

The Sideline Report

News in the World of Sports Medicine

DECEMBER 2022

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The Sideline Report

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NEWS FROM THE BOARD

David Olson, MD

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AMSSM NEWS

Get Ready to Rise to the Challenge at the 2023 Annual Meeting

The AMSSM Annual Meeting with the theme “Rising to the Challenge” will be held in Phoenix, AZ, from April 28 to May 3, 2023, and will focus on many of the topics heightened by the COVID-19 pandemic, such as health equity, lifestyle medicine, mental health, the team physician’s role in today’s climate and the importance of physician support and wellness.

[Click here](#) to view the preliminary program for the 2023 Annual Meeting.

Through the content of the AMSSM Annual Meeting, we are hoping to challenge the attendees to consider the importance of various factors in the diagnosis and management of patients such as age, sport, workload, adaptive needs, environmental factors, biomechanics, and associated conditions such as rheumatologic, bone or hypermobility disorders. We will challenge our attendees to consider adjacent anatomy, alternative imaging options, and lifestyle factors when making diagnoses, and explore how ultrasound-guided procedures, exercise, nutrition, technology, and various recovery modalities can be used in the treatment model.

We expect attendees to leave our Annual Meeting ready to apply new lessons learned about mentorship, leadership, and professional development. We hope the AMSSM Annual Meeting will provide an opportunity for sports and exercise medicine clinicians to reflect on issues brought to light by the pandemic and support our members and colleagues in “Rising to the Challenge”.

On Friday, April 28, 2023, the AMSSM and its Collaborative Research Network (CRN) are hosting the 3rd Research Summit – Sports Medicine for All: A CRN Research Summit on Justice, Equity and Inclusion.

We hope to see you in Phoenix! ■

Melissa Novak, DO – 2023 Program Planning Chair

Marci Goolsby, MD, FAMSSM – Incoming AMSSM President



2022 AMSSM Travelling Fellowship to Canada: The Experience and Lessons Learned

Yao-Wen Eliot Hu, MD, MBA, and Anuruddh K. Misra, MD, QME

The 2022 AMSSM Traveling Fellowship program sent Senior Fellow Dr. Bert Fields and Junior Fellows Drs. A. K. Misra and Eliot Hu to Canada, with International Fellow Dr. Connie Lebrun hosting. Goals were to encourage academic interchange, expand research networks, and explore clinical interests with international sports medicine leaders.

Starting in Toronto, we toured the Canadian Sport Institute of Ontario (CSIO) and Toronto Pan Am Sports Centre with Sheldon Persad, CSIO’s Senior Advisor. We learned about their emphasis on nutrition and environmental

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2022 AMSSM TRAVELLING FELLOWSHIP TO CANADA

Continued from page 1

training while discussing potential research collaborations in the age of analytics. Following a quick visit to the Hockey Hall of Fame, we met Dr. Cathy Campbell, CASEM's current president, at Cleveland Clinic Canada. CEO Mike Kessel spoke about the history and philosophy of Cleveland Clinics internationally and discussed the challenges of concierge medicine and private practice sports medicine operations within the Canadian healthcare system.

We proceeded to McMaster University in Hamilton to meet Dr. Stuart Phillips, courtesy of Dr. Misra's professional network. Dr. Phillips' Physical Activity Centre for Excellence runs 5 community and research-based programs for individuals with chronic diseases. We experienced the equipment personally, exchanged research ideas, and toured the David Brayley Sports Medicine and Rehabilitation Centre with Dr. David Levy afterwards. Dr. Nancy Lazare (Dr. Lebrun's medical school classmate) and her husband Dr. Zvi Gellert then treated us to a lovely home-cooked dinner in nearby Dundas.

Dawn Haworth, CASEM's Executive Director, took us for a vigorous hike

and rejuvenating swim in Quebec's Gatineau Park, followed by lunch in Wakefield. In Ottawa, we caught the Cirque du Soleil production in town prior to serving as guest instructors for the Sports Medicine Ultrasound Canada (SMUC) Level 1-2 ultrasound course and cadaver lab, hosted by Dr. Frank Johnson. We exchanged ultrasound tips and discussed the current financial and clinical landscape of sports ultrasound and orthobiologics in Canada. We then attended a CFL game while Dr. Misra connected with InBody Canada.

We returned to Toronto and travelled to London, Ontario to the Fowler Kennedy Sport Medicine Clinic at Western University. Dr. Hu presented on deep gluteal syndrome and afterwards, we toured the Wolf Orthopedics Biomechanics Lab and engaged in clinical and research discussion with various clinicians. We had dinner with members of Dr. Jane Thornton's lab and learned about their research. The following day, we visited Fanshawe Community College's satellite sports medicine clinic, the stadium training room, and ran a 2-hour ultrasound workshop for the Sport Medicine Fellows. We attended a Toronto Blue Jays game back in Toronto thanks to Dr. Misra's continued work with the team.



In Edmonton, we presented Family Medicine Grand Rounds at the University of Alberta on "Exercise is Medicine" collaborating with Dr. David Klein, a local faculty member who focuses on exercise and health. We toured the Glen Sather Sports Medicine Clinic, where we exchanged first-hand clinical knowledge with sports medicine and concussion clinic staff, and ended with a sports ultrasound workshop for the clinicians.

In Calgary, Dr. Hu, with Beam Radiology and Dr. Frank Johnson of SMUC, presented on deep gluteal syndrome and other radiology topics. An ultrasound workshop where all of the Traveling Fellows were instructors preceded a tour of this new facility, located near the Group 23 Sport Medicine Clinic at Canada Olympic Park. Afterwards, Shane Esau introduced the NFL-funded SHRed research study (Surveillance in High school to Reduce concussions) and we toured the SHRedMobile, a fully self-contained converted vehicle to collect data for concussion research studies (baseline testing and blood samples) at different sites. We caught another CFL game, complete with a "backstage tour" from team physician Dr. Chris Beavington. Calgary also brought us to Dr. Kathryn Schneider's Sport Concussion Research lab at the University of Calgary. We exchanged research ideas and personally experienced specialized concussion evaluation, followed by Drs. Fields and Hu presenting Sport Medicine Rounds.

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2022 AMSSM TRAVELLING FELLOWSHIP TO CANADA

Continued from page 2



Who could resist the mountains nearby? After hiking at Chester Lake in Kananaskis, we organized a dinner symposium for sport medicine providers in Canmore and Banff areas, including orthopaedic surgeon Dr. Mark Heard, PCSM physician Dr. Andy Reed, and other

clinicians. All 3 Traveling Fellows gave presentations - in "5 minute, 5 slides, 5 questions" format – leading to lively audience interactions. The next day, we toured Banff Sport Medicine at their new Canmore site, where they have impressively incorporated Orthopaedics, PCSM, PT, and their research group -- the Banff Sport Medicine Foundation -- as part of a local community private practice group. We learned about their clinical and research operations, producing most recently the Banff score for patella instability.

A whirlwind tour of 7 cities in 2 weeks couldn't have had a better international fellow, guide, and host in Dr. Lebrun. She was fantastic in reaching out to her colleagues across Canada to gauge interest in hosting, planned our entire itinerary, offered

her own residence, and accompanied us to facilitate introductions. We were fortunate to experience the hospitality of Dr. Lebrun's tree of trainees and colleagues. We exchanged academic, clinical, and administrative knowledge; established research connections; created new friendships and mentorships; and reconnected with old friends while experiencing warm Canadian culture and hospitality. It was interesting to compare sports medicine fellowship education and to explore the challenges of the Canadian healthcare system, especially for exercise promotion, orthopaedic collaboration, clinical research, orthobiologics, and sports ultrasound. Thank you to AMSSM, CASEM, and DJO Global for supporting this extremely worthwhile venture! ■

2022 Global Exchange to Japan

Katie Rizzone, MD, MPH, and Carly Day, MD, FAMSSM

This was a busy and productive trip to Japan thanks to the incredible efforts of our host Dr. Yuka Tsukahara, a previous AMSSM International Traveling Fellow. Dr. Katie Rizzone was selected to participate in the Global Exchange Program sponsored by DJO Global and Dr. Carly Day was invited by the Japanese Society of Clinical Sports Medicine. We started off in Kyoto, taking in the beautiful Shinto and Buddhist shrines before enjoying dinner and camaraderie with physicians from the Kyoto Prefectural University of Medicine. The next morning, we observed exercise testing of a post-operative ACL reconstruction



patient using their unique protocol to determine readiness for return to play. Dr. Aguri Kamitani explained their research on this protocol which has an impressively low re-injury rate.

We then took the bullet train to Hiroshima, where we were fortunate to shadow Dr. Yuko Nakashima, an expert and leader in clinical musculoskeletal ultrasound, during her clinic. We were able to observe her approach to wrist and elbow clinical issues and dialogue about differences and overlap of American practices. We then went to the Hiroshima Peace Memorial Park and museum, epicenter of the bomb dropped by in the United States in August of 1945.

