

sports medicine

MAY/JUNE 2014

UPDATE

***OJSM* Publishes
70th Article**

Remembering
Dr. Frank Jobe

Annual Meeting
in Seattle

APPS
for Sports
Medicine

KNEE INJURIES IN SOCCER



2

Team Physician's Corner

Knee Injuries in Soccer

CO-EDITORS

EDITOR Brett D. Owens, MD
EDITOR Robert H. Brophy, MD
MANAGING EDITOR Lisa Weisenberger

PUBLICATIONS COMMITTEE

Brett D. Owens, MD, Chair
Robert H. Brophy, MD
Kevin W. Farmer, MD
C. David Geier, MD
Alexander Golant, MD
Robert S. Gray, ATC
Lance E. LeClere, MD
Michael J. Leddy, III, MD
Alexander K. Meininger, MD
Kevin G. Shea, MD
Michael J. Smith, MD

BOARD OF DIRECTORS

PRESIDENT Jo A. Hannafin, MD, PhD
PRESIDENT-ELECT Robert A. Arciero, MD
VICE PRESIDENT Allen F. Anderson, MD
SECRETARY James P. Bradley, MD
TREASURER Annunziato Amendola, MD
UNDER 45 MEMBER-AT-LARGE Jon Sekiya, MD
UNDER 45 MEMBER-AT-LARGE E. Lyle Cain, Jr., MD
OVER 45 MEMBER-AT-LARGE
Darren L. Johnson, MD
PAST PRESIDENT Christopher D. Harner, MD
PAST PRESIDENT Peter A. Indelicato, MD
EX OFFICIO COUNCIL OF DELEGATES
Marc R. Safran, MD
EX-OFFICIO NON VOTING Irvin Bomberger
EX-OFFICIO NON VOTING Bruce Reider, MD

AOSSM STAFF

EXECUTIVE DIRECTOR Irv Bomberger
MANAGING DIRECTOR Camille Petrick
EXECUTIVE ASSISTANT Sue Serpico
ADMINISTRATIVE ASSISTANT Mary Mucciante
DIRECTOR OF CORP RELATIONS & IND GIVING Judy Sherr
DIRECTOR OF RESEARCH Bart Mann, PhD
DIRECTOR OF COMMUNICATIONS Lisa Weisenberger
WEB & SOCIAL MEDIA COORDINATOR Joe Siebels
DIRECTOR OF EDUCATION Susan Brown Zahn, PhD
SENIOR MANAGER, CME Kirk Terry
MANAGER, EDUCATION PROJECTS Heather Heller
MANAGER, MEETINGS & EXHIBITS Pat Kovach
MANAGER, MEMBER SERVICES & PROGRAMS
Debbie Czech
ADMIN COORDINATOR Michelle Schaffer

AOSSM MEDICAL PUBLISHING GROUP

MPG EXEC EDITOR & AJSM EDITOR-IN-CHIEF
Bruce Reider, MD
AJSM SENIOR EDITORIAL/PROD MANAGER Donna Tilton
SPORTS HEALTH/OJSM EDITORIAL & PRODUCTION MANAGER
Colleen O'Keefe

CONTENTS

MAY/JUNE 2014

- 1 From the President**
- 4 STOP Sports Injuries**
- 5 Society News**
 - 5 Member Survey Results
 - 6 OJSM Milestone
 - 7 Specialty Day
- 9 Names in the News**
- 10 Member Spotlight**
- 11 Remembering Dr. Frank Jobe**
- 12 Apps for Sports Medicine**
- 14 Research News**
- 17 Annual Meeting**
- 19 Washington Update**
- 20 Upcoming Meetings and Courses**

SPORTS MEDICINE UPDATE is a bimonthly publication of the American Orthopaedic Society for Sports Medicine (AOSSM). The American Orthopaedic Society for Sports Medicine—a world leader in sports medicine education, research, communication, and fellowship—is a national organization of orthopaedic sports medicine specialists, including national and international sports medicine leaders. AOSSM works closely with many other sports medicine specialists and clinicians, including family physicians, emergency physicians, pediatricians, athletic trainers, and physical therapists, to improve the identification, prevention, treatment, and rehabilitation of sports injuries.

This newsletter is also available on the Society's Website at www.sportsmed.org.

TO CONTACT THE SOCIETY: American Orthopaedic Society for Sports Medicine, 6300 North River Road, Suite 500, Rosemont, IL 60018, Phone: 847/292-4900, Fax: 847/292-4905.



FROM THE PRESIDENT



The AOSSM Board of Directors and the Medical Publishing Board of Trustees met last month to address a full range of activities and issues involving the Society and the profession. Following are some of the highlights as they pertain to education, research, publishing and communications.

A critical issue for our profession is fellowship training. Recent changes in the ACGME (Accreditation Council for Graduate Medical Education) fellowship accreditation process have raised concerns among program directors since they bring new requirements which have created an element of uncertainty among stand-alone or independent programs. The Board has created a Fellowship Accreditation Task Force to assist programs in fulfilling these new requirements. The Board will be communicating directly to the ACGME leadership and reinforcing the critical importance of the stand-alone programs to our profession. These programs were critical in establishing the specialty and continue to play an important role in orthopaedic sports medicine fellowship training and patient care.

The Board is also looking at opportunities to reshape surgical skills education so as to more fully utilize AOSSM's involvement in the new Orthopaedic Learning Center (OLC). Options include augmenting traditional skills courses with labs designed to address resident and fellowship requirements under ACGME. The development of Graduate Medical Education (GME) skills modules will also provide a platform to extend training to the international community. There may also be an emerging need for the development of skills modules to help members fulfill future ABOS MOC requirements. The Board has also formed a special task force to further develop a plan for implementation.

The AOSSM leadership also reviewed and provided feedback on several draft consensus statements emanating from the National Collegiate Athletic Association (NCAA) and College Athletic Trainers Society (CATS) Safety in College Football Summit earlier this year. The organizations coordinated a meeting of conference administrators, health care representatives, and other vested parties to develop consensus statements on full-contact practice, independent and objective medical care in the collegiate setting and concussions. Separately, the Board also endorsed as a resource for members the 2014 Female Athlete Triad Coalition Consensus Statement on Treatment and Return to Play.

The Committee on Legislative and Regulatory Advocacy reported that legislation was introduced in the House and Senate to permit team physicians to provide care to their athletes and to maintain liability coverage when they travel outside of their state with school teams. The bill has been championed by Chris Kaeding, MD, in both the Committee and Council of Delegates and was introduced in the House as HR 3722 by Representative Tom Latham (R-IA) and in the Senate as S 2220 by Senators John Thune (R-SD) and Amy Klobuchar (D-MN). Dr. Kaeding and Steve Webber, MD, Chair of the Committee are to be commended for their work on this progress. We encourage you to contact your local congressmen and senators voicing your support for this legislative action.

Finally, I want to take a moment to encourage you to register for the 2014 Annual Meeting in Seattle. The meeting is exceptionally strong in its breadth and depth of scientific presentations, instructional courses, and special workshops. The program reflects the scientific rigor of our profession, and an extraordinary level of participation by leaders from throughout the world. It honors our strong tradition of family and fellowship, while expanding our educational horizons as a profession.

It is hard to believe that my year as AOSSM President is approaching the end. I have learned an incredible amount from my interactions with fellow members of the AOSSM, the AAOS and the OLC. We are blessed to have intelligent, thoughtful, and dedicated volunteers who bring their passions and strength to the Society. We are also incredibly fortunate to have outstanding staff, who have shared their expertise with me over the past year. It has been an honor and a privilege to serve as your President and I look forward to celebrating with you in Seattle.

See you in July.

Jo A. Hannafin, MD, PhD



KNEE INJURIES IN SOCCER

ROBERT H. BROPHY IV, MD

With the soccer (or football, as it is known outside the United States) World Cup coming to Brazil in June 2014, 32 national teams from around the globe will compete to reach the pinnacle of the most popular sport on the globe. Much of the world will be watching to see who will win the tournament. Unfortunately, as in any sport, injuries may play a role in which team rises to the top.



While soccer is a relatively safe sport, injuries are not uncommon, particularly in the lower extremities. At the professional level in Europe, the overall injury incidence was 8 per 1,000 hours, with a significantly higher rate during games (27.5/1000 h) than practice (4.1/1000 h).¹ At the high school level in the United States, there was an overall rate of 2.4 per 1,000 athlete-exposures, again higher in games (4.8/1000 A-E) than practice (1.4/1000 A-E).² The knee was the second most commonly injured area of the body, making up 19 percent of injuries. In a recent study of injuries in U.S. high school sports injuries, girls' soccer was the sport with the second highest rate of knee injury after football.³ Knee injuries often involve ligament strains and meniscus tears, as well as contusions. In the aforementioned study, the anterior cruciate ligament (ACL) was the most common injury of the knee for both girls (1.17 per 10,000 athlete exposures) and boys (0.50/10,000 AE) playing soccer. The medial collateral ligament (MCL) was the next most common (girls 1.12; boys 0.50) followed by meniscus injuries (girls 0.89, boys 0.35).

