



SIDELINES

What's New in September 2020!

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

- **President's Letter: *Written by William Kuprevich, DO, FAOASM***
- **Virtual OMED 2020**
- **Excercise Prescription for Patients**
- **Thank You Dr. Karageanes**
- **All Access: 7 Ways to Boost Your 'At Home' Strength Training Routine**
- **ARP Announces Virtual Conference**
- **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

With autumn's changes here in the Northeast my thoughts turn to fall sports, the completion of preseason physicals, and continuing education.

OMED 2020 will be virtual this year, another first. Dr. Blake Boggess, our Program Chair, has assembled an outstanding faculty with topics that always need to be addressed. Joint sessions will be held with the ACOPMR and ACOFP. Although I believe we will all miss the in-person evening camaraderie, I look forward to viewing you there.

Recently I had the opportunity to meet virtually with the SAOASM chapter from Touro COM. The hour of questions, concerns, and my reflections on how the osteopathic approach has aided care of my athletes went quickly. There were a few insightful Olympic questions. The quality of these osteopathic students makes me very proud and comfortable with the future of our profession.

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

Mark Rogers, DO, FAOASM

Mark Rogers, DO, FAOASM

Associate Contacts

Michael Henehan, DO,
FAOASM

CJSM Editor

AOA Leadership Advocacy Day found me representing the AOASM and AOA to my state's Washington senators and congressional members. We discussed current legislation regarding the Dr. Lorna Breen Healthcare Provider Protection Act, Prior Authorization, and Surprise Billing. The Healthcare Provider Cct review presented some frightening findings; such as, even before the pandemic, 45-55 percent of health care professionals suffered from burnout. Physicians have the highest suicide rate of any profession in the US. This act aims to reduce suicide, burnout, and mental health conditions, including the associated stigma among health care professionals. These are all concerns to us, our colleagues, and our patients. Please reach out to anyone in need.

We are eagerly anticipating virtual CME presentations starting in November from our Sports Osteopathy lectures. These will be timely integrated lectures of the Osteopathic Approach to Sports injuries.

As we continue with the fall sports season, all of us are being challenged to think out of the box to protect our athletes, coaches, families, and ourselves. Envisioning the whole athlete and team allows our osteopathic philosophy to shine its brightest.

Be safe.

Bill



OMED[®]2020
ENVISION A PATH TO SUCCESS
OCT 15-18 —★— VIRTUAL
www.aoasm.org/page/OMED_2020

Don't forget that OMED is going virtual

October 15-18!

OMED 2020 will offer close to 100 hours of continuing medical education!

Register TODAY using the AOASM registration code **ENVISION20** to ensure AOASM receives credit for your attendance. In addition, the promo code will provide \$100 off the main registration fee!

[Register for OMED 2020 Today! Sports](#)

Quick Links

[AOA OMED 2020 Conference Website](#)

[AOASM OMED Homepage](#)

[OMED 2020 FAQ](#)

[OMED Program \(PDF\)](#)

[OMED 2020 Registration](#)

AOASM Lecture Highlights

Saturday, October 17, 2020
(Joint Session Day with ACOPMR)

9:15 am-10:15 am CT | *Performance Medicine*

Rebecca Fishman, DO, D-FAOCPMR & Sajid Surve, DO, FAOCPMR

10:30 am-11:30 am CT | *Ultrasound of the Shoulder with Clinical Correlates*

Dwan Perry, DO, FAAPMR, CAQSM

11:45 am-12:45 pm CT | *Physical Therapy for the Busy Clinic Office*

Corina Martinez, PT, ATC

1:30 pm-2:30 pm CT | *What Sports Medicine Guidelines Look Like in 2020*

Warren Bodine, DO, FAOASM

2:45 pm-3:45 pm CT | *20/20 Vision - Seeing is Believing (Ophthalmology in Sports)*

Shawn Kerger, DO, FAOASM

4:00 pm-5:00 pm CT | *Visual and Vestibular Rehab with OT and PT*

Stacy Grider, MS, OTR/L & Laura Carter, PT, DPT

Sunday, October 18, 2020

(Joint Session Day with ACOFP)

9:15 am-11:15 am CT | *Building Pathways in Pain Management*

Mark Bailey, DO, PhD, FACN

11:45 am-12:45 pm CT | *Guidelines for Tourette's Syndrome & Tics*

Aaron Ellenbogen, DO, FACN

1:30 pm-2:30 pm CT | *Sports Performance: Citius, Altius, Fortius*

Andrew Martin, DO, FAOASM

2:45 pm-3:45 pm CT | *Fitness on the Run - Pearls for Being Fit in a 24/7 Lifestyle*

