



The Sideline Report



Leading Sports Medicine into the Future

NEWS IN THE WORLD OF SPORTS MEDICINE

www.amssm.org

A QUARTERLY PUBLICATION

FEBRUARY 2011

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What's Going On In AMSSM?

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Section Editors: Kelsey Logan, MD and Christopher Meyering, DO

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What's Going on in AMSSM?

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Executive Director | AMSSM

AMSSM's Quest for the Next Executive Director

BY KIMBERLY HARMON, MD

Since 1996, when we hired our first Executive Director Jody Gold, AMSSM has grown from 400 members to over 1700. Our annual meeting has become one of the best sports medicine conferences in the world; we have expanded our educational offerings to include a multitude of pre-conference courses, stand alone musculoskeletal ultrasound courses, a fellow's research conference and co-sponsor the annual Advanced Team Physician Course. We showcase state-of-the-art original

research at our annual meeting and foster continuing research by evaluating and supporting over \$50,000 of research projects each year. We have succeeded in affecting policy on a national level, most notably by the recent designation of sports medicine with its own specialty code from Medicare - a feat directly the result of the work of Dr. Chris Madden and the Economics Committee. Our annual meeting is still a place to reconnect with old friends, meet new ones and network

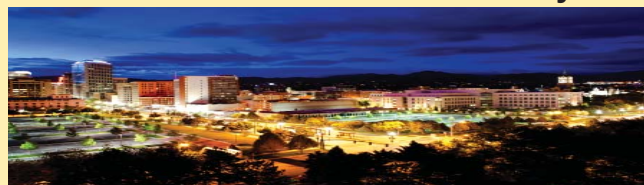
with leaders in the field and those with similar interests. Despite our phenomenal growth over the last 14 years, our infrastructure has not significantly expanded and for the last few years our staff has put forth Herculean effort to maintain all our current projects. As part of the strategic planning process started in 2008 by Dr. Bob Dimeff, the need for additional resources was identified and a process to discern our exact needs and create that additional infrastruc-

Executive Director|A4

Annual Meeting | April 30-May 4, 2011

AMSSM 20TH ANNUAL MEETING

"From the ROOTS of Our Founders:
Celebrating 20 Years of Growth in Sports Medicine"
April 30 - May 4, 2011
The Grand America Hotel • Salt Lake City, Utah



Program Highlights

The stunning mountain setting of Salt Lake City and the luxurious accommodations at The Grand America Hotel will provide an outstanding venue to celebrate 20 great years of AMSSM. RETURN |A1

Grants | Foundation

RESEARCH COMMITTEE ANNOUNCES 2011 FOUNDATION RESEARCH-GRANT AWARDS

The Research Committee recently announced the winners of the 2011 Foundation Research Grant Awards:

Anthony Beutler, MD:

Randomized Controlled Trial of a Lower-Extremity Injury Prevention Program in US Military Academy Cadets.

Kenneth Barnes, MD:

Effects of Concussions on Cognitive Function in Athletes.

Neeru Jayanthi, MD

The Risks of Injury Related to Rapid Growth and Sports Specialization in Young Athletes.

The grant awards totalling \$50,000 are supported by the AMSSM Foundation. Congratulations to the three Foundation Research Grant Award winners.

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Research Workshop | Carlsbad, California

2010 AMSSM SPORTS MEDICINE FELLOWS RESEARCH WORKSHOP

BY CHAD CARLSON, MD

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The 2010 AMSSM Sports Medicine Fellow's Research Workshop and Sports Trauma and Event Management (STEM) Course was chaired by Dr. Aaron Rubin from Kaiser Permanente in Fontana, California and held in Carlsbad, California from July 30 - Aug 1, 2010. 94 sports medicine fellows from over 40 different fellowships attended the 14th annual conference.

On the first day, the fellows participated in the half-day STEM Course which included lectures and hands-on practice for sideline sports injury assessment and treatment. Dr. Rubin also served as the Course Director for the STEM Course.

The Research Workshop consisted of one full-day and two half-days of lectures and small group learning activities related to developing, conducting, presenting and publishing a research project. The small groups, guided by a conference faculty member, developed a research idea in addition to the educational activities.

The conference was not all work; the fellows had a chance to get to know each other during social events held throughout the weekend. A beach bonfire and dinner

with live music took place on Friday night with beach volleyball and a beautiful West Coast sunset on Saturday night.

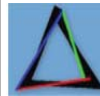
The conference faculty included AMSSM members Paul Gubanich, MD; Suzanne Hecht, MD; Dave Jenkinson, DO; Robert Kinningham, MD; Joseph Luftman, MD; Aurelia Nattiv, MD; Stephen Rice, MD, PhD, MPH; Aaron Rubin, MD; Daniel Vigil, MD; David Webner, MD. Guest faculty included: Christian Schupp, MD and Andrew Liu, ATC.

The workshop faculty would like to acknowledge the support of Dr. Fran O'Connor, AMSSM President and Dr. Suzanne Hecht, Chairperson of the AMSSM Research Committee. AMSSM assistance and generous unrestricted educational grants from DJ Ortho and Genzyme were also instrumental in the planning and financial support of the conference, enabling more fellows to participate.

