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Journal Article Spotlight

SAOASM Update: Midwest Regional Conference

If you have any questions about Social Link,

Step 3: 

AOASM member username and password

Step 2: 

device (phone or tablet!).

events. Follow the directions below to download the Social Link app today!

To achieve a solid technique for a fabulous egg beater! Water polo athletes and ballet dancers

To have a well-balanced body for the athlete, it is also important to have correct alignment in

the hip flexor.

and performed on both sides. See below for 2 stretching exercises for the hip flexor.

out or lengthen the hip flexor muscles. Each pose should be held for at least 90 seconds

trochanter of the femur. The second muscle called the iliacus muscle runs from the iliac

muscle, which originates from the 1st to 4th lumbar vertebrae, the costal processes of all

otherwise known as the iliopsoas muscle. The iliopsoas muscle consists of the psoas major

rond de jambe in both athletes cause a constant contraction or shortening of the hip flexors,

also required, including gluteal strength and inner and outer thigh muscle strength.

or she has to stand and be upright to complete this move. This move also requires lower

the leg or circular movements of the leg. Although the dancer is not suspended in water,

goalie.

the egg beater. Egg beaters are described as alternating breast stroke kicks. This type of

Great achievement at the Award of Fellow Banquet on Friday, May 4 at the 2018 AOASM

AOASM would like to congratulate this year’s Award of Fellow Recipients. Celebrate their

AOASM 2018 Award of Fellow Recipients

The 2018 AOASM Gives Back challenge will support the Stefanie Spielman Fund for Breast

If you have any questions about registration or your AOASM membership, please contact

AOASM 2018 Clinical Conference Events: Don’t Miss Out on the Fun!

and the Fellowship Fair to learn about the various programs around the country as you

Students and residents should make sure to attend the specials sessions for your groups

way to network is to go around to our poster presenters during the Conference. The

I would also have you consider joining a committee to get involved with the AOASM. It is a

I would also have you consider joining a committee to get involved with the AOASM. It is a

TrueRemove

MRI Evidence of Neuropathic Changes in Former College Football Players

OMED 2018 Call for Abstracts

The Russell M. Wright Memorial Keynote Luncheon

May the Force (and 4th) Be with You!

AOASM Special Event at the Columbus Clippers Game

May the Fourth Be With You Reception

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American Osteopathic Academy of Sports Medicine

President Letter: Written by Jeffrey Bytomski, DO, FAOASM

From the President:

Dear AOASM Members,

I hope this letter finds you doing well and enjoying your summer! I am excited to report that

the new website has been thoroughly tested and is now live. I encourage you to visit the

conference details and the other areas of the AOASM.

true remove.

from the President:

true remove.

true remove.