASM at OMED 2020 Virtual CME Conference



A very special thank you to our AOASM 2020 OMED Program Chair, **Blake Boggess, DO, FAOASM**, for his excellent program planning, joint session collaborations, and fantastic speaker lineup this year!

***Thanks again, Dr. Boggess, for moderating the OMED sessions virtually.***

***Many thanks to our AOASM speakers who lectured virtually!***



Shawn Kerger, DO, FAOASM



Vince Disabella, DO, FAOASM



Warren Bodine, DO, FAOASM



Andrew Martin DO, FAOASM;  
Brandon Wei, DO; Flint Roy, DO



Priscilla Tu, DO, FAOASM

## *Thank you to our OMED 2020 Saturday Speakers*



Rebecca Fishman, DO,  
D-FAOCPMR



Sajid Surve, DO,  
FAOCPMR



Dwan Perry, DO,  
FAAPMR, CAGSM



Corina Martinez, PT, ATC



Warren Bodine, DO,  
FAOASM



Shawn Kerger, DO,  
FAOASM



Stacy Grider, MS, OTR/L



Laura Carter, PT, DPT

## *Thank you to our OMED 2020 Sunday Speakers*



Mark Bailey, DO, PhD,  
FACN



Aaron Ellenbogen, DO,  
FACN



Andrew Martin, DO,  
FAOASM



Priscilla Tu, DO, FAOASM



Vincent Disabella, DO,  
FAOASM



Brandon Wei, DO



Flint Ray, DO

### **Evaluation and CME Attestation**

The link to complete your evaluation and CME attestation was sent via email at the end of the conference to those attendees in a CME-eligible category at the email address utilized when completing your registration. Please remember to complete both your evaluation and attestation by November 15th. Any questions, please email:

[conventions@osteopathic.org](mailto:conventions@osteopathic.org).

### **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](#) in early November.



*This webinar is presented free of charge.*

Are you a director of a choir, orchestra, or theater company? Has all of the information circulating about COVID 19 confused and frustrated you? Do you have a clear plan for returning to rehearsals and the stage?

Join Performing Arts Medicine Association (PAMA) on Monday, November 2, 2020, as we present some of the thought leaders and researchers in the arts field as we share the latest considerations and solutions for getting back to performing in this challenging time.

***When:***

**Monday, November 2, 2020**

7:00 p.m. - 9:00 p.m. (ET)

***Where:***

Zoom Webinar link:

<https://us02web.zoom.us/j/85445117179>

Or Telephone:

Dial (for higher quality, dial a number based on your current location):

US: +1 669 900 6833 or +1 253 215 8782 or +1 346 248 7799 or +1 929 205 6099 or +1 301 715 8592 or +1 312 626 6799

Webinar ID: 854 4511 7179

International numbers available: <https://us02web.zoom.us/j/85445117179>

**Webinar Outline:**

1. Welcome and Introduction - *Lucinda Halstead, MD, President PAMA*
2. Update on Aerosol Study: Dancers, Singers, Actors - *Jelena Srebric, PhD, Acting Associate Dean of Research, University of Maryland*
3. Interactive Discussion with Performer - *Vocalist TBA; Jelena Srebric, PhD, Acting Associate Dean of Research, University of Maryland; Allen Henderson, DMA, Executive Director NATS*
4. Update: Singing Safely - *Allen Henderson, DMA, Executive Director NATS*
5. Interactive Discussion with Performer - *Natalja Sticco, Mezzo-Soprano; Allen Henderson, DMA, Executive Director NATS; Mark Seton, PhD, Sense Connexion*
6. Update on Aerosol Study: Instruments and Status of Use by Schools - *James Weaver, EdD, Director of Performing Arts and Sports, National Federation of High*

