

Friday, April 17, 2015

Pacific Ballroom 1-3

Royal Palm Salon 1-3

<p>7:30-9:30am <i>Feature Presentation</i> Interdisciplinary Approach to Sports Injury Prevention Will Wu, PhD Mimi Nakajima, EdD, ATC Jim Becker, PhD</p>	<p>7:30-8:30am S.M.A.R.T. - Sports Medicine and Reconditioning Team and the "Warrior Athlete" <i>Presented by Committee on Practice Advancement</i> Keith Stumpf, ATC, CSCS Anthony Banaag, ATC</p> <p>8:30-9:30am Military Injury Prevention Strategies for Load Carriage <i>Presented by Committee on Practice Advancement</i> Gordon R. Sinning, MS, ATC</p>
<p>9:30-10:30am Shoulder: Evaluation and Treatment of the Overhead Throwing Athlete Heinz Hoenecke, MD Jan Fronek, MD</p>	<p>9:30-10:30am Considerations of the Brazilian Jiu Jitsu and Mixed Martial Arts Athlete: What the ATC Needs to Know Ethan M. Kreiswirth, PhD, ATC Chris Ingstad, DPT, ATC, MTC</p>
<p>Exhibitor Break 10:30-11:00am</p>	<p>Exhibitor Break 10:30-11:00am</p>
<p>11:00am-12:00pm Feeding the Dysfunction: Reactive Neuromuscular Training in Rehabilitation & Prevention of Musculoskeletal Pathologies Scott Lynn, PhD</p>	<p>11:00am-12:00pm Current Trends in Managing Subdural Hematoma Injuries Jamie Adams, MEd, ATC, CES Ilona Barash, MD, PhD Carolyn Dartt, MEd, ATC</p>
<p>LUNCH 12:00-1:00pm</p>	<p>LUNCH 12:00-1:00pm</p>
<p>1:00-3:00pm <i>Feature Presentation</i> Evidenced Based Practice Doping in Sport and Exercise: Pharmacological & Philosophical Perspectives Robert Kersey, PhD, ATC John Gleaves, PhD</p>	<p>1:00-2:00pm Athletic Training Student Session Manual Therapy Technique: Understanding Strain-Counterstrain Michael Adams, MS, PTA, ATC, JSCC</p> <p>2:00-3:00pm Athletic Training Student Session Taking Your Resume and Interview Skills to the Next Level Jim Porter, MA, LAT, ATC</p>
<p>3:00-4:00pm Providing Effective Feedback to Athletic Training Students: A Guide for Preceptors and Clinical Education Coordinators Sara Nottingham, EdD, ATC</p>	<p>3:00-4:00pm The Implications of Breathing Pattern Disorders on Movement Jena Hansen-Honeycutt, MS, ATC, LAT, PES</p>
<p>4:00-5:00pm FWATA Business Meeting</p>	
<p>5:00-6:00pm CATA State Meeting</p>	<p>5:00-6:00pm Nev-ATA State Meeting</p>
<p>6:00-7:00pm FC Posters and Exhibitor Social (Note: Exhibit Hall)</p>	<p>HATA State Meeting will be in <u>Pacific Salon 4/5</u> from 5:00-6:00pm</p>

Friday, April 17

Golden Pacific Ballroom Foyer

Convention Registration: The registration booth will be located in the Golden Pacific Ballroom Foyer and will be open from 7:00am-5:30pm. Packet pick-up for those who pre-registered, as well as on-site registration, will be available at this time.

Golden Pacific Ballroom

Exhibit Hall: A FWATA Symposium annual event, the exhibit hall will host exhibitors and vendors with latest in supplies and services in the field of sports and athletic medicine. The exhibit hall will be open Friday 10:00am - 12:00pm and 1:00pm – 7:00pm. Only certified athletic trainers will be allowed into the exhibit hall 10:00am – 12:00pm on Friday.

