



44th Annual Clinical Symposium & Members' Meeting

SPEAKER/PRESENTATION INFORMATION

MARCH 7-9, 2019

CROWNE PLAZA RAVINIA - ATLANTA, GA



The Southeast Athletic Trainers' Association, Inc. (SEATA) is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Athletic Trainer's Utilization and Clinical Establishment of IV Access and Fluid Administration to Improve Patient Care

This presentation will present the Evidence for IV fluid administration and/or need for IV access of patients by athletic trainers in clinical setting. The presentation will review current evidence in the literature supporting initiation of IV fluid or access by athletic trainers. The presentation will discuss implementation of IV access in clinical setting including review of state practice act, development of protocols and proper handling of IV medications in the AT facility. A review of equipment, supplies and types of IV fluids needed for initiation of IV access or fluid administration will be presented. The IV skills Lab, will provide hands on experience in establishing IV access using simulation arms for providers to become proficient at intravenous access. In the lab participants will also learn how to properly identify and select a vein for IV access. Participants will also be taught and provided opportunity for preparing an IV Bag and line for fluid administration or "Spiking a Bag" to learn how to set-up the IV fluid prior to administration. This presentation is designed to teach the new CAATE 2020 Standard skills regarding IV fluid administration and IV Access are currently being taught in some CAATE Programs and will be taught as part of AT education in all programs starting in 2020. This provides an opportunity for AT's up-skill there current clinical practice to the new standards.

DATE/TIME

- March 7, 2019 8:00 AM – 12:00 PM

PRESENTER: ERIC FUCHS, PHD, LA, ATC, AEMT

Dr. Fuchs, currently serves as the Chair of the Department of Exercise & Sport Science at Eastern Kentucky University, where he is a Professor in the Athletic Training Program. Dr. Fuchs prior to Chair, served as the Athletic Training Program Director from 2008 to 2018 where he oversaw the programs transition from BS in AT CAATE accredited professional program to a CAATE accredited MS in AT Program, he also served as the Clinical Education Coordinator from 2005 to 2008. Dr. Fuchs currently, clinically practices as an athletic trainer, assisting with football coverage at Eastern Kentucky University additionally, Dr. Fuchs, serves as the Director of Sports Medicine for Festival Sports Inc. where he directs the medical care and services for the Volleyball Festival a 600 plus club girls junior team event with 6,000 participants each year held in Phoenix, AZ and the Fiesta Classic a 250 team girls club juniors showcase held in February each year in Phoenix. Dr. Fuchs is also a current active USOC Sports medicine volunteer medical program having provided coverage for two UCI USA World Cup Supercross BMX events, as well as care to multiple teams and athletes during multiple USOTC rotations the most recent being USOTC in Colorado Springs in November, 2018. Dr. Fuchs has had extensive experience in emergency care of the critically injured athlete. Dr. Fuchs has over 25 years of active EMS service where he has delivered a variety of emergency practicing EMS in 7 different states in addition to his AT background. Dr. Fuchs has been an invited speaker on IV Administration, wound care, emergency care of critically injured patients, regionally and nationally both within the athletic training community and EMS communities. Dr. Fuchs has served as an adjunct faculty member in ECU's paramedic program.

LEARNING OBJECTIVES

- Athletic Trainers will be able to identify common medical and traumatic injuries that the establishment of IV Access or IV Fluid Administration would improve patient morbidity or mortality rate.
- Athletic Trainers will be able to identify the require supplies and equipment needed to establish IV access on patients
- Athletic Trainers will be able to identify and understand the impact of state practice acts upon ability for AT's to provide IV access on patients
- Athletic Trainers will learn how to properly monitor and set-up IV Fluids, manage and discontinue IV access on a patient
- Athletic Trainers will learn how to properly establish IV access on a patient using IV arm simulators
- Athletic Trainers will be able to identify injuries or illness which current evidence supports initiation of IV Fluids in AT Position Statements.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion
- II – Examination, Assessment and Diagnosis
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

4 EBP CEUS



Eastern Kentucky University Athletic Training Education Program is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers.

Role of the Scapula in Function and Dysfunction of the Shoulder

As we study more about the shoulder, the dynamic role that the scapula plays in that complex relationship is also becoming apparent. It is imperative that the scapula must be thoroughly studied to effectively optimize treatment of shoulder injuries. Scapular dysfunction is present in some form in all patients with shoulder pathology, and it can alter the accuracy of the examination, imaging, and outcome of treatment if not recognized and managed appropriately. Thus, the accurate recognition, diagnosis, and treatment of scapular disorders are imperative to successfully treat shoulder injuries.

DATE/TIME

- March 7, 2019 1:15 - 3:15 PM

PRESENTER: AARON SCIASCIA, PHD, LAT, ATC

Dr. Aaron Sciascia is an assistant professor at Eastern Kentucky University and serves as the Orthopaedic Research Specialist for the Lexington Clinic. D. Sciascia serves as adjunct and associate faculty for several other institutions across the nation. A graduate of the University of Delaware he received his Master and Doctoral degrees from The University of Kentucky. Dr. Sciascia has numerous publications and professional presentations on a variety of topics. His volunteer service includes service at the local, state, and national level. He is currently the president-elect for the American Society of Shoulder and Elbow Therapists.

