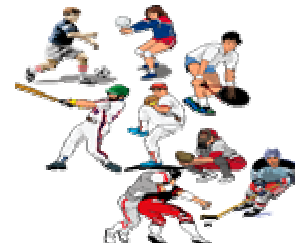




The Sideline Report



NEWS IN THE WORLD OF SPORTS MEDICINE

www.amssm.org

A QUARTERLY PUBLICATION

NOVEMBER 2008

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What's Going On In AMSSM?

Section Editors: Suzanne Hecht, MD and George Pujalte, MD

[RESEARCH GRANTS](#) | Intended to Foster Scholarship and Original Scientific Investigations within AMSSM

RESEARCH GRANTS FOR AMSSM MEMBERS

The AMSSM Research Grant Awards program was modeled after other grant programs, but was tailored to meet the specific needs of the AMSSM membership.

BY SUZANNE HECHT, MD

The Foundation of the American Medical Society for Sports Medicine, in conjunction with the AMSSM Research Committee led by Dr. Jonathan Drezner, has implemented the AMSSM Foundation Research Grant Awards for members of the AMSSM.

The AMSSM Research Grant Awards program was modeled after other grant programs, but was tailored to the specific needs of the AMSSM membership. Dr. Drezner, along with Drs. Kevin Burroughs and John DiFiori, developed the grant application with input from the AMSSM Foundation. When asked about the significance of this grant program for AMSSM, Dr. Drezner commented, "I am honored to have helped develop and implement the

AMSSM Foundation Grant Awards. The grant program is intended to foster scholarship and original scientific investigations within our membership. I hope it will have a lasting and substantial impact on the AMSSM for years to come."

The grant awards will range from \$500 for smaller, pilot studies to \$30,000 for more significant and larger research projects. Research grant proposals that investigate issues

RESEARCH GRANTS | A2

SPORTS HEALTH JOURNAL | January 2009

NEW SPORTS MEDICINE JOURNAL, SPORTS HEALTH, TO BE LAUNCHED JANUARY 2009



As an added benefit of 2009 membership, AMSSM Full Members, Affiliate and Associate Members will receive the bi-monthly publication, *Sports Health: A Multidisciplinary Approach*. Resident, Provisional, Student and Emeritus Members will have the option to purchase this print-only journal.

Sports Health will be an indispensable resource for all medical professionals involved in the training and care of the competitive or recreational athlete, including primary care physicians, orthopaedic surgeons, physical therapists, athletic trainers and other medical and health care professionals.

FOR FULL STORY: SEE SPORTS HEALTH JOURNAL | A3

[PCA](#) | Affect Change in Youth Sports

POSITIVE COACHING ALLIANCE PARTNERS WITH AMSSM

AMSSM is becoming more involved in providing expert opinions on health, safety and injury prevention in youth sports.

BY JOEL SHAW, MD, MPH

The American Medical Society for Sports Medicine has teamed up with the Positive Coaching Alliance (PCA) to promote a healthier environment for youth sports. The PCA is a non-profit organization founded in 1998 out of Stanford University with the goal to transform the culture of youth sports into a positive, character-building experience for all youth athletes.

The PCA has three goals: 1) Change the atmosphere of a win at all costs coaching experience; 2) Create a culture in youth sports of always

POSITIVE COACHING ALLIANCE PARTNERS WITH AMSSM

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honoring the game; and 3) Spark an epidemic of Positive Coaching that will sweep the country. PCA trains coaches whose first goal is winning and whose second, more important goal is teaching life lessons through sports.

The PCA has partnered with over 1,100 youth sports organizations, cities, schools, and multiple corporations including Nike, Continental Airlines, Liberty Mutual and Deloitte in an effort to cause widespread changes in youth sports. Their National Advisory Board includes National Spokesperson Phil Jackson, Larry Brown, Dean Smith, Doc Rivers, Summer Sanders, Ronnie Lott, Herm Edwards, Nadia Comaneci and Bart Connor.

The methods that the PCA uses to affect change include nationwide live group workshops (about 1,500 throughout the country in 2008), online workshops at www.positivecoach.org, awarding annual youth sports awards for positive youth sports involvement, multiple keynote speeches at events throughout the country by involved members, and through the National Conversation on Good Coaching.