Priscilla Tu, DO, FAOASM

4:00 pm-5:00 pm CT | *Strength Training for You and Your Patients - Make Yourself Stronger Than Your Excuses!*

Vincent Disabella, DO, FAOASM

Exercise Prescription for Patients

Priscilla Tu, DO, FAOASM, FAAFP, FAAMA

A lot of our patients (and us as well) are struggling to stay healthy during the global pandemic. It is often difficult to fully explain a solid exercise prescription amidst the other discussions and education we are giving our patients. Therefore, the residents on the Sports Medicine Track at Virginia Tech Carilion Family Medicine Residency decided to create a few patient handouts to help our physicians better provide for our patients. Follow the google links (below) for an exercise prescription for adult beginners, adult advanced, and over-65 patients.

A special thanks to Zach Holden, MD; Aaron Estep, DO; Sarah Day, DO; Elizabeth Klinger, DO; Kelsey Norris, DO; Corey Sayers, DO; and Bri Beach, DO, for helping me with this project. We hope you find these useful.

Adult Beginner: [Click here](#)

Adult Advanced: [Click here](#)

Over 65: [Click here](#)



Thank You Dr. Karageanes

In an effort to ensure better protection for amateur athletes, Congress passed Act S.2330, *Empowering Olympic and Amateur Athletes Act*. This was a movement designed to get Congress to enact more protections for amateur athletes and, miraculously, it passed. If you look through the list of people supporting it, you will see Dr. Steve Karageanes, AOASM Past President, as one of the only physicians to sign on, listed as a sports leader.

Thank you, Dr. Karageanes, for your continued support to the athlete's health and well being. "I thought this was important and helps us all do our jobs. Pretty impressive that Congress acted", said Dr Karageanes.

All Access: 7 Ideas to Boost Your "At Home" Strength Training Routine

If you're anything like me, you've realized over the last six months that COVID-19 could refer to the 19 pounds you have gained since this unprecedented virus changed our lives for the time being. Also, you've probably realized that you need to look for alternative exercise options since your gym closed or has significant restrictions in place making it difficult or inconvenient to head out. If that's the case, I wanted to share a few ideas I've found that can boost your or your patients' at-home strength workouts.

1. All-in-one gym

If you're looking for a great way to do a variety of exercises within a confined space I suggest getting an all-in-one gym system. They can run anywhere from \$400 to several thousand dollars. An affordable product is [linked here](#). These products are effective because they allow you to work out both upper and lower body muscle groups without purchasing a large selection of workout equipment and without taking up a large amount of space.

2. Free weights

Free weights are an excellent way to improve your home gym workouts because a free weight system can be adapted to focus on any area of the body. A few simple ideas for free weight equipment include purchasing a set of dumbbells or a workout bar with adjustable weight. You can start out with a small selection of weights and as you get stronger you are able to purchase additional weight to add to your workout. Dumbbells take up minimal space and can be used for whole body exercises. As an example, I've included [a link with a 3-day rotation for full body exercises using only dumbbells](#). As a general note, a dumbbell can be purchased for 1-2 dollars per pound; meaning a ten-pound weight should cost 10-20 dollars based upon the quality. Additionally, you can purchase a workout bar with an adjustable bench press and squat rack that can be used for full-body workouts.

3. Use the equipment you already have and be creative

Look around your home for items that you already have that can function to aid in your strength training gym. Yoga mats, stepping stools and stairs can add variety to the routine. The yoga mat allows for plyometric workouts that can strengthen and tone your whole body, especially your core. Stools or stairs are worthy obstacles that will take mundane lunges to the next level. Try carefully walking the stairs with a loaded backpack to bring your heart rate up and strengthen your legs at the same time.

4. Look for deals

There's no need to pay full price for strength training or other exercise equipment if you have access to a classifieds website such as Craigslist or Facebook Marketplace. People are frequently moving or upgrading their equipment and you should be able to find what you need for a reasonable price. Things like treadmills, exercise bikes, free weights, or home gyms can be found at great prices if you're willing to purchase items that are used. Sometimes a little elbow grease can turn a rusty barbell into a prized piece of workout equipment that will serve you well for years to come.

5. Bodyweight exercises

Bodyweight exercises are an extremely efficient way to burn calories, raise your heart

rate, and tone your body. A bodyweight exercise requires no equipment at all and can create some of the most strenuous exercises as you target small muscles that larger free weights may miss. Have you ever tried a bodyweight gluteal exercise such as curtsy lunges? If not, you are in for a strength training treat that will leave your backside burning for days! For more ideas simply Google, "No equipment strength workout".