Heading back to Tokyo, we visited the Olympic Stadium, main site of the 2020 Tokyo Olympics, with Dr. Seira Takei. We toured the Japanese Olympic National Training Facility where Dr. Kohei Nakajima, head national doctor for the Japanese athletes, showed us the incredible training facilities constructed for the recent Olympic games. There we



discussed training, injury prevention and nutrition of their national team athletes, both for abled and para-athletes. One of the highlights of the trip was our time at Tokyo Women's College of Physical Education, where Dr. Tsukahara teaches and works with the College's numerous athletes. Students presented to us on their research ideas, followed by lectures of our own. Our tour of the campus included watching practices of rhythmic gymnastics and kendo. The next day in Tokyo, we met with the faculty of the Tokyo Medical and Dental University, participating in a clinical research symposium

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2022 GLOBAL EXCHANGE TO JAPAN

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with the orthopedic faculty of the University. The third day in Tokyo, we toured on our own, exploring the culture and districts of various Tokyo neighborhoods and enjoying the



sights and sounds of the biggest city in the world.

The last leg of our trip started with a flight to the city of Sapporo, on the northern island of Hokkaido, for the 33rd Annual Meeting of the Japanese Society of Clinical Sports Medicine. We met with orthopedic leaders from around Japan, gave lectures, and participated in an expert panel. The last day, we headed to an onsen (hot spring) in Otaru before starting our journey back to the United States.

We were fortunate to meet with orthopedic and sports medicine leaders during our trip. Both Dr. Day and Dr. Rizzone have already started to discuss international research projects and can't wait to share



what we have learned with AMSSM membership. We hope to build long-lasting collaborative relationships with the incredible sports medicine physicians from Japan. Many thanks to DJO Global and the Japanese Society of Clinical Sports Medicine for making this trip possible! ■

Scaphoid Fractures

Zhe Liu, DO, PGY-3 – Grand Strand Medical Center – HCA Healthcare

Anthony Shadiack, DO – Grand Strand Medical Center – HCA Healthcare

Introduction

Scaphoid fractures are common injuries of the hand and wrist experienced most commonly by young men in the United States. Early diagnosis and treatment are crucial to prevent adverse outcomes such as nonunion, delayed union, decreased grip strength, decreased range of motion, and osteoarthritis of the joint.

Affected Population/Incidence

Scaphoid fractures account for 10% of all hand fractures and 60-70% all carpal fractures. Incidence is approximately 1.4/100,000, occurring highest among 20-24 year old white males. Athletes participating in basketball and football are more prone to scaphoid injuries due to high impact to the wrist.

Pathophysiology/Etiology

Mechanism injury can occur with either direct axial compression or with hyperextension of the wrist, likely from fall onto outstretched hand. With enough force, scaphoid fractures are likely to occur. The radial artery supplies the scaphoid bone, however the proximal portion of the

scaphoid bone has no direct blood supply, thus nonunion is an important complication of scaphoid fractures.

Presentation

Patients with scaphoid fractures typically complain of deep, dull pain in the radial wrist. Pain worsen with palpation, squeezing, or gripping. Focal tenderness will likely be present in the following areas: the anatomical snuffbox, radial wrist crease, distal to Lister's Tubercle. The combination of clinical tests will improve specificity which include anatomic snuffbox tenderness, scaphoid tubercle tenderness, and pain with axial loading.

Diagnosis

Any suspicion of scaphoid fractures would need to have radiographs of PA, lateral, oblique and scaphoid views of the wrist. It is worth noting that radiographs are insensitive for detecting scaphoid fractures within two to six weeks of the injury, with high false negative rate of 20-54%, thus clinicians should assume the injury given enough clinical evidence.

Given high enough clinical suspicion and negative initial radiograph, a MRI or CT scan would be useful in correctly identifying scaphoid fractures and should be performed in the first 3-5 days. Sensitivity of MRI and CT is reported as 99% and 93-95%, respectively.

Treatment/Management

Emergent surgical referral is required with open fractures and patients with neurovascular compromise. Urgent surgical referral is required with the following: fracture of the proximal pole, non-waist fractures displaced more than 1 mm, waist fractures displaced more than 1.5 mm, delayed presentation of acute fractures, fractures associated with scapholunate ligament rupture, carpal instability. Routine surgical referral indicated at any time with evidence of nonunion or osteonecrosis for patients treated non-surgically with immobilization.

For patients with unclear scaphoid fracture diagnosis, they should be placed in a volar wrist splint or thumb spica splint or short arm cast until

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SCAPHOID FRACTURES

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definitive imaging can be done. Pain can be managed with over the counter analgesics. Non-displaced can be treated in a short arm cast for 6 weeks. Minimally displaced ($\leq 0.5\text{mm}$) can be treated in a short arm cast for 10 weeks. Between 0.5-1.5mm should be treated in a short arm cast for 10 weeks but need surgical repair for reasons listed above under urgent surgical referral.

Disclaimer

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and/or an HCA Healthcare affiliated entity. The views expressed in this publication represent those of the author(s) and do not necessarily represent the official views of HCA Healthcare or any of its affiliated entities.

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UPDATE FROM THE AMSSM SPORTS MEDICINE FELLOW COUNCIL

A Sports Medicine Fellow Interest Group Led by AMSSM Fellowship Members



Giorgio A. Negron, MD
Mayo Clinic PM&R Sports Medicine Fellowship
Program – Rochester
Fellow 2022-2023
Rochester, MN

2021-2022 Fellowship Class Representative's Message

Dear Sports Medicine Fellows,
Kudos to you all for completing almost half a year of fellowship! We have survived fall sports and are exponentially increasing our knowledge base in all facets of sports medicine. The AMSSM Sports Medicine Fellow Council (SMFC) have been working on multiple projects for your learning and collaboration. One endeavor that needs your help comes from your Sports Ultrasound Committee representative (Kayle Noble-Taylor, DO) which is to increase the case submissions for the [AMSSM Library of Sports Ultrasound Pathology](#). I encourage you all to submit an interesting ultrasound case to practice on constructing your own ultrasound interpretation and review some of the submitted cases to increase your confidence in recognizing abnormal findings.

Furthermore, I would like to remind everyone on the amazing educational resources AMSSM has to offer to facilitate your learning during fellowship:

- [Official AMSSM Youtube Channel](#)
- Here is where you can access the National Fellows Online Lecture Series, Sports Ultrasound Case Presentation Series, and Early Career Blueprint Series, Publications Training and Development Series, and Sports Economics Webinar Series.

- [AMSSM Collaborate](#)
- [AMSSM Sports Medcast](#)
- [AMSSM Sports Ultrasound Online Didactics](#)
- [AMSSM Recommended Sports Ultrasound Scanning Protocols](#)
- [AMSSM Fellows Resources Web Library](#)
- This includes convenient links to the top 120 articles in sports medicine
- [AMSSM Free ECG Training Modules](#)

As I know you all are preparing for the next stage after fellowship, which is finding that perfect job, here are some resources for the job hunt:

- [Salary averages for recent graduates](#)
- [AMSSM Career Center](#)
- Sign up for job alerts by locations and other filter search criteria

Finally, here is QR code for our social media links so you can stay up-to-date and connect with your fellow SMFC members.



Wishing everyone health and happiness during the holiday season. I look forward to seeing you all in the 2023 Annual Meeting in Phoenix, Arizona! person soon at next year's AMSSM conference in Phoenix, AZ. ■

UPDATE FROM THE AMSSM SMRC (SPORTS MEDICINE RESIDENT COUNCIL) A Fellow Interest Group Led by AMSSM Fellowship Members



SMRC President's Message

Joshua Romero, MD
Mayo Clinic PM&R Residency
Rochester, MN
PGY-3

As the end of 2022 and my term as SMRC President comes to a close, I can't help but reflect on what this year has brought. First and foremost, I am truly grateful for the opportunity to serve in this role. Not only did this role bring both personal and professional fulfillment, but it also allowed me to engage with faculty and trainees from various specialties, deepen my passion for sports medicine, and most importantly, it provided a platform to create opportunities for those interested in sports medicine. This has been a very memorable experience that I will cherish for time to come.

If we accomplished anything meaningful this year, it is because of the group effort of the SMRC, rather than any individual. The effort, dedication, commitment, and innovation of the SMRC officers was unparalleled. Our collaborative effort allowed us to bring Question of the Week to social media platforms, host multiple national webinars, highlight AMSSM events and resources, and start the first combined MSIG and SMRC AMSSM Journal Club. We are hopeful these have positively benefitted both residents and medical students who are interested in learning more about sports medicine.

As we look to the future, I know the incoming group of SMRC officers will build and expand upon the initiatives we have set forth. I look forward to seeing all this group accomplishes in the near future. I am encouraged by the camaraderie, commitment to excellence, and dedication to our athletes the field of sports medicine encourages. The future is bright for sports medicine. Let us push forward and each contribute to this positive future.

Wishing you and your families a joyous and safe holiday season.

The 2023 SMRC Officers are excited to represent residents of their respective primary specialty and looking forward to take a leadership role within the AMSSM. Congratulations to the newly elected SMRC Officers!

