

# ASSET



American  
Society of  
Shoulder and  
Elbow  
Therapists

WINTER NEWSLETTER 2008

## PRESIDENT'S MESSAGE

As we are eagerly awaiting a season of change, I am reminded the lessons of my past mentors. First, one cannot make wise choices for the future without understanding the past. In 1991, ASSET was formed with a vision set forth by Basil Baccash, John Basti, and Sarah Jackins. This mission statement stands today:

*"We are a leading source of knowledge regarding exemplary clinical care and outcomes oriented research in shoulder and elbow rehabilitation. We aim to assist the membership through the dissemination of our education and research knowledge. Our membership criteria reflect the expectation of the highest quality research, scholarship and patient care."*



AMEE L. SEITZ  
PRESIDENT

Today, we are nearly 65 total members strong. This in itself is not remarkable until you realize the quality of the membership. Individually, all of you are leaders. As we move forward this year, we do so with the lessons we've learned. I value the opportunity to serve the organization that has provided me with so much mentorship and many lessons. With that being said, you will find within this newsletter reports from various committees on initiatives that reflect the efforts of these leaders and vision of the past leadership. Here are a few highlights of the most recent goals met, where ASSET will continue our efforts this year, and a vision for new endeavors. I am proud that all these embody the mission of ASSET.

*"What you get by achieving your goals is not as important as what you become by achieving your goals."- Anonymous*

The fruits of this past year's labor:

- Finalizing publication of the ASSET Consensus Rehabilitation Guidelines for Shoulder Instability
- APTA 2009 Combined Section Meeting Session: ASSET Instability Consensus Guidelines
- Successful 2008 Rotator Cuff Continuing Education Course, Jacksonville, FL

These are great achievements for the organization! Congratulations to Chuck Thigpen, Bryce Gaunt, Mike Shaffer, Lori Michener, and Eric Sauers on their contributions to the publication of the guidelines. A huge thank you goes to Bryce Gaunt, Reg Wilcox, Chuck Thigpen, Joe Kostuch, and Scott Hamersly for your work on the CEU course. The funds raised with this course offset our members' costs for the annual conference this year. You can read more about this and the other endeavors of the Education Committee within this newsletter.

*"The brick walls are not there to keep us out, but are there to give us a chance to show how badly we want something."- Pausch*

ASSET continuing business:

- Publication of ASSET Consensus Rehabilitation Guidelines for Rotator Cuff Repair
- Obtaining Corporate sponsorship
- 2009 Rotator Cuff Continuing Education Course, Boston, MA Goal of ASSET member from every state

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WWW.ASSET-USA.ORG

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We will be able to work more efficiently with experience of this past year, to pursue publication of the second ASSET consensus guidelines on Rotator Cuff Repair and a repeat of the 2008 Rotator Cuff Continuing Education course in Boston in 2009. You can find out more details of these in the Education Committee Report. Additionally this year we will continue our work to secure corporate sponsorship. Should you work closely with any vendors that may be interested, please contact me. Lastly, we will be mailing letters to new ASSET members and to those in states where ASSET is not represented with a member to continue our progress of “a member in every state”. This was Mike Shaffer’s goal during his leadership term and I fully support it; we all should. If you have a friend or colleague particularly from the Midwestern states that may be interested in joining, please forward them our webpage or member recruitment brochure.

*“I skate to where the puck is going to be, not where it has been.”- Gretzky*

New business:

- Online ASSET continuing education course
- Webcasting/podcasting annual conference
- Improve visibility of ASSET at home and internationally

In addition to our efforts to securing corporate sponsorship, we will explore options to offer an online continuing education course. Both of these can generate a steady stream of revenue for the organization to offset our annual conference costs. We will also embrace the opportunity technology affords us to pursue webcasting/ podcasting our annual conference for members unable to attend. To promote visibility of the organization, we will be linking our website to the newly established European Society for Shoulder and Elbow Therapy website and seeking reciprocating links from other national Shoulder and Elbow Rehabilitation organizations. These are small building blocks for international collaboration as we look forward to the 3<sup>rd</sup> International Congress of Shoulder and Elbow Therapists in Scotland in 2010. You can find an update from Martin Scott, about the progress of this planning within the newsletter. Lastly, I am proud that ASSET was sought after as a “stakeholder” to review the American Academy of Orthopedic Surgeons Guideline for Optimizing Care of Rotator Cuff Problems. This will be another opportunity to improve the visibility of the

*(Continued from page 2)*

organization. As we are in the process of selecting a reviewer for this guideline, I would like to thank all of you who have expressed interest. I am excited about the initiatives that are finally coming to fruition and look forward to another successful year for ASSET in 2009!

