WE UNDERSTAND
AMSSM provides a forum to foster professional relationships among sports medicine physicians to advance the discipline of sports medicine through education, research, advocacy and excellence in patient care.

Message from the Presidents:
A major focus of 2019-20 was to support projects which established a base for us to invest wisely and with confidence in our future as a worldwide leader in sports medicine. Following the highly successful 2019 Youth Early Sport Specialization Summit, the AMSSM and the AMSSM Foundation committed to a 5-year plan to offer $1+ million in CRN research grants. 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2019 Annual Meeting

The theme for the 2019 Annual Meeting in Houston was Small Steps and Giant Leaps in Sports Medicine and featured keynotes from NFL legend Herschel Walker and NHL Hall of Famer Pat LaFontaine and a powerful talk from Olympic gold medalist Jordyn Wieber, who shared her perspectives on athlete safety in the wake of the abuse scandal. During the AMSSM Foundation Party at Space Center Houston, AMSSM’s Andrew Morgan, MD, a US Army colonel, NASA astronaut and former emergency and sports medicine physician, gave an insightful talk about his space training for his 7-month mission aboard the International Space Station that began in July 2019. Thanks to Jason Matuszak, FAMSSM for serving as the 2019 Annual Meeting Program Chair.

Best Overall Case Presentations at 2019 Annual Meeting
- Matthew Santa Barbara, MD for his case titled, Hip Pain in a Weightlifter.
- Joseph Andrie, MD for his case titled, Horse-ing Around with Hormones.

Traveling Fellows Visit Japan

The 6th year of AMSSM’s International Traveling Fellowship featured a two-week journey through Japan in October 2019. AMSSM Past President and Founder Brian Halpern, MD, FAMSSM served as the Senior Traveling Fellow, with Aaron Gray, MD, Kentaro Onishi, MD, and Kyle Smoot, MD serving as Junior Traveling Fellows. The Traveling Fellowship program offers an opportunity for academic exchange and clinical immersion for sports medicine physicians to teach and learn sports medicine on a global level. New Zealand will be the 2020 destination for the Traveling Fellowship.

Global Exchange Program

Building off the highly successful AMSSM Traveling Fellowship program, AMSSM has established new partnerships with the Japanese Society of Clinical Sports Medicine, the Norwegian Society of Sports Medicine and South African Sports Medicine Association for an ongoing clinical/research Global Exchange program to grow relationships and build clinical and research collaborations with these countries.

New Online Education Offerings

Sports Medcasts
- Crossfit – Rob Oh, MD
- Journal Club – Garry Ho, MD FAMSSM
- Sleep Medicine – Cindy Chang, MD, FAMSSM
- Cardiac Abnormalities – Sanjay Sharma, MD and Rachel Lampert, MD

Webinars – hosted by Medical Student Interest Group
- Getting Started in Research – Stephanie Kliethermes, PhD
- ECG Interpretation – Jon Drezner, MD, FAMSSM
- Sport Specialization – Neeru Jayanthi, MD and Stephanie Kliethermes, MD
- Emergency Action Plans – Chris Hogrefe, MD, Mike Petrizzi, MD, Steve Cole, MEd, ATC

AMSSM partnered with Major League Soccer, AOSSM and ISAKOS on a September 2019 State of the Art Soccer Medicine course in Miami, FL. A number of AMSSM members presented, including MLS Chief Medical Officer and Past President Margot Putukian, MD, FAMSSM and US Soccer Chief Medical Officer George Chiampas, DO.

Now Presenting: AMSSM Sharing Expertise Around the Globe

Tracy Ray, MD Australia
Irfan Asif, MD Sweden
Jon Drezner, MD Italy
Doug McKeag, MD South Africa
John DiFiori, MD Denmark
2019 Research Summit
AMSSM & its Collaborative Research Network hosted its inaugural research summit on April 12, 2019 focusing on Youth Early Sports Specialization (YESSSI). This one-day summit focused on education and collaboration among sports medicine physicians and researchers. Educational grants for this summit were provided by Major League Soccer, National Basketball Association and the National Institutes of Health. The 2019 YESSSI led to the development of four manuscripts and an accompanying editorial summarizing their literature review for the summit. A fifth manuscript summarizes gaps in knowledge and provides key priorities for future research and collaboration.

Research Awards – from 2019 AMSSM Annual Meeting
AMSSM & its CRN have announced plans for a 2021 Research Summit focused on AMSSM Physical Activity and Exercise Medicine: Advancing Education, Clinical Practice, and Research for the Sports Medicine Physician. The aims of the Summit are:1) Education and Curriculum Development in Physical Activity/Exercise Medicine; and 2) Clinical Models and the Practice of Promoting Physical Activity for Health. Outcomes will include curricular guidelines, e-learning modules, practice guidelines and a potential RFP to multi-site research.

