AMSSM NEWS

AMSSM Annual Meeting Ready for Liftoff

Houston serves as the site for the 28th AMSSM Annual Meeting. We will soon be celebrating the 50th anniversary of the famed Apollo 11 Lunar Moon Landing of 1969. This seminal event has provided us the theme for our meeting of “Small Steps and Giant Leaps in Sports Medicine.” This is a chance for us to acknowledge great accomplishments, evolving technology and the accumulation of new knowledge, while simultaneously addressing areas in need of development where our knowledge is only measured in small steps.

This year’s meeting features a star-studded lineup of top clinicians and other notable figures from the first to the last session. Heisman trophy winner and NFL legend Herschel Walker will keynote a session on youth sport specialization. John J. Miller, director of the Dow Journalism Program at Hillsdale College, provides the inaugural “Perspectives in History” Lecture on Teddy Roosevelt and the development of football safety regulations that led to the formation of the NCAA. Olympic gold

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Sports Medicine on the Frontier

Ben Phipps, MD

“Do I send that Pony Express?” Montana is considered off the beaten path, and I am constantly the recipient of quips by out-of-state friends and colleagues who live in the “real world” about how my medical experience is somehow different and a bit backwoods practicing in such a location. It is true that no matter how you define rural, Montana is near the top of the list in all categories. However, Billings is truly a medical hub and impressive medical community with two large and nationally ranked Level 2 trauma centers with a geographic referral area by helicopter, fixed wing and ground transport larger than many states.

In rare cases, especially in orthopedic or sports medicine situations, a patient might be sent out to one of the “Ivory Tower” academic centers to get proper care. However, the vast expanse of region we cover makes the job unique. I am the only primary care sports doc in a group of 16 specialty trained surgeons. I see multiple people every day who have driven at least 3-4 hours to be seen, and sometimes travel 5-6 hours one way. In those distant locations, they are also very short on access to ancillary medical providers, making it critical their experience in clinic is more comprehensive than most. They

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medalist Jordyn Wieber will share her perspectives on athlete safety in the wake of the Nassar scandal. Olympic Nordic Combined skier Bryan Fletcher will share his perspectives on dealing with cancer. Federal air surgeon Dr. Michael Berry heads up a symposium on the cross-application of space medicine and sports medicine. NHL Hall of Famer Pat LaFontaine will keynote an awesome session on advocacy on the final day of the conference.

Along the way will be a whole host of interesting sessions, covering topics such as evaluation and management of injuries around the torso, technology in sports medicine, the psyche of the athlete and physician, and much more. Our “Spectrum of Medical Sports Medicine,” led by Dr. Siobhan Statuta, will expand on a successful “first” from last year’s Orlando meeting, by exploring the breadth of medical sub-specialty topics that our members face. In addition, Dr. Luis Rodriguez and his team have put together the widest ranging Economics and Practice Management session that our membership has ever seen, with separate tracks dedicated to the challenges and opportunities faced by sports medicine physicians in early-, mid- and late-career stages.

Throughout the meeting are many opportunities for networking, catching up with colleagues and having fun. Our Foundation event on Monday night at Space Center Houston will include a meet-and-greet with an actual Astronaut, as well as an opportunity to ride simulators, touch a real moon rock, and climb on board a full-scale replica of the Space Shuttle.

Again, thanks for taking time to come down to Houston and be part of our Annual Meeting. We hope you will come away with new insights, enhanced skills and renewed relationships with friends and colleagues.

Program Chair Jason Matuszak, MD and Incoming AMSSM President Chad Carlson, MD

Sports Medicine on the Frontier Q&A

By Rick Scheuring, MD
NASA Flight Surgeon

1. Please describe your current role with the space program:
I am a NASA Flight Surgeon and Team lead for Musculoskeletal Medicine and Rehabilitation at the Johnson Space Center. We oversee astronaut injury diagnosis and mechanisms, rehabilitation and preventive measures.

2. How did your training and practice as a sports medicine physician prepare you for your current role in aerospace medicine?
I was team physician for high school athletic teams in Galena, IL, when I was in private practice before I worked at NASA. I worked with ATCs and PT who taught me a lot about injury mechanisms and prevention in this role. Handling all aspects of athletes’ healthcare, including sideline support and off season injury prevention, was a big help in developing the sports medicine program at NASA.

3. Which aspects of sports medicine do you currently use in your job?
Musculoskeletal ultrasound for diagnosis and treatment, Osteopathic manipulative medicine on occasion, nutrition and supplement knowledge.

4. Are there any insights you would like to offer regarding the role of sports medicine in the changing healthcare landscape?
Understanding injury mechanism is key to diagnosis and developing effective prevention strategies. Astronauts are very engineering-oriented, so having a handle on how injuries occur and how equipment or tasks influence the injury potential is key in prevention.

5. Any additional thoughts you feel would be beneficial for our readers?
We are learning a lot about the pathogenesis of lumbar back pain from the space program as astronauts have pain from both microgravity adaptation and during the course of their space mission. We will develop countermeasures for back pain, and this will ultimately support sports medicine providers terrestrially. Very exciting times!
can’t leave with a prescription for PT (there may not be one within two hours of their ranch), so they need to leave with a better understanding of their diagnosis, restrictions, the DME they require, and a thorough printed and counseled HEP. Asking them to return in two days for an injection or MRI or to “pop in” for a recheck is also unrealistic.