The National Conversation on Good Coaching was an initiative begun this year in coordination with 8 youth sports organizations, with the goal to get sports parents throughout the country to discussing the quality of coaching in youth sports. The initial step of this project is to provide monthly cases to parents and other interested parties to initiate discussion about good coaching and its effects on youth sports. The "Good Coaching Case Studies" are sent monthly through emails, websites, newsletters and publications of PCA and the associated youth sports organizations. The Case Studies can be discussed through the Good Coaching Case Studies blog and by printing out each Case

Study for discussion at youth sports events and organizational meetings throughout the United States.

The AMSSM is currently developing strategies to provide the PCA with expert opinion regarding health, safety and injury prevention in youth sports. Web links to the PCA Case Studies will be added to the AMSSM website and newsletter for those AMSSM members interested in participating in the monthly Case Study Discussions. Case Studies can be printed out and distributed to parents, coaches and athletes to use as a platform for discussions surrounding healthy and positive coaching in youth sports.

[Good Coaching Case Studies blog](#)

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STRATEGIC PLANNING MEETING | 2008

AMSSM BOARD OF DIRECTORS TO HOLD STRATEGIC PLANNING MEETING

The goal of the meeting will be to build upon the groundwork developed over the past 18 months by the Strategic Planning Task Force.

BY SUZANNE HECHT, MD

The American Medical Society for Sports Medicine (AMSSM) Board of Directors will convene in late November of this year for a strategic planning meeting.

The goal of the strategic planning meeting will be to build upon the groundwork developed over the past 18 months by the Strategic Planning Task Force. The strategic planning participants will include all AMSSM Board members, Executive Committee, members of the Foundation, the prior Director of AOSSM and a Strategic Planning business consultant.

The Executive Committee sees this as a critical time in the ever changing medical climate to lay down a clear strategic vision for our young and ever growing organization.

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RESEARCH GRANTS

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within the broad discipline of sports medicine including clinical practice, injury prevention and rehabilitation, basic science, epidemiology and education will be considered for funding. At the time of grant submission, the primary investigator of the grant must be either a Full AMSSM member or a resident or Provisional AMSSM member. Resident and Provisional AMSSM members applying as the primary investigator must have at least one Full AMSSM member listed as a co-investigator on the grant.

The deadline to submit a grant application for 2008 has passed but a call for 2009 grant submissions will be announced to the entire membership via email once the deadline date is determined.

[AMSSM Research Grant Award](#)

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The Sideline Report
Editor-in-Chief
Andrea L. Pana, MD, MPH

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SPORTS HEALTH JOURNAL | January 2009

NEW SPORTS MEDICINE JOURNAL, SPORTS HEALTH, TO BE LAUNCHED JANUARY OF 2009

Practical sports medicine is expected to be the thrust of this new journal and it will be designed to assist professionals who provide medical care to athletes.

BY GEORGE PUJALTE, MD

Sage Publications, the Medical Publishing Board of the American Orthopaedic Society for Sports Medicine (AOSSM), will be launching a new sports medicine journal: *Sports Health: A Multi-disciplinary Approach* (SHMDA). The American Medical Society for Sports Medicine (AMSSM) will have an integral involvement in this journal, as well as the American Physical Therapy Association (APTA) and the National Athletic Trainers Association (NATA). All of these organizations are expected to become major contributors to the publication. The Editor-in-Chief is Ed Wojtys, MD, Professor of Orthopaedic Surgery and Chief of the Sports Medicine Service at the University of Michigan. Associate Editors and a number of Editorial Board Members will represent each contributing organization. The AMSSM Primary Care Section Associate Editor is Matthew Gammons, MD, of the Killington Medical Clinic and Vermont Orthopaedic Clinic. The Associate Editor of the Physical Therapy Section is Dr. George Davies. The Associate Editor of the Athletic Training Section is Dr. Riann Palmieri-Smith. An impressive, accomplished representative Board of Directors has been chosen.

Practical sports medicine is expected to be the thrust of this new journal and it will be designed to assist professionals who provide medical care to athletes. The goal of this publication is to improve the care and rehabilitation of athletes. *Sports Health* is

scheduled to begin publication in January 2009 and will be released bi-monthly in a print-only form. AMSSM Full members, Affiliate and Associate members will receive this journal as a member benefit. Residents, Provisional, Student and Emeritus Members will have the option to purchase this print-only journal. Some widely renowned clinicians, including Frank R. Noyes, MD, Mininder S. Kocher, MD, MPH, J. Parry Gerber, PhD, PT, SCS, ATC, Justin D. Rothmier, MD and Sandra J. Shultz, PhD, ATC will be writing articles for the first issue. Some of the first articles will discuss ACL injury prevention, reconstruction and management; the role of automated external defibrillators in athletes; and legal liabilities while covering athletic events.

