The Sideline Report

APRIL 2018

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AMSSM NEWS

Plenty of Exciting Features in Store 2018 AMSSM Annual Meeting
By Mederic M. Hall, MD and Chad A. Asplund, MD, MPH

On behalf of the 2018 Program Planning Committee, we invite you to attend the 27th AMSSM Annual Meeting in Orlando. Our theme for the meeting is “REACH: Reaching Up, Reaching Out, Reaching Ahead for the Future of Sports Medicine”. Our program offers educational opportunities for our entire membership from private practice to academic researchers and from students through seasoned sports medicine veterans.

This is an exciting time in sports medicine. Paradigms are changing, technology is advancing and AMSSM is leading the charge and shaping the continued on page 2

Running the Race in Kenya
In January 2018, a group of sports medicine physicians traveled to Iten, Kenya to initiate the development of a sports medicine program for disadvantaged athletes. This group included 2nd Vice President Chad Carlson, MD; Incoming 2nd Vice President Tracy Ray, MD and Jeremy Henrichs, MD. Their journey to Kenya also revolved around Christian outreach and mission work.

Iten is a small town in the highlands of Kenya at an altitude of 7,900 feet. It is famous for being the center of Kenyan middle- and long-distance running. More than 1,000 elite and prospective runners train in Iten during peak season, but there are no sports medicine trained physicians, sports physical therapists or athletic trainers within a 3-4 hour drive. Basic sports medicine care is lacking. Often a simple hamstring or calf strain becomes chronic and may lead to a career threatening injury, so there was great opportunity for sports medicine within this small community.

The group ultimately included the three physicians (Jeremy, Tracy, and Chad), a sports therapist (T.J. Moore), a prospective medical student (Tracy’s son, Daniel), and a farmer (Shane).

The plan was to provide daily clinic hours, conduct a sports medicine seminar for coaches and athletes and continued on page 2

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2018 AMSSM ANNUAL MEETING  
Continued from page 1

future of sports medicine in the United States and throughout the world. We are “reaching out” like never before with increasing collaborations both within our membership, with other organizations and internationally. These collaborations are highlighted via our exchange lectures, invited guests and a new International Sports Medicine session inspired by our traveling fellowship program. Our Collaborative Research Network (CRN) is fully operational, and we will be updating the membership on all the work that is being done to bring researchers together including a really fun (yes, research can be fun) “Shark Tank” session where your votes will help determine a research grant winner that will be announced during the meeting!

We are honored to have many world-renowned speakers, both international and domestic, presenting on a broad range of topics important to your practice today. Some of the key highlights include Dr. Fran O’Connor’s Presidential Keynote: “Human Performance Optimization: The Military’s Changing Fitness Paradigm for Total Force Fitness,” as well as Dr. Tom Best presenting the Hough Memorial Lecture: “Academic Sports Medicine – Benefits and Challenges.” Further we will have a thought provoking session on performance enhancing drugs featuring former Tour de France and Olympic cyclist Tyler Hamilton, and NFL CMO Dr. Allen Sills discussing issues regarding injury prevention strategies and pain management in professional football. Finally, Drs. Peter Brukner and Jeff Volek will discuss frontiers in sports nutrition.

Of course, we also have to mention the local attractions. Epcot® is a short walk from the Swan and Dolphin Resort and the AMSSM Foundation Contributors’ Party will offer VIP viewing of the evening fireworks and private access to Soarin®, one of Epcot’s® top attractions. The other Disney parks are easily accessible making this a perfect opportunity to bring the whole family.

Thank you for joining us at the 2018 AMSSM 27th Annual Meeting where we will continue to advance our place in the future of sports medicine. Follow the Annual Meeting Twitter Feed using #amssm18 and look for exciting “post-game” interviews with many of our speakers and additional content on the AMSSM Facebook page.

RUNNING THE RACE IN KENYA  
Continued from page 1

develop a vision for sports medicine ministry in Iten. They also hoped to establish new connections within the running community, find a clinician at the hospital to assist with future trips and telemedicine consults to maintain continuity between visits.

The group met with several influential individuals during the trip, including the Kenyan Minister of Health and county governor, along with famed runners Wesley Korir and Mary Keitany, local church leaders, an international agent and numerous coaches. They also conducted a sports medicine seminar, which was attended by 38 coaches and athletes.

Going forward, the team’s short-term goals include recruiting more sports medicine physicians, physical therapists and athletic trainers for future trips. The plan is to have a medical team in Iten for one or two weeks each month. The broader vision includes partnering with Dr. Jeff Mailu, a Kenyan sports orthopedic surgeon, in developing sports medicine in all of Kenya. Part of this vision may involve incorporating sports medicine training into the curriculum for family medicine residents at Iten County Hospital.

Dr. Henrichs hopes to organize another trip in late January 2019. More information will be presented at the non-denominational chapel service that will be held at 7 am, Sunday, April 29 during the 2018 AMSSM Annual Meeting. Anyone interested in joining the conversation can email your contact information to this address.
Stories from the South Korea Olympic Games

Chris Gee, MD — U.S. Speed Skating Team

When the 2002 Winter Olympics came to my native Utah 16 years ago, I had to watch on TV because I was in medical school in Pennsylvania. At the time, I wondered if I’d ever be able to attend a Winter Olympic Games. Needless to say, I was ecstatic to be asked to be the Team Physician for US Speed Skating and to help with the US Olympic Committee Medical Team.

We were one of the first teams from the USA delegation to arrive in South Korea. The USA put us all in the same hotel and took the athletes through processing, which involves them getting all their USA clothing that they’d wear in the ceremonies and when not competing. It was like having your own private mall to shop in. Soon we were off to the coastal village of Gangneung. There, we quickly got into the flow of daily ice time, dry land practices and eventually competitive races. As Sports Medicine Physicians, we frequently have the opportunity to represent our team or university, but there is something so unique and special about being a representative for your country. It was a great honor and something I won’t ever forget.

As the speed skating doctor, I was over both the long- and short-track teams. They each have their own coaches, routines and schedules. In Salt Lake, the long- and short-track rinks are in the same arena, but in Korea, they had separate venues built. That meant I had to make sure I was flexible and available at the different venues for practices and competitions throughout the day. While the USOC does a great job of providing medical equipment and supplies in the village, we had to put together a fairly extensive medical kit for use at the individual venues. I spent a lot of time before going to Korea making sure I’d have what I needed, and that the meds were acceptable in competition. However, we had to be creative about finding new medications/supplies to replenish what was used as time went on. Ultimately, we were able to provide great care to the athletes and staff, and while illness was definitely present, we were able to get the athletes ready to compete.