### PAST-PRESIDENT'S REPORT

Planning is underway for the ASSET 2009 Annual Meeting. It will be held at The Marriott New York Marquis on Broadway in NYC in conjunction with the ASES Closed Meeting. The dates of both meetings will be Sunday October 25<sup>th</sup> – Tuesday October 27<sup>th</sup> a different part of the week than normal. To keep registration costs comparable to previous years and to allow us to meet in the same location as the surgeons, our meeting times will also be different than the past few years. We will meet most all day Sunday and Monday for ASSET and ASES programming while Tuesday will be a blend of ASES programming and ASSET social activities (enjoying the beautiful city of New York). Additionally, we are planning a group outing to a Broadway Show which will likely be either Sunday or Monday evening. A block of rooms with a mix of bed types has been reserved for the group rate of \$429 pernight. While expensive, this is actually in line or less expensive than other hotels in area we evaluated. So make your plans early to attend this meeting that will have great mix of academic and social activities while being held a stones throw from Times Square – Perfect!!!!



BRYCE GAUNT  
PAST-PRESIDENT

## ASSET 2009



Keep Informed—Visit the ASSET website for the most up to date information regarding meeting details ([WWW.ASSET-USA.ORG](http://WWW.ASSET-USA.ORG))

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## 2008 FOUNDERS' AWARD

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The Founders' Award is the highest honor given to a member in our society. This award has been created to honor those individuals instrumental in both the conception and the ongoing development of the American Society of Shoulder and Elbow Therapists. This award is bestowed on a member who displays the following characteristics:

- ◆ Active member in good standing
- ◆ Exemplifies high level of collegiality
- ◆ Embodies the vision and mission of ASSET
- ◆ Exemplifies a persistent and consistent effort in promoting and contributing to ASSET
- ◆ Demonstrates a visionary spirit

During the ASSET Annual Meeting in Santa Barbara, the recipient of the 2008 Founders' Award was announced. Deservingly, Chuck Thigpen is the 2008 recipient. As evident in this newsletter, Chuck has been the driving force behind many of the initiatives of the organization these past two years. From hosting the continuing education in 2008 that raised over \$5000 for ASSET to his leadership with our guideline publications in process, it is evident Chuck embodies the characteristics deserving of this award. Chuck was unable to attend this year's meeting, but here are a few words he conveyed regarding this announcement:



*"I am honored that the individuals who had the foresight and vision for ASSET saw fit to recognize me with the Founders' Award. I owe a huge "THANKS" to the education committee, Bryce Gaunt, Mike Shaffer, and Reg Wilcox for working with me. And finally, to Tim Uhl who encouraged me to join ASSET....Thanks Tim!"*

Congratulations Chuck!

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## RESEARCH COMMITTEE REPORT

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This past conference we had 15 research presentations. We currently have no organizational research projects to update you on as our efforts have been focused on finalizing the ASSET consensus guidelines for Instability and more recently Rotator Cuff Repair.

As we look forward to the next annual meeting in New York City, the research, education, and membership committees will be reviewing the membership listing in order to determine who needs to present in order to satisfy their membership obligations. For 2009 Annual Conference there are 16 members due to present. You can refer to the "Attend and Present Record" located under "Member Materials" section on the ASSET website to determine if you are one of these individuals. As always, the research committee is available to offer assistance to anyone who needs help preparing an abstract and/or presentation for this meeting. Feel free to contact myself or any other committee member with your questions. Stay tuned for future emails regarding an abstract submission timeline for the annual meeting in the next newsletter.



WENDY BURKE  
RESEARCH CHAIR

### EDUCATION COMMITTEE REPORT

It has been a productive year for the Education Committee. Here are the highlights of this past year's activities and plans for this year.

Bryce Gaunt and Chuck Thigpen will present "Evidence-Based Rehabilitation Following Arthroscopic Anterior Stabilization of the Shoulder" as an APTA Orthopedic Section session during 2009 Combined Sections Meeting. A similar proposal has been submitted for the 2009 NATA Annual Meeting in San Antonio.

