

## 2019 PATS Annual Meeting & Clinical Symposium

### Tentative Agenda

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#### Thursday May 30th, 2019

7:30am - 5:45pm	Registration Open	Lobby
8:00am - 5:30pm	Educational Sessions	Lecture Halls
11:00am - 5:00pm	Speaker Ready Room	
3:00pm - 8:00pm	Exhibit Hall Open	
6:00pm - 8:00pm	Welcome Reception	
6:00pm - 8:00pm	Poster Presentations	Hallway Outside of exhibits
8:30pm - 10:00pm	Quiz Bowl	
10:00pm – 11:00pm	VIP Reception	

#### Educational Sessions

9:00-12:00pm Workshop 1: Mastering the Disc: Mechanical Evaluation and Treatment of Neck & Back Pain  
**(3 Category A CEU's)**  
John Lesch, DC

After attending this session, participants to be able to:

1. Diagnose the source of neck and back pain with repetitive movement testing and sustained positions with the aid of multiple evidence-based baselines and guidelines.
2. Provide patients/clients with a specific treatment plan that emphasizes patient education and self-treatment.
3. Understand that most neck and lower back conditions are discogenic in nature and have the ability to be rapidly reversible.
4. Demonstrate effective disc reducing mobilizations and exercises.
5. Effectively communicate the nature of these conditions with other healthcare professionals.

9:00-12:00pm Workshop 2: Best Practices for Prevention and Treatment of Common Overuse Injuries in Distance Runners  
**(3 Category A CEU's)**  
Elizabeth Ballard, PT, DPT, LAT, ATC & Jay Scifers, DScPT, PT, SCS, LAT, ATC

After attending this session, participants will be able to:

1. Identify the most common injuries seen in distance runners.
2. Develop and implement an injury screening procedure to predict injury risk in distance runners.
3. Apply the best available evidence to prevent injuries in distance runners.
4. Develop comprehensive, evidence-based treatment programs for distance runners

- suffering from a variety of common, overuse pathologies of the lower extremity.
5. Develop comprehensive, evidence-based manual therapy programs for distance runners suffering from a variety of common, overuse pathologies of the lower extremity.

12:30-1:30 pm Session 1: Sexual Harassment and Athletic Training: How Do We Protect Our Patients and Ourselves?

**(1 Category A CEU)**

Jamie Mansell, PhD, LAT, ATC

After attending this session, participants will be able to:

1. Define sexual harassment and sexual assault as they relate to the sexual exploitation continuum.
2. Summarize laws relating to sexual harassment and assault, including Title IX of the Education Amendments and Title VII of the Civil Rights Act.
3. Identify what to do when faced with sexual harassment or sexual assault.

1:30-2:30 Session 2: Coaching Biomechanics for Chronic Injury Relief and Improved Sport Performance

**(1 Category A CEU)**

Mike Woodby, LAT, ATC, CSCS

After attending this session, participants will be able to:

1. Describe a deeper knowledge of biomechanics.
2. Appreciate possible causes behind chronic athletic injury and injury risk management.
3. Correlate the foundations of chronic injury and on-field performance deficiencies.
4. Provide rehabilitative and coaching knowledge aimed at corrective exercise and training methods for improving both chronic injury and sports performance.

2:30-3:30 Session 3: Depression Screening in Collegiate Student-Athletes

**(1 Category A CEU)**

Branden Green, LAT, ATC & Yvette Ingram, PhD, LAT, ATC

After attending this session, participants will be able to:

1. Discuss literature regarding depression in the student-athlete population and depression screening.
2. Understand current recommendation regarding depression screening in student-athletes.
3. Describe two recently validated mental health screening tools in the student-athlete population.
4. Discuss stigma and underreporting of symptoms.
5. Explain how information from the presentation and study findings may be applied in clinical practice by athletic trainers.

3:30-4:30pm Session 4: NATA Position & Consensus Statement Round Table Discussion

*Prevention of ACL Injury* - Matt Lewis, PhD, LAT, ATC, CSCS

*Appropriate Medical Care for The Secondary School Aged*

*Athlete and PASS* - Larry Cooper, MS, LAT, ATC

*Evaluation, Management and Outcomes of and RTP Criteria for Overhead Athletes with*

*SLAP Injuries* - Jason Scibek, PhD, LAT, ATC  
**(1 Category A CEU)**

After attending this session, participants will be able to:

*Prevention of ACL Injury*

1. Identify who is at the highest risk of suffering an ACL injury.
2. Identify why individuals are at risk and why is prevention so challenging.
3. Describe how do we identify individuals at risk.
4. Describe how to create and implement prevention training in the real world.
5. Describe how individual ATs (or AT staffs) can help advance the knowledge base on this issue of ACL injury prevention.