Our sports medicine team has to be open-minded in practice as well. We care for two colleges and over 20 regional high schools. Many of these athletes are in or near Billings and even have a full-time athletic trainer at their school. However, we also care for student athletes in one room school houses, playing 6-man football and rodeoing between their classroom commitments and ranch chores in the middle-of-nowhere Montana. We have athletic trainers that provide outreach on once- or twice-a-week routes to these distant locations, doing our best to provide the efficient and superior care these athletes deserve. Many are tougher and more resilient than their counterparts who grow up with resources just down the street, but inevitably these kids get injuries, too. It’s not uncommon to have a kid show up wearing his cowboy boots with a fresh layer of farm dirt or cow excrement and a duct taped splint to cover a significant arm or leg injury he got bull-dogging calves at branding time that he’s hoping can be “tuned up” well enough to get him through his state track meet or next summer sport camp. The unique stories, circumstances, drive and personality of Eastern Montana’s residents keeps me coming to work excited to see what each new day will bring.

Contrary to popular belief, I do not mush a team of sled dogs to work from my igloo in the morning. My two offices at Algone Sports and Regenerative Medicine are among the most modernized practices I have seen and operate within a busy metropolitan area of well over 300,000 people. We even get Amazon Prime shipments.

I serve as the team physician for two local high schools where the athletes typically have the same

James Alex, MD

So what is it like to practice sports medicine in “The Last Frontier”? On the surface, medicine in the greater Anchorage area is no different than the “lower 48.”
concerns as those I treated in New England. Look deeper, however, and the stark contrasts among patients here begin to emerge. Nowhere is this more apparent than at the Lancer Smith Memorial Wrestling Tournament for which I direct medical coverage. This 930-athlete event includes high school wrestlers from Ketchikan to Barrow, the northernmost town in the United States. Most of the towns outside of my area do not have access to MRI, CT, or musculoskeletal ultrasound. These services are arranged while athletes are at the tournament and flights must be scheduled for the rare cases requiring specialist follow-up as there are no roads connecting many communities to the rest of the state.

Broadly speaking, Alaskans are the toughest people I have ever lived with (sorry northern New Englanders). While this is arguably their greatest asset, it often presents challenges familiar to most sports medicine physicians: how do you negotiate activity restrictions when a patient’s life, livelihood or sport depends on the continued use of the affected limb? These are difficult discussions regardless of practice location but significantly more frequent here. This conversation often leads to substantial interest in the platelet rich plasma and mesenchymal stem cell treatments I offer when patients decline surgical interventions to avoid post-surgical down time.

As many former athletes turned sports medicine physicians have found, the key to working with patients in these situations is relating to them. I’m an old farm boy from back in the day. I have found an effort to relate to patients through that experience is pivotal in building a treatment plan based on trust. The only difference here is that the process takes a bit more effort; you have to climb the mountains, fish the rivers, ski/snowboard the backcountry, ice climb the glaciers, split wood with a maul, and spend time in the most isolated places in the country to truly understand how Alaskan patients work, live and play. When these activities are part of going the extra mile in the most beautiful place on earth, the question of why I work here answers itself.

After moving to Edenton five years ago, the most common question I received was, “So, what exactly is Sports Medicine?” As a Family Physician who practices Sports Medicine, moving to a rural area includes many rewarding moments of learning how to grow a practice and serve the people of northeastern North Carolina.

It has been fun expanding the reach of Sports Medicine in a rural community. Edenton is a town of 4,000, but it serves as medical hub for a much larger area. As a primary care provider, my patient panel includes individuals from nine different counties. With only a dozen primary care physicians in a 30-mile radius, there are opportunities to have a large sphere of influence. In many ways, growing Sports Medicine is easier in a rural area than a larger city. There are fewer obstacles with entrenched referral patterns, numerous competing medical entities or bureaucratic red tape. In a small town, access to people is easy. You can literally run into the hospital president and the school superintendent at the only grocery store in town. As a result, putting them together to hire an athletic trainer is accomplished without much of a fight. Accessing local fundraising foundations is simple, too. As a result, all the counties in the hospital service area have access to ImPACT testing. Finally, it is not uncommon to receive a phone call from a school board member 30 miles away to come speak to faculty about concussions.

Working in a rural area does carry its obstacles. With a quarter of the population living below the poverty line, access to care and treatment can be difficult. Being present at games and willing to meet kids at the school has been a way to ensure injuries are not missed and rehabilitation is successful. The tireless efforts of the athletic trainer also make this possible. Establishing a relationship with the local brace rep helps, too! Sports Medicine is more than musculoskeletal care within the confines of a clinic. In rural areas where access to care is usually limited by a shortage of physicians of all specialties, there are many opportunities for physicians who are willing to get creative and develop ways to offer care outside the clinic. There will always be a need for healthcare, and in rural areas, a little effort can have a huge impact.
**Father and Daughter in Sports Medicine**

*William O Roberts MD, MS, FACSM and Jessie R Fudge MD, FACSM*

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**Jessie Fudge:** I grew up in medical tents. At first, I brought the athletes water, clothes and finishers medals. As I got older, my responsibilities grew to include spotter, triage, procedure assistant and finally physician. I was so intrigued by medicine that I even spent a few summers working alongside my dad in his clinic medical records department. Reading the dictations as I compiled paper charts taught me the intricacies of patient care and solidly confirmed that I was meant to be a physician. My dad never specifically encouraged me to be a physician; he simply showed me the good I could do and the satisfaction I could have both professionally and personally.