We will be putting on the "Evidence Based Rehabilitation of Rotator Cuff Repairs" continuing education course in the late spring in Boston. I am working with Reg Wilcox to hammer out the details but we will be looking for volunteers to help with duties related to putting on the course. We will again use these funds to offset member registration for the annual conference next October in New York.



CHUCK THIGPEN  
EDUCATION COMMITTEE CHAIR

#### Post Surgical Guidelines:

The instability guideline is in final stages of review by the authors: Bryce Gaunt, Mike Shaffer, Eric Sauers, Lori Michener, George McCluskey, and Chuck Thigpen. Our goal is for a JOSPT submission by year's end.

The rotator cuff guidelines are being developed by Reg Wilcox III, Brian Leggin, and Chuck Thigpen. Member comments from the annual meeting are being incorporated and a manuscript is under development to accompany these guidelines.

### COMMUNICATION COMMITTEE REPORT

Since our last newsletter in June, we've successfully implemented online registration and payment for Annual Conferences. This update also includes an additional 'cart' feature which allows the online purchase of additional items; shirts, dinners, etc. to be added into the registration fee. With the completion of this page, we've successfully added online payment capabilities for membership, CEU conferences and Annual Conferences. These pages all have the ability to update annually without any recurring cost to ASSET.

An additional project which the Communications Committee completed this past year was the development of a Membership Brochure. The brochure is designed to pass along detailed information in a concise manner for future ASSET members who may like to join our organization. The finished product reflects nicely on the quality of our membership and all the advantages we have to offer both a new member. The Membership Brochure is available for download at [http://www.asset-usa.org/Member\\_Materials.html](http://www.asset-usa.org/Member_Materials.html). We would encourage the use of this brochure to offer prospective members a snapshot of what our organization entails.



JOSEPH KOSTUCH  
COMMUNICATION CHAIR

Our focus this winter will be to make strides to increase ASSET's visibility on the internet search engines. We have gathered information on what is the most productive and economic way to move our way up the search engines. We are formulating a plan to implement these changes. Some will be visible, some invisible. Look for future correspondence regarding these changes and how every member can help!

I am handling the daily maintenance and updates to our website, so please address any errors, omissions, corrections or additions to myself at [jkostuch@hprc.net](mailto:jkostuch@hprc.net) and I will take care of them ASAP.

## NOMINATING COMMITTEE

I would like to thank Amee Sietz and the executive board for asking me to be the next nominating chair of ASSET. I accepted and am happy to serve. Daphne Hooboyer has done a wonderful job over the past two years. I hope to do as well.

As I think back to Seattle in 1990, which was the first meeting to explore the possibilities of starting a shoulder and elbow group, I am amazed and so very proud of how far we have come over the past 18 years. We were the lead Organization in the International Community, planning and executing the first and second International Congress of Shoulder and Elbow Therapy. We have begun work with our neighbors in the British Isles for a third meeting which will take place in Edenborough in 2010. We are already in discussion for the organization of our fourth in Japan in 2013. These things would not have happened if it were not for the selfless energy of the dedicated members of the ASSET.



JOHN BASTI  
NOMINATING COMMITTEE CHAIR

I can remember being at the AAOS in 1990 attending a shoulder symposium. Dr. Matsen was moderator. He announced that Sarah Jackins would be standing at the doorway after the session for anyone interested in starting a shoulder and elbow therapy group. I said to myself, what a great idea! I can remember Sarah inviting the first group of curious pioneers to come together in a very relaxed comfortable atmosphere in Seattle. Unlike the norm, the weather was beautiful, sunny and so, we had our first meeting outside on the grass. Of course she unknowingly appealed to my love of coffee and supplied us with a few thermoses of Starbucks coffee. This was great!! I liked this group already! We worked tirelessly for hours discussing how we could begin. We had our work cut out for us. Our passion fueled us and we did what we had to do to get started. Sarah and I flew coast to coast quite a few times to get things organized in the beginning. What was great was that in addition to our core group we had the support of two very significant individuals who were also passionate about their specialty and the care of their patients. Dr. Rick Matsen and Dr. Louie Bigliani, who are past presidents of ASES. With their help and our core group of pioneers, we had our first meeting in Vail Colorado. Dr. Hawkins was president of ASES and hosted the Colorado meeting for the surgeons and was very helpful and supportive for our first meeting. I remember we were quite nervous prior to the first meeting. We wondered if the people who were attending, most strangers, were going to think the meeting was worth while. We didn't have much money, no frills, so for the cocktail reception, Sarah brought smoked salmon and cheese from Seattle and I brought dried Italian sausage and mozzarella from New York. We put the food on plastic trays with doilies and paid the hotel for the liquid refreshment. I think the hotel staff thought we were nuts! The meeting was a great success on a shoestring budget! We were off to the races! (see the picture of the first meeting. Marty Kelley still looks like a kid). The tone was set at the first meeting to define who we were and what type of organization we might want to be. We had a wonderful group of people at the first meeting and we continue in that tradition. All were eager to contribute and do their part. The energy was quite something. It continues today. Our society was open to anyone who was invited or who wanted to join. We were all inclusive. It was a very exciting time. As we continue to grow and redefine ourselves the excitement continues.



