Journal Article Spotlight:

What's New in December 2018!

In the December 2018 edition of Sidelines you will find the following content:

Athletes and the Arts

Female Dancers

1. Muscle hypertrophy is more likely a result of increased androgen type, and then click continue. Students, their strength, power, endurance, and minimize injuries with resistance training.

2. Trainers should also encourage childhood and adolescent students how to safely and effectively improve

- The myth that resistance training is harmful to young dancers' slender figures
- Resistance training allows childhood and adolescent dancers to maintain a slender physique. Targeting neurologic mechanisms
- Enlargement

- The recently published "Concussion Management in Combat Sports: Consensus Statement" needs to be held to a higher standard. "Combat sports needs to be more stringent in our protocols and what we do compared to what a non-contact sport does."

- Dr. John Neidecker was interviewed by Stephania Bell on her ESPN podcast "Answering the Concussion Podcast." Dr. Neidecker explained, "I am concerned for the trauma being received by the athletes in contact and non-contact combat sports."

- The AOA is offering grant funding to DOs, osteopathic medical students and PhD researchers conducting studies that address one of five key focus areas:
  1. Preventing and treating opioid misuse
  2. Understanding health disparities in osteopathic medicine
  3. Increasing access to osteopathic care
  4. Understanding osteopathic medicine: sideline shadowing, sports physicals, lectures, workshops—among many others!

- Grant applications are due on January 31, 2019, with funded projects starting in May 2019. Grants also are available for new investigators and for organizations to present live CME on opioid prescribing. Selections are announced in June 2019.

- The AOA is accepting applications for grants to support research in the following areas:
  - For Physicians & PhD Researchers
  - Grantees for access to osteopathic care
  - Grants for researchers conducting studies that address one of five key focus areas

- Applications and details on eligibility are available online at Osteopathic.org.