

Glancing Back, Striding Ahead: A History of the American Academy of Podiatric Sports Medicine—Part 2



On the occasion of their 50th anniversary, the AAPSM focuses on the first thirty years.

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Authors' Note: 2020 is the 50th Anniversary of the American Academy of Podiatric Sports Medicine. This is the 2nd of a two-part series that celebrates this golden anniversary. This article focuses on the last 20 years of AAPSM and is dedicated to John Pagliano, a founder and our 3rd President, who died in 2012.

The New Millennium (2000-2010)—Preparing for the Future

As the AAPSM entered the new millennium, exercise walking seemed to be the #1 recreational sports activity. Even today, it continues to be popular because of its many health benefits. Running remained extremely popular, particularly as special running styles and events proliferated. “Endurance or ultra-running” (runs greater than marathon distance), alternative & barefoot running, marathon running, and half-marathon participation grew in numbers. *Born to Run*, published in 2009, ignited and provided credibility to the “barefoot movement”. Shoe companies jumped on the band wagon early to get in on the minimalist shoe craze.

The AAPSM Perspective

Starting in 2000, the primary focus of the AAPSM board was to de-

fine our mission. With the invaluable help from Ron Johnson, DPM and the executive board, Rich Bouché, DPM (during his presidential year) formulated a Strategic Plan for our future, setting specific goals and providing a “guide”.

Collaborating with other organizations became important. We con-

tinued to present sports medicine tracks at APMA and ACSM Annual Meetings. In addition, we remained a fixture at the annual Joint Commission on Sports Medicine meetings and through this contact established a strong relationship with the National Athletic Trainers Association (NATA) creating an annual NATA award for notable contributions by certified athletic trainers. We reached out to the American College of Foot & Ankle Surgeons (ACFAS), and the first joint ACFAS/AAPSM Sports Medicine Track was presented in 2001. We also connected with The

Prescription Foot Orthotic Lab Association (PFOLA), established in 2009, which proved to be mutually beneficial. Subsequently, PFOLA organized a series of 13 annual meetings (1999-2011) called the International Conference on Lower Extremity Biomechanics. These meetings, which were highly successful, featured a

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multidisciplinary national and international faculty and provided a much-needed forum for clinicians and researchers to share information. During the 2000s, the AAPSM Board became more engaged. The board noticed a void in providing knowledge of sports medicine and biomechanics at the various podiatry colleges. AAPSM continued to maintain strong ties with the students as the colleges developed AAPSM Student Chapters. We resurrected the previously established “Day of Sports Medicine.” To make an impact on

Continued on page 100

AAPSM—Part 2 (from page 99)

this educational deficiency, the board organized an ambitious, comprehensive international Podiatric Sports Medicine and Biomechanics Day as part of the APMA National in Seattle in 2002. This joint AAPSM/APMA meeting was well attended and set a high standard for future meetings.

Regarding research, the Executive Board also saw a void in podiatric sport medicine and especially podiatric biomechanics. The general lack of research in podiatric medicine was underscored as the founding principles of podiatric biomechanics set forth by Root, Weed and Orien came under fire for so-called lack of scientific validation. These theoretical biomechanical concepts that were dear to our hearts were being scientifically scrutinized and challenged. The AAPSM board felt action was needed to assure that our plans included a mechanism by which our members could have the opportunity to participate in research in sports medicine and foot biomechanics. Thus a protocol was established to evaluate and process AAPSM-sponsored research proposals with specific guidelines.

Over the years, participation

led a campaign to allow sports podiatrists to become official members of the United States Olympic Committee medical team in 2000. Previously, John Pagliano, DPM put forth a similar effort for naught. Despite these

Clinic followed by The Sports Medicine Clinic in North Seattle where he practiced until he retired in October of 2019. Regarding the AAPSM, he felt privileged to experience the significant changes that occurred in

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efforts, we once again were unsuccessful in getting sports podiatrists on the USOC medical team.

One of the most noteworthy opportunities during this period was the involvement of AAPSM in the Fit Feet Program for Special Olympics. The initial contact was made in 2001 at a Joint Commission Meeting in Indianapolis when Rich Bouché struck up a conversation in a hotel elevator with Mark Wagner, the national director for Special Olympics. When Wagner realized that Rich was a podiatrist, he enthusiastically informed Rich that he was looking for an organization to help develop a Fit Feet Venue for the Healthy Athletes

the mid to late 90's and yet fortunate to have an active role in determining the future path of the Academy. His legacy is the formulation of The Strategic Plan for the Future, a vital document that has guided this organization. Highlights during his tenure included: working with an ambitious board that accomplished much in a short period of time; chairing the last stand-alone meeting in Seattle in 1997 and then chairing the APMA/AAPSM Sports Medicine/Biomechanics Day meeting in Seattle in 2002.