2023 AMSSM SMRC Officers



Sara Lim, MD **President**
University of Washington PM&R Residency (PGY-3)
Seattle, WA



Andrew Alexander, MD **Communications Representative**
Mayo Clinic PM&R Residency (PGY-3)
Rochester, MN



Alex Bonilla, MD **Emergency Medicine Representative**
The Mount Sinai Hospital Emergency Medicine Residency (PGY-3)
New York, NY



Katherine Wainwright, MD **Family Medicine Representative**
University of Washington Family Medicine Residency (PGY-2)
Seattle, WA



Edwin Davila, DO, MS, CISSN **Internal Medicine Representative**
Texas Institute for Graduate Medical Education and Research
Internal Medicine Residency (PGY-2)
San Antonio, TX



Frank Woo, MD **Pediatric Representative**
Loyola University Medical Center Internal Medicine & Pediatric Residency (PGY-2)
Maywood, IL



Eric Twohey, MD **PM&R Representative**
Mayo Clinic PM&R Residency (PGY-3)
Rochester, MN



Joshua Romero, MD **Immediate Past President**
Mayo Clinic PM&R Residency (PGY-3)
Rochester, MN

Residents...Our Social Media Presence Is Growing...Get Connected



UPDATE FROM THE AMSSM MSIG (MEDICAL STUDENT INTEREST GROUP)

A Student Interest Group Led by AMSSM Student Members



MSIG President's Message

Jessica Buttinger, MS (MS4)
Central Michigan University
Mt. Pleasant, MI

I'm so grateful for the opportunity to serve as the AMSSM MSIG President this past year. I'm proud of the significant initiatives we implemented and our impact on increasing medical student membership and awareness in the AMSSM. We were able to increase this awareness through our social media campaign on Instagram and the creation of an MSIG Twitter, as well as the result of numerous MSIG webinars covering essential topics in sports medicine, including concussions, mental health & disordered eating in sports, how to start a sports medicine interest group, and women in sports medicine. We also highlighted The Agostini Community Outreach Grant, an incredible opportunity emphasizing the importance of service to underserved populations in medicine and sports medicine.

I'm most proud of our collaboration with the AMSSM SMRC in creating the first-ever AMSSM National Journal Club. It was such a joy working to make this idea a reality this past year and to see the enormous response in sign-ups for article presentations and AMSSM faculty mentors. This response and support speak to the incredible people who make up the sports medicine community and the AMSSM. Thank you to all the MSIG & SMRC members and faculty, who have worked to make these initiatives possible.

Connect and Follow the AMSSM MSIG on Twitter, Instagram and Facebook



We want to grow our social media presence!

2023 AMSSM MSIG OFFICERS



Carly Setterberg, BS **President**
University of Colorado School of Medicine
Aurora, CO
(Class of 2024)



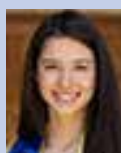
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Tulane University School of Medicine
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(Class of 2024)



Ashley Best, BS **Secretary**
American University of Antigua College of Medicine
New York, NY
(Class of 2024)



Lauren Prisco, BA **At-Large Member (MS2)**
Weill Cornell Medical College
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(Class of 2025)



Mikayla Sonnleitner, BS **At-Large Member (MS2)**
University of Hawaii John A. Burns School of Medicine
Honolulu, HI
(Class of 2025)



Max Besser, BS **At-Large Member (MS1)**
Western University of Health Sciences
Pomona, CA
(Class of 2026)



Kirra Borrello, BS **At-Large Member (MS1)**
University of Hawaii – John A. Burns School of Medicine
Honolulu, HI
(Class of 2026)



Jessica Buttinger, MS **Immediate Past President**
Central Michigan University College of Medicine
Saginaw, MI
(Class of 2023)

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UPDATE FROM THE AMSSM MSIG

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Make Plans to Attend MSIG Webinar – Thursday, Jan. 5, 2023 at 8:30 pm ET
Women as Team Physicians and Leadership Roles in Sports Organizations



THURSDAY, JANUARY 5, 2023 | 8:30-9:30 pm ET

***Women in Sports Medicine
As Team Physicians & Leaders in Sports Organizations***

Speaker Panel



Cheri Blauwet, MD



**Cindy Chang, MD,
FAMSSM**



**Kimberly Harmon,
MD, FAMSSM**



**Margot Putukian,
MD, FAMSSM**

Moderator



**Jessica Buttinger,
MS**

This webinar will be an amazing opportunity for the Student and Resident members to learn from the four-member Speaker Panel collectively about their careers in sports medicine and their involvement over the years as team physicians and as leaders of AMSSM and other sports organizations. During the one-hour webinar, the Speakers will talk about their career in sports medicine, various roles/sports as an athlete, team physician and their leadership roles in AMSSM and sports organizations. This will be an impactful

session for Student and Resident members to hear the personal stories, to learn from and will be inspired by these women in sports medicine. Link to Join the Webinar: <https://us02web.zoom.us/j/4027285363?pwd=T2F6ckU2cElzMzNNZ2NoM091R3hTQT09>

Have a Webinar Topic Suggestion for 2023?

Please contact the AMSSM MSIG Officers at amssm_msig@amssm.org with your suggestions for a webinar topic for 2023.

Is Your Sports Medicine Interest Group Connected with the MSIG?

63 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](#). We feature one of our Charter Medical School connected to the MSIG within our newsletter space in *The Sideline Report*. Please contact [Joan Brown](#) if you would like to be featured in an upcoming newsletter issue. ■

2022 Global Exchange to South Africa

James MacDonald, MD, MPH, FAMSSM

I'm coming off one of the most exceptional experiences of my professional life, and I want to share the good news about sports & exercise medicine in southern Africa. Earlier this year, I was in Pretoria [South Africa at the International Festival of Sports, Exercise and Medicine Conference \(IFSEMC\)](#), being sponsored by AMSSM as part of the Global Exchange Program.

AMSSM has been gracious enough to sponsor me in the past when I traveled in 2015 to South Africa to attend the South African Sports Medicine Association (SASMA) biennial conference. [I wrote about that experience seven years ago.](#)

On this visit, the conference was a true festival — [a joint venture](#) put on by SASMA, the [Biokinetics Association of South Africa \(BASA\)](#), the [African Physical Activity Network](#) and The South African Society of Biomechanics.

There is still so much I am processing from this visit, but I'd like to share with you some of the highlights after *first* encouraging you to do these things: a) pencil in October 2024 in your calendar. You must make an effort to come down to Cape Town for the [upcoming biennial SASMA conference](#) (dates and agenda full to be determined);



follow [SASMA](#) and [BASA](#) on Twitter if you don't already; you'll learn so much.

Now, a few of those highlights.

One of the most memorable moments of my entire journey was the Presidents' Dinner, to which I was invited and which took place the night before the conference began. I was seated next to two wonderful conversationalists: [Jon Patricios, past-President of SASMA](#), and [Winile Mothsoane, International Director for BASA](#). Among other things, we were discussing the field of biokinetics, a profession we don't have in the USA.

I cautiously (because I am ignorant still) would describe biokinetics as a combination of what we term "athletic training" in the USA and kinesiology. There's an element of physical therapy in there, too. And a dollop of strength and conditioning. Ultimately, the field seems to me to be one of the most representative of that current mantra most clinicians in my profession embrace: that exercise IS medicine. Movement is the key to both disease prevention and treatment in so many cases.

As Winile and Jon were describing the various dimensions of this profession in South Africa, I realized two things:

1) I wish we had biokinetics in the USA because when I want to

"prescribe exercise" for my patients, I am sometimes at a loss to direct them to the right person and

2) in medicine, and life in general, we draw these lines and create boxes to which we append names and titles. When in fact, the continuity of care for the patient is fluid and without boundaries. The names and titles are used to create pathways for training and licensing, and I think it's natural to see these as fixed. But they're not.

Which made me think of Willie Nelson. This was the thought that came to me when I was learning about the field of Biokinetics. Substitute "medicine" for "music," and you'll be in my head.

The thought has been one that has danced in my mind throughout my medical career, dating to my days as a full scope family physician, prior to my mid-career shift to sports medicine. Taking care of older patients, pregnant patients, children, the disabled ... so often the complaints my patients would seem to elude the compartmentalization of ICD10 diagnostic codes or the pharmaceuticals in my armamentarium. "My" conventional medicine would fail them.

This drew me over time to a variety of modalities, including medical marijuana and acupuncture as just two examples of treatments I did NOT

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2022 GLOBAL EXCHANGE TO SOUTH AFRICA

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learn in medical school, but which I have used with my patients. The entire spectrum of what my patients experienced, and the needs they had, could not be addressed in one compartment (allopathic medicine) or by one person (e.g. “me”).

For our athletes this is as true, and it surely takes a community of professionals to provide them the care they need: biokineticists, physiotherapists, nutritionists, mental health professionals, and clinicians like me (primarily needed when the athlete is injured). There’s a lot to chew on there.

I’ll leave you with one other significant personal highlight, one which dealt with another subject that is big and all-encompassing for our profession: Diversity, Equity and Inclusion (DEI).



My good friend [Phatho Zondi](#), [past-President of SASMA](#), asked me to provide an journal editorial perspective on the topic of

Inclusive Research and Clinical Practice: The Building Blocks. She brought biokineticist [Winile Mothsoane](#) on board, as well as physiotherapist [Nonhlanhla Mkumbuzi](#).

In my experience, any good panel discussion will teach me more than that which I arrived with — whatever skillset I brought to this group, I know I walked away with more knowledge than I brought. Phatho, Nonhlanhla and Winile are wonderful teachers.

If I could leave you with one concrete item from that talk it would be this: make sure you use this QR code to take you to a wonderful diversity, equity and inclusion toolkit you will find invaluable. Thank you AMSSM for sponsoring me. Thank you SASMA and BASA. Thank you Phatho for the invite to talk with you and learn so much. ■

Subacromial Bursitis

Aelius Khan, MD Family Medicine PGY3 – Grand Strand Medical Center – HCA Healthcare

Anthony Shadiack, DO Family Medicine APD – Grand Strand Medical Center – HCA Healthcare

Introduction

The bony boundaries of the subacromial space include the head of the humerus inferiorly and the anterior 1/3 of the acromion superiorly. The subacromial space includes the rotator cuff, the long head of the bicep and the subacromial bursa. The subacromial bursa is a fluid filled sac that separates the bony acromion process of the scapula from the supraspinatus muscle and tendon. Subacromial bursitis is an inflammatory condition causing swelling in of the bursa. Subacromial impingement syndrome (SIS) represents a wide spectrum of shoulder diagnoses, which compress subacromial structures, including subacromial bursitis (Page 2011).