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Remember this society was set up to be your society. All are urged to participate and contribute. We need you to bring to us your special talents. Each one of us has something unique to offer. To appreciate that you must step up. If you are nominated I strongly encourage you to run. Each office has considerable support which helps transition and the execution of responsibilities.

In closing I hope my few remarks about the “old days” were informative and entertaining. Remember nothing ventured, nothing gained. The hard work, dedication, unselfish nature and giving of those professionals who contributed and continue to contribute makes the ASSET family a truly special entity. The fellowship, mentorship, and educational zeal of this group, in my opinion, are unparalleled. Be part of that active tradition! We will be in touch in the early spring!

### MARTIN SCOTT—IBSET REPORT

**S**houlder therapy is a challenging and exciting field to work in. We are fortunate that shoulder surgeons are aware of the need for informed and skilled rehabilitation to complement their work, and liaise closely with their therapy colleagues in many countries around the world. The 9<sup>th</sup> International Congress of Shoulder & Elbow Surgery (ICSES) in Washington DC, 2004, incorporated the 1<sup>st</sup> International Congress of Shoulder & Elbow Therapy (ICSET). There was a 2<sup>nd</sup> joint meeting in 2007 in Bahia, Brazil, which was also a great success, and under the leadership of John Basti, an International Board of Shoulder & Elbow Therapists (IBSET) was formed. This has members from the Americas, Australasia and Europe, and is dedicated to promoting the sharing of current concepts, evidence and best practice from around the world.



MARTIN SCOTT  
2010 IBSET CHAIR

IBSET are delighted to invite you to the 3<sup>rd</sup> ICSET in Edinburgh, UK 5-8<sup>th</sup> September 2010. We can promise you top international speakers and a packed program of lectures and scientific papers, guaranteed to stimulate your mind and improve your practice! With a four day program and open access to the concurrent 11<sup>th</sup> ICSES (held in the same venue), this will be the premier opportunity to listen, network and talk about shoulders and elbows!

### 3<sup>RD</sup> ICSET MEETING

John Basti (USA)  
Jo Gibson (UK)  
Martin Scott (UK)  
Conference Committee  
[www.icses2010.com](http://www.icses2010.com)



[WWW.ASSET-USA.ORG](http://WWW.ASSET-USA.ORG)

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**PRESIDENT-ELECT/MEMBERSHIP REPORT**

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I want to tell the membership how honored I was to be elected president of ASSET; although, I did run unopposed. But anyway my task as president elect is to report on the membership with the assistance from our two members at large: Jessica Garcia and Kevin Laudner. ASSET continues to maintain its membership in 2008. Current ASSET membership totals are as follows: 35 active, 22 general, 5 foreign, 16 new, 9 resigned, 4 service waivers granted, 6 deferments voted by the Board.



BRIAN COOTE  
TREASURER

We have had a flood of extremely talented new members in 2008. Since the last newsletter we have 3 new general members. These include Stephen Thomas from Pennsylvania, Shana Harrington from North Carolina, and Jennifer Petrakis from the great state of New York. To help us get to know them, each member was asked to submit a brief bio which is included within this newsletter. The membership committee is charged with tracking membership changes each year following annual dues cycle and providing members with a reminder of their annual conference attend/present membership requirements to help keep all members in good standing.

