In pathology, the intramuscular tendon itself is occasionally injured. These injuries have a variety of clinical presentations. Patients with injuries to the musculotendinous junction may report pain within a muscle belly. In addition to the musculotendinous injury being a site of tendinopathy, the surrounding tendon ends for a significant distance within the muscle belly. While the pathology of 'Serious thigh muscle strains': beware the intramuscular tendon which plays an important role in the development of pain and disability.

**Journal Article Spotlight**

**Clinical Relevance**

The VAS score was reduced from 7.9 to 4.5 at 1 month (P = 0.003) and 3.3 (P = 0.005) at 1 year, indicating a significant improvement in pain levels. Subjects ranged in age from 22 to 61 years and were randomized to 11 conditions for the study. The results suggest that interventions for pain management are effective and beneficial for patients with chronic recalcitrant patella tendinopathy.

**Results**

- **Participants:** Twenty-two patients completed the final review at 12 months and were included in the analysis.
- **Outcome Measures:** The study demonstrated that both the ABI and saline groups experienced a significant reduction in pain levels, with the ABI group showing superior outcomes compared to the saline group.
- **Conclusion:** The use of autologous blood injections (ABIs) is an effective treatment for chronic recalcitrant patella tendinopathy.

**Registration is Now Open!**

- **AOASM Meeting Planner:** For more information, visit the AOASM Meeting Planner website at aoasm.org or contact info@aoasm.org.
- **Dates:** May 2-3, 2016, Phoenix, AZ; May 4-7, 2016, Phoenix, AZ.
- **Pre-Conference Workshops:** These workshops provide an opportunity for attendees to expand their knowledge and skills in specific areas of interest.
- **Program Committee:** The Program Committee for the 31st Annual Clinical Conference is now accepting submissions for papers and posters. Visit the AOASM website for more information and submission guidelines.

**A Woman of Purpose, Intelligence, and Empowerment**

- **Dr. Marcia Whalen:** Grew up in Hershey, PA, and has been running competitively from 6th grade. She is a proud graduate from PCOM.
- **Professional Background:** Holds a medical degree in osteopathic medicine and is a certified physician specialist in sports medicine.
- **Outstanding Achievement:** Recognized with the Outstanding Achievement Award for Research at the 2015 American Osteopathic Academy of Sports Medicine (AOASM) meeting.

**TUCOM Spotlight: Learning From the Pros**

- **Michele Gilsenen,** DO; **Mike Beams,** DO; **and Vince Disabella,** DO.
- **Quote:** "After a brief surgical procedure, I learned that the combination of OMT and Musculoskeletal medicine I learned during those two years of training in the San Francisco Giants medical staff, as well as the knowledge I gained working with athletes in the NFL, NBA, and NHL, has been invaluable."
- **Support:** "The support and encouragement from the AOASM members have been instrumental in my career development. I am grateful for the network and opportunities provided by AOASM."

**Contact Information**

- **Susan Rees:** Executive Director, FAOASM
- **Angela Cavanna:** DO, President-Elect, FAOASM
- **Andrew T. Martin:** DO, Secretary/Treasurer, FAOASM
- **Shawn Kerger:** DO, President, FAOASM
- **John Dougherty:** DO, Executive Committee, FAOASM

**February 23, 2016**