**Bill Roberts:** When I was in junior high school I asked a friend if he was going to be a doctor like his dad. He said, “No, I would never do that to my kids. He is always gone, and my brother and I do not know him at all.” I was not planning on going into medicine at the time, but his response stayed with me. When I made the decision to pursue medicine as a career, my pledge to myself was to be a physician whose children would not reject medicine based on my actions within the field. My goal was not to have my children choose medicine, but rather not to reject medicine. I tried as part of that pledge to be home for dinner at least five nights a week. This meant my daughters grew up on the sidelines, helping out however they could, and I coached their soccer team and helped with their Nordic ski team. I also “volunteered” on the sidelines as the game physician for their sport teams. My goal was to have them find something they would like for a lifetime career. I never pushed them into medicine, but I wanted to make sure they would not reject medicine based on my work life.

**Jessie Fudge:** It never occurred to me to not be a physician. My dad would help my friends on the sidelines, or neighbors and local athletes in the community at home. He could even “work” as a sideline physician while watching me play high school sports. I never doubted that I could be a good physician and a good mom because I’d experienced my dad doing it.

**Bill Roberts:** Every father enjoys watching their kids find what they love and succeed at it. But I feel even more privileged because I’ve gotten a front-row seat. I was present for her white coat ceremony as she started medical school, on stage for her graduation, watched from the audience as she won two AMSSM research awards, and was in the greeting line when she was awarded her ACSM fellowship. We have even published together. But most special was working with her at the Special Olympics USA Games this past summer. You know you have come full circle when your daughter is your supervisor and when your shift ends, you get to go play with your grandkids.

**Jessie was a child before the restrictions on kids in the hospital. I was doing obstetrics as part of my practice and when on rounding weekends she and her twin sister would come with me to the hospital where they could stand on stools and watch through the window as I examined the newborns. This was their early exposure. At age 5 they played under the bleachers as I covered the state track meet. There was also the daily exposure to medicine as people would drop by from the local high school teams or I would see kids on the sidelines while I was coaching soccer. This was usually a nursemaids elbow reduction or straightening a broken nose.

As Jessie got older she began accompanying me to the USA Cup Soccer Tournament and the Twin Cities Marathon. She interpreted for me at the USA Cup for encounters with Central and South American players who were injured during games, and helped me with casting and stitching. By the time she left for college, she was an adept marathon medicine helper and probably knew more race medicine than most physicians. I was thrilled and excited when Jessie applied to and got into medical school at my alma mater with an intention to go into pediatrics. (I entered medical school with the same intention). I was even more excited when she casually dropped that she wanted to pursue family medicine.

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FATHER AND DAUGHTER IN SPORTS MEDICINE
Continued from page 5

Jessie became interested in sports medicine and decided to do a fellowship (not available for my generation). Before fellowship, she went to Antarctica to provide medical care at McMurdo Station, something I never would have dared do. She entered fellowship the following year and is now practicing in the Seattle area with Kaiser Permanente. We have published together and she was the lead author. I had the opportunity to work under her supervision at the Special Olympics USA Games where she was the Chief Medical Officer.

Here is Jessie’s side of the story:

As the daughter of a sports medicine physician, I grew up in medical tents of many different sporting events. At first, I brought athletes water, clothes and finishers medals. These simple interactions hooked me on event medicine. As I got older, my responsibilities changed to include spotter, triage, procedure assistant and finally physician. I was so intrigued by medicine I spent my summers working alongside my dad in his medical records department. Reading the dictations as I compiled paper charts taught me a ton about the intricacies of patient care and medical documentation and solidly confirmed that I was meant to be a physician. Seeing my dad most nights at dinner also confirmed that I could be both a good physician and a good mom. I have not looked back!

I navigated my way through my undergraduate medical education, medical school, residency and fellowship supported by my dad and motivated by the experiences I had with him in the medical field. I admit to being burned out by the time I finished school; having gone straight through from Kindergarten to Residency. I spent a year between residency and fellowship as a physician at McMurdo station in Antarctica. What was I thinking? As you can imagine, it was a very isolated clinic and I relied on gut instinct and past experience for many patient interactions. “What would dad do?” often resonated in my mind. Medical school and residency taught me book smarts, but Antarctica required more than that. It is amazing what simple medical tricks one can absorb in medical tents: the use of superglue for skin cracks and tooth injuries, the innumerable uses for mole foam, reducing dislocations and, most importantly, triaging sick from not sick.

I returned to Sports Medicine rejuvenated and excited to complete fellowship and get back into event medicine. The opportunity of a lifetime presented itself in Seattle and I was Chief Medical Officer of Special Olympics USA Games 2018. This proved to be an amazing experience that was guided by the experiences I had with my dad in the medical tents of the USA Cup, MN State High School League events and the Twin Cities Marathon.

My story came full circle when my dad and I got to work alongside each other once again at the USA Games in Seattle, but this time, I was in charge.

AMSSM Launches New Branding Campaign

Earlier this year, AMSSM rolled out a fresh, bold campaign that communicates who its members are and what they do, as well as the value they bring to the field of sports medicine. This campaign unifies AMSSM members as Sports Medicine Physicians and positions them as an essential member of the health care team for athletes and active people of all levels.

This multifaceted campaign includes the creation of new identity for all AMSSM members, along with a modern logo, explanatory branding video, a member symbol and member toolkit that offers multiple resources to AMSSM members.