****No one under 16 years of age or under in the Exhibit Area***

****No strollers allowed in the Exhibit Area***

Pacific Ballroom 1-3

7:30-9:30am

Feature Presentation

Interdisciplinary Approach to Sports Injury Prevention

Will Wu, PhD – California State University, Long Beach

Mimi Nakajima, EdD, ATC – California State University, Long Beach

Jim Becker, PhD – California State University, Long Beach

Moderator: Nicole MacDonald, DrPH, ATC – California Baptist University

A crucial component of sports injury prevention model is to establish the cause of injury, which includes risk factors and injury mechanisms. Although the injury may seem to have occurred due to a single incident, it may have resulted from a complex interaction between internal and external risk factors. Compared to a mono- or multi-disciplinary approach, the interdisciplinary approach allows members to work interdependently to find the cause and develop treatment plans. This presentation will introduce an interdisciplinary team model, for identifying injury prevention strategies and building evidence that addresses the efficacy and effectiveness of such practices.

(Domains: I,V/Level: Essential)

9:30-10:30am

Shoulder: Evaluation and Treatment of the Overhead Throwing Athlete

Heinz Hoenecke, MD – Scripps Clinic, San Diego and Team Physician San Diego Padres

Jan Fronck, MD - Scripps Clinic, San Diego and Team Physician San Diego Padres

Moderator: Carolyn Greer, MA, ATC – University of San Diego

This session will focus on the throwing shoulder. A brief review of anatomical, neurological, and vascular structures of the shoulder will be presented. Clinical elements and learned skills required for throwing will be discussed as well as, their implications on shoulder pathology. Key aspects of evaluating the throwing shoulder athlete and clinical rationale for treatment decisions will be highlighted. *(Domains: I-IV/Level: Essential)*

Friday, April 17

11:00am-12:00pm

Feeding the Dysfunction: Reactive Neuromuscular Training in Rehabilitation & Prevention of Musculoskeletal Pathologies

Scott Lynn, PhD – California State University, Fullerton

Moderator: Susan Ganz, PhD, ATC – Point Loma Nazarene University

Reactive neuromuscular training (RNT) is a technique used during movement pattern correction exercise that places less emphasis on verbal or visual input. It instead emphasizes kinesthetic or proprioceptive feedback in order to produce correct muscular activation strategies. This is accomplished by exaggerating or magnifying the subtle imperfections in the dysfunctional movement pattern in an attempt to cause a proprioceptive balance reaction. RNT has shown great potential in training the hip abductors to prevent the femoral internal rotation/valgus collapse that has been linked to several knee pathologies. Innovative uses of RNT for other movement patterns/pathologies will also be presented. (*Domains: I,IV/Level: Advanced*)

Feature Presentation: Evidenced Based Practice (ATCs only)

1:00-3:00pm (Check-in 12:30pm)

Doping in Sport and Exercise: Pharmacological & Philosophical Perspectives

Robert Kersey, PhD, ATC – California State University, Fullerton

John Gleaves, PhD – California State University, Fullerton

Moderator: Shane Stecyk, PhD, ATC, CSCS – California State University, Northridge

In addition to many long-time performance/physique enhancing drugs, a host of relatively new ergogenic pharmaceuticals have emerged (e.g., EPO, HGH, and insulin) (Ibanez, et al, 2014). These substances are widely abused by athletes and non-athletes of all ages to gain a performance advantage, develop their physiques, and/or improve their body image (Ibanez, 2014; Morente-Sanchez & Sabala, 2013; Rogol, 2010). While they may or may not be ergogenic, their abuse can lead to numerous negative health effects (Kersey et al, 2012). Health care professionals should understand and be prepared to educate, manage, and refer patients involved in the abuse of these ergogenic pharmaceuticals. Drawing on evidence from literature it is clear that the psychological, sociological and epidemiological literature indicates that doping use among athletes, especially adolescent athletes, is more than simply a case of immoral behavior (Bloodworth et al, 2012; Kayser, 2007, Petroczi & Aidman, 2008). With this evidence, the presentation will discuss the ethical obligations for athletic trainers and sports health care providers that follow from the current research into the causes of doping. (*Domains: I,II,IV,V/Level: Advanced*)

3:00-4:00pm

Providing Effective Feedback to Athletic Training Students: A Guide for Preceptors and Clinical Education Coordinators

