





2013-2014 ANNUAL REPORT







Margot Putukian, MD AMSSM Foundation President

How has AMSSM positively impacted your life? We posed this question to a handful of AMSSM members. Their answers are shared throughout this report. In turn, members have impacted the growth and progress of both organizations. From producing cutting-edge sports medicine research to advocating for sports medicine legislation that benefits both physicians and patients, AMSSM members are truly 'leading sports medicine into the future.'

We witnessed how AMSSM members' extensive training, expertise and leadership prepared them to provide the best medical care in the most challenging of situations at the 2013 Boston Marathon. Read page 6 to find out how members impacted the lives of so many during and in the aftermath of the tragedy.

Not only are mass participation events, like a marathon, commonplace for members to volunteer their time and knowledge but they are a requirement for their sports medicine training. Each member must serve at a minimum of one mass participation event during their fellowship training. For this reason, we chose to feature marathon runners on the cover.

And if it weren't for the generous support from members, industry partners and sponsors, the AMSSM Foundation would not have been able to fund the continued growth and progress of AMSSM.

AMSSM and the AMSSM Foundation would like to thank you for your continued involvement and support of the organization, your colleagues and the sports medicine community at large.

www.amssm.org www.amssmfoundation.org



AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE

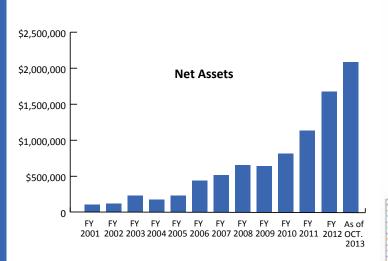
AMSSM provides a forum to foster professional relationships among sports medicine physicians to advance the discipline of sports medicine through education, research, advocacy and excellence in patient care.



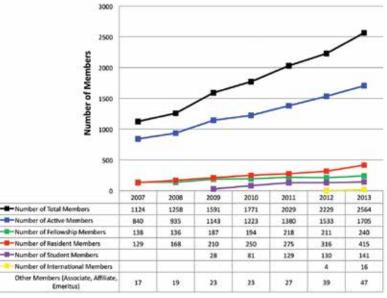
AMSSM FOUNDATION

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.

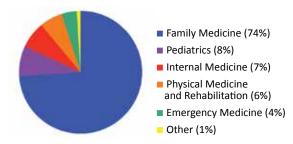
AMSSM is in Strong Financial Standing



Year-End Membership Trends



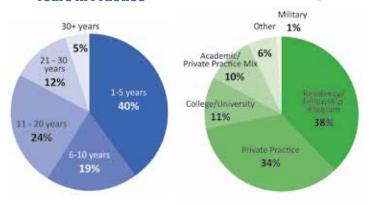
Breakdown by Specialty



98.95% of members would recommend AMSSM to a sports medicine colleague

AMSSM Members' Years in Practice

Members' Clinical Settings

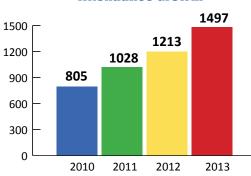


2,564 members strong

IMPACTING LIVES THROUGH EDUCATION

Serve as the premier educational resource for sports medicine physicians

AMSSM Annual Meeting Attendance Growth



ANNUAL MEETING

Nearly 1,500 sports medicine physicians from across the US and 10 countries around the world attended the 2013 AMSSM 22nd Annual Meeting in San Diego, CA. The conference featured lectures and research addressing the most challenging topics in sports medicine including prevention of sudden cardiac death, concussion, musculoskeletal ultrasound and more.



Rebranded as the **Fellows**Research and Leadership
Conference, (formerly the Fellows
Research Workshop), the conference
placed a greater emphasis on
developing fellows' leadership skills.
Fellows were encouraged to lead
by investing in leadership education

and experiences. Additionally, the 83 fellows in attendance had an opportunity to meet one-on-one with a faculty mentor to outline their research activities for the upcoming year.

\$130,000

in AMSSM education initiatives funded by the AMSSM Foundation



"Education is a mainstay in the development of a well-rounded sports medicine physician. This helps foster an

on-going relationship and promotes the cordiality seen amongst all of our physicians. AMSSM's continued commitment to education via the Annual Meeting, programs for fellows and grants for residents is why I choose to give back."

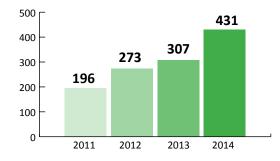
- Steve Roberts, MD



"I first attended the AMSSM Annual Meeting as a resident in Albuquerque and have not missed one since. I met business acquaintances and made friends that year who have been very important to me. I owe the job I love to AMSSM."

- Marci Goolsby, MD

Number of Case Abstracts Submissions for AMSSM Annual Meetings



90% of sports medicine fellowships are now using musculoskeletal ultrasound, compared to 29% in 2009.