At the professional level, injury to the MCL is the most common knee ligament injury in soccer. Fortunately, these almost never need surgery. A recent study of MCL injury in professional soccer reported that almost 70 percent of these injuries are contact related, with a nine times higher rate of injury in games compared to practices.⁴ The average time for return

to play was 23 days, with no difference between contact and non-contact injuries.

Unfortunately, injury to the ACL is usually a season ending injury. In a recent video analysis of soccer ACL tears, just over half of the injuries occurred via a contact mechanism, with most injuries occurring while the player was defending, and often tackling an opposing player (Figure 1).⁵

In the vast majority of cases, surgery is recommended to facilitate return to soccer with at least 6–9 months of recovery recommended before getting back to competition. A recent study demonstrates that 72 percent of soccer players can get back to soccer at an average of 12 months after an ACL reconstruction.⁶ Younger and male players are more likely to get back to playing. Soccer players should be aware that they have a high risk for additional ACL surgery (12%), greater on the contralateral limb (9%) than the injured limb (3%). Females are at an especially high risk for additional ACL surgery (20%). Participation in soccer decreases over time after an ACL reconstruction, with only 35 percent still playing seven years after their surgery.

Meniscus tears also typically require surgery, although it may be delayed until after the season. In the study of U.S. high school injuries,³ 54 percent of meniscus injuries required surgery compared to 30 percent of all ligament injuries, (including both ACL injuries which are likely to need surgery and MCL injuries which are unlikely to need surgery). In 10 percent of meniscal

Image courtesy of G. Newman Lowrance



Figure 1. Example of a tackle in soccer.

injuries, surgery was delayed to allow continued sports participation. Meniscal tears are usually treated with debridement of the tear although some tears are amenable to repair. Rehabilitation is longer and return to sport is delayed after repair compared to debridement of the meniscus, although preserving the meniscus may provide long-term benefit for the knee.

So while the world's best soccer players prepare for the World Cup, they will watch out for knee injuries that may delay or prevent them from competing in Brazil. Athletes will usually miss 3–4 weeks after an MCL injury but may be able to return to play quicker after a meniscus injury and are unlikely to return after an ACL tear. Players are unlikely to need surgery after MCL injuries and may need surgery after meniscus injuries and often need surgery after ACL injuries. The same types of knee injuries can affect soccer athletes at all levels. Players, coaches, parents, athletic trainers, and physicians should be aware of common knee injuries, their treatment, and the likely timing for return to soccer.

References

- Ekstrand J, Hägglund M, Waldén M. Injury incidence and injury patterns in professional football: the UEFA injury study. *Br J Sports Med.* 2011. 45(7):553-8.
- Yard EE, Schroeder MJ, Fields SK, Collins CL, Comstock RD. The epidemiology of United States high school soccer injuries, 2005-2007. *Am J Sports Med.* 2008. 36(10):1930-7.
- Swenson DM, Collins CL, Best TM, Flanigan DC, Fields SK, Comstock RD. Epidemiology of knee injuries among U.S. high school athletes, 2005/2006-2010/2011. *Med Sci Sports Exerc.* 2013. 45(3):462-9.
- Lundblad M, Waldén M, Magnusson H, Karlsson J, Ekstrand J. The UEFA injury study: 11-year data concerning 346 MCL injuries and time to return to play. *Br J Sports Med.* 2013. 47(12):759-62.
- Brophy RH, Stepan J, Silvers HJ, Mandelbaum BR. Defending puts the ACL at risk during soccer: A gender based analysis. *Sports Health.* (in press).
- Brophy RH, Schmitz L, Wright RW, Dunn WR, Parker RD, Andrich JT, McCary EC, Spindler KP. Return to play and future ACL injury risk following ACL reconstruction in soccer athletes from the MOON Group. *Am J Sports Med.* 2012. 40:2517-22.



AOSSM MEMBERS SHINE AT NCAA FINAL FOUR

Our sports medicine pros were at it again during the Men's and Women's Final Four this April! Members in the Dallas and Nashville areas took to the NCAA's Youth Sports Clinics to provide valuable information during their annual parent panels, which offer attendees a glimpse into the lives of collegiate athletes.

We would like to thank Drs. Katherine Coyner and Michael Khazzam for attending the clinics in Dallas for the Men's Final Four, as well as Dr. Damon Petty for his help at the Women's Final Four in Nashville. These three provided great advice to parents concerning safety and injury prevention concerns!

Want to help next year? We are looking for AOSSM members in the Indianapolis and Tampa Bay areas to help with the 2015 Final Four Parent Panels. E-mail Joe Siebelts at joe@aossm.org if you are interested!



Encourage kids to develop a proper training routine and sit it out when in pain—these and other free overuse injury prevention tips are available at www.STOPSportsInjuries.org. Share with athletes and parents in your community!



New Contributor Stresses Soccer Safety



We are excited to welcome John Gallucci, Jr., MS, ATC, PT, DPT, as a regular contributor to the STOP Sports Injuries blog site!

John is currently the Medical Coordinator for Major League Soccer (MLS) and founder of JAG Physical Therapy in eastern New Jersey.

His monthly posts will feature injury prevention topics helpful for any young athlete, parent, or coach—and his soccer expertise will provide a fresh perspective on how this popular sport can be played safely.

Are you interested in contributing to the STOP Sports Injuries blog? E-mail Joe Siebelts at joe@aossm.org to learn more about opportunities or to suggest a new topic we have not yet covered!

Welcome to Our New Collaborating Organizations!

Thank you to the newest STOP Sports Injuries collaborating organizations for their commitment to keeping young athletes safe:

Sports Medicine Practices

Absolute Life Wellness Center
Austin, Texas

Health-Fit Chiropractic and Sports Medicine
Boca Raton, Florida

Imagine Physical Therapy
Mount Pleasant, South Carolina

One on One Physical Therapy and Sports Rehab
Staten Island, New York

Silverman Ankle and Foot
Edina, Minnesota

The KOR Physical Therapy
Beaverton, Oregon

Tri-County Orthopedics
Cedar Knolls, New Jersey

Sports and Recreation Organizations

G Force
Baltimore, Maryland

Professional Health Organizations

International Tennis Performance Association
Marietta, Georgia

Vincera Foundation
Philadelphia, Pennsylvania

STOP Sports Injuries thanks the following companies for their continued support:

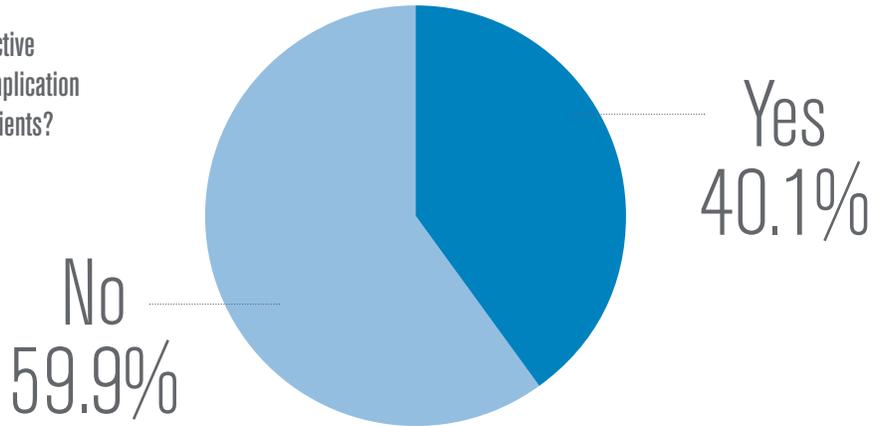


Research Data Important to Members

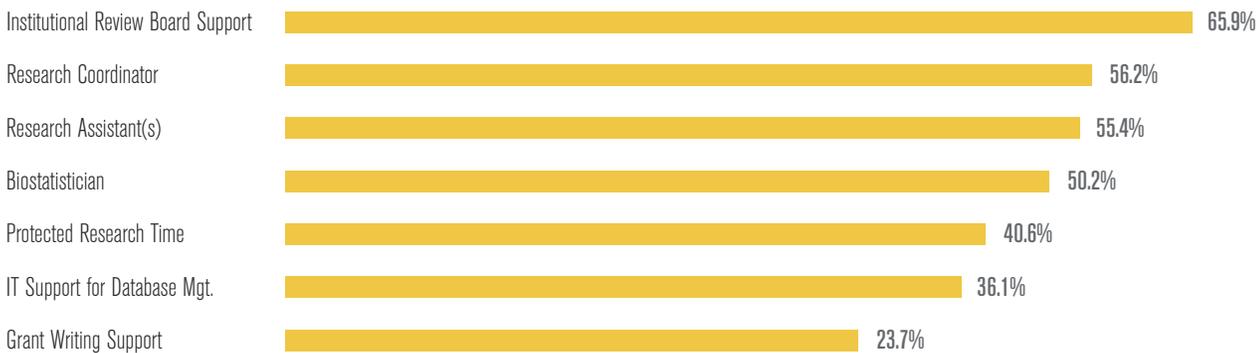
As noted in previous issues of *SMU*, results from the October member survey will be highlighted. Of the 2,900 individuals who received the survey link, 732 responded (25%). This issue’s installment of information illustrates members’ research formats and AOSSM support needs. The full survey report can be read at <http://bit.ly/19fcWUR>.



