Getting To Know Our New Presidents

**SPHEM President: Paul Boyer**

Paul Boyer enters his 13th season as Head Equipment Manager, joining the Wings for the 1994-95 season following one season with the New Jersey Devils. A native of Sault Ste. Marie, Ontario, Paul earned a Bachelors of Science degree in Business Management from Lake Superior State University where he spent 5 seasons as the Lakers Equipment Manager.

Boyer was honored in 2002 by being selected to work the NHL All Star game in Los Angeles, CA. He is currently in his first term as President of the Society Of Professional Hockey Equipment Managers (SPHEM). Prior to being elected as President, Paul served four terms as Secretary.

Paul, his wife Helen and their three children reside in suburban Detroit. In the off-season he enjoys golf and classic Corvettes.

**PHATS President: Ray Tufts**

Ray is in his eleventh season with the San Jose Sharks as Head Athletic Trainer. He headed the training staff for the 1997 NHL Western Conference All-Star and the Heroes of Hockey teams during the 1997 NHL All-Star Weekend in San Jose.

Before joining the Sharks, Tufts was an athletic trainer for nine years with the San Francisco 49ers. During his tenure with the 49ers, he was a part of three Super Bowl Championships in 1994, 1988 and 1989, serving as assistant trainer from 1991-96 and as a training staff assistant from 1987-90.

A native of Anderson, Calif., Ray graduated from Cal State-Sacramento in 1987 as a physical education major with an emphasis in training. He received his National Athletic Trainers Association (NATA) certification in 1987 and is an active member of the NATA District VIII Association. He is also an active member of the California Athletic Trainers Association (CATA).

Ray has been a member of PHATS since 1996. He is passionate about PHATS and looks forward to trailblazing new ground to achieve many initiatives throughout his term as President.

Ray and his wife, Michelle, are newlyweds and reside in Los Gatos, CA.

**Thank You To Our Past Presidents!**

The Membership of PHATS/SPHEM would like to say thank you to our Past President of PHATS, Ray Barile and Past President of SPHEM, Doug Shearer.

They are both excellent leaders and they lived by the phrase, “Is it good for our membership?” They were always looking out for both memberships as a whole and laid the groundwork for PHATS/SPHEM to move forward with many new opportunities, like Gatorade and a new Pension.

We thank you for your commitment, dedication and leadership. By you taking the time out of an extremely busy schedule to work on issues that will benefit the Associations, you have made us stronger and more visible. Thank you for your voice and support and all the best to you both!
PHATS/SPHEM 2007 Annual Meeting

WHAT: The PHATS/SPHEM Annual Meeting takes place in June of each year. It is a time where athletic trainers, equipment managers, vendors and league executives come together to share experiences, product knowledge, gain educational insight on various subject matters and a time to network and laugh with old and new friends.

WHERE: The JW Marriott Desert Ridge Resort & Spa, in Phoenix, Arizona. The resort is woven into the Sonoran Desert where Phoenix meets Scottsdale. Offering majestic views of the McDowell Mountains, the resort is conveniently located just 20 minutes north of Phoenix Sky Harbor International Airport.

The Hotel has 950 guest rooms, the Revive Spa, the Wildfire Golf Club including Arnold Palmer Signature Course and Nick Faldo Championship Course, tennis center, several pools and waterways, including the Lazy River, and 10 distinctive dining experiences.

For shopping go directly across the street to the Desert Ridge Market Place. There is over 110 specialty retailers, restaurants and entertainment venues to explore.

WHEN: June 20th-25th, 2007. The PHATS/SPHEM meeting will be followed by the NATA in Anaheim, CA. beginning on June 26th, for those members who would like to attend both meetings.

AGENDA:

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<td>Executive Committee Members Meet</td>
<td>NHL Meetings for NHL PHATS/SPHEM Members and Facility Managers</td>
<td>Opening General Session and Educational Sessions</td>
<td>Educational Sessions</td>
<td>Exhibit Hall Open</td>
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<td>Member Welcome Reception</td>
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The above agenda is subject to change. The detailed agenda with meeting topics will be distributed in the Annual Meeting Brochure in early January.

Please mark your calendar, support PHATS/SPHEM and we look forward to seeing you out West in June!

ATTENTION EXHIBITORS!

If you would like to have an opportunity to speak to the Athletic Trainers or Equipment Managers regarding your product, in an educational format, please contact the PHATS/SPHEM office for more details. You must be an exhibitor at the annual meeting. During your 30 minute presentation, you will ultimately capture an audience of experts in the field of athletic training or the equipment side of professional hockey. Don’t miss out on a great opportunity to showcase your company and get to know the PHATS/SPHEM Membership!
NHL Training Staffs See Much Movement for the 2006-2007 Season

Heading into the 2006-2007, we have had many changes in the trainers and equipment staff. We would like to welcome you all to your new positions within the NHL and wish you the best of luck.

**Boston Bruins:** Mark Dumas has taken over the position as Head Equipment Manager. This is Mark's 1st year in the NHL, he was previously with the Wilkes-Barre/Scranton Penguins.

**Buffalo Sabres:** Dave Williams, Equipment Manager with the Rochester Americans is now working closely with Rip Simonick and the Sabres. Dave was formerly with the Rochester Americans.

