



**American
Society of
Shoulder and
Elbow
Therapists**

Newsletter

February 2015

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*...vision of being a
leader in promoting
multidisciplinary
professional growth to
improve patient care...*

ASSET

... is a group of multidisciplinary professionals in the area of shoulder and elbow rehabilitation who place a high value on efficacious exemplary patient care. We support critical assessment of information within the area of our interest and encourage professional growth through mentorship, fellowship, and education. We foster this through innovative progressive basic science and clinical research. We are committed to the ideas of open-mindedness and sharing of knowledge to promote excellence in patient care by all.

Message from the President

It is hard to believe that I am a quarter of the way through my ASSET Presidency! The ASSET Executive Board and Committees have been busy working in the past few months and I wanted to share with you, the membership, our 2015-2017 strategic plan that we believe will lead ASSET toward fulfilling its vision of being a leader in promoting multidisciplinary professional growth to improve patient care in the area of shoulder and elbow rehabilitation.

To accomplish this task, we are focusing efforts in a few areas: 1) streamlining management and organization within and between ASSET and our main office at AAOS, 2) establishing a comprehensive plan for ASSET educational offerings (to our Society, as well as non-members), and 3) establishing a plan for generating a long-term revenue stream.

As you can imagine, these efforts require time and member engagement. Several ad hoc and planning committees were formed, such as a Program Planning Committee to work with Tim Uhl on the annual meeting and an Education Committee sub-group on planning. I want to thank those members who agreed to serve on these committees and volunteer your time and expertise.

We are also working on establishing a Membership Workgroup and Development Committee. If you are interested in serving on one of these initiatives, please contact me!

Last, I encourage you to share with us your clinical pearls, updates and accomplishments and questions so that we can all continue to learn from one another and celebrate our members' successes. There are several ways to communicate as a Society: 1) use the All Member email: allmembers@asset-usa.org, 2) use the Society email: asset@aaos.org, and 3) Post it on Facebook by emailing Communication Chair, Brian Phillips: bphillips@hprc.net.

I am excited about all of the energy and efforts toward our Society and thank each of you for your membership.

If you have questions or comments, I welcome your calls and emails, Ph: (480) 219-6191, Email: kbliven@atsu.edu.

~Kellie

Kellie C. Huxel Bliven, PhD, AT
ASSET President

Membership Renewal

If you have not yet renewed your ASSET membership, act now! You can renew online or by check (no cash payment).

All member level dues are \$160 annually. Your membership includes a paper subscription to *The Journal of Shoulder and Elbow Surgery*.

Late fees will be charged accordingly:

Dues received after February 1st: \$25

Dues received after March 1st: \$50

Dues received after April 1st: Termination of membership at the discretion of the board

More information is in the **Member Materials** section of the **ASSET website:**
www.asset-usa.org

*The Call for Abstracts is
live mid-Feb through
June 1st.*

Annual Meeting Information

The Annual Meeting is October 8-12, 2015 in Asheville, NC at the Grove Park Inn. We hope you plan on attending ASSET's 23rd Annual Meeting! There will be a reception on Thursday evening and meetings will be held Friday thru Sunday. Past-President, Tim Uhl, and the Program Committee are working to schedule of quality educational offerings in a variety of formats this year.

ASSET and ASES have a block of rooms reserved at the Grove Park Inn. You can contact the hotel directly (1-800-438-5800) to reserve your accommodations. When calling, state you are with the American Shoulder and Elbow Surgeons to receive the discounted room rate. To book online, use the link provided from the ASSET website. The deadline to make a reservation is Mon., Sept. 7, 2015 (subject to availability).

As plans are made, information about the meeting will be available online at: www.asset-usa.org/Conferences.html. A big thanks to Tim and the Program Committee for their efforts ~ we look forward to seeing everyone in Asheville!



ASSET 23rd Annual Meeting is October 8-12, 2015 in Asheville, NC at the Grove Park Inn.

Call for Abstracts

The Call for Abstracts for the Annual Meeting is live this now through **June 1st**. All ASSET members are encouraged to submit abstracts for presentation at the upcoming annual meeting! For some, your membership attend and present requirement will apply this year (minimum of once every three years), and you are required to present to maintain your membership. Anyone can access assistance for idea and abstract development, research design and implementation, consultation, etc. by, contacting Research Committee Chair, Steve Thomas (sjthomasatc@gmail.com) or Mentorship Program Liaison, Angela Tate (tatea@arcadia.edu and include "ASSET Mentor Program" in subject line). More information about attend and present requirements, abstract submission and assistance will be available soon ~ watch for emails and website updates.

Research Mentorship Program

ASSET's Research Committee established a mentorship program in response to members who indicated mentorship between clinical and research/academic members is valuable for personal growth, Society growth, and in fulfilling the membership attend and present requirement. More information about this program is in the Members Materials section of the ASSET website: www.asset-usa.org. Questions and requests can be addressed to Research Committee Chair, Steve Thomas (sjthomasact@gmail.com) or Mentorship Program Liaison, Angela Tate (tatea@arcadia.edu and include "ASSET Mentor Program" in subject line).