INTERNATIONAL TRAVELING FELLOWSHIP PROGRAM

Thanks to a grant from Don Joy International, AMSSM launched its first International Traveling Fellowship Program in 2014. AMSSM will host renowned leaders in sports medicine as well as have AMSSM members travel abroad to learn from international colleagues and share knowledge. The first AMSSM Traveling Fellow is Peter Brukner, MBBS, an internationally recognized sports medicine clinician and researcher from Australia. AMSSM will sponsor two Junior Traveling Fellows this summer, who will travel to Australia with our first US Senior Traveling Fellow, Dr. Jim Puffer.

IMPACTING LIVES THROUGH RESEARCH

Advance sports medicine research and scholarship through funding support, collaboration and partnership

1st AMSSM-ACSM Clinical Research Grant Award Recipient

• William Meehan, MD—A Randomized, Double-Blind, Placebo-Controlled Trial of Transcranial Light Emitting Diode Therapy for the Treatment of Chronic Concussive Brain Injury

2014 AMSSM Foundation Young Investigator Grant Award Recipients

- **Irfan Asif, MD**—The Psychological Implications of Advanced Cardiac Screening: Examining Differences Based on Age, Race, Gender and Sport
- Christina L. Master, MD—Prevalence of Vision Problems After Concussion in Children Ages 11-17 Years of Age

2014 AMSSM Foundation Research Grant Award Winners

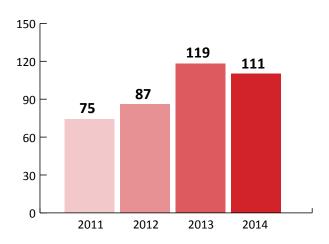
- M. Alison Brooks, MD MPH Establishing the Psychometric Properties of the Child Sport Concussion Assessment Tool (Child SCAT3)
- Aurelia Nattiv, MD Prevention of Stress Fractures and Bone Stress Injuries
 Through Risk Stratification and Nutritional Intervention in Male and Female
 Distance Runners
- David Webner, MD Surviving Marathon Sudden Cardiac Arrest: The Long Road Ahead



"AMSSM has helped me in many ways to love my job even more. It has introduced me to the various approaches my colleagues take for the conditions we see in clinic every day, and the frontiers for diagnosis, treatment and injury prevention constantly excite me. I have learned to keep an open mind and yet maintain a continuous hunger for evidence and further research."

- George G.A. Pujalte, MD

Number of Research Abstract Submissions for AMSSM Annual Meetings



2013 Best Overall Research Award Winner

 Anthony Beutler, MD – Can a 10-Minute Injury Prevention Program Decrease Injuries in Military Cadets? A JUMP-ACL Study

2013 NCAA Research Award Winner

• **Daniel Herman, MD, PhD** – Concussion Increases the Risk of Subsequent Lower Extremity Musculoskeletal Injury in Collegiate Athletes



"AMSSM has introduced me to a national network of the best sports medicine professionals with a wealth of collective knowledge and experience. I could not think of a better resource any physician could have, or any organization that I would rather have in my corner with the changing face of healthcare."

- Kevin E. Elder, MD

IMPACTING LIVES THROUGH ADVOCACY

Uphold and promote priority issues in sports medicine affecting members, patients and their communities

Sports Medicine Legislation Monitored by AMSSM



REAL-TIME MONITORING TOOL TRACKS SPORTS MEDICINE LEGISLATION

New to the Member Area on the AMSSM website in 2013 was an interactive monitoring tool (map pictured above) used to track sports medicine legislation across the U.S. Through AMSSM's ability to filter those bills that may have some applicability to our specialty, AMSSM is able to track applicable bills by state. It is AMSSM's hope that the tool will help encourage increased member participation in legislative activities.



AMSSM became a partner of the Choosing Wisely® campaign, an initiative of the ABIM Foundation to release evidence-based lists of tests and procedures that are commonly ordered but not always necessary and could cause harm. AMSSM's Quality Measures Subcommittee is preparing recommendations and anticipates the list of five tests and procedures will be available at the 2014 AMSSM Annual Meeting.



NATIONAL CONFERENCE OF STATE LEGISLATORS

In August, AMSSM was represented at the National Conference of State Legislators Annual Meeting in Atlanta, advocating to state legislators on issues of importance to sports medicine physicians and patients. Drs. Chad Asplund, Chad Carlson (pictured right), Ken Mautner and Brandon Mines (pictured left), as well as Executive Director Jim Griffith attended on behalf of AMSSM. This three-day event was a valuable chance to develop contacts with state representatives across the U.S. The 2014 NCSL meeting will be in Minneapolis, Minnesota.