**Los Angeles Kings:** Kris Kingsley, formerly of the Manchester Monarchs in the AHL, is now the Kings Head Athletic Trainer. He will be working with Pete Demers, Bobby Walls, formerly with the San Diego Gulls, and Joe Caligiuri to make the training staff complete. Joining him this season as Head Equipment Manager is Darren Granger. No stranger to the NHL, Darren was with the Vancouver Canucks, and then went home to Winnipeg, Manitoba to spend some time with his family and work with the Manitoba Moose. His assistant, Corey Osmak, also from the Manitoba Moose will join him in L.A.

**Montreal Canadiens:** Nick Addey-Jibb will join Graham Rynbend as Assistant Athletic Trainer, formerly with Toronto Marlies, and Patrick Langlois from Hamilton Bulldogs, will be Pierre Gervais’ Assistant Equipment Manager.

**New Jersey Devils:** Chris Palmer is the new Head Athletic Trainer with the Devils. Chris was head athletic trainer with the Albany River Rats.

**New York Islanders:** Garrett Timms has moved from Strength and Conditioning Coach to Head Athletic Trainer and Scott Boggs is the new Head Equipment Manager, previously with the Chicago Blackhawks as Assistant Equipment Manager.

**Philadelphia Flyers:** Derek Settlemyre has moved up to Head Equipment with the Flyers, formerly with the Philadelphia Phantoms and Sal Raffa, Athletic Trainer with the Phantoms will now be Assistant Athletic Trainer with the Flyers.

**Pittsburgh Penguins:** Chris Stewart left the Carolina Hurricanes as the Assistant Trainer and is now head Trainer for Pittsburgh. Dana Heinze moved from the Tampa Bay Lightning to Pittsburgh as the Head Equipment Manager.

**Toronto Maple Leafs:** Rudy Cantu and Chris Davie make up the team of Head Athletic Trainer and Assistant Athletic Trainer with the Leafs. Rudy was in the AHL, working with the Peoria Rivermen.

We wish all former Trainers and Equipment Managers in the NHL, the Best of Luck in their new endeavors. You helped make our association stronger and we enjoyed working with you over the years.

**Montreal Canadiens:**
- Peter Henderson
- Rich Campbell
- Peter Millar
- Andy Wetstein
- Rick Burrell
- Scott Moon
- Rick Garcia
- Scott Johnson
- Jodi Van Reese
- Steve Latin
- Bobby Boulanger
- Kevin Wagner
- Bill Murray

The NATA has secured a block of rooms at the Anaheim Hilton for the NATA Annual Convention beginning on 6/26. The room block will be held until May 1st, at which the rooms will be released.

The NATA will also provide a custom website for our membership to register for their housing on line. More details to follow later.
Dear PHATS membership,

Please allow me this opportunity to thank Ray Barile, Doug Shear, Pete Demers and all committee members who worked so hard to help us make some of our goals attainable. In the last few months we have seen significant improvement to our pension issue, the return of Gatorade to the NHL and a league wide electronic medical recording system (PHMS).

I commend all of you who have “volunteered” for committee positions. Now is the time of year for a new season and a renewed commitment to our society. We have more goals on the horizon and we will need the entire group to accomplish them.

Our previous leadership did an outstanding job of guiding us through some rough times professionally. The good news to report is that our society is healthy and will only get stronger as we move forward. The better news is that we have an incredible pool of knowledge and strength to call on.

Let’s take this season to call, email, text or just walk across the hall to communicate and visit with on another. If we take this small step, we will know each other better and know what we can do to help our group collectively.

I look forward to sharing details of our pension improvement, Gatorade, new sponsorships and our future meeting planning. Please continue to express your views, both good and bad, with regards to the PHMS system.

In closing, please continue to call or email with your questions and concerns. Thanks and have a safe season.

Ray Tufts
Head Athletic Trainer
San Jose Sharks
PHATS President

As many of you already know, this off-season has brought us plenty of change. I would like to welcome those of you who have been promoted to Head Equipment Managers of your respective teams. For our friends who have moved on and now have become Alumni members of SPHEM, we wish you all the best in your new endeavors and look forward to hopefully seeing you at annual meetings in the future.

Congratulations to Skip Cunningham, Wally Tatimor and Bob Gorman on their Stanley Cup Championship. For those who have had the privilege of working a championship series, nothing is more fulfilling in ones career than achieving that particular goal. Enjoy your year as CHAMPIONS.

I would also like to also congratulate Steve Sumner and Pete Rogers and their respective staffs who are going to be this years representatives at the NHL All Star Game in Dallas. The SPHEM selection process factors in games worked. No matter if you are a HEM or AEM, please make sure that your games worked are updated annually.

Before we know it, our annual meetings will be upon us. If you have any ideas or you wish to contribute in any way, please feel free to contact Anita Ramsay or myself. I will be calling on those of you who are on specific committees to fulfill your tasks.

I am extremely excited to take over the position of President! I would like to extend a sincere thank you to Doug Shearer for being a great leader and roll model over the last several years. Doug has provided our Executive Committee with what I feel is a strong set of guidelines for allowing us to move forward and continue to grow as an organization. The Executive Committee cannot do the whole job alone. Please feel free to contact myself or any Executive member at any time with suggestions or ideas you may have. Feedback and communication from our membership always provides the best framework for growth and success.

Travel safely and best of luck this season.

Paul Boyer
Head Equipment Manager
Detroit Red Wings
SPHEM President
The Emergency Plan- Implementing Your Own Recipe

We all understand that professional hockey sports medicine teams have a duty to develop an emergency plan that may be activated immediately and to provide appropriate standards of care to our athletes. Athletic emergencies may occur at any time and sports medicine teams must be prepared.