I had been to Korea in the early 1990’s, but hadn’t been back since, so was very excited to see the country and how it had changed. Despite my excitement, I was worried about international politics and how safe we would really be there. Nonetheless, South Korea put on an excellent Games, and I felt safe and very well cared for. The village really does have everything you’d need from a convenience store, bank, cafeteria, gym and even a video game arcade for the athletes. They had wi-fi access throughout the village, buses and venues, which made it much easier to keep up on clinic issues from home.

Being involved in the Olympic Games was an incredible opportunity. The games were much more of a “production” than I had ever realized. It was eye-opening to see just how much goes on behind the scenes to put on this competition. I was glad to be able to contribute and hope to be involved again in the future.

Marci Goolsby, MD — U.S. Biathlon Team

In the summer after Sochi, US Biathlon was in need of medical staff and got connected with Hospital for Special Surgery (HSS). My PCSM colleague at HSS, Brett Toresdahl, and I were intrigued by the unique opportunity that started us down the path that eventually led us to PyeongChang. The sport itself was unfamiliar to us, but over the years of traveling to a couple World Cups each season and streaming all of their other races online, we have grown to love and appreciate the incredible sport of biathlon. From a sports medicine perspective, it is the ultimate challenge as even the slightest injury and illness can affect a race that involves a combination strength, endurance, precision, control, concentration and strategy.

Both Brett and I have always loved the Olympics and for years continued on page 4
have dreamed of being there professionally someday. This was Brett’s second Olympics after having worked in the Polyclinic in Rio, and it was my first. We were honored to be able to support this incredible group of American biathletes and assorted staff which usually represent 5+ European nations and languages.

Our work over the past four years has been focused on giving these athletes the best chances of being healthy for the Olympics. It involved developing a health and wellness plan and building a culture of shared responsibility to keep everyone healthy by reporting illnesses quickly so athletes can be isolated.

I joined the team the week before the Olympics at their training camp in Germany, bringing with me an entire suitcase filled with illness prevention supplies – hand sanitizers, wipes, vitamin C, masks and more. Before traveling to Korea, we reviewed as a team the illness prevention strategies and everyone’s responsibilities. After going through team processing near Seoul, I moved into the village with the athletes in the Team USA building.

In addition to the typical team physician responsibilities of being available to the team and addressing any illnesses that arose during the games, Brett and I had a variety of other responsibilities that were not part of our PCSM training. This included serving as “germ police” by sanitizing common areas of apartments daily, delivering meals to an athlete’s room when they were not feeling well, and helping athletes move and clean rooms when rooming assignments were changed to keep even minor illnesses from spreading. During races, we would assist the athletes at the start area and get race skis from the wax techs.

The energy and spirit of the Olympics from within the athlete village is special and better than any NBC inspirational montage. It’s more than just being in the buffet line among giants in the sports world. We were able to meet and work alongside other amazing health care providers – physios, sports psychologists, chiropractors, researchers, and other sports medicine physicians and surgeons both from the U.S. and abroad. Overall, we both were so honored to have the opportunity to work with the US Biathlon team and represent AMSSM as members of Team USA.
GOLD. So shiny, so beautiful, so perfect. I’ll never forget the moment the last shot was saved to determine the gold medal winner in PyeongChang. It was just a moment — in reality only an instant, a brief pause to absorb the energy at the most unbelievable time — that left us all feeling disbelief. We looked at each other with the same look on all of our faces … Did that really just happen? A flash of memories went through my mind. The suffering after the loss in Sochi during the 2014 Winter Olympics, the intensity and relief on the players’ faces when they returned to the World Championships in 2017 after demanding and achieving a contract with full equality for women’s hockey and the wink from the captain that had just happened in the tunnel prior to overtime. It was a wink that meant “We got this, Doc,” and there would be no doubt. And then, almost as if it was hours later — though only just a moment — absolute euphoria broke out as everybody realized it was true.

The Women’s USA Olympic Hockey team had just won the Gold medal. I know Canada worked hard for this medal. They also put the time in to be successful and did everything they could to be in the right spot to win the game. But maybe that’s what makes it even sweeter. Everyone was clawing, grasping, pushing, hoping, praying, and in the end, just willing it to happen. The taste of victory is so sweet, and man, that medal is just so beautiful and heavy.

Many have asked if I got a medal too and the answer is an emphatic, “NO.” These athletes on our team (and all teams I suspect) made many sacrifices to help this dream come true. They neglected their relationships with family and friends in favor of training, sleeping and eating well. They put off weddings, pregnancy, schooling and job opportunities. They went to bed on time, got up on time, didn’t miss a workout and avoided cookies, brownies and alcohol to help fine tune their bodies for this event. They earned those medals. They deserve those medals. I, on the other hand, ate my fair share of cookies and brownies.

Still, I loved being in pictures with many medals and many Olympians. That was worth more than anything.

AMSSM Olympic Article — Eugene Roh, MD

My journey as a Team USA physician for 2018 Pyeongchang Winter Olympics is over. It feels like an illusion. A small world where I lived a dream for a month is now turned into a new apartment complex for locals. However, lifetime memories are still with me. My first Olympics were the 1988 Seoul Olympics. As a boy, I was shocked by the numbers of countries and sports that I could see. I enjoyed many games including a 100-meter final race between Carl Lewis and Ben Johnson that ended up with a doping issue. Thirty years later, I spent a month back in the country where I grew up as a team physician for a country where I live now.

The Team USA physician position provided me a chance to contribute to both sides. My primary job was, of course, working for Team USA, which is the biggest delegation. If Team USA athletes are using a polyclinic by the organizing committee, which treats all athletes, staffs, and volunteers from many countries in the Olympic village, the clinic will get quite busy. Team USA medical teams took care of all members of the Team USA clinic. However, in case a patient from Team USA needed medical care outside the Team USA clinic, my job was to make
STORIES FROM THE SOUTH KOREA OLYMPIC GAMES
Continued from page 5

sure an athlete received similar care as we would get in the States. I helped athletes and officials ranging from meniscus injury to surgical abdomen, stroke and cardiac events. Some were transferred back home earlier than they planned.

Team USA medical team made this transition safe and comfortable for patients. Dr. Bill Moreau and the USOC medical team have worked many years with multiple site visits to ensure the quality of local medical care and develop evacuation plans for the emergency. In daily clinic operation, Team USA sports medicine clinic was located on the first floor of Team USA building in the Olympic village. I could take care of patients in the environment very similar to my clinic at Stanford including EMR.