As mentioned earlier, the AMSSM will be represented in this new journal by our very own Dr. Matthew Gammons. Dr. Gammons is the primary care physician at the Killington Medical Clinic and the Vermont Orthopaedic Clinic where he currently works with patients with various sports-related injuries. He is also the team physician for the U.S. Ski and Snowboard teams. Dr. Gammons has served as a peer reviewer for the *American Family Physician*, *Journal of Family Practice* and *Family Practice Management*. The other AMSSM members who are part of the editorial board are Drs. Cindy Chang, Sean Bryan and Dave Olsen. If you are interested in contributing to this journal, please contact Dr. Gammons directly at mgammons@rrmc.org. He is recruiting AMSSM members to be expert reviewers and to provide original contributions to SHMDA.

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FELLOWS RESEARCH WORKSHOP | PHILADELPHIA 2008 AMSSM SPORTS MEDICINE FELLOWS RESEARCH WORKSHOP

A record, ninety-one sports medicine fellows from the United States, Canada and Ireland attended the twelfth annual conference.

BY SUZANNE HECHT, MD

The 2008 AMSSM Sports Medicine Fellow's Research Workshop and Sports Trauma and Event Management Course were held in Philadelphia in August. A record, ninety-one sports medicine fellows from the United States, Canada and Ireland attended the twelfth annual conference.

On the first day, the fellows participated in the half-day Sports Trauma and Event Management Course which included lectures and hands-on practice for sideline sports injury assessment and treatment. Dr. Aaron Rubin from Kaiser Permanente in Fontana, California served as the Course Director for the Sports Trauma and Event Management Course.

The Research Workshop consisted of one full day and two half-days of lectures and small group learning activities related to developing, conducting, presenting and publishing a research project. The small groups, guided by a conference faculty member, each developed and In addition to the educational activities, the fellows had a chance to get to know each

other during social events held throughout the weekend.

Dr. Webner, the Conference Director and Associate Director of the Crozer-Keystone Sports Medicine Fellowship stated, "With help of the AMSSM and a generous unrestricted educational grant from Genzyme, we were able to significantly reduce the conference registration fee, enabling more fellows to participate. Due to the large numbers of fellows attending, the education and exchange of ideas was very positive. Our main goal is to get the fellows excited and engaged in sports medicine research. We look forward to another successful workshop next year, with even more programs participating, in the hopes of solidifying research interests in the field of sports medicine."

The conference faculty included Marc Harwood, MD; Suzanne Hecht, MD; Dave Jenkinson, DO; Robert Kingham, MD; Stephen Rice, MD, PhD, MPH; Aaron Rubin, MD and David Webner, MD. The faculty would like to acknowledge the support of Dr. Robert Dimeff, AMSSM President and also Dr. Jonathan Drezner, Chairperson of the AMSSM Research Committee. Committee.

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A Note from the Editor-in-Chief

I hope you have enjoyed the new changes to our newsletter. The Editorial Staff sees this as a transition time for our newsletter and we hope to further develop the content and layout. We welcome suggestions and feedback from the membership to make this a better publication. If anyone is interested in contributing to the newsletter through writing, editing and development, please contact Andrea L. Pana, MD at publications@amssm.org



The World of Sports Medicine

Section Editors: Marjorie Delo, MD and Verle Valentine, MD

NCAA | Documentation Requirements Increase

NCAA TO CHANGE DOCUMENTATION REQUIREMENTS FOR ADHD MEDICATIONS

Institutions will need to keep on file a record of the student-athlete's medical assessment, diagnosis, history of treatment and a copy of the most recent prescription.

BY MARJORIE DELO, MD

The NCAA will increase documentation requirements for student-athletes taking stimulant medication for ADHD effective August 2009. Institutions will need to keep on file a record of the student-athlete's medical assessment, diagnosis, history of treatment and a copy of the most recent prescription (this can be in the form of a dictated letter from the prescribing physician). Acceptable assessments include the Connors Rating scale or DSM-IV ADHD Survey for school aged children, or the Connors Adult ADHD Rating Score (CAARS) or Adult ADHD Self-Report Scale (ASRS) for later diagnoses. Assessments conducted more than 5 years prior are acceptable, but there needs to be documentation of recent follow-up confirming that continued treatment is necessary.