The idea of emergency outlines and flow-sheets is nothing new to athletic trainers. There are many effective plans to use as a basis for your team, including the position statement and guidelines set by the National Athletic Trainer’s Association. It is important to understand, however, there is no “cookbook recipe” for an effective emergency plan. We all face different arena situations, available emergency personnel, and logistical challenges. It is imperative athletic training staff members do not settle for a generic plan and each plan be tailored accordingly.

The Tampa Bay Lightning Sports Medicine Staff recently conducted a self-audit and a restructure of our emergency plan. This annual look is necessary to prevent the “that’s the way we have done it in the past” assumption among medical team members. Assumption is an opportunity for mishap in an emergency situation. Rather than offer another suggestion of pre-fabricated plan and list of emergency equipment, I would like to share some ideas of how your individual plan can be truly implemented.

We began our restructure process with rationale and research, reviewing plans from several different professional sports teams, universities, and the NATA. This research provided for some thinking “outside the box”, and ultimately, the foundation of our five-component plan which includes: Emergency Personnel, Emergency Equipment, Communication, Transportation, and The Posted Plan. These five components became the basis of our written document and our own recipe.

Under the Personnel heading, the role and responsibility of each emergency plan team member was individually addressed with the opportunity for feedback and suggestions. Emergency equipment was discussed and made compatible with our rescue and hospital service equipment. Procedures and equipment for communication were updated. Transportation procedures were revisited by both our ambulance service and trauma center. A floor map and procedure plan were designed and posted in relevant arena areas. The personnel responsibilities were ultimately placed in writing within our plan. Our drafted document was distributed to anyone that may play a role in an on-ice emergency. This included trainers, team physicians, paramedics, arena security, operations staff, equipment managers, and locker room assistants.

We were able to get our entire team of emergency personnel together for an evening at the arena before the start of the season. We realized as trainers, on a given game night we interact with many different people that would potentially play a role if our emergency plan was activated. However, these people don’t necessarily interact with, or even recognize, each other (ie: paramedics and visiting locker room attendants). This interaction and feedback is essential if your plan is going to run smoothly in an emergency situation.

Our presented written plan prompted in-depth discussion, questions, and feedback. Lightning Equipment Manager, Ray Thill, then outfitted an individual in complete hockey gear. This demonstration serves as a great first-hand look for all personnel regarding specific areas of exposure, equipment removal, and injury access. Remember, most of these people arrive at the arena after the players are already dressed in full equipment. They are probably not familiar with what’s “under the jersey”. This also sparked discussion on several mechanisms of injury.

The entire group was taken on a walk through of the areas of the arena discussed within our plan, starting with the staging area for the ambulance….again, leaving nothing to assumption. We knew that our team members had a thorough understanding of their individual roles, yet we wanted them to understand the entire system. This walk-through spent time in the locker rooms, training rooms, benches, and corridors. Additionally, the hazards of tending to an athlete on the ice were addressed. This walk-through sparked even more discussion and ideas which resulted in more clarifications and revisions of our original draft.

Final copies were revised and distributed to our entire emergency plan team, Lightning staff members, and arena management. This clarity and distribution is essential for unified support of the plan.

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SPHEM: How did you get started in Pro hockey?

Mike: I worked as a Head athletic trainer for the University of Illinois, Chicago, when I was offered an interview for the Head ATC position at the Blackhawks. While at UIC, I worked 6 years of NCAA division I college hockey.

SPHEM: Now that you are entering your 20th Season in the NHL, what are some of the biggest changes to your role as Head Athletic Trainer and the profession of Athletic Training?

Mike: Over the years, the administration role has increased. A large emphasis has been placed on documentation and administrative tasks to be performed for the team. As for the profession of athletic training I am excited about the expanded role we play in injury prevention and nutrition.

SPHEM: Has any single change made your job easier today than it was when you started?

Mike: With the increased demands of the team and administration, the role an assistant ATC plays has made my job more efficient. I would like to see all head NHL ATC’s have an Assistant ATC.

SPHEM: Being a Chicago native, what type of thrill was it for you to work for the hometown team?

Mike: I love Chicago. I have been a Blackhawks fan my entire life. Growing up as a young kid, Saturday night during hockey season was spent in front of the TV watching the Blackhawks.

SPHEM: What are some of your favorite moments from throughout your career?

Mike: The 1992 Stanley cup finals, the gold medal Canada cup team, and taking part in two NHL All-star games.

SPHEM: What do you enjoy most about working in the NHL?

Mike: The team atmosphere. It gives me great pleasure as well to see the results of my efforts, i.e. a player returning from injury and making an impact in the game.

SPHEM: What do you enjoy least about working in the NHL?

Mike: Being away from my family is hard at times, missing my kid’s activities.

SPHEM: Is there anything you would change to make the NHL a better place to work?

Mike: I would like to see NHL ATC’s treated equal to fellow professional ATC’s in all sports.

SPHEM: Is there anything you would like your peers to know about you that they may already not know?

Mike: My passion outside of work is cooking and gardening. I find working in the garden very relaxing.

SPHEM: Is there anyone that you looked up to when you started, or anyone you would consider a mentor?

