

Trends for the Future as a
Team Physician:
Herodicus to Hereafter

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Goals of this Presentation

- To discuss what has transpired in the world of sports medicine through the centuries
- To define the responsibilities of the team physician
- To discuss the makeup of the Sports Medicine Team
- To present my philosophy of how I approach the care of the athlete
- To dream about the future of the team physician

*Let's look back in time at the
development of Sports Medicine
and the "Team Physician"*

Herodicus was reportedly the 1st team physician and original “Father of Sports Medicine”

- He was a Thracian physician of the 5th century B.C. who rendered his foundational theories on the use of therapeutic exercises for the maintenance of health and treatment of disease
- Reportedly Hippocrates’ father sent him to the Isle of Crete to study sports medicine from Herodicus

There has been an abundance of sports medicine theories and practices since then – some good, some bad with lots of inconsistencies

- The one fact that has been consistent through history is that athletic competition does produce injuries, some of which are severe, career ending and even deadly

Modern sports medicine really began in 1890 at Harvard Medical school

- At **Harvard** it became apparent that unattended, uncoached, and academically unsupervised team sports activities frequently produced significantly large numbers of musculoskeletal injuries
- Because of this a program was instituted to educate the players of the need for personal fitness, the use of proper gear, the need for treatment of all injuries and the importance of rehabilitation
- Team **athletic trainers and therapists** were provided and escalated in importance
- And the team physician was recognized as the **HEAD TEAM SURGEON** with full responsibility for the care and health of the athlete

Other milestones in the development of the team physician and Sports Medicine include:

- 1899 – Dr. Darling’s scientific report defined the physiologic effects of strenuous athletic and methods for decreasing injuries
- 1904 –Dr. Nichols as a team physician changed football rules to have protective gear and defined the basis for a significant decrease in injuries
- 1905 – President Theodore Roosevelt formed the American Football Rules Committee
- 1910 – The work of that committee under the leadership of Henry L. Williams later formed the N.C.A.A.

Other milestones in the development of the team physician and Sports Medicine include:

- 1914 – In Germany in the year before World War I, they were the first to use the term “Sports Physician”
- 1933 – From their organization work the Federation Internationale de Medico-Sportive et Cientifique “FIMS”
- 1938 – Dr. Thorndike of Harvard Sports Medicine wrote the first book on Sports Medicine entitled “Athletic Injuries, Prevention, Diagnosis and Treatment

U.S.O.C. Sports Medicine History

- The USOC began as a small group, headed by James E. Sullivan, the founder of the Amateur Athletic Union
- Dr. William Milligan Sloane served as the first president of the committee in 1894.
- The formal committee, initially named the American Olympic Association, was formed at a meeting in November 1921 at the New York Athletic Club.

U.S.O.C. Sports Medicine History

- In 1940, the AOA changed its name to the United States of America Sports Federation and, in 1945, changed it again to the United States Olympic Association.
- Public Law 805, which granted the USOA a federal charter, was enacted in 1950.
- This charter enabled the USOA to solicit tax-deductible contributions as a private, non-profit corporation.

U.S.O.C. Sports Medicine History

- In 1961, when major constitutional revisions were made, the name of the USOA was changed to the United States Olympic Committee.
- The USOC moved its headquarters from New York City to its present Colorado Springs site on July 1, 1978.

U.S.O.C. Sports Medicine History

- On November 8, 1978, Public Law 95-606 (The Amateur Sports Act) was enacted by Congress. It specifically named the USOC as the coordinating body for athletic activity in the United States directly relating to international Olympic family athletic competition, including the sports on the programs of the Olympic and Pan American Games.
- The USOC was also given the responsibility of promoting and supporting physical fitness and public participation in athletic activities by encouraging developmental programs in its member organizations.

U.S.O.C. Sports Medicine History

- The Act also included provisions for recognizing National Governing Bodies (NGBs) for the sports on the Olympic (winter and summer) and Pan American Games programs and gave the USOC the general authority to review matters related to the recognition of NGBs in the Act.
- This public law not only protects the emblems of the IOC and the USOC, but also gives the USOC exclusive rights to the words "Olympic," "Olympiad" and "Citius, Altius, Fortius," as well as to Olympic-related symbols in the United States.

U.S.O.C. Sports Medicine History

- Prior to 1978, individual sports would select their own medical teams
- There was no continuity or consistency in the selection process
- In 1978 Bob Beeten ATC started the U.S.O.C. sports medicine volunteer program
- The review and selection process was refined and standardized over the next two decades

U.S.O.C. Sports Medicine History

- Progression of service and “pyramid” system with evaluation at each level:
 - Application and credential review
 - OTC 2 week service
 - Olympic Festival (80’s to 90’s)
 - World University Games
 - World Championships
 - Pan American Games
 - Olympic Games and Paralympic Games

U.S.O.C. Sports Medicine History

- The selection process is still intact, but is now under the Performance Services Division
- Oversight :
 - 1978-2000: U.S.O.C. Sports Medicine Committee
 - 2000-present: staff with U.S.O.C. Sports Medicine Advisory Committee as advisors

*From the early 1940's and 50's
many scientific articles were
published in the U.S. which
began the scientific basis for
Sports Medicine in the U.S.*

*Another milestone in Sports
Medicine was in 1957 when
Harvard's Dr. Quigley, the first
real team physician, produced
the athlete's "Bill of Rights"*

Other pioneers in sports medicine during these times included famous names as:

- Delorme
- Dutoit
- Hey
- Pendergrass
- Bosworth
- Bennett – noteworthy was his contributions in a study on shoulders and elbows in pitchers, 1947