AMSSM Commits to $1M+ in CRN Grant Funding over the Next 5 Years
In collaboration with AMSSM and the AMSSM Foundation, the AMSSM Collaborative Research Network will be offering more than $1M in grant funding over the next 5 years. The 5-year commitment includes:
- March 2019 - $150,000 AMSSM-CRN Bridge to R34 Research Award – awarded to Ruth L. Chimenti, DPT, PhD and Mederic Hall, MD from the University of Iowa and a team of AMSSM researchers from other institutions for their multisite research study titled “Safety of ultrasound-guided tenotomy for Achilles tendinopathy and feasibility of a standardized ultrasound imaging protocol, a multi-site study.”
- March 2020 - $300,000 AMSSM-CRN Research Award
- March 2021- $150,000 AMSSM-CRN Bridge to R34 Research Award
- March 2022- $300,000 AMSSM-CRN Research Award
- March 2023- $150,000 AMSSM-CRN Bridge to R34 Research Award
This 5-year plan demonstrates AMSSM’s commitment to enhancing and growing sports medicine research in the upcoming years.

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AMSSM Research Grants
7th AMSSM-ACSM Clinical Research Grant Award Recipient ($20,000)
- Andrew Watson, MD, MS - The Effects of Cardiovascular Fitness and Body Composition on Cardiac Size and Function in Children
2020 AMSSM Foundation Research Grant Award Recipients ($50,000)
- Katherine Rizzone, MD, MPH - Stakeholders’ Perceptions and Experiences with ACL Injury Prevention in Kids (SPEAK)
- Andrea Stracciolini, MD - The Pediatric Physical Activity Vital Sign Study: Play Lifestyle and Activity Assessment in Children with Cerebral Palsy
2020 Young Investigator Research Grant Recipients ($15,000)
- Emily M. Miller, MD - Should Adolescents Run Marathons? Youth Marathon Running Injury Epidemiology and Risk Factors
- Anne Marie Zeller, DO, MSc - Sport Specialization and Mental Health in Youth Softball
- Ann Hulme, MD - Modified Balance Error Scoring System (M-BESS) Score Variability in Ice Hockey Players Wearing Equipment
- Emily Levy, MD - CBD Salve for Knee OA: A Cross-over Placebo Control Pilot Study

CRN Awards $300,000 AMSSM/Avanos Grant Award
Dan Herman, MD, PhD, Katherine Rizzone MD, MPH, and Prakash Jayabalan, MD, PhD were the recipients of the $300,000 AMSSM-Avanos grant to study the treatment of MSK conditions using cooled radiofrequency ablation technology.

Their study is titled “Fluoroscopic versus Ultrasound Guidance for Cooled Radiofrequency Ablation of Genicular Nerves in Knee Osteoarthritis: A Randomized Control Trial.”

CRN Meets with CDC
AMSSM Hires Director of Policy & Advocacy

**Brian Williams** was hired in July 2019 to serve as AMSSM’s first Director of Policy and Advocacy. Brian is based out of Washington, D.C., and has extensive experience in healthcare-related advocacy work including having served as a legislative assistant to several members of the U.S. Congress. He was the Government Relations Manager for the American Heart Association from 1999-2004, where he promoted their physical activity and nutrition policy. He later served as Director of Government Relations for the American Public Health Association, where he helped obtain CDC funding for various public health initiatives. Brian is well-networked in Washington, has experience supervising state-based grassroots advocacy efforts, preparing clients for Congressional testimony, and helping incorporate client research and policy objectives into legislation, and even the healthcare policy platform of a major presidential campaign.

“It became clear that advocacy was more than simply trying to get a bill passed (or stopping a bill from getting passed),” said AMSSM President Chad Carlson, MD, FAMSSM. “More than that, having an effective influencer in the policy arena provides an organization like ours with strategic introductions and ongoing connections that raise our visibility with decision-makers, both in elected office and in administrative agencies where decisions are made that affect our practices on a daily basis... An effective advocacy strategy recognizes that if our voice can be more widely disseminated, our influence will rise, both with the public in general and with policymakers specifically. Expanding networks of connections result in greater opportunities for research funding, more appointments of AMSSM members onto relevant government or NGO commissions whose work can benefit our patients, and more invitations to contribute perspective when issues within our circle of expertise are being debated.”