Perry Julien, DPM, our 24th president ('01-'02), hailed from Atlanta, Georgia, where he has practiced his entire career. He headed the podiatric medical service team at the Atlanta Olympics in 1996 and has served as co-director for the famous Peachtree 10K which historically has been and remains the largest 10k in the country. In addition, he has been a team podiatrist for the Atlanta Thrashers hockey team and the Atlanta Falcons football team. He networked with the Fleet Feet shoe company and set up a successful joint meeting in Sacramento, CA in 2001.

Pat Nunan, DPM, from Cincinnati, Ohio was our 25th president ('02-'03) and his legacy is his work with the Special Olympics. Technically the founder of Fit Feet, Pat became director for the Healthy Athletes Program nationally and Global Advisor for this program on an international scale. His work has taken him around the world participating in their Summer & Winter Games for

Continued on page 101

Over the years, participation as sports medicine providers in the Olympics has been of considerable interest.

as sports medicine providers in the Olympics has been of considerable interest. This time period was favorable for podiatric medicine as we were well represented at the Summer Games in Sydney, Australia (2000), Athens, Greece (2004) and Beijing, China (2008), as well as the Winter Games in Salt Lake City, Utah (2002). Former AAPSM President, Mike Lowe, DPM supervised the podiatrists for these winter games. It was an international effort with podiatrists from the US, Australia and Canada being part of the medical teams. These Olympic experiences have added to our international networking efforts. Perry Julien, DPM

Program; the rest is history. Without hesitation, Pat Nunan volunteered his services to represent us in this endeavor. Subsequently Pat has traveled the world as Global Clinical Advisor to the Special Olympics, a position currently held by past president Dave Jenkins, DPM.

The Presidents

Rich Bouché, DPM from Seattle, WA became the 23rd president ('00-'01) as we entered the new millennium. He has worked in sports medicine for most of his career. After one year in private practice, he spent the next 20 years at the Virginia Mason

AAPSM—Part 2 (from page 100)

many years. Currently Pat serves as the Fit Feet Director in South Carolina.

Jim Losito, DPM was our 26th president ('03-'04), from Miami, Florida. After his mentor, Stuart Leeds, DPM retired from the Miami Heat basketball team, Jim became the team podiatrist and has been with the team ever since. Jim has sponsored a Sports Medicine Fellowship Program since 1990 and has remained active as a faculty member at Barry University: School of Podiatric Medicine, teaching SM & biomechanics.

Doug Richie, DPM our 27th president ('04-'05), has practiced in from Seal Beach, CA his entire career. He kept the academy in the national & international spotlight through his many speaking engagements and robust corporate networking contacts. During his term, he made it a priority to promote the AAPSM to other podiatric organizations. He established a 5-committee structure (Education, Research, Membership, Development & Professional/Public Relations) to execute the previously established Mission Statement & Strategic Plan. He is well known for his vital role in podiatric biomechanics in SM & surgery.

Stephen Pribut, DPM, from Washington DC, was our 28th president ('05-'06) and is a well-known sports podiatrist who became the Academy's social & media network maven. He later became the initial webmaster for the APMA. Subsequently he promoted the Academy's IT capability by initiating the first online Running Injury web site, developing our "blast email" feature and overseeing entry onto Facebook & Twitter. Steve made necessary changes to Academy bylaws to establish the 5-committee structure established by Doug Richie. During his 5-year tenure as chairman of the athletic shoe committee, he along with his committee changed the athletic shoe evaluation protocols.

Tim Dutra, DPM our 29th president ('06-'07) from San Leandro, CA, was instrumental in starting the first AAPSM student chapter at California College in 1983. He was also class president at the time and through his connections, he was involved in encouraging other podiatric colleges to form SM Chapters. He was a product of an AAPSM-sponsored fellowship program with John Pagliano ('86-'87). Tim was involved in the development of the Barnes and Olson Scholarship Funds, acted as liaison with NATA, was editor for a special SM issue in *JAPMA* in 2006 & helped to complete the 3rd student handbook.

Matt Werd, DPM, our 30th president ('07-'08) from Lakeland, Florida, was co-editor of an evidence-based medical text entitled, *Athletic Footwear and Orthoses in Sports Medicine* with contributions from 30 members from our Academy. Matt emphasized the importance & significance of the previously established Strategic Plan and worked hard

to solidify our relationship with ACSM. His successful published text mentioned above is a result of that relationship.

Bruce Williams, DPM was our 31st president ('08-'09), from Merrillville, Indiana. Bruce's charge at the time was to retool and jump-start the Corporate Sponsorship Program which was once again losing traction. His efforts resulted in a significant financial commitment from corporate sponsors which provided a financial windfall to help our Academy survive. Bruce also focused on education, emphasizing lower extremity biomechanics, orthoses fabrication and especially clinical applications of gait evaluation. Bruce also continued to work to develop shoe evaluation protocols. This task became more challenging as the minimalist shoe movement gained attention during this period.

