Introducing New Brand
We Understand YOU – Physicians for Active People & Athletes

Two years ago, AMSSM Immediate Past President Katherine Dec, MD and our leadership team set out to create a differentiating, elevating and consistent brand and marketing strategy for our member physicians. A Branding & Marketing Task Force was put together made up of a wide cross section of AMSSM members and leaders. The direction and input from this task force led to AMSSM hiring Springboard Brand & Creative, which has worked with AMSSM over the past year to launch a fresh, bold campaign that communicates who we are and what we do, as well as the value our members bring to the field of sports medicine. This campaign unifies our members as Sports Medicine Physicians and positions us as an essential member of the health care team for athletes and active people of all levels. You can view more details about the launch of the new brand and resources that are available to members on AMSSM.org.

Thank you to the several dozen AMSSM members who served on the task force and the thousands of AMSSM members, referrers, parents, coaches and the public who weighed in during our member surveying. The process challenged us to think carefully about how we position ourselves in the crowded healthcare marketplace and ultimately made us stronger in our unity as sports medicine physicians.
Annual Meeting

The theme for the 2018 Annual Meeting in Orlando was REACH – Reaching Up, Reaching Out, Reaching Ahead for the Future of Sports Medicine. Highlights included international keynotes from sports medicine leaders from Australia, South Africa, Norway and Canada and leaders from a new Full Spectrum session that enabled attendees to learn from experts providing care for 41 different sports/events/activities that are often overlooked. Thanks to Mederic Hall, MD for serving as the 2018 Annual Meeting Program Chair.

Traveling Fellows Present in Scandinavia

The 5th year of AMSSM’s International Traveling Fellowship featured a two-week journey throughout Scandinavia in May 2018. The tour included stops in Sweden, Norway and Denmark. AMSSM Past President and Founder John Lombardo, MD served as the Senior Traveling Fellow, with Leonardo Oliveira, MD and Jason Zaremski, MD serving as Junior Traveling Fellows. The trip included the chance for the Traveling Fellows to present at sports medicine conferences in all three countries. 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. Japan will be the 2019 destination for the Traveling Fellowship.

Free AMSSM Online Learning

AMSSM/BJSM Podcasts
- FAI and hip dysplasia: two ends of an overlapping spectrum with Dr. J.W. Thomas Byrd
- An A-Z of Sports Cardiology, with Past President Dr. Jon Drezner
- Regenerative medicine: Game changing innovation or the next big flop? With Dr. Lisa Fortier
- How to encourage translational research among our peers? The AMSSM Collaborative Research Network
- Managing concussion: A 2019 update with Past President Dr. Kim Harmon
- Care of the Medically Disqualified Athlete with Dr. Pierre Rouzier

AIUM/AMSSM Sports Ultrasound Webinars
- Sports Ultrasound of the Plantar Hindfoot (Mederic Hall, MD)
- Sideline Ultrasound (Jeremiah Ray, MD)
- Diagnostic Ultrasound of the Wrist and Hand (Troy Henning, DO)

$179,000 in AMSSM Education initiatives funded by the AMSSM Foundation

Updated ECG Interpretation Learning Modules

An updated set of ECG Interpretation Training Modules launched in January 2019. Led by AMSSM Past President Jonathan Drezner, MD at the UW Center for Sports Cardiology in collaboration with the Australasian College of Sport and Exercise Physicians, this new collection of six online ECG training modules are available for free to any physician around the world. The modules are based on the ‘International criteria’ and the latest consensus recommendations for ECG interpretation in athletes. The development of the modules was supported in part from educational grants provided by AMSSM and the NCAA. The updated training modules build upon the original ECG interpretation training modules that launched in 2013. More than 60,000 of those modules were completed by physicians from 138 countries.

