WE UNDERSTAND YOU
Our personal and professional lives have been upended over the last two years of the COVID-19 pandemic. We have turned from sports medicine physicians into epidemiologists, immunologists, public health experts, and infectious disease experts. We've been put into positions of needing to provide guidance and medical decision-making that in some cases led to cancelled seasons, crushed dreams and the shutdown of sport. We have made decisions based upon the best available information at the time, then changed our minds when new information emerged.

Words like “adaptable” and “lifelong learners” seen in medical school mission statements have never been better descriptors for a sports medicine physician than now.

As we reflect upon this past year, we are thankful for how much AMSSM and our members have been able to accomplish over the past two years of the pandemic. We’re grateful for the innovation that has occurred within AMSSM, the expertise that has helped shape return-to-play guidance and the generosity of our membership and corporate partners in continuing to make the AMSSM Foundation a priority. None of this could have happened without the thousands of dedicated AMSSM member volunteers. We thank you for your membership in and service to AMSSM and your commitment to your local community.
AMSSM played an integral role in the process of helping shape ACGME’s updated requirements for Sports Medicine. This process began with an AMSSM Presidential Task Force on Training Future Sports Medicine Physicians. AMSSM sought to build consensus on the changes by facilitating open discussion, town hall meetings, and program director surveys.

**2021 Annual Meeting**
COVID-19 canceled the in-person option for the 2021 Annual Meeting, moving it to an entirely virtual Annual Meeting led by Program Chair Carlin Senter, MD, FAMSSM and Incoming President Amy Powell, MD, FAMSSM. The planning for this meeting was shaped by a year of parallel crises of the COVID-19 pandemic and racial injustice. The theme demonstrated AMSSM’s commitment to meeting together and our dual clinical missions of promoting exercise as medicine for all people and providing sports medicine care to all people. Olympic gold medalist Billy Mills inspired as the 2021 presidential keynote speaker during a session on health equity within sports medicine. The 2021 Annual Meeting had record attendance.

**Podcasts**
AMSSM has released 15 sports medcasts in the past year. These popular podcasts along with AMSSM’s complete library of podcasts are freely available on Podbean within the AMSSM website. AMSSM also continues to partner with BJSM to expand the distribution of the podcasts.

**Virtual MSK Exam Toolkit**
To assist with the increased need for telemedicine visits, AMSSM created a virtual exam toolkit as a resource to help provide the best care within the limitations of video visits. The toolkit was presented at the Society of Teachers of Family Medicine annual meeting in 2021.

**Biologic Association**
AMSSM continues to partner with and help provide leadership to this collaborative multi-organizational effort designed to speak with a unified voice within musculoskeletal biologics. Multiple AMSSM members have presented as part of the free Orthobiologics Tonight webinars.

**Best Practices Case Studies Textbook**
A second edition of The Best Practices in Sports Medicine: AMSSM and AOASM Case Studies textbook is being published in 2022. This edition will feature interactive components and new cases, as a follow-up to the first edition that was published in 2020. Approximately 150 AMSSM and AOASM members contributed as authors and/or editors.

**Sports Medicine Fellowship Requirements**
AMSSM played an integral role in the process of helping shape ACGME’s updated requirements for Sports Medicine. This process began with an AMSSM Presidential Task Force on Training Future Sports Medicine Physicians. AMSSM sought to build consensus on the changes by facilitating open discussion, town hall meetings, and program director surveys.

**National Fellow Online Lecture Series**
This weekly lecture series has proven to be a valuable resource to augment the fellowship program curriculum. A total of 38 online lectures were given in 2020-21, with 40 scheduled for 2021-22. Lectures are freely accessible on the AMSSM YouTube channel, demonstrating AMSSM’s commitment as a worldwide leader in sports medicine to providing free online learning for physicians around the world.

**$180,000**
committed by the AMSSM Foundation to fund AMSSM Education programs
Formalize the role of the Collaborative Research Network, foster collaborative multisite research among AMSSM members, and provide research grants with the goal of advancing the field of sports medicine

$212,000 committed by the AMSSM Foundation to fund AMSSM Research grants/projects

AMSSM Research Grants

2021 AMSSM Minority Research Grant Award Recipient ($10,000)
• Bianca Edison, MD, MS - Play Equity Lessons Amongst Youth During and After COVID-19 (PLAY-C)

2022 AMSSM Foundation Research Grant Award Recipients ($50,000)
• Jane Chung, MD – Biomechanical Analysis of Pediatric Ballet Dancers With and Without Pain
• Daniel C. Herman, MD, PhD – The Effect of Headgear on Concussion Injury Risk in High School Girls’ Lacrosse

2022 Young Investigator Research Grant Recipients ($15,000)
• Sherilyn DeStefano, MD – Screening for Sexual Violence among College Athletes
• Andrea Kussman, MD – The Healthy Rower Project: A Prospective Study to Identify Risk Factors for Rib Stress Injuries and Low Back Pain in Rowers
• Rondy Lazaro, MD – Comparison of Ultrasound-Guided Intraarticular Hip Injections with and without Prior Local Anesthesia: A Randomized Controlled Trial