Affected Population/Incidence Presentation

Athletes at risk of this disorder

include those with repetitive overhead activities. These include baseball, volleyball, tennis, swimmers and water polo (Allen 2019) (Allegrucci 1994, Brushøj 2007). This is similar to the risks of patients with occupations such as painting or construction that have similar demands. Other risk factors include increasing age, poor posture, decreased physical activity, poor flexibility, muscle imbalance, and chronic inflammatory conditions such as osteoarthritis, rheumatoid arthritis or other autoimmune conditions. Gender prevalence is equal (Faruqi 2022).

Pathophysiology/Etiology

In subacromial bursitis there is inflammation of the subacromial bursa which includes 3 phases- the acute, chronic, and recurrent phases (Faruqi 2022). The acute phase

involves local inflammation resulting in painful movement (Faruqi 2022). The chronic phase leads to constant pain due to the chronic inflammation, which leads to weakness (Faruqi 2022). Recurring bursitis can occur in athletes exposed to repetitive overhead activities leading to microtrauma of subacromial structures. Subacromial impingement syndrome (SIS) is a shoulder diagnosis that includes subacromial bursitis (Page 2011). There are 2 types of SIS, functional and structural. Structural SIS occurs from compression of the subacromial space secondary to bony or other soft tissue abnormalities (Garving 2017). Functional SIS occurs due subacromial space narrowing from muscle imbalance, rotator cuff disease, or glenohumeral instability (Mackenzie 2015).

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SUBACROMIAL BURSITIS

Continued from page 10

Presentation

Athletes with subacromial bursitis will likely present with pain in the anterolateral aspect of their shoulder, a minor degree of pain occurring at rest and symptoms worsening with overhead activities. They will present with symptoms of reduced shoulder range of motion and weakness secondary to pain. Pain can be severe and can often interrupt sleep. This is related either to applying local pressure to the structure due to the bursa being compressed or with arm abduction.

Diagnosis

Subacromial bursitis is diagnosed on physical exam. With the athlete's elbow flexed, bring the arm into extension which will result in the subacromial bursa moving out from under the acromion. On palpation the athlete will have point tenderness of the bursa. Additionally the skin may be warm/boggy. The athlete will also have special test findings for subacromial impingement including Empty Can test, Neer Impingement test and Hawkins-Kennedy test (Faruqi 2022) (Hegedus 2012). X-rays can be ordered to rule out differential diagnoses such as calcific tendinopathy. On ultrasound the subacromial bursa is seen as an anechoic structure. In chronic bursitis you could see a hyperechoic wall, hyperechoic blood and, rarely, rice bodies (Feger). Subacromial lidocaine injection can also help determine whether the subacromial structures are the source of the patient's complaints. Lastly, MRI of the shoulder can differentiate between subacromial bursitis versus other causes of shoulder pain.

Treatment/management

Initial treatment includes NSAIDs, rest, and ice along with physical therapy. If unsuccessful, a glucocorticoid injection can then be offered. These injections can potentially benefit patients for up to

three injections administered over a period of 12 weeks (Shah 2007). The practitioner may decide to use an ultrasound guided injections. However, there is limited evidence to support it being more effective than a blind injection (Reilly 2006). Subacromial platelet-rich plasma injections have also been proposed as potential treatment options but there is insufficient evidence to support its use (Lin 2019, Say 2016). If the symptoms persists 6-12 months with conservative therapy, then the athlete may consider open/arthroscopic subacromial decompression with acromioplasty. However, in athletes there is insufficient evidence to show the benefit from decompression (Bolia 2021).

HCA Healthcare Disclaimer

"This research was supported (in whole or in part) by HCA Healthcare and/or an HCA Healthcare affiliated entity. The views expressed in this publication represent those of the author(s) and do not necessarily represent the official views of HCA Healthcare or any of its affiliated entities."

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News from the Board

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Vision 2030 – Charting AMSSM’s Strategic Direction

Mark Stovak, MD, FAMSSM



Earlier this month the AMSSM Board of Directors met in Savannah, GA, to develop a new AMSSM strategic plan. The new plan will flip our focus from a mission-based plan to a vision-centric plan. We’re hopeful this will better position the organization to achieve our vision to be a worldwide leader in sports medicine.

Looking back at our most recent strategic plan that was extended from 3 years to 5 years due to the COVID-19 pandemic, I’m pleased to share that AMSSM accomplished nearly everything we sought out to do. The 2018-22 plan was developed in 2017.

Among other things, that plan called for AMSSM to:

- better brand the specialty and AMSSM;
- continue to grow and refine the Annual Meeting; increase opportunities for professional development and develop sports medicine curriculum for all levels of training;
- further build out the infrastructure and purpose of the Collaborative Research Network;
- increase AMSSM’s capacity to impact advocacy issues facing sports medicine physicians;
- grow Sports Medicine Today patient-focused content;
- develop impactful position and consensus statements on sports medicine issues;
- And ensure the financial viability of the organization.

During this 5-year period:

- AMSSM launched a new brand that communicates who we are and what we do, as well as articulates the value our members bring to the field of sports medicine;
- The CRN has planned three Research Summits; funded more than \$1.4 million in research grants; and become a data coordinating center for larger 7-figure grant projects;
- AMSSM now has a presence in Washington, DC, and has worked with the White House, the Centers for Disease Control and Prevention, the Food and Drug Administration, the Department of Health and Human Services, and the National Institute of Health, as well as many legislators, on issues that are important to AMSSM and our members;
- AMSSM has played an important role in shaping new standards for graduate medical education in sports medicine and providing residencies with suggested curricular guidelines for MSK and sports medicine training.

The new Vision 2030 Strategic Plan will build on these efforts. To help our Board of Directors with development of the plan, our consulting group led us through a process where we utilized American Society of Association Executive’s (ASAE) ForesightWorks research-based program that helped us uncover three top drivers of change that will affect our future; and help us create a culture of foresight within AMSSM.

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Membership Committee Update

By Nailah Coleman, MD

Click on the Link Below to Access Specific Section

- [Membership Statistics](#) | [AMSSM Collaborate](#) | [Percent of 2022 Membership by Gender and Race/Ethnicity](#)
- [Scholarship Review](#)
- [Annual Membership Survey Subcommittee](#) | [2022 Annual Membership Survey Results](#)
- [DEI Subcommittee](#) | [FAMSSM Designation](#) | [Fellow Member Liaison \(Membership Committee\)](#)
- [MSIG](#) | [SMRC](#) | [Rookie Report](#) | [AMSSM Journal Club](#) | [Mentor Program](#)
- [Special Interest Groups](#) | [Focus Areas of the Membership Committee](#)
- [Jason Davenport Memorial Scholarship Award – Apply Now](#)
- [Agostini Medical Student Community Outreach Grant – Apply Now](#)

The Membership Committee is pleased to report that AMSSM membership continues to have steady growth in 2022 with a 6.7% increase in total membership from 2021 with increases in almost every membership category.

Membership Retention = 90.6%

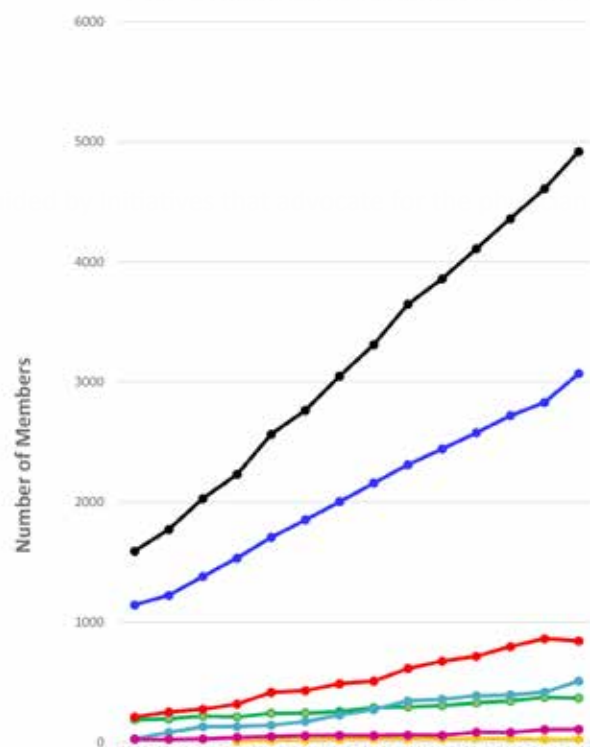
Membership Retention over 90% is goal for association membership.

