

PATS: Athletic Trainers Use March as the Month for Education

Athletic Trainers across the Commonwealth celebrate National Athletic Trainer's Month. Educational programs are planned in the six regions of the state to provide Athletic Trainers with continuing education vital to the treatment of the physically active individuals within the Commonwealth.



PATS supports National Athletic Trainers Month

"Quality continuing education is vital to the growth of both athletic trainers and the profession as a whole." Yvette Ingram PhD, LAT, ATC
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Pennsylvania State Sen. Tommy Tomlinson and State Rep. Mario Scavello recently introduced resolutions declaring March as Athletic Training Month in Pennsylvania with SR34 and HR82 respectively. March is National Athletic Training Month and this year's theme is "Every Body Needs an Athletic Trainer." Pennsylvania's athletic trainers have planned various charitable and educational events throughout the month, though none more important than a March, 12th trip to the state's capital in Harrisburg to meet with Commonwealth legislators.

While both Tomlinson and Scavello have been instrumental in passing other athletic-training legislation, the Pennsylvania Athletic Trainers' Society (PATS) will continue to make their annual trek to the state capitol in March. This "Hike to Harrisburg" includes meetings with many members of the state legislature, where PATS representatives aim to take part in discussions with political leaders to reach a number of goals:

- The positive effects of Athletic Training Licensure in providing health care for our student athletes.
- The need for having appropriate health care for the physically active individuals within the state.
- Having AEDs at sporting events to further the Sudden Cardiac Arrest bill that was passed last year.
- Highlight the need for concussion protocols, and the role of ATs in concussion management in high schools.

In addition, representatives from PATS will be hosting educational events throughout March. "Quality continuing education is vital to the growth of both athletic trainers and the profession as a whole." Yvette Ingram PhD, LAT, ATC On March 3rd a symposium at Ursinus College was well attended and highlighted several presentations; "Integrating the TRX System Into Therapeutic Exercise Programs", "Financial Planning for the Athletic Trainer", "Alcohol-Related Unintentional Injury: What Is It And Why You Should Care", and "Athletic Training Licensure Forum". A similar meeting occurred at Allegheny Sports Medicine in Clarion, PA March 9th.

The Keystone to a Healthy and Physically Active Life

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Other events will include one on March 17 at Seton Hill University (Pittsburgh). Speakers will include Dr. James Masterson, Dave McBain LAT, ATC, and Michelle Pcsolyar. This meeting will be focused on treating catastrophic injuries, and implementing rule changes for preventing heat illness. Susquehanna Health Systems is teaming up with PATS on March 19 at Williamsport Regional Medical Center to host the NorthCentral event. Featured speakers will be Lisa Stopper-Gee and Bonnie Dodge who will discuss Ankle Rehabilitation with Mobilization and Taping Techniques. Carmen Terry will speak about Life Balance, Tom Swaldi will present a talk on Balance Training, and Tony Decker will give a presentation about Training the Multi-Sport Athlete.

Sharon Regional Diagnostic Imaging Center in Sharon PA will be hosting a conference on March 28 featuring Dr. Keith Lustig who will be presenting about the ACL Reconstruction using the Hamstring Graft.

Compared to other states, Pennsylvania boasts one of the highest numbers of athletic trainers having over 3,000 licensed athletic trainers and twenty Accredited Athletic Training Education Programs. Athletic Trainers are health care professionals who are licensed or otherwise regulated to work with athletes and physically active people to prevent, diagnose and treat injuries and other emergency, acute and chronic medical conditions including cardiac abnormalities and heat stroke.

For more information on the upcoming events, please contact the PATS regional representative hosting the event. Email addresses can be found at <http://www.gopats.org>.

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