Next year's 2011 Fellow's Research Conference and STEM Course will be in Ann Arbor, Michigan from July 22nd to 24th with Robert Kinningham, MD serving as the Course Director and Aaron Rubin, MD as STEM Course Director.

Female Athlete Triad Coalition | Formed in 2002

FEMALE ATHLETE TRIAD COALITION



FEMALE ATHLETE TRIAD COALITION

AN INTERNATIONAL CONSORTIUM

BY SUZANNE HECHT, MD

The Female Athlete Triad Coalition, formed in 2002, is a group of national and international organizations dedicated to addressing unhealthy eating behaviors, hormonal irregularities and bone health among female athletes and active women. The Coalition strives to prevent the Female Athlete Triad through advocacy, education, international leadership, public policy and research.

The American Medical Society for Sports Medicine (AMSSM) has been a member organization since the Coalition's inception in 2002 and is one of 29 organizations and universities from the United States and Canada that make-up the core membership of the Coalition. AMSSM Board of Directors member, Suzanne Hecht, MD, serves as the AMSSM representative to the Female Athlete Triad Coalition.

The Coalition developed from the international, collaborative desire to support cultures that promote healthy athletic environments, establish public policy, effect change in national and international governing bodies, eliminate inappropriate dietary treatment practices

of female athletes, provide education about the Triad and determine the scope of the problem through research.

The Coalition leadership, led by President Mary Jane DeSouza, PhD from Penn State, encourages primary care sports medicine physicians who treat female athletes to participate in the Coalition by joining as an individual member. Membership benefits and information, along with other valuable resources, can be found on the Female Athlete Triad Coalition website at www.femaleathletetriad.org.

The Female Athlete Triad Coalition plans to hold its next meeting at the American College of Sports Medicine Annual Meeting in Denver, Colorado in early June 2011. Coalition members will be notified of the meeting specifics once those details are available.

[Female Athlete Triad Coalition](http://www.femaleathletetriad.org)

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Sports Health | Call for Papers

Sports Health: A Multidisciplinary Approach

Call for Papers

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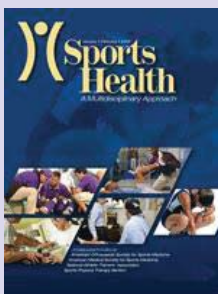
T. David Sisk Awards for Research Excellence

The AOSSM is seeking papers for the T. David Sisk Awards for Research Excellence in clinical, laboratory and international research. The winners will be selected from the best papers in each category submitted to Sports Health: A Multidisciplinary Approach.

These annual awards will include a \$2,500 cash prize and a plaque. All manuscripts submitted through May 1, 2011, will be considered. Winners will be announced at the AOSSM Annual Meeting in San Diego, CA, July 7-10, 2011.

Please visit <http://submit.sportshealthjournal.org> to submit your manuscript.

Contact Kristi Overgaard, Sports Health Editorial Manager, at kristi@aossm.org with any questions.



Founders | Bios

CELEBRATING 20 YEARS OF AMSSM: HONORING OUR FOUNDERS

BY REBECCA CARL, MD; SANDEEP JOHAR, MD; AND GEORGE PUJALTE, MD

JACK HARVEY, MD



After graduation from and completion of residency at The University of Texas Medical School at San Antonio, Dr. Harvey moved to Fort Collins, Colorado and joined the Orthopedic Center of the Rockies to practice sports medicine. While there, he served as the Chief Physician for the Coors International Bicycle Classic and for USA Wrestling. Dr. Harvey also served as team physician for the Denver Broncos, Colorado State University and several area high schools. He further assisted in the development of a rodeo sports medicine program that covered high school, college and professional rodeos in the Rocky Mountain region that is still in use today.

Dr. Harvey has been retired for five years and currently lives on a horse ranch in the Colorado mountains, with his wife Gina. Sports medicine aside, while living in the mountains, he has been able to further his passion for astronomy. He has developed a professional collaboration with the astronomers at Calar Alto Observatory in Andalusia, Spain, and been subsequently named a Visiting Scholar in the Department of Physics and Astronomy of the University of North Carolina at Chapel Hill.

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Dr. Harvey and Charlie Horse

ROBERT JOHNSON, MD



Dr. Johnson is a Professor in the Department of Family and Community Medicine at the University of Minnesota. Dr. Johnson leads courses and workshops for medical students, residents and fellows and is the Director Emeritus of the Hennepin County Medical Center Sports Medicine Fellowship.

He has published over 50 articles and book chapters on sports medicine topics. He is currently a team physician for the University of Minnesota, Team USA Minnesota, University of St. Thomas, Bethel University and Eden Prairie High School. Dr. Johnson was the president of AMSSM from 2002-2003 and continues to serve on the Foundation Board of Directors.