The NCAA Committee of Competitive Safeguards and Medical Aspects of Sports will be providing a sample template of a letter for the prescribing physician including types of acceptable assessments and other required information following their December meeting.

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ACSM and AMA | Exercise is Medicine™ Initiative

ACSM and AMA Team Up to Start Exercise is Medicine™ Initiative

Shared vision of ACSM and AMA, designed to help improve the health and well-being of our nation through a regular physical activity prescription from doctors and other health care professionals.

BY VERLE VALENTINE, MD

The Exercise is Medicine™ initiative is a shared vision of ACSM and AMA, designed to help improve the health and well-being of our nation through a regular physical activity prescription from doctors and other healthcare providers. They are calling on physicians and other professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit. If the prescription of exercise could prevent or treat dozens of medical conditions, why not make an exercise consultation at every visit.

Please visit www.exerciseismedicine.org for more information and to sign up for this program.

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ABOS | Subspecialty Certification

THE AMERICAN BOARD OF ORTHOPAEDIC SURGERY BEGINS SUBSPECIALTY CERTIFICATION IN ORTHOPAEDIC SPORTS MEDICINE

After 2011, candidates for this certification will have to complete an ACGME accredited fellowship program in Orthopaedic Sports Medicine.

BY VERLE VALENTINE, MD

November of 2008 marks the second year of testing for subspecialty certification in Orthopaedic Sports Medicine. In the first year of testing, 587 Orthopaedic Surgeons took the test for this certification. With a total of 529 individuals who passed this initial exam, the final pass rate was around 90%. After 2011, candidates for this certification will have to complete an ACGME accredited fellowship program in Orthopaedic Sports Medicine. Until this time, individuals can qualify to sit for the examination using a grandfather clause that includes other certification criteria. A similar grandfather period was used at the initiation of the certification process for Primary Care Sports Medicine. More information about this subspecialty certification can be found at www.ABOS.org

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NATA | Antitrust Lawsuit was Filed

THE NATA FILES A LAWSUIT AGAINST THE APTA OVER MANUAL THERAPY RESTRICTIONS

An antitrust lawsuit was filed due to the perception by the NATA that the APTA had taken actions to unfairly restrict athletic trainers from practicing manual therapy.

BY VERLE VALENTINE, MD

Earlier this year, the National Athletic Trainers Association (NATA) filed an antitrust lawsuit against the American Physical Therapy Association (APTA) and the Orthopaedic Section of the APTA. This antitrust lawsuit was filed due to the perception by the NATA that the APTA had taken actions to unfairly restrict athletic trainers from practicing manual therapy. The NATA also cites other anti-competitive actions taken by the APTA over the course of many years. On September 9, 2008, the Federal District Court in Dallas denied the APTA's motion to dismiss the lawsuit and also rejected the APTA's request to transfer the case from Dallas to Virginia. Since the court ruling, a September 24, 2008 meeting occurred between officials and legal teams from these organizations to begin discussions related to this lawsuit.

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News From the Board

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PRESIDENTIAL CORNER



ROBERT J. DIMEFF, MD AMSSM PRESIDENT

This year has been very productive for the AMSSM. It is obvious that the Board of Directors and Members are contributing to the growth and development of our Society with unprecedented efficiency.

The following is a brief list of some of the projects and programs that have been started or completed by the AMSSM thus far during my Presidency; this shows how far we have come in a short period of time.