*Appropriate Medical Care*

1. Understand the process used to create the appropriate medical care document.
2. Understand the 12 standards and sub-standards identified in this process.
3. Describe potential uses of the tool in evaluation of their organizations current status.
4. Initiate the self-evaluating of their organization and the medical care they provide to secondary school aged athletes.

*Evaluation & Management of SLAP Injuries*

1. Describe the rationale for utilizing multiple diagnostic tests when diagnosing SLAP tears.
2. Compare and contrast the non-operative and operative approaches for managing SLAP tears.
3. Educate patients on the outcomes associated with both non-operative and operative approaches to SLAP tear management.
4. Discuss the need for additional high quality studies focused on outcomes assessment and return to play criteria relative to SLAP tears.

4:30-5:30pm Session 5: Moyer Lecture - Immediate Management of Appendicular Joint Dislocations  
**(1 Category A CEU)**

Joe Godek, MS, ATC-R, CSSS & Edward McFarland, MD

After attending this session, participants will be able to:

1. Understand the challenges associated with the evaluation and immediate treatment of appendicular joint dislocations.
2. Describe the specific legal and ethical recommendations for athletic trainers prior to attempting on-site reduction of appendicular joint dislocations.
3. Describe criteria for deciding which joints might be reduced on-site and which should be splinted and transported for reduction in a medical setting.
4. Appreciate the role of the physician and the athletic trainer in the on-site reduction of appendicular joint dislocations.
5. Enumerate the variables that must be considered in deciding to attempt on-site reduction of a dislocated appendicular joint.

## Friday May 31<sup>st</sup>, 2019

7:00am - 5:45pm	Registration	Lobby
7:00am - 5:45pm	Speaker Ready Room	
8:30am-9:00am	Exhibits Open & Coffee	Exhibit Hall
8:30am-9:00am	Poster Presentations	Hallway outside exhibits
11:00am-12:00pm	Exhibit Hall Open	Exhibit Hall
4:00pm-5:30pm	State Meeting	
6:00pm-7:00pm	Cocktail Hour	OUTSIDE banquet room
7:00pm- 9:30 pm	BANQUET	Banquet Room

### Special Interest Groups

7:30am–8:30am	Session 1A: Educators	Anne Russ
	Session 1B: College/University	Martin Donahue
	Session 1C: COPA & YPC	Jason Vian, Rich Burtie
	Session 1D: Secondary School	Audrey Dickman

### Educational Sessions

9:00-10:00 am Session 2A: Peak Performance: Athlete Substance Abuse, Education and Prevention for Athletic Trainers  
**(1 Category A CEU)**  
Ashley Care, MS, LAT, ATC & Tina George, MSW

After attending this session, participants will be able to:

1. Identify why athletes are at greater risk for substance abuse than their non-participating peers.
2. Describe how different substances of abuse can affect athletic performance.
3. Identify strategies to address an athlete's substance use if an athletic trainer suspects abuse.
4. Describe current trends in substance abuse.
5. Identify prevention strategies to educate the student athlete regarding substance abuse.

9:00-10:00am Session 2B: Preparing For and Implementing Quality Improvement in Athletic Training Clinical Practice  
**(1 EBP CEU)**  
Gary Hanna, MS, LAT, ATC & Rebecca Mokris, EdD, LAT, ATC

After attending this session, participants will be able to:

1. Identify the concepts of a quality improvement program as it relates to athletic training clinical practice.
2. Identify examples of how to objectively measure quality improvement in their clinical practice.
3. Develop different methods to measure data in their current clinical practice.
4. Describe quality improvement changes to implement in their clinical setting.

10:00-11:00am Session 3A: Right vs. Wrong: Are Athletic Trainers Making the Correct Ethical Decisions?

**(1 Category A CEU)**

Jackie Williams, PhD, LAT, ATC

After attending this session, participants will be able to:

1. Identify moral issues athletic trainers face.
2. Incorporate foundational behaviors into ethical decision making.
3. Implement moral reasoning techniques to ethical decision making.

10:00-11:00am Session 3B: Athletic Training in a University Student Health Services

**(1 Category A CEU)**

Chuck Kimmel, LAT, ATC

After attending the session, participants will be able to:

1. Describe the fee structure included in a student's tuition, through which athletic training services can be provided at no additional cost to the student.
2. Describe that in this delivery of care to students, they have access to care or injuries that would otherwise either not be available or would come at a cost, dependent on the provider's charges.
3. Understand the importance of record keeping to establish the need for and support of the services provided by an athletic trainer in Student Health Services.
4. Understand that statistical data has the ability to demonstrate that there is a need for athletic training services for non-intercollegiate athletes on a college campus.
5. Recognize that an injury clinic serves a diverse population of students from a variety of activities on a college campus.
6. Discuss the position they are in on a college campus to advocate for the establishment of a facility in which students can receive care from an athletic trainer.
7. Appreciate the value of an on-campus injury clinic in caring for the general student population through review of patient outcomes and feedback.

