

## Research Roundup

### Concussion rates increasing in college football

Last month, surgeons from across the country attending the annual meeting of the American Orthopaedic Society for Sports Medicine (AOSSM) heard startling research findings about increasing head injury rates in collegiate football players despite improved protection and 2010 NCAA concussion reporting changes.

The research was presented by Kelly G. Kilcoyne, MD, lead research author from Walter Reed National Military Medical Center, Washington, D.C. According to Dr. Kilcoyne, the purpose of this study was to determine the number of concussions that occurred on three collegiate Division I football teams in the 2009—2010 and 2010—2011 seasons to compare the incidence of concussion before and after the implementation of new NCAA policies. “We saw the combined number of concussion reports increase from 23 to 42 in this time span,” said Dr. Kilcoyne.



The increase comes after the 2010 NCAA concussion management initiative that requires athletic programs to report concussion signs and symptoms and then remove players from play. “The timing of the new NCAA regulations and the increase in reported concussions could certainly be attributed to under-reporting from players and coaches in the past,” Dr. Kilcoyne explained. “Such an increase is still notable and we need continued studies in football and other sports to find out more.”

Researchers also noted another possible cause for the difference could be the new NCAA policy that requires a formalized concussion management plan for each school to be on file for healthcare providers to follow.

The study compiled concussion data from practices and games at the United States Military Academy, United States Naval Academy and the United States Air Force Academy, all Division I athletic programs. All patients were males between the ages of 18 and 22 and rosters had about 150 players for practices and 90 for games.

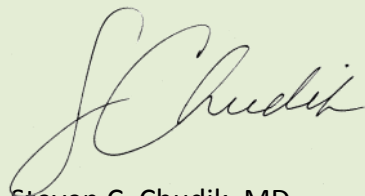
## **Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation helps people stay fit and healthy**

Steven Chudik, orthopaedic surgeon and sports medicine physician with the Steven Chudik Shoulder and Knee Injury Clinic, founded the Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF) in 2007. OTRF is a nonprofit, 501 (c)(3) organization dedicated to funding research and education for the purpose of keeping people active and healthy.

Dr. Chudik has seen a growing demand by patients, athletic trainers and clinicians for up-to-date medical information and unbiased research on injury prevention—especially for children—as well as facts on arthritis and wear and tear on joints, cartilage, tendons, ligaments, etc. To fulfill these requests, OTRF produces and distributes this newsletter, shares information about health performance-related issues like nutrition and fitness, hosts athletic training educational programs, conducts seminars for healthcare providers and the community and most important, funds unbiased research and development particularly in emerging areas such as arthroscopic and minimally invasive surgery for injuries to the meniscus, labrum, rotator cuff, ACL and cartilage.

However, none of this is possible without ongoing financial support. We are extremely grateful to all those who have contributed in the past. Many of the donations came from patients or their family members who benefited from Dr. Chudik's orthopaedic and sports medicine expertise. If you might be interested in helping us continue our research, please contact me. Also, many companies sponsor programs that match charitable contributions made by their employees. Some even match donations made by retirees and/or spouses. Matching gift programs are a great way to double your generosity. Regardless of the amount, every contribution helps make a difference.

Thank you for your interest in our newsletter, *Active Bones*, and the ongoing work of OTRF.



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