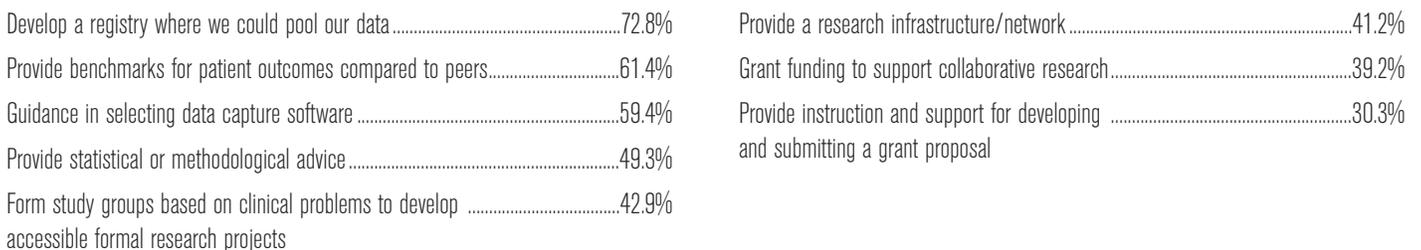
Do you routinely conduct prospective outcome data collection and complication monitoring on your operative patients?

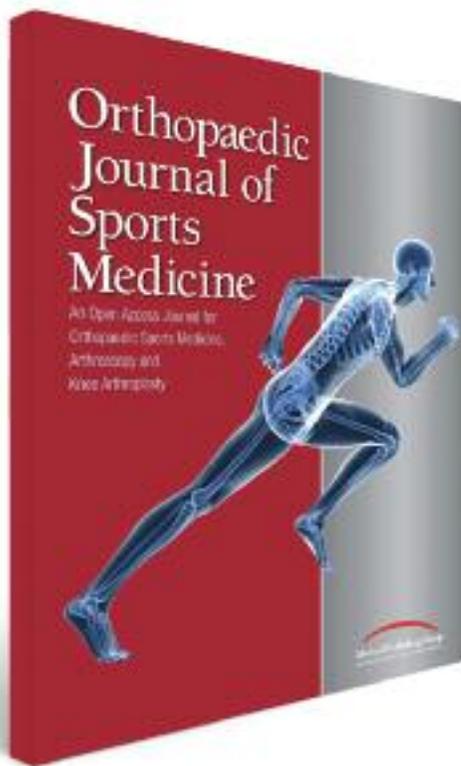


If “Yes,” what forms of research support do you personally have at your institution?



Which of the following could AOSSM provide that would be most useful in terms of collecting outcomes data?





OJSM Publishes 70th Article

Congratulations to the *Orthopaedic Journal of Sports Medicine (OJSM)*, which has published more than 70 manuscripts in less than one year of publication! The journal has seen steady growth in both manuscripts submitted and accepted. Since the submission site opened in March 2013, it has received more than 130 submissions.

OJSM follows a continuous publication, open access model, meaning that you are not limited by a subscription to access published content. Articles are published daily and online rather than in print, which provides for a broad readership around the globe. To sign up for alerts to be notified when new articles are published, please go to www.ojasm.org and click on Email Alerts.

Abstracts from AOSSM's Specialty Day were recently published as a supplement to the March issue. Abstracts from the AOSSM Annual Meeting will also be published in *OJSM* in July. In addition, *OJSM* has 12 international societies collaborating in its publication. To read all the latest published articles, visit www.ojasm.org, and be sure to download the free app, from the Apple store by searching for "OJSM."

Would You Like New Patients to Find You More Easily— Update Your AOSSM Profile

Be sure to update your demographic information and areas of expertise online by logging into My AOSSM and going to the "Update My Profile" link. By updating your information, the public will be able to more easily search for and see appropriate doctors within our "Find A Doctor" listing.

Got News We Could Use? *Sports Medicine Update* Wants to Hear from You!

Have you received a prestigious award recently? A new academic appointment? Been named a team physician? AOSSM wants to hear from you! *Sports Medicine Update* welcomes all members' news items. Send information to Lisa Weisenberger, AOSSM Director of Communications, at Lisa@aossm.org, fax to 847/292-4905, or contact the Society office at 847/292-4900. High resolution (300 dpi) photos are always welcomed.



Are You a Fan or a Follower?

AOSSM, *AJSM*, and *Sports Health* are all on Facebook and Twitter. Join the conversation and learn about the latest news and articles from *AJSM* and *Sports Health*. Stay up-to-date on Society happenings and deadlines.

Facebook

www.facebook.com/American-Journal-of-Sports-Medicine
www.facebook.com/AOSSM
www.facebook.com/SportsHealthJournal
www.facebook.com/STOPSportsInjuries
www.facebook.com/TheOJSM

Twitter

www.Twitter.com/AOSSM_SportsMed
www.Twitter.com/Sports_Health
www.Twitter.com/SportsSafety
www.Twitter.com/AJSM_SportsMed



AOSSM Board and Corporate Partners Provide New Building Funds

The Building Orthopaedics Capital Campaign continues to gain support. As of April 1, 2014, the campaign has raised \$5 million toward its \$7 million goal. AOSSM staff and the other 20 orthopaedic professional organizations will be moving into the new building and a state-of-the-art learning center in late 2014.

The campaign would like to thank ConMed Linvatec for their recent commitment of \$1.2 million to the building campaign, including eight stations for the Orthopaedic Learning Center (OLC). AOSSM would also like to thank AOSSM members, Bernie Bach, MD, and Brian Cole, MD, for committing \$25,000 each to the OLC. In addition, Midwest Orthopaedics at Rush committed an additional \$150,000 to the OLC through the support of other AOSSM members, Drs. Bush-Joseph, Forsythe, Nho, Nicholson, Romeo and Verma.



To learn more about the new headquarters and how you can contribute, please visit www.buildingorthopaedics.org.

Specialty Day Brings Together Latest in Sports Medicine



More than 900 people attended AOSSM's Specialty Day presentations in New Orleans and the joint afternoon session with the American Shoulder and Elbow Society. Lars Engebretsen, MD, PhD, Kennedy Lecturer recipient and Professor and Chair of the Department of Orthopaedic Surgery at Oslo University Hospital and Faculty of Medicine University of Oslo, captivated the audience with his presentation. Other highlights included *Case-Based Symposium: Options for Patella Chondral Defects Seen with Patellar Instability*, *Pediatric Knee Issues, Hip MRI*; and *Point/Counterpoint: Does Extra-Articular Impingement Exist? Can It Be Treated Through the Scope?*

You should have received an e-mail from Heather Heller, Education Programs Manager regarding your CME certificates. If you did not, please log in to your My AOSSM page and click on the CME link on the left-hand side to view/edit credit information. See you next year for Specialty Day on Saturday, March 28 in Las Vegas.

Need Some Tools for Our Team Physician Bag

Sports Medicine Update will be starting a new column in our July/August issue on tools and tips for the team physician. Please submit your pearls of wisdom for us to include to Lisa Weisenberger at lisa@aossm.org. Items can be clinical, rehabilitative, or on-field strategies for success.

Proposed Bylaws Changes to Be Distributed for Review

Draft Bylaws changes making the Membership Committee an appointed committee soon will be circulated to the membership by e-mail for review. The proposed changes will be voted on at the membership Business Meeting held during the Annual Meeting in Seattle. Look for the changes in an upcoming Actions and Updates, or contact Sue Serpico, Executive Assistant at sue@aossm.org for a copy of the changes.

SUBMIT YOUR ABSTRACT FOR SPECIALTY DAY 2015

Submit your research by May 15 (12 PM CST) for the chance to be featured at 2015 Specialty Day in Las Vegas! Visit www.sportsmed.org and click on the faculty center tab to submit. For questions, contact Kirk Terry at kirk@aossm.org or call the Society at 847/292-4900.





Sports Health Call for Photographers!



Sports Health: A Multidisciplinary Approach is looking for amateur photographers to submit action, sports-related photos,

free of charge, to appear on the cover of the journal. Five different images are featured on the cover of each issue and picture athletes of all ages competing in sporting-related events. You are invited to submit your photos to the editorial office for approval and potential use. Photos must be submitted as JPEG or TIFF files and at a resolution of 300 dpi to be considered. Color photographs are strongly recommended. Please submit your photos and direct any questions to Colleen O'Keefe at colleen@sportshealthjournal.org.