To learn more and about these efforts, visit https://www.amssm.org/Branding-Campaign.php.
Update from the AMSSM Collaborative Research Network

AMSSM CRN Releases $150,000 Request for Proposals

The AMSSM CRN is pleased to announce the release of the “Stephen I Katz Bridge to R34” Request for Proposals (RFP).

As part of its mission, the CRN aims to help investigators obtain national funding, including the level of the National Institute of Health (NIH), for conducting high quality and impactful research in topics of relevance to sports medicine physicians. The purpose of this particular $150,000 RFP is to solicit research proposals that will prepare a team of investigators for a competitive submission of an NIH R34 Clinical Trial Planning Grant and then to an NIH U01 Clinical Trial Implementation Grant under the auspices of the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS). The topic selected for study should align with the AMSSM/CRN’s mission and NIAMS’ scientifically supported research areas, and the project must fit within the NIH’s definition of a clinical trial. For more details regarding projects of interest, please see the RFP.

The CRN will work closely with the awarded investigative team to complete their initial project and to develop a NIAMS R34 submission, with the ultimate goal of applying for and obtaining a U01 Clinical Trial Implementation Cooperative Agreement Award. Letters of intent for this RFP are due June 15, 2019. Questions and comments about this research opportunity can be directed to Stephanie Kliethermes, PhD or Anthony Beutler, MD.

Participation Requested for CRN Race Day Medical Event Study

The AMSSM CRN has partnered with the International Institute for Race Medicine (IIRM) to conduct a cross-sectional study of medical incidents at running road races in the United States. The goals of the study are to better describe the number and type of race day medical incidents at running road races in the United States.

The results of this study will help race organizers to determine the appropriate medical needs in anticipation of race day so as to be able to keep participants safe.

We are inviting you to help in one of two ways.

First, if you or one of your colleagues is a medical director/coordinator for a road race in the United States with a distance of 10K to 26.2 miles, please complete this short form so that we can collect contact information.

Second, if you are a medical director/coordinator and the race recently took place, we encourage you to complete the full post-race survey about the race details and medical incidents.

Your participation is voluntary. The results of the study will be reported in aggregate so that no identifying information or specific race details will be shared.

Please reach out to Brett Toresdahl, MD and/or Stephanie Kliethermes, PhD with any questions.
Update from the AMSSM MSIG
A Medical Student Interest Group led by AMSSM Student members

President’s Message
Luke Roberts, BS
West Virginia University School of Medicine
MS-3

2018 was a big year for MSIG. Charlie Price, former President, along with a crew of enthusiastic officers founded the group Facebook page, hosted several webinars, restarted The Rookie Report and expanded student and charter medical school involvement with AMSSM. This past week, we hosted our first webinar of the year titled “Ask a Fellow: Which Specialty Is Right for You?” It featured five current sports medicine fellows, one from each primary specialty sharing their insight and advice gathered from their journey into sports medicine. It is always a particularly helpful time for the MSIG Officers to meet face-to-face to further establish our goals for the upcoming year. One of particular interest this year will be to increase student and medical school engagement with AMSSM. With 46 current Charter Medical Schools affiliated with AMSSM, there is no reason we shouldn’t be able to grow that close to 60 by the end of the 2019 campaign.

Finally, I would like to invite all student members to become active participants in MSIG as we continue to expand. Do you have an idea or topic you would like to discuss in an upcoming webinar? Has your local sports medicine interest group hosted an event you would like to share with the MSIG community? Send an email to AMSSM_MSIG@amssm.org with your update, question or suggestion—we would love to chat.

Looking forward to an exciting year ahead!

“Live” Webinar
March 31st was the most recent “live” webinar, “Ask a Fellow: Which Specialty Is Right for You?” It featured five current sports medicine fellows, one from each primary specialty sharing their insight and advice gathered from their journey into sports medicine. We would like to thank the Fellow Speaker Panel: Alecia Gende, DO (EM); Wade Johnson, DO (PM&R); Richard Lopez, DO (IM); Marcia Newby-Goodman, MD (FM); and Sigrid Wolf, MD (Peds) for sharing their personal journey and giving incredible advice to fellow future doctors.

Is Your Sports Medicine Interest Group Connected with the MSIG?
46 Charter Medical Schools are currently connected with the AMSSM MSIG and are listed on the Student page of the AMSSM website. If your medical school sports medicine interest group is not listed, become a Charter Medical School.

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.

NEWS FROM THE AMSSM SMRC (SPORTS MEDICINE RESIDENT COUNCIL)
A Resident Interest Group Led by AMSSM Resident Members

President’s Message
Nicolas Hatamiya, DO
PGY-2 Family Medicine Resident
Stanford Health Care – O’Connor Hospital

In late January, the newly elected members of the SMRC were officially introduced to their positions, as the inaugural SMRC completed their term. There was a shared sense of enthusiasm and eagerness among the newly elected officers as they began to transition into their new roles. It was amazing to learn about the various projects the SMRC initiated over the past year, which was highlighted by the launch of the SMRC Facebook page and the enhancement of the online fellowship database. The new officers are looking forward to building upon the momentum from last year and continuing to work on new projects to help the SRMC continue to grow and develop.