6. Videos (Nike Training Club)

Let us assume you have some equipment but don't know what to do with the assets you've acquired. There are several free or paid workout applications and videos that can get you well on your way to using your equipment and strengthening your body. My personal favorite right now is the [Nike Training Club app](#) because they have permitted free access to their premium training classes during the COVID-19 pandemic. I love these workouts because they're filmed like a live class; giving me encouragement and feedback that push me to the next level.

7. Mirrors

Lastly, mirrors. All gyms have mirrors. Do you need mirrors? No, but they can add to your workout space by encouraging good form and giving an encouraging view of those muscles you've been working on!

What else have you done to improve the ability to strength train in your home gym?

Brent Lambson, DO is a second-year family medicine resident at Utah Valley Family Medicine Residency in Provo, Utah. Feel free to contact him at brent.lambson@gmail.com.

2020 
VIRTUAL
CONFERENCE

REGISTER NOW AT
RINGSIDEARP.ORG



The Association of Ringside Physicians is excited to announce its first virtual conference starting October 1, 2020! The conference will be in a weekly session format—every Thursday evening for six weeks. Although we would love to have all attendees sit in on the sessions live, registration for the conference allows those to watch “on demand” if more convenient. The conference is eligible for 12.25 CME credits.

We have an outstanding line-up of speakers and guest attendees including world champion combat sports athletes Chris Algieri, Yuri Foreman, Rich Franklin, Forrest Griffin, and 2020 International Boxing Hall of Fame Inductee, Christy Martin!

AOASM leadership expressed positive feedback from membership regarding last year's joint conference in Austin. We wanted to present another opportunity for AOASM members to be exposed to ringside medicine.

Follow us on Facebook, Twitter, and Instagram for conference updates.

For more information on registration and the preliminary schedule please [click here](#). Register by October 1st for the best rates.

John Neidecker, DO, ATC, FAOASM
Vice President, Association of Ringside Physicians
neidecker@ringsidearp.org
ringsidearp.org

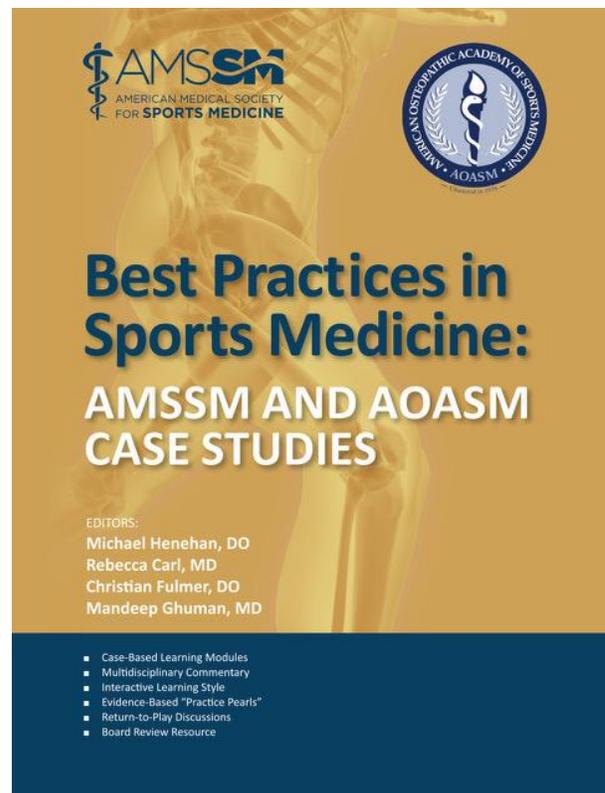
Best Practices in Sports Medicine: AMSSM and AOASM Case Studies

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 first webinar of the school year on September 16 where Dr. Shah talked to us about Nutrition for Athletes. Dr. Shah explained that eating healthy starts with eating whole foods with minimal processing and minimal cooking. He also discussed the Digestible Indispensable Amino Acid Score, Fiber Carb Ratios and gave some examples of these different concepts. We had over 70 people in attendance! If you were unable to attend [click here](#) for a link to the webinar recording.