AMSSM’s Advocacy Strategy

AMSSM intends to influence policy by:

- Fostering partnerships and collaborative relationships with policymakers, coalitions and thought leaders
- Empowering AMSSM members with legislative information and advocacy training
- Promoting the AMSSM brand
- Establishing an AMSSM presence in Washington, including dissemination of AMSSM research and materials to state and federal policymakers, and helping organize sports medicine policy briefings to influential audiences
- Opening doors for new fundraising opportunities
- Growing the AMSSM’s grassroots advocacy program
- Helping arrange one-on-one meetings with CMS and other regulators, as well as insurance carriers, to get ahead of threats or problems

AMSSM Youth Sport Advocacy

To help raise awareness to the topic of youth early sport specialization, AMSSM youth sport advocacy leaders met in Washington, DC in late January 2020 to work on development of a toolkit to better guide parents, coaches and athletes on appropriate youth sport participation. AMSSM met inside one of the US House office buildings one day and in the US Capitol building on the second day. US Congressman & co-chair of the Congressional Youth Sports Caucus Rodney Davis (IL) kicked off the event with opening comments, sharing, “As physicians, you need to be our voice to parents - about the harm that comes from playing a single sport 365 days a year.” AMSSM also met with Alex Eveland, the Legislative Director for US Rep Ron Kind (WI) and the co-chair of the Caucus. On day 2, AMSSM met with U.S. Surgeon General Jerome Adams, MD, (center); the Executive Director of the President’s Council on Sports, Fitness and Nutrition Ms. Kristina Harder (far right); and Alison Vaux-Bjerke, who focuses on physical activity and nutrition at US Health & Human Services (HHS). They briefed our team about the federal youth sports objectives in the National Youth Sports Strategy and provided input on the toolkit under development.

Community Advocacy Award

To recognize outstanding advocacy efforts to improve health and safety in a member’s local community, AMSSM created a Community Advocacy Award in 2019. Past President **Jonathan Drezner, MD, FAMSSM** received the first Community Advocacy Award in 2019 for his work with the Nick of Time Foundation.

Physical Activity Alliance

In 2020, the AMSSM Board of Directors approved participation in the new Physical Activity Alliance (PAA) - a coalition of organizations committed to creating “an active and healthy nation where the opportunity for physical activity is woven into the fabric of daily life for all Americans.” As a founding organization, AMSSM is helping to build and shape the coalition as it grows. The PAA will coordinate and amplify our efforts to promote sports and physical activity, communicating with a unified voice to inspire and empower the U.S. population to be physically active. The member groups are committed to being non-partisan, efficient, innovative, and dedicated to science. The PAA is comprised of 12+ organizations, including the American Heart Association, NATA and ACSM.
The Latest AMSSM Position & Consensus Statements:

2019 Blood-Borne Pathogens Position Statement
AMSSM released an updated Position Statement on Blood-Borne Pathogens in the Context of Sports Participation. The lead author was Chris McGrew, MD, FAMSSM.

2019 Mental Health & Psychological Factors Position Statement
AMSSM released a Position Statement on Mental Health Issues and Psychological Factors in Athletes: Detection, Management, Effect on Performance and Prevention. An executive summary of this comprehensive document was published in late 2019/early 2020, with the full text of the paper available online. The lead authors were Cindy Chang, MD, FAMSSM and Margot Putukian, MD, FAMSSM.

Sexual Violence Task Force & Position Statement
AMSSM’s sexual violence in sport task force created this AMSSM position statement to guide sports medicine physicians. This group also plans to produce additional educational material for sports medicine physicians regarding recognition, prevention, management and treatment of sexual violence in sport. This position statement, led by Jennifer Koontz, MD, MPH, FAMSSM, has been submitted to be published in 2020.

Diabetes in Sport Position Statement
Led by Tom Trojan, MD, FAMSSM, this position statement has been submitted to be published in 2020.

Regenerative Medicine Task Force & Position Statement (under development)
AMSSM’s regenerative medicine task force is creating a position statement on the responsible use of regenerative medicine in sports medicine. The task force is led by Shane Shapiro, MD.

Sports and Musculoskeletal Ultrasound Consensus Statements (under development)
AMSSM and AIUM are co-leading the development of two multi-organization consensus statements - the first a Delphi consensus statement to better define terminology of ultrasound within sports and MSK medicine; the second a consensus statement regarding ultrasound guided MSK advanced procedures and ultrasound guided surgery. Mederic Hall, MD is AMSSM’s chair of the writing groups.

AMSSM Journal Partners

SportsMedToday

2019 AMSSM Exchange Lecturers
AMSSM has standing exchange lectures with eight leading medical organizations. Below is a list of the AMSSM members who delivered exchange lectures in 2019:

- **AASPT/APTA**
  - Chad Asplund, MD, FAMSSM
  - Opioids in Sports

- **CASEM**
  - Cynthia LaBella, MD
  - Early Sports Specialization

- **ACSM**
  - Chad Asplund, MD, FAMSSM
  - If Exercise is Medicine, Why Aren’t More People Prescribing It?