Number of Case Abstracts Submissions for AMSSM Annual Meetings

AMSSM Annual Meeting Attendance

Updated ECG Interpretation Learning Modules

Partnership on Youth to NFL Football Course

AMSSM partnered with AOSSM, the NFL and NFL Team Physicians Society on the 2019 Football Sports Medicine Youth to the NFL Sport Specific Course that took place March 29-31 in Nashville. AMSSM member James Kinderknecht, MD served as one of the co-chairs of the course (representing NFLPS).

"Receiving the first ever AMSSM Medical Student Scholarship Award was an honor and a privilege at the 2018 annual conference. To be recognized for this Award not only strengthened my passion for this field of medicine, but solidified my decision to follow my dreams of becoming a sports medicine physician.”

- Emma Cronk, first AMSSM Medical Student Scholarship recipient
AMSSM & its Collaborative Research Network hosted a Youth Early Sport Specialization Summit (YESSS!). This 2019 CRN Research Summit was scheduled for April 12 in Houston. Three multi-disciplinary writing groups have worked on producing three scientific papers leading up to the Summit and a research gap statement will be published afterwards to outline a path forward. The Research Summit was co-sponsored by the National Institute of Health, National Basketball Association and Major League Soccer.

**Research Awards – from 2018 AMSSM Annual Meeting**

- **Best Overall Research Award** – Jason Zaremski, MD – An Unaccounted Workload Factor: Pitch Counts in High School Pitchers, An Observational Study

- **Harry Galanty Young Investigator Award** – Andrea Kussman, MD – The Female Athlete Triad Cumulative Risk Assessment Score Implemented at the Preparticipation Physical Exam Correlates with Risk of Bone Stress Injury in Collegiate Distance Runners: A Four-Year Prospective Study

- **NCAA Research Award** – Stephen Carek, MD – Interventricular Septum Measurements in Pre-Participation Screening of Collegiate Athletes: Understanding the Grey Zone

**2018 Shark Tank Grant ($25,000)**

Jillian Sylvester, MD was awarded a grant as part of a CRN Shark Tank mainstage session to address management of osteoarthritis at the 2018 Annual Meeting. Her research was titled, “Use of a Self-Guided Mindfulness Mobile Application to Improve Pain Outcomes in Individuals with Knee Osteoarthritis.”

**AMSSM Research Grants**

- **6th AMSSM-ACSM Clinical Research Grant Award Recipient ($20,000)**
  - Hamish Kerr, MD for his research titled, “Prospective Investigation of Prevention of Concussion in Sports.”

- **2019 AMSSM Foundation Research Grant Award Recipients ($50,000)**
  - Mederic Hall, MD – “Efficacy and Safety of Ultrasound Guided Tenotomy”
  - Neeru Jayanthi, MD – “Injury Outcome Study (IOS): The Effects of Injury Type on Health-Related Quality of Life and Sport Participation in Young Athletes: A Multi-Center Longitudinal Clinical Cohort Study”
  - Prakash Jayabalan, MD, PhD – “The Acute Impact of Lower Body Positive Pressure Treadmill Walking on Biological Markers of Joint Disease in Individuals with Knee Osteoarthritis”

- **2019 Young Investigator Research Grant Recipients ($15,000)**
  - Michelle Sriwongtong, MD – “Sexual Abuse of Collegiate Female Athletes Compared to Non-Athletes”
  - Christopher Renjilan, MD, MBE – “Longitudinal Assessment of Risk and Resilience from Adversity-Related Toxic Stress among Youth Participating in a Progressive Long-Distance Running and Mentorship Program”
  - Daniel M. Cushman, MD – “Ultrasound evaluation of the patellar tendon and Achilles tendon as a predictor of future injury in distance runners”

**Number of Research Abstract Submissions for AMSSM Annual Meetings**

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<thead>
<tr>
<th>Year</th>
<th>Submissions</th>
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<td>2019</td>
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This problem required a federal fix in order to overcome the patchwork policies that existed in different states with regards to liability coverage, but reducing licensure ambiguity in the process is a huge bonus. Passing this bill has been a heavy pull, with the work of lots of people representing many organizations coming together to make it happen. I want to give particular credit and thanks to the initial bill sponsors — Congressmen Guthrie and Richmond, and Senators Thune and Klobuchar, as well as special thanks to former Congressman Tom Latham, who agreed to move this bill initially in 2011, and whose staff helped us draft the original language of the bill.”