1. **RENDEZVOUS II**, our 17th Annual Meeting held jointly with CASM, was an overwhelming success with nearly 1,100 attendees representing 9 different countries, over 85 original research submissions, over 150 cases submissions.
2. **The Presidential Legacy of Dr. Craig Young, the AMSSM Student Membership Category**, was approved and will increase the exposure of Medical Students to primary care sports medicine and our society.
3. **The Military Hardship Membership Category** was established for our military members who are called to prolonged duty at a site of ongoing military combat, humanitarian and peacekeeping operations.
4. **A Musculoskeletal Ultrasound (MSK US) Task Force** has been working diligently to create a program to support the efforts of our members utilizing this modality. Our society has been asked to participate in the American Institute of Ultrasound in Medicine Practice forum in November 2008 to develop guidelines for use of MSK US. Many members have written to the Center for Medicare and Medicaid Services to protect our rights to utilize MSK US.
5. **The Future Site Committee** selected the Cancun Hilton as host hotel and convention center for the 19th Annual Meeting to be held April 17-22, 2010.
6. **The Liaison Program under Dr. James Moeller's direction has established formal relationships with over 20 organizations** to further the exposure of AMSSM to other important professional societies and contribute to appropriate collaborative efforts.
7. **The Internet Committee chaired by Drs. Jon Divine and David Cosca are working to update the website and improve its functionality.** We also have a new server which should further improve our internet capabilities.
8. **The Mononucleosis and Athletic Participation Statement** was published, representing the Presidential Legacy of Dr. Margot Putukian, who is first author.
9. **The Society is financially stable, with assets of close to \$600,000.** But we need to continue to support our Society with donations to the Foundation. This allows our Society to continue to push its mission.
10. **The Research Committee chaired by Dr. Jon Drezner has developed a Research Grant Award** application and currently has \$50,000 available to support member research.
11. **Sports Health: a Multidisciplinary Approach is a new hard copy journal that will be published in January 2009**, becoming our third members benefit journal. Dr. Dr. Matt Gammons is our Associate Editor for this journal which is a joint effort of the AMSSM, AOSSM, NATA and APTA.
12. **The Corporate Advisory Council has been established** to review the relationship of industry to the AMSSM and to our Foundation to determine the best mutually beneficial, ethical future course.
13. **The Board, with invited guest, will hold a Strategic Planning Meeting** November 21-23 which will lay the ground work for the next 5 years of growth of our Society.

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COMMITTEE REPORTS

DIVERSITY COMMITTEE

- Completion of a Diversity Membership Survey.

SEE DIVERSITY | C2

ECONOMICS COMMITTEE

- Update on Medicare regarding the sports medicine CMS credentialing proposal.
- Mentorship Program
- Ongoing Practice Salary and Demographic Survey
- Publish monthly pearls to the Coding and Billing Listserv

SEE ECONOMICS | C2

INTERNATIONAL/ INTER-ORGANIZATIONAL RELATIONS COMMITTEE

- Establish relationships between AMSSM and other sports medicine as well as other medical and sports organizations.

SEE INTERNATIONAL | C2

COMMITTEE REPORTS

DIVERSITY COMMITTEE

BY ANDREW GREGORY, MD, CHAIR

DIVERSITY | FROM C1

The goal of the Diversity Committee is to increase the diversity within our membership as well as within our committees. We recently completed a membership diversity survey and have posted the results in the Membership section of the AMSSM website. Martha Pyron, MD deserves accolades for her hard work in the development and analysis of the survey. If you are interested in more information on the data analysis of the survey, have ideas for the Diversity Committee or are interested in joining the committee, please contact diversity@amssm.org

I would like to thank Susan Joy, MD for her many years of dedication to the committee. She stepped down as Chair of the committee in April 2008 after 4 years on the Board. I appreciate the opportunity to represent you and am glad to have a chance to learn more from the members of the committee.

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INTERNATIONAL AND INTER-ORGANIZATION RELATIONS COMMITTEE

BY JIM MOELLER, MD, CHAIR

INTERNATIONAL | FROM C1

In the past, the primary focus of the International Committee was assisting in the creation and program development of the Rendezvous Meetings. Riding the wave of success of the recent RENDEZVOUS II, we decided it's time to expand our committee efforts to solidify AMSSM's relationships with other Sports Medicine organizations.

To achieve this, the International Committee has now become the International and Inter-Organization Relations Committee. Our primary role is to establish and foster relationships between AMSSM and other Sports Medicine as well as other professional medical and sport organizations. We have recently started a liaison program to identify the needs of these organizations and the areas in which AMSSM may be able to assist them in achieving their goals while strengthening our position in the sports medicine community.

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PR/PUBLICATIONS COMMITTEE | UPDATE

PUBLICATIONS AND PUBLIC RELATIONS COMMITTEE TO BE SPLIT

The Board of Directors has voted to split the combined Publications and Public Relations Committee into two separate committees. The PR/Publications Committee has become very busy with the increased visibility of AMSSM and our increased involvement in several publications.

