



A Heartfelt Tribute to Our Pillars of Community: NHMI Celebrates 30 Years of Excellence

In an open letter brimming with gratitude, we extend our deepest thanks to two monumental figures in our community, Dr. James Vailas and Laura Decoster, whose unwavering commitment has shaped the landscape of healthcare in Greater Manchester for the last three decades. As we announce the closure of the New Hampshire Musculoskeletal Institute's (NHMI) Athletic Training Residency program—formerly known as a Fellowship—we reflect on the profound impact this program has had on the lives of over 50 graduates and countless others touched by their work.

This program has been more than just a training ground; it has been a nurturing space where young professionals have blossomed into skilled practitioners, thanks to the guidance of extraordinary mentors. We are eternally grateful to the many dedicated professionals from Greater Manchester and Southern New Hampshire who served as preceptors, faculty, advisors, and mentors. Your contributions are too numerous to mention, and each of you has etched your mark into the legacy of this esteemed institution.

The decision to sunset this program comes in the wake of the evolving landscape of athletic training practice and education post-Covid. Yet, the remarkable contributions to research and medical literature made throughout these years will continue to resonate, ensuring NHMI's enduring impact on musculoskeletal research and education.

As we honor Laura Decoster, who gracefully retired from her athletic training career in 2020, and Dr. James Vailas, who concluded his medical practice in 2023, we celebrate not only their professional achievements but also the spirit of compassion and dedication they embodied each day. Their careers have been a beacon of inspiration, illuminating the path for future generations.

With heartfelt appreciation, we thank all those involved in this incredible journey. Together, we have built a legacy that will stand the test of time, one rooted in excellence, community, and an unwavering passion for the health and well-being of others. Thank you for your service, your expertise, and your heart.