- **NATA**
  - Nicola Hyde, MD
  - ECG Interpretation in NCAA Athletes: Comparisons of Seattle & Int’l Criteria

- **AMSSM Journal Partners**

- **CJSM**

- **BJSM**

- **Sports Health**

- **AOSSM**

- **AIUM**

- **AAPM&R**

- **AAP**

- Sourav Poddar, MD, FAMSSM
  - What Do We Really Know About Concussions? Long Term Bio-Regenerative Material

- Robert Monaco, MD
  - Injections of Stem Cells and Other Bio-Regenerative Material

- Connie LeBrun, MD, FAMSSM
  - Return to Exercise/Running Post-Partum

- Alex Diamond, DO, MPH, FAMSSM
  - Mental health in the Pediatric Athlete
AMSSM Foundation 2019-20 Humanitarian Outreach Support

Local Outreach: 2019 AMSSM Foundation Local Service Project Grants
- San Bernardino County Physical Activity Promotion Day (West Covina, CA) – led by Hamed Shalikar, MD
- Community Hospital Walking Path Fitness Stations (Newton, KS) – led by Jennifer Koontz, MD, MPH, FAMSSM
- Pinellas County Heat Exhaustion Education (Clearwater, FL) – led by Kristin Hertweck, MD
- Riverside City College Insurance Outreach Program (Moreno Valley, CA) – led by Poyruyn Poysophon, MD, MPH
- Alabama School Outreach for Obesity, Diabetes, and HTN (Opelika, AL) – led by Rick Horak, MD

National Outreach: 2019 Annual Meeting Service Project
Dozens of AMSSM members and friends volunteered for the 6th Annual AMSSM Foundation Humanitarian Service Project on April 12, 2019 in Houston, TX. Volunteers helped refurbish playing fields and improve facilities at Looscan Elementary Playground/Spark Park, in partnership with Volunteer Houston.

Global Outreach: 2019-20 Global Humanitarian Service Project Grant
A team led by Founder and Past President Doug McKeag, MD, FAMSSM and his son Ian McKeag, MD led a team to Kumari, Nepal in March 2020 to provide MSK ultrasound course instruction, increased connectivity and numerous resource for this isolated region of the Himalayas.

AMSSM Launches Fellow Designation (FAMSSM)
The FAMSSM designation was created in 2019 to identify sports medicine physicians who have demonstrated an ongoing commitment to lifelong learning, the advancement of the profession, service to AMSSM and leadership in their communities. The first class of AMSSM Fellows was recognized during the 2019 Annual Meeting, and included all AMSSM Presidents and living AMSSM Founders. This initial class included:

Chad Asplund, MD, MPH
Cindy Chang, MD
Katherine Deil, MD
John DiFiori, MD
Robert Dimmell, MD
Kim Fagan, MD
Karl B. Fields, MD
Kimberly Harmon, MD
John Hulvey, Jr., MD
Robert Johnson, MD*
Greg Landry, MD*
Amy Powell, MD
James Puffer, MD*
Margot Putukian, MD
E. Lee Rice, DO*
Jeffrey Tanj, MD*
Craig Young, MD

Jonathan Drezner, MD
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Kimberly Harmon, MD
John Hulvey, Jr., MD
Robert Johnson, MD*
Greg Landry, MD*
Amy Powell, MD
James Puffer, MD*
Margot Putukian, MD
E. Lee Rice, DO*
Jeffrey Tanj, MD*
Craig Young, MD

For space reasons, the FAMSSM designation could not be included for all member listings throughout.

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Jennifer Koontz, MD, MPH
Kelsey Logan, MD, MPH

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$5,000+ Brian Halpern, MD*
$25,000+ John Lombard, MD* Douglas McKeag, MD, MS* L. Tyler Wadsworth, MD
$10,000-$24,999 Jeffrey Anderson, MD Cindy Chang, MD John DiFiori, MD Robert Dimmell, MD Kim Fagan, MD Karl B. Fields, MD Kimberly Harmon, MD John Hulvey, Jr., MD Robert Johnson, MD* Greg Landry, MD* Amy Powell, MD James Puffer, MD* Margot Putukian, MD E. Lee Rice, DO*
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SILVER LEVEL
($25,000 - $49,999)

DJOGLOBAL
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FUJIFILM

BRONZE LEVEL
($10,000-$24,999)

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FLEXION

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