Total Membership: 4,918 – MD 72% | DO 28%

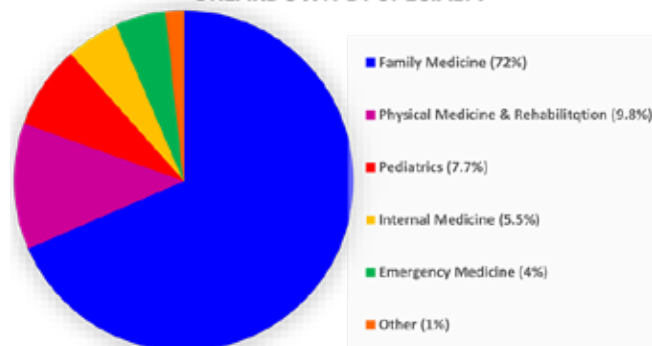
71% Male
29% Female
<1% Non-Binary
<1% Transgender
<1% Choose Not to Answer

What drives continued membership growth for AMSSM? A

YEAR-END MEMBERSHIP TRENDS GRAPH



BREAKDOWN BY SPECIALTY



These initiatives are developed and implemented by AMSSM leadership and continue to sustain our organization. But it's the energy and enthusiasm of every member that is the driving force that promotes steady growth for our organization! We want to thank our Fellowship Class Representative and the Fellowship Class Liaisons, MSIG and SMRC Officers, committee members, and AMSSM leadership.

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MEMBERSHIP COMMITTEE UPDATE

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COLLABORATE

The Membership Committee encourages all members to join [AMSSM Collaborate](#). On this website, you can join Team Physician Groups, Special Interest Groups, and AMSSM Committees to connect with other members, engage in conversations and receive updates from the groups you joined on AMSSM Collaborate.

To sign up for AMSSM Collaborate, please use the following steps:

1. Visit [AMSSM Collaborate](#). (Membership must be current)
2. Click the 'Can't access your account?' link. Enter the primary email address you use to log into the AMSSM website.
3. You'll receive an email to set up your new password which must include one capital letter and one special character.
4. Once your new password is set, you'll have full access to the site and the website will remember you when you enter AMSSM Collaborate thereafter.

From the home page, explore new groups to join by clicking on the header link **"Communities"** at the top of the home page and select **'All Communities'** from the drop-down menu. These include all AMSSM Committees, Special Interest Groups and more. When you request to join a new group, simply set up your email preferences, and you'll have the ability to post messages, share resources and much more.

After joining the desired community groups, click on the header link **"Communities"** at the top of the home page and then click on **'My Communities'** in the drop-down menu and you see a list of the specific groups you've joined. You can add information to your Profile along with your headshot in the upper right corner and find more information about specific topics using the search feature.

Please click on the following link to [reach out with any issues you experience](#) for assistance if you have any trouble trying to set up your account, joining community groups or if you have any questions about AMSSM Collaborate.

New expanded Race, Ethnicity and Gender categories have been added to the annual membership renewal form and new membership applications.

Completion of this section is optional and has no bearing or effect on a member's eligibility for membership or relationship with AMSSM. This information will be added to the member database profile but will not be visible on any front-facing webpage and will not be searchable by individual members. It is to ensure that our organization is meeting or exceeding its goals for diversity, equity and inclusion.

PERCENTAGE OF 2022 MEMBERSHIP BY GENDER AND RACE/ETHNICITY

| | Percent of 2022 Membership | By Gender | |
|-----------------|----------------------------|---------------|-----------------|
| | | Percent Males | Percent Females |
| Total Members | | 71% | 29% |
| Asian | 12.9% | 72% | 28% |
| Black | 5.1% | 61% | 29% |
| Hawaiian | 0.1% | 54% | 46% |
| Latino | 3.9% | 76% | 24% |
| Middle Eastern | 0.6% | 66% | 34% |
| Native | 0.3% | 44% | 56% |
| Other | 4.1% | 75% | 25% |
| Unknown | 4.1% | 76% | 24% |
| White | 58.6% | 70% | 30% |
| Did Not Respond | 0.1% | | |

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MEMBERSHIP COMMITTEE UPDATE

Continued from page 14

The Membership Committee oversees the following activities:

SCHOLARSHIP REVIEW

In 2022, funding allowed for an increased number of scholarship awards, including 6 Resident Scholarship Awards, 3 Galen Medical Student Scholarship Awards, and 4 South Bend/Notre Dame Resident Scholarship Awards (2 recipients from the St. Joseph Regional Medical Center Family Medicine Residency and 2 recipients from the AMSSM Foundation Resident Scholarship). The scholarship review of all of the scholarships listed above were led by Nathaniel Jones, MD. There were also 5 Jason Davenport Memorial Scholarship Awards (co-led by Diversity Special Interest Group Leaders, Shelley Street Callender, MD and Nailah Coleman, MD). The 2022 award recipients were as follows:

Resident Scholarship Awards:

Lyndsey Booker, MD; Alexandre Lavigne, MD; Faustine D. Ramirez, MD; Derek Stokes, MD; Alec M. Wilhelmi, MD; and Matthew W. Wise, DO. Each received complimentary registration to the 2022 Annual Meeting, a \$500 cash award, and an award plaque.

Galen Medical Student Scholarship Awards:

Alex England Akman, MS; Alan Z. Grusky, BS; and Andrew S. Nowak, JD. Each received complimentary registration to the 2022 Annual Meeting, a \$500 cash award and an award plaque.

South Bend/Notre Dame Resident Scholarship Awards:

Jeremy Carter, MD; Joseph Coppiano, M, D; Tunc C. Kiymaz, M.D; and Emily Wolfenden MD MPH. Each received complimentary registration to the 2022 Annual Meeting.

Jason Davenport Memorial

Scholarship Award: Beatrice Caballero, MD; Justin Chu, MD;

Eugene Palatulan, MD; James Smith, MD, MPH; and Tiana Woolridge, MD, MPH. Each received a \$500 cash award to defray 2022 Annual Meeting expenses and an award plaque.

ANNUAL MEMBERSHIP SURVEY SUBCOMMITTEE

Led by Steven Poon, MD, this subcommittee reviews and implements the Annual Membership survey. The survey response rate is typically 30-35% of the membership each year. Each year we review the results to help provide direction for the overall state of the membership. The full results will be available on the AMSSM website for members to review. Any feedback or suggestions to improve participation is welcome!

DEI SUBCOMMITTEE

Led by Monique Burton, MD. The DEI Subcommittee was formed in 2021 as part of the creation of a new AMSSM policy on diversity, equity, and inclusion. The DEI Subcommittee Chair will serve on the Program Planning Committee. The subcommittee has made progress on a variety of its charters, including the following:

- Grants (in association with the Diversity Interest Group): currently determining the most effective distribution of available funds for the Davenport award for the coming year and the scoring rubric and schedule (ex. Annual, semi-annual, rolling) for the Agostini award.
- Membership/Leadership - a working group is looking into developing specific mentor and ladder programs for members and future members.
- Metrics - a working group is planning to implement an anonymous annual survey to send to those in current and past leadership positions (of any kind), requesting the type of participation, as well as demographic information to track diversity-related membership demographics. The goal is to improve our knowledge of the

diversity, equity, and inclusion in our various programs, working groups, task forces, etc., which could lead to better efforts to increase the diversity, equity, and inclusion of all of our programs, working groups, task forces, etc.

- Patient Care - working on community engagement project template to assist members with developing projects in their own area based on their area's needs.
- Education - working on evaluation rubric for DEI training and for DEI training suggestions; recommend having a DEI lecture at each Annual Meeting; Membership Committee recommendation to include DEI-related discussion at each Board meeting.
- Research - Diversity Special Interest Group continues work on research on diversity in sports medicine coverage with team physician study ongoing.

FAMSSM DESIGNATION

This subcommittee is chaired by Marci Goolsby, MD, FAMSSM. The Fellow of AMSSM (FAMSSM) Designation serves to recognize sports medicine physicians in the AMSSM membership who have demonstrated an ongoing commitment to lifelong learning, the advancement of the profession, service to AMSSM and leadership in their communities. There are currently 150 AMSSM members who have achieved the designation, with additional designees selected each year through an application/review process. FAMSSM Designation Class of 2022 will be announced in January 2023.

FELLOW LIAISON

Adrienne Law, DO, MS is our 2022-2023 Fellowship Member Liaison for the Membership Committee. She served on the Speaker Panel for the SMFC Webinar – Ask-a-Fellow for Residents Preparing for the Sports Medicine Match (Family Medicine Session) where Resident members asked questions as well as advice and recommendations on preparing for

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MEMBERSHIP COMMITTEE UPDATE

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the Sports Medicine Match. She also works with the SMRC and MSIG Officers on various projects within the Membership Committee.