Mike: My mentor growing up was my predecessor, Skip Thayer. Throughout my career, I have had great respect for senior NHL ATC’s i.e. Pete Demers, Tommy Woodcock, Norm Mackey, and Doc Rose. These ATC’s made our profession what it is today.

SPHEM: What advice would you give a young trainer either in the NHL or Minor leagues to achieve the longevity you have achieved in the NHL? What skills are the most important?

Mike: Don’t forget the ground roots and hard work that got you where you are today. Always learn from previous experiences and expand on that knowledge. Never be satisfied, continue to look for new and better ways working as an ATC.
SPHEM

Bobby Stewart, Head Equipment Manager, Atlanta Thrashers

SPHEM: Bobby this your 34th year, how does it compare to when you started 34 years ago?

BOBBY: The game is still the same. Put more pucks in the other teams net than they put in yours, but everything around the game seems to have become much more complicated. As far as equipment, the players have many more choices of which brand and models to use. Players have over time become much more demanding in their equipment needs. Fortunately Joe Guilmet, our other equipment manager, can fix almost anything or design and make a new pad to protect whatever the player needs. There is also a lot more paperwork involved with the job that is time consuming. There was a time that one person could do this job, now it takes three or four people.

SPHEM: What teams did you work for prior to making it to the NHL?

BOBBY: The Montreal Junior Canadiens.

SPHEM: What is the biggest change from when you started?

BOBBY: The amount of people it takes to run a professional hockey organization. Our whole traveling party in 1973 was the players, 1 coach, 1 trainer and 1 equipment manager. Now we have a small army of people. Coaches, trainers, equipment managers, strength coach, video coach, massage therapist and media relations person. And we need all of them. We used to put all of our equipment in a small van, then an extended van, and now a box truck.

SPHEM: What are you enjoying most about being in the league this long?

BOBBY: The many great people you meet and the lasting friendships you make. It is always fun to run into hockey people you haven’t seen in ten or twenty years and talk about the good old days.

SPHEM: What are you enjoying the least?

BOBBY: It has to be the amount of time you must spend away from your family.

SPHEM: What advice do you have for people who strive to work in the NHL? What skill should they work on?

BOBBY: Show the people you work with; players, coaches, management, that you have a good work ethic, are organized, and are able to keep a positive attitude even on little sleep and demanding work schedules.

Take advantage of the educational seminars available at our annual meetings. The hockey equipment business is always changing so make sure you keep up.

SPHEM: What would you like to bring to the NHL to make it a better place to work.

BOBBY: Our society is working hard to improve our pension plan. I think that will encourage good people to stay in our profession.

GAMES WORKED

All members, please make sure you visit www.phats-sphem.com and update your games worked for the 2006-2007 season. Click on MY PROFILE, go to GAMES WORKED and complete the table to record your games worked history.
Welcome to another year of this great game. Congratulations go out to the Kalamazoo Wings for their regular season and Colonial Cup Championships. This season we are welcoming the expansion Bloomington (IL) Prairie Thunder and the Chicago Hounds. Also a warm welcome goes out to the new Certified Athletic Trainers and Equipment Managers who joined our league.

There has been drastic changes with the majority of teams in our league and their staff. Below is the current list according to our league office. My apologies if I misspelled anyone’s name!

- **Bloomington**: ATC-Chris Walter, EM-Clay Roffer
- **Elmira**: ATC-Brett Allen, EM-Jim Carey
- **Fort Wayne**: ATC-Shawn Dundon, EM-Mark Bradtmueller
- **Muskegon**: ATC-Kyle Tigner, EM-Russ Bremmer
- **Quad City**: ATC-Avi Walker, EM-Jason Rivera
- **Chicago**: ATC-Avi Walker, EM-Jerry Fleck
- **Flint**: ATC-Kristie Hittle, EM-Chad Daniels
- **Kalamazoo**: ATC-Elizabeth Hughes, EM-Chris Garner
- **Port Huron**: ATC-Troy Azugo, EM-Tim Abbott
- **Rockford**: ATC-DJ Jones, EM-Brian Schmidt

Consistent with NHL rules the United Hockey League once again will have touch icing and will not allow a line change for the defensive team on icing calls. The goaltender will also be limited to playing the puck in the trapezoid.

Congratulations also go out to the Ft Wayne Komets who are celebrating their 55th year of professional hockey in Ft Wayne. I would like to wish everyone a safe and competitive season, now lets drop that puck!

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**AMERICAN HOCKEY LEAGUE**

Greetings to all in the PHATS and SPHEM organizations. I hope your summer was enjoyable and restful. It is by now you are all in the thick if things and very busy at this point in time. I would like to take this time to thank, both the Hershey Bears and the Milwaukee Admirals for representing the league in the finals, and a big Congratulations to Beaker and Justin of the Hershey Bears for winning the Calder Cup.

We have some new faces here in the AHL both on the medical and equipment sides of things. We all want to welcome you to the league and I hope you find that is a great league to work for. We even have a couple of faces back in the league and we’re glad to have you back again. Don’t ever hesitate to call your colleagues if you need anything.

We also want to congratulate those who were called to the NHL. We we’re very fortunate to have known you all and we wish the best. I know a few gentlemen that have moved on because of their family situations and I wish you all the best in your endeavors. We will certainly miss your presence.