LEARNING OBJECTIVES

- Attendees will be able to recall active muscles in normal functional scapular motion as well as to differentiate between overactive and underactive muscles in dysfunctional scapular motion.
- Attendees will be able to define scapular dyskinesis.
- Attendees will be able to recognize specific clinical maneuvers designed to identify scapular dysfunction.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion
- II – Examination, Assessment and Diagnosis
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

2 EBP CEUS



Eastern Kentucky University Athletic Training Education Program is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers.

Baseline and Post-Concussion Assessments: Are We Administering Them Properly?

Recent evidence has identified modifying risk factors, including time of day, quality and quantity of sleep, and pre-test exercise on cognition and concussion assessment tools. These modifiers have been reported to lead to worse performance and increased symptoms at baseline. With growing emphasis on baseline test administration, it is imperative that athletic trainers understand the role of these risk factors when administering concussion assessments and making a diagnosis and return-to-play decisions. Additionally, exercise and fatigue jeopardize performance assessment and recovery, which may re-shape the way that athletic trainers administer baseline and post-concussion assessment tools

DATE/TIME

- March 7, 2019 3:15 - 4:15 PM

PRESENTER: RYAN MORAN, PHD, LAT, ATC

Dr. Ryan Moran is presently serving as an assistant professor at the Department of Health Science at The University of Alabama. Prior to arriving in Tuscaloosa, Dr. Moran served as the assistant professor of practice and clinical education coordinator at North Dakota State University. He received both his Bachelor and Master degrees in Athletic Training from East Stroudsburg University in Pennsylvania. He serves as an ad-hoc journal and abstract reviewer for several publications and has several publications and national presentations based on his research.

LEARNING OBJECTIVES

- Attendees will be able to describe the importance of multifaceted, baseline and post-concussion assessment strategizes.
- Attendees will be able to identify and consider modifying factors for baseline and post-concussion performance.
- Attendees will be able to describe improvements in accuracy and return to play decision making with pre- and post-exercise baseline assessments.
- Attendees will be able to describe common abnormalities following sport-related concussion and mild traumatic brain injury.

DOMAIN(S)

- II – Examination, Assessment and Diagnosis

AUDIENCE

- All ATs

LEVEL

- Essential

BOC DESIGNATION:

1 CATEGORY A CEU

Strategic Issues in Athletic Training Lecture Series: Transition to Practice

This presentation will deliver, and provide context for, the recommendations from the Transition to Practice Workgroup. Further, it will expand upon that work to incorporate resources developed by NATA volunteer committees that can be used by individuals, professional education programs, and employers to facilitate transition to practice with the intention of improving patient outcomes and assuring that the AT maximizes their role within the patient-centered care team.

DATE/TIME

- March 7, 2019 3:15 - 4:15 PM

PRESENTER: STEVE NORDWALL, MA, LAT, ATC

Mr. Nordwall has over 24 years of experience as an athletic trainer in Division I intercollegiate athletics. He has advanced expertise in healthcare coordination, injury documentation, professional network development, emergency care planning, facility organization, and student athlete relationships. He is a member of the NATA's Executive Committee for Education Work Group and has served as the co-chair of the "Transition to Practice" sub-committee since December of 2015.

LEARNING OBJECTIVES

- Attendees will be able to describe the current state and future directions of transition to practice in athletic training with the patient-centered care team and in line with best practices.
- Attendees will be able to describe real and perceived barriers to transition to practice in line with organizational and patient needs.
- Attendees will be to implement available resources for themselves, students, and/or employees to facilitate transition to practice to enhance patient outcomes and provider quality of life.

DOMAIN(S)

- V – Healthcare Administration and Professional Responsibility

AUDIENCE

- All ATs

LEVEL

- Essential

BOC DESIGNATION:

1 CATEGORY A CEU

Evidence-based Approach to Proper Running Footwear Selection and Injury Risk

Evaluating whole body mechanics and educating athletes and coaches on better movement are certainly time-consuming practices when addressing running footwear selections, but the long-term injury prevention and health benefits are invaluable. Traditional footwear fitting practices have been long withstanding, but have rarely taken into consideration individual comfort, specific biomechanical differences, and distinct movement patterns and preferences. While injury elimination cannot be guaranteed, incorporating these guidelines into your daily practice may help reduce your athletes' chance of being injured or hinder recovery

DATE/TIME

- March 7, 2019 4:30 - 5:30 PM

PRESENTER: RYAN GREEN, PHD, LAT, ATC

Dr. Ryan Green is an assistant professor in Kinesiology at Southeastern Louisiana University. Previously, he was managing partner of Varsity Sports – a specialty running store in Louisiana, and was also athletic training clinical coordinator for the University of North Carolina – Wilmington. His sports medicine experiences include the USOC, LSU Athletics, and the Boston Marathon. He is a contributor to the Trail Runner Nation podcast, the Sports Medicine Broadcast, and Running Times magazine. Dr. Green is an avid runner and has completed several marathons and the 50 kilometer ultramarathon.