12:00-1:00pm Session 4A: Clinical Case/Free Communication Abstracts

**(1 Category A CEU)**

*Sweat Rate Comparisons in Anthropometrically Matched African American and Caucasian Athletes During Exercise in a Hot/Humid Environment.*

John Anthony Rossi

*The Influence of Attitudes, Social Pressure, and Perceived Control on Concussion Reporting Intention in Collegiate Athletes*

Daniel Baer

*Concussions: Perceptions and Reporting in Division II Collegiate Athletes*

Daniel Wachob

*Ganglion Cyst in the Ankle of Division I Female Soccer Player*

J Partrick Roche

12:00-1:00pm Session 4B: Appearance and Performance Enhancing Drugs: The Pressure to Perform

**(1 EBP CEU)**

Tavis Piatolly, MS, RD, LDN

After attending this session, participants will be able to:

1. Identify the signs and symptoms of anabolic androgenic steroid use.
2. Identify dietary supplements that are 3rd party tested and free of banned substances.
3. Describe how to educate athletes on the signs, symptoms, and potential side effects of anabolic androgenic steroid and dietary supplement use.
4. Identify dietary supplements that are supported by the scientific evidence compared to those being marketed without evidence.
5. Discuss the value of increasing knowledge and reliance on food first strategies rather than supplement or illegal substance use.
5. Describe the importance of engaging in active monitoring and its utility in decreasing medical complications and improving safety with their patients.

1:00-2:00pm Session 5A: Population Health and the Role of the High School Athletic Trainer  
**(1 Category A CEU)**  
Justin Beaupre, EdD, MHA, LAT, ATC

After attending this session, participants will be able to:

1. Define common terms used when conducting research or addressing the health of underserved populations.
2. Interpret how population health data can be analyzed to determine best practice frameworks to reduce illness and injury.
3. Identify health disparities and inequities that exist in their school communities and develop intervention techniques to manage them.
4. Describe the basic concepts and theories of population health.
5. Interpret how socioeconomic and determinants of health can impact multiple aspects of health in a community.

1:00-2:00pm Session 5B: Leadership and Athletic Training  
**(1 Category A CEU)**  
Chuck Kimmel, LAT, ATC

After attending this session, participants will be able to:

1. Describe suggested personal qualities; skills and behaviors; and qualifications of effective leadership.
2. Reflect and discuss suggestions designed to enhance effectiveness as a leader.
3. Describe effective leadership strategies as applied to situations that have involved the National Athletic Trainers' Association.
4. Reflect on lessons learned from a leader and will be prepared to consider what qualities they have that could be applied to effective leadership.

2:00-3:00pm Session 6A: Medical Documentation in Athletic Training: How Can We All Improve?  
**(1 Category A CEU)**  
Megan Fowler MS, LAT, ATC & Heidi Peters, LAT, ATC

After attending this session, participants will be able to:

1. Differentiate necessary information for initial notes and daily notes.

2. Distinguish actionable items to implement to improve documentation.
3. Summarize best practice guidelines of documentation.
4. Identify the purposes and importance of high quality documentation.
5. Articulate the difference between poor and high-quality documentation among athletic trainers.

2:00-3:00pm    Session 6B: Sports Nutrition  
**(1 Category A CEU)**  
 Tavis Piatolly, MS, RD, LDN

After attending this session, participants will be able to:

1. Describe the scope of the youth dietary supplement problem and the social pressures that are driving this behavior.
2. Discuss why student athletes are looking for dietary supplements as the answer to replace a poor diet.
3. Identify the nutritional challenges athletes face regarding nutritional habits.
4. Describe the significant role nutrition plays on athletic performance and how to provide practical resources for their student athletes and parents.
5. Alleviate some of the challenges student athletes face every day with practicing good nutrition and help them establish a plan for success.

3:00-4:00pm    Session 7A: Preparing and Managing On Field Critical Injuries  
**(1 Category A CEU)**  
 Ed Strapp, FPC/TPC, NRP, ATC

After attending this session, participants will be able to:

1. Explain how a pre-hospital inter-professional healthcare team works collaboratively to improve patient outcomes>
2. Discuss risk management, catastrophic injury planning, & crisis management principles.
3. Discuss principles for the effective development of various policies & procedures.
4. Describe effective strategies for the management of an active threat scenario.
5. Comprehend the skills for Wound Care Management.
6. Comprehend the skills for advanced Airway Management.
7. Comprehend the skills for Application of CPR Techniques.