David Davidson, DPM was our 32nd president ('09-'10) from Buffalo, NY and the last of this decade. David focused on reaching out to the membership and especially fellows and past presidents. Though he found this to be a challenging task, he also realized the past board members provided valuable insight and guidance. His presidential year ended on the 40th anniversary of the AAPSM which was celebrated at the national APMA annual meeting held in Seattle, Washington.

Continued on page 102

AAPSM—Part 2 (from page 101)

The Last Ten Years: Reinventing Ourselves

The Sports Perspective

Walking remained the number one recreational activity in the world. As we entered this new decade, running remained a worthy activity for the masses as the second running boom continued its upward spiral. The 5K continued as the most popular running event distance with a record number of finishers in 2012. The half marathon continued to fuel the 2nd running boom with an annual increase of 14.9% finishers with 60% being female. Marathons also maintained their popularity with 850 marathon events in 2012 compared to 300 marathon events held in 2000. Barefoot and minimalist running techniques and philosophies have survived and have had a significant impact on running shoe design and marketing. All companies are looking for market share trying to provide a shoe to address the wants and needs of runners and the design of both minimalist and conventional shoe wear had improved.

The Presidents

Karen Langone, DPM, from Southampton, N.Y., was our 33rd President (2010-2011). During her presidential year, the AAPSM presented at the American College of Sports Medicine, several of the Colleges of Podiatric Medicine, and The Running Event (first year for the AAPSM). During her term, the newsletter transitioned from print to an electronic format. New technology and the use of smart phones allowed better options for podiatrists and athletes to communicate and capture training and gait analysis errors using video which helped to prevent, treat, and manage injuries.

Jamie Yakel, DPM, our 34th President (2011-2012) from Longmont, CO., completed the successful transition of the e-newsletter initiated by Dr. Karen Langone. Jamie was instrumental in organizing a *PM*

Magazine articles series that featured AAPSM members as well as revamping the website which included the addition of extensive marketing tools. Lastly, he modified the AAPSM by-laws focusing on travel and reimbursement policies.

Rob Conenello, DPM, our 35th President (2012-2013) from Orangeburg, N.Y., was driven to make the AAPSM relevant. He focused on education and assisted in attracting an international faculty to the 2015 AAPSM Stand Alone Annual meeting at West Point, NY. In addition, along with Dr. Langone, he brought

retailers to provide a win-win for the patient, the retailer, and the podiatrist. A prolific author and requested lecturer, Paul was the Editor the April 2015 issue of *Clinics in Podiatric Medicine and Surgery, Sports Related Foot and Ankle Injuries*.

Dave Jenkins, DPM, our 37th President (2014-2015) from Phoenix, AZ, is current Professor at the Arizona School of Podiatric Medicine. He was the Podiatric Consultant to the Los Angeles Dodgers and was named Global Clinical Advisor for Special Olympics Fit Feet which is an organization that was created through col-

As we entered this new decade in 2010, running remained a worthy activity for the masses as the second running boom continued its upward spiral.

the board to lecture at The Running Event in Austin, TX where we were exposed to the independent retail community and major manufacturers. Through these connections, Rob was able to develop economic partnerships with the footwear industry, which made us a desirable. Working as the Global Clinical Advisor for Special Olympics International, he continued the challenge for our special needs athletes by raising awareness concerning the plight of these marginalized individuals.

Paul Langer, DPM, our 36th President (2013-2014), from Minneapolis, MN, guided the AAPSM toward providing more evidence-based information for our members and consumers regarding footwear. The AAPSM had previously provided recommended footwear lists to members and advocated manual methods of footwear testing and ratings that were not always scientifically validated. Without having such reliable, evidence-based methods for recommending athletic footwear, Paul saw a need to provide education via the website, lectures, and publications on the current state of footwear research. He also advocated for AAPSM members to establish relationships with their local footwear

laboration with AAPSM. Maintaining a strong connection between AAPSM and Fit Feet is a major ongoing endeavor. One of the highlights of his year as President was his involvement in the successful AAPSM Stand Alone Meeting at West Point, NY. An additional bright spot during his presidency was that AAPSM Executive Director, Rita Yates, became one of the few non-podiatrists to be inducted into the *Podiatry Management Hall of Fame*.

