



2015-2016 ANNUAL REPORT

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Jon Divine, MD, MS
AMSSM President



Margot Putukian, MD
AMSSM Foundation President

We are pleased to share this 2015-16 Annual Report as AMSSM closes out its first quarter century as an organization. This year's cover symbolizes the effective passing of the baton from our Founders to a new generation of sports medicine members. During this 25th Anniversary year we take time to reflect and extend our appreciation to our Founders for everything they've done for AMSSM, while looking ahead at the future of AMSSM and our discipline. It's an exciting time for AMSSM with our first Research Director coming on board to guide the launch of our Collaborative Research Network; our first Legislative Consultant to help us better address advocacy and policy issues at the state and federal level; and AMSSM expanding its reach and influence as a sports medicine society throughout the world. The Annual Report also highlights the generosity of our AMSSM members, industry partners and supporters who have helped provide for many of our key initiatives. Please ensure that your name is added for the 2016-17 edition by making your gift while here in Dallas. Thank you for your continued involvement and support of AMSSM, the Foundation and our profession.

Historic Founders Reunion

Ten AMSSM Founders (of which included eight Past Presidents) gathered together Aug. 28-29, 2015 for a historic Founders Reunion Weekend in Monterey, CA. The weekend event allowed them to share heartfelt stories about the origins of primary care sports medicine and record the history, growth and challenges of AMSSM for a 25th Anniversary AMSSM Founders/History documentary-style video. AMSSM Board of Director Dr. Stephen Paul and Past President Dr. Cindy Chang led the development of the video. Each registrant at the 2016 Annual Meeting will receive a copy, courtesy of AMSSM, the AMSSM Foundation and Healthy Learning.



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AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE

Leading Sports Medicine into the Future

AMSSM provides a forum to foster professional relationships among sports medicine physicians to advance the discipline of sports medicine through education, research, advocacy and excellence in patient care.

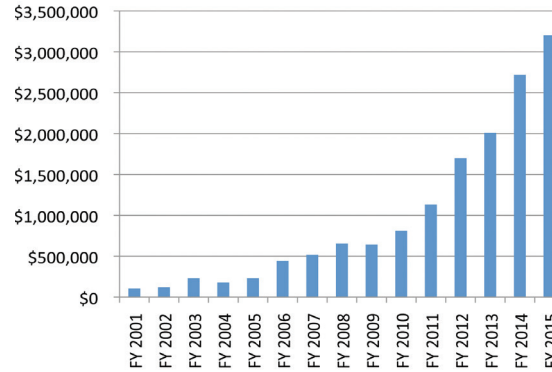


AMSSM FOUNDATION

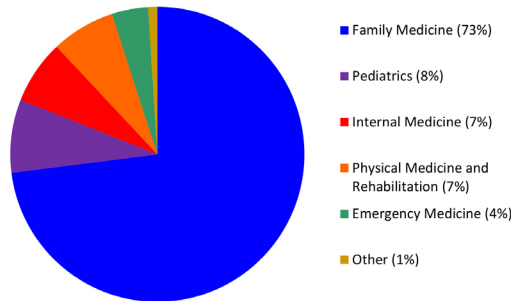
The AMSSM Foundation is dedicated to the support and recognition of excellence in sports medicine education, research and scientific activities, while promoting opportunities for humanitarian outreach.

AMSSM is in Strong Financial Standing

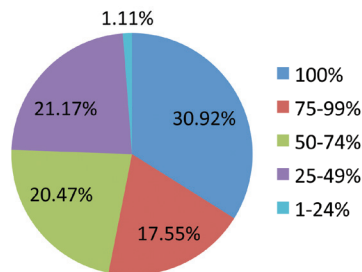
Net Assets



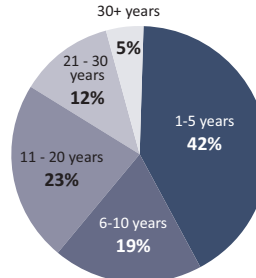
Breakdown by Specialty



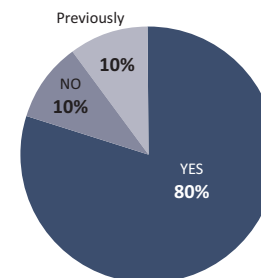
Percentage of Sports Medicine Make-Up in Member Practices