Research Awards – from 2021 AMSSM Annual Meeting

Best Overall Research Award - Yetsa Tuakli-Wosornu, MD, MPH - The Athletes Rights Survey: A Step Towards Intentional Injury (Abuse) Prevention In Sport

Harry Galanty Young Investigator Award - Ashley Austin, MD - Sudden Cardiac Arrest in Adolescent Male Basketball Players: Survival Outcomes at School-Sponsored Versus AAU/Select Events

NCAA Research Award - Nicole Katz, BS - Collegiate Athletes with Female Athlete Triad Risk Factors Are At A Greater Risk Of Trabecular-Rich Bone Stress Injuries

Highlights from CRN Grant Projects

- **$300,000 study** – “Sub-symptom Aerobic Exercise Therapy to Improve Recovery from Acute Sport-Related Concussion: A Randomized Controlled Trial” has completed, with preliminary findings recently published in *The Lancet Child and Adolescent Health*.
- **$150,000 bridge grant award** – “Safety of ultrasound-guided tenotomy for Achilles tendinopathy and feasibility of a standardized ultrasound imaging protocol, a multi-site study” is in Year 2 and recently submitted R34 proposal to NIH-NIAMS to prepare for a larger clinical trial.
- **$300,000 AMSSM/Avanos grant** – “Fluoroscopic versus Ultrasound Guidance for Cooled Radiofrequency Ablation of Genicular Nerves in Knee Osteoarthritis: A Randomized Control Trial” has begun enrolling patients.
- **$300,000 award** – the “Outcomes Registry for Cardiac Conditions in Athletes” has enrolled nearly 4,000 student-athletes across the US who were diagnosed with COVID. The team is working on the long-term transition of this registry to capturing (non-COVID related) cardiac pathology in athletes and physical/psychosocial outcomes affiliated with these diagnoses.
- **The $150,000 CRN bridge grant** has been restructured to allow for greater flexibility for this bridge grant that is designed to help investigators compete for future, extramural funding for a large-scale clinical trial. A $150,000 bridge grant will be awarded in 2022.

CRN Research Summits

- **2019** – As a follow-up to the Youth Early Sport Specialization Summit, four community engagement grants were awarded in 2021.
- **2021** – The CRN hosted an Exercise Medicine & Physical Activity Promotion in coordination with the 2021 Annual Meeting that led to a series of free EM-PAP e-learning modules, as well as multiple manuscripts being published, including a core curriculum for US medical schools, residencies and sports medicine fellowships.
- **2023** – Planning for the 2023 CRN Health Disparities Summit is underway with Drs. Cheri Blauwet, Jeffrey Tanji, and Yetsa Tuakli-Wosornu serving as co-chairs.

CRN Partnerships

- **Hamstring Study** - The CRN is serving as the Data Coordinating Center for the multi-site $4 million Hamstring Injury Study funded by the NFL
- **Army of Survivors** - The CRN will conduct research around the incidence and long-term implications of sexual violence in sport as part of a grant from this organization that advocates for child athlete survivors of sexual violence.
COVID-19 Response
In August 2021, AMSSM partnered with the White House and 11 other leading sports and medical organizations in the development of a consensus statement to include conversations about COVID-19 during sports physicals. Coinciding with this statement, the American Academy of Pediatrics, AMSSM and the other organizations that developed the PPE Monograph 5th Edition updated the PPE forms to include COVID-19 vaccination questions.

AMSSM also published an interim COVID guidance document related to the COVID Vaccine in Athletes, with Dusty Narducci, MD serving as lead author. In September, AMSSM released a statement in support of COVID-19 vaccine requirements for high school and youth sports athletes for those who are eligible. AMSSM released the statement during a webinar with the National Federation of State High School Associations, the U.S. Department of Education and the Centers for Disease Control and Prevention. Jason Matuszak, MD, FAMSSM, played a key role with these efforts. Also, Alex Diamond, DO, MPH, FAMSSM, was featured in a U.S. Department of Health and Human Services public service announcement, Ask a Sports Medicine Doctor, explaining the benefits of vaccination. AMSSM’s ongoing COVID-19 response efforts include weekly meetings with representatives from the medical and sports communities, the CDC, and White House officials.

Welcome to Congress Meetings
After a federal election, AMSSM seeks to meet with the health policy staff who work for new U.S. senators and representatives. These “Welcome to Congress” meetings are opportunities to introduce AMSSM to new Congressional offices, meet new staff, and offer AMSSM’s sports medicine policy expertise. In the past, these visits would have been in-person meetings in Washington, D.C. But with the growing adoption of virtual technology during the COVID-19 public health emergency, AMSSM was able to include multiple State Key Contacts in the virtual meetings. And thanks to the efforts of AMSSM’s 2020-21 Practice and Policy Committee Fellow Liaison Sonia Ruparell, MD, we were also able to include numerous residents and fellows in the virtual meetings.