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STANLEY HERRING, MD



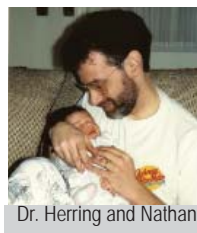
Dr. Herring received his Bachelor of Arts at the University of Texas in Austin. He completed his medical degree from the University of Texas Southwestern Medical School in Dallas and went on to complete his residency at the University of Washington (UW) Department of Rehabilitation Medicine. He is currently Clinical Professor in the Departments of Rehabilitation Medicine, Orthopaedics and Sports Medicine and Neurological Surgery at UW. He also

serves as Director of Spine, Sports and Musculoskeletal Medicine for the UW Medicine Health System and Co-Medical Director of the Seattle Sports Concussion Program, a partnership between UW Medicine and Seattle Children's.

Dr. Herring has held many national leadership positions, including President of the North American Spine Society, member of the Board of Trustees of the American College of Sports Medicine and Board Member of the Foundation for Physical Medicine & Rehabilitation. He is also a founding member of the Physiatric Association of Sports, Spine & Occupational Rehabilitation and the American Medical Society for Sports Medicine. He serves on the editorial boards of professional journals and has been an editor of multiple textbooks, as well as a contributor to numerous professional journal articles and textbook chapters.

Dr. Herring is a team physician for the Seattle Seahawks, Seattle Mariners and a consultant to the UW Sports Medicine Program and the Seattle Storm and serves as a member of the NFL's Head, Neck and Spine Committee.

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Dr. Herring and Nathan

MITCHEL STOREY, DO



Dr. Storey graduated from Susquehanna University in Pennsylvania with a Bachelors of Arts in 1976, and completed his Doctor of Osteopathy from the Philadelphia College of Osteopathic Medicine in 1980. He completed his internship at Community General Osteopathic Hospital in Harrisburg, Pennsylvania, followed by a fellowship in primary care sports medicine at the Sports Medicine Clinic in Seattle. Dr. Storey is board-certified in family medicine by the American Board of Osteopathic Medicine with a subspecialty CAQ in Sports Medicine.

Professional associations include founding member of the American Medical Society of Sports Medicine, past president of the American Osteopathic Association of Sports Medicine, and a member of the Professional Baseball Team Physicians Association, the American Osteopathic Association, the Washington State Medical Association and the King County Medical Society.

Dr. Storey's special interests are non-surgical treatment of sports injuries and throwing injuries. He is the team physician for the Seattle Mariners and Bishop Blanchet High School, an event physician for the Seafair Unlimited Hydroplane races and a consulting physician for the Unlimited Hydroplane Racing Commission and Seattle Pacific University.

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AMSSM'S QUEST FOR THE NEXT EXECUTIVE DIRECTOR

ture was begun. The process of understanding our needs started with advice from our Founders. This, in turn, led to an evaluation from a society consultant followed by a lengthy review of the reports and recommendations by a special task force comprised of AMSSM members, past Presidents, Founders and current Board members. Jody Gold's advice and insight of our past and future goals was a key part of the process. Finally, after several Board meetings, a review of our financial situation and another strategic planning meeting, we embarked on the task of hiring an Executive Director.

A Search Committee was formed. Eve-Becker Doyle, current Executive Director of the National Athletic Trainer's Association, served as a consultant regarding the process and a co-chair of the committee. Other members of the committee included Fran O'Connor, MD; MPH; Cindy Chang, MD; Bob Dimeff, MD and Jody Gold. I had

the great honor and responsibility of chairing the committee. The position was posted with the Society of Association Executives and the word was circulated among other sports medicine societies and local society executives that we had a position available.

We had a large and varied array of qualified applicants for the position. The applications were carefully reviewed and ranked by the search committee and a conference call was held to discuss the candidates. Six applicants were selected to interview by phone and their references were contacted. Two very well qualified candidates from the initial group were invited for an in-person interview with the entire Board of Directors. These interviews occurred the day prior to our regular winter Board meeting which was held in Kansas City this year.

Jim Griffith was unanimously selected as our newest Executive Director. He comes to us with an

ideal skill set. Jim loves sports and majored in journalism at the University of Missouri, one of the best journalism schools in the country. He worked as a sports writer for several years before taking over as Executive Director of FarmHouse, a national agriculture based fraternity, at the age of 24. He stayed there for ten years prior to moving on to the American Academy of Family Physicians where he worked to develop AAFP chapters. We believe Jim has the perfect mix of experience, vision, passion and skill to take AMSSM to the next level. Jody Gold will, thankfully, remain with AMSSM as its Director of Operations, as will the rest of the staff.



AMSSM is ready to take the next step in its evolution and growth as a society. We have a new Executive Director and a new office, but we still have the same direction and the same commitment to the tenants of our Founders and to the development of our members as individuals. Please take the opportunity in Salt Lake to introduce yourself to Jim and share with him your thoughts about what makes AMSSM special and visions for AMSSM as we move into the future. This is an exciting time for us! It is fitting that Jim's introduction to the Society will come at our 20th Annual Meeting, a meeting dedicated to our Founders. I often wonder when Drs. Lombardo, McKeag, Puffer, Rice and Halpern first talked about the concept of a sports medicine society for primary care sports medicine physicians if they envisioned all we have become. I can't wait to see what the next 20 years brings!