AMSSM'S PRIMARY GOALS FOR THE 2014 LEGISLATIVE SEASON

- Continued support of state-by-state efforts to promote concussion legislation.
- Efforts to address the loophole that affects team physicians crossing state lines:

On Thursday, December 12, 2013, US House Bill 3722 was filed and sent for review to both the House Judiciary Committee and Energy and Commerce Committee. This bill, which would extend malpractice and other legal protections to sports medicine physicians and certified athletic trainers who are traveling across state lines with their team, was sponsored by Representative Tom Latham (R) of Iowa and co-sponsored by Representative Cedric Richmond (D) of Louisiana. John Thune (R) of South Dakota has agreed to sponsor a Senate version of the bill.

Efforts to promote educational legislation on commotio cordis that parallel the successful efforts surrounding concussion legislation.

SAFETY IN COLLEGE FOOTBALL SUMMIT

AMSSM participated in this important meeting, January 22, 2014 in Atlanta. Targeted topics for discussion and action included:

- Mitigating concussive and subconcussive impacts in competition and practice
- Independent autonomy and objective decision-making by sport medical providers
- Template for management and returnto-play following concussion.

NATA/AMSSM TASK FORCE ON **HIGH SCHOOL ATHLETICS HEALTH AND SAFETY POLICIES:**

AMSSM has been asked to join with NATA leaders in a collaborative effort to promote sound practices for this population.



"To me, sports medicine is a way of participating in all aspects of the physical nature of the human body, from getting bodies moving, to studying how bodies move and how they can move better, to making bodies healthy, as well as studying and supporting the mental aspects of sports and athletics. I feel privileged to be a member of the wonderful field of sports medicine."

- Nailah Coleman, MD

An initiative of the ABIM Foundation

IMPACTING LIVES THROUGH PATIENT CARE

Foster excellence in the care and safety of sports medicine patients

HAITI TRIP: AMSSM Course Equips 300 Medical Professionals with Skills to Advance Athletic Care







In partnership with the Haitian Sports Medicine Society, AMSSM hosted its first Sports Medicine/Sports Trauma and Event Medicine Conference in Portau-Prince, Haiti on June 29 – July 3, 2013. Designed as a "teach-the-teacher" course, the conference's intention was to advance the education of professionals in Haiti who care for active people. The project was an AMSSM humanitarian initiative to reach out to sports medicine societies in underserved areas of the world to promote healthy lifestyles and heal people from athletic injuries. Volunteer faculty from AMSSM included Drs. Jean Robert Ferdinand, Christina Hector, Nick Moore, Chuck Peterson, Gracia Pierre-Pierre, Pierre Rouzier and Tom Trojian.



BJSM THEME ISSUE ON THE FEMALE ATHLETE

Co-editors and AMSSM members Liz Joy, MD and Kelsey Logan, MD, led the development of the 2014 AMSSM-themed *BJSM* issue focusing on the female athlete.



"I have been a member of AMSSM since my residency trainina

and I have met many great colleagues over the years who I now call friends.
AMSSM is an amazing collection of physicians with a heart for caring for athletes of all ages and skill levels.

- Aaron Gray, MD



AMSSM members serve as team physicians at the youth level, NCAA, NFL, MLB, NBA, WNBA, MLS and NHL, as well as with Olympic teams. Shown above is member Connie Lebrun, MD, serving as Chief Doctor for the Canadian Olympic Team at the 2014 Winter Olympic Games. Dr. Lebrun is an eight-time Olympic team physician. Additionally, member Cindy J. Chang, MD, served as USA's Chief Medical Officer for the 2012 London Olympic Games.

AMSSM MEMBERS SAVING LIVES AT THE BOSTON MARATHON

On behalf of AMSSM, thoughts and condolences go out to all of those affected by the tragic events during the 2013 Boston Marathon. Many member physicians of the AMSSM volunteered as physicians at the marathon, including Pierre d'Hemecourt, MD, who has been the race comedical chair since 2007. AMSSM is proud of its members who assisted the Boston EMS personnel to deliver immediate, life-saving aid in their medical response at the event. The AMSSM is committed to the health and safety of participants at marathons and other sporting events.



A local San Diego reporter interviewed Chad Beattie, MD, at the 2013 AMSSM Annual Meeting, right after the Boston Marathon tragedy. Dr. Beattie was one of many members who were serving as medical staff near the finish line when disaster struck.



AMSSM published "Overuse Injuries and Burnout in Youth Sports: A Position Statement" in the January 2014 issues of the *Clinical Journal of Sport Medicine* and the *British Journal of Sports Medicine*. Written by a team of seven sports medicine physicians, the statement emphasizes that there are several unique risk factors for overuse injuries and burnout in children and adolescents. Social, emotional, cognitive and physical factors all play a role. To view the entire statement, scan this QR code with your Smart Phone.



99.3%

of AMSSM members who attended the 2013 Annual Meeting said the program improved their ability to provide excellent patient care.

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.

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- + Deceased

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