

## **2018 Sports Medicine Scholarly Activity: Shaping the Future of Medicine**

May 24, 2018

“This is a very proud moment for our team,” says Dr. Damion Martins as they return from Orlando, Florida for the American Medical Society for Sports Medicine (AMSSM) conference where the department presented 6 research posters and an oral case presentation. “This is the type of work that really makes me feel honored to be part of a department who agree that it’s important that we drive excellence through education and research. I can think of no other department that exemplifies this more.”

Last week, the faculty and fellows from the sports medicine fellowship program at Atlantic Health System traveled to Orlando to present their latest research findings at the AMSSM Annual Meeting. AMSSM was formed in 1991 to recognize expert sports medicine specialists and to provide a forum specific for primary care non-surgical sports medicine physicians. AMSSM's mission statement is to provide a forum to foster professional relationships among sports medicine physicians to advance the discipline of sports medicine through education, research, advocacy and excellence in patient care. Presenting at this conference has become an integral part of the fellowship program. “Sports Medicine is a rapidly evolving and exciting specialty. The research done by our fellows and faculty help advance our field and at the same time increase the domestic brand recognition of Atlantic Sports Health. The attendance and presentations at these national conferences keep us at the forefront of Sports Medicine and allow us to provide the best possible care to our patients,” says Dr. Dean Padavan, Associate Program Director of the Sports Medicine Fellowship Program.

When Dr. Martins came to Atlantic Health System in 2009, there was no sports medicine program nor Fellowship. “It was exciting to have the resources to create a program de novo. There was tremendous support from the various departments and senior leadership within the system.” Today, the primary care sports medicine fellowship has grown to be one of the most competitive in the country. “We are at the top of a handful of programs that have an association with a professional sports team and offer first-hand experience with professional athletes.” Atlantic Health System is the official health care partner of the New York Jets.

This year’s class of primary care sports medicine fellows, Carl Casimir, MD, Norman Godwin III, MD, and Samuel Dona, MD, represented Atlantic Health System at the conference with four poster presentations and an oral case presentation. Dr. Casimir presented his case abstract

poster titled “Pop! Goes the Elbow: An Uncommon Case of Elbow Pain” about a patient who presented with unusual elbow pain and was eventually diagnosed with a rupture of his biceps tendon. Dr. Dona’s research was also accepted to the national conference. He presented a case abstract poster titled “This Snapping is causing DISC-omfort! An Unusual Presentation of Knee Pain” about a patient who presented with a snapping lateral knee after increasing his exercise regimen for weight loss. His MRI showed a unique presentation of a torn subluxed discoid meniscus. He also presented his research out of Rush University titled “Epidemiology of Musculoskeletal Injuries in Platform Tennis Player” on the epidemiology of paddle tennis players done in conjunction with the American Platform Tennis Association. This is the first known study to publish on the demographics of platform tennis players with a survey size of almost 1000 athletes. Dr. Godwin’s case abstract titled “A Pain in the Neck for a High School Football Player” was accepted for podium presentation. His presentation discussed a football player who complained of a stiff neck after a hit in a game and was eventually diagnosed with Charcot-Marie-Tooth Disease. He also presented a poster highlighting the results of the Atlantic Sports Health study “The effects of exercise utilizing the Arc Trainer.” This study was conducted at Atlantic Health System and looked at the effects of using the Cybex arc trainer versus a standard treadmill. These posters were also accepted and presented at Atlantic Health System’s Research Day on April 19<sup>th</sup>, 2018.

Atlantic Sports Health physicians are also shaping the future of sports medicine by mentoring current residents in the Atlantic Health System residency programs who have shown interest in the sports medicine field. In addition to having the opportunity to rotate with the sports medicine physicians, this year, three Atlantic Health System residents presented their sports medicine case abstracts at Atlantic Health System Research Day as well as various national conferences. Haremeet Ghai, MD, a second-year family medicine resident at Atlantic Health System, presented his poster titled, “Achilles Tendinopathy Associated with Fluoroquinolone Antibiotics: A Case Report” at the American Osteopathic Association of Sports Medicine clinical conference in Columbus, Ohio. His poster described a patient who presented with pain in his Achilles tendon that had been caused by fluoroquinolone antibiotics. James Anderson, a second-year internal medicine resident at Morristown Medical Center had his poster accepted to the American Medical Society of Sports Medicine Annual Meeting. His research was titled “ICD Placement in Athletes” and looked at the placement of implantable cardioverter defibrillators in athletes and was co-authored by Dr. Stephen Winters and Dr. Martins. Richard Lopez, DO, Chief Resident of Internal Medicine at Morristown Medical Center, also presented his research at AMSSM this year. His poster was titled ‘A “Pain in the Neck” Patient’ that discussed a patient who complained of right-sided neck pain and was given a rare diagnosis of spontaneous right-sided vertebral artery dissection. Dr. Lopez was accepted into the incoming class of Atlantic Sports Health fellows and will begin his fellowship in July.

Both Adam Kahn, Atlantic Sports Health Manager & Fellowship Clinical Advisor and Taryn Perkins, Atlantic Sports Health & Fellowship Coordinator who have been in their roles since 2011 and 2013 respectively are “proud to be involved in one of the largest primary care sports medicine fellowships in the country as we continue to evolve in the opportunities we give to those interested in sports medicine from the undergraduate level through residency.” The sports medicine department’s leadership in this field proves expertise and top notch sports medicine care as they continue to contribute to sports medicine research on a national level.