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Editorial Board: The Sideline Report

Editor-in-Chief

Andrea L. Pana, MD, MPH

Section Editors

A What's Going on in AMSSM?

Kelsey Logan, MD

kelseylogan@hotmail.com

Christopher Meyering, DO

christopher.meyering@us.army.mil

B The World of Sports Medicine

Marjorie Delo, MD

sportsdoc@alum.mit.edu

Verle Valentine, MD

verle.valentine@sanfordhealth.org

C News From the Board

Andrea L. Pana, MD, MPH

andrea.pana@athletics.utexas.edu

D Member in the Spotlight

Andrew Getzin, MD

agetzin@cayugamed.org

E Odds and Ends

George Pujalte, MD

gpujalte@hmc.psu.edu

Production Editor:

Joan Brown

joanb@amssm.org

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January 1
April 30
July 1
October 1

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Note from the Editor

AMSSM is celebrating its 20th Anniversary this year. To commemorate this, we are featuring our founders in the four issues of 2011. Our Member in the Spotlight section will be "Founder in the Spotlight" for 2011 and will feature the four living "gang of five" who dreamed up the idea of AMSSM. In Section A of each issue, there will be bios and updates on the remaining Founders.

If members have any photos, stories or information on the history of AMSSM, please email publications@amssm.org and we will try and include them in our anniversary issues.

Andrea L. Pana, MD, MPH

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The World of Sports Medicine

Section Editors: Marjorie Delo, MD and Verle Valentine, MD

CMS | April 1, 2011

CMS IMPLEMENTS SPORTS MEDICINE PHYSICIAN CODE

A new Physician Specialty Code is associated with claims submitted and for claims processing.

BY MARJORIE DELO, MD

As of April 1, the Center for Medicare and Medicaid Services (CMS) is putting into effect a new Physician Specialty Code of 23, which will represent either a Primary or Secondary Specialty of Sports Medicine. Physicians designate their Physician Specialty Code on their Medicare application, and this code becomes associated with claims submitted and is used for claims processing. The code is meant to describe the specific and unique medical services the provider offers. For more information, go to www.cms.gov.

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NATA | Position Statement

NATA RELEASES POSITION STATEMENT ON SKIN DISEASE IN ATHLETICS

A guideline for the prevention, identification and treatment of skin disease in athletics.

BY VERLE VALENTINE, MD

As part of an ongoing effort to reduce the burden of skin disease in all levels of athletes, the National Athletic Trainers Association recently published a position statement on skin disease. The paper's intent is to serve as a guideline for the prevention, identification, and treatment of fungal, viral and bacterial infections of the skin. "Until now the medical field has been by necessity focused on the reactive development of treatment regimens and drugs, rather than on prevention," states writing group member David B. Vasily, MD, FAAD. "It is now clear that we need to re-focus our efforts in a more productive and preventive way to achieve the greatest benefits." [NATA Position Statement: Skin Disease](#)

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IOC | Consensus Paper

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IOC RELEASES CONSENSUS PAPER ON THE USE OF PRP IN SPORTS MEDICINE

Published in the December 2010 issue of the *BJSM*.

BY MARJORIE DELO, MD

The International Olympic Committee has published a Consensus Paper on the use of PRP in Sports Medicine in the December 2010, issue of the *British Journal of Sports Medicine*. An expert panel, led by Professor Lars Engebretsen of the Oslo Sports Trauma Research Center in Norway, was assembled to review the use of PRP in athletes and provide recommendations based on the current research available. They concluded there is still a limited amount of both basic science and clinical research involving PRP, and there is no standardization of preparation. Therefore, they are recommending more basic science research as well as robust, well-designed clinical trials to determine the efficacy of PRP. In the meantime, they are recommending "to proceed with caution with the use of PRP in athletic sporting injuries." They did note, however, that intramuscular injections of PRP have been removed from the 2011 WADA Prohibited List. The full statement is available via the *Journal Links* section of the AMSSM website.

NFL | Concussion Laws

THE NFL COMMITS TO ASSIST STATES IN THE PASSAGE OF CONCUSSION LAW

The NFL is committed to the passage of a concussion law in every state.

BY VERLE VALENTINE, MD

The National Football League has committed to the passage of a concussion law in each state. "We felt a responsibility, with our platform, to advocate for better treatment of kids who have more risk than adults do," said Jeff Miller, Senior Vice President of Government Affairs. The NFL is working to partner with other organizations to advocate for the passage of laws built on the template of the "Zachary Lystedt Law" in the state of Washington. AMSSM Founding member and Seattle Seahawks team physician Stan Herring was a principal advocate in the passage of the original legislation. Thus far, nine states have passed such laws and many others are currently considering them. "We have made a commitment to assist in the passage of 10 similar bills in the next year and continue our advocacy around the country until every state has a concussion law," Miller said.