Get *AJSM*, *Sports Health*, and *OJSM* on the Go

FREE *AJSM*, *Sports Health*, and *OJSM* apps are now available! These apps present the cover-to-cover print edition in a mobile, user-friendly format. Readers can now mark "favorite" articles and download entire issues for offline reading. The *AJSM* and *Sports Health* apps are subscriber-only benefits and are already included in your subscription to the print journal. To set-up your password and download the app, follow these simple steps:

1. Go to app.sportshealthjournal.org or app.ajsm.org and follow the steps to create your password.
2. Go to the Apple App Store on your device and download the free *AJSM* and *Sports Health* apps.

For the *OJSM* app, simply search for *OJSM* in the iTunes store.

For questions, contact Colleen O'Keefe at colleen@aossm.org.

EDUCATIONAL RESOURCES

Need Help Preparing for Certification Exam? Looking for Additional CME Credit?

If you need Maintenance of Certification credit or are looking for a great review, be sure to check out AOSSM's Self Assessment exam. A new exam is created annually and contains 125 new questions designed to guide your review of diagnosing, treating, and rehabilitating common orthopaedic sports medicine injuries and conditions. There presently are three Self-Assessment examinations (2011, 2012, and 2013) available online for purchase. Each question contains commentary and references to support your learning. Complete the exam and earn 12 *AMA PRA Category 1™* credits. Self Assessment counts toward your ABOS MOC Part 2 requirement, too. Visit www.sportsmed.org/Education/Online_CME/Self-Assessment for information.



Your Patients Are Looking for Information— Send Them *In Motion*

AOSSM's patient education e-newsletter can now be personalized with your practice name and logo for just \$300! You will receive four personalized issues (Spring, Summer, Fall, Winter) and the high and low resolution PDFs to send to a patient's inbox, post on your website, or print and place in your waiting room. For more information, contact Lisa Weisenberger, Director of Communications at lisa@aossm.org.



NAMES IN THE NEWS

Spindler Joins Cleveland Clinic



Congratulations to AOSSM member Kurt Spindler, MD, who recently joined the Cleveland Clinic as the Vice Chairman of Research in the Orthopaedic and Rheumatologic Institute, the Director of Orthopaedic Clinical Outcomes, and the Academic Director of Cleveland Clinic Sports Health. Dr. Spindler is well-known for his work as principal investigator of the MOON project (Multicenter Orthopaedics Outcomes Network) for more than 10 years. Dr. Spindler joins Cleveland Clinic after 23 years as Head Team Physician, Director of Sports Medicine, and Vice Chairman of Orthopaedics at Vanderbilt University. He returns to Cleveland Clinic after a Sports Medicine/Orthopaedics fellowship in 1990–1991.

ACHD Appoints Ungersma



The Board of Directors of the Association of California Healthcare Districts recently appointed AOSSM emeritus member, Dr. John Ungersma to the position of treasurer. Dr. Ungersma has been actively engaged in association activities for 10 years, initially as a member of the Legislative Advocacy committee and currently serving his second three-year term as a director. Additionally, Dr. Ungersma is an Assistant Adjunct Professor of Surgery at F. Edward Herbert School of Medicine in Bethesda Maryland. The Association of California Healthcare Districts (ACHD) is the industry association for Healthcare Districts which provide hospital care, skilled nursing care, ambulance services, clinics, chronic disease management support, as well as in-home support and educational services in 40 of California's 58 Counties. ACHD provides leadership education, operations and communication support to its Member Districts and is a principal legislative advocate on their behalf.

Zumwalt Appointed as Team Physician



AOSSM member, Mimi Zumwalt, MD, was recently appointed as the team physician for the Hub City Bison/CRAFL (Crossroads Amateur Football League) and West Texas Roller Dollz/WFTD (Women's Flat Track Roller Derby) League. Dr. Zumwalt currently serves as the Associate Professor of Orthopaedic Surgery and the Head of Sports Medicine at Texas Tech University Health Science Center. Congratulations!

Inaugural Pioneer of Innovation Membership Bestowed on Arnoczky



Steven Arnoczky, DVM, was presented as an inaugural member of the "Pioneers of Innovation" program by the Orthopaedic Research Society (ORS) in March. The program recognizes scientists whose sustained research in biological, engineering, or clinical sciences have translated into novel therapies and improved patient care. Scientists in the Pioneers of Innovation program will be used as examples for ORS' advocacy efforts to highlight the importance of musculoskeletal research and the need for increased research funding.

Awards Presented to Fu

Congratulations to AOSSM Past President, Freddie Fu, MD, who recently received the Elizabeth Winston Lanier Award for his career contribution to anterior cruciate ligament (ACL) reconstruction and advances in patient care, an accolade considered to be the Nobel Prize of orthopaedic research. The award was given by the Kappa Delta Sorority along with the Orthopaedic Research and Education Foundation and presented to Dr. Fu in New Orleans at the 2014 Annual Meeting of the American Academy of Orthopaedic Surgeons (AAOS).

In May, Dr. Fu will also receive the European Society of Sports Traumatology, Knee Surgery and Arthroscopy's (ESSKA) highest honor with the Lifetime Honorary Member designation and inductee into its Hall of Fame—only the second individual from the United States, and only the fourth inductee to date.

In July, the Japanese Orthopaedic Society of Knee, Arthroscopy and Sports Medicine (JOSKAS) will make Dr. Fu only the fourth surgeon—and second from the Western Hemisphere—to be recognized with the Masaki Watanabe Award for international achievement in arthroscopic surgery. "These honors are truly gratifying, but they represent the research, diligence, and clinical excellence of so many people rather than one person," said Dr. Fu.



Doctors Help Underserved in Los Angeles Get Back to Activities They Love



"We have also been able to take care of some amazing young athletes who have vowed to 'pass it on,' including a professional skateboard rider and an Eagle Scout," said Stetson.

AOSSM members, William Stetson, MD, and Christopher Lee, MD, of Stetson Powell Orthopedics and Sports Medicine in Burbank, California, are helping their community by not just providing office care but pioneering quarterly "Volunteer Saturdays," as a branch of Operation Arthroscopy. On these days, they provide arthroscopic surgical care free-of-charge to patients who are unable to afford such procedures. A majority of these patients are referred from the Los Angeles Christian Health Clinics (LACHC), a non-profit, federally qualified health center located in downtown Los Angeles. Drs. Stetson and Lee also work with LACHC to improve access to comprehensive health care services for the homeless and underserved throughout Los Angeles, particularly from a sports medicine perspective.

Patients are also seen through the SoCal Athletic Medicine Initiative (SAMI) where physicians, along with athletic trainers and physical therapists, work together to provide athletic medicine and healthcare to local high school athletes at little or no cost. The necessary diagnostics are performed in the Stetson Powell office, and a spot is reserved for those who would benefit from an arthroscopic procedure on a Volunteer Saturday. Supplies have also been donated by several sources, including Smith & Nephew.

"We have been seeing these patients for more than 10 years now. We conduct Volunteer Saturdays in accordance with the Glendale Endoscopy and Surgery Center and the anesthesiologists and staff, all volunteer their services for the day. We are grateful that we can provide care for patients with sports medicine related needs who would otherwise not be able to receive it and then have them return to the sports and activities they love," said Stetson.

Anyone who is interested in starting a similar program may contact Dr. Stetson directly at wbstetsonmd@gmail.com.

TELL US WHAT YOU DO

In 2014, *Sports Medicine Update* will have a member spotlight column to highlight the various activities, teams, and work our members do every day in their local communities and institutions. Whether you've been practicing sports medicine for 40 years or just five, or know someone who is performing some amazing feats caring for athletes of all levels and ages, we'd love to hear about it! Please forward your story or your colleague's to Lisa Weisenberger at lisa@aossm.org.



AOSSM Hall of Fame Inductee and Orthopaedic Pioneer, Frank Jobe, MD, Passes Away

Frank Jobe, MD, who served as a team physician for the Los Angeles Dodgers' organization for more than 50 years and who was a pioneer in the field of sports medicine, passed away at the age of 88 on March 6, 2014, in Santa Monica, California. He is survived by his wife, Beverly, four sons—Christopher, Meredith, Cameron, and Blair, their spouses, and eight grandchildren.

Dr. Jobe was born in Greensboro, North Carolina, and at the age of 18 joined the U.S. Army. He served in World War II from 1943 to 1946. He received his medical degree from Loma Linda University in Loma Linda, California, in 1956 and completed his internship at Los Angeles County Hospital in 1957, where he also completed his residency in 1964. In 1964, Dr. Jobe co-founded the Kerlan-Jobe Clinic in Los Angeles, California, and in 1978 he founded and became the Medical Director of Centinela Hospital Medical Center's Biomechanics Laboratory. Dr. Jobe and his associate Dr. Robert K. Kerlan formed the Kerlan-Jobe Orthopaedic Clinic Sports Medicine Fellowship Program in 1973, where he continued until nearly his death to be active as a teacher of residents, fellows, and practicing orthopaedic surgeons. With his guidance, the Kerlan-Jobe Clinic has trained more than 250 fellows since its inception.