LEARNING OBJECTIVES

- Attendees will be able to identify key foot abnormalities that may influence proper footwear fit.
- Attendees will be able to adopt a personal fit protocol that employs key aspects of biomechanical movement.
- Attendees will be able to evaluate holistic changes that footwear may have on the kinetic chain and how this may impact injury.

DOMAIN

- I – Injury and Illness Prevention and Wellness Promotion
- II – Examination, Assessment and Diagnosis

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1 CATEGORY A CEU

What's your Worth? Demonstrating ROI within the Public Safety Setting

As Athletic Training branches out into new settings, justification becomes a big part of remaining employed. Athletic Trainers working within non-traditional settings must possess the knowledge and skills to appropriately justify their position. This valuable skill is integral in the advancement of the profession.

DATE/TIME

- March 8, 2019 8:00 - 9:00 AM

PRESENTER: DEENA KILPATRICK, MS, LAT, ATC

Ms. Deena Kilpatrick is currently an Athletic Trainer with the San Antonio Fire Department, a role she has held since November 2015. She is responsible for the development and implementation of individualized treatment, rehabilitation, strength and conditioning programs for all SAFD personnel. Through proper documentation of the treatments, conditioning, and rehabilitation programs, she is able to use data analysis and injury tracking to show cost savings and return on investment. Ms. Kilpatrick has previous high school and collegiate experience as an athletic trainer and currently serves as the Public Safety liaison to the NATA's Committee on Practice Advancement.

LEARNING OBJECTIVES

- Attendees will be able to identify areas which may be utilized to construct return on investment.
- Attendees will be able to recognize the importance of return on investment in the justification of a position within the non-traditional setting.
- Attendees will be able to evaluate the means with which to defend your return on investment value.
- Attendees will be able to interpret useful data to determine return on investment value.

DOMAIN(S)

- V – Healthcare Administration and Professional Responsibility

AUDIENCE

- All ATs

LEVEL

- Essential

BOC DESIGNATION:
1 CATEGORY A CEU

Shoulder Pain in Overhead Endurance Athletes

Shoulder pain is a common occurrence for the overhead endurance athlete, with as many as 90% of competitive swimmers reporting shoulder pain at some point in their career. This presentation will define the overhead endurance athlete, identify key risk factors and differential diagnosis, and will identify evidence-based treatment strategies for shoulder pain in overhead endurance athletes. Attendees will gain a thorough understanding of the modifiable and non-modifiable risk factors for shoulder pain in overhead endurance athletes and will identify strategies for evaluating athletes for those risk factors. Attendees will also learn specific evidence-based strategies for shoulder pain in overhead endurance athletes. Attendees will leave the session with specific knowledge and skills for improving outcomes in this patient population.

DATE/TIME

- March 8, 2019 9:00 – 10:00 AM

PRESENTER: ERIC LIPPINCOTT, PHD, PT, LAT ATC

Dr. Eric Lippincott is presently serving as the Athletic Training Program Director for Lock Haven University of Pennsylvania, a role he has held since 2004. He completed his PhD in Physical Therapy in January 2018 with the dissertation “Predictors of shoulder injury in female collegiate swimmers.” Dr. Lippincott is active within the Commission on Accreditation for Athletic Training Education (CAATE), and currently serves as the Chair fo CAATE Quality Assurance Committee.

LEARNING OBJECTIVES

- Attendees will be able to define the term “overhead endurance athlete.”
- Attendees will be able to identify risk factors for shoulder pain in overhead endurance athletes.
- Attendees will be able to explain the differential diagnosis and sources of shoulder pain in overhead endurance athletes.
- Attendees will be able to discuss the evaluation techniques and appropriate measurement techniques for shoulder pain in overhead endurance athletes.
- Attendees will be able to apply appropriate evidence-based treatment strategies for shoulder pain in overhead endurance athletes.

DOMAIN

- I – Injury and Illness Prevention and Wellness Promotion
- II – Examination, Assessment, and Diagnosis
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1 CATEGORY A CEU

Workshop: Creating an Inclusive Environment in Athletic Training

Safe space training is an opportunity to learn about the lesbian, gay, bisexual, transgender, queer and other gender identities (LGBTQ+) community. This workshop will provide these educational resources to better prepare athletic trainers to create an environment of inclusivity and equal opportunity for all patients, regardless of sexuality, gender identity or gender expression. This presentation will provide clinicians with the tools to practice effective cross-cultural communication and be prepared to work respectfully and effectively in diverse work environments as it relates to LGBTQ+ athletic trainers and patients.

DATE/TIME

- March 8, 2019 9:00 - 10:30 AM

PRESENTER: REBECCA LOPEZ, PHD, LAT, ATC
AMANDA TRITSCH, PHD, LAT, ATC

Dr. Rebecca M. Lopez is currently an Associate Professor in the Department of Orthopaedics & Sports Medicine and the Director of the Post-Professional Graduate Athletic Training Program at the University of South Florida. She is currently the District Nine representative for the NATA's LGBTQ+ Advisory Committee.