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Leading Sports Medicine into the Future

News From the Board

Section Editor: Andrea L. Pana, MD, MPH

OFFICERS

Francis G. O'Connor, MD, MPH
President

president@amssm.org

Cindy J. Chang, MD

First Vice President

1stvicepresident@amssm.org

Jonathan A. Drezner, MD

Second Vice President

2ndvicepresident@amssm.org

Brian S.E. Rich, MD, ATC

Secretary/Treasurer

secretarytreasurer@amssm.org

Kimberly G. Harmon, MD

Immediate Past President

immediatepastpresident@amssm.org

BOARD OF DIRECTORS

David T. Bernhardt, MD

pronouncement@amssm.org

Sean Bryan, MD

education@amssm.org

Kevin Burroughs, MD

publicrelations@amssm.org

Chad Carlson, MD

ccarlson@stadiasportsmedicine.com

Jon Divine, MD

internet@amssm.org

Matthew Gammons, MD

mgammons@rmc.org

Andrew J.M. Gregory, MD

membership@amssm.org

Suzanne Hecht, MD

research@amssm.org

Mark Niedfeldt, MD

mniedfeldt@modernmed.com

Andrea L. Pana, MD, MPH

publications@amssm.org

Tracy Ray, MD

fellowship@amssm.org

Mark Stovak, MD

mstovak@yahoo.com

PRESIDENTIAL CORNER



FRANCIS G. O'CONNOR, MD, MPH
AMSSM PRESIDENT

Happy New Year to all AMSSM members. This year marks the beginning of a new era as we are officially in our new office, and we have hired an Executive Director, Jim Griffith. Jim, Jody and I had our first conference call in early January. It is going to be great having Jim on board. For anyone who needs to reach Jim, his email is jgriffith@amssm.org. This first update of the year has key pieces of information, so please take a minute to read.

1. Dates of importance:

April 30-May 4, 2011 - 20th Annual Meeting, Salt Lake City, UT:

Anticipate an exciting meeting with great CME as pieced together by Dr. Cindy Chang, our First Vice President, and her Program Chair, Dr. Verle Valentine. We have a tentative commitment from the Nation's Surgeon General to speak at our meeting; she is holding the date but her schedule needs to remain fluid. As well, this meeting marks our 20th Anniversary, so many Founders and Charter members will be there... don't miss it! Future annual meeting locations are as follows:

April 21-25, 2012 - 21st Annual Meeting, Atlanta, GA

April 17-21, 2013 - 22nd Annual Meeting, San Diego, CA

April 5-9, 2014 - 23rd Annual Meeting, New Orleans, LA

2. Our Athlete and ADHD paper: Our Publications and Pronouncements Committees, working together, just sought Board approval for our second evidence-based review; a manuscript on *Attention Deficit Disorder and the Athlete*. The Board has approved this document; it will go forward for publication and soon be an asset we can all be proud of.

3. Concussion Paper: Our next endeavor is an evidence-based manuscript on the practical management of concussion. Dr. Andrea Pana has quickly organized the effort to assemble a top notch writing group; a conference call led to the construction of a writing team, as well as selection of co-leaders, Drs. Kim Harmon and Jon Drezner. This an ambitious task for our group; I have no doubt we will produce a product that will be of great assistance to our members, and be in line with our vision of being a world leader in sports medicine.

4. Listserv: Dr. Jon Divine, Jim Griffith and I, are working on the issue. We are working on a policy that insures the integrity of the Listserv for all members. I apologize for making the decision to discontinue the Listserv late last year, but Jon and I felt an obligation to protect the organization. We have every anticipation the Listserv will be up prior to our reassembly in Salt Lake.

5. Policy and Leadership Manual/Strategic Plan/Committee

Manual: It is with great pride to report these manuals are done, and are on the member's only site to guide our membership. Many thanks to all who worked so hard to provide these products for our members.

6. Elections: We had a full slate of excellent candidates nominated. It is a very exciting time for AMSSM as we are moving forward very quickly. Please see the election results on page C2. Congratulations to those who were elected.

I look forward to seeing you all in Salt Lake. We will have many more things to report as we continue to move forward. Thank you again to all committee members for all your work in making AMSSM what it is. All the best in the New Year.

Francis G. O'Connor, MD, MPH

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COMMITTEE REPORT

PUBLICATIONS COMMITTEE

UPDATE ON PROJECTS:

- AMSSM Newsletter
- Beginner Triathlete
- Journals
- Position Statements
- 5-Minute Sports Medicine Consult
- AMSSM on Facebook
- Pediatric Writing

SEE PUBLICATIONS | C2

5-MINUTE SPORTS MEDICINE CONSULT

ELECTION RESULTS

COMMITTEE REPORT

PUBLICATIONS COMMITTEE

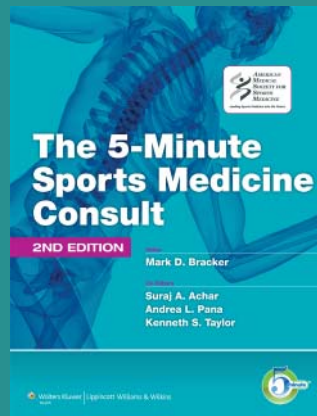
BY ANDREA L. PANA, MD, MPH, CHAIR

[PUBLICATIONS](#) | [FROM C1](#) | [RETURN](#) | [A1](#)**Members of committee:** [AMSSM Publications Committee](#)**Chairperson:** Andrea L. Pana, MD, MPH

Mission: The Publications Committee will support the stated mission and goals of the AMSSM in matters of both electronic and printed publications. The Committee shall create, edit and review publications and disseminate them to the membership, affiliated professional organizations, the media or the general public as deemed appropriate by the AMSSM Board or Committee members.