The committees mission statements are being revised and will be posted on the website. If members are interested in getting involved with either committee, please contact publications@amssm.org or publicrelations@amssm.org

ECONOMICS COMMITTEE

BY CHRIS MADDEN, MD, CHAIR

ECONOMICS | FROM C1

The AMSSM Economics Committee has its hands full moving forward with various projects that have been started over the past few years. Drs. Steve Collina, Jim Bryan and I just finished our second one-hour conference call with Medicare regarding the sports medicine CMS credentialing proposal. They are listening after nearly two years of negotiating. They potentially see a Medicare administrative problem. But, Medicare has specific criteria that need to be met before they assign a CMS specialty code, and they are well aware that much of our issues are with private insurers and *not* Medicare. So, we have more work ahead of us.

- Medicare asked us to survey our membership about how many Medicare patients are in their practices, how sports medicine practice settings differ and the percentage of each type (e.g., university health system, primary care office with specialty services, orthopedics or other office with mostly musculoskeletal care).
- Additionally, Medicare has requested a more detailed description of our specialty training and certification requirements.
- Medicare also wants us to describe in detail how we obtain the information regarding the above.

The fact that Medicare is asking questions and has not refused us is encouraging, and I really think they are considering . . . But, they need to cram our proposal into a cookie-cutter Medicare mold before giving final judgment. We will try to meet these expectations by the next annual meeting.

Our other projects have taken somewhat of a back seat to the Medicare proposal, but they are still active. We effectively launched the Mentorship Program and the Ongoing Practice Salary and Demographic Survey this year. We packaged member concerns about the APTA Strategic Vision, presented them to the Board, and moved them on to an APTA Task Force to address specific issues. We continue to publish monthly peals to the Coding and Billing Listserv, which has been well-received. We have also developed a second, more effective Power Point presentation targeted specifically at insurance companies to market our specific skills and for dealing with credentialing and specialty recognition issues, which is currently being edited by committee members. We hope to have this finished sometime next year.

Special thanks to Drs. Steve Collina, Jim Bryan, Leslie Cooper, Katherine Dec and Chad Carlson for all their hard work on these projects over the past year

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MEMBER IN THE SPOTLIGHT

Robert C. Gambrell, MD

Written by George Pujalte, MD

Our member in the spotlight for this issue practices in Augusta, GA, and is a partner in Sports Medicine Associates, a 4-physician Orthopedic and Sports Medicine practice. He is the only Primary Care Sports Medicine Physician along with three Orthopedic Sports Medicine Physicians and deals exclusively with musculoskeletal complaints.

Dr. Bob Gambrell grew up in rural southwest Ohio, north of Cincinnati. After spending his first eight years on a farm his family moved to a suburban setting where he was introduced to the exciting world of sports. Dr. Gambrell played football, basketball, baseball and track, in this rural/suburban setting where he grew up. After high school, he went to Miami University, where he continued to participate in track and field as a hurdler and a sprinter. He initially thought that he would become a teacher and a coach, but during college he became inspired to pursue medicine and already had thoughts of sports medicine.



While in medical school, he was introduced to sports medicine through an elective rotation during his fourth year at The Ohio State University. While there, he got to work with Dr. Bob Murphy and Dr. Richard Strauss, and through this experience was actually paid to cover sports at Ohio State for the rest of his senior year. His experiences in this elective rotation further solidified his plan of becoming a sports physician, early on in his medical training.

Dr. Gambrell received a military scholarship and for 10 years served in the US Army. He took part in Operation Desert Storm receiving a Bronze Star for his service. He relates that his experiences in the Army probably shaped him more than any other experience in his life. He got to "see the world," and a large portion of his patients had sports-related and musculoskeletal issues.

Dr. Gambrell is one of the first physicians who joined the AMSSM becoming a member during his Fellowship at Ohio State in 1992. He relates that being an AMSSM member is something which he loves, because through his interactions with fellow sports physicians, he is able to gather varying feedback and approaches to situations he encounters in practice. He is thankful for the opportunity of seeing how primary care sports physicians have sometimes "very different practices" and have different ways of solving the same problems. He also feels that each conference or meeting is like a "reunion of friends." He has had the unique opportunity of watching AMSSM grow, and through the years, he relates that he has formed many friendships which are rekindled with each AMSSM activity.

Describing his current practice, Dr. Gambrell relates that it is "fairly unique." He works at an orthopedics clinic, and is already a partner. He is appreciative of the camaraderie in his practice, his integral role in the clinic, and the fact that he has become close friends with his workmates. His practice has now become focused on musculoskeletal issues. In keeping with his first exposure to Sports Medicine he provides fourth year medical students from the Medical College of Georgia an elective rotation as Clinical Professor of Family Medicine at the school. He considers his present job his dream job: one that allows him to practice his craft and have time for his family.