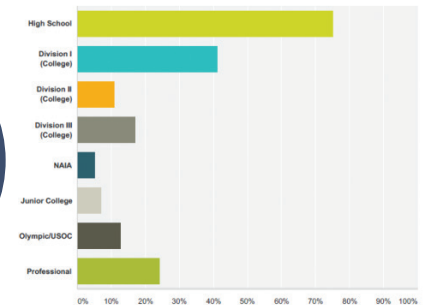
AMSSM Members: Years in Practice



Percentage Who Are Team Physicians

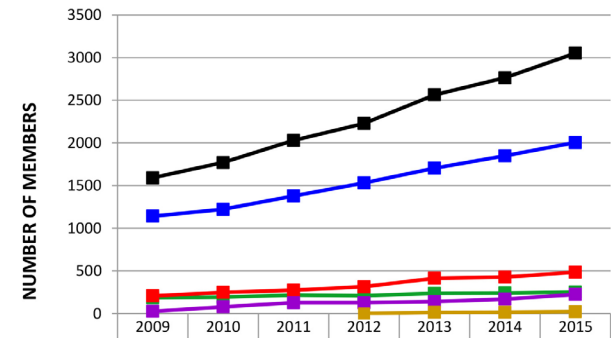


Team Physician Roles



3,000+ members strong

Year-End Membership Trends



Year	2009	2010	2011	2012	2013	2014	2015
Number of Total Members	1591	1771	2029	2229	2564	2764	3052
Number of Active Members	1143	1223	1380	1533	1705	1850	2005
Number of Fellowship Members	187	194	218	211	240	243	254
Number of Resident Members	210	250	275	316	415	429	486
Number of Student Members	28	81	129	130	141	171	226
Number of International Members	0	0	0	4	16	17	24
Number of Other Members (Associate, Affiliate, Emeritus)	23	23	27	39	47	54	57

25 Years of AMSSM in EDUCATION

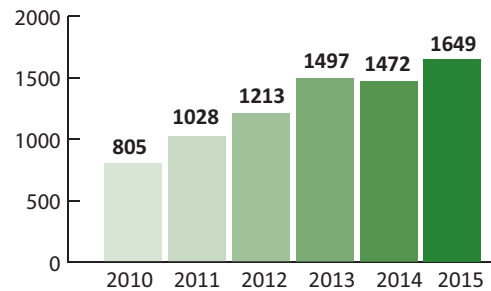
Serve as the premier educational resource for sports medicine physicians.

ANNUAL MEETING

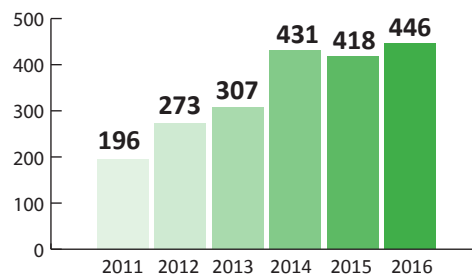
The city of Hollywood, Florida was the scenic setting for the 24th AMSSM Annual Meeting held April 14-19, 2015. The theme of the meeting was "Making the Call: Return to Play". Program Chair Irfan Asif, MD and AMSSM President Jon Divine, MD, MS set an exceptional agenda for the meeting which included both stimulating and challenging presentations given by national and international experts. The Annual Meeting saw a record breaking attendance with 1,649 participants.



AMSSM Annual Meeting Attendance



Number of Case Abstracts Submissions for AMSSM Annual Meetings



AMSSM Presents at International ECOSEP Meeting



As part of a partnership exchange with the European College of the Sport and Exercise Physicians (ECOSEP), Drs. Matt Gammons (1st Vice President), Katherine Dec (2nd Vice President) and David Berkoff (Board

of Director) presented a clinical workshop titled *Tendinopathy: Brain to Biology to Function* during the combined 4th Congress of ECOSEP/7th Muscletech Network Workshop in Barcelona, Spain Oct. 7-9, 2015. The conference offered an extensive look at muscle and tendon research.

The AMSSM-led workshop consisted of topics covering the following:

- The Biology-Cytokines and Tendinopathy
- The Nuances of Function and Movement in the Kinetic Chain
- Tendinopathy: The Other Brain Injury.

2015 Traveling Fellows in South Africa

From October 8-22, AMSSM Founder and Sr. Fellow Doug McKeag, MD, MS; along with Jr. Fellows James (Jim) MacDonald, MD, MPH and Alison Brooks, MD, MPH traveled to South Africa as part of AMSSM's 2015 Traveling Fellowship Program. Activities ranged from academic presentations to visiting various clinics and venues for sports medicine care, to socializing with sports medicine providers at all levels. The trip culminated with the trio putting on an AMSSM symposium at the South African Sports Medicine Association Annual Meeting (SASMA).