- AMSSM First Vice President Chad Carlson, MD

**Sports Medicine Licensure Clarity Act Signed Into Law**

After seven years of work gaining support for it, the Sports Medicine Licensure Clarity Act was signed into law Oct. 5, 2018 by President Donald Trump. The bill represents a bipartisan solution that protects team physicians, athletic trainers and other sports medicine professionals when they travel across state lines with their teams to treat the athletes under their care.

The passage of this legislation has been a years-long effort, involving thousands of AMSSM members and would not have been possible without their collective advocacy efforts.

AMSSM First Vice President Chad Carlson, MD was instrumental in the development and passage of the Sports Medicine Licensure Clarity Act. He helped write the bill that was originally introduced to Congress in December 2013. It passed the U.S. House of Representatives in 2015 and again in January 2017. A slightly modified version of the bill advanced through the U.S. Senate HELP Committee in June 2018 and later passed the U.S. Senate. The Senate version moved back to the House for consideration, before the bill was merged with the larger FAA Reauthorization Act spending bill that was signed into law.

Previously, in most states, sports medicine professionals who travel outside of the state to provide care for athletes were not covered by their medical malpractice insurance - largely because of jurisdictional issues. By removing legal ambiguity, this bill allows sport medicine providers to engage in the treatment of injured athletes across state lines without taking on unnecessary professional and financial risk.

2019: Targeting State Exemption Laws

The attention of the AMSSM Practice & Policy Committee now turns to the 7 states that have not passed similar licensure exemptions (43 states have exemptions in place). The Sports Medicine Licensure Clarity Act specifically stated it would not affect state licensure compacts, and AMSSM believes that passage of state laws makes it absolutely clear that physicians are exempt from licensure requirements when traveling with a team. AMSSM and its State Legislative Contacts are working on bills in the remaining states during this legislative session. See the current laws in all states at [https://www.amssm.org/legislation_by_state.php](https://www.amssm.org/legislation_by_state.php)

“This problem required a federal fix in order to overcome the patchwork policies that existed in different states with regards to liability coverage, but reducing licensure ambiguity in the process is a huge bonus. Passing this bill has been a heavy pull, with the work of lots of people representing many organizations coming together to make it happen. I want to give particular credit and thanks to the initial bill sponsors — Congressmen Guthrie and Richmond, and Senators Thune and Klobuchar, as well as special thanks to former Congressman Tom Latham, who agreed to move this bill initially in 2011, and whose staff helped us draft the original language of the bill.”

- AMSSM First Vice President Chad Carlson, MD

**Sports Medicine Physician Scope of Practice Document Now Available**

A Sports Medicine Physician Scope of Practice document has been created to help members facing issues with credentialing and reimbursement. Creation of the Scope of Practice document was an important step in better defining who we are and to better support our members when facing challenges with payers and hospital systems, as well as helping others better understand the training and skills of a sports medicine physician. AMSSM members are welcome to utilize internally and use with payers and for credentialing purposes. It was a high priority to make sure this document was not limiting in its scope. It is intended as a non-comprehensive document. It is located in the member section of the AMSSM website.
2019 Concussion in Sport Position Statement

AMSMM released Concussion in Sport 2019, an update to its 2013 position statement on Concussion in Sport. The 2019 statement underscores the need for accurate, multimodal diagnosis, highlights the trend toward more active management of concussion and the evidence supporting it, and examines the concept of clinical profiles. The position statement also identifies 12 areas where future concussion research should be directed.