As we begin the transition into Spring, the SMRC is focusing on the upcoming AMSSM Annual Meeting. The SMRC will host a “Resources for Residents and Students” table open to all resident physicians and medical students accessible during refreshment breaks as well as Continental Breakfast and Lunch on Saturday through Monday. I encourage you to stop by to learn more about the SMRC and share any ideas that you may have for the upcoming year. We would love to collaborate with you and discuss ways you can become more involved with AMSSM.

We hope to see you there!
Fellowship Member Liaisons & Class Representative Selected to AMSSM Committees

The AMSSM Fellows Matters Subcommittee is pleased to announce that the following newly matched fellows have been selected as the AMSSM Fellowship Member Liaisons for the 2019-2020 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.

**Communications Committee: Kayla Daniel, MD**  
Residency: Nationwide Children’s Hospital Pediatric Residency  
Fellowship: Nationwide Children’s Sports Medicine Fellowship

**Education Committee: Stephanie Tow, MD**  
Residency: University of Texas Southwestern PM&R Residency  
Fellowship: Children’s Mercy - Kansas City Pediatric Sports Medicine Fellowship

**International/Inter-Organizational Relations Committee: Eric Sales, MD**  
Residency: Our Lady of the Lake Pediatric Residency  
Fellowship: Orlando Health Sports Medicine Fellowship

**Membership Committee: Jaimi Weber, DO**  
Residency: University of Minnesota - St. Joseph’s Hospital FM Residency  
Fellowship: University of Minnesota Sports Medicine Fellowship

**Practice and Policy Committee: Louis Gerena, MD**  
Residency: Trident/MUSC FM Residency  
Fellowship: St. Vincent’s East FM Sports Medicine Fellowship at the American Sports Medicine Institute/Andrews Sports Medicine and Orthopaedic Center

**Publications Committee: Jonathan Smits, MD**  
Residency: Loma Linda Inland-Empire Consortium for Healthcare Education Pediatric Residency  
Fellowship: University of Massachusetts Medical School Sports Medicine Fellowship

**Research Committee: Matthew Negaard, MD**  
Residency: University of Iowa Carver College of Medicine EM Residency  
Fellowship: University of Iowa Sports Medicine Fellowship

**Sports Ultrasound Committee: Alyssa Neph, MD**  
Residency: University of Pittsburgh Medical Center PM&R Residency  
Fellowship: University of California - Davis Sports Medicine Fellowship

**Fellowship Class Representative to the Fellowship Committee: Aditya Raghunandan, MD**  
Residency: Icahn School of Medicine at Mount Sinai PM&R Residency  
Fellowship: Hospital for Special Surgery Physiatry Sports/Spine Fellowship
Note from the Editor

It is a great pleasure to introduce the April 2019 Sideline Report to my fellow Sports Medicine Physicians! I look forward to seeing many of you at the Annual Meeting in Houston where we will honor the past, celebrate the present, and plan for the future of our specialty. So many exciting possibilities lay before us, and I feel privileged to work with you in achieving better health for our patients!

During our time in Houston, we will have the opportunity to learn about the pioneering individuals that built and advance our nation’s space program. In this issue of the Sideline Report, we likewise recognize colleagues who are blazing trails for their communities, specialty, and families. I encourage you to review a new segment called “Sports Medicine on the Frontier” where we hear the perspective of sports medicine physicians serving in remote locations, plying their trade with passion and creativity. We also continue our examination of sports medicine families as father-daughter physicians William Roberts and Jessie Fudge share how they motivate each other to greater achievement in practice. In every update from our interest groups and leadership, you will see how our membership is breaking new ground and pushing the limits of sports medicine for the benefit of our patients.

I hope you gain valuable insights from this edition that will inspire you to new heights. As a specialty, we are ready for take-off! I’ll see you in Houston!

Jacob Miller, MD
Aerobic Exercise as a Treatment for Acute Concussion in Adolescent Athletes
By Myriam Lacerte, MD
A recent study from the *Journal of the American Medical Association Pediatrics* found that young athletes who sustained concussions while playing sports were able to recover faster when they were subjected to a regimen of supervised aerobic exercise. This randomized clinical trial followed 103 male and female participants between the ages of 13 and 18. The young athletes were seen within 10 days of injury and were randomly assigned to aerobic exercise or a placebo-like stretching regimen. Subjects who performed the prescribed aerobic exercise program took an average of 13 days to recover. On the other hand, teenagers in the control group who performed stretching exercises recovered in an average of 17 days. In addition, fewer athletes assigned to the treatment group took longer than four weeks to recover compared to athletes in the control group.

The findings contradict the conventional approach to concussion and show that early sub-symptom threshold aerobic exercise may speed recovery and reduce the incidence of delayed recovery in adolescents after sport-related concussion.

*Original Article: JAMA Pediatrics, 2019; DOI*

Aerobic Exercise as a Treatment for Acute Concussion in Adolescent Athletes
By Myriam Lacerte, MD

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Effect of Aerobic Exercise on Cognition in Younger Adults: A Randomized Clinical Trial
By Jesse Charnoff, MD
Yaakov Stern, PhD, and colleagues from Columbia University College of Physicians and Surgeons released exciting results showing those who performed aerobic exercise had significantly improved executive-function test scores (mean 0.50-point improvement) than those who did stretching and toning (mean 0.25-point improvement). The study was a randomized, parallel-group, observer-masked, community-based clinical trial published in the journal *Neurology*. The study included 132 adults with below-average baseline aerobic capacity. Individuals were split into an exercise group and a stretching and toning group. The exercise group chose from a variety of aerobic activities, including walking on a treadmill, cycling using a stationary bike, or using an elliptical machine. Those in the stretching/toning group did exercises to promote flexibility and core strength. The authors reported a statistically significant increase in peak power (W/Kg) output (0.22, p = 0.014, 95% CI: 0.047, 0.398) and average power (W/Kg) output (0.22, p < 0.0001, 95% CI: 0.142, 0.291). However, the authors did not find a statistically significant difference in aerobic performance.