Amanda Tritsch is an Assistant Professor in the Department of Orthopaedics and Sports Medicine, and Program Director of the Graduate Professional Athletic Training Program at the University of South Florida. She received her Bachelor's degree at the University of Kansas, Master's degree at the University of Nevada, Las Vegas, and PhD at the University of North Carolina at Greensboro. She currently serves on the SEATA LGBTQ+ Advisory Committee and SEATA Research and Education Committee. Her research interests include lower extremity injury prevention, identification of lower extremity risk factors in adolescent patients, and the development and assessment of inclusive environments athletic training education.

LEARNING OBJECTIVES

- Attendees will be able to define commonly used LGBTQ+ terms that create cultural awareness in patient care.
- Attendees will be able to incorporate safe space training educational resources into their athletic training clinical settings.
- Attendees will be able to incorporate best practices in providing equitable healthcare to LGBTQ+ patients, including proper referrals related to this population.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion
- II – Examination, Assessment, and Diagnosis
- V – Healthcare Administration and Professional Responsibility

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1.5 CATEGORY A CEUS

Prevalence and Consequences of Early Specialization among Adolescent Athletes

Sport specialization is such a concerning topic that medical organizations have released statements warning of this practice. Despite these warnings, anecdotal evidence suggests that this information is being ignored. Sport specialization may partially explain the increase in the frequency and severity of pediatric musculoskeletal injuries over the past two decades. This lecture will discuss the current evidence linking sport specialization to injury, as well as evidence-based recommendations for safe participation in youth sport. Athletic trainers are the forefront of youth sport participation and knowledge regarding this important topic is imperative to changing the environment and culture surrounding sports specialization.

DATE/TIME

- March 8, 2019 11:00 AM – 12:00 PM

PRESENTERS: DAVID BELL, PHD, ATC

Dr. Bell is an Assistant Professor in the Departments of Kinesiology and Orthopedics and Rehabilitation at the University of Wisconsin – Madison. Dr. Bell earned his B.A. and PhD from the University of North Carolina at Chapel Hill (2001 & 2010) and his Master's Degree from the University of Virginia in 2002. He teaches in the Athletic Training Program and serves as the director of the Wisconsin Injury in Sport Laboratory. His research is focused on identifying risk factors for knee injury including neuromuscular asymmetries and sport specialization. Additionally, he is focused on improving outcomes after knee surgery including refining rehabilitation strategies, return to activity guidelines, and risk factors for second ACL injuries.

LEARNING OBJECTIVES

- Attendees will be able to define sport specialization and how it is associated with injury risk.
- Attendees will be able to describe the different methods of determining an athlete's level of specialization.
- Attendees will be able to identify common injuries associated with sport specialization.
- Attendees will be able to describe the prevalence of sport specialization in the adolescent and high school populations.
- Attendees will be able to identify factors that influence sport specialization decision making.
- Attendees will be able to describe recommendations for parents, coaches, and athletes regarding volume of sport participation.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1 EBP CEU

Gatorade Session: Managing Post-Exercise Inflammation: From Ibuprofen to Cherries

Chronic inflammation in athletes, as a result of training or injury, is often treated with NSAIDs. Although generally recognized as safe, long-term use may have deleterious consequences, including gastrointestinal and renal complications. Alternatives to the management of chronic inflammation, including incorporating anti-inflammatory compounds in the diet, such as those found in tart cherries and many other foods, are needed. Dietary strategies are numerous; however, athletic trainers often don't have the nutrition training to make the best recommendations for their athletes. The evidence for efficacy of various dietary compounds to help manage inflammation will be provided to fill this gap.

DATE/TIME

- March 8, 2019 2:00 – 3:00 PM

PRESENTER: ROBERTA ANDING, MS, RD/LD, CDE, CSSD

Ms. Anding received her Bachelor's degree in Dietetics in 1977 and her Master's in Nutrition from Louisiana State University in 1980. She is currently a licensed dietitian in the state of Texas, a Registered Dietitian with the Academy of Nutrition and Dietetics, a Certified Diabetes Educator, and a Certified Specialist in Sports Dietetics. Roberta also holds a certificate in Childhood and Adolescent Weight Management from the Academy of Nutrition and Dietetics. In 2015, she was elected as a Fellow of the Academy of Nutrition and Dietetics. Throughout her career, she has contributed to the publication of the numerous nutritional articles and book chapters as well as giving numerous presentations to both professional and lay audiences.

LEARNING OBJECTIVES

- Attendees will be able to summarize the physiological difference between chronic and acute inflammation as it relates to exercise and how anti-inflammatory compounds combat inflammation.
- Attendees will be able to translate data and evidence-based research into informed recommendations on how to incorporate anti-inflammatory nutrients into athletes' diets.
- Attendees will be able to list at least five dietary sources of anti-inflammatory foods and their bioactive compounds.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1 EBP CEU

Best Practices of Appropriate Medical Care in Secondary Schools

This presentation will consist of two parts. The first will outline the newly approved NATA document entitled Appropriate Medical Care Standards for Organizations Sponsoring Athletic Activity for the Secondary School Age Athlete. It will include discussion of the standards, rationale for these standards and strategies on how to use the online tool to improve the level of care provided to their organization. The second will focus on the use of the evaluation tool to assist ATs, administrators and athletic directors assess current status in their organization – identify gaps in athletic healthcare delivery – and use of appropriate resources to fill the identified gaps.