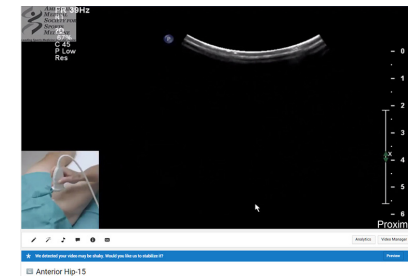


Fellows Research Conference

The 2015 AMSSM Fellows Conference featured segments on research, leadership, sideline care and sports ultrasound, with 104 Fellows participating. The meeting, led by Conference Chair Sameer Dixit, MD, took place July 23-26, 2015 in Columbia, MD.



AMSSM Launches Sports Ultrasound Online Didactics



AMSSM launched the Sports Ultrasound Online Didactics Modules earlier this year. The 35 modules were created by the Sports Ultrasound Committee to

cover the didactic instructional sessions outlined in the AMSSM Recommended Sports Ultrasound Curriculum for Sports Medicine Fellowships. Each video provides a concise overview of the relevant topic. Topics are divided into introductory lectures for diagnostic and interventional ultrasound; live video demonstrations of regional diagnostic ultrasound examinations of the shoulder, elbow, wrist-hand, hip, knee as well as elbow; and interventional procedures for each joint. These videos are an exceptional resource for sports medicine fellows and sports medicine physicians new to sports ultrasound.

\$206,000 in AMSSM Education initiatives funded by the AMSSM Foundation

25 Years of AMSSM in RESEARCH

Advance sports medicine research, scholarship and quality through support, collaboration, education and partnerships.

AMSSM Hires Research Director to Help Launch Collaborative Research Network



After a nation-wide search, Stephanie Kliethermes, PhD was selected to serve as AMSSM's first Research Director. Stephanie led the biostats core at Loyola University in Chicago previously. The University of Wisconsin has been selected to serve as the academic home of the AMSSM Collaborative Research Network (CRN) where Stephanie will be based, beginning in May 2016. She will devote 80 percent of her time to the CRN. The CRN will spawn and facilitate multi-center research within AMSSM to answer key clinical questions within primary care/non-operative sports medicine.

3rd AMSSM-ACSM Clinical Research Grant Award Recipient

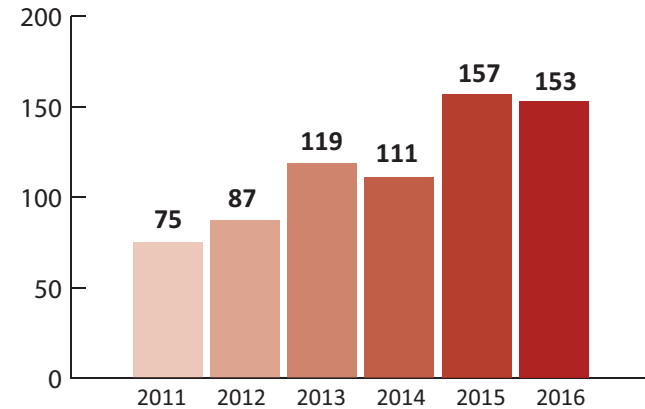
- **M. Kyle Smoot, MD** for his research titled, "The Relationship Between Muscle Damage and Acute Kidney Injury Biomarkers in American Football Players During Preseason Workouts."

2016 Young Investigator Research Grant Recipients

- **Andrew Watson, MD, MS** — *Is Sports Specialization an Independent Risk Factor for Injury in Youth Athletes? A Prospective Study*
- **Jeremy Kent, MD** — *The Impact of Riboflavin on the Severity and Duration of Sports-related Concussion: A Randomized Control Trial*
- **Brett Toresdahl, MD** — *Evaluating Recovery from Lower Extremity Stress Injuries in Runners Using a Physical Activity Monitor*
- **Kyle Nagle, MD** — *Comparing the Accuracy and Reliability of 2D Video-Based and 3D Instrumented Gait Analysis for Kinematic Measures during Treadmill Running*