AMSSM MSIG (MEDICAL STUDENT INTEREST GROUP)

The MSIG Officers have hosted an outstanding line-up of webinars for Resident and Student members in 2022. If you were not able to attend these webinars, it is definitely worth the time to view the playback recordings. Links to these webinars and all of the past webinars are posted on the [AMSSM YouTube Channel](#) and on the [Student page](#) of the AMSSM website (must be logged in).

| | |
|---|---|
| Jul-21-2022 | Concussion Management in Sports Medicine Speaker Panel: John Leddy, MD, FAMSSM and Christina Master, MD, FAMSSM. Moderator: Jessica Buttinger, MS (MSIG President) |
| Sep-13-2022 | Introduction to Sports Ultrasound Speaker: Dana Sheng, MD Moderator: Robby Hair, BS and Renee Zhao, BS (MSIG At-Large Member Officers) |
| Oct-17-2022 | Mental Health & Disordered Eating in Sports Medicine Speaker Panel: Alex Diamond, DO, MPH, FAMSSM; Elizabeth Joy, MD, MPH, FAMSSM; Aurelia Nattiv, MD, FAMSSM; and Lee Mancini, MD, CSCS, CSN Moderator: Roxana Hu, BS (MSIG At-Large Member Officer) |
| Oct-25-2022 | Starting an Interest Group at Your Medical School? Speaker Panel: Faculty Champions Angel Bermudez, MD (Central MI Univ.) and Justin Young, MD (Univ. of HI); Charter Medical School Representatives Jessica Buttinger, MS (Central MI Univ.); Jacob Charron, BS (MI State Univ.); Jessica Jewell, MAT (WA State Univ.); Milan Oxspring, BS (Univ. of AZ); Sarah Peytavin, BS (LSU Health Shreveport); Ryan Pierson, MS, RD (Univ. of TX at Austin); and Jose Ramirez, BS (Univ. of Miami). Moderator: Carly Setterberg, BS (University of Colorado) - MSIG At-Large Member Officer |
| Nov-15-2022 | Agostini Medical Student Community Outreach Grant & Presentations of 2022 Grant Recipients Speaker Panel: Amy Powell, MD, FAMSSM (Immediate Past President); Rosemary Agostini, MD, FAMSSM; Monique Burton, MD (AMSSM DEI Subcommittee Chair); Shelley Street Callender, MD, FAMSSM; Four 2022 Grant Recipients: Alex Akman, MS; Jessica Buttinger, MS; Andrew Nowak, JD; and Danté Zanders, MS. Moderator: Brian Elgart, BS (MSIG Secretary) |
| Jan-05-2023 8:30pm ET (max: 1 hour) | Women in Sports Medicine – As Team Physicians and as Leaders in Sports Medicine Organizations Speaker Panel: Cherie Blauwet, MD (Paralympic Athlete and leadership in US Paralympic Committee); Cindy Chang, MD, FAMSSM (Past AMSSM President and CMO for WNBA); Margot Putukian, MD, FAMSSM (Past AMSSM President CMO for MLS); Kimberly Harmon, MD, FAMSSM (Past AMSSM President and Team Physician for Univ. of WA, Seattle Seahawks) Moderator: Jessica Buttinger, MS (MSIG President) |

The MSIG Officers increased their social media presence by adding [MSIG Twitter](#) and continues to make posts to [MSIG Instagram](#) and on the [AMSSM MSIG Facebook page](#) to engage Student members and expose medical students all over the country to AMSSM and the field of sports medicine. Thank you for the [2022 MSIG Officers](#): Jessica Buttinger, MS (President); Amelia Hummel, BA (Vice President); Brian Elgart, BS (Secretary); Carly Setterberg, BS (At-Large Member – MS-2); Renee Zhao, BS (At-Large Member – MS-2); Robby Hair, BS (At-Large Member – MS-1); Roxana Hu, BS (At-Large Member – MS-1); and Melissa Jackels, BS, PSM (Immediate Past President). Congratulations to the newly elected [2023 MSIG Officers](#): Carly Setterberg, BS (President); Sidney Pang, BA, BS (Vice President); Ashley Best, BS (Secretary); Lauren Prisco, BA (At-Large Member – MS-2); Mikayla Sonnleitner, BS (At-Large Member – MS-2); Max Besser, BS (At-Large Member – MS-1); and Kirra Borrello, BS (At-Large Member – MS-1); and Jessica Buttinger, MS (Immediate Past President).

AMSSM SMRC (Sports Medicine Resident Council)

The SMRC Officers have been working on initiatives dedicated to supporting resident members as they complete their residency training. The SMRC Officers expanded their social media presence by adding [SMRC Twitter](#) and continues to make posts on [SMRC Instagram](#) and on the [SMRC Facebook page](#) to engage current resident members and introduce residents all over the country to AMSSM. The SMRC Officers initiated the “Sports Medicine Question of the Week” that was extremely popular and Resident Spotlight where Resident members are featured on their social media sites.

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MEMBERSHIP COMMITTEE UPDATE

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The SMRC hosted two webinars during the year that included:

| | |
|-----------|--|
| May-23-22 | <p>Ask-A-Resident – Preparing for the Residency Match (With a Q&A Breakout Session for each Primary Specialty)</p> <p>Break-Out Speaker Panels:</p> <p>EM: Kai Yuan Teng, DO (Mod., EM Rep); Colleen Bannigan, DO; Catherine Fairgrieve Appel, DO, MS; Tyler Jackson, MD</p> <p>FM: Ravin Patel, DO (Mod., FM Rep), Mohammed Ibrahim, DO; Celina Mercer, MD, MPH; Haris Vakil, MD</p> <p>IM: Anna Buehler, MD (Mod., IM Rep); Marcus Anthony, MD; Michael Matthews, DO; Andrew Villasenor, DO</p> <p>Pediatric Speaker Panel: Justin Chu, MD (Mod., Peds Rep); Colleen Haller, DO; Tiana Woolridge, MD, MPH</p> <p>PM&R: Carol Chang, DO (Mod., PM&R Rep); Adil Malik, MD; Giorgio Negron, MD; Kari Rezac, DO; Joshua Romero, MD</p> <p>Webinar Moderator (Mod.): Joshua Romero, MD (SMRC President)</p> |
| Jun-23-22 | <p>Preparing for the Sports Medicine Match (Q&A)</p> <p>Speaker Panel: Fellowship Directors - Stephen Dailey Jr, MD, FAMSSM; Christopher Jordan, MD, ATC; Jacklyn Kiefer, DO, FAMSSM; Lauren Porras, MD; Jacob Sellon, MD; Casey Batten, MD, FAMSSM (Fellowship Director & Co-Chair of the Fellowship Committee); and Jason Zaremski, MD (Co-Chair of the Fellowship Committee)</p> <p>Current Fellows: Michael-Flynn Cullen, MD; Hunter Haley, MD, MS;</p> <p>Incoming Fellows: Adrienne Law, DO, MS; Jaclyn McKenna, MD; Kayle Noble-Taylor, DO; Brooke Pfister, MD; Kayla Prokopakis-Campbell, DO; and Matthew Wise, DO</p> <p>Moderator: Joshua Romero, MD (SMRC President)</p> |

Thank you for the [2022 SMRC Officers](#): Joshua Romero, MD (President); Mohammad Ibrahim, DO (Communication Representative); Kai Yuan Teng, DO (Emergency Medicine Representative); Ravin Patel, DO (Family Medicine Representative); Anna Buehler, MD (Internal Medicine Representative); Justin Chu, MD (Pediatric Representative); Carol Chang, DO (PM&R Representative); and Giorgio Negron, MD (Immediate Past President). Congratulations to the newly elected 2023 SMRC Officers: Sara Lim, MD (President); Andrew Alexander, MD (Communication Representative); Alex Bonilla, MD (Emergency Medicine Representative); Katherine Wainwright, MD (Family Medicine Representative); Edwin Davila, DO, MS, CISSN (Internal Medicine Representative); Frank Woo, MD (Pediatric Representative); Eric Twohey, MD (PM&R Representative).

ROOKIE REPORT

An e-publication featuring short articles of interest for Student and Resident members. A December issue will be a culmination highlighting all of the initiatives and programs that the SMRC and MSIG held in 2022. We want to thank SMRC Communications Representative Mohammad Ibrahim, MD for serving as the Editor-in-Chief for this e-publication for 2022.

AMSSM JOURNAL CLUB

As part of the AMSSM Mentor Program, the AMSSM Membership Committee has started an AMSSM Journal Club in 2022. This is a new collaborative program of the AMSSM SMRC and MSIG Interest Groups. Leaders for the AMSSM Journal Club include Anna Buehler, MD (SMRC Internal Medicine Representative); Jessica Buttinger, MS (MSIG President); Carol Chang, DO (SMRC PM&R Representative); and Joshua Romero, MD (SMRC President). Presentees (Residents and Student members) and Club Mentors (Current Fellows and Post-Fellowship Members) will select an article from the Top 120 Sports Medicine Articles Every Sports Medicine Physician Should Be Familiar With. Each Presentee will be mentored by a Club Mentor that each selected the same article that will guide the Presentee through the process of reviewing the article, will review their slides prior to their presentation and attend the Journal Club Meeting to watch their Presentee's presentation. Each Journal Club Meeting (max: 1 hour) will have up to three (3) presentations where each Student or Resident member will be scheduled for a 20-minute segment for their article presentation/brief Q&A or discussion. This is a great way to become familiar with the Top-120 Articles!

Our intent is to make this a fun learning experience and to give medical students and residents mentoring opportunities with other AMSSM members while developing skills of reviewing research articles and making PowerPoint presentations.

There have been three Journal Club Meetings this Fall and all of the Presentees have made outstanding presentations! We are planning to create a video library of the Top 120 Articles. Over 25% of the Top 120 Articles have already been selected, pairings have been made between the Presentees and the Club Mentors and Journal Club Meeting presentations are set January through May (excluding April) with three presentations slots available in May.2023 and thereafter in 2023. Look for announcements of upcoming Journal Club Meetings in the AMSSM Digest.

Become involved in the AMSSM Journal Club. Click [here](#) to complete the online sign-up.

MENTOR PROGRAM

Led by David Wang, MD and Joan Brown (Membership Manager). Looking ahead to 2023, the [Mentor Program](#) will be expanding. We will be fully implementing our Year-Round Mentor Program and getting all Mentor/Protégé mentor pairings

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MEMBERSHIP COMMITTEE UPDATE

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made for members that have signed up for this program and launching a new Spot Mentoring Program on various topic areas where mentors will share their expertise with members that want to develop skills or enhance their skills on a deeper level in topic areas such as presentation skills, grant writing, abstract writing, media interviews, CV feedback, leadership skills and honing in on skills for each step of completing a research study or project. We are working on developing a huge expansion of the AMSSM Mentor Program that will offer members a wide range of mentor opportunities as Mentors and/or protégés.