Dr. Jobe was also recognized internationally for his excellence in the practice and research of orthopaedics and sports medicine. He saved, extended, or put back on course the careers of many amateur and professional athletes. The techniques he used to do the Tommy John surgery are routine today, but what he attempted back in 1974 had never been tried before. His "Tommy John"



Dr. Jobe with former Dodgers' pitcher, Tommy John, at the National Baseball Hall of Fame ceremony.

procedure triggered a sports medicine revolution. He also developed the muscle splitting approach to the shoulder for anterior instability, which has been used successfully on many pitchers. Dr. Jobe authored more than 140 medical publications, 27 book chapters, and 7 books. In addition, he gave numerous lectures on orthopaedics and sports injury related topics.

Dr. Jobe received several awards and honors during his career, including:

- AOSSM O'Donoghue Award (1984)
- AOSSM Mr. Sports Medicine Award (1996)
- AOSSM Hall of Fame Inductee (2003)
- Charles S. Neer Award (1987)
- Western Orthopaedic Association, Alonzo Neufeld Award (1991)
- Honorary Doctoral Degree from the University of Tokushima, Japan (1998)

Jobe was also honored at the Baseball Hall of Fame in Cooperstown, Ohio, on July 27, 2013, as part of the Hall of Fame awards presentation for his development of the Tommy John surgery.

"Baseball lost a great man and I lost a great friend," said former Dodger Tommy John. "There are a lot of pitchers in baseball who should celebrate his life and what he did for the game of baseball. He's going to be missed."



APPS FOR SPORTS MEDICINE ABOUND

by Orrin I. Franko, MD

The library of available mobile apps for orthopaedic surgeons continues to increase. There are currently more than 350 apps available, but the following are some of the best high-quality apps that would benefit any sports surgeon.

ShoulderDecide and KneeDecide

ShoulderDecide and KneeDecide are part of the Orca Health collection of apps that provide information for patients about various orthopaedic conditions. The user interface, graphics, and interactive 3D anatomy modules are superb and allow the user to learn about shoulder and knee anatomy while rotating, flexing, and zooming in on the images. The conditions covered in these apps include all common pathologies, such as rotator cuff tear, bursitis, impingement, calcific tendinitis, glenohumeral arthritis, acromioclavicular arthritis, instability, proximal humeral fractures, clavicle fractures, AC separation, frozen shoulder, and biceps tendon tears and tendinitis. Each disease includes a plethora of X-ray, MRI, and CT imaging with appropriate annotations demonstrating normal and pathologic conditions. Audio recordings are also included to narrate the text and are associated with arthroscopic video demonstrating the procedures. The apps also include advanced features such as annotation and e-mailing handouts directly to patients, which requires a subscription.

PhysioMD

PhysioMD is a patient-directed physical therapy app created by orthopaedic surgeons. The interface is organized into different regions and asks the patient to select the area of injury (wrist, elbow, shoulder, etc.). Once selected, a variety of specific pathologies are presented. For example, a shoulder injury yields: frozen shoulder, instability, rotator cuff, or SLAP. Each topic then requires purchasing an in-app subscription for the exercises provided for each condition. For each exercise, patients can learn how to safely perform the maneuver with a video demonstration.



CARE for Patients

For patients who require a more personalized approach to therapy, but like the convenience of a virtual physical therapist, CARE for Patients is a good app. Created by physical therapists, CARE stands for Computer-Aided Rehabilitative Education and offers personalized practice solutions for surgeons—which means they can build a personalized app for your practice with patient handouts about any condition you treat. More impressively, however, patients can obtain a personalized log-in for the app and once the surgeon selects the patient's injury and treatment algorithm, the app will present the exercises the patient should be performing at various time points during the healing process (e.g., 2–4 weeks post-op after ACL reconstruction).

SportsMed

SportsMed is part of a series of RSS-feed apps to organize sports medicine-related abstracts into a single location. Like other apps in this series (BoneFeed, BoneCast, HandFeed), the user can personalize which RSS feeds are presented along the home row from a list of feeds included with the app. For SportsMed, the list includes *AJSM*, *Arthroscopy*, *Sports Med Arthr*, *Brit J Sports Med*, and a variety of other feeds. The feeds allow the user to review an abstract, view the full text article directly from the journal website (if you have online access), post comments, or share the paper via Twitter, Facebook,

or e-mail. Overall, this app is a simple and intuitive way to keep up-to-date with the latest sports publications.

American Journal of Sports Medicine and Sports Health

The American Journal of Sports Medicine and *Sports Health* apps allow journal subscribers easy-to-use access of the journal in app form. The app has many advanced features such as searching for relevant topics within all issues of the publication, allowing users to save favorite articles and sharing journal articles easily through email. These up-to-date app features make this app an excellent tool on the iPhone and iPad. In addition, the journals have started to build video and audio content which will quickly become a must have for anyone in the field.

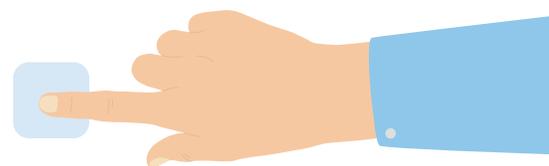
CORE

CORE is a physical therapy and examination app that has set the standard for learning about various special tests related to the sports evaluation. Divided by body part, body region, alphabetical, favorites, or search, the app contains a database of more than 400 clinical tests which includes a purpose, instructions, video demonstrations, and test properties. For every test, data is presented regarding the sensitivity, specificity, likelihood ratio, accuracy, and other relevant statistical tests based on primary literature references. For example, the hip impingement test lists 10 primary sources with their respective

sensitivities and specificities using the impingement test to detect labral tears. This app seems ideal for a medical student with an interest in musculoskeletal medicine (PM&R, sports medicine, or orthopaedic surgery) or a junior resident in any of these fields. Overall, a very complete and useful app for trainees.

Orthopaedic Patient Information

Orthopaedic Patient Information is part of the 3D4Medical's suite of full-featured anatomy apps that include very detailed 3D anatomical models. Within each model, the user can add or subtract layers of soft tissue, muscles, vessels, and nerves, and select specific anatomic structures to learn more. All of their apps follow a similar and intuitive format, but this one differs slightly. The relevant body part is presented with a video demonstrating the most common anatomy, conditions, and treatments. These demonstrations are very high quality. The level of detail and anatomical accuracy of all muscles, tendons, vessels, nerves, ligaments, and bones is impressive. Overall, the entire suite of 3D4Medical anatomy apps are the best anatomy models I have seen, and this patient information app is fantastic.



Orrin I. Franko, MD, is currently completing his orthopaedic surgery residency at University of California, San Diego. Dr. Franko has an interest in researching and promoting the use of social media and mobile apps for smartphones and tablets within orthopaedic surgery and other training programs. In addition to multiple publications in the field, Dr. Franko is the founder and creator of www.TopOrthoApps.com, a website dedicated to reviewing mobile apps for orthopaedic surgeons. He has assisted in the development of numerous medical and surgical mobile apps and continues to work towards the safe integration of mobile technology into medical education and clinical settings.



Research Grants Awarded



Dr. Drew Lansdown, currently an orthopaedic surgery resident at the University of California, San Francisco, is the winner of the 2014 Sandy Kirkley Clinical Outcome Research Grant for his study, *An Evaluation of the Effects of Rotator Cuff Tear Size on the Progression of Fatty Infiltration with a Novel Quantitative MR Imaging Technique*. This study will look at rotator cuff injuries and how muscle quality influences the outcomes of surgical treatment. Following tendon injuries, the muscles of the rotator cuff undergo characteristic degenerative changes. The muscle is replaced by fat, and these changes are known to lead to less successful surgical repair of a torn tendon. The goal of the study is to investigate how these muscular changes affect the outcomes of rotator cuff repairs. Dr. Lansdown will utilize a novel, quantitative MRI-based method that can accurately determine the amount of fat within the rotator cuff muscle. He aims to determine how the size of the tear influences the progressive, degenerative changes of the

repair. He will also be investigating the role that fatty changes in the muscle play in the patient's outcome following surgery. The information from this study will provide orthopaedic surgeons and patients with a better understanding of the effects of rotator cuff repairs on preserving or restoring muscle health.

