

## **The Association of Ringside Physicians 2016 Annual Medical Seminar**

### ***Ringside Medicine "Safety is Our Middle Name"***

The 2016 Association of Ringside Physicians (ARP) meeting was held July 30th & 31st at the Monte Carlo Resort in Las Vegas Nevada. The ARP Certification Exam was offered on August 1st. This was the first time the ARP had its annual meeting juxtaposed with the Association of Boxing Commissions (ABC) annual meeting. This allowed free exchange between members of the ARP and ABC and many members from each respective organization attended sessions at both the ARP & ABC meeting. The 2016 ARP meeting was the best attended meeting since the organization was founded with approximately 116 physicians registering for the course. Many members of the ABC attended and at time the audience consisted over more than 140 attendees.

Day one started with emphasis on combative sports and the brain. Acute brain injury was initially discussed. Concussions and the Second Impact syndrome were addressed followed by a presentation on "The Golden Hour" which described the importance of prompt recognition of brain injury and appropriate treatment. The focus was then shifted to chronic brain injuries with presentations on Chronic Traumatic Encephalopathy. Determining brain fitness to compete was reviewed in the context of long term treatment of concussions and neuro-plasticity. These sessions were followed by presentations on return to play protocols after brain injury and neuro-cognitive testing.

The conference then shifted gears and addressed oral and maxillofacial injuries in combative sports as well as injuries to the eye. Medical legal injuries is currently a hot topic in combative sports and this was discussed in an open forum.

This years Morbidity and Mortality presentations highlighted evaluation of downed fighters that present with unconsciousness and/or seizures.

Use of paramedical personnel at venue and the interaction with paramedic and physicians was stressed.

Day two started out with a review of current and future medical research in MMA and a review of the epidemiology of Muay Thai Injuries and risk associations with these type of injuries.

Orthopaedic injuries in combative sports was reviewed and clinical application was provide by having two combatants demonstrate various MMA holds and the anticipated orthopaedic injuries.

A panel discussion was held with commission members and executive directors from both state and tribal commissions discussing issues important to physicians and the commission staff. This session was highly interactive and an appreciation of the

viewpoints of physicians and commission members were better understood and will likely result in an improvement in fighter safety.

A session was presented on referee and physician interaction and videos of fights were used demonstrating the importance of referees and physicians working in concert.

Various pre-bout scenarios were discussed during the "Show Must Go on Session". This session was highly interactive and demonstrated the difficult decisions physicians often face in clearing fighters to compete.

The meeting ended with a board review course that was both didactic and interactive. Approximately 40 physicians sat for the ARP/ACSM certification exam on August 1st.

We hope to carry the energy of the ARP's 2016 meeting to the ARP's 2017 meeting on July 22 & 23 at the Mohegan Sun Resort. The certification exam will also be offered at that meeting.

We hope to see you all there.

