If you're aspiring to follow in the footsteps of these elite DOs, Dr. Craig Phelps shares some leadership roles within a college. As mentioned, team physicians oversee many different people, from athletes and parents to a sports medicine doctor. A great academic leader is the ability to communicate effectively. Finally, each responding physician stated that one of the quintessential qualities that makes a great academic leader is the ability to communicate effectively.

Team physicians don't know the meaning of a 9-to-5 work day, which also makes them analogous to being a team captain. Serving in that role doesn't necessarily mean you're the leader, but being a team captain means you have to be a leader. The team captain's responsibility is to guide the team to victory, and the same applies to an academic leader. They must have a vision for the future and a plan to achieve that vision. They must be able to communicate that vision to the team, and they must be able to inspire the team to work together to achieve that vision.

In his President's Message published in the January issue of the American Osteopathic Academy of Sports Medicine (AOASM) journal, Dr. John Dougherty, DO, FACOFP, FAOASM, FAODME, highlighted the importance of leadership in the field of sports medicine. He stated that leaders are essential to the success of any organization, and that includes the AOASM.

AOASM was well-represented as part of one such initiative. AOASM was represented by Dr. Phelps and his 2.2K followers in the ACOFP Annual Meeting in Chicago March 19-24. The meeting was a great opportunity for AOASM members to showcase their expertise and network with other professionals in the field.

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The 2019 Mentor of the Year will be presented at the Fellows Banquet on Friday night, giving new members who hold these positions, and their answers focused on three things –– leadership, communication, and collaboration. Each nominee must be an active member of the AOASM for the last three years. There must be one lead nominator and a second letter of support. This year, the deadline is Friday, April 5.

What's New in March 2019!

Congratulations to the AOASM members who were honored with writing awards given at ACOFP 2019 to physicians who had peer-reviewed articles published in the Journal of the American Osteopathic Association (AOA). The two award categories are the Resident Writing Award, sponsored by the AOASM, and the Young Physician Writing Award, sponsored by the American Osteopathic Academy of Sports Medicine (AOASM). The 2019 Resident Writing Award winner was Dr. Smith and the 2019 Young Physician Writing Award winner was Dr. Gerrie.

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We love hearing from you and providing you with the best opportunities to learn and grow. To learn more about applying for all these wonderful Conference opportunities and events, sign in to your member profile on the AOASM website today to renew your membership to get member pricing for the 2019 Clinical Conference registration!

Additionally, AOASM offers a variety of educational opportunities, including webinars, workshops, and conferences. Athletes and the Arts: Pilates for Dancers is one such opportunity. This workshop is designed for dancers who want to improve their core strength, flexibility, and control. Pilates is a form of exercise that focuses on strengthening the core muscles while maintaining proper posture and alignment. Dancers who attend this workshop will learn Pilates techniques that can be applied to their practice and classroom work.

References


The effect of Pilates-based training on dancers’ core strength and control has been shown in several studies. Barbier and Smith’s study, for example, found that Pilates training improved dancers’ core strength and control. Efford’s study showed that Pilates-based training improved dancers’ posture and alignment.

Dancers who attend this workshop will learn Pilates techniques that can be applied to their practice and classroom work. Pilates is a form of exercise that focuses on strengthening the core muscles while maintaining proper posture and alignment. Dancers who attend this workshop will learn Pilates techniques that can be applied to their practice and classroom work. Pilates is a form of exercise that focuses on strengthening the core muscles while maintaining proper posture and alignment.

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