The Publications Committee has been busy this year. We have many members contributing and always welcome new members. Writing opportunities are open to committee members as well as the general membership. Depending on the type of Publication, preference may be given on committee membership or expertise. Here is an update on our projects:

- AMSSM Newsletter:** The Sideline Report continues to be published quarterly. Topic suggestions from the membership are always welcome. During 2011, we plan to celebrate the 20th Anniversary of AMSSM by having bios of the Founders in all four issues of 2011. We will feature one of the remaining "gang of five" members in the "Member in the Spotlight" section. Thanks to all the writers, section editors and Joan Brown for making this a better product every year.
- Beginner Triathlete:** We are continuing to have members write monthly for this online publication. Drs. Marjie Delo, Andrew Getzin and Chad Asplund are editing as well as coordinating the project.
- American Family Physicians:** Two members of the Publications Committee, Dr. Chad Asplund and Mike Krafczyk, wrote an article on *Exercise Induced Bronchospasm* on behalf of AMSSM. Publication date is anticipated for 2011.
- International Journal of Athletic Training:** AMSSM continues to have a column in this journal. Dr. Verle Valentine coordinates and edits the writers for this column. This opportunity is open to all members.
- Clinical Journal of Sports Medicine:** This is the journal of our society. They also have agreed to publish our Position Statements. Dr. John DiFiori represents AMSSM as an editor.
- British Journal of Sports Medicine:** AMSSM will have the opportunity to guest edit one theme issue a year. Dr. Chad Asplund has been selected as the guest editor for 2011.
- Sports Health:** We write a short Society news section for this journal. Dr. Kelsey Logan presently writes these on behalf of our committee and AMSSM. Dr. Matt Gammons represents AMSSM as an editor.
- Position Statements:**
 - ADHD and the Athlete:** This position statement was submitted to CJSM for publication. Thank you to the writing group of Drs. Margot Putukian, Jeff Kreher, Dave Koppel, James Glazer, Doug McKeag and Russell White for their hard work in completing a well researched and written statement.
 - Sports Concussion:** The Publications Committee recommended the next Position Statement be on Sports Concussions, and the Board agreed. A writing group was selected from our membership and will be working on this project over the next year.
 - Future Position Statements:** The Publications Committee will continue to recommend topics for Position statements on a biannual to annual basis. The general membership may recommend topics by submitting an Intent form available on the Publications page of our website. [Intent form](#)
- 5 Minute Sports Medicine Consult:** The 2nd Edition of this book was published this month. AMSSM members were the writers and editors of this book, and AMSSM is recognized on the cover as a partner in this publication.
- AMSSM on Facebook:** Coordinated by Dr. Carfagno. He and Dr. George Pujalte have been writing the tips of the day. We are opening up the opportunity to write "tips of the day" to the general membership.
- Pediatric Writing:** Drs. Kelsey Logan and Rebecca Carl wrote an article on behalf of AMSSM for *Contemporary Pediatrics on the Female Athlete Triad*. This was published in November 2010.

[RETURN](#) | [A1](#)SECOND EDITION
OF THE "5-MINUTE SPORTS MEDICINE CONSULT"
RELEASED

The second edition of the "5-Minute Sports Medicine Consult" has just been released. This edition was developed in association with the American Medical Society for Sports Medicine (AMSSM). Almost exclusively written by AMSSM members, The 5-Minute Sports Medicine Consult is the ideal reference for current diagnosis and treatment for on-field and long term management of sports-related problems.

There are more than 280 topics arranged alphabetically containing the information needed to accurately confirm the diagnosis and treat the problem. The 2nd Edition contains 20 new chapters and expanded appendices on office rehabilitation, musculoskeletal radiography and joint and soft tissue injections.

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ELECTION RESULTS

Terms of office begin as of the AMSSM Annual Business Meeting May 2011:

- Second Vice President: John P. DiFiori, MD
- Secretary/Treasurer: Katherine L. Dec, MD
- Board of Directors:
 - Sean Bryan, MD
 - Chad Carlson, MD
 - Suzanne Hecht, MD
 - Amy Powell, MD
 - Tom Trojjan, MD
 - Ty Wadsworth, MD

AMSSM would like to acknowledge the service and dedication of Officers and Directors who have completed their terms as of May 2011:

- Immediate Past President: Kimberly G. Harmon, MD
- Board of Directors:
 - David T. Bernhardt, MD
 - Mark Niedfeldt, MD
 - Tracy Ray, MD

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FOUNDER IN THE SPOTLIGHT

John Lombardo, MD

Written by Andrew Getzin, MD and Edited by Chad Asplund, MD

John Lombardo is one of the founding members and served as the first President of AMSSM. Overall, he is happy about the development and growth of AMSSM and feels its role of mentoring and supporting primary care doctors in their practices and with research is in-line with the vision of its Founders. "This organization has never been and continues not to be about what individuals accomplish for themselves but what they can do for others."