As you all are aware of in our league we have a visor rule now in effect. I’m not sure how you all feel about this. From the medical side we can see the benefits for the visors, but I know from the equipment side of things it does pose extra work. Please take the time to instruct your athletes on proper wearing of these visors. Encourage the referees to enforce that the visor is placed in the proper position because we all know the athlete will push the envelope on placement. To the certified athletic trainer please take the time fill out the forms provided by the league and send them in. The league is trying to monitor how the visors are or are not working by seeing the reports on injuries to the face and or head.

Also a big thank you needs to go out to Anita and her staff. I hope you all feel as I do that this year meetings were outstanding. We had some very good speakers and topics that I know have made an impact for us in our profession. Please take time out to thank them in person and/or via email. They are behind the scenes and do a lot for us that sometime we don’t recognize and/or thank them for.
Hockey season is back! Time for the equipment managers to dust off the skate machines, AT’s to get their Band-Aids ready, and the bus driver to top off their tanks. The rigors of training camp are now behind us, and regular season play is underway. As with every year, the face of the ECHL has yet changed again; teams have come and gone, conferences have been adjusted, and playoff formats have been tweaked.

I would like to congratulate the Alaska Aces and their staff for winning the 2005/06 Kelly Cup and bid them good luck defending it! Welcome back to the Texas Wildcatters (who missed last season due to hurricane Rita) and the Cincinnati Cyclones. As with each season in the ECHL we must say farewell to old friends, as their teams have pulled out or suspended operations. Best of luck to the crews from the Greenville Growl and the San Diego Gulls.

Over the summer months there have been numerous changes in our ranks. Many of our members have moved on and joined teams in the AHL and NHL, or found greener pastures in new careers. Good luck to you all. Finally, and most importantly, welcome to all the new Athletic Trainers and Equipment managers:

| Alaska     | Mark Kincher (Equipment) |
| August     | John Sellars (Equipment) |
| Bakersfield| John Doolan (Equipment)  |
| Charlotte  | Mike Brown (Equipment)   |
| Cincinnati | Chris Bruke (Equipment)  |
| Columbia   | Mike Burhead (Equipment) |
| Dayton     | Tim Donnelly (Equipment) |
| Florida    | Jason MacDonald (Equipment) |
| Fresno     | John Macken (Equipment)  |
| Gwinnett   | Danielle Hartmann (Asst. Athletic Trainer) |
| Johnstown  | Casey Taylor (Equipment) |
| Las Vegas  | Rodney Bogart (Athletic Trainer) |
| Long Beach | Chris Testino (Athletic Trainer) |
| South Carolina | John Williams (Equipment) |
| Texas      | Phillip Shipp (Equipment) |
| Toledo     | Jim Chestnut (Equipment)  |
| Victoria   | Myles Hirayama (Athletic Trainer) |
| Texas      | Jon Daniels (Equipment)   |
| South Carolina | John Williams (Equipment) |
| Texas      | Phillip Shipp (Equipment) |
| Victoria   | Dave Zarn (Athletic Trainer) |

P.S. I apologize if I forgot anyone who will be joining us. Good luck to everyone this season!

See you at the rink.

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The Central Hockey League is pleased to announce the beginning of its 15th season on October 20, 2006 with 544 regular season games to be played. The 2005-2006 season ended with the Laredo Bucks winning the Ray Miron President’s Cup in five games versus the Bossier-Shreveport Mudbugs. Congratulations to Bobby Moore (AT) and Rusty Aldridge (EQ) as well as George Bullock, Jr (AT) and Billy T. Welker (EQ) for their diligent work and successful post-season accomplishments. Also, congratulations to Frank Jury and George Bullock, Jr. for being elected, by their peers, to the Central League’s Athletic Trainer & Equipment Manager Advisory Board.

The summer of 2006 provided many changes in team staff positions, as well as, league alignment. The CHL approved two expansion franchises, the Rocky Mountain Rage (CO) and their inaugural staff, Sam Kassab, athletic trainer and Patrick Stevens, equipment manager working in the state-of-the-art Broomfield Event Center. Also, the Arizona Sundogs in Prescott Valley announced their staff as Mike Plandowski athletic trainer and George McNichols equipment manager working in the new Prescott Valley Convention and Events Center. The New Mexico Scorpions return to action this season, after a one year hiatus, welcoming back Brent Woodside athletic trainer and Jeff Maxwell equipment manager, beginning play in the brand new Santa Ana Star Center. New faces will be seen in all four corners of the Central League.

Austin has, with great pride, brought back the Dean of Equipment Managers, Gunner Garrett with Jason Carr tending to the athletic training duties.

Amarillo welcomes back the working duo of Tara Gilliland (AT) and Shawn Smith (EQ).

Corpus Christi proudly announces their new head athletic trainer Scott Henneke.
Lubbock has newcomer Jay Johnson taking over equipment duties there.

Odessa brings in Corby Antropik as equipment manager.
Rio Grande Valley has retained the services of Doug Tretiak as head equipment manager.

Youngstown brings in Adam Dexter to be their new equipment manager.

This year’s All-Star Game will be hosted by the Bossier-Shreveport Mudbugs Hockey Club and will be held on January 2007 in Bossier City, LA. Not only is the CHL celebrating 15 years of proud and profitable existence, some of its member clubs are reaching milestones as well; Memphis, Oklahoma City, Tulsa, and Wichita have their 15th anniversaries this season; Bossier-Shreveport and Odessa celebrate 10 distinguished years in the League; while the Amarillo Gorillas celebrate 5 years in the CHL.

