



Movers & Shakers in Podiatric Sports Medicine

On the cutting edge of this dynamically expanding field.

by **Steven G. Shalot, D.P.M., R.Ph.**

Sports medicine is a wide-open and very fertile area for podiatrists who are so inclined to carve out a niche for themselves. Since the running boom of the late seventies, sports podiatrists have tried to become a regular part of every jogger's and runner's thinking when it came to running-related foot pain. These doctors have gotten involved with teams both on a professional as well as on an amateur level.

It has, and still does take a lot of work. Athletes, both professionals and serious amateurs, are not impressed by a doctor's letters or degrees, but by results. They tend to be more demanding when it comes to choosing a doctor than the rest of the general public. The podiatrists who treat them have to have a keen understanding of sports and the people who play them.

This Movers & Shakers column in podiatric sports medicine profiles those podiatrists who are on the cutting edge of this area of the profession. They have an appreciation of podiatric biomechanics both in theory and in practice. They are doctors who have in some cases been pioneers in the field, and even participants themselves. Each one is a success story and an inspiration.

These are the distinguished doctors in our Who's Who in Podiatric Sports Medicine:

Mark D. Dollard, D.P.M., Sterling, VA

Perry H. Julien, D.P.M., Atlanta, GA

John Pagliano, D.P.M., Long Beach, CA

Paul Taylor, D.P.M., Silver Spring, MD

Kenneth Meisler, D.P.M., New York, NY

Phyllis A. Ragley, D.P.M., J.D., Lawrence, KS

Orthotic devices, which have been shown to reduce lower extremity injury and return patients to activity, may see their acceptance curtailed under new health care guidelines.

Steven Subotnick, D.P.M., Hayward, CA

John McNerney, D.P.M., Westwood, NJ

Perry H. Julien, D.P.M., Atlanta, GA

Dr. Julien is a 1987 graduate of the New York College of Podiatric Medicine. He is a consulting podiatrist with the following teams: Georgia Tech athletics, University of Georgia athletics, United States Team Handball, and the Atlanta Ruckus soccer team. He is the Medical Director of the U.S.A.T.F. National Indoor

Track and Field Championships, and the Assistant Medical Director of both the Peachtree Road Race and the Atlanta Marathons. He was the Medical Administrator of the Men's and Women's 1996 Olympic Marathons and Racewalks, and the Co-Director of the Olympic Village Polyclinic.

His major sports interests in practice include distance running and track and field competition, cycling, and skiing. In a very short time, he has had some major groundbreaking contributions to podiatric sports medicine. In 1993 he became part of the Atlanta Committee for the Olympic Games Medical Support Group and was asked to help coordinate podiatry's role in the 1996 Summer Olympics. This represents the first time the United States has had podiatry as part of the medical care available to athletes. There were 17 podiatrists working at the Olympic Village Polyclinic and at selected venues. Dr. Julien hopes that the profession's inclusion in the 1996 Summer Olympics will help further the goal of being able to care for athletes at major national and international sporting events.

Dr. Julien has authored a pamphlet entitled "Sure Footing - A Podiatrist's perspective On Fitness-Related Injuries." Currently he is the Health Editor of *Atlanta Sports and Fitness Magazine*, and has been published in *Running Times*. He writes a column for the *Running* journal. Dr.

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**Mark D. Dollard, D.P.M.,
Sterling, VA**

Dr. Mark Dollard is a graduate of the Illinois college of Podiatric Medicine, class of 1981. His practice is focused on organized amateur athletic federations within the Olympic committee umbrella, including: the Amateur Athletic Union, the largest volunteer multi-sport amateur sports organization in America; the National State Games Program, of which he is medical director (he's also a board member of the Capitol Games, the official State Games of Washington, D.C.); and the A.A.U. Junior Olympic Games Program.

His initial concern for safety in youth sports led to his lecturing and advising a number of coach's certifying groups, including the National Youth Sports Coaches Association. In practice he enjoys seeing patients from a wide variety of sporting activities, including soccer, track and field, and basketball.

In the mid-eighties, he helped develop a liaison to the President's

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Council on Physical Fitness and Sports on behalf of the APMA and the AAPSM. He was the first podiatrist to assume the national chair of the Amateur Athletic Union (National Sports Medicine Committee), overseeing sports programming and health concerns for 300,000 athletes and 57 associations across the nation. In the early eighties, he developed a pre-conditioning training program using plyometric principles to assist aerobic dance participants in avoiding initial overuse injuries. Dr. Dollard has also worked with the International Amateur Aerobic Sports Foundation to set up injury prevention programs and protocols.

Dr. Dollard has also authored a number of articles and contributed to several books dealing with sports medicine. He authored the chapter on avoiding injuries in Aerobic Sports Competition for the International Aerobic Sports Federation, was a contributor for the manual for body building of the Mr. & Mrs. America



Mark D. Dollard, D.P.M.

physique committee, and was a contributing editor to Paul Taylor's book *Conquering Athletic Injuries*. In 1985, Dr. Dollard wrote "Plyometric Conditioning for Aerobics," which appeared in *Aerobic and Fitness* magazine.

Dr. Dollard believes that the major challenge facing podiatric sports medicine in the coming decade will be the institutionalization of sports into programs, organizations and federations. According to Dr. Dollard, to become recognized health care advisors in the future will require that podiatrists be well-positioned within these groups. He says: "Years ago, we could count on ourselves to be the major advisors on foot and ankle care; today, however, numerous peripheral health care groups such as exercise physiologists, athletic trainers, physical therapists, fitness gurus, and others are

laying claims to our expertise as well. It will require a great deal of focus on our part to reinforce our primary role as the foot and ankle authorities with these organized sports and fitness institutions."

Dr. Dollard believes that podiatrists need to become educated on the structure of amateur sports in order to serve these groups effectively. The progression would go from

that of podiatrists serving in administrative capacities, and then eventually in clinical roles.

Over the years, Dr. Dollard has been a participant in high school and college baseball, football and basketball. He also enjoys golfing. ■

Dr. Shalot is Senior Editor of this magazine, and practices in New Hyde Park, NY.