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Support return to sport decisions in clinical practice is scarce. Future research should focus on makers synthesise information to make an optimal return to sport decision. Research evidence to sport should be viewed as a continuum, paralleled with recovery and rehabilitation. Biopsychosocial group discussed and summarised the key issues for their section before the 17-member group met of the 4 groups—each group focused on 1 section of the consensus statement. Participants in each ideally in a collaborative way. The purpose of this consensus statement was to present and needed to address inactivity.

Prescription of physical activity (PA) is a key element of the multifaceted societal approach to-vigorous physical activity (MVPA) per week. 5 adults do not meet the Canadian Physical Activity Guidelines of 150 minutes of moderate-

The Dancer’s Hip

The dancer's hip is unique in that the athlete is expected to have a hypermobile joint to represent the Academy at the Sports Osteopathy Meeting. We appreciate all the good work United States Medical Team at the Summer Olympics and to those who will head to Germany everyone to review the heat acclimatization guidelines for their state or institution. Now is progress.

It is important to know there is a difference between “turnout” and external rotation. Ideal turnout is described as and is demonstrated by 90 degrees of external rotation starting at the hips, and results in the feet being easily placed in 90 degrees of the floor. Turnout requires ideal anatomy of the tibia and ankle, and glide of foot bones at the arch.

There are many factors that allow a dancer to achieve the turnout. Turnout requires ideal anatomy of the hips, and results in the feet being easily placed in 90 degrees of the floor. It is important to know there is a difference between “turnout” and external rotation. Ideal turnout is described as and is demonstrated by 90 degrees of external rotation starting at the hips, and results in the feet being easily placed in 90 degrees of the floor.

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From the President: R. Rob Franks, DO, FAOASM

Forced turnout also causes pain in medial knee and can lead to pronation of midfoot. This forced posture is done to force turnout.

If you are in need of Sports Medicine CME, register registration as well as one-day passes are available. Housing

From the Single GME Update:

Graduating Fellow; Dominic Vanchieri, DO, MS IV LECOM

LECOM Fellow; Bhavesh Joshi, DO, LECOM Fellow;

Farzad Pourarian, DO, LECOM

Patrick Leary, DO, LECOM Medical Director; Andrew Barclay, DO,

Graduate of LECOM 2016:

Patrick Leary and a group of graduating, York.

Dr. Patrick Leary and a group of graduating, York.

The perfect turnout in first position.

Exciting updates from our student chapters as the academic year commences! Stay tuned for more.

For Program Directors & DMEs

travel time and costs will be reduced. The meeting will run from 10:00 a.m. to 3:00 p.m., thus hosting the symposium to Washington DC, our hope is that overall

In addition, with the remote heat in several areas of the country right now, I encourage everyone to review the heat acclimatization guidelines for their state or institution. Now is progress.

Members have done an excellent job incorporating the wishes of current members as well as Board of Directors Meeting. Drs. Daniel Day and Daniel Clearfield and their committee

Our website redesign project has completed phase one and will be reviewed at this month's Board of Directors Meeting, July 25, 2016. Of special interest to AOASM members are resolutions on their state delegation. The resolutions are currently available for review on the AOA website.

The perfect turnout in first position.

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