Our next webinar will be on October 9 at 5:00 pm Central time. This webinar's topic is Identifying Addiction in Athletes and the Next Steps in Care. Our speaker is Dr. Christopher Schenewerk, MD. Dr. Schenewerk will talk to us about identifying addictions in athletes as well as our patients whether it be alcohol, opioids, other drugs, etc. He will also talk to us about what the next steps are once we identify the addiction. At 6:00 pm Central time all webinar attendees are welcome to stay on the webinar for an alcoholic anonymous meeting. Dr. Schenewerk is a recovering alcoholic who after finishing rehab started an AA meeting at his family medicine clinic. If you have any questions you would like Dr. Schenewerk to address, please email them to us at studentaoasm@gmail.com.

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

We would also like to welcome the newest SAOASM chapter, Dr. Kiran C. Patel College of Osteopathic Medicine - Nova Southeastern University Tampa Bay Regional Campus (NSU-KPCOM). Their chapter was approved at the most recent Board of Directors meeting. The chapter president is Temiloluwa "Temi" Kowobari and their advisor is Dr. Alessandra Posey. See the SAOASM Student Spotlight for more information on the chapter's Executive Board members and their plans for their chapter.

SAOASM Student Spotlight

This month's student spotlight will feature the Executive Board members of the newest SAOASM chapter, NSU-KPCOM.

Temiloluwa "Temi" Kowobari, current President, is an OMS-II at NSU-KPCOM. He was originally born in Nigeria and moved to the U.S. at the age of seven. He's played soccer his whole life so when he decided to pursue medicine, sports medicine was definitely an area of great interest. He received his Bachelor's of Science in biological sciences and health management at the University of South Florida. After graduating he worked as a mentor for disadvantaged youth lost in the justice system and then as a mental health technician in the psychiatric ward. All those experiences helped prepare Temi for medical school, as it taught preparation for the unexpected. Temi is currently interested in emergency medicine then following it up with a sports medicine fellowship.

The current Vice President, Elizabeth “Libby” Collyer, is an OMS-II at NSU-KPCOM. She was born in Toronto, Ontario, and came from a tall family who heavily influenced her love of sports. She played collegiate basketball and volleyball while studying psychology/pre-med at Loyola University New Orleans. After graduating and working as an EMT, she got her Master of Physiology and a Graduate Certificate in Biotechnology at North Carolina State University. She suffered her fair share of sports injuries that landed her in the ER throughout the years, which led to her passion in pursuing an emergency medicine residency and sports medicine fellowship.

Stephanie Wong, the current Secretary, is an OMS-II who played softball at the University of Texas at Austin. She has earned a Bachelor’s of Science in biology and a Master’s of Science in biomedical studies. She loves how sports medicine highlights the significance of the interprofessional healthcare team and looks forward to integrating her enthusiasm for physical activity into her career. Stephanie is presently interested in physical medicine & rehabilitation where she strives to empower people to live out their best, most capable lives!

Our current Treasurer, Samantha Pignatelli, is an OMS-II from Point Pleasant, NJ. She graduated from Sacred Heart University in Fairfield, CT in 2018 with a Bachelor’s of Science in biology and psychology. At Sacred Heart, she ran Division I cross country and track and field despite suffering a knee injury during her freshman year. Working with a sports medicine physician through this injury inspired her to look into combining her passions in medicine and sports in her future career. She hopes to one day serve as a collegiate team physician, while also pursuing a career in medical education.

As the inaugural class on the Tampa Bay Regional campus of KPCOM, we were excited to be granted permission to form a chapter of SAOASM this year on our campus. In these first few months, we have hit the ground running with speaker events from a current MMA ringside physician and UT Austin’s current lead team physician, journal clubs with the sports medicine fellows on our main campus, and an upcoming 5K event for heart health awareness. We have also secured Dr. Alessandra Posey as our faculty advisor who is the head of the sports medicine department at our main campus. We look forward to providing future opportunities to our 45 members in research, shadowing, and events geared toward sports medicine and physical medicine and rehabilitation.

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 Group

We love hearing from you and providing you with the best opportunities to learn and have fun in sports medicine!



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](#)

- [Primary Care Physician-Sports Medicine](#) with WellSpan Health in Gettysburg, PA.
 - [Sports Medicine MD](#) for Orthopedic Urgent Care Centers in Burnsville and Woodbury, MN.
 - [100% Family Sports Medicine](#) opportunity in a hospital-employed practice near Dayton, OH.
-

Journal Article Spotlight: *Clinical Journal of Sports Medicine*

Practical Management: Brief Physical Examination for Sport-Related Concussion in the Outpatient Setting

[Click Here for Full Article](#)

Journal Article Spotlight: *British Journal of Sports Medicine*

Cardiorespiratory considerations for return-to-play in elite athletes after COVID-19 infection: a practical guide for sport and exercise medicine physicians

[Click Here for Full Article](#)