*After World War II a whole new arena of sports medicine arose with the coverage of athletic events on the sidelines. The leader in this coverage explosion was one **Jack C. Hughston** who with his group of physicians covered high school games on Friday night and Auburn University and other colleges on Saturday*

*Also after World War II the N.A.T.A. was
organized and founded*

In the 1950's Don O' Donoghue the team physician for the University of Oklahoma became the father of modern sports medicine. His book entitled "Treatment of Injuries to Athletes" was considered the Bible for sports medicine physicians

Also

Through the work of Jack C. Hughston as Chairman of the American Medical Association's "Sports Medicine Committee" and later Chairman of the AAOS's "Sports Medicine Committee", post graduate education courses and research peer review article became the standard

From these courses grew the following two very important establishments:

- The American Orthopaedic Society of Sports Medicine
- American Journal of Sports Medicine
(with Jack Hughston as editor)

Because of this the first Sports Medicine Fellowship was established in the early 1970's

From the 1970's to present there was an explosion in the academics of Sports Medicine to include

- Arthroscopy
- Modern ACL surgery and other acute & chronic ligamentous surgery
- Along with minimally invasive procedures for the other joints: Shoulder, elbow, ankle, hip & wrist

*Noteworthy from the leadership of all the
above groups the modern sports
medicine team was born*

Leadership roles were also taken by the other sports societies and their leaders to include:

- American College of Sports Medicine
- The NATA and its athletic trainers
- The Sports section of the American Physical Therapy Association
- The American Medical Society of Sports Medicine
- The National Association of Strength and Conditioning Coaches

*From there the rest is Modern Sports
Medicine History!!*

Through all of this even today the hallmarks of a good team physician are:

- Availability
- Compassion
- Gentleness
- Honesty
- Communication
- And a true love of being helpful to those whos show good sportsmanship

Orthopaedic Sports Medicine

What is it?

*“The care of the muscles,
bones, and joints of
athletically active individuals”*

Orthopaedic Sports Medicine

Whatever it is, it's a "team effort"!

Sports medicine
encompasses a number of
medical disciplines!

The Modern Sports Medicine Team

Sports doctor

Hand Surgeon

Sports orthopedist

Neurosurgeon

Athletic trainer

Dentist

Physical therapist

Nutritionist

Strength and Conditioning
Specialists

Psychologist

Bioengineer

Medical specialist

Other para-medical personnel

Responsibilities of The Sports Medicine Team

#1 To the player

#2 To the parents

Then to the team, to the coaches and
to management / ownership

Sports Medicine is a hobby –
almost a full-time hobby if
you do it right

Why do we do it?

- Community involvement and interest
- Because we enjoy it
- The right thing to do
- **YOU ARE EXPECTED TO DO IT VOLUNTARILY!**

Dealing With Athletes

“Availability is #1”

*“Communication is the
other key factor”*

“Communication”

- Lack of **communication** is the major reason for failures in taking care of the athlete.
- You must effectively communicate with the player, the parents, the trainer/therapist the coach, and the management / ownership
- In regards to professional athletes, the agents become a big factor.
- **The media and the fans have also made the care of the athlete much more difficult and complex**

Andrews Patient Philosophy

- *Always be open-minded*
- *Do not be the first person to make the BIG statement*
- *The patient is always right*
- *Make the patient feel he is treated properly by his previous physician*
- *Do not say anything bad about another physician, for that matter another person*
- *Attitude, responsibility, knowledge, desire and availability are always necessary to be successful*
- *One must always be able to read the patient*
- *The physician must be confident with his skills. His confidence is reflected back and perceived by the patient*
- *Try to make every*

Physical Therapy and its role in my practice

- We work side by side with the P.T. and A.T.C.
- All f/u are seen together in the P.T. dept.
- Rehabilitation is often more important than the surgical procedure in the overall result!!



CHAMPION
SPORTS MEDICINE



Pre-operative and post-operative rehabilitation is frequently more important than the surgical procedure!

Education and Research is still
the core ingredient in any
sports medicine practice

ASMI

“My Pride and Joy”

- 501(c)3 Non-profit public foundation
- Education & Research in Sports Medicine
 - Epidemiology: Primary focus on prevention of injuries in youth sports



Sports Medicine

Today and tomorrow

Unfortunately,
it has become a “big business”

Orthopedics & Sports Medicine

The future



The future is just around
the corner and it is also
unbelievable

So what about the future?

“Remember if you are still talking about what you did yesterday you’re not doing much today”

The future team physician will have to be more sophisticated than ever!

- Fellowship trained
- The holder of a certificate of added qualification
- He will need to possess administrative capabilities to formulate an efficient sports medicine team that includes all of the medical disciplines, athletic trainers, sports physical therapists and others

*He or she will have to learn to balance
their busy lives with priorities to include
faith, family and their passion for sports
medicine!*

*Prevention will become more important
than treatment especially with the
epidemic rise in injuries in youth sports*

We are at the genesis of radical advancements in treatments of orthopedic and sports injuries. I am sure that as the arthroscope was a “cataclysmic” event in the 70’s and 80’s that revolutionized sports medicine to the hereafter, there will be other breakthroughs in this millennium such as:

- Gene therapy
- Tissue engineering, Biologics (stem cell research)
- Robotic surgery
- And other newer technology and instrumentation to make complex, diagnostic and surgical procedures fast, simple, and reproducible

Conclusions

- Sports Medicine has evolved since the beginning of Herodotus' time
- Many physicians have passionately molded the profession to where it is today
- You need a complete & integrated sports team to take care of any athlete
- You must develop your own philosophy and ethical parameters to be successful
- **YOU WILL BE CHALLENGED!**

*So good luck to our future sports
medicine physicians. They should have a
lot to look forward to!!!!*

Thank You



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