The CHL is proud to have a number of its teams affiliated with both the American Hockey League and the National Hockey League. For the 2006-2007 season: the Arizona Sundogs are affiliated with the Albany River Rats (AHL) and the Colorado Avalanche (NHL); the Austin Ice Bats are affiliated with the Houston Aeros (AHL) and the Minnesota Wild (NHL); the Bossier-Shreveport Mudbugs are affiliated with the Rochester Americans (AHL) and the Buffalo Sabres (NHL); the Laredo Bucks are affiliated with the San Antonio Rampage (AHL) and the Phoenix Coyotes (NHL); the Memphis RiverKings are affiliated with the Hartford WolfPack (AHL) and the New York Rangers (NHL); the New Mexico Scorpions are affiliated with the Milwaukee Admirals (AHL) and the Nashville Predators (NHL); the Odessa Jackalopes are affiliated with the Edmonton Oilers (NHL); and the Youngstown SteelHounds are affiliated with the Syracuse Crunch (AHL) and the Columbus Blue Jackets (NHL).

“Experience the Evolution.” This is the marketing campaign for the 2006-07 Pittsburgh Penguins. It centers on a team full of new and young players. The training staff in Pittsburgh is experiencing it along with everyone else.

There were many changes to the Penguins’ organization this summer. Ray Shero was hired as new general manager and he brought with him Chuck Fletcher as his new assistant gm. It was the first gm change in Pittsburgh since 1989. The new management brought in many new players in an effort to change the fortunes of the franchise.

There were many changes off the ice as well. We have new equipment and medical staffs. I came from Tampa after six fun seasons where I met a lot of great people and had a lot of great times, including the Stanley Cup championship run in 2004. It was a tough decision to leave Tampa but I grew up a Penguin fan in nearby Johnstown so I was excited to come home. Paul DeFazio returned to the equipment staff. Paul worked hard in the visiting dressing room at Mellon Arena for years and has been great for us.

Our medical staff is new as well. Chris Stewart came to the Penguins from Carolina after their championship run last season. Chris is also from Johnstown and like me worked for the Chiefs. His assistant is Scott Adams, a Windsor native, who also spent some time in Johnstown. Mark Mortland returned as the physical therapist. Mark also has a successful practice in the south hills of Pittsburgh.

All of us are thrilled to be here and are having fun together working with these young players, hopefully watching our young team grow into a champion in the near future.

We have made many changes inside the arena as well. The organization decided it was time to upgrade our locker room, players lounge, medical room, weight room and offices. Hopefully one day the building will let us fix the visiting room as well. The changes have been positive and have really helped the players feel more comfortable in their own building.

It’s an exciting time in Pittsburgh, with a bright, young, dynamic team and the prospects for a new arena looking promising. On behalf of the new training staff in Pittsburgh, we are all looking forward to experiencing the evolution.
An Unusual Cause of Leg Pain in a Hockey Player

Dr. Joseph J. Ruane
Medical Director, McConnell Spine, Sport & Joint Center
Team Physician – Columbus Blue Jackets

Case History:
The patient is a 22 year old minor league defenseman who presented with intense low back pain and right posterior thigh pain. He noticed an onset of back pain following a twisting injury during after a collision on the boards several weeks ago. He was able to finish, but had mild soreness and was treated by his trainer with ice, e-stim and therapeutic exercises post-game and for several days. He continued participation for a week, but symptoms began to intensify. Pain started to limit range of motion and he had considerable discomfort with forward flexion and extension. He saw his team physician who diagnosed a lumbar strain, and prescribed NSAIDs and physical therapy. This offered no relief, and symptoms continued to worsen.

Three weeks post injury, he developed right lower extremity pain and tingling. He was unable to participate in hockey due to pain and weakness of the extensors of the right leg. During the next month, pain progressed to the point where it interfered with even normal daily activities. He had trouble sleeping due to pain and stiffness. He eventually had two MRIs, an EMG, a bone scan and lab work, all of which were normal. Second opinions from a neurosurgeon and rheumatologist offered no definitive diagnosis.

Physical Examination:
On standing examination there is no scoliosis, significant list or axial asymmetry. He was able to heel and toe walk without difficulty. ROM showed forward flexion to be only 20° with intense pain at end-range. Active extension at 10° also caused significant right low lumbar and lower extremity pain. On seated exam, DTR’s were symmetric at the ankle and knee. Manual muscle testing was normal for myotomes L3-S1. Seated bench test was negative, but the slump test caused intense right lumbar and posterior thigh pain. On supine exam, the SLR was unimpressive, FABER’s test was negative, and SI joint provocation tests were unremarkable. On prone examination there was exquisite tenderness in the right quadratus lumborum and proximal right gluteal mass. Palpation of these muscles resulted in spontaneous fasciculations and spasm, with the patient withdrawing from the stimulus.

Differential Diagnosis:
- HNP with radiculopathy
- Lumbar strain with radiating pain to right leg
- Occult fracture
- Myofascial pain syndrome
- Labral tear of the hip

Working Diagnosis:
Regional Myofascial Pain Syndrome (MFPS)

Treatment and Return to Play:
MFPS is an under-recognized cause of both acute and chronic pain, and can mimic a variety of other conditions, especially cervical or lumbar radiculitis. There are no imaging or laboratory studies to verify the diagnosis. The syndrome should be suspected in the patient with radicular symptoms, but with negative imaging and neurodiagnostic studies.