2016 AMSSM Foundation Research Grant Award Winners

- **Neeru Jayanthi, MD** — *The Relationship Between a Novel Tennis Stroke Efficiency Rating (SER) and Injury Risk in Competitive Tennis Players*
- **Daniel C. Herman, MD, PhD** — *Characterizing Increased Risk of Musculoskeletal Injury Following Concussion - A New Paradigm for Musculoskeletal Injury Risk Evaluation, Prevention and Rehabilitation*
- **Katherine Edenfield, MD** — *Cardiovascular Screening with History, Physical, ECG and Echo in College Athletes. 5-Year Results from Two Division I Institutions*



Number of Research Abstract Submissions for AMSSM Annual Meetings

2015 Best Overall Research Award

- **M. Alison Brooks, MD, MPH** for her research titled, "Establishing the Psychometric Properties of the Child Sport Concussion Assessment Tool (Child SCAT3)."

2015 NCAA Research Award

- **Heather Grothe, MD** for her research titled, "Change in Clearance Status with Implementation of the 2014 Female Athlete Triad Coalition Screening Guidelines in NCAA Athletes."

2015 Harry Galanty Young Investigator Award

- **Michael Donaworth, MD** for his research titled, "The Use of Vision Training as a Means of Decreasing Concussion Incidence in Football."

\$80,000 in AMSSM research initiatives funded by the AMSSM Foundation

25 Years of AMSSM in ADVOCACY

Uphold and promote priority issues in sports medicine affecting members, patients and their communities. Specifically, those issues affecting payment and scope of practice of AMSSM members will be emphasized.



AMSSM Testifies in Support of Sports Medicine Licensure Clarity Act

In early December, AMSSM, represented by Chad A. Asplund, MD, MPH, Chair of AMSSM's Practice and Policy Committee, testified before the Health Subcommittee of the House Energy and Commerce Committee on HR 921, the Sports Medicine Licensure Clarity Act. Dr. Asplund spoke in support of this important bill that would protect team physicians and athletic trainers when traveling with their teams across state lines. Most states do not

recognize the license of out-of-state medical professionals therefore when a team travels to another state for a game, match or meet, the medical teams in charge of keeping the athletes healthy, safe and on the field put their medical licenses and malpractice insurance at risk.

AMSSM Hires Legislative Consultant Michael O'Brien



AMSSM selected Michael O'Brien, Founder & Principal of MOB Advocacy State & Local Government Relations out of Washington, D.C., to provide AMSSM with 10 hours per week of legislative and advocacy support. Michael is working closely with the AMSSM

Practice and Policy Committee to address AMSSM's legislative priorities and assist in mobilizing AMSSM's grassroots efforts.

National Conference of State Legislatures

Drs. Jason Matuszak (left), Ashwin Rao (right), Executive Director Jim Griffith and AMSSM State Legislative Consultant



Michael O'Brien, (not pictured) represented AMSSM at the National Conference of State Legislatures Meeting in Seattle in August 2015. Dr. Matuszak serves as the Vice Chair of the AMSSM Practice and Policy Committee.

2016 Collaborative Solutions for Safety in Sport Meeting

The 2016 Collaborative Solutions for Safety in Sport (CSSS) meeting took place at the NCAA Headquarters in Indianapolis, IN, on March 22-23, 2016. For each of the first two years of this meeting co-hosted by AMSSM and the National Athletic Trainers' Association, leaders, decision makers and experts in high school sports from all 50 states gathered together to lay the foundation for a new collaborative approach to education, development and implementation of best practices for safety in high school sports. The 2016 event featured experts in the fields of heat illnesses, cardiac conditions, head injuries and mental health. They discussed emerging strategies, research and issues for each topic, as well as shared recent successes throughout the country. This year also included two breakout sessions that provided practical tools and tips to address common challenges.



AMSSM members at the 2015 CSSS Meeting in NYC.

AMSSM Participates in Bystander National Forum



AMSSM President Jon Divine, MD, MS participated in the Bystander "Stop the Bleed" National Forum held at the White House in Washington, D.C., on October 6, 2015. The meeting was hosted

by the White House National Security Council. The meeting was a follow up to the February 10, 2015 Bystanders Physician Roundtable that both Dr. Divine and Past AMSSM President Dr. Fran O'Connor participated in as AMSSM representatives.

25 Years of AMSSM in PATIENT CARE

Educate patients, the public, healthcare professionals and providers about the value and qualifications of sports medicine physicians.