DATE/TIME

- March 8, 2019 3:30 PM - 5:30 PM

**PRESENTER: LARRY COOPER, MS, LAT, ATC
BART PETERSON, MS, LAT**

Mr. Larry Cooper is the past chair of the NATA's Secondary School Athletic Trainers Committee. He recently retired as a teacher and athletic trainer from Penn Trafford High School in Harrison City, Pennsylvania. He has held numerous positions with the Pennsylvania Athletic Trainers' Society (PATS) and District 2. Mr. Cooper is a founding member of the Western Pennsylvania Interscholastic League (WPIAL) Sports Medicine Advisory Committee. Currently he serves as the Secretary for District 2 and has served on numerous NATA task forces and as a contributing writer for many publications related to secondary schools.

Currently Mr. Bart Peterson serves as the chair of the NATA's Secondary School Athletic Trainers' Committee. He works as a teacher and athletic trainer at Palo Verde Magnet High School in Tuscon, Arizona. He is a member of the National Federation of High School Activities Associations' Sports Medicine Advisory Committee.

LEARNING OBJECTIVES

- Attendees will be able to illustrate the process used to create the document.
- Attendees will be able to distinguish the 12 standards and sub-standards identified in this process.
- Attendees will be able to analyze and apply the potential uses of the tool in evaluation of their organization's current status.
- Attendees will be able to evaluate their organization and recommend changes to the medical care they provide to secondary school aged athletes.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion
- II – Examination, Assessment and Diagnosis
- III – Immediate and Emergency Care
- IV – Therapeutic Intervention
- V – Healthcare Administration and Professional Responsibility

AUDIENCE

- All ATs

LEVEL

- Advanced

**BOC DESIGNATION:
2 CATEGORY A CEUS**

Basics of Brain Network Connectivity and Neuroplasticity

Emerging research evidence clearly supports the importance of brain network connectivity for integration of sensory input and generation of effective responses to rapidly changing conditions in a sport environment. This session will provide a review of current knowledge pertaining to both optimal function and dysfunction of neural processes relating to the coupling of sensory perceptions and motor actions, including possible mechanisms responsible for post-concussion increase in risk for musculoskeletal injury, possible long-term impairment of neurocognitive function, and training strategies for promotion of beneficial neuroplastic adaptations.

DATE/TIME

- March 8, 2019 3:30 - 4:30 PM

PRESENTER: GARY WILKERSON, EDD, LAT, ATC, FNATA

Dr. Gary Wilkerson is a tenured professor at the University of Tennessee at Chattanooga, where he has taught in the Graduate Athletic Training Education Program since 2000. He has received degrees from the University of Kentucky, the University of Arizona, and Eastern Kentucky University. His recent research has been focused on predictive modeling for identification of individual athletes who possess elevated musculoskeletal injury risk. He has received the designation of NATA Fellow, and he is a Hall of Fame member of both SEATA and NATA.

LEARNING OBJECTIVES

- Attendees will be able to relate the major structural components of the human brain.
- Attendees will be able to relate the names and functions of key brain networks.
- Attendees will be able to relate possible long-term effects of mild traumatic brain injury.
- Attendees will be able to relate the effect of cognitive load on biomechanical responses.
- Attendees will be able to relate key principles of neuroplasticity for clinical application.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion
- II – Examination, Assessment and Diagnosis
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1 CATEGORY A CEU

Workshop: A Novel Approach to Assessment and Treatment of the Lower Extremity

Manual therapy techniques such as joint mobilizations are used by clinicians to mitigate pain, increase range of motion (ROM), and restore function. Traditional joint mobilizations involve passive movements of the articulating surfaces in an open packed position. Despite their use in clinics around the world, traditional techniques may take weeks to correct limitations versus other manual therapy techniques which may instantly decrease pain and increase ROM. The Mulligan Concept mobilizations with movement (MWM) combines mobilizations, voluntary joint movements and clinician overpressure. These MWMs have been identified in the literature to restore normal function immediately, and have long lasting effects.

DATE/TIME

- March 8, 2019 4:30 - 5:30 PM

PRESENTER: RODRIGO MARTINEZ, DAT, LAT, ATC
EMILIE MILEY, DAT, LAT, ATC

Dr. Rodrigo Martinez is a clinical assistant professor and clinical education coordinator at Florida International University. He is a FIU graduate and received his Doctorate in Athletic Training from the University of Idaho in 2017.

Dr. Emilie Miley is currently an assistant professor at McNeese State University in the Department of Health and Human Performance. Dr. Miley is a graduate of Indiana State University with a Bachelor and Master degree in Athletic Training. She received her Doctorate of Athletic Training in 2017 from the University of Idaho. She has additional training in the Mulligan Concept, Total Motion Release (1-3), Primal Reflex Release Technique (Level I), and is Graston Certified (M1)

LEARNING OBJECTIVES

- Attendees will be able to identify the assessment significance of joint asymmetry in both painful and non-painful joints.
- Attendees will be able to identify limited/painful ROM of the lower extremity.
- Attendees will be able to apply treatment techniques to decrease pain and improve ROM asymmetries.