Originally from Tulsa, Oklahoma, Dr. Lansdown studied biomedical engineering at Vanderbilt University, where he initially became interested in the potential of quantitative imaging in furthering the understanding of musculoskeletal physiology. He attended medical school at the University of Chicago. He is pursuing a six-year research-track residency program, working under the mentorship of Dr. Benjamin Ma and in collaboration with the UCSF Musculoskeletal Quantitative Imaging Research Group. He plans to complete fellowship training in sports medicine, followed by a career as an academic surgeon. He also hopes to continue research in quantitative imaging to improve the diagnoses, treatments, and outcomes of orthopaedic surgery.



Congratulations to **Perry Altman, MD**, who is currently a second-year resident in orthopaedic surgery at William Beaumont Hospital in Royal Oak, Michigan, for winning the 2014 Young Investigator Grant. His study, *Stem Cell Mobilization and Chemokine-Directed Intra-Articular Migration of Native Marrow-Derived Stem Cells: Acute Phase Treatment to Mitigate Post-Traumatic Osteoarthritis (PTOA) Following ACL Rupture*, will investigate the potential methods to delay the onset and progression of PTOA following non-invasive acute ACL rupture. Through modulation of the CXCR4/CXCL12 axis, his team hypothesizes that they can mitigate the cascade of PTOA via mobilization and chemokine-directed migration of native marrow-derived stem cells to the injured joint in the acute phase following ACL rupture. They hope that by enhancing intra-articular migration of mobilized populations of marrow-derived stem and progenitor cells after ACL rupture a chondroprotective effect will take place, thereby disrupting the degenerative cascade of PTOA. The end-result of this research will be the development of an effective and clinically viable method for the promotion of long-term chondroprotection via acute phase intervention following ACL rupture.

Originally from Dayton, Ohio, Dr. Altman earned a bachelor's degree in anthropology at Washington University in St. Louis while completing his pre-medical curriculum. He spent the following two years as a research assistant and research coordinator for the Cardiovascular Research Center at the Mount Sinai School of Medicine in New York, where he investigated the CXCR4/CXCL12 axis and in vivo mobilization of stem cells using murine models of cardiovascular disease. Subsequently, while enrolled in the University of Toledo, College of Medicine, Dr. Altman periodically returned to New York to continue his investigations of the CXCR4/CXCL12 pathway and stem cell homing to injured myocardium. After earning his medical degree, he began training as a clinician scientist in orthopaedics at William Beaumont Hospital. One of his primary goals during residency has been the application of in vivo stem cell mobilization and homing principles to current problems in orthopaedics. Dr. Altman identified an opportunity to work with Dr. Kyle Anderson, Dr. Asheesh Bedi, Dr. Kevin Baker, and Tristan Maerz, MS, who developed a research platform focusing on the use of stem cell mobilization and chemokine-directed homing to promote healing of injured musculoskeletal tissues following surgical repair. The team worked together to identify post-traumatic osteoarthritis as potential target for this in situ tissue engineering modality.





Sports Medicine Fellowship Match—Successful for Applicants, Challenging for Programs

In early April the Match results were released. Our analysis of the aggregate data, as well as our examination of the individual rankings of each program and each applicant suggests that the Match was again conducted with a high level of integrity, consistent with its rules.

It is important to note that this year's match experienced a decline in the number of applicants (73 fewer) and a smaller number of applicants submitting a rank order list (53 fewer), which had a significant impact.

Program Participation

100% of the 95 programs participating in the 2014 Match were accounted for in the Match.

226 positions were in the Match. 220 were accredited positions. 6 were non-accredited positions.

75% of all positions (169) matched (compared to 88% or 196 positions last year).

62% of all programs (57) fully matched (compared to 82% or 74 programs last year).

12% of all programs (11) got their #1 ranked applicant (compared to 23% or 21 programs last year).

10% of all programs (9) got their #2 ranked applicant as their first match position (compared to 14% or 13 programs last year); and an additional 3 programs got their #2 as 2nd match (compared to 5 last year).

22% of all programs (20) got their #1 or #2 ranked applicants (compared to 39% last year).

Applicant Participation

202 applicants registered for the Match (compared to 275 last year).

24 withdrew or did not submit a rank order list (compared to 44 last year).

178 residents submitted rank order lists (compared to 231 last year).

169 (95%) of applicants matched (compared to 196 or 88% last year).

9 (5%) of applicants did not match (compared to 35 or 15% of applicants last year).

59% of applicants (99) got their #1 ranked program (compared to 43% last year).

22% of applicants (37) got their #2 ranked programs (compared to 21% last year).

80% of applicants (136) got their #1 or #2 ranked programs (compared to 64% last year).



2013 Donors to AOSSM



AOSSM proudly thanks the following individuals for their 2013 designated support through OREF. These important contributions will help to fund the AOSSM Research Mentoring Program and Young Investigator Grants, both of which lead to clinical advancements and enhanced patient care.

Designated Donors

| | | | | | |
|---------------------------|----------------------------|---------------------------------|-----------------------------|-------------------------------|-----------------------------|
| Kirk J. Aadalen, MD | Jon E. Browne, MD | Kevin B. Freedman, MD | Kristofer A. Kimber, MD | Christopher W. Peer, MD | Domenick J. Sisto, MD |
| Christopher S. Ahmad, MD | Peter G. Buck, MD | Robin M. Gehrman, MD | Robert E. Leach, MD | Kevin D. Plancher, MD | Jeffery J. Soldatis, MD |
| A. Herbert Alexander, MD | Charles A. Bush-Joseph, MD | Thomas J. Gill IV, MD | Jeffrey A. Macalena, MD | Charles A. Popkin, MD | Robert A. Stanton, MD |
| Answorth A. Allen, MD | John P. Cannizzaro, MD | John P. Goldblatt, MD | Roy A. Majors, MD | CDR Matthew T. Provencher, MD | John A. Steubs, MD |
| Christian R. Allen, MD | Seth Cheatham, MD | Benjamin K. Graf, MD | Michael D. Maloney, MD | Michael B. Purnell, MD | Michael J. Stuart, MD |
| William C. Allen, MD | William G. Clancy, Jr., MD | Kathryn S. Grannatt, MD | Alan W. Markman, MD | Arun J. Ramappa, MD | Kyle E. Swanson, MD |
| Annunziato Amendola, MD | Patrick E. Clare, MD | Letha Y. Griffin, MD, PhD | Robert G. Marx, MD, FRCSC | Lars C. Richardson, MD | James E. Tibone, MD |
| Allen F. Anderson, MD | Steven B. Cohen, MD | Jo A. Hannafin, MD, PhD | L. Jay Matchett, MD | John C. Richmond, MD | Fotios P. Tjoumakaris, MD |
| Christian N. Anderson, MD | Brian J. Cole, MD, MBA | Christopher D. Harner, MD | Eddie T. Matsu, MD | Scott A. Rodeo, MD | Nikhil N. Verma, MD |
| John A. Anderson, MD | Frank A. Cordasco, MD, MS | Robert S. Heidt, Jr., MD | Michael J. Maynard, MD | Howard A. Rose, MD | Peter S. Zezeridis, MD |
| Kyle Anderson, MD | Ralph J. Curtis, Jr., MD | R. Frank Henn III, MD | Eric C. McCarty, MD | Waldomar M. Roeser, MD | Armando F. Vidal, MD |
| James R. Andrews, MD | Diane L. Dahm, MD | Elliott B. Hershman, MD | Omer Mei-Dan, MD | Richard K. N. Ryu, MD | Jon B. Wang, MD |
| Damian M. Andrisani, MD | Joseph P. DeAngelis, MD | Stephen W. Houseworth, MD, FACS | David S. Menche, MD | Seth D. Rosenzweig, MD | Russell F. Warren, MD |
| Robert A. Arciero, MD | David T. Dellaero, MD | Michael J. Hulstyn, MD | Scott A. Meyer, MD | D. Daniel Rotenberg, MD | Daniel C. Wascher, MD |
| Bernard R. Bach, Jr., MD | Peter F. DeLuca, MD | Stephen A. Hunt, MD | Lyle J. Micheli, MD | John B. Ryan, MD | Oskar Weg, MD |
| Geoffrey S. Baer, MD, PhD | Marlene DeMaio, MD | Stephen S. Hurst, MD | David R. Moore, MD | Richard K. N. Ryu, MD | Daniel B. Whelan, MD |
| Bruce E. Baker, MD | Gregory S. DiFelice, MD | Omer A. Ilahi, MD | Martha M. Murray, MD | Felix H. Savoie III, MD | Thomas L. Wickiewicz, MD |
| Craig H. Bennett, MD | David M. Dines, MD | Mary L. Ireland, MD | Mark C. Mysnyk, MD | Amol Saxena, DPM | Richard M. Wilk, MD |
| Eric M. Berkson, MD | Carl A. DiRaimondo, MD | Frank M. Ivey, Jr., MD | Shane J. Nho, MD, MS | Michael F. Schafer, MD | Michelle L. Wolcott, MD |
| Arthur L. Boland, Jr., MD | Brian J. Donahue, MD | Arlon H. Jahnke, Jr., MD | Claude E. Nichols III, MD | Matthew G. Scuderi, MD | Rick W. Wright, MD |
| Joel L. Boyd, MD | Jeffrey R. Dugas, MD | Darren L. Johnson, MD | Robert J. Nicoletta, MD | Wayne J. Sebastianelli, MD | George J. Zambetti, Jr., MD |
| James P. Bradley, MD | Paul D. Fadale, MD | Robert J. Johnson, MD | Barton Nisonson, MD | Robert M. Shalvoy, MD | Bertram Zarins, MD |
| Robert L. Brand, MD | Jack Farr II, MD | Darron M. Jones, MD | Gordon W. Nuber, MD | Clarence L. Shields, Jr., MD | |
| Jonathan T. Bravman, MD | Brian T. Feeley, MD | Ronald P. Karzel, MD | Stephen J. O'Brien, MD, MBA | Beth E. Shubin-Stein, MD | |
| Robert D. Bronstein, MD | Gary B. Fetzer, MD | James S. Keene, MD | Andrew D. Pearle, MD | Paul J. Siatczynski, MD | |
| Robert H. Brophy, MD | David A. Fischer, MD | Bryan T. Kelly, MD | | Kenneth M. Singer, MD | |
| Howard R. Brown, MD, FACS | Brian Forsythe, MD | | | | |