Many members have changed their email addresses and/or contact information and not yet updated this with ASSET. Please take a moment to verify the accuracy of your contact information listed on the ASSET webpage ([www.asset-usa.org](http://www.asset-usa.org)). Any changes to your contact information should be forwarded to Jean Evans the executive secretary at [asset-usa@comcast.net](mailto:asset-usa@comcast.net). She will ensure any changes necessary to the member directory on the webpage is communicated to Joe Kostuch who has done an outstanding job keeping our webpage current.

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**WELCOME NEW MEMBERS!!**

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**Stephen Thomas, Med, ATC**, originally from Pennsylvania, received his Bachelors and Masters degrees in Athletic Training from Temple University and is currently in his final year of his PhD in biomechanics at the University of Delaware. When not in the research lab he enjoys working out, cooking and occasionally fishing and hunting.



**Shana Harrington, PT,SCS** is currently in her last year of the PhD program in Human Movement Science at the university of North Carolina at Chapel Hill. She has been a physical therapist for 8 years and currently works in a variety of physical therapy settings on a PRN basis in Raleigh. When not working she enjoys competing in triathlons which she has done since the age of 10. She likes to travel and loves all sports especially UNC basketball, football and baseball.



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## WELCOME NEW MEMBERS CONT'D.!!

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**Jennifer Petrakis, PT, DPT, MLT**, a New York licensed physical therapist is and Advanced Clinician in the joint Mobility Center at The Hospital for Special Surgery in New York City. She brings over 10 years experience working with orthopedic conditions. She has been a principle investigator in research projects and has clinically contributed to develop diagnosis specific guidelines for the orthopedic patients. She has lectured in a variety of settings on orthopedic education.



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## TREASURER REPORT

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I would like to thank Scott Hamersly for his service to ASSET, mentorship and smooth transition during the changing of the guard as I assume the Treasurer's duties. The good news is we continue to be a financially viable organization as a whole and to date our Bank "Bank of America" has not been sold, closed, converted or acquired.

For those members who were unable to attend the Santa Barbara Annual conference, ASSET continues to have a positive balance of approximately 20K. To give you a brief breakdown of our financial situation your membership dues generally cover the cost of the Journal and ASSETS administrative costs, our Annual conference typically breaks even or losses depending the location and thanks to recent corporate campaign and continuing education conferences we are now able to generate income for our future endeavors. The ability to generate income for ASSET is critical. Therefore, I would respectful ask that you take a couple of minutes to consider hosting a continuing education course at your facility or creative ideas to promote our mission.



BRIAN COOTE  
TREASURER

### REMINDER

#### ASSET 2009 MEMBERSHIP DUES ARE DUE FEBRUARY 1st, 2009

Please visit the ASSET website at [www.asset-usa.org](http://www.asset-usa.org) and follow the links. There is a \$5 processing fee for dues paid online. Please see page 10 of this newsletter for your 2009 dues invoice.



American Society of Shoulder and Elbow Therapists

**MEMBERSHIP STATUS**

- Active Member \$145**
- General Member \$170**
- Foreign Member \$145**

**DUE DATE: FEBRAURY 1<sup>ST</sup>, 2009**

**DUES RECEIVED AFTER FEBRUARY 1<sup>ST</sup>, 2008 WILL BE ASSESSED LATE FEES**

DUES RECEIVED AFTER FEBRUARY 1<sup>ST</sup> \$25  
DUES RECEIVED AFTER MARCH 1<sup>ST</sup> \$50

DUES RECEIVED AFTER APRIL 1<sup>ST</sup>  
(TERMINATION OF MEMBERSHIP AT THE DISCRETION OF THE BOARD)

**MEMBERSHIP DUES – JANUARY 2009 – DECEMBER 2009**

PLEASE PROVIDE NAME/ADDRESS/PHONE/FAX OR EMAIL ADDRESS CHANGES:

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Middle Initial \_\_\_\_\_

(Please indicate preferred mailing address)

Business Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Business Phone \_\_\_\_\_

Business Fax \_\_\_\_\_

Home Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Please check the appropriate box indicating that you consent or do not consent to have your business and email address information posted on the ASSET Website  Yes  No

**RENEW ONLINE AT [WWW.ASSET-USA.ORG](http://WWW.ASSET-USA.ORG) OR BY MAIL:  
PLEASE MAKE CHECKS PAYABLE TO "ASSET"**

Send payment and invoice to the address below:  
Executive Secretary for ASSET  
1016 Bay Ridge Avenue  
Pittsburgh, Pennsylvania 15226