The study also found increased cortical thickness in the exercise group, suggesting that aerobic exercise contributes to brain health in individuals as young as age 20. While previous studies have shown cognitive benefits associated with aerobic exercise, little has been published in younger populations. The lead author Stern reported, “It would make sense that exercise should improve cognition in younger people, but we hadn’t seen a controlled trial that tested it.”

*Original article | Further reading*

**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.
AMSSM, it has been an honor and privilege to serve as your president over the past year. I remain awed by the quality of our membership and the vast talents that they possess. Much work has been accomplished by our board and our members over the last year.

Some of the highlights include:

1. Marketing and branding initiative: We are “Sports Medicine Physicians”! We have a new logo, a new member seal and a member marketing tool kit is being developed as this goes to press, which will be ready in time for the Annual Meeting.

2. AMSSM Fellow Designation (FAMSSM): We will start this year by recognizing our Founders and Past Presidents as inaugural AMSSM Fellows, and will publish the application and scoring rubric for those members that would like to pursue fellow status. (Hint: it highly rewards service to AMSSM, the profession of sports medicine and the community. So if you are not serving, this is a great time to get involved!)

3. Patient Reported Outcomes Task Force: Andy Peterson and his team have done a great job evaluating all the different PRO’s out there, and that group will soon make a report for the AMSSM Board and CRN.

4. Sports Medicine Education Task Force: Led by 2nd Vice President Tracy Ray, this task force has been asked to evaluate the state of our current sports medicine education to determine if it meeting our needs now, for the next few years and moving forward into the future? They have done some great work thus far, and I anticipate an initial report within the next year.

5. Scope of Practice Document: A Scope of Practice document has been finalized and approved by the Board. It is in the member’s section of the AMSSM website and can be used for credentialing, privileging, reimbursement battles or for marketing.

6. Finalization of the CRN’s “Youth Early Sport Specialization Summit,” which will happen in conjunction with the Annual Meeting. This is a very exciting opportunity for AMSSM and our CRN to lead the way into the evidence dissemination and discussion on early sports specialization.

7. Other CRN News: AMSSM approved a commitment of up to $100,000 in support for a CRN Early Sport Specialization RFP that would be paid out in 2020 and 2021.

I look forward to seeing everyone at the 2019 Annual Meeting in Houston, where the theme will be Small Steps and Giant Leaps in Sports Medicine. Incoming President Chad Carlson and Program Chair Jason Matuszak have put together a great meeting! Make sure to donate to the AMSSM Foundation so you can attend the Foundation reception at the Johnson Space Center – you won’t want to miss it!

Chad Asplund, MD
Congratulations to the following members on their election to the AMSSM Board of Directors.

**2ND VICE PRESIDENT**

Amy Powell, MD  
Dr. Powell serves as a professor at the University of Utah, team physician for the University of Utah Utes and is a member of the AMSSM Foundation Board of Directors. She previously served two terms on the Board of Directors, acting as the chairperson of the Communications Committee. During that time, she developed the inaugural version of www.sportsmedtoday.com, and was since appointment to four Presidential Task Forces, including the Branding and Marketing Presidential Task Force. Dr. Powell has also served to the AMSSM Foundation Board and has focused on how philanthropic support can further the vital research efforts of the membership and optimize AMSSM’s worldwide visibility.

**SECRETARY/TREASURER**

Stephen Paul, MD  
Dr. Paul currently serves as Associate Professor of Family Medicine at the University of Arizona, where he was Program Director of the Sports Medicine Fellowship Program for 10 years. He is one of the team physicians for intercollegiate and club sports, as well as community and professional teams in southern Arizona. He received the AMSSM Founders’ Award in 2010 and was Program Chair for the 2014 AMSSM Annual Meeting in New Orleans. Prior to this he served on the Program Planning Committee. As a member of the Fellowship Committee since 2005, he started and chaired the Fellows’ In-Training exam. In 2012, he co-edited the first joint publication between AMSSM and Healthy Learning: AMSSM Sports Medicine CAQ Study Guide. He has worked on various committees since joining AMSSM including Membership, Internet and Fellowship. He spearheaded the AMSSM-STFM linkage for sharing talks in 2011, served as an AMSSM member representative at the Seattle ECG Summit in 2012 and recently took a sabbatical year in Chile to renew the importance of his health and family.

**BOARD OF DIRECTORS**

Joel Brenner, MD, MPH  
Dr. Brenner is an Associate Professor of Pediatrics at EVMS and the Medical Director of the CHKD Sports Medicine and Adolescent Medicine programs and direct the concussion, running and dance programs. He has been active in sports medicine from a local, state and national level — serving as a team physician for high schools and Norfolk State University, Governor’s School for the Arts, modern dance & ballet companies and Medical Director of the CHKD 8K road race. He has also testified before the state and federal legislature to assist with laws protecting student-athletes with concussions and helped develop state guidelines for Virginia. He has represented AMSSM on the Team Physician Consensus statement addressing “Selected Issues in Injury and Illness Prevention” focusing on the young athlete and position statement on “Overuse Injuries and Burnout in Youth Sports”. He also served as AMSSM Guest Co-Editor of the British Journal of Sports Medicine’s special theme issue “Key Issues in the Care of Young Athletes,” and has presented plenary lectures at the Annual Meetings.