The player received trigger point injections into the two active points in the quadratus lumborum and one in the gluteus. This was followed by spray and stretch technique as described by Travell. Immediately post treatment, forward flexion was measured at 70 degrees with much less discomfort. He was given a stretching regimen and returned in one week. Pain was reduced by 75%, with only one “hot spot” remaining. A second injection was given that day. Under the supervision of the trainer, he was able to initiate core strengthening, and resumed full participation in hockey in two weeks.

Conclusion:
Anyone involved in the care of athletes should be aware of this condition, as it is often overlooked as a primary source of pain. It can cause muscle weakness, loss of ROM, and even paresthesias – making it difficult to differentiate between significant nerve and soft tissue injuries. The caveat to remember is that all diagnostic studies will be negative, and the athlete will often get worse with attempts to progress strengthening and conditioning exercises.
Michael Derecola, ATC, CSCS  
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As professional hockey athletic trainers and therapists, we assess a wide variety of injuries. One common injury in hockey is the medial collateral ligament (MCL) sprain. Assessment is straightforward, but regaining full pre-injury strength and game-level conditioning in as little time as possible are our main challenges. After the team orthopedist’s diagnosis of the severity of the injury, the first step is to regain the athlete’s full range of motion and ability to bear weight. We use the following exercises in the athletic training room to accomplish this:

- Bike - keep the seat as low as possible, alternating peddling direction forward and backwards for 10-20 minutes
- Heel slides - supine, along the table or wall (3x10)
- Quad contractions (3x10)
- Short arcs (knee extension) - supine on table with foam roller under the knees (3x10)
- Long arcs (knee extension) - sitting on edge of table (3x10)
- Seated knee flexion/extension with manual resistance (3x10)
- Proprioception exercises on a gel pad, dyna disc or BOSU

Once the athlete has regained full range of motion and their gait is normal, we start resistance training. The emphasis is on posterior chain strength work. The athlete will perform 2-4 sets of 3 or 4 different exercises per day:

- SLR/Multi-hip machine - abduction, flexion and extensions (3x10) with particular emphasis on triple extension
- Stiff Leg Dead lifts with Dumbbells - both double leg and single leg
- Light Good Mornings
- Band Pull Throughs
- Reverse Hypers - utilizing a glute/ham bench or stability ball, double & single leg
- Step Ups - with or with out weight, on stable and unstable surfaces
- Bent Knee Back Extensions

We can accelerate re-strengthening by eliminating much of the knee flexion exercises used in traditional closed chain knee rehabilitation programs. Squats, front squats and split squats will be added later in our rehab protocol. These exercises are all very beneficial but cause pain early in the rehab process where as the posterior chain exercises will not. As the athlete regains his strength, we integrate unstable squats with body weight or dumbbells on dyna discs or a BOSU. The posterior chain exercises will restrengthen the hamstrings in their primary movement pattern as hip extensors, rather than knee flexors which traditional rehab programs incorporate (hamstring curls). We do not use weighted hamstring curls until very late in the rehabilitation process.

For conditioning, we start an interval bike program as soon as the athlete can peddle pain-free with resistance. Work to rest ratios will be anywhere from 1:1 to 1:3 or 1:4, depending on the length of each sprint and the day. We alternate sprint intervals from 30 seconds up to 1 minute per day. For example:

- Day 1 - 2 sets of 10 minutes – 30 seconds hard/30 seconds easy
- Day 2 - 30 minutes of 1 minute hard/2 minutes easy
- Day 3 - 2 x 15 minutes of 45 seconds hard/1:15 easy

We prefer to complete 2 to 4 bouts of 10-15 minutes of interval work. We feel that 2-4 minutes rest between interval sets is essential to maintain quality and intensity on the hard sprints.

The athlete returns to on-ice skating when they re-gain full strength. To test them, we have the player lie supine and manually test their knee flexion strength with the knee at 90 degrees of flexion. As soon as the player can hold this position with a pain-free manual resistance, they begin on-ice skating (by themselves) and slide board conditioning with a Don Joy Defiance MCL brace. The on-ice skating program starts with forward skating only. When the player is comfortable and pain-free, we progress to cross-over exercises and then stop and start drills. They progress into a non contact practice and then eventually return to full activity.

We were able to return several players to game condition ahead of schedule using this program during the 2005-06 season.
NHL Making History with Player Health Management System

As we embark on the second season of the “new” NHL, there continues to be many changes to our game. The medical side of the business is no exception. Probably what could be the biggest single change to ever affect our jobs is the implementation of a league-wide Player Health Management System (PHMS). At the June 21st, 2006 Board of Governors meeting, the NHL Health Management Panel put forth its recommendation to develop a program with Sutton Medical Technologies Ltd. that would be in place for the start of the 2006-2007 season. It was approved by the Board and three months later the NHL had a 5 year deal with Sutton in place, and we had a new computer software program to deal with.

It has all been put together in record time, and for most of us it has been a shock to our system. Many of us had moved on since the end of the SIMS program, choosing to use other methods to record our daily evaluations and treatments, drug inventories and any other data that had to be collected. To be told that a new program was coming was not easy to swallow and it was certainly not easy to one day go cold turkey and change how you run your day to day operations. Patience!