After years of experiences from Olympics, USOC sports medicine team tailored the list of medications and equipment. A new respiratory and GI infection diagnostic test yielded a result in about one hour. This allowed me to make a decision for other treatments or return to play very quick. This also helps athletes and officials to focus on their competition without waiting in a line and avoiding language barriers at the polyclinic.

While I had long hours and call schedules, I enjoyed watching several games including an ice hockey gold medal game. Living in the village was very special, where athletes and officials from the USA and other countries became neighbors in the village. Villagers ate at the same dining hall, worked out at the same gym and did laundry. There was no commute since I lived just above the clinic. Seeing someone walking with medals on their neck was just normal.

I would like to thank Olympians who worked so hard for their goals and allowed me to watch and be a part of their life journey.

AMSSM Legislative Update — What’s Trending?
By Judy Pulice, AMSSM Legislative Consultant

Social media advises us daily of what’s “trending” – what’s on people’s minds. Likewise, state legislatures seem to veer toward certain topics in any given year. Below are a few of the issues of interest to sports medicine that we’re seeing in current state legislative sessions:

- Limiting the prescribing of opioid
- Directing the creation of protocols for handling brain injuries in youth athletes
- Increasing the availability of
- Administration of naloxone and epinephrine
- Expanding scopes of practice for advanced practice nurses, chiropractors, naturopaths and athletic trainers
- Addressing licensure for athletic trainers and physical therapists
- Eliminating requirements for physicians to maintain certification as a prerequisite to license renewal

Want to see what your state legislature is up to? Take a few minutes to look at bills in your state house on AMSSM’s website. Want to act on bills you see there? Contact Judy Pulice, AMSSM’s Legislative Consultant, for advice and guidance.

Remember, the worst thing a legislator can say is that their constituents didn’t care enough about an issue to express an opinion. Apathy is not an option when protecting your profession!

AMSSM a Sponsor of NFHS Summit

As an outgrowth of the previous Collaborative Solutions for Safety in Sport Meeting, the National Federation of State High School Associations will host the 2018 National High School Sports Medicine Summit in Indianapolis on April 20-21. AMSSM and NATA are serving as sponsors and helping NFHS develop the conference that will focus on addressing issues related to safe sports participation at the high school level. NFHS invited each state association’s Sports Medicine Advisory Committee Chair to attend along with leaders from the state high school association.

The meeting will begin at 1 pm on Friday, April 20 and conclude at noon on Saturday, April 21. AMSSM President Katherine Dec, MD and 1st Vice President Chad Asplund, MD are serving on the Planning Committee and presenting during the conference.
Update from the AMSSM MSIG
A Medical Student Interest Group Led by AMSSM Student Members

‘LIVE’ Webinars
The MSIG Officers will be scheduling “Live” webinars presented on “hot” topics by AMSSM members. Please contact the AMSSM MSIG Officers with your ideas or suggestions for future webinar topics!

Attending the AMSSM Annual Meeting from a Student’s Perspective
By Lindsay Musgrove, BS; AMSSM MSIG At-Large Member (MS2)

Note: This article originally appeared in the April 2017 edition of The Sideline Report.

As an MS-1, I had no idea what to expect upon attending the AMSSM 25th Annual Meeting. Doctors, fellows and residents from all over the nation were coming together to discuss important topics in sports medicine. As a student, I was worried it might be overwhelming but I could not have felt more welcomed by members of the AMSSM.

Upon arrival, the AMSSM MSIG had a meeting where student members and mentors were able to meet in person and discuss plans/goals of the MSIG. We then got to sit in on some very interesting lectures on topics such as concussions, tendinopathy, sports nutrition and the evolution of sports medicine. We even got to hear from a sports med doc who is training for spaceflight! In addition to the lectures, booths were set up around the conference hall with medical equipment, ultrasound machines and tons of free swag! On the evening of the first night, there was a Welcome Reception with food and drinks. Members of the AMSSM made an effort to introduce students to other residents, fellows and physicians. We got to hear their stories on how they became involved in sports medicine and what it is like practicing now. Every single person I met was friendly, enthusiastic and excited to talk to students about sports medicine.

I think the AMSSM Annual Meeting is an incredible experience for students. I gained connections and insight into the field of sports medicine that I could not have found anywhere else. Doctors and residents were impressed that students were so involved and they offered endless amounts of advice. It was a pleasure talking to and hearing from doctors who are passionate about the same things I am, and it only strengthened my interest in sports medicine. Attending this conference as a student is a great way to take a break from classes, learn more about the field of sports medicine, network and immerse continued on page 8
AMSSM NEWS

Introducing the 2018-2019 Fellowship Class Council

The AMSSM Fellows Matters Subcommittee is pleased to announce that the following newly matched fellows have been selected as the AMSSM Fellowship Class Council for the 2018-2019 academic year! The Committee Co-Chairperson(s)/Vice Chairpersons are looking forward to working with their Fellowship Member Liaison. We would like to thank all of the incoming fellows that applied for one of these fellow leadership positions, and we also want to express our gratitude to all of the Fellowship Directors who nominated their incoming fellows for these positions. Please join us in congratulating these physicians.

Fellowship Class Representative to the Fellowship Committee
Marcia Newby-Goodman, MD
Residency: Halifax Family Medicine
Fellowship: University of North Carolina Sports Medicine

Communications Committee:
Ashley Austin, MD
Residency: Allina Health - United Family Medicine
Fellowship: University of Minnesota/North Memorial Hospital - Sports Medicine

Education Committee:
Jacob Wessels, MD
Residency: Allina Health - United Family Medicine
Fellowship: University of Minnesota/North Memorial Hospital - Sports Medicine

International/Inter-O rganizational Relations Committee:
Michelle Sriwongtong, MD
Residency: UCLA Family Medicine
Fellowship: UCLA Sports Medicine

Membership Committee:
Eldra Daniels, MD, MPH
Residency: Penn State Hershey Family and Community Medicine
Fellowship: Penn State Hershey Primary Care Sport Medicine

Practice and Policy Committee:
Niraj Patel, DO
Residency: Cleveland Clinic Akron General - Center for Family Medicine
Fellowship: Riverside Methodist OhioHealth Sports Medicine

Publications Committee:
Sigrid Wolf, MD
Residency: University of Washington/Seattle Children’s Hospital Pediatric
Fellowship: Northwestern University/Lurie Children’s Hospital Sports Medicine

Research Committee:
Jovauna Currey, MD
Residency: University of California - Irvine Physical Medicine and Rehabilitation
Fellowship: University of California - Davis Physical Medicine and Rehabilitation Sports Medicine