Member Survey Results

Thank you to the 41 members who completed the member survey in November 2014. The results helped us develop ASSET's 2015-2017 strategic plan (see President's Message on page 1). Below is a summary of the results.

Respondent Information:

- 34 active members; 3 general members; 4 international members. This is ~40% response rate from the total ASSET membership!
- The average length of time as an ASSET member was 7.4 ± 5.8 years, and the primary reasons for joining ASSET were colleagues and personal interest, followed by physician recommendation.
- On average respondents reported attending 5 meetings and presenting 3 times.

ASSET's Value and Offerings to Its Members:

- 95% feel that ASSET has a clear statement or purpose
- 75% are aware of ASSET's research mentoring and assistance program and 20% have utilized this service. Reasons for not utilizing the service: it does not apply to my needs (43%), I am too busy (20%), <1% are uncomfortable using it.
- 49% indicate that cost is a factor in attending annual meetings
- Overall, members enjoy being a part of ASSET and would like more opportunities for connecting, and communication about executive board and committee activities as well as member updates.

Preferences about ASSET Offerings to Non-ASSET Members:

- Educational offerings should be made through: online events (32 endorsed), developing partnerships with other organizations (27 endorsed), and live events (25 endorsed).
- ASSET could continue to foster our relationship with ASES by: developing rehabilitation protocols (37 endorsed), co-sponsoring continuing education events (37 endorsed), research consultation (29 endorsed), inviting physician to attend ASSET events (24 endorsed), and through mentoring relationships (13 endorsed).



ASSET Founders: Basil Baccash, Sarah Jenkins, and John Basti. Picture taken at ASSET Annual Meeting 2014 in Pinehurst,

Tip from the Field

From: Tim Uhl, ASSET Past-President/Chair, Program Committee

I have been working with a couple of golfers with sore shoulders. They are also my neighbor-friends so the treatment programs have been inconsistent, but thought I would share what has been helping. One of my friends is a low handicap golfer with mild rotator cuff tendonopathy signs, but no evident tear. His lead left arm presented with ~15 degrees of external rotation ROM restriction, pain with over pressure (similar to an internal impingement), and some anterior soft tissue tightness. I started him on stretches to improve latissimus dorsi and posterior shoulder flexibility, and posterior rotator cuff strengthening with light resistance. He does his own regular strengthening program and was instructed to continue since it does not cause him pain. The stretch I used, and showed his wife how to perform it at home, is one I learned from a sport physical therapist colleague, Allen Howell in Cincinnati, OH; it involves scapular stabilization while the patient moves passively through available pain-free range of motion into external rotation, horizontal abduction, and flexion (similar stretch described by Kevin Wilk). I performed manual stretches (1 x 10 stretches) once per week and his wife stretched him on other days. After approximately 3 weeks, he is pain-free and has full external rotation range of motion! I know this is a mild case, but I believe the scapula stabilized stretching was a critical component in this intervention. We often gear our focus on strengthening exercises and joint mobilization, but good old fashion stretching is essential too, and this case was a good reminder of the importance of mobility in managing rotator cuff tendonopathy. A video of the exercises and stretches described in this piece will be available soon ~ watch for an email with the link.

If you have a Tip from the Field for a future newsletter, please send it to Kellie Bliven: kbliven@atsu.edu

New Members

Francoise Cherry, OT, CHT. Works at NYU Langone Center for Musculoskeletal Care, Long Island, NY.

Stephanie Moore-Reed, PhD, ATC. Works at California State University, Fresno, CA.

Margie Olds, MHSc, BPhy. Works at AUT Physiotherapy Clinic, Auckland, New Zealand.

Members who moved from General to Active

Ashim Bakshi

David Bertone

Tanya Bieswenger

Elizabeth Kovack

Robert Manske

Helen McDevitt

Joshua Pniewski

WELCOME and CONGRATULATIONS!

Calendar Dates

We have a busy year ... Please be sure to put abstract and annual meeting dates on your personal calendar. If you have events to add, please send them to us!

Executive Board Meeting	Feb 12	Executive Board Meeting	June 11
Call for Abstracts	Feb 17	Abstract Acceptance Notification	July 13
Last Day to Renew Membership	April 1	Executive Board Meeting	Aug 13
Executive Board Meeting	April 14	Officer Nominations & Elections	Aug - Sept
Attend/Present Waiver Requests Due	May 13	Annual Meeting	Oct 8 - 11
Abstract Submission Deadline	June 1		

Our main office moved in December 2014. The new address is:

American Society of Shoulder and Elbow Therapists
9400 West Higgins Road, Suite 500
Rosemont, IL 60018
Telephone: (847) 698-1636
Society email: asset@aaos.org



To receive up-to-date information, check out the ASSET website: www.asset-usa.org and Facebook page: American Society of Shoulder and Elbow Therapists

If you have content to share, please send it to Communication Chair, Brian Phillips: bphillips@hprc.net

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