DOMAIN(S)

- II – Examination, Assessment and Diagnosis
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:
1 CATEGORY A CEU

Preparing for Injury Prevention: It's all in the Delivery

Injury prevention programs (IPPs) have been developed and found to be effective means for the prevention of lower extremity musculoskeletal injuries. However, compliance of the users remains a major limiter of the effectiveness of the IPPs. The Health Belief Model and Theory of Planned Behavior are two theoretical models that may be used to better understand participation in preventative health behaviors. The purpose of this program is to educate clinicians on the use of theoretical model based scales to assess attitudes towards IPPs and develop appropriate implementation strategies to go along with the delivery of the IPP.

DATE/TIME

- March 9, 2019 8:00 – 9:00 AM

PRESENTER: EMILY GABRIEL, PHD, ATC

Dr. Emily Gabriel is the Assistant Professor and Coordinator of Clinical Educator at Mercer University. Dr. Gabriel is a 2010 graduate of the University of North Florida and received a Master of Science in Athletic Training degree from the University of Kentucky in 2012. In May 2018, she was awarded a Doctor of Philosophy in Health Science Research from Old Dominion University after successfully defending her dissertation “Behavioral Determinants of Exercise Related Injury Prevention Program Participation”.

LEARNING OBJECTIVES

- Attendees will be able to explain the constructs of the Health Belief Model and Theory of Planned Behavior.
- Attendees will be able to describe how to assess attitudes of injury prevention program participation using the Health Belief Model Scale and Theory of Planned Behavior Scale.
- Attendees will be able to develop implementation strategies based on the information gained from the scales.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion

AUDIENCE

- All ATs

LEVEL

- Essential

BOC DESIGNATION:

1 CATEGORY A CEU

Debunking the Myth of ACL Strain during Open Kinetic Chain Exercise

It is often recommended that certain exercises (e.g., open kinetic chain exercises) be avoided after ACL reconstruction to prevent straining the healing graft. These recommendations are based on cadaver studies from the 1980s. Although impressive, these studies induced caution in the rehab community and, in turn, we have not been adequately isolating the quadriceps. More recent evidence suggests that open kinetic chain exercises do not strain the graft. The purpose of this session is to review the historical evidence surrounding ACL strain studies, and provide athletic trainers with the most up-to-date clinical evidence for early postoperative rehabilitation following ACL reconstruction.

DATE/TIME

- March 9, 2019 9:00 –10:00 AM

PRESENTERS: JENNIFER L. HUNNICUTT, PHD, ATC

Dr. Jennifer Hunnicutt is a postdoctoral researcher in the Department of Orthopaedics in the School of Medicine at Emory University. She also serves as an athletic trainer with the U.S. Figure Skating Association National Network. She has made state, regional and national presentations and has authored several publications. She serves as a research mentor for undergraduate athletic training and exercise science students at the College of Charleston.

LEARNING OBJECTIVES

- Attendees will be able to understand the history of research investigating strain on the ACL.
- Attendees will be able to describe open versus closed kinetic chain exercises in the early postoperative period and their effects on the ACL
- Attendees will be able to adapt early postoperative rehab to better isolate the quadriceps muscle.

DOMAIN(S)

- II – Examination, Assessment, and Diagnosis
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Essential

BOC DESIGNATION:

1 CATEGORY A CEU

Excellence in Athletic Training: Ethics is Paramount

Ethics is the study of rules, standards, and principles that serve as the foundation for appropriate conduct among members in a society or profession. Athletic training, like all professions, is defined by certain ethical characteristics that set it apart from nonprofessional groups. In essence, athletic training, engages in a social contract with society to ensure the quality of health care provided and appropriate conduct of its members. In 2016, the NATA revised the Code of Ethics to reflect present standards and ethical practice by the certified athletic trainer. This presentation will provide the updated NATA Code of Ethics and its importance to professional practice by the certified athletic trainer. As the code of ethics evolves, so must professional practice. This session will serve to bring attendees up to date and consider the implications of ethical decision-making.

DATE/TIME

- March 10, 2018 9:00 – 10:30 AM

PRESENTER: HAL STROUGH, PHD, ATC

Dr. Hal Strough is the Associate Dean of the Dr. Pallari Patel College of Health Care Sciences and Chairperson and Associate Professor in the Department of Health and Athletic Performance at Nova Southeastern University. He received his doctoral degree in sports psychology from Purdue University. Presently Dr. Strough serves as the District 9 representative to the NATA Committee on Professional Ethics.

LEARNING OBJECTIVES

- Attendees will be able to consider the importance of ethical practice.
- Attendees will be able to identify the updated NATA Code of Ethics.
- Attendees will be able to apply ethical principles in mock scenarios.