Sports Ultrasound Committee:
Wade Johnson, DO
Residency: New York - Presbyterian Physical Medicine and Rehabilitation
Fellowship: PM&R Sports Medicine Fellowship - Mayo Clinic Minneapolis

The Charter Medical Schools connected with the AMSSM MSIG are listed on the Student page of the AMSSM website. If your medical school sports medicine interest group is not listed, complete the Word or PDF application to become a Charter Medical School connected with the MSIG. Please contact the AMSSM MSIG Officers if you would like your medical school’s interest group (must be a Charter Medical School) featured in an upcoming edition of The Sideline Report.
AMSSM NEWS

Update From The AMSSM SMRC (Sports Medicine Resident Council)

A resident interest group led by AMSSM Resident Members

Announcing the 2018 AMSSM SMRC Officers

AMSSM would like to thank all 49 AMSSM Resident members that ran in the Election of SMRC Representatives. All of the candidates were exemplary. The election was very close where a couple votes changed the outcome of the election results. The SMRC Officers are listed on the “Resident” page of the AMSSM website.

It is with pleasure to announce the newly elected AMSSM SMRC (Sports Medicine Resident Council) for the inaugural year.

From the SMRC President Aditya Raghunandan, MD

As a Resident member and prospective candidate interested pursuing a career in sports medicine, I have enjoyed in the resources provided by AMSSM, but sought to become more involved. Given the growth of the field and the diversity of residencies that provide opportunities to ultimately specialize in sports medicine, I am very excited to announce that the AMSSM Board of Directors approved the formation of the Sports Medicine Resident Council (SMRC) to engage Resident members and increase their involvement in AMSSM.

The SMRC will provide a multi-fold benefit of increasing resident membership, offering early leadership opportunities and promote continued growth in fostering support of trainees interested in pursuing careers in sports medicine. The seven-member council of nationally elected officers consists of five resident representatives (one from each primary specialty) along with a SMRC President and a Communications Representative each serving a one-year term governing the SMRC with a focus on developing, sustaining and advocating on behalf of all trainees interested in sports medicine.

The vision for the inaugural year is to parallel the visions of AMSSM with a focus on developing resident leaders in the field who continue to advance the specialty. Specific objectives include: promoting education, sustaining research opportunities, advocacy of the field, workshops/courses geared toward residents, publishing quarterly newsletters for residents in training, mentorship both for and from residents and ultimately creating a cohesive infrastructure of residents for collaborating and fostering early relationships with various specialties. I’m delighted with the overwhelming response of applicants and I look forward to working with the elected representatives!

continued on page 10
April is here and the AMSSM Annual Meeting is just around the corner. As a resident physician, attending the Annual Meeting provides a unique opportunity to learn more about the latest updates in sports medicine and interact with other AMSSM members. Some of my favorite activities from last year’s meeting included participating in the interactive Instructional Course Lectures (ICL’s) and attending the Fellowship Fair. Last year, the Fellowship Fair had over 120+ fellowship programs participating and it was an amazing opportunity to learn about the different fellowship programs from across the country. In addition to networking, I also enjoyed taking on a more active role within AMSSM by joining one of the AMSSM Committees. I highly encourage other residents to become involved with AMSSM by exploring the different committees and joining one that aligns with their interests. Lastly, I suggest all residents attend the meeting one day in advance to participate in the AMSSM Foundation Humanitarian Service Project. The AMSSM Foundation Humanitarian Service Project is a fantastic opportunity to work alongside other AMSSM members and give back to the local community. In addition to the outstanding General Session Program, below is a list of optional events residents may be interested in attending during the Annual Meeting:

Tuesday, April 24
9:00 a.m. - 4:00 p.m.
AMSSM FOUNDATION 5th ANNUAL HUMANITARIAN SERVICE PROJECT
Boys & Girls Club of Central Florida
Walt Disney World Clubhouse
Transportation included to/from Service Project from the Swan & Dolphin Resort. Lunch and a commemorate t-shirt included.

Volunteer for a shift to give back to the community of the Central Florida area. The day-long service project revolves around building facilities to improve their sports complex and refurbishing their playing fields along with other service activities with the mission of changing lives of young people from diverse, at-risk backgrounds.

Wednesday, April 25 – Sunday, April 29
Lunch and Refreshment Breaks
“ASK-A-FELLOW” TABLE AND “RESOURCES FOR RESIDENTS”
A popular mentoring resource available to student and resident attendees to stop by and ask current fellows advice on pursuing the fellowship of their dreams.

Wednesday, April 25
7:00 a.m. - 9:30 a.m.
FELLOWSHIP FORUM
A pre-conference meeting that presents current issues important to the training of physicians in the discipline of sports medicine. The Fellowship Committee invites directors and fellows (current and future) to participate.

Thursday April 26 – Sunday, April 29
7:00 a.m. – 7:50 a.m.
RISING WITH RESEARCH
Oral Research Presentations

Thursday April 26 – Saturday, April 28
Refreshment Breaks
POSTER PRESENTATIONS

Thursday, April 26 – Sunday, April 29
7:00 a.m. - 7:50 a.m.
INSTRUCTIONAL COURSE LECTURES
Limited to 50 participants, these instructional lectures are focused on a specific topic in a small group learning setting (pre-registration and separate fee required).

Thursday, April 26
3:00 p.m. – 4:00 p.m.
RESEARCH POSTER ORAL PRESENTATIONS

Thursday, April 26
12:15 p.m. - 1:15 p.m.
RESIDENT/STUDENT SPECIAL INTEREST GROUP
A panel discussion specifically for residents and students.
Note from the Editor

I am hoping to see many of you at the 2018 Annual Meeting. This issue of *The Sideline Report* gives a preview of the meeting and provides some interesting things to talk about. AMSSM involvement in international sports medicine is really hitting its stride; please talk to the USA team physicians and leadership involved in the recent trip to Kenya about their experiences. I love that as an organization, AMSSM has a membership that is approachable, friendly and collaborative.

As you can see in the President’s Corner, the Board of Directors has work very hard on a new 2018-2020 Strategic Plan. Please thank the BOD members, as this took a significant amount of time, thought and effort to plan and develop. You’ll get an overview of the strategic plan at the Annual Meeting, so please get to those Committee Meetings to learn, comment and get involved. We are at a pivotal point in our organization’s life, where we come together to decide who we are and how we present ourselves to the public. Your voice is needed and wanted.