SPECIAL INTEREST GROUPS

These Special Interest Groups meet during the Annual Meeting giving important announcements

and updates pertinent to the interest group, hold open discussions, Speaker Panels and/or break into work groups to develop action plans for topic areas. Each Special Interest Group also has a group page on [AMSSM Collaborate](#). Group members continue engaging with one another after the Annual Meeting by making email posts throughout the year on their group page on AMSSM Collaborate. Click [here](#) to access instructions to set up your account on AMSSM Collaborate.

- **Academics** (Co-Leaders: Irfan Asif, MD and Steve Poon, MD)
- **Diversity** (Co-Leaders: Shelley Street Callender, MD, FAMSSM and Nailah Coleman, MD)
- **Emergency Medicine** (Leader: Christopher Guyer, MD)
- **Internal Medicine** (Leader: Pending Acceptance) – Membership Committee wants to thank Claudia Dal Molin, DO for serving as the Internal Medicine Special Interest Group Leader for

the past several years.

- **Military** (Co-Leaders: Ben Buchanan, MD; Julie Creech, DO; Wyatt Maloy, MD, MS; and Paul Seales, MD, MS)
- **Pediatrics** (Leader: Amy Valasek, MD, MS beginning at the 2023 Special Interest Group Meeting)
- **PM&R** (Leader: Melody Hrubes, MD)
- **Private Practice & Employed Practice** (Leader: Selina Shah, MD, FAMSSM)
- **Resident/Student** (Leader: David A. Ross, MD):

FOCUS AREAS

Focus areas were formed at the 2019 Membership Committee Meeting and discussions continue among committee members on evaluating current goals and generating new ideas in each focus area: Member Engagement, Infrastructure, Special Interest Groups, Mentoring and Membership Section of the Website.

Look for Announcements in the AMSSM Digest About Two Opportunities

Jason Davenport Memorial Scholarship Award – Five Scholarship Awards Will Be Awarded in 2023

The Jason Davenport Memorial Scholarship is designated for AMSSM members who represent an underrepresented minority group and will be presenting a case and/or research abstract (either poster or podium) at the 2023 AMSSM 32nd Annual Meeting.

The Diversity Special Interest Group and the DEI Subcommittee are pleased to announce that five scholarship awards will be awarded in 2023.

Each scholarship recipient will receive a plaque and a \$500 cash award to help defray expenses towards attending the 2023 AMSSM Annual Meeting. [Click here to apply](#) (must be logged in first) and for more information.



Jason Davenport, MD

Agostini Medical Student Community Outreach Grant – Four Grants Will Be Awarded in 2023

During her Inaugural Address at the 2021 Virtual Annual Meeting, AMSSM President Amy Powell, MD, FAMSSM, announced the creation of a grant opportunity in honor of long-time AMSSM member Rosemary Agostini, MD, and her decades of commitment to underserved communities.

The Agostini Medical Student Community Outreach Grant is for current medical students enrolled in an accredited allopathic or osteopathic medical school. In an effort to intentionally grow a pipeline of diverse candidates choosing sports medicine as their career, grant applicants are asked to develop a community program/event to encourage young people from underrepresented backgrounds to consider medicine and a sub-specialty of sports medicine.

The Diversity Special Interest Group and the DEI Subcommittee are pleased to announce that four grants will be awarded in 2023. Each grant recipient will receive \$500 to cover their expenses to implement a community outreach program/event. [Click here to apply](#) (must be logged in first) and more information about the grant.



Rosemary Agostini, MD

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MEMBERSHIP COMMITTEE UPDATE

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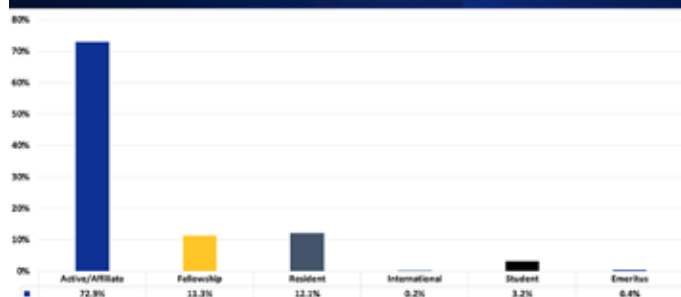
Highlights from the AMSSM Annual Membership Survey

By Steven Poon, Chairperson, Annual Membership Survey Sub-Committee

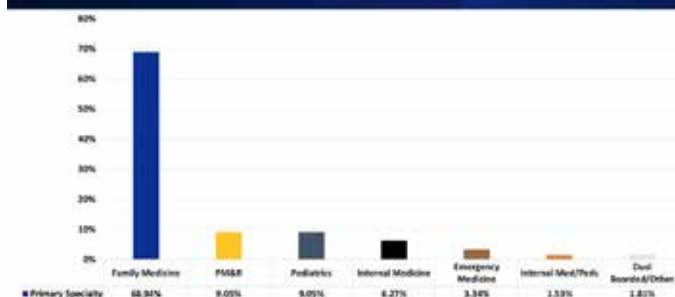
The Membership Committee wants to thank Steven Poon and his sub-committee members for their exceptional work each year on implementing our Annual Membership Survey. The subcommittee seeks input from Committee Chairs to review the survey questions from the previous year to continually evaluate/update the survey.

2022 AMSSM Annual Membership Survey Results shown below. Data reported reflects the survey responses received.

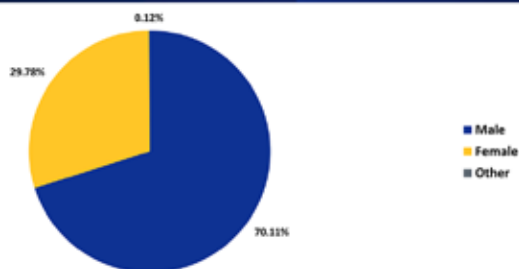
AMSSM Membership Type (n=860)



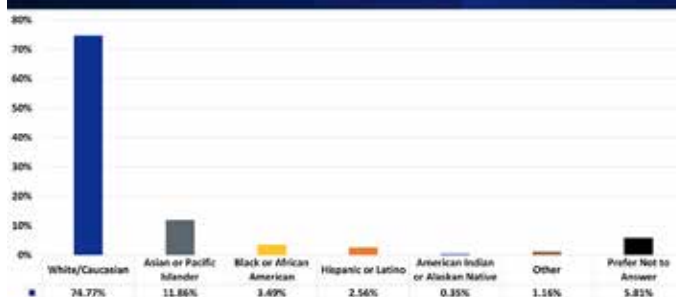
Primary Specialty (n=718)



Gender Identification (n=853)



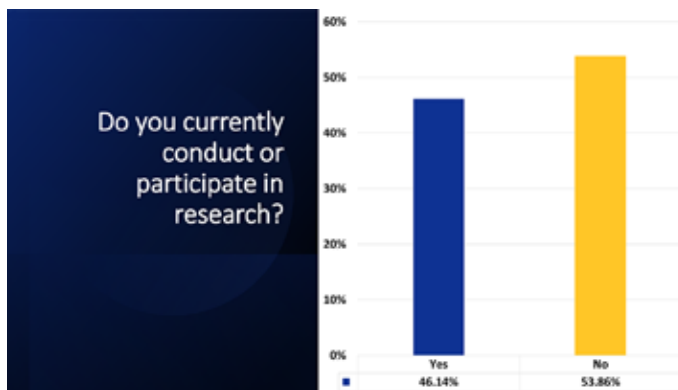
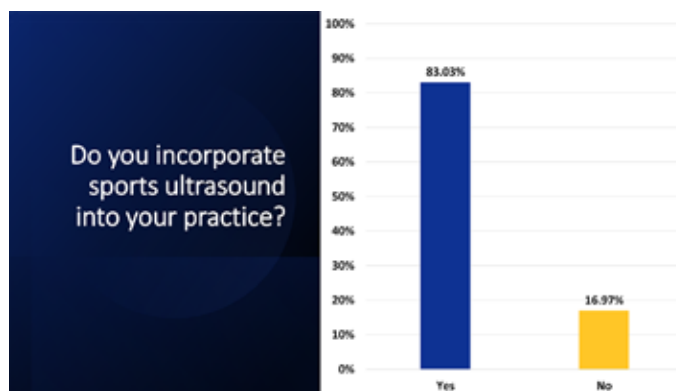
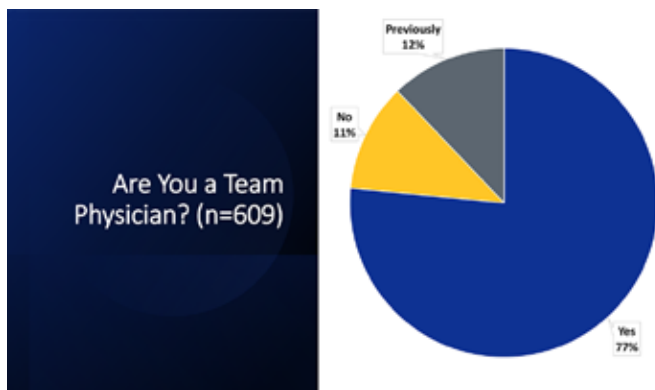
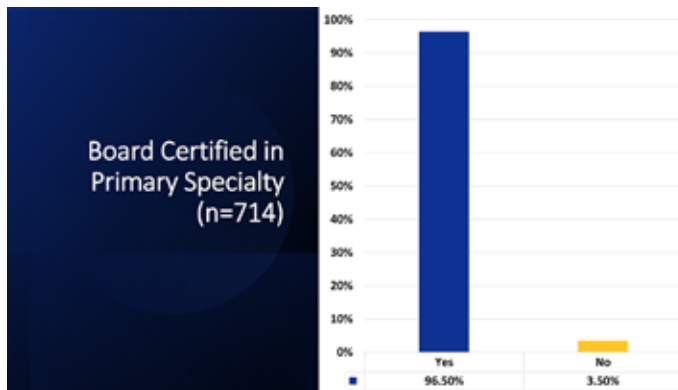
Ethnicity (n=860)



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MEMBERSHIP COMMITTEE UPDATE

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If you are interested in serving on the Membership Committee, please email us at membership@amssm.org. ■



AMSSM FOUNDATION

The AMSSM Foundation is dedicated to the support and recognition of excellence in sports medicine education, research and scientific activities, while promoting opportunities for humanitarian outreach.