3:00-4:00pm    Session 7B: Making Your Athletic Facility Heat Safe: From Research to Reality  
**(1 Category A CEU)**  
 Dave Csillan, MS, LAT, ATC

After attending this session, participants will be able to:

1. Identify the difference between the wet bulb globe temperature versus heat index and which would be more appropriate for athletics.
2. Describe the litigious questions they may face when being prosecuted for an exertional heat stroke death.
3. Develop a wet bulb globe temperature monitoring plan, including cold water immersion, within their athletic setting.

## Saturday June 1<sup>st</sup>, 2019

7:30am- 2:00pm	Registration	Lobby
7:30am – 12:300pm	Speaker Ready Room	
10:00am-10:30am	Coffee	

### Educational Sessions

8:00-9:00 am Session 1: Is There An Increased Risk of Subsequent Musculo-Skelatal Injury Following a Concussion?  
**(1 EBP CEU)**  
Thomas Buckley, EdD, ATC

After attending this session, participants will be able to:

1. Describe the elevated risk of post-concussion musculoskeletal injury rate.
2. Describe the differences in injury rates between diverse populations (e.g., high school, college, professional).
3. Interpret the various theories on the neurological mechanisms of the elevated injury risk.
4. Appreciate the various demographic and anthropometric risk factors for subsequent injury.
5. Implement injury prevention programs to potentially reduce the elevated injury risk.

9:00-10:00 am Session 2: What's New? Spinal Motion Restriction: An Update  
**(1 EBP CEU)**  
Ellen Payne, PhD, LAT, ATC, EMT

After attending this session, participants will be able to:

1. Discuss recently updated emergency care skills, concepts, and guidelines related to Spinal Motion Restriction.
2. Explain when the use of the long spine board is warranted in the athletic training setting.
3. Describe the use of various alternative equipment including the scoop stretcher, Vacuum Mattress, and CombiCarrier for Spinal Motion Restriction in the athletic training setting.
4. Integrate these Spinal Motion Restriction concepts and guidelines into their organizations' emergency action plan, if so desired.
5. Integrate alternatives to the long spine board into their organizations' emergency action plan, if so desired.



10:00-12:00pm Workshop: Using Foot Posture Index as a Screening Tool to Predict Injury

**(2 Category A CEU's)**

Elizabeth Ballard, PT, DPT, LAT, ATC & Jay Scifers, DScPT, PT, SCS, LAT, ATC

After attending this session, participants will be able to:

1. Perform a Foot Posture Index evaluation.
2. Score and interpret the clinical importance of a Foot Posture Index evaluation.
3. Use the findings of a Foot Posture Index evaluation to design an effective treatment intervention to improve patient outcomes.
4. Describe the power of the Foot Posture Index evaluation as an injury prediction tool in athletes and performing artists.
5. Use the findings of a Foot Posture Index evaluation to design an effective injury prevention program for athletes and performing artists.

10:30-11:30am Session 3: Manual Approach to Evaluation and Treatment of Neurogenic Thoracic Outlet Syndrome

**(1 Category A CEU)**

Donna Copertino, DC, DACRB

After attending this session, participants will be able to:

1. Perform Median, Radial and Ulnar Nerve Tension tests.
2. Identify at least three muscular entrapment sites for each nerve (Median, Radial and Ulnar).
3. Differentiate between muscular pain and nerve pain.
4. Identify movement patterns that can cause nerve tension.
5. Differentiate between neurogenic and vascular TOS presentation.

11:30-12:30 Session 4: Neuromuscular and Speed Training Concepts in the Rehabilitation of Hamstring Strains

**(1 Category A CEU)**

Jason Mensinger, MEd, LAT, ATC, PES, CES

After attending this session, participants will be able to:

1. Describe the significance of sprinting as a mechanism for hamstring strains.
2. Define the different phases of the sprint, and the significance of how they apply to the rehabilitation of hamstring strains.
3. Describe the risk factors associated with hamstring strains, and how they can be addressed during rehabilitation.
4. Discuss the evidence associated with the neuromuscular factors that impact return to play and decrease the risk of re-injury.
5. Describe the neuromuscular stress associated with sprinting, and how it should impact the rehabilitation and return to play from a hamstring strain.
6. Discuss the importance of central nervous stimulation through movement activities from the acute stage of rehabilitation through functional return to play.
7. Utilize exercises throughout the rehabilitation process to address the needs of a patient who has sustained a sprint-induced hamstring injury.

12:30-1:30 pm Session 5: Fostering a Safe Environment for LGBTQ+ Patients in the Athletic Training Room

**(1 Category A CEU)**

Bonnie Siple, EdD, LAT, ATC

Ashley Crossway, DAT, ATC

After attending this session, participants will be able to:

1. Explain commonly-used LGBTQ+ terms.
2. Summarize methods of incorporating safe zone educational resources into the athletic training classroom.
3. Incorporate best practices in providing equitable healthcare to LGBTQ+ patients.