Kelsey Logan, MD, MPH
*Editor-in-Chief*
Validity Of Baseline Concussion Testing In Question

A recent study from JAMA Neurology found that nearly 30% of 21-year-olds and over 80% of 10-year-olds failed the initial ImPACT test, based on various published validity indicators. Investigators studied ImPACT scores from 7,897 athletes, both male and female, ranging in age from 10 to 21 years. This retrospective, cross-sectional study examined tests taken at a single center in the United States over the course of five consecutive years. Across all ages, more than half of all participants (55.7%) earned a failing score based on at least one validity indicator. These findings call into question the practice of comparing test results to normative data, perpetuating an ongoing debate about whether an athlete’s scores should be compared only to their own past scores or to age-matched normal values.

Original article | Further reading

Recent Study Shows Football Players Develop Structural Heart Changes That Increase Cardiovascular Risk

The American College of Cardiology recently produced a study that evaluated cardiac health in over 400 former NFL Players. The players had electrocardiograms, echocardiograms and blood tests performed, then were compared to a sample of 925 people from the general public. The researchers found that former NFL players had a 5.5 times higher likelihood of atrial fibrillation when compared to the general public. Jonathan Kim, MD, primary study author said, “We often think of football players, like all athletes, as the picture of health, but we’re gaining this body of knowledge that signals some maladaptive cardiovascular changes and potentially even early cardiac risk in some of these players. It suggests we need to pay close attention to the heart health of young football players. Also, future studies will need to focus on understanding the clinical significance of our findings.”

More information

Variations in Mechanisms of Injury for Children with Concussion

A recent retrospective chart review, published in the Journal of Pediatrics, examined the variations in mechanisms of injury for children suffering from a concussion. A team of researchers examined the mechanism of injury in children 0-17 years of age who had at least one clinical visit with a diagnosis of concussion between July 1, 2012, and June 30, 2014. Of the 8233 selected, 20% were randomly chosen for manual record review (n = 1625). They found that 30% of concussions were due to nonsport and nonrecreational causes such as falls, motor vehicle crashes and assaults. The mechanism of injury varied depending on the age of the patient. Christina Master, MD, senior study author, stated that “Sports and recreation-related activities become the primary source of concussions beginning at age 6, increase in proportion up to age 10, remaining constant until age 16, then take a small dip at age 17, which may be due to an uptick in motor vehicle crash injury and attrition from sports.” Lead author Juliet Haarbauer-Krupa, PhD said. “This study tells us that we need to extend traumatic brain injury prevention and management outside of youth sports to ensure all children who sustain a concussion receive the necessary care to return to daily childhood activities including school and play.” This brings attention to all children who suffer traumatic brain injury. Increased awareness will hopefully ensure that all children receive the proper care and attention, regardless of the mechanism of injury.

Original article | Further reading

Scapular Dyskinesis in Young, Asymptomatic Elite Swimmers

A study published in Orthop J Sports Med from Stadio Olimpico del Nuoto, Foro Italico, Rome, Italy sought to elucidate the presence and type of scapular dyskinesis (SD) in asymptomatic swimmers. 661 elite swimmers (344 male, 317 female; mean age, 15.83±2.2 years) were enrolled in the study. SD was determined using a dynamic test where athletes were asked to perform shoulder flexion. The presence of SD was assessed in the sagittal plane through five trials and was determined to be present or absent. SD was detected in 56 (8.5%) of athletes with 2:1 of males to females. Significant differences in presence of SD were found in swimmers with a preferred breathing side (SD found in opposite shoulder; P<0.5) and swimmers involved in long-distance races (race length:800-1500m; P<0.5). The main conclusions drawn from the authors was that early diagnosis of SD in asymptomatic athletes may be beneficial to avoid possible evolution into a symptomatic condition.

Disclaimer: The information provided in this section does not necessarily represent the official view of AMSSM but is nonetheless available for consumption and consideration of the membership.
Our Board of Directors has spent the past six months working behind the scenes finalizing a new 2018-20 strategic plan. The work began last Fall – and included a strategic planning session with Dave Fellers, CAE, who has led development of the past three AMSSM strategic plans. The strategic planning process tied nicely with the efforts of the Marketing & Branding Task Force, enabling us to integrate into the new plan strategies for better positioning our brand, our name and our specialty in the minds of colleagues, payers and the public.

The one-page version of the plan is now posted in the About Us section of the AMSSM website. A more detailed version with tactics is posted in the member-only section and will be discussed during each of the AMSSM committee meetings in April. (HINT: attend your committee meeting or, sign up for one if not currently on a committee.)

But first, let’s look back at our outcomes and accomplishments from our four key focus areas within AMSSM’s 2015-17 strategic plan.

**Education:**

**2015-17 Key Accomplishment** – The growth of Sports Ultrasound within our profession, including getting U/S embedded into Fellowship curriculums/board certification, publishing a position statement, advancing U/S education and launching the 35 free online Sports U/S didactics (21,000 modules have been completed).

**2018-20 Key Goals** -

1. **Continue to develop and refine the Annual Meeting as the premier educational event for sports medicine.**
2. **Provide additional professional and leadership development opportunities for members.**

**Research:**

**2015-17 Key Accomplishment** – The development of a Collaborative Research Network, including hiring a Research Director, awarding our first $300,000 multi-site research grant and developing a research infrastructure to foster collaborative multisite research.

**2018-20 Key Goal** -

1. **Utilize the Collaborative Research Network to establish AMSSM as a leader in evidence-based sports medicine research.**

**Advocacy:**

**2015-17 Key Accomplishment** – AMSSM hired a Legislative Consultant to help guide our advocacy and legislative agenda – which has opened up doors for AMSSM to provide testimony in front of US Congress, increased our efforts to grow support for key legislation and strengthened our advocacy infrastructure.

**2018-20 Key Goal** -

1. **Impact legislation through empowering members to become effective advocates at the community, state and federal levels.**

*continued on page 14*
News from the Board

PRESIDENT’S CORNER
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Patient Care:
2015-17 Key Accomplishment –
Growth of SportsMedToday.com
--- The site for patients, coaches and
parents was under development
at the time. More than a hundred
tip sheets have been added over
the past three years, with the NBA
partnership driving more people to
the content. AMSSM’s social media
efforts pointing more than 12,000
Facebook and 5,000 Twitter followers
to the content has also helped
continue the growth in downloads
of this content written by AMSSM
members.
2018-20 Key Goal -
5.1. Continue to grow and expand
the Sports Medicine Today website
and accompanying SMT publication
to serve as a resource for patients,
coaches and parents, and ultimately,
demonstrate value of sports
medicine physicians.
We believe this new plan sets
AMSSM on a course to help continue
to meet the varied needs of members
from different practice types and life
stages of your careers, while growing
our influence throughout the sports
medicine world.
But most importantly, this strategic
plan is simply a guide. Every member
can play a part. Every member can
call a Senator to get support for
legislation. Every member can join
one of the nine standing AMSSM
committees (which meet on Friday,
April 27 during the Annual Meeting).
Share your ideas and let the Board
know your assessment of the
proposed strategic plan. Volunteer
your time to improve your future.