DOMAIN(S)

- V – Healthcare Administration and Professional Responsibility

AUDIENCE

- All ATs

LEVEL

- Essential

BOC DESIGNATION:

1 CATEGORY A CEU

Recognition & Treatment of Exertional Heat Stroke

Athletic trainers should have the knowledge and ability to apply the latest evidence-based recommendations for the recognition and treatment of emergency situations. Research on the most valid temperature devices for exercising individuals all clearly show rectal thermometry is the most valid method. Athletic trainers should be using a combination of a rectal temperature >105 degrees F and CNS dysfunction for the diagnosis of EHS. A rectal temperature below 105 degrees F can also be used to rule out EHS, allowing the clinician to examine differential diagnoses, such as heat exhaustion or exertional sickling. Research on the most effective cooling methods for hyperthermia has shown that cold water immersion is the gold standard in the treatment of EHS. It is imperative for athletic trainers to utilize cold water immersion to quickly cool an EHS patient on-site prior to transport. Keeping up to date with the evidence and practicing these new skills will ensure athletic trainers are providing the best care to their patients in an effort to prevent fatal exertional heat stroke. Barriers to the implementation of these skills may include lack of education and training, concern over liability, and access to equipment. Athletic trainers should utilize the existing evidence to educate all relevant personnel (coaches, administrators, physicians, etc.) so that emergency action plans are reflective of the latest evidence-based recommendations.

DATE/TIME

- March 9, 2018 10:30 AM – 12:30 PM

PRESENTER: REBECCA LOPEZ, PHD, LAT, ATC

Dr. Rebecca M. Lopez is currently an Associate Professor in the Department of Orthopaedics & Sports Medicine and the Director of the Post-Professional Graduate Athletic Training Program at the University of South Florida. She is currently the Secretary for the Athletic Trainers' Association of Florida and is on the medical and science advisory board for the Korey Stringer Institute. She has numerous national presentations and peer-reviewed publications mostly related to exertional heat stroke and other heat illnesses, cooling methods for hyperthermic athletes, hydration and exercise performance, and prevention sudden death in sports.

LEARNING OBJECTIVES

- Attendees will be able to differentiate between exertional heat stroke (EHS) and heat exhaustion, exertional sickling, and other similar differentials
- Attendees will be able to identify effective and practical cooling strategies for the treatment of EHS.
- Attendees will be able to develop a management strategy for the recognition and treatment of EHS.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion
- II – Examination, Assessment and Diagnosis
- III – Immediate and Emergency Care

AUDIENCE

- All ATs

LEVEL

- Essential

BOC DESIGNATION:

2 EBP CEUS

Concussion Management among Athletic Trainers: Are We Keeping up with the Evidence?

Athletic Trainers (ATs) are often the first healthcare providers to conduct concussion assessments and carry out post-injury management. Previous reports have determined the benefits ATs provide regarding concussion care, but have also identified common gaps. The purpose of this presentation is to review previous and current concussion management practices of ATs and recognize the gaps that still exist relative to current recommendations. Reviewing ATs' concussion assessment and management methods and identifying the shortfalls will help attendees critically appraise their own assessment and management approaches and promote change based on the best available evidence.

DATE/TIME

- March 9, 2019 1:30 PM – 2:30 PM

**PRESENTER: LONDON LEMPKE, MED, ATC
ROB LYNALL, PHD, ATC**

Mr. Landon Lempke is a doctoral student and teaching research assistant at the University of Georgia. He is a 2016 graduate of Illinois State University and received a Master of Education degree in Kinesiology from The University of Virginia in 2017. He is a peer reviewer for both the *Journal of Sport Rehabilitation* and the *Journal of Science and Medicine in Sport*. He is the 2017 recipient of the NATA Research and Education Denny and Linda Miller Scholarship.

Dr. Robert Lynall is an Assistant Professor in the Department of Kinesiology in the College of Education at the University of Georgia. Dr. Lynall received his doctoral degree from the University of North Carolina at Chapel Hill in 2016 with the dissertation "Functional Movement Deficits in Relation to Sports-Related Concussion". Dr. Lynall has authored numerous published articles and 4 book chapters. He currently works with the University Health Center Concussion Evaluation Clinic and serves as the concussion liaison between the University of Georgia Athletics Association and the University Health Center.

LEARNING OBJECTIVES

- Attendees will be able to recall current recommendations for sport concussion evaluation and return to play decision-making.
- Attendees will be able to identify the strengths and weakness of their concussion assessment and management techniques.
- Attendees will be able to implement current, evidence-based concussion methods into their practice going forward.
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DOMAIN(S)

- II – Examination, Assessment and Diagnosis

AUDIENCE

- All ATs

LEVEL

- Advanced

**BOC DESIGNATION:
1 CATEGORY A CEU**

Dynamic Ultrasound Imaging: Visualizing the Core Musculature in Functional Positions and Exercises

Innovative evaluation and treatment methods are of utmost interest for athletic trainers, especially in chronic pathologies (i.e. patellofemoral pain and low back pain). It is known that the lumbopelvic-hip complex muscles play an important role in these patients, but understanding their function beneath the skin during exercise or evaluative tasks is difficult to visualize. Ultrasound imaging provides a unique view of these muscles in a non-invasive, efficient manner. Capturing muscle activity using ultrasound in dynamic positions and exercises can provide novel information to assist clinicians in evaluating and treating these difficult pathologies that can supplement usual assessment and care.

