This email was sent to:

2424 American Lane, Madison, WI 53704

American Osteopathic Academy of Sports Medicine

Share this email:

Share

birth

IOC expert group meeting, Lausanne. Part 2--the effect of exercise on the fetus, labour, and Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the blisters in runners.

94 (80%) blisters occurring by the end of stage 2. Treatment success was associated in 98 (77%) runners. Paper tape reduced blisters by 40% (P < 0.01, 95% confidence interval, with untaped areas of the same foot used as the control.

Interventions with 31 (22.5%) females. The mean age was 39.3 years (22-63), and body mass index was 24.2 kg/m² (17.4-35.1), Setting

Objective

out some of the photo highlights below!

Talsma, DO, MS-EdL, FNAOME; Priscilla Tu, DO, FAOASM; Kenneth J. Lossing, DO; Martin S. Levine, DO, MPH, FACOFP dist; Steven Karageanes, DO, FAOASM; Michael Osteopathic Family Physicians. Presenters for AOASM included Robert D. Gerwin, MD; Medicine Rehabilitation, American Academy of Osteopathy, American College of Osteopathic

2016 OMED Highlights

Stephens, DO, will be presenting "Top 10 Must-Knows for the Family Trained Sports Medicine".

Next SAOASM Webinar: Monday, November 14, 8:00 p.m. ET

Clinical Recommendations:

As vitamin D replacement in the performance arts athletes. Consulting a sports dietician for remodeling osteoblasts and osteoclasts. causing secretion of PTH, calcium, and phosphate. This active form is called Calcitriol, and it

We then get the formation of vitamin D3, which is carried to the liver, and we get a hormone, and prevent stress reactions/fractures and muscle dysfunction in our performance forms exist: vitamin D2 and vitamin D3. As physicians, we care about replacing vitamin D as the proposition that vitamin D may play a significant role in muscle structure and function. Two independent lines of evidence, namely vitamin D and muscle morphology, age-related muscle strength, while also reducing injury rates within elite ballet dancers. Three

Wyon et al. found dancers to have insufficient levels of vitamin D, especially within the winter classes or rehearsal, dancers are at a greater risk of vitamin D deficiency. A 2013 study by

Written by: Rebeccah Rodriguez, DO

President, American Osteopathic Academy of Sports Medicine

R. Robert Franks, DO, FAOASM

hesitate to reach out to any one of us. Please know that all members have my sincere best wishes for a happy and healthy physician sign-off on certification, so it is imperative to be aware of the methodology of how weight certification practices for wrestling for their particular state or institution. Several states

the New Year. In addition, the Student/Intern/Resident/Fellow Committee put forth two new

Last month was our quarterly Board of Directors Meeting, and the board is extremely busy with AOASM and say bravo on this many accomplishments. They truly are well deserved. Dr. Lally has been treating athletes, including those on the USA Shooting Team, for over 20

FACOFP, on being honored as the

It is time to renew your AOASM membership. As you consider renewing your membership for the

Renew Your AOASM Membership Today!

First, on behalf of the entire American Osteopathic Academy of Sports Medicine Family pictured Above: Kennedy Barry

Click Here to Register