AMSSM Board Election Results
Congratulations to the following members on their election to the AMSSM Board of Directors.

(2ND VICE PRESIDENT)
Tracy Ray, MD
Dr. Tracy Ray is an
Associate Professor in the
Departments of Family
Medicine and Orthopaedic
Surgery and the Director of Primary
Care Sports Medicine for Duke Sports
Medicine. He has been at Duke since
2012 after 12 years in practice in
Birmingham, Alabama. He previously
served on the AMSSM Board of
Directors from 2007-2011, was
the 2007 Annual Meeting Program
Chair and served as one of AMSSM’s
representatives on the Advanced
Team Physician Course the past four
years. He also directs the Primary
Care Sports Medicine Fellowship
program at Duke and provides
physician leadership for the outreach
program of Duke Sports Medicine
to Durham and the surrounding
area high schools. Additionally, he
provides coverage to Duke Athletics
when needed.

BOARD OF DIRECTORS
Carly Day, MD
Dr. Carly Day is a Sports
Medicine Physician at the
Cleveland Clinic. She
received her medical
degree from the University of Virginia
and completed a PM&R residency at
UVA followed by a sports medicine
fellowship at the University of Utah.
She has been an active AMSSM
member since 2011. She previously
served as the Public Relations
Subcommittee Chair and was on the
Program Planning Committee for this
year’s Annual Meeting.

Jennifer Koontz, MD, MPH
Dr. Jennifer Koontz
was elected to her 2nd
term on the Board and
is a Sports Medicine
Physician at Newton Orthopaedics
and Sports Medicine. She completed
her residency and fellowship at Via
Christi and is board certified in family
medicine and sports medicine. She
joined AMSSM as a 2-year resident
in 2007 and has not missed an
Annual Meeting since. She has been
the Chairperson for Practice and
Policy committee the past two years
and has helped further AMSSM’s
legislative efforts on the national and
state levels.

Kelsey Logan, MD, MPH
Dr. Kelsey Logan was
elected to her 2nd term
on the Board and currently serves
as Director of the Division of Sports
Medicine at Cincinnati Children’s
Hospital Medical Center and enjoys
serving on the Executive Committee
of the AAP Council on Sports
Medicine and Fitness. She is also
Associate Professor of Pediatrics and
Internal Medicine at the University of
Cincinnati. She has been a member
of the Publications Committee since
2005, served as an editor of The
Sideline Report for seven years and
became the Editor in-Chief three
years ago. She also serves on the
Research Committee, was part of
the 2014 Annual Meeting Program
Planning Committee and was co-
editor for the 2014 BJSM-AMSSM
thematic issue on Care of the Female
Athlete.

Ken Mautner, MD
Dr. Ken Mautner is
an Associate Professor
in the Department of
Physical Medicine and
Rehabilitation and the Department
of Orthopedic Surgery at Emory
University in Atlanta, GA. He is board
certified in PM&R with a subspecialty
certification in Sports Medicine. He
is the Director of Primary Care Sports
Medicine and Fellowship Director
for the ACGME accredited Primary
Care Sports Medicine Fellowship
at Emory. Dr. Mautner is co-editor of
the Atlas of Interventional
Musculoskeletal Ultrasound as
well as Musculoskeletal Physical
Examination: An Evidence-Based
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News from the Board

AMSSM BOARD ELECTION RESULTS
Continued from page 14

Physical Approach. He has been using Musculoskeletal Ultrasound in his practice since 2007 and has been teaching courses around the country since 2009. Dr. Mautner is considered a leader in the field of Orthobiologics treatment for chronic soft tissue and joint disorders including platelet-rich plasma and stem cell injections, and served as Program Chair during the 2017 AMSSM Annual Meeting. Dr. Mautner is the head team physician for the Atlanta Hawks and a team physician for the Atlanta Braves, Georgia Tech, Emory University and Agnes Scott College.

Marci Goolsby, MD
Dr. Marci Goolsby was elected to her 2nd term on the Board of Directors where she is chair of the Membership Committee and co-chair of the Annual Meeting Advisory Subcommittee. Prior to that she served on various committees, including Program Planning Committee for three years prior to becoming Program Chair of the 2016 Annual Meeting in Dallas. As a sports medicine physician at Hospital for Special Surgery in New York, she specializes in stress fractures, the female athlete triad and bone health of athletes. She is honored to serve as a team physician for the US Biathlon team, and recently returned from Pyeongchang where she experienced her first Olympics. She is also the team physician for the WNBA New York Liberty, which is a special honor as she played basketball in college.

Ashwin Rao, MD
Dr. Ashwin Rao was elected to his 2nd term on the Board and is currently the chair of the AMSSM Education Committee, having been elected to the position in 2016. Dr. Rao has served on the Annual Meeting Program Planning Committee since 2012, serving thrice as a session moderator (2013, 2014 and 2017) and as the Moderator of Moderators (MOM) for the 2015 Annual Meeting in Hollywood, FL. In 2008, he received the Harry Galanty Young Investigator Award followed by the NCAA Research Award in 2009. He has participated as course faculty in AMSSM’s fundamental and advanced sports ultrasound workshops since the course’s inception. In the summer of 2015, he served as co-editor of the annual AMSSM thematic issue for the BJSM. He is an Associate Professor in the Department of Family Medicine and Program Director of the Primary Care Sports Medicine Fellowship at the University of Washington. He has also served as a team physician at all levels of play, covering high school sports, UW Intercollegiate Athletics and the Seattle Seahawks.

Communications Committee Short

Kelsey Logan, MD, MPH
The past year saw continuous development of several key initiatives from the Communications Committee, which is responsible for AMSSM’s communications with its members, the media and the general public.

The primary focal point of these efforts are related to SportsMedToday.com — AMSSM’s public website — which now features approximately 200 tip sheets on a wide range of medical issues. A large contingent of members have been instrumental in giving their time to produce and edit dozens of tip sheets in the past year alone. Our thanks goes out to them for their efforts in the ongoing growth of the website. If you are interested in being involved with writing tip sheets, you can sign up to do so under the Members Only Content page on AMSSM’s website. Jeremy Johnson, MD also took the reins of the SportsMedToday newsletter, a quarterly publication that highlights interesting and unique aspects of sports medicine, also produced by AMSSM members.