AMSSM Releases Scientific Statement Concerning Viscosupplementation

This winter AMSSM released a scientific statement that provides guidance for physicians and healthcare professionals who provide care for those patients with knee osteoarthritis. The full report, published in the January 2016 issues of *Clinical Journal of Sport Medicine (CJSM)* and *British Journal of Sports Medicine (BJSM)*, entitled, *AMSSM Scientific Statement Concerning Viscosupplementation Injections for Knee Osteoarthritis Importance for Individual Patient Outcomes*, includes several notable AMSSM recommendations and one key suggestion.

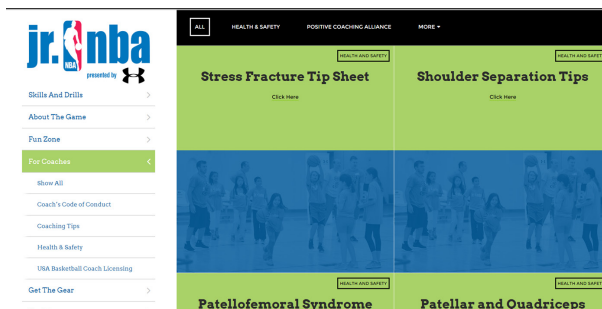


Dr. Tom Trojian (AMSSM Past Board of Director) served as lead author along with contributors Drs. Susan Joy (AMSSM Foundation Board Member), Andrew Concoff and John Hatzenbuehler as well as Whitney Saulsberry, PharmD and Craig Coleman, PharmD who also served on the expert writing group for the paper.

AMSSM Collaborates with Jr. NBA

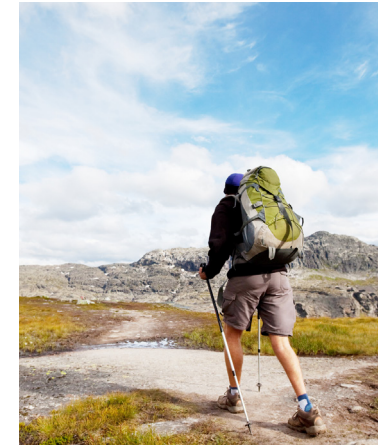
AMSSM formed a partnership with the National Basketball Association to better disseminate AMSSM patient tip sheets and content geared towards the public that is available on the SportsMedToday.com website. The partnership enables the new Jr. NBA website to feature applicable comprehensive sports

medicine tip sheets written and developed by AMSSM experts. Parents, coaches, etc. can register for the Jr. NBA network at JrNBA.com and receive access to these tip sheets and more. The NBA's goal is to reach 6 million youth (and their parents) in the next five years.



AMSSM Members Serve as Guest Editors on CJSM/WEM Thematic Issue

The *Clinical Journal of Sport Medicine (CJSM)* and the *Journal of Wilderness & Environmental Medicine (WEM)* co-published The Pre-Participation Evaluation of the Wilderness Athlete and Adventurer thematic issue in September 2015. The 13-article issue was the result of a year and half-long collaboration between AMSSM and Wilderness Medical Society (WMS) authors. It followed the general format of the Pre-Participation Evaluation (PPE) and serves as an adjunct or ready reference for physicians performing evaluations on wilderness athletes and adventurers. AMSSM Member Guest Editors included Drs. Chris Madden (AMSSM Immediate Past President) and Chad Asplund (AMSSM Board of Director). AMSSM Member Dr. Tom Trojian (Past Board of Director) served as the *CJSM* theme issue editor.



BJSM Mental Health Issue

AMSSM member Ashwin Rao, MD and Board of Director Eugene Hong, MD served as the guest editors for the February 2016 AMSSM-themed issue of *British Journal of Sports Medicine (BJSM)*, which focuses on mental health in athletes.

FOUNDATION DONORS

We recognize and honor the following AMSSM Foundation Donors who have made it possible to fund sports medicine programs, research, education and initiatives developed by AMSSM.

AMSSM DONOR LIST 2014-2015 & FOUNDERS' CIRCLE RECOGNITION

FOUNDERS' CIRCLE *A special recognition given by Founders for cumulative gifts or pledges of \$10,000 or more made within five years.*

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* AMSSM Founder; Lifetime contribution totals include seed money contributions to start AMSSM.

+ Deceased

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Your tax-deductible gift - regardless of size - allows the AMSSM Foundation to continue advancing the field of sports medicine through education, research and humanitarian efforts.

Donors who make gifts of \$50 or more since the 2016 Annual Meeting will be invited to attend a Foundation reception during the 2017 Annual Meeting.

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