

**Bernard R. Cahill, MD**  
**Peoria, IL**

Anyone in sports medicine or the American Orthopaedic Society for Sports Medicine has come to know Dr. Bernard R. Cahill. Dr. Cahill began his practice in Peoria, Illinois in 1967 and nearly immediately began a study of sports injuries, establishing the Great Plains Sports Medicine Foundation and quickly developing a football injury database. This led to pioneering studies comparing data showing the difference between injury rates in athletes who had preseason conditioning programs, and those with none. This led the Illinois State High School Association in 1974 to authorize organized preseason state-wide conditioning which had been previously prohibited. Another important study was investigation of the study of the prepubescent strength training. The Great Plains Sports Medicine and rehabilitation Center went on to develop a long history of promoting wellness as well as injury prevention through unique educational and outreach programs.

Dr. Cahill's involvement in medical organizations has been extensive. Most noteworthy are his presence as a founding member of the American Orthopaedic Society for Sports Medicine, the American Society of Biomechanics, the Cruciate Society, and the International Society of the Knee. He has served as a member of the President's Council on Physical Fitness in Sports. He served on various editorial boards and served as President of the American Orthopaedic Society for Sports Medicine. In 1984, Dr. Cahill was AOSSM's Mr. Sports Medicine. His publications are numerous and his presentations are both nationally and internationally extensive.

Nominator:     Ronald E. Palmer, MD  
                    Peoria, IL