The steady growth continues for AMSSM’s social media presence. During the past year, our Facebook page has increased by nearly 4,000 likes, with a total monthly Reach of approximately 118,000. Meanwhile, we are averaging more than 130,000 impressions per month on Twitter, and we now have more than 5,300 followers. AMSSM members are regularly being highlighted in sports medicine articles — both nationally and locally — so please consider joining the conversation and tagging AMSSM in any relevant sports medicine pieces. You can help boost those efforts during the Annual Meeting in Lake Buena Vista, FL (Orlando) by using the hashtag #AMSSM18 on Twitter or by tagging @TheAMSSM in your tweets leading up to the event and throughout the week-long conference.

In the past few weeks, Caitlyn Mooney, MD — the Social Media Subcommittee Chair — has directed the efforts to incorporate informative videos onto our social media pages. These videos tackle several topics relating to sports medicine and have been another great way for AMSSM members to share their knowledge and passions about sports medicine. A special thank you to everyone who has contributed these videos, and to Dusty Marie Narducci, MD — the Public Relations Subcommittee Chair — for organizing our many communications efforts leading up to the Annual Meeting.

The Communications Committee is an open, active committee and always welcomes new members. Those looking to get more involved in AMSSM have the option to contribute to SportsMedToday.com, The Sideline Report newsletter, social media efforts and many other opportunities by contacting communications@amssm.org.
Fellowship Committee Short (2018)
By Irfan M. Asif, MD & Amanda Weiss Kelly, MD

The Fellowship Committee is working on a number of projects this year, including the Fellowship In-Service Training Exam (ITE), a Fellowship Director’s Toolbox and a number of sports medicine fellow-specific projects conducted by the Fellows’ Matters Subcommittee.

In addition, the Fellowship Committee has recently focused on 3 major areas:
1. Faculty Development
2. Sports Medicine Performance Index
3. Reinforcing the value of ‘Exercise’ in Fellowship Education

Faculty Development
During the 2018 AMSSM Annual Meeting, free ICL sessions will focus on the following areas of faculty development:

1. How to Survive Peer Review — Perspectives of Authors and Reviewers – Alison Brooks, MD, MPH; Daniel C. Herman, MD, PhD; and Steve Marshall, PhD (Moderator Irfan M. Asif, MD)
   This ICL will address the “dos” and “don’ts” of peer review for reviewers and authors. Experts will provide tips on efficiently providing quality reviews, how to respond to criticisms (especially “difficult” reviewers) and how to interact with editors. The educational format will utilize lectures, case-based presentations and interactive discussion.

2. Mastering Milestones – Mark Chassay, MD; Amanda Phillip-Savoy, MD, MPH; and Christian Verry, MD (Moderator: Mark Stovak, MD)
   Through this interactive ICL, participants will come to better understand the sports medicine milestones and how to develop policies and plans to support assessment and achievement of those milestones for all learners.

3. Teaching Techniques – Active Methods for Didactic Presentations and Clinical/Bedside Teaching – Naiolah Coleman, MD; Margaret E. Gibson, MD; and Siobhan M. Statuta, MD (Moderator Irfan M. Asif, MD)
   This interactive ICL will focus on active teaching methods for clinical situations and didactic presentations. Participants will leave with simple, effective active teaching methods to utilize with learners in a variety of settings.

4. Battling Burnout and Building Personal Resilience – Jessica Knapp, DO and Leonardo Oliveira, MD (Moderator Irfan M. Asif, MD)
   In this active and interactive ICL, participants will learn the signs of burnout and practice evidence-based approaches preventing it and promoting personal resilience. Although the emphasis will be on personal application, the principles and practices covered may be used to promote resilience and prevent burnout in others.

5. Secrets to Success: Getting Published in Premier Sports Medicine Journals – Ed Wojtys MD, Karim Khan, MD, MBA, PhD; Christopher Hughes, MBBS, MSc (Moderator: Irfan M. Asif, MD)
   A Q/A panel with the Editor-in-Chiefs of the AMSSM partner journals on how to get published.

Fellowship Forum
Anyone is welcome, so please join us!
During the Fellowship Forum our Committee will present data from the new Sports Medicine Fellowship Performance Index. This information will be invaluable to fellowship directors who wish to know benchmarks for the numbers and types of experiences (patient and procedural) that are encountered by fellows across the country.

Exercise Training
Last, the Fellowship Committee has been tasked with evaluating options to reinforce “exercise” training in fellowship education. The Committee will look to form a sub-group of interested individuals who will assess how exercise is currently taught within fellowship (and other medical education) programs and then identify ways to enhance training moving forward.

Check Out AMSSM’s Patient-Focused Resource Center On-Line, SportsMedToday.com!

SportsMedToday.com provides an easy-to-navigate, patient-centered resource center for parents, medical professionals and youth organizations interested in prevention and treatment of sports-related injuries.

Visitors to SportsMedToday.com will find a searchable database with a variety of sports medicine topics arranged by sport, medical condition (injury/illness) and body part, with topics being added and updated continually throughout the year. In addition, healthcare professionals can download tip sheets to share with their patients and partners.
The theme of the Annual AMSSM Meeting on April 24-29 in Orlando will be “Reach—Reaching Up, Reaching Out, Reaching Ahead” and in concert with that message, I want to highlight the Humanitarian and Outreach efforts by your AMSSM Foundation to you, the members.

Foundation Contributor’s Party
As a thank you to the many members who generously give to support the Foundation, please join us on Friday, April 27th from 8 – 12 PM for what has become our signature event, the AMSSM Contributors’ Party, to be held at the newly renovated EPCOT Soarin’ Ride, one of the most popular venues of Disney World. There we shall enjoy drinks, desserts and DJ led dancing and a fireworks show just for AMSSM Contributors (those who made gifts of $100 or $50 for Fellow, Resident and Student members).

Foundation Service Project 2018
On Tuesday, April 24, the AMSSM Foundation Partners with the Boys and Girls Clubs for the Annual Meeting Service Project. This event, now in its 5th year will be to renovate baseball, soccer, football, Bocce ball and a vegetable garden for a youth sports facility. This event enables AMSSM members to participate in a hands on event to benefit youth sports activities directly in the community of our Annual Meeting.

