



## Message to Members,

I hope all of our members are doing well getting through a crazy winter and look forward to a better spring. We appreciate all of the members that have paid their dues to keep our organization operational. We do everything we can to keep this an affordable organization. One way do this is through the support of our webpage advertisers such as Elite Rehabilitation Solutions, JAS and Kinex. Therefore, it is important that, when possible, you patronize these organizations as they support our society. We are constantly looking for opportunities to develop relationships with more advertisers so if you are aware of an organization that you work with that may want to advertise on our webpage, please let a board member know.

On a related note, Elite Rehabilitation Solutions has offered an opportunity for members of ASSET to share your knowledge with other therapists throughout the country. If you provide educational seminars, Elite Rehabilitation Solutions would like to assist you with transforming your educational materials into online educational resources so that you can share your knowledge with others in your area of expertise. If you are interested in doing this please contact Brian Leggin, an ASSET member, via email at [info@eliterehabolutions.com](mailto:info@eliterehabolutions.com). Additionally, if you have continuing education needs check out their online courses. They have some really impressive educational opportunities you can take advantage of from your own home.

The 2014 Combined Section Meeting of the American Physical Therapy Association was an outstanding meeting. All ASSET members should be very proud as there were several members presenting at the meeting across multiple sections including members from the orthopedics, sports, and hand sections just to name a few. I hope we all realize what a unique set of individuals we have in this organization that is so devoted to our profession. All presenters are to be commended for their dedication to the profession and willingness to share their knowledge.

Stephen Thomas has been working with the research committee to create a survey that would attempt to identify both researchers' and clinicians' interested in collaborating on various projects. The survey should be finalized in the next few days and should not take more than 5 minutes to complete, so please help provide us with this information. This will be very valuable to allow members to work together on mutually interesting projects.



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I have not received any clinical pearls from the members to share this round so I will share one of my pearls that I believe has some clinical relevance. Three years ago Amee Seitz and I worked on an

EMG study investigating the role of feedback vs. no feedback during the performance of the prone horizontal abduction exercise. We divided the exercises into 3 phases: concentric, isometric hold for 2 seconds, and eccentric phase for data analysis. This was following some of Ann Cools work from Belgium. What was most interesting was the 10-15% increased muscular activation during the isometric hold phase during the 2 second hold. The amount of additional recruitment during the hold was almost identical in our study to the study by the group in Belgium. We often focus on the sets and repetitions but I believe there is an important component related to the emphasis of the isometric hold portion of our exercise instruction. We are working on some more research and hope to have additional results to share with you soon. My clinical pearl is emphasizing the hold portion may be an integral component to facilitate better muscular recruitment during our therapeutic exercises.

John Basti's son, Jonathon, head men's Lacrosse Coach at Sacred Heart University was quoted recently on Fox Connecticut news about a concussion research project in which lacrosse helmets will be instrumented to measure g-forces during both practice and games. See the story at <http://foxct.com/2014/03/06/lacrosse-players-participate-in-concussion-study/> Father and son helping out science in their unique ways. John your son is to be commended it is few coaches that allow researchers to interact with their team so much. Hope the information helps protect future generations of Lacrosse players.

If you would like to share with your colleagues a clinical pearl or some interesting findings, please send your scenario and pearls to Tim Uhl at [tluhl2@uky.edu](mailto:tluhl2@uky.edu). We will be happy to include these in our next communications. We will attempt to repeat this message every other month to facilitate communication between members. If you would like to share a difficult case, ask a question to the group, or get feedback among your ASSET colleagues, we would like to remind you that on our webpage, under the Contact Us section, there is a link that automatically opens your default email program and allows you to Email all ASSET Members at once. This is open to all members and I encourage everyone to use this mechanism to share information or ask questions. The cumulative knowledge of this society is immense and is invaluable when faced with a challenging or unique problem. This is how you got this message from me. The other link Email the ASSET Executive Board will do the same thing but is directed only to all Executive Board Members so that you can communicate with us all at once.



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That is all for now, stay tuned for more information regarding the upcoming meetings and annual conference in Pinehurst North Carolina from October 9-12<sup>th</sup>.

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