DATE/TIME

- March 9, 2019 1:30 – 2:30 PM

PRESENTER: COLBY MANGUM, PHD, ATC

Dr. L. Colby Mangum presently serves as an Assistant Professor in Athletic Training and the Director of the AT Research Laboratory at the University of Central Florida. Dr. Mangum received both his Master of Education and Doctor of Philosophy degrees from the University of Virginia. He has numerous publications in refereed journals and has made several national presentation. His current research interest focus is lumbopelvic-hip complex function and overall neuromuscular dysfunction in patients with low back pain.

LEARNING OBJECTIVES

- Attendees will be able to explain basic principles of ultrasound imaging.
- Attendees will be able to identify a patient that could benefit from a dynamic ultrasound assessment.
- Attendees will be able to discover if ultrasound imaging can be integrated into their clinical practice.
- Attendees will be able to summarize the information provided by the lumbopelvic-hip muscle images and activity, specifically in patellofemoral pain and low back pain populations.
- Attendees will be able to devise a plan for referral or collaboration to use this imaging technique for patients with musculoskeletal injury.

DOMAIN(S)

- II – Examination, Assessment and Diagnosis
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1 CATEGORY A CEU

Fueling the Injured Athlete

Significant sports medicine injuries may result in muscle atrophy and a reduction of strength. Poor nutrition habits can accelerate the loss of muscle and potentially lengthen the time required for return to sport. We will discuss nutrition tactics which can be utilized across the different stages of injury recovery, including energy needs, macronutrient requirements, and supplementation. We will also discuss the emerging evidence regarding nutrition and concussion. Lastly, the audience will be provided with insight on questions they can ask their athletes to identify who may be at risk of under fueling during injury recovery.

DATE/TIME

- March 9, 2019 2:30 – 3:30 PM

PRESENTER: BRETT SINGER, MS, FD, CSSD, LD

Mr. Singer holds a BS in nutrition from Texas Christian University and an MS in Nutrition from Texas Woman's University. Currently, he is a sports dietitian and counsels athletes of all sports and levels. He has also served as the sports dietitian at Houston Baptist University, Sugar Land Skeeters Baseball, Athlete Training and Health NFL Combine and Pro Day Camp, and as a consulting dietitian for Gatorade Sports Science Institute. Through Collegiate and Professional Sports Dietitian Association, he was selected as one of ten mentors nationally for the 2017 Gatorade Sports Nutrition Immersion Program. In addition to his role at Memorial Hermann, he is an adjunct professor in the Master of Athletic Training Program at University of Houston.

LEARNING OBJECTIVES

- Attendees will be able to differentiate nutrition needs according to the stage of injury recovery.
- Attendees will be able to identify common nutrition concerns regarding injury rehabilitation.
- Attendees will be able to calculate protein needs according to the stage of injury.
- Attendees will be able to select the appropriate supplement according to recovery needs.

DOMAIN(S)

- I – Injury and Illness Prevention and Wellness Promotion
- IV – Therapeutic Intervention

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1 CATEGORY A CEU

Creating Athletic Training Specialties and Specialty Certifications: The BOC Specialty Council

Recommendation 6 of the Future Directions in Athletic Training Education asks the NATA to develop athletic training specializations and specialty certifications. A specialization is an area of advanced clinical practice. Specialty certification is a voluntary process practitioners may use to validate their specialization. This process includes post-professional education followed by an evaluation of the specialist's knowledge and skills. According to published research from peer professions, specialty areas and certifications are valued by patients, clinicians, and health care administrators; however, specialties present challenges such as the cost and time to acquire and maintain a certification. Athletic training has been working to create specialties and specialty certifications for decades. The Strategic Alliance is close to accomplishing this goal. In order to cultivate this new area of athletic training, athletic trainers should have a foundational understanding of health care specialties. Key facets of this foundational learning address specialty education, clinical practice, and certification. This presentation will begin the instructional process for athletic training clinicians, educators, and administrators.

DATE/TIME

- March 9, 2019 8:00 – 9:00 AM

PRESENTER: MICHAEL HUDSON, PHD, LAT, ATC

Dr. Michael Hudson is a tenured Associate Professor at Missouri State University in the Department of Sports Medicine and Athletic Training. He is a graduate of the University of Wisconsin – La Crosse and received a Master of Science degree from the University of Arizona. He earned a Doctor of Philosophy degree in 2002 from the University of Missouri in Adult and Higher Education. He is a co-author for several recent peer-reviewed publications and is the 2018 winner of the Mid-American Athletic Trainers' Association Educator of the Year Award.

LEARNING OBJECTIVES

- Attendees will be able to differentiate certificates of attendance/participation/completion from board-certified specialty programs.
- Attendees will be able to describe the history of athletic training specialties.
- Attendees will be able to explain the values and challenges of specialty health care.
- Attendees will be able to summarize the process of petitioning for a new specialty area.
- Attendees will be able to describe issues regarding candidate eligibility for a specialty certification examination.

DOMAIN(S)

- V – Healthcare Administration and Professional Responsibility

AUDIENCE

- All ATs

LEVEL

- Advanced

BOC DESIGNATION:

1 CATEGORY A CEU