Recommendations for cardiac research initiatives, education, and collaboration are also a multidisciplinary task force to address cardiovascular concerns in collegiate student-athletes, and to enhance the clinical care and health outcomes of these athletes.

Journal Article Spotlight

Data Sources and Main Results:

AOASM Member” Membership Campaign. If you would, please complete this short form to learn more about the Sports Medicine field and to have the opportunity to socialize with colleagues who share your interests. Our new website design reflects the input from the membership committee and approved the Membership Committee’s choice for our new website designer. The AOASM has been busy as well through this holiday season. The Board of Directors voted to receive our future emails.

Speakers:

We are honored to host the following guest speakers:

- Joel Sellers, DO, is a Family and Sports Medicine physician who practices in Glendale, AZ, and is a member of the Milwaukee Brewers MLB team since 2003. He will be discussing “How to Become a Sports Medicine Physician”
- Andrew T. Martin, DO, FAOASM, will be speaking on the use of physical therapy and regenerative therapies in the modern athlete
- Stephen Steele, DO, FAOASM, will discuss the role of osteopathic manipulation in sports medicine
- Susan Rees, DO, FAOASM, will talk about the importance of sleep and nutrition in athletic performance

Workshops:

- Workshop 1 will include practice completing sideline taping of wrists, ankles, and knees. The workshop will also cover techniques for managing concussions and sprains.
- Workshop 2 will consist of students running efficient and quick sideline concussions. The workshop will cover common pitfalls and best practices in sideline care.

True Brothers: The heart of the winter season.

Sitting out of rehearsal is something no dancer ever wants to hear. Day in and day out, each dancer works towards their dream of making it big on the stage. But what happens when that dream is taken away due to injury or illness? For many young dancers, the idea of not being able to perform is a nightmare come true.

For an application or if you have any questions please contact:

- The Southeast region can’t wait to see how great this day turns out. We are excited to learn more about the Sports Medicine field and to have the opportunity to socialize with colleagues who share your interests. Our new website design reflects the input from the membership committee and approved the Membership Committee’s choice for our new website designer.

From the President:

R. Rob Franks, DO, FACOAM

The Board of Directors voted to receive our future emails.

The sports medicine pearl for the month would be to start looking ahead to the spring season, as many of our baseball and softball players already have started or are about to。

The website has excellent information on pitch counts, rest periods, and recovery. The MSK ultrasound and regenerative therapies are becoming increasingly popular, and athletes and coaches are looking for ways to improve performance and reduce injury risk.

Awards and recognitions:

- The President’s Council on Fitness, Sports, and Nutrition Science Board is excited to announce the winner of the annual research grant competition. For more information, please contact.
- The Board of Directors voted to receive our future emails.

The Southeast region will follow on January 28, 2017, in Harrogate, Tennessee. This is an exciting time, as this new platform will help all members with interaction with AOASM and its partners.

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