One of the difficulties that Dr. Gambrell encountered on his way to his present career is the level of knowledge the general populace and fellow physicians had about primary care sports physicians. It seemed to him at first that not many people knew what he was capable of doing. It was an early frustration that he feels he has now surpassed.

Dr. Gambrell has had extensive involvement as a volunteer in his community acting as the team physician for a local high school, with the Special Olympics, and regularly covers boxing in local clubs. He was recently inducted into the Georgia Boxing Hall of Fame for his tireless dedication to the sport. He also received the honor of being USA Boxing Ringside Physician of the year. In addition to his volunteer work he covers a professional hockey team, the Augusta Lynx, of the ECHL, which he is the team physician. He enjoys covering the Augusta Lynx and considers this a pleasure, not a job. He is particularly pleased with the close relationship he has formed with the team. He finds it very inspiring how the players always aspire and give their best.

Dr. Gambrell loves outdoor activities such as boating, fishing and camping. Dr. Gambrell recently married (August 30, 2008), and aside from his multitudinous activities, has now partnered with his wife Tracy in opening a hair salon.

"...each conference or meeting is like a 'reunion of friends'..."

MEMBER IN THE SPOTLIGHT FAVORITES	
Favorite color	Red
Number	7
Food	Steak or seafood
Drink	Sweet tea
Vacation Location	Florida Keys
Team	The Ohio State University
Sport to Watch	Football
Sport to Play	Basketball
Vehicle	Pickup truck
Music	Country music
TV Show	Heroes
Movie	Any action/thriller movie
Magazine	Sports Illustrated

Odds and Ends

Articles Written by Section Editor: Andrew Getzin, MD

MEMBER SPORTS COVERAGE

Many of our members cover teams during international and national competitions.

Represented at the Beijing Olympics



Kris Karlson, MD, AMSSM member since 1997 covered rowing, canoe/kayak and triathlon in Beijing.

Physicians on Staff at the Olympics and Paralympics

Beijing 2008: Games of the XXIX Olympiad

Amor Adams, DC; *Christopher Amann, MD; Michael Burns, MD; Sheldon Burns, MD; *Monique Burton, MD; *Mark Chassay, MD; Steve Coupons, MD; Fred Dicke, MD; Larry Drum, MD; Theodore Forcum, DC; Kevin Hargrove, MD; *William Heinz, MD; Dave Higgins, MD; Robert Hines, MD; *Kristine Karlson, MD; *Chris Koutures, MD; *William Kuprevich, DO, CMO; *John Lehtinen, MD; Amy Meyers, MD; Larry Nassar, DO; John Reasoner, MD; Michael Reed, DC and Scott Rodeo, MD.

Beijing 2008: Paralympic Games

*Anne Alllen, MD; *James Barrett, MD; *Cindy Chang, MD; *Katherine Dec, MD; Jim Kurtz, DC; Michelle Lock, MD; Melvin Manning, MD; *Mark Stovak, MD and Yani Zinis, MD.

*Physician is an AMSSM Member

Coverage Not Restricted to U.S. Teams

*Hamish A. Kerr, MD, MSC from Albany Medical Center traveled with the U17 Scottish Women's National Soccer Team for a 10-day Tournament in Belarus in October 2008.



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HOW TO GROW YOUR PRACTICE?

John Martinez, MD has several suggestions on how to increase patient visits including:

- Setting up a lecture series for the local athletic trainers.

Frequency:

As frequent as every other month

Topic Range:

From monthly to quarterly

Good Topics:

MRSA Infections and Concussion Management

Be a CEU Provider:

His group applied to NATA to be a CEU Provider for a cost of \$200/year and they usually get a vendor to provide food and drink for the ATCs during the talk.

They get great education – you get publicity as the “go-to” clinic for sports medicine and it does not cost a lot.

- **Emailing a newsletter to you patients on a monthly basis.**

Internet:

Link to your practice website and should discuss relevant topics.

Topics:

One of John's most recent topics was kinesio tape.

Email is inexpensive and allows you to effectively keep in touch with a large group.