The system is state-of-the-art. It will allow teams to enter all of the players’ medical information onto a web-based program. That information included pre-season medical exam, doctor notes, trainer/therapist notes, medications, investigations, exit medical exam and more. It will make it easier to follow a player’s medical history in the event of a trade or change in team. No longer will hours be spent in front of a photocopier, duplicating a player’s file to send to his new team. Now the program automatically transfers the file to the new team’s roster. This is an advantage to doctors and trainers/therapists in terms of more accurate information will be known and less work will be needed to maintain the files. It is even more advantageous to players who now can be assured that their whole medical history is intact, in the same location.

It has been close to one year now that our team in Montreal has used the Sutton program. I was very skeptical at first. Our last relationship with another software company to develop an Electronic Medical Record (EMR) had gone sour. After three years of development and limited use, the company went bankrupt and we lost hundreds of hours of medical data entry, which to this date is floating in cyberspace somewhere. Sutton stepped in at the start of last season and proposed a similar model. I had my doubts. They promised to have a working program in six weeks. How could they do in six weeks what had taken the last company three years to accomplish? Six weeks later I had a working program and it was pretty good. Then along came the NHL and all of a sudden every team was on board. The development has been quite amazing. It barely resembles the program I used a short time ago, and it has tried to accommodate all of our trainer / therapist needs. Like many of you, I have found it frustrating. It doesn’t seem to do exactly what I want it to do. Patience!!

It will take some time to build this program. It will be quite different in a year from now and even more different as the seasons go by and we continually fine tune it during the next five years. The important thing to note is that for once we have a “voice” in its development. At the start of the EMR Working Group there were three PHATS members involved. Today there are five of us represented on the committee. At times through the development it appears to be an unheard voice. Somehow league “stats” seem to take a front seat in the project, while we daily users are put in the back. Patience!!!

The truth of the matter is we are making history. We will be the first major North American professional league to have a league wide electronic player health / medical program. It will not be easy for us and we all know that it is really not an ideal situation for any of us to be in. After all, we only had a short period of time to get used to new hardware, learn the program and use it daily in an effective manner. Not easy! Not by a long shot. Patience!!!!

In the end it will take a group of dedicated professionals to keep this program moving forward in the years to come. That group if you have not figured it out by now is us, the PHATS members! It will not be easy. It will not be rewarding. (Perhaps maybe one day it will be!) In the long run, there will be a lot of trainers, therapists, doctors, management personnel, league personnel (our league and other leagues) and others in the medical community that will be watching us to see if we are successful.

So all we need to do is remember two key points: (1) Use your voice. If you are having a problem with the program, speak up. Let the rest of your peers know what your concerns are. Maybe you are not alone. It will take all of use to make this program work right. ALL of us! (2) the most important thing is patience. It will take a great deal from all of us because it will not be easy. Patience!!!!
The end product of our effort included a thoroughly discussed plan resulting in our written document. Equipment was updated, and made universal throughout our personnel. A summary plan was posted in areas for the emergency team and visiting trainers to gain a constant visual understanding of emergency plan procedures. Most importantly, all of our members were given a platform to interact, share feedback, and gain understanding for each other’s role in the team.

We understand that we can never truly rehearse every possible emergency scenario. We can, however, eliminate time, confusion, and ultimately improve the care of our athletes by ensuring that our medical teams are clear on the coordinated effort to best respond to an emergency. Consult your peers both in and outside of hockey to prepare the best response plan for your organization. This plan should be an on-going and evolving component of your training room practices.

I challenge you not to think of your emergency plan as complete until you have truly achieved implementation. Implementation is a recipe that requires three ingredients for success: committing your plan to writing, educating your personnel, and rehearsing your plan.

For questions regarding our plan contact me at jserbus@sptimesforum.com

Jack Curran passed away on July 14, 2006 from complications of pneumonia. He will be missed, not only in the hockey world, but also as a trainer in the NBA, most notably with the L.A. Lakers as well as the North American Soccer League, minor league baseball teams and even jockeys.

Jack was the trainer for the Charlotte Checkers of the Eastern Hockey League. He then moved to the Sudbury Wolves of the Eastern Pro League for the 1961-62 season and the Edmonton Flyers from 1962-1963. In 1964, he was with the Rochester Americans in the American Hockey League.

After leaving Rochester, he moved to the Western Hockey League as trainer for the L.A. Blades in 1964-1967. When ownership changed, Jack ended up moving to the NBA with the Seattle Sonics, where he stayed for seven years. Another opportunity presented itself to work in hockey again with the Phoenix Roadrunners of the World Hockey Association from 1974-1977. Jack was then hired by the Cleveland Barons and was there a year when the team moved to Minneapolis in 1978. Doc Rose, a friend of Jack’s, was the trainer in Minneapolis, so he went back to basketball with the L.A. Lakers from 1978-1984. When Jack left the sports world, he established the position as corrective therapist at the FBI Academy in Quantico, VA. He retired in 1995 and moved to Sequim, WA where he lived for the past eleven years until his death on 7/14/06.

Jack is survived by his wife, Kay Curran, and she tells us what a strong supporter and believer he was in PHATS. He was a member of PHATS as well as the NATA and we are grateful to Jack Curran for paving the way for many athletic trainers in all sports, not just hockey!
Thank you to all of our members, exhibitors and sponsors for your support at the 2006 annual meeting. Your support helped make the meeting a huge success! To view photos from the annual meeting, log onto www.phats-sphem.com. If you are interested in sponsoring an event at the 2007 conference, please contact the PHATS/SPHEM office at 888-460-9003 for more details.

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