Other AMSSM Advocacy Achievements
AMSSM is a founding member of the Physical Activity Alliance, which was very active hosting five policy briefings, sponsoring the Congressional Physical Activity Challenge, and spearheading an effort to encourage the White House to appoint an executive director and members of the President’s Council on Sports, Fitness, and Nutrition.

In early 2022, HHS recognized AMSSM as a Healthy People 2030 Champion. As AMSSM participates in the Healthy People 2030 Champion program, we will be able to help HHS advance the goals of Healthy People 2030, including the new objective of increasing the proportion of children and adolescence who play sports.

Dr. Cynthia LaBella finishes her term on the PCSFN Science Board
AMSSM Practice & Policy Chair Cynthia LaBella, MD, FAMSSM served as a member of the 2020-21 President’s Council on Sports, Fitness, and Nutrition Science Board. During her term, the PCSFN Science Board published the Report on Youth Sports, highlighting methods to make youth sports accessible and beneficial; the Benefits of Youth Sports fact sheet, summarizing the science on the benefits of youth sports; Reimagining the Youth Sport System Across the United States, which proposes a set of policy changes to cultivate a sound youth sport system; and Re-envisioning Post-pandemic Youth Sport to Meet Young People’s Mental, Emotional, and Social Needs, which presents recommendations to prioritize mental, emotional, and social health in youth sports.

Community Advocacy Award
Ami Hampole, DO was selected as the recipient of the 2021 AMSSM Community Advocacy Award. Dr. Hampole is the skating director for the Chicago Youth Foundation, a nonprofit organization dedicated to bringing figure skating and ice hockey to economically underserved children in the Chicago area.

In November, AMSSM met with state legislators and legislative staff during the National Conference of State Legislatures bipartisan Legislative Summit in Tampa, FL.
AMSSM Position Statements Published This Past Year
• Position Statement on Principles for the Responsible Use of Regenerative Medicine in Sports Medicine (2021 - CJSM)
• Position Statement on the Care of the Athlete and Athletic Person with Diabetes (2021 CJSM)

COVID-19 Interim Guidance Statements Published
• COVID Vaccination in Athletes and Updated Interim Guidance on the Preparticipation Physical Examination During the SARS-Cov-2 Pandemic (2021 CJSM)
• Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: Update to the NFHS-AMSSM Guidance Statement (2022 Sports Health)

Multi-organizational/Consensus Statements
• Recommended musculoskeletal and sports ultrasound terminology: a Delphi-based consensus statement (2022 BJSM)
• Team Physician Consensus Statement - Selected issues in sport-related concussion (mild traumatic brain injury) for the team physician: a consensus statement (2021)

Guest Editors of recent AMSSM Themed Issues of BJSM
2022 – Tina Master, MD, FAMSSM and Brett Toresdahl, MD
2021 – Cynthia Labella, MD, FAMSSM and Katherine Rizzone, MD, MPH
2020 – Stephen Paul, MD, FAMSSM and Alex Diamond, DO, MPH, FAMSSM

Curriculums Published
• Exercise medicine and physical activity promotion: core curricula for US medical schools, residencies and sports medicine fellowships: developed by AMSSM and endorsed by CASEM (2022 BJSM)
• Sports Ultrasound Curriculum for Sports Medicine Fellowships (2021 CJSM and BJSM)
• Curriculum for MSK & Sports Medicine in Residency Training – a multi-year collaboration between AMSSM and Current Sports Medicine Reports resulted in five suggested curricular guidelines for MSK and Sports Medicine in residency training within the five primary specialties being published.
We recognize and thank the following AMSSM Foundation Donors who have made it possible to fund sports medicine programs, research, education and initiatives developed by AMSSM.

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AMSSM Foundation 2021-22 Humanitarian Outreach Support

#ThisIsHowIServe Initiative:
In lieu of being able to hold an Annual Meeting service project in 2021, the AMSSM Foundation offered #ThisIsHowIServe community outreach grants to nonprofit organizations where our members volunteer their time and expertise. Recipients included:

- Shaun Garff, DO - Grand Prairie, TX - Beyond the Ball
- Lailah Issac, MD - Fort Lauderdale, FL - Orange Arrow
- Bari Madureira, DO, MPH - Bronx, NY - Adaptive Sports Expo
- Alan Shahtaji, DO - San Diego, CA - UCSD Collaborative Mural Project
- Bianca Edison, MD - Throughout US - Representation Matters session at AMSSM; contribution to underrepresented high school

2021 Local Humanitarian Service Project Grant Recipients:

- Mohammed Emam, MD - Baltimore, MD - Performing Arts Medicine Community Health Awareness Initiative event in Baltimore City
- Luci Olewinski, MD - Knoxville, TN - Sport Physical Day for Youth Athletes at the Ace Miller Golden Gloves Boxing Gym
- Robert Pagan Rosado, MD - Rochester, MN - Sled Hockey Day Camp, including Adaptive Sports Clinic, Educational Sessions and Scrimmage led by USA Paralympic Hockey Team member

Announcing 2022 Class of AMSSM Fellows (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 2022 Class of AMSSM Fellows will be recognized during the 2022 AMSSM Annual Meeting and includes:

- James Barrett, MD
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