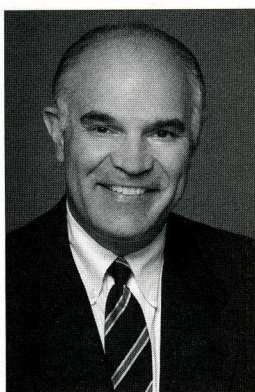


# Presidential Address of the American Orthopaedic Society for Sports Medicine

## Family, Balance, and the Sphere of Influence

Bernard R. Bach Jr, MD, *President, AOSSM*



Thank you, Champ, for your kind words. I value your friendship, leadership, and mentorship, but most importantly, I appreciate that you entrusted your son with us (as a sports fellow at Rush) this past year. I am humbled and honored to stand before this great organization, having represented you as its 36th president this past year.

When I consider my predecessors, and in particular several special mentors to me, who have been your presidents, I am incredulous

that I have been so fortunate. Certainly there are many individuals in the audience who have made significant contributions to this Society and the specialty of sports medicine and are equally or perhaps more deserving than I, and I hope they too experience this privilege. Leadership is a privilege; I have felt the responsibility as a steward of this wonderful organization.

When considering what comments I could impart to you today, I reflected on the presidential addresses of my predecessors (Table 1). I will, as almost all presidents have done, review our Society's accomplishments of the past year, emphasizing a theme of "A Decade of Change." I will focus my main delivery on "Family, Balance, and the Sphere of Educational Influence" with segues on leadership<sup>3-8</sup> and a healthy reflection on the people who make this Society, and our lives, so special. Many of my comments will be directed to the young members of our Society as they represent the future of this vibrant organization, and hopefully my comments may affect them.

### A Decade of Change

This has been a banner year for our Society. In the next few slides, I would like to show you the profile of our Society today compared to 10 years ago.

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In 1998, our Society had 1200 members. Today we boast over 2600 members, a 2-fold increase. This is attributed in part to our candidate membership program that allows for Sports Medicine Fellows membership benefits during their fellowship year and also streamlines their upgrades to active membership. Candidate members have 5 years to upgrade to active membership, and our yield exceeds 80% annually. This is an important message as over 50% of our members have not known our Society before 1998!

With the increase in our membership, annual meeting attendance site selection has transitioned from smaller "destination" venues to sites capable of comfortably hosting our meetings. Unfortunately, the days of Sun Valley are long gone; next year, we will have our last meeting in Keystone. Subsequent meetings will be held in Providence, San Diego, Baltimore, Chicago, and Seattle, respectively.

The operational aspects of our Society have changed dramatically. Our budget has grown to \$6.5 million from \$1.2 million. The financial engine for our Society is the success of the *AJSM*. This journal is currently ranked second among orthopaedic journals and fourth among the sports science publications internationally. Our impact factor, which increased from 2.4 to 3.4 within the last 2 years, is higher than the *Journal of Bone and Joint Surgery (JBJS)*, the *Journal of Arthroscopic and Related Surgery (Arthroscopy)*, the *Journal of Shoulder and Elbow Surgery (JSES)*, or *Clinical Orthopaedics and Related Research (CORR)*. In *Motion*, *The Athletic Health Handbook*, *Sports Medicine Update*, *Sports Tips*, and other educational brochures were not available in 1998 and today are membership benefits.

In 1998, the *AJSM* was published 6 times annually. Today, it is a monthly publication with over 240 articles published annually. In 1998, the highly successful Current Concepts section, edited by Tim Foster, was nonexistent. Online access, pay-for-use access, archival retrieval, and print before publish access are many of the features the Internet has afforded our members. Bruce Reider, in his 6 years as editor, has been a thoughtful and active steward for the journal, continuing the tradition of Jack Hughston and Bob Leach. Bruce, Tim Foster, the editorial board and reviewers, and those researchers whose works have been published in *AJSM* present us with an outstanding product!

This year, your board approved the development of a second journal, *Sports Health*, that will focus on multiple aspects of sports medicine, including orthopaedic, medical, rehabilitative, and preventive concepts in primarily a review