Mederic Hall, MD  
Dr. Hall is an Associate Professor in the Departments of Orthopaedics & Rehabilitation, Radiology and Family Medicine at the University of Iowa. He serves as the Director of MSK and Sports Ultrasound and the Associate Fellowship Director for the Primary Care Sports Medicine Fellowship. He is also team physician for the Iowa Hawkeyes, Regina High School and the U.S. Ski Team. He has been actively involved in AMSSM, including multiple Annual Meeting podium presentations and Instructional Course Lectures (ICLs), Program Planning Committee (PPC) for the 2014, 2016 and 2017 Annual Meetings, the coordinator for all ICLs for the 2017 Annual Meeting and the PPC Chair for the 2018 Annual Meeting. In 2015, he took over Co-Course Director responsibilities for the Advanced Ultrasound (US) Pre-Conference, which he continues to direct, and he has been on writing groups for multiple AMSSM position statements.

Rebecca Myers, MD  
Dr. Myers practices sports and family medicine in a private practice in Longmont, CO and is an Assistant Clinical Professor for the University of Colorado Family Medicine Residency. She is a team physician for high school athletics and provides community sports medicine education and volunteers at a local community health center, which supports underserved individuals. She has been an active member of the Program Planning Committee since 2013, helping plan and moderate Annual Meeting sessions over the past four years. She organized and co-hosted Instructional Course Lectures at the Annual Meeting addressing sports medicine for underserved populations and physician wellness for residents and fellows. She has been active in the AMSSM Service Projects since the program’s inception.
NEWS FROM THE BOARD

AMSSM BOARD ELECTION RESULTS
Continued from page 13

Jason Matuszak, MD
Dr. Matuszak is the Chief of Sports Medicine at Excelsior Orthopaedics, a Clinical Assistant Professor at University at Buffalo and an Associate Team Physician for the Buffalo Bisons minor league baseball team. He has been on the Annual Meeting Program Planning Committee from 2016-2019, including serving as the Moderator of Moderators in 2018 and the Program Planning Chair for the 2019 Annual Meeting. Dr. Matuszak has been the Practice and Policy Committee Vice-Chair the past four years, and has previously been on the Team Physician Consensus Conference Writing Group, the National Quality Forum Standing Group on Musculoskeletal Quality Measures, the Inter-association Task Force on the Treatment of Spine-Injured Athlete, the Pre-participation Monograph 5 Writing Group, the AAOS Management of Rotator Cuff Injuries CPG Work Group and the AAPM&R Concussion Writing Panel.

Andy Peterson, MD, MSPH
Dr. Peterson is an Associate Professor of Pediatrics, Director of Primary Care Sports Medicine and the Head Team Physician at the University of Iowa. AMSSM has been his academic home for 14 years and has been actively involved in many research initiatives. This include serving on the Collaborative Research Network (CRN) Leadership Team, leading a Board task force on Patient Reported Outcome measures, leading the Research Abstract Review Committee and reviewing research grants and abstracts for several years. Dr. Peterson has also served as one of the International Traveling Junior Fellows to Italy and was on the Program Planning Committee for two Annual Meetings.

Jason Zaremski, MD
Dr. Zaremski is the Co-Medical Director at the University of Florida Health Sports Medicine Outreach Program in the Divisions of PM&R and Sports Medicine. I has served as a case abstract reviewer, a question writer and editor for the In-Service Training examination, a volunteer for the Mentorship project and the Sub-Committee on PM&R Sports Medicine Curriculum Guidelines within the Education Committee. Dr. Zaremski has also served on the Program Planning Committee since 2017, and will be the 2020 PPC Chair. He has been named to represent AMSSM as the Junior Associate Editor to the Clinical Journal of Sports Medicine and was selected as a Junior Traveling Fellow to Scandinavia in 2018.

AMSSM FOUNDATION

Foundation Grant Award Winners Announced

Congratulations to the recipients of the 2019 Young Investigators Grant Award and the 2019 AMSSM Foundation Research Grant Award.

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 MultiCenter 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 LongDistance 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”
The theme of this year’s AMSSM Annual Meeting in Houston is “Small Steps and Giant Leaps in Sports Medicine,” a nod to the history of space exploration on the 50th anniversary of the Apollo 11 Moon landing. Thanks to member giving and an increased number of sponsors, the Foundation took a “giant leap” and funded more than $350,000 in research and education initiatives last year. Giving to the organization might seem like a small step, but it can have a huge impact in the field of sports medicine.

With the meeting kicking off this month, there are multiple ways to get involved in Houston:

**AMSSM Foundation Contributor’s Party**

One of the primary highlights at each year’s meeting is the Foundation Contributor’s Party, which serves as an additional benefit to all AMSSM members who support the Foundation each year. If you haven’t already given, please consider making your donation in order to attend the AMSSM Night at Space Center Houston on Monday, April 15. Attendees will have access to all the exhibits at the Space Center, in addition to a DJ and dancing from 6:30 p.m. – 11 p.m. You won’t want to miss it.