Global Humanitarian Service Project Grant
An exciting new partnership with the National Basketball Association funds a $5,000 grant to a service project that will provide sports medicine services in an underserved country. AMSSM members Alfred Gellhorn, MD; Isaac Syrop, MD; Idris Amin, MD; and Isidor Ngayomela, MD were awarded the first grant to travel to Tanzania in 2018 to implement an eight week MSK ultrasound curriculum in an underserved region of sub-Saharan East Africa.

Please remember that when you give to the Foundation, in turn, the Foundation is able to support Humanitarian, Research and Education projects that in turn support our members and their communities. Thank you!

Foundation Grant Award Winners Announced
Congratulations to the recipients of the 2018 Young Investigators Grant Award and the 2018 AMSSM Foundation Research Grant Award.

2018 Young Investigator Research Grant Recipients
- Scott T. Marberry, MD – “Web Bulb Globe Temperature and Florida Runners’ Safety”
- Vicki Nelson, MD, PhD – “Bullying and Hazing in Collegiate Student Athletes: Owning Responsibility and Building a Culture of Safety”
- Emily A. Stuart, MD – “Comparison of Braces for Treatment of Sever’s Disease in Barefoot Athletes”

2018 AMSSM Foundation Research Grant Award Winners
- Stuart Willick, MD – “Development and Evaluation of an Electronic Preparticipation Physical Evaluation Form: A Pilot Feasibility Study”
- Michael Fredericson, MD – “A Comparison of Ultrasonography vs. Magnetic Resonance Imaging in the Diagnosis of Bone Stress Injuries of the Lower Extremities”
Member in the Spotlight

Rosemary Agostini, MD

By Lauren M. Simon, MD, MPH

“Climb the highest mountains.” “Forge new trails.” These statements epitomize the adventurous spirit and forward-thinking mind of our April Member in the Spotlight, Rosemary Agostini, MD. Her love of the mountains and constantly reaching for new heights are partly derived from her parents’ and grandparents’ experiences living in the Italian Alps and their strong support for her to make a valuable difference in the world.

Dr. Agostini is one of the earliest members of AMSSM (Member #15) and remembers being at the first AMSSM Meeting when the attendees all fit in a small room. She was raised in the Italian immigrant community in Queens, New York. She attended Grover Cleveland High School in New York, never imagining she would one day train at the Cleveland Clinic and later serve as team physician at another Cleveland High School in Seattle, Washington!

At age 18, she was one of the few women in the 3rd entering class of the six-year combined BS-MD medical training program at City University of New York and New York Medical College. After medical school, she completed her Family Medicine Residency in New York State at University of Rochester, where she rotated at an orthopedics elective at Lake Placid, New York with Dr. Ed Hixon, a famed Everest expedition physician. After residency, she acclimatized to altitude working as an emergency room physician in Aspen, Colorado. She then traveled the world for a year including time serving as a trek physician to the base camp on Mount Everest. She spent summers observing Family physicians in England, and was taught by professors who observed and taught about healthcare systems in England, China, and Cuba which has given her a broad perspective of the interconnection of providing population health care entrenched in local communities.

Dr. Agostini shared that she met AMSSM Founder and Past President Dr. John Lombardo and one of her mentors, Dr. John Bergfeld, during residency, accepted the training offer for their fellowship and became the first formally trained Primary Care Sports Medicine (PCSM) Fellow in the United States in the inaugural year of their Cleveland Clinic PCSM Fellowship in the 1985-86 Clinic. Long before electronic rotation spreadsheets and Graduate Medical Education Milestones that we currently use in PCSM Fellowships, Dr. Agostini received her first fellowship schedule draft mapped out for her on a napkin at the American College of Sports Medicine (ACSM) Annual Meeting in 1984. How far we have come and benefitted from the brainchild of our AMSSM founders to develop PCSM!

She chose to work in Seattle, Washington, and after working there at Virginia Mason Medical Group for 21 years, she moved to Group Health (which has recently acquired Kaiser Permanente Medical Group). In 2009, at Group Health in Seattle she forged the scaffolding and was the founder of the Department of Activity, Sport and Exercise Medicine (ASEM). She continues working with ASEM where the group highlights important and evidence-based data in MSK Medicine, the evaluation and treatment of sports related concussion and the use of activity and exercise in the treatment and prevention of disease. Dr. Agostini continues today to expand ways we can create medicine differently to better serve our patients and communities.

She is well known for developing programs to engage people from multiple parts of her community including the popular “Walk & Talk with Your Health Care Team” in which patients, health care team members, local police and others in the community join together for a weekly walk and talk.

Dr. Agostini has published numerous articles and book chapters. In the 1990s she was one of a pioneer group of female clinicians and scientists (such as one of her mentors, Barbara Drinkwater, PhD) who noted the associations of female athletes developing eating disorders, menstrual dysfunction and bone injuries. She was an instrumental part of a 1992 “think tank “in Washington D.C. meeting at ASCM on female athletes at which the term “The Female Athlete Triad” was coined. From the 1990s to the present Dr. Agostini has served as an excellent mentor for numerous physicians. She continues to teach and do research on the effects of exercise and the medical and orthopedic issues of active and athletic women.

In addition to her busy clinical schedule at Kaiser Permanente in Seattle, Dr. Agostini and her spouse, George Brooks, PhD (a well-respected sports medicine scientist) enjoy traveling and being actively involved in multidisciplinary sports medicine communities. Dr. Agostini also enjoys skiing, yoga, hiking and photography. Living and working near majestic Mt. Rainier provides her the perfect environment to continue to literally and figuratively “reach for new heights” and take beautiful photographs.

Looking back on her decades of clinical sports medicine and community involvement, her sage advice to AMSSM members is to “be respectful of ALL people you meet.”

Thank you Dr. Agostini, for being an inspiration!
Upcoming Conferences/Events

4/24/18 - 4/29/18
2018 AMSSM 27th Annual Meeting
Lake Buena Vista, FL (Orlando)

6/20/18 - 6/23/18
2018 7th Annual Comprehensive Sports Medicine Update
and Board Review
Minneapolis, MN

6/22/18 - 6/24/18
2018 AMSSM/MMC Advanced Sports Ultrasound Course
Portland, ME

7/26/18 – 7/29/18
2018 AMSSM Fellows Research and Leadership Conference
Philadelphia, PA

11/15/18 – 11/18/18
2018 AMSSM/OHSU Intro Sports US and/or Diagnostic
and Interventional Sports US
Portland, OR

11/29/18 - 12/2/18
2018 Advanced Team Physician Conference
Charleston, SC

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