TABLE 1  
Presidential Addresses Over the Past 20 Years

1988	Allen	"A Commitment to Education"
1989	Cahill	"A New Frontier"
1990	Collins	"Sports Medicine Past, Present, and Future"
1991	Cox	"Drug Abuse in Sports"
1992	Bassett	"Everyone Needs an Edge"
1993	DeHaven	"Where Do We Go From Here?"
1994	Bergfeld	"From Adolescence to Adulthood: Prepared Leadership in Sports Medicine for the 21st Century"
1995	Johnson	"Outcomes Research in the AOSSM"
1996	Warren	"Vicissitudes of Life and Medicine"
1997	Boland	"Our Qualifications as Orthopaedic Surgeons to Be Team Physicians"
1998	Sisk	"Who Are We? The Past, Present and Future"
1999	Brown	"Some Thoughts on Perspective and the Business of Medicine"
2000	Clancy	"The Past, Present and Future"
2001	Curl	"Get Involved"
2002	Shields	"Stars and Heroes"
2003	Fowler	"Stars and Heroes"
2004	Garrett	"It Hurts When I Do This"
2005	Wickiewicz	"Education: Commodity or Responsibility"
2006	Grana	"Presidential Address of the AOSSM"
2007	Baker	"Coming Full Circle"
2008	Bach	"Family, Balance, and the Sphere of Influence"

format. This journal will be highly successful in initial circulation of over 25 000. As a member benefit, *Sports Health* will appear in January 2009. A competitive application process resulted in the selection of Ed Wojtys as editor of *Sports Health*. He has already compiled an international board and has chosen topics for the first 6 issues. We have partnered with the American Medical Society for Sports Medicine (AMSSM), the Sports Physical Therapy Section (SPTS), and the National Athletic Trainers' Association (NATA) in this venture.

As a world leader in sports medicine education, research, communication, and fellowship, our infrastructure has grown dramatically, nearly 2- to 3-fold in every metric studied. New committees have evolved; others have been expanded and refined. Our program committee now reviews between 200 to 300 abstracts for both the Specialty Day and annual meeting. At our Specialty Day meetings in 2006 and 2008, we partnered with American Shoulder and Elbow Surgeons (ASES) and the Arthroscopy Association of North America (AANA), respectively, to develop an afternoon session that was enthusiastically received. This concept demonstrates our ongoing desire to avoid isolation and fractionation within orthopaedic subspecialties and the American Academy of Orthopaedic Surgeons (AAOS), in particular.

This past year, our education program organized multiple courses. In 1998, we had 3 continuing medical education (CME) courses; in 2008, we had 11 courses. Our first annual Specialty Certification Review course attracted over 500 attendees and was an outstanding course organized by Jim Carpenter and Mark Miller. Our first Baseball

Sports Medicine course was held in October. An MRI Correlation course partnering with radiologists was held in early May, and our first multisite Motor Skills course held at 4 different locations ushered in a new era for surgical skills courses.

Anyone who has worked with Jan Selan recognizes her dedication to our educational programs. She is a perfectionist, and this reflects in our educational products. Brian Cole and his team have done a wonderful job on the program committee.

Our enduring education committee has evolved over the past year under the aegis of Jo Hannafin to preserve, protect, and catalog education materials for our members.

The financial strength of our organization has allowed us to develop and expand our administrative infrastructure nearly 2-fold in the past decade. And what a fantastic job they do! Irv Bomberger, our executive director, has been with us since 1997. Camille Petrick, our managing director, has been with this organization for 18 years. Our Society is extremely privileged to have these committed individuals leading the Society office. They are incredibly dedicated to the Society, and we are fortunate. They are the heart and soul of our Society!

Six years ago, we appointed a director of research, Bart Mann. Our research budget was negligible in 1998 (\$10 000); today the budget for research is \$660 000. Premeeting consensus panels and workshops (nonexistent before 1998) have resulted in 3 National Institutes of Health (NIH) grants for our Society members within the last year alone. Multicenter research initiatives to study revision ACL, pediatric ACL, and the effects of viscosupplementation all have been initiated and have Bart's "fingerprints" on them.

Director of Communications Lisa Weisenberger has, in her short tenure, affected our Society with the new *Athletic Health Handbook*, a collection of sports reprints, a member benefit. Public service announcements, increased media coverage of topics relative to our Society and emanating from our publications, find their way into the press on an increasing basis. The Youth Sports Injury Prevention Initiative, which you will hear more of over the course of the next 2 years, will take the concepts of the very successful "Pop Warner Football" and "Little League Baseball" public awareness campaigns to an even higher and more sophisticated level.

With this growth and "branding" of our Society, a redesign of our logo has been approved and adopted by the board. This freshening of the Society's logo respects the heritage and genesis of this "icon" yet represents a new appearance that every design and marketing person has reviewed and approved, and the vast majority of former presidents and founding members were supportive of this endeavor.

Today there are 84 Accreditation Council for Graduate Medical Education (ACGME) programs training 206 fellows. Twenty-five percent of graduating residents pursue a sports medicine fellowship. At the 2008 AAOS annual meeting, 50 fellowship programs convened and reviewed the state of the fellowship application process. Assisted by a survey that had been conducted of directors and applicants, it was evident that a change was crucial. We will return to