2022 FOUNDATION SUPPORTERS

GOLD LEVEL
(\$50,000 - \$99,999)



SILVER LEVEL
(\$25,000 - \$49,999)



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



CANON MEDICAL SYSTEMS USA, INC.



SIGNATURE SUPPORTERS



Submit Nominations for the 2023 AMSSM Founders' Award

Nominations are being accepted for AMSSM's highest honor - the 2023 AMSSM Founders' Award. It honors exemplary contributions to AMSSM and to the discipline of sports medicine. The Founders' Award is given annually to the individual, group or organization that exemplifies the best we can be or do in sports medicine. A \$500 award and plaque will be presented to the recipient during the 2023 AMSSM Annual Meeting.



[Click here](#) to view and submit the nomination form. Must be logged in. The deadline to nominate candidates for the Founders' Award is Jan. 9, 2023.

Past Founders' Award Recipients

2022 - John DiFiori, MD, FAMSSM
2020 - Kimberly Harmon, MD, FAMSSM
2019 - Chad Carlson, MD, FAMSSM
2018 - Aurelia Nattiv, MD, FAMSSM
2017 - Fran O'Connor, MD, MPH, FAMSSM
2016 - William Dexter, MD, FAMSSM
2015 - Bob Kinningham, MD, FAMSSM
2014 - Margot Putukian, MD, FAMSSM
2013 - Warren Howe, MD
2012 - Craig Young, MD, FAMSSM
2011 - Chris Madden, MD, FAMSSM

2010 - Stephen Paul, MD, FAMSSM
2008 - Connie Lebrun, MD, FAMSSM
2007 - Jim Moriarity, MD, FAMSSM
2006 - Randall Dick; Vito Periello Jr., MD
2005 - Elizabeth Arendt, MD
2004 - John A. Bergfeld, MD
2003 - Cindy Chang, MD, FAMSSM
2002 - James Whiteside, MD
2001 - Karl B. Fields, MD, FAMSSM
2000 - David Hough, MD

2023 Foundation Auction: Call for Items

The AMSSM Foundation Auction continues to support and benefit AMSSM programs that promote research, education and initiatives developed by AMSSM and funded by the Foundation. For the last seven years, the AMSSM Foundation Auction has collectively raised more than \$300,000 providing a substantial source of funding.

Auction items ranging from authentic sports memorabilia and event tickets to scenic vacation stays and course registrations are popular items. Members affiliated with professional and collegiate teams can also consider donating team apparel or memorabilia that will be included in the auction.

During the 2023 Annual Meeting in Phoenix, AZ, we're asking members to consider what item(s) or package(s) you, your team, university and/or company might donate for the 2023 Foundation Auction.

You can view the 2023 Annual Meeting web page for a copy of the [Auction Donation Form](#), and the [Prospective Donor letter](#) that you can pass on to your employer, team, league, etc. You can also submit your form [online](#). Donors will receive letters acknowledging their gift for tax purposes. Winning bidders may claim a tax deduction for anything paid above fair market value.

Deadline to submit your items is **April 7, 2023.** ■

Member in the Spotlight

Blake Boggess, DO, FAMSSM

By Lauren M. Simon, MD, MPH, FAMSSM

Going geographically east after high school in Palos Verdes, California has opened up great opportunities for our Member in the Spotlight – Blake Boggess, DO, FAMSSM – to care for domestic and global populations. He has used his family medicine and primary care sports medicine skills to teach and serve around the world. I spoke with him in between his mountain bike exercise routine and his preparation to leave for his medical mission work in Zimbabwe and South Africa.

He completed his undergraduate degree in Microbiology at Brigham Young University, where he ran track for four years. He went to the eastern United States for his church mission for the Church of Jesus Christ of Latter-Day Saints, where he cared for vulnerable, underserved and migrant populations in urban Florida. He attended Midwestern Chicago Medical School, followed by family medicine residency and primary care sports medicine fellowship at Duke University, where he stayed for his medical practice. He serves as full time faculty, a team physician and works with a seven-member PCSM physician team caring for 10 area high schools in North Carolina.



Dr. Boggess got inspired to pursue a focus in musculoskeletal ultrasound when he heard AMSSM member John Hill, DO, FAMSSM, give an ultrasound lecture at the 2008 AMSSM Annual Meeting in Las Vegas. He saw the incredible possibilities that point of care ultrasound (POCUS) has for care. Along with colleague David Berkoff, MD, FAMSSM, Dr. Boggess started the ultrasound program at Duke, and this began his prolific MSK ultrasound experience. Dr Boggess has performed over 50,000 ultrasound-

guided procedures and regularly teaches numerous PCSM, orthopedic, radiology and rheumatology fellows ultrasound diagnostic and therapeutic procedures. He has also taught ultrasound skills in courses to clinicians in numerous countries such as China, Russia, Cuba, South Korea, Taiwan, Uganda and Ghana. On one of his most recent trips to Uganda in May 2022, he taught sports ultrasound to the Orthopedic Society of Uganda in conjunction with the Association of Radiologists of Uganda – along with AMSSM members Ron Olson, MD, and Nicholas Goyeneche, MD. They taught a symposium at Mbarra University of Science and Technology and evaluated and treated members of the Uganda National Athletics team in preparation for the 2023 African Games.

He has been doing international medical missions since 2011, often accompanied by his wife, various learners and colleagues. His four children have gone on some of these mission trips and learned the importance of serving internationally. Support from Duke has enabled him to not only teach ultrasound to clinicians and staff in Ghana and Uganda, but also to donate the POCUS

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MEMBER IN THE SPOTLIGHT

MEMBER IN THE SPOTLIGHT

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ultrasound machines there for their continued use in those countries. Dr. Boggess also states that some of his most inspiring medical mission work has been working through the “Ghana Make A Difference” program, where he recurrently volunteers at a community orphanage for children with special medical needs. He has done medical and ultrasound triage at an outdoor hospital often seeing over 75 to 100 patients per day in Ghana as part multispecialty team of surgeons and health professionals, bringing additional care to Ghana. He also really enjoys serving on the Medical Team (since 2011) at the World University Games (occurring every other year) in various countries with Dr. Olson.

At AMSSM, Dr. Boggess has served on the Education, Sports Ultrasound and IIR Committees and led the sports ultrasound ICLs with Douglas Hoffman, MD, for four years. He is a Fellow of AMSSM, AOASM, AAFP and is the AMSSM liaison for the AOASM organization, for which he is the current President. When I asked him for words of advice for AMSSM members he simply stated, “Enjoy taking care of patients, no matter if they are a high level professional, Division I NCAA athlete, Team USA athlete, recreational and school athletes, athletes in underserved regions or in Africa or other countries. Everyone deserves your attention and the best care you can give them.” No matter whether he is traveling east or west while providing much-needed care for others, we are thankful to Dr.



Blake Boggess for sharing his love of service to others and being our winter Member in the Spotlight! ■

NEWS FROM THE BOARD

PRESIDENT’S MESSAGE

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Those top three drivers of change as identified from the 50 ASAE drivers of change included: Diversity, Equity & Inclusion; The Next-Gen Professionals; and Healthcare Disruption. These drivers will help inform the Board, staff and committee leadership as we continue the build out of the strategic and operational plans.

We’ve sought to simplify this plan, to make it much easier to quickly articulate our vision.

VISION 2030 – AMSSM will be a worldwide leader in sports medicine.

GOAL #1:

Grow identity and awareness of AMSSM and sports medicine physicians.

GOAL #2:

Lead the field of sports medicine through research and innovation.

GOAL #3:

Create and disseminate transformative sports medicine knowledge.

GOAL #4:

Foster a fair and impartial environment to engage our membership.

The AMSSM Board of Directors is committed to this being a shared vision and strategic plan, not simply a document that is filed away and reviewed once a year. With that in mind, AMSSM will be convening multiple meetings over the next few months with AMSSM’s leadership body (including the 6 Committee Vice Chairs and 40+ Subcommittee Chairs) to further build out the operational plan to achieve the overall strategic plan.

We’re excited about the work being done on this new plan – and look forward to introducing the full plan to the membership in the coming months!

Happy Holidays to you and your family! ■



**MAKE YOUR GIFT TO SUPPORT
THE AMSSM FOUNDATION**

[DONATE NOW >>>](#)