Alex Kor, DPM, our 38th President (2015-2016) from Lebanon, IN, has a strong interest in writing, and took great pride in crafting the monthly President's message that attempted to utilize humor, knowledge, education, and entertainment in promoting the Academy. In addition, Alex organized the sport medicine chapter for the ACFAOM Board Review by recruiting 7 other AAPSM Fellows to assist him in co-authoring this text used by students and residents. Lastly, Alex, a former Indiana Pacers Ball boy, facilitated a collaborative effort between the AAPSM and the Dropping Dimes Foundation, an organization dedicated to assisting professional basketball players from the ABA. In so doing, podiatric sports

Continued on page 103

BIOMECHANICS AND PODIATRY

AAPSM—Part 2 (from page 102)

medicine care is provided to these retired basketball players.

Amol Saxena, DPM, our 39th President (2016-2017) from Palo Alto, CA, is proud of his tenure on the Board. Working with Brian Fullem, DPM, Amol was instrumental in re-establishing our “Stand Alone” meeting. The 2017 Stand Alone Meeting was attended by 270 DPMs. Some of his memorable moments were presenting Golden Foot Awards. Amol has emphasized the inclusion of cadaver labs at our meetings, revised the Fellowship exam, traveled to six of the podiatry schools and several residencies. At the Munich meeting, he was awarded a Lifetime Honorary Membership by the German Foot and Ankle Association.

Maggie Fournier, DPM, our 40th President (2017-2018), from La Crosse, WI, succeeded in revamping the AAPSM website, made the application process/ renewal of memberships available online, and allowed the fellowship application to be processed electronically. Like her predecessor, she was active on the lecture circuit and her lecture on Lower Extremity Sports Injuries in the Female Athlete became a mainstay. Regarding administration, she hired a meeting coordinator who was primarily responsible and dedicated to the logistics of the Stand-Alone Meeting. In addition, she has published research in peer review journals and was a co-author of the ACFAOM board review chapter on Sports Medicine.

Howard Osterman, DPM our 41st President (2018-2019) from Washington, DC., was able to expand the Stand-Alone Meeting committee duties. In so doing, and in continuing the efforts by Dr. Fournier, he was able to restructure this committee to now include a meeting planner, making our Academy even stronger. Howie states, “Our collaborative programs with other sports medicine professionals has become exponential and we have expanded our presence at many meetings, distributing and absorbing new technologies. There

may not be another part of medicine where we are more of an equal partner than sports medicine.”

Jim Ratcliff, DPM, our 42nd President (2019-2020) from Los Gatos, CA, has had a challenging tenure as President. Three months into his

term, the COVID-19 pandemic struck. During 2020, many “normal” ways of doing things in our day-to-day lives changed. Social distancing, mandatory face masks and hygiene vigilance will not go away soon. Our practices have also had to adapt as we adhere

Continued on page 104

AAPSM—Part 2 (from page 103)

to these safety protocols and implement telemedicine into our practices. As a sports medicine specialist, Jim strives to heal his patients and return them to their activities as soon as possible. The pandemic has made our health, not just lower extremity injuries, a primary focus. Jim constantly preaches the importance of diet, exercise, and adequate sleep. His hope is that promoting a healthy lifestyle will be his legacy as president of the AAPSM. Advances in biologics and minimum invasive techniques continue to be developed in sports medicine.

Summary

As the AAPSM puts a bow on this Golden Jubilee and looks forward to the next 50 years, we as an organization still have many challenges and yet should be proud of our many accomplishments. There is no doubt that all members of the AAPSM want to be more involved in every aspect of sports medicine. This “wish list” includes ultimately becoming official members of the United States Olympic Committee Medical Team, being included as a team podiatrist on an amateur and professional level, as well as to increase our presence within every multidisciplinary practice. Like any organization, we must increase membership, continue to educate our younger members,

strive to generate more corporate sponsorship, embrace new technology and techniques, and continue to evolve. This quote by author and entrepreneur James Altucher may be most appropriate as we look to the future: “Every day, you reinvent yourself. You’re always in motion. But you decide every day: forward or backward.” **PM**

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Richard T. Bouche, DPM is a 1980 Graduate of the Illinois College of Podiatric Medicine. WA. Later he joined the Virginia Mason Medical Center in Seattle and practiced there for 20 years in the Orthopedic Surgery and Sports Medicine Departments. He recently retired from The Sports Medicine Clinic in North Seattle, where he worked for 16 years. Dr. Bouché served as Special Editor (Sports Medicine) for the Journal of Foot & Ankle Surgery until 2019. He is board certified by the American Board of Podiatric Surgery and is a Fellow in the American



College of Foot and Ankle Surgeons. He is also a Fellow & Past President of the American Academy of Podiatric Sports Medicine.



Originally from Terre Haute, IN, Dr. **Alex Kor** is a past president of the AAPSM who is a practicing podiatrist with Witham Health Associates in Lebanon, IN. He has served as the team podiatrist at the NCAA Division I, II and III levels during his 30-year career.