**Foundation Service Project 2019**

Now in its 6th year, the AMSSM Foundation gives members an opportunity to get their hands dirty and help make a tangible difference in local communities during the Annual Meeting. On Friday, April 12, AMSSM is working with Volunteer Houston on a day-long project that will renovate and revitalize a local park and playground at Looscan Elementary School. Each year, dozens and dozens of AMSSM members give their time and energy to help children and other community members to lead more active lives, and we hope you’ll join us in those efforts. It’s an enjoyable way to meet and network with fellow AMSSM members.

**Global Humanitarian Service Project Grant**

In addition to several longtime scholarships and funding, the Foundation awarded the second Global Humanitarian Service Project Grant, which strives to expand the organizations’ outreach efforts to the international community.

A team led by Founder and Past President Dr. Doug McKeag and his son Dr. Ian McKeag 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. This project will expand the remote clinic sites and instruction available to many remote villages in an area that did not even have access to healthcare until 2009. The group will also teach MSK injury protocols and sports medicine to high school students at local facilities.

Your giving helps fund these efforts and much more. Thank you for your continued support of the AMSSM Foundation, which helps fund education, research and scientific activities, while promoting opportunities for humanitarian outreach.

**AMSSM Foundation Leadership**

**OFFICERS**

Rob Johnson, MD .......................... President
Bob Dimeff, MD ......................... Vice President
Kim Harmon, MD ...................... Secretary/Treasurer
Jeff Tanji, MD .............................. Immediate Past President
Marje Albohm, MS, ATC (Corporate)
Mike Pursel, RPh, MBA, CHP (Corporate)

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Member in the Spotlight

Karie Zach, MD
By Lauren M. Simon, MD, MPH

When you visit the “Dairy State” of Wisconsin, full of a wonderful variety of calcium-rich foods, it is perfectly fitting that you will find AMSSM Member in the Spotlight, Karie Zach, MD, promoting bone health in athletes and active lifestyles.

As a lifelong Wisconsin resident, she unabashedly informed me the she is a “cheese snob” who loves Wisconsin cheese. (To be clear, she does not consume the brightly colored, processed cheese which adorned the cheese steak sandwiches where I attended medical school in Philadelphia.)

Dr. Zach played some great, bone-loading sports at Milwaukee King High School, where she played volleyball and ran track (300 hurdles and the 400.) In college at Valparaiso University, she had a double major in Chemistry and Biology. She competed on the track team at Valparaiso all four years and ran the 400 hurdles, the 400 and competed in the heptathlon. While she was a student at Valparaiso, she enjoyed the excitement when her college jumped into the national spotlight as the men’s basketball team upset Mississippi to advance to the Sweet 16!

After college, she did “bench research” on Alzheimer’s disease at Evanston Northwestern Research in Chicago for 3 years. She published two journal articles on amyloid peptide, a protein involved in the pathology of Alzheimer’s disease. After her time spent in the lab, she made her decision to pursue medicine as a career, combing her love of science with her desire to care for patients. She attended medical school at the University of Wisconsin Medical School in Madison, where she became a lifelong Badger fan.

In her Physical Medicine and Rehabilitation (PM&R) Residency program at the Medical College of Wisconsin (MCW), in Milwaukee, she was mentored by Anne Hoch, DO, who served as one of the Program Directors for the Primary Care Sports Medicine Fellowship programs at MCW. She enjoyed the variety of clinic, sports coverage and procedures and stayed at MCW for her Primary Care Sports Medicine Fellowship. In addition to covering traditional High School sports in fellowship, she also provided care for the Milwaukee Ballet and Irish Dance performers.

After fellowship, she spent four years in private practice with Gundersen Medical system in La Crosse, Wisconsin where she worked in non-operative orthopedics. In her practice, she cared for patients age 10 and older involved with all types of physical activity. She also cared for many farmers who produced her beloved Wisconsin cheese!

She returned to the Medical College of Wisconsin in the fall of 2015. At MCW, she works in a multidisciplinary sports medicine group with PM&R, Family Medicine and orthopedic physicians. Her clinic is predominately sports and spine focused, and she performs ultrasound guided and fluoroscopic procedures. Dr. Zach is the Program Director for the MCW PCSM Fellowship. In her first year as program director, she has had the privilege to work with AMSSM Past President Craig Young, MD, who served as a Program Director for the Primary Care Sports Medicine Fellowship program at MCW. She also precepts PM&R Resident Physicians and MCW medical students. She provides sports medicine coverage for the Milwaukee Torrent men’s and women’s semi-professional soccer team, the Milwaukee Ballet and Divine Savior Holy Angels High School.

Dr. Zach and her husband Brian have three young sons, whom they encourage by example to enjoy a healthy lifestyle. In addition to participating in sports at the local Recreational League, the family travels “up North” (a favorite Wisconsin term) to enjoy fishing and watersports in the lake region in Northern Wisconsin. Dr. Zach is an avid cyclist who alternates some time on snowshoes in the winter.

Dr. Zach has been an AMSSM member since 2010 and enjoys attending the Annual Meetings and working with PCSM Fellows on scholarly activity. She is a wonderful emissary for Primary Care Sports Medicine and encourages students and residents to choose our specialty. She informs them that you can have a busy sport medicine practice, choose the amount and types of sports coverage you enjoy AND have time to care for your family and yourself. In full disclosure, Dr. Zach will happily attend an AMSSM meeting when we have one in Oregon because on a recent hiking trip there, she found out that Oregon also has delicious cheese! Thank you, Dr. Zach, for being our April Member in the Spotlight.
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