AMSSM Influencing Sports Medicine Around the World

In addition to the relationships being built around the world through the Traveling Fellowship program, multiple AMSSM members provided keynotes and met with sports medicine leaders throughout the world representing AMSSM and/or the profession in the past year, including:

- Katherine Dec, MD – Scandinavian Sports Medicine Congress
- Tracy Ray, MD & Jeremy Henrichs, MD – 2nd International Kenyan Sports Medicine Conference
- Kim Harmon, MD – Australasian College of Sport & Exercise Physicians Annual Scientific Conference

SportsMedToday

New tip sheets in 2018 and 2019 to date:

- Blisters
- Blood-borne Infections: HIV and Hepatitis
- Cardiomyopathy and Heart Failure
- Carpal Tunnel Syndrome Injection
- Compartment Syndrome
- Ear Infections (Otitis Media)
- Eye Injuries in Sports
- Fibular Stress Fractures
- Fifth Metatarsal Fractures
- Haglund’s Deformity
- Heat Urticaria
- Human Growth Hormone (HGH)
- Hypertension in Athletes
- Long QT Syndrome
- Lupus
- Metatarsal Stress Fractures
- Osteitis Pubis
- Osteochondral Lesion
- Pain Control
- Pes Anserine Bursitis
- Pneumonia in Athletes
- Polymyalgia Rheumatica
- Rheumatoid Arthritis
- Second Impact Syndrome
- Sesamoiditis
- Side Stitch
- Spleen Injuries
- Subacromial Injection
- Tarsal Tunnel Syndrome
- Transient Quadriplegia/Cervical Cord Neurapraxia
- Trench Foot
- Turf Toe
- Viscosupplementation for Osteoarthritis

AMSSM Journal Partners

- CJSM
  The March 2019 issue features the abstracts from the 2019 AMSSM Annual Meeting. William Dexter, MD serves as the Associate Editor for AMSSM.
- BJSM
  AMSSM’s Anna Waterbrook, MD, Aurelia Nattiv, MD and Jonathan Drezner, MD served as the Guest Editors of the February 2019 AMSSM-themed issue of the British Journal of Sports Medicine (BJSM).
- Sports Health
  Multiple AMSSM members were published in each issue of this inter-disciplinary journal this past year, with articles ranging from ice hockey specialization to infectious disease in contact sports. Irfan Asif, MD serves as the Associate Editor for AMSSM.
**AMSSM Foundation 2018-19 Humanitarian Outreach Support**

**Local Outreach:** AMSSM Foundation Local Service Project Grants
- Health screening for obesity, hypertension and diabetes with health awareness education for students in rural Alabama (led by Rick Horak, MD)
- Expansion of previous year’s grant for serving athletes with disabilities in Texas (led by Lindsay Ramsey, MD)
- Increasing concussion literacy of local community and athletes in rural Tennessee (led by Allison Schafer, DO)
- Provided pre-participation physical exam screening to adaptive athletes in Virginia (led by Carmen Wong, MD)
- Provided career day opportunities in sports medicine to low income students in Massachusetts (led by Kristin Schwarz, MD)

**National Outreach:** AMSSM Foundation 2018 Annual Meeting Service Project
- More than 50 AMSSM members and friends volunteered for the 5th Annual AMSSM Foundation Humanitarian Service Project on April 24, 2018. Volunteers refurbished the playing fields and surrounding areas at the Boys and Girls Clubs of Central Florida location, creating more opportunities for local youth to lead active lifestyles.

**Global Outreach:** AMSSM Foundation 2018-19 Global Humanitarian Service Project Grant
- The 2nd AMSSM Foundation Global Service Grant was awarded to a team led by Founder and Past President Doug McKeag, MD and his son Ian McKeag, MD. Their group will journey to Kumari, Nepal in 2020 to provide MSK ultrasound course instruction, increased connectivity and numerous resources for Kumari, an isolated region of the Himalayas.

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