Early on, it was not clear to John exactly what path he would take professionally, but looking at John's parental influence, he seemed destined to provide medical care to active people; his father was a General Practitioner and his mother was a physical education teacher. He grew up in Brooklyn, NY with his mother, an older sister and his father, who died from a heart attack when John was 14. His father was the type of person who provided excellent care for everybody but himself. He attributes his ability for analytical thinking in part to the Jesuit High School he attended, where he learned the world is an essay and not matching columns, multiple choice or algorithms. After high school, his mother wanted him away from Brooklyn for college and after looking at options, he wound up attending University of Dayton where he was recruited to play football.

After graduating from UD and teaching high school in Dayton, John remained in Ohio for medical school at Ohio State University. At Ohio State, John's mentor was Dr. Bob Murphy who was an internist with an interest in sports medicine and provided care for Ohio State athletes. While working with the OSU Athletic Department in medical school, John was able to care for the hockey team. He completed his family medicine residency at St. Elizabeth's Medical Center in Dayton where he worked with the team physician for the University of Dayton. After graduating residency, John spent a year working in the Emergency Room at St. Elizabeth and then accepted an appointment at Cleveland Clinic working with Dr. John Bergfeld in the Section of Sports Medicine. Dr. Bergfeld, a former AMSSM Foundation Award winner, understood the value of primary care sports medicine.

While working at the Cleveland Clinic for nine years, he covered the Cleveland Cavaliers, Cleveland State University and Chagrin Falls High School. He helped with the Browns, Cleveland Ballet and started a sports medicine fellowship. During this time he began working with the US Olympic Committee and was Head Physician for US delegation to the World University games and Winter Olympics. John returned to Columbus accepting the positions of Department Chair of Family Medicine, Medical Director of Sports Medicine and with the retirement of Dr. Murphy, Head Team Physician at the Ohio State University.

His clinical practice has morphed several times - in part due to the changes in the insurance industry. Initially at OSU, his practice was exclusively sports medicine. However, in the mid 1990s, insurers in the region developed a preferred provider system for payment. In order to continue the growth of the sports medicine group, their practice added full service family practice to their practice of sports medicine. Currently, John sees patients five half days per week. He works as part of a four site, 11 person group of sport medicine/family medicine trained physicians. He continues treating "my patients and somebody else's patients." He is still involved in teaching medical students, residents and fellows.

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In addition to John's clinical work, he has been the independent administrator of the NFL performance enhancing drug program for the past 20 years. The NFL has two drug programs, one for performance enhancing drugs and one for drugs of abuse. John's position involves the oversight of the testing program, reviewing all positive tests and education of the players about the program. He regularly meets with individual teams, athletic trainers, team physicians, Players' Association and agents. He enjoys his involvement, even though it requires a significant time commitment.

John feels fortunate to be able to have impacted the lives of many doctors in training, athletes and patients and fortunate that they have impacted his life. One particular patient (friend) Jamie, serves as a constant source of inspiration. During John's medical school pediatric oncology rotation, Jamie (an adolescent with lymphosarcoma with leukemic transformation) was the only patient out of 23 patients who he followed on the Hematology/Oncology floor that did not die while John was in medical school. He was inspired by Jamie's courage and always positive attitude. John became a "quasi-big-brother" to Jamie and they went to OSU football games and hockey games, as well as other sporting events. He became the little brother that John never had. Unfortunately Jamie died prior to his planned visit to Dayton during residency.

John describes the origin of AMSSM which evolved from five colleagues (Drs. David Hough, Doug McKeag, Jim Puffer, Lee Rice and John) trying to find a professional home for primary care sports medicine physicians. Drs. Jim Puffer, Doug McKeag, and John were all on the board of directors of ACSM. However, ACSM, at the time, was not interested in forming a special interest group for primary care sports medicine. AAFP was also not interested in special interest groups. The 20 Founders met in Dallas and Chicago and formed the AMSSM. Initially, AMSSM meetings were scheduled prior to AOSSM meetings, which increased available orthopedic faculty keeping costs down. It worked well in part because Dr. John Bergfeld was the president of AOSSM while Dr. John Lombardo was the president of AMSSM. Despite the fact that many members of AMSSM practice mostly sports medicine, he does not believe that Sports Medicine should become a free-standing specialty. He does not feel that doctors would have sufficient breath of medical understanding without a medical background.

John has been happily married for over 30 years. His wife Karen works as a school nurse, and they live in the same house that they have for the past 20 years. They have three grown children: Erin, who is working on her Masters in Human Nutrition at Ohio State; Brian, who works for Blue Cross/Blue Shield of Illinois in Chicago; and Mark, who is a senior at the University of Dayton.