### *School State Associations*

7. Utilization of Aerosol Data by Major Symphony Orchestras - *Ralph Manchester, MD, University of Rochester*
8. Interactive Discussion with Performer - *Instrumentalist TBA; James Weaver, EdD, Director of Performing Arts and Sports, National Federation of High School State Associations; Ralph Manchester, MD, University of Rochester*
9. Aerosol Challenges and Solutions for Dancers - *Melody Hrubes, MD, Rothman Orthopaedics; Lauren Elson, MD, Harvard University, Spaulding Rehabilitation*
10. Aerosol Challenges and Solutions for the Theater - *Mark Seton, PhD, Sense Connexion*
11. Interactive Discussion with Performer - *Dancer TBA; Melody Hrubes, MD, Rothman Orthopaedics; Lauren Elson, MD, Harvard University, Spaulding Rehabilitation; Lucinda Halstead, MD, President PAMA*
12. Wrap up

Don't miss this unique opportunity to hear the latest advice on how to get back to the stage...safely. It's time to find a new way to bring theater, music, and art back to the audiences craving the performances. We hope to see you online with us on November 2!

---

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

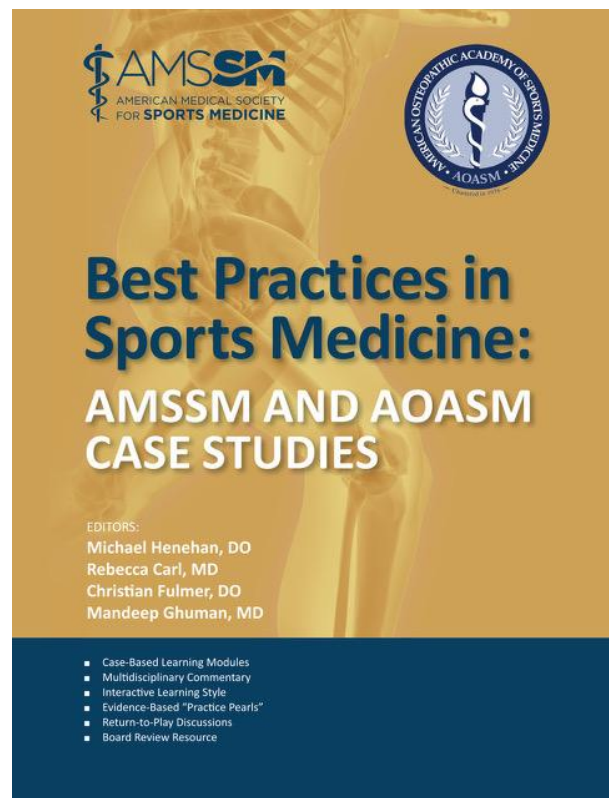
Publication Date: June 2020

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



## SAOASM Update and Upcoming Events

We would like to thank everyone who attended our last webinar on October 9th where Dr. Christopher Schenewerk talked to us about Identifying Addiction in Athletes and the Next Steps in Care and let us listen in to one of his Alcoholics Anonymous meetings. This was a great experience to gain insight into a topic that is not often talked about. If you were unable to attend [here is a link](#) to the webinar recording.

Our next webinar will be on November 11 at 7:00 pm Central time. This webinar's topic is United States Olympic Training Center Sports Medicine Experience. Our speaker is Dr. Dan Clearfield. Dr. Clearfield will talk to us about his experience with the United States Olympic Training Center, which was one of our most requested topics of the year! If you have any questions you would like Dr. Clearfield to address, please email them to us at [studentaoasm@gmail.com](mailto:studentaoasm@gmail.com).

[Click here](#) for the registration link.

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](mailto: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](#)

- [Sports Medicine Physician](#) in a suburb of Baltimore, MD

Journal Article Spotlight: *Clinical Journal of Sports Medicine*

*Effectiveness of an Exercise-Based Active Rehabilitation Intervention*

Journal Article Spotlight: *British Journal of Sports Medicine*

*Which specific modes of exercise training are most effective for treating low back*

*for Youth Who Are Slow to Recover After  
Concussion*

Click Here for Full  
Article

*pain?  
Network meta-analysis*

Click Here for Full  
Article

American Osteopathic Academy of  
Sports Medicine | [www.aoasm.org](http://www.aoasm.org)