Shands Circle Members

| | | | |
|---|--|---|---|
| James R. Andrews, MD, Copper | Dr. Robert D. and Mrs. Barbara D'Ambrosia, Copper | Stephen S. Hurst, MD, Copper | Dr. John and Chris Richmond, Copper |
| Michael J. Axe, MD, Platinum | Copper | Jose E. Jaen, MD, Copper | Dr. and Mrs. Richard K. N. Ryu, Copper |
| The Frederick M. Azar, MD, Family, Copper | Marlene DeMaio, MD, Copper | Dr. Frank W. and Mrs. Beverly A. Jobe, Copper | Dr. Thomas and Mrs. Rebecca Samuelson, Bronze |
| Bernard R. Bach, Jr., MD, Copper | Dr. David and Mrs. Judith Dines, Copper | Robert J. Johnson, MD and Shirley S. Johnson, Copper | Felix H. Savoie III, MD, Copper |
| Champ L. Baker, Jr., MD, Copper | Dr. and Mrs. Jeffrey R. Dugas, Copper | Graham F. Johnstone, MD, Copper | Dr. and Mrs. Michael F. Schafer, Copper |
| Dr. Bruce and Mrs. Patricia Baker, Copper | Scott F. Dye, MD, Copper | Drs. Subram and Elizabeth Krishnan, Copper | Robert and Patricia Schenck Family, Copper |
| Dr. and Mrs. David L. Bankoff, Copper | Neal S. ElAttrache, MD, Copper | Drs. John and Janet Kuhn, Bronze | Mrs. Teresa Schmidt and Dr. David Schmidt, Copper |
| Frank H. Bassett III, MD †, Bronze | James C. Esch, MD, Copper | Cato T. Laurencin, MD, PhD, Copper | Dr. John and Mrs. Marguerite Scullin, Copper |
| John A. Bergfeld, MD, Copper | Dr. Jack and Mrs. Sonja Farr, Copper | Andrew S. Levy, MD, Copper | Nicholas A. Sgaglione, MD, Copper |
| Jimmie G. Biles, Jr., MD, Copper | John A. Feagin, Jr., MD, Copper | Dr. Robert and Mrs. Patricia Mack, Copper | Kevin G. Shea, MD, Copper |
| Dr. Courtney and Mrs. Ingrid Brown, Silver | Dr. and Mrs. Blair C. Filler, Copper | Neil J. Maki, MD, Copper | Walter and Beverly Shelton, Copper |
| Douglas W. Brown, MD, Copper | Gerald A. M. Finerman, MD, Copper | George S. Mauerma, MD, Copper | Peter T. Simonian, MD, Copper |
| Dr. Charles and Mrs. Victoria Bush-Joseph, Copper | Dr. Abdul and Mrs. Elizabeth Foad, Copper | David R. McAllister, MD, Copper | Kenneth M. Singer, MD, Silver |
| Bernard R. Cahill, MD†, Copper | Dr. Freddie H. and Mrs. Hilda P. Fu, Platinum | Dr. Eric C. and Mrs. Miriam McCarty, Copper | Dr. and Mrs. Kurt P. Spindler, Bronze |
| Dr. and Mrs. E. Lyle Cain, Jr., Copper | John P. Fulkerson, MD, Copper | Drs. John B. McGinty and Rosemarie M. Morwessel, Copper | David D. Teuscher, MD, Copper |
| Dr. John and Mrs. Kim Callaghan, Platinum | Theodore J. Ganley, MD, Copper | Thomas C. McLaughlin, MD, Copper | William P. Thorpe, MD, Copper |
| S. Terrance Canale, MD, Copper | William E. Garrett, Jr., MD, PhD, Copper | Dr. William and Mrs. Lynn McMaster, Platinum | Jon J. P. Warner, MD, Copper |
| James E. Carpenter, MD, Copper | Dr. William A. Grana† and Mrs. Susan Grana, Bronze | John F. Meyers, MD, Copper | Russell F. Warren, MD, Copper |
| Constance R. Chu, MD, Copper | Letha Y. Griffin, MD, PhD, Copper | Frank R. Noyes, MD, Copper | Dr. Rick W. and Mrs. Lana Wright, Copper |
| Thomas O. Clanton, MD, Copper | Jo Hannafin, MD, PhD, and John Brisson, Esq., Copper | Gordon W. Nuber, MD, Copper | Dr. and Mrs. Ken Yamaguchi, Copper |
| Patrick E. Clare, MD, Copper | Christopher D. Harner, MD, Copper | Jacquelin Perry, MD†, Copper | John G. Yost, Jr., MD, Copper |
| Brian J. Cole, MD, MBA, Copper | Laurence D. Higgins, MD, Copper | Marc J. Philippson, MD, Copper | Dale C. Young, MD, Copper |
| Ralph H. Congdon, MD, Copper | Stephen W. Houseworth, MD, FACS, Copper | Mark and Jennifer Pinto, Copper | Kenneth R. Zaslav, MD, Copper |
| Frank A. Cordasco, MD, MS, Copper | Jack C. Hughston, MD†, Copper | | |
| Dr. and Mrs. Edward V. Craig, Copper | Stephen C. Hunter, MD†, Copper | | |



Photographer: Howard Frisk

Join Us in Seattle

In the third of a series of articles on this year's Annual Meeting, we provide a focused look at all of the activities available to attendees.

Registration is now open for the AOSSM Annual Meeting in Seattle, July 10–13, 2014. For complete details download the Preliminary Program at www.sportsmed.org/AnnualMeeting.

A few meeting highlights include:

- New instructional courses, now on Sunday too
- Live surgical demonstration workshops on the knee
- Friday afternoon education on the shoulder from some of the top faculty in the world
- Industry symposia and industry theatres about the latest products, every day in the Exhibit Hall

- World record holder in long distance swimming and Presidential Guest Speaker, Diana Nyad
- Young Sports Medicine Specialists' Workshop and AOSSM Medical Publishing Group Reviewers' Workshop

Housing

A block of rooms has been reserved at the Sheraton Seattle and Grand Hyatt Seattle. Secure your room by visiting www.sportsmed.org, or per the contact information below. Complimentary standard Internet in your guestroom is included in the rate. Both hotels





Photographer: Howard Frisk

are located approximately one block from the Washington State Convention Center where all of the AOSSM general sessions and exhibits will be held. Reservation deadline is June 7, 2014. Rooms are guaranteed until this date pending availability. Attendees are encouraged to book early.

Sheraton Seattle \$263
888/627-7056 single/double occupancy

Grand Hyatt Seattle \$279
402/592-6464 single/double occupancy
(limited availability)

Fun for the Whole Family

If you and your family have never been to the Northwest, don't miss out on this opportunity to take advantage of all that the area offers from exploring the woods surrounding Mount Rainier National Park to catching a Mariners baseball game at SafeCo Field. **AOSSM attendees and their families can purchase tickets to a game at special rates by visiting www.sportsmed.org/AnnualMeeting.**

Attendees can also experience the highlights of Seattle's historical neighborhoods by spending an afternoon with Taste Seattle Food Tours. The afternoon will be spent sampling your way through Pioneer Square with stops at eight distinct locations that offer tantalizing tastes of the homemade and ethnic fare that has put

the Square on the foodie map as a premier dining destination. Compliment all that cuisine with three alcoholic tastings, from vibrant Washington State vino to German beer and then onto premium sake. In between bites, wander the streets alongside a knowledgeable guide who offers insight into the area's past and present incarnations, pointing out hidden gems from quirky boutiques to a 22-foot waterfall that's a true urban oasis. To buy tickets or for more information visit www.taste206.com.