If John were not a doctor he would be a coach or a teacher. He is a strong advocate of aggressively but safely getting young athletes back to sports participation. He is keenly aware that they may only have 40 competitive football games or 80 basketball games in their careers, and they should have the opportunity to compete in as many as they safely can. In John's free time he enjoys reading many various types of books. His favorite place to read is on his stationary bike. He does not have definitive future professional plans but does not anticipate seeing patients indefinitely. He would like to continue his work with NFL and perhaps do more writing. He feels the biggest part of AMSSM's continued success is training the next generation of primary care sports medicine doctors. The founders and early members of AMSSM were able to grow the organization because everybody put their individual ego aside for the betterment of the group. "AMSSM members always have and continue to unselfishly share their knowledge with the future physicians."

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FOUNDER IN THE SPOTLIGHT FAVORITES	
Favorite Color	Blue
Number	7
Food	Anything Italian
Drink	Tab
Vacation Spot	Jackson Hole, Wyoming or Kiawah Island, South Carolina
Sports Team	Brooklyn Dodgers <small>(after they left Brooklyn, never rooted for any other team)</small>
Sports	Football, Lacrosse
Car	Jeep
Music	The 60's
Television	Amazing Race, Bones, Leverage, Mentalist, Burn Notice, Castle

Odds and Ends

Articles Written by Section Editor: George Pujalte, MD

Writing Opportunity

All AMSSM members are invited to write for the official AMSSM Facebook page for the "AMSSM's Tip of the Day" and to post sports medicine news updates. This is a great way to share knowledge with over 800 sports medicine enthusiasts, learn about the latest in sports medicine, and to reach out to/network with other members.



For scheduling and more details, please contact:
Dr. Dave Carfagno: dr.c@scottsdale.sportsmedicine.com or
Dr. George Pujalte at gpujalte@hmc.psu.edu

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Grant Opportunity

The 2011 Sports Safety Program Request for Proposals is now available. This grant opportunity, offered to Safe Kids coalitions and chapters, is similar to the 2010 grant program, with sports injury prevention clinics as the main strategy to reach youth coaches and parents with critical messages about youth sports safety. The Request for Proposal may be accessed by logging into the AMSSM Members Area and clicking on the link. The program is supported once again by its founding sponsor, Johnson & Johnson. Please pass this message along to fellow Safe Kids colleagues, coalitions and partners who may be interested in joining this cause. Applications are due Friday, February 18, 2011. The program requirements and the application process are included within the RFP. For any questions about the upcoming program or application, please contact Safe Kids Worldwide, through:

Lindsay Marie Hansen, Program Manager of Recreational Safety
(520) 395-2711 (Phone) • (540) 845-3586 (Mobile)
lhansen@safekids.org

More details can also be found at www.safekids.org. RETURN|A1

AMSSM Artistic Opportunities

We are looking for members with experience in medical illustrations or photography who might like to contribute to AMSSM publications such as the newsletter, website and journals. Submissions will be solicited and approved on a case by case basis. We would like to be able to utilize and showcase the talents of our members.

If you are interested, please contact: publications@amssm.org.

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What Our Members Are Doing

Vicor Technologies Names Dr. Steve Watts Director of Sports Medicine

David H. Fater, CEO of Vicor Technologies, Inc. recently announced Dr. Steve A. Watts, MD as the company's new Director of Sports Medicine. Vicor Technologies is a biotechnology company focused on the development of innovative, non-invasive medical devices. Dr. Watts instituted the Family Medicine Sports Medicine curriculum and clinical experience at the University of Mississippi Medical Center.

[Full Announcement](#)

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UPCOMING CONFERENCES

AMSSM / ANDREWS INSTITUTE
SPORTS MSK ULTRASOUND COURSE
MARCH 11-13, 2011

COURSE IS SOLD OUT

MARGARITAVILLE BEACH HOTEL
PENSACOLA, FLORIDA



AMSSM 20TH ANNUAL MEETING
FROM THE ROOTS OF OUR FOUNDERS
CELEBRATING 20 YEARS
OF GROWTH IN SPORTS MEDICINE
APRIL 30 - MAY 4, 2011
THE GRAND AMERICA HOTEL
SALT LAKE CITY, UTAH

ROOM RESERVATIONS: REQUEST
GROUP RATE
American Medical Society For Sports
Medicine

PLEASE CALL RESERVATIONS:
800-437-5288

[The Grand America Hotel Website](#)



Leading Sports Medicine into the Future

AMSSM / MAINE MEDICAL CENTER
INTERMEDIATE/ADVANCED MSK ULTRASOUND
JUNE 11-13, 2011
PORTLAND, MAINE

AMSSM RESEARCH WORKSHOP
FOR SPORTS MEDICINE FELLOWS
JULY 22 - 24, 2011
ANN ARBOR, MICHIGAN



Leading Sports Medicine into the Future

2011 ADVANCED TEAM PHYSICIAN COURSE
DECEMBER 1 - 4, 2011
WESTIN GASLAMP QUARTER
SAN DIEGO, CALIFORNIA



Leading Sports Medicine into the Future

AMSSM 21ST ANNUAL MEETING
APRIL 21 - 25, 2012
HYATT REGENCY ATLANTA
ATLANTA, GEORGIA



AMSSM 22ND ANNUAL MEETING
APRIL 17 - 21, 2013
MANCHESTER GRAND HYATT SAN DIEGO
SAN DIEGO, CALIFORNIA



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