- **Going to local running/marathon training clubs and talking about sports injuries.**

Marketing:

He brings brochures, patient handouts and is sure to stay afterwards to answer questions and hand out business cards.

Another cost-effective way to stay in front of athletes and active patients.

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SPORTS MEDICINE IN-SERVICE TRAINING EXAM

In 2008, AMSSM offered its first in-service training exam (ITE). The 100-item test was online February 8-17, 2008. The test was made up of 80 questions from the ITE Committee and 20 from the programs at large.

- 153 fellows signed up for the test with 93 fellowships represented.
- A total of 146 fellows took the test. The test was accessible online 24 hours a day during the allotted days.
- The test environment attempted to emulate the actual CAQ test environment with a time limit and no ability to log off and log back on.
- The results were comparable with the actual CAQ with a mean of 65.73% of questioned answered correctly.

In 2009, the test will be available online to fellows but will also be accessible to AMSSM members who are preparing for the CAQ. **Registration is open until January 15, 2009. The test fees will be \$50 for an AMSSM Member and \$300 for a non-member. The test will go online on February 1, 2009 at 6:00a.m. CST and go offline on February 8, 2009 at 6:00 p.m. CST.**

[ITE Registration](#)

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HOW TO GET INVOLVED WITH AMSSM?

As AMSSM grows, the services offered to members are increasing. However, the larger numbers may make getting involved seem to be a daunting task. Here are three suggestions to get involved in AMSSM:

1. Becoming involved can begin with simply attending the annual meeting.
When in attendance, make a point of introducing yourself to the people you are sitting next to.

2. Consider joining a committee.
Committees are always looking for people with energy and initiate to further the committee goals. The committees are listed on the website with an email link to the chair.

3. If you are more of a behind the scenes person, join the list serv.
Perhaps you have the expertise that may assist a colleague. You can reply to email request on the list serv or if you are more comfortable, email the individual off the list serv.
[Sign up to join the list serv](#)

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SUBMISSION DEADLINES

December 15, 2008 at 11:00am EST
Abstracts must be submitted electronically.

- [Research Abstract Submission](#)
- [Case Abstract Submission](#)
- [2-Minute Drill Submission](#)

January 5, 2009

- [Resident Scholarship Submission](#)

January 5, 2009

- [2009 AMSSM Membership Renewal](#)

NOTE FROM THE SECTION EDITOR:

The information in this section comes from our members. If you have information on interesting sports medicine activities that you are doing, upcoming conferences that you want to share with our members, or advice on how to grow your practice, please email Andrew Getzin at csmgetzin@cnyemail.com

NRMP MATCH

Sports medicine programs did very well in the 2008 NRMP Match.

- 99 total programs enrolled and 2 ultimately withdrew.
- 85% of programs filled (82/97) with 90% of positions filling (131/146).
- There were 201 applicants who applied to the match but 11 withdrew their applications and 15 were incomplete.
- 75% of applicants matched (131/175) with 81% (86/106) of U.S. grads matching and 74% (14/19) of U.S. foreign grads matched.
- Osteopathic physicians match rate was the same as U.S. applicants as a whole at 74% with 14 of 19 applicants matching.

[NRMP website](#)

[Universal Application](#)

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IMPORTANT DATES - 2009 NRMP MATCH

September 3, 2008	Registration Opens
October 1, 2008	Applications Deadline
November 5, 2008	Rank Order List (ROL) System Opens
December 3, 2008	Last day to Change Quota
December 17, 2008	ROL Closes 9:00 p.m. EST
January 7, 2009	Match Day 12:00 EST

UPCOMING CONFERENCES

ADVANCED TEAM PHYSICIAN COURSE

DECEMBER 11-14, 2008

AUSTIN HILTON
AUSTIN, TEXAS

Advance registration deadline: November 13, 2008

[Advanced Team Physician Course Registration/Information](#)



AMSSM 18th ANNUAL MEETING

APRIL 25-29, 2009

TAMPA MARRIOTT WATERSIDE HOTEL & MARINA
TAMPA, FLORIDA



MORE INFORMATION TO FOLLOW ON WEBSITE

FOR ROOM RESERVATIONS:

PLEASE CALL 1-800-228-9290 (REQUEST GROUP RATE FOR AMSSM)

AMSSM 19th ANNUAL MEETING

APRIL 17-22, 2010

HILTON CANCUN GOLF AND SPA RESORT
CANCUN, MEXICO

PASSPORTS REQUIRED



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