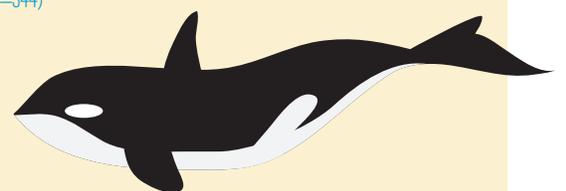
But maybe one of the best things not to be missed during your visit will be the Annual AOSSM Family Party at the Seattle Aquarium on Saturday, July 12. AOSSM will have full access to the entire venue, including the Great Hall, Life on the Edge, all mammal exhibits, and even the Under Water Dome—a 360 degree tunnel/view into the 400,000 gallon fish tank. The venue is one of the most unique and best-kept waterfront secrets in Seattle and is located on Pier 59 at the edge of Puget Sound's Elliott Bay. Attendees will also be able to experience a mammal feeding show and interact with the sea otters, fur seals, and harbor seals along with taking in dive shows.

For more information on all that you can see and do in and around Seattle, visit www.visitseattle.org or www.2daysinseattle.com. See you in July!

Unique and fun things to do with kids in Seattle

- Ballard Locks (www.seattle.gov/tour/locks.htm)
- Burke Museum of Natural History (www.burkemuseum.org)
- Children's Museum (www.thechildrensmuseum.org)
- Experience Music Project (EMP) (www.empmuseum.org)
- Fremont and the Troll (www.fremont.com/about/fremonttroll.html)
- Lake Union Park (www.seattle.gov/parks/park_detail.asp?ID=344)
- Mount Rainier National Park (www.visitrainier.com)
- Mount St. Helens Volcanic National Monument (www.fs.usda.gov/mountsthelens)
- Museum of Flight and Future of Flight Aviation Center (www.museumofflight.org)

- Northwest Trek Wildlife Park (www.nwtrek.org)
- Pacific Science Center (www.pacificsciencecenter.org)
- Point Defiance Zoo and Aquarium (www.pdza.org)
- Space Needle (www.spaceneedle.com)
- Wild Waves Theme Park (www.wildwaves.com)
- Woodland Park Zoo (www.zoo.org)



This is the way SGR repeal ends, not with a bang but a whimper. The Senate voted on March 31 to pass the House's year-long SGR patch, dealing a potentially fatal blow to SGR repeal before the end of the year. While Congress could eventually come together on a repeal bill before the current version expires on December 31, hopes remain dim that both parties and both houses can come to an agreement on how to pay for such a bill.

Patchwork

The bill, HR 4302, would patch the SGR formula for twelve months, providing a 0.5% update through December 31, 2014, and a 0% update from January 1, 2015, through March 31, 2015. This came after a truly bizarre scene unfolded in the House, whereby leaders recessed the House, gaveled it back into session, passed the bill on a voice vote (meaning no roll call taken), and then went back into recess. On a 64–35 vote, the Senate cleared the House-passed 13-month measure, sending the measure to the White House for signature. (*The Hill*)

Glass Half Full

On the plus side, the bill does delay ICD-10 implementation until at least October 1, 2015. With cost estimates for ICD-10 reaching into the millions for some practices, the year-long reprieve is welcome news for a number of practices struggling to get ready for what was an October 1, 2014, deadline. (*Healthcare IT News*)

Sports Med Liability Bill Introduced

Senate bill S.2220 was introduced by Senator John Thune (R-SD) and Senator Amy Klobuchar (D-MN). The bill will provide licensure clarity for sports medicine professionals who travel to another state with an athletic team solely to provide care for that team. By protecting sports medicine providers traveling to a secondary state with sports teams, this bill enables team practitioners to efficiently provide high-quality health care services to injured athletes.

Washington Update

By Jamie Gregorian, AAOs Senior Manager, Specialty Society Affairs and Research Advocacy



Here Comes the Sunshine Act

In February, the Center for Medicare and Medicaid Services (CMS) released the final rule of the Physician Payment Sunshine Act, which requires applicable manufacturers of drugs, devices, biologics, or medical supplies to disclose financial relationships, payments, and other transfers of value to physicians and teaching hospitals. Data collection officially began August 1, 2013, and the first report, which will include data from August 1 to December 31, 2013, was due to CMS by March 31, 2014. All data submission will be conducted through a Web interface, and the data from this report period will be made public by September 30, 2014. For more information visit http://www.americanbar.org/content/newsletter/publications/aba_health_esource_home/aba_health_law_esource_1306_noller.html.

More ACA Reforms

In late March, a group of centrist Senate Democrats called for significant changes to the Affordable Care Act, an issue weighing on many Democrats up for re-election this year. Sens. Mark Warner (D-VA), Mark Begich (D-AK), Mary Landrieu (D-LA),

Heidi Heitkamp (D-ND) and Joe Manchin (D-WV), as well as Sen. Angus King (I-ME) introduced a set of principles and legislation aimed at strengthening the health law. Their proposals include adding high-deductible “copper plans” featuring lower premiums and higher out-of-pocket costs than the existing marketplace options of “bronze,” “silver,” and “gold” options. (*Politico Magazine*)

White House Hits 7 Million ACA Target

More than 7 million people signed up for health insurance through Affordable Care Act exchanges through the March 31 deadline, White House press secretary Jay Carney announced. A total of 7,041,000 people signed up, Carney said, and that number doesn't include enrollment surges that took place in the 14 states running their own insurance marketplaces. In a Rose Garden ceremony on April 1, President Obama addressed the milestone. “No, the Affordable Care Act hasn't fixed our long broken health care system, but this law has made our broken system a lot better,” said President Obama. “Under this law, the share of Americans with insurance is up, and the growth of health care costs is down.”

UPCOMING MEETINGS & COURSES

AOSSM 2014 Annual Meeting

Seattle, Washington
July 10-13, 2014

AOSSM/AAOS Review Course for Subspecialty Certification in Orthopaedic Sports Medicine

Chicago, Illinois
August 8-10, 2014

AOSSM 2014 Specialty Day

Las Vegas, Nevada
March 28, 2015



For more information and to register, visit www.sportsmed.org/meetings.



INNOVATORS. NOT IMITATORS.

The competition follows in our shadow.



BIOMET SPORTS MEDICINE. FIRST TO MARKET WITH THESE INNOVATIVE PRODUCTS¹:

2006

Pass & Retrieve Device



2007

Adjustable Loop Fixation



2008

Soft Anchor for Meniscal Repair



2009

Curved Delivery System



2010-13

JuggerKnot Soft Anchors



2014

All-Suture + Adjustable Loop = ...

BIOMET

One Surgeon. One Patient.

SPORTS MEDICINE

1.800.348.9500 x1501

biometsportsmedicine.com

©2014 Biomet, Inc. All rights reserved

1. FDA.gov



SPORTS MEDICINE UPDATE

AOSSM
6300 North River Road
Suite 500
Rosemont, IL 60018

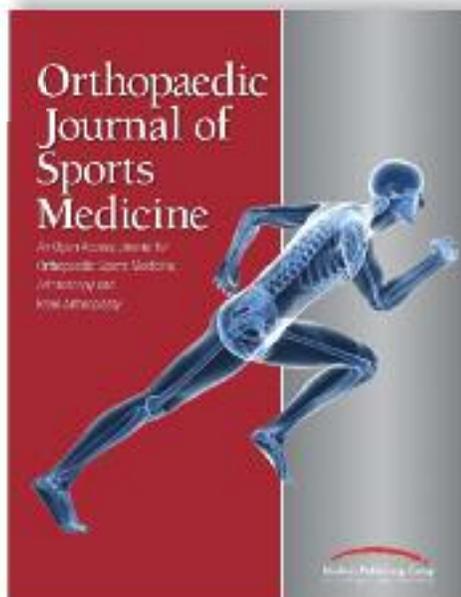


OJSM

An Open Access Journal for Orthopaedic
Sports Medicine, Arthroscopy and Knee Arthroplasty



Medical Publishing Group
SAGE



www.ojasm.org

The **OJSM** is a global, peer-reviewed, open access journal that combines the interests of researchers and clinical practitioners across orthopaedic sports medicine, arthroscopy, and knee arthroplasty. **OJSM** also publishes relevant systematic reviews and meta-analyses.

The **OJSM** is a collaborative effort of more than 10 international societies with an extensive editorial board contributing from more than 30 different countries.

Editor-in-Chief: Bruce Reider, MD, Chicago, Illinois, USA

Associate Editor: Allen F. Anderson, MD, Tennessee Orthopaedic Alliance

Associate Editor: Mark E. Steiner, MD, New England Baptist Hospital

Submit a Manuscript
<http://submit.ojasm.org>

Published in Association with



The American Orthopaedic
Society for Sports Medicine



BIOMET

AOSSM thanks Biomet for their support of *Sports Medicine Update*.