Sara Nottingham, EdD, ATC – Chapman University

Moderator: Vanessa Yang, MS, ATC – University of California, San Diego

Feedback is one of the most important components of high quality clinical education experiences. Effective feedback should be frequent, specific, timely, constructive, and directed towards students' clinical skills, clinical reasoning, and professional behaviors. Providing effective feedback to athletic training students during clinical education experiences can be challenging for preceptors who are balancing patient care, administrative responsibilities, and student supervision. This presentation will provide both novice and experienced preceptors with practical strategies for providing effective feedback to students during their clinical education experiences. Clinical Education Coordinators and faculty will gain information valuable in the planning and execution of preceptor workshops. (*Domain: V/Level: Essential*)

Friday, April 17

Royal Palm 1-3

7:30-8:30am

S.M.A.R.T. - Sports Medicine and Reconditioning Team and the "Warrior Athlete"

Presented by Committee on Practice Advancement

Keith Stumpf, ATC, CSCS – Naval Base San Diego, S.M.A.R.T Clinic

Anthony Banaag, ATC – Naval Base San Diego, S.M.A.R.T Clinic

Moderator: Denise Lebsack, PhD, ATC – San Diego State University

The S.M.A.R.T clinic is a team of professionals that treats the "Warrior Athlete" like a professional athletes. The clinic is set up like a college or professional Athletic Training room. The "Warrior Athlete" can either get referred or walk in to the clinic so that a team of Sports Medicine Doctors and Athletic Trainers can evaluate, treat, and rehabilitate the injury right after it occurs.

(Domains: I,IV/Level: Essential)

8:30-9:30am

Military Injury Prevention Strategies for Load Carriage

Presented by Committee on Practice Advancement

Gordon R. Sinning, MS, ATC –School of Infantry (W), Camp Pendleton

Moderator: Chris Schmidt, PhD, ATC – Azusa Pacific University

Overuse injuries account for 82 percent of all reported musculoskeletal injuries for non-deployed, active duty military personnel. One critical topic is how to best train soldiers for load carriage. How do commanders condition infantry personnel for load carriage while taking into account current research in order to satisfy physical readiness and force preservation? In most cases, certified athletic trainers are the first line of defense. Our primary function is to support force readiness through comprehensive injury prevention programs, strength and conditioning protocols, and strategies to mitigate injuries. *(Domains:*

I,IV/Level: Advanced)

9:30-10:30am

Considerations of the Brazilian Jiu Jitsu and Mixed Martial Arts Athlete: What the ATC Needs to Know

Ethan M. Kreiswirth, PhD, ATC – Kreiswirth Sports Medicine Systems, IBJJF

Chris Ingstad, DPT, ATC, MTC – MJ Physical Therapy, EXOS, IBJJF

Moderator: Daniel Bonilla, MS, ATC – Chapman University

Brazilian Jiu Jitsu (BJJ) and Mixed Martial (MMA) has gained international attention in the martial arts community, although little is known of its' impact on injury. Since its inauguration in the United States in 1990, BJJ and its relevance to mixed martial arts is the fastest growing sport in America, with a consistent 100% annual increase in online interest. Jiu Jitsu tournaments are growing rapidly worldwide with thousands of individuals participating each year with limited medical coverage. These sports incorporate non-normative mechanisms of injury due their deliberate joint and neck attacks.

Consequently, the ATC may not recognize these mechanisms of injury due to contorted body positions. Such purposeful assaults as carotid chokes and joint terminal end range locks should incorporate early recognition by the ATC regarding body and joint position to better understand the injury process and clinical care. Increased recognition of joint position and early care will better equip the ATC with coverage of BJJ and MMA events. Furthermore, implications for future rules and referee awareness of injury is necessary for the evolution of the sport and injury risk reduction.

(Domains: I-III/Level: Advanced)

Friday, April 17

11:00am-12:00pm

Current Trends in Managing Subdural Hematoma Injuries

Jamie Adams, MEd, ATC, CES – Cuyamaca College

Ilona Barash, MD, PhD – UC San Diego Health Systems

Carolyn Dartt, MEd, ATC – University of California, San Diego

Moderator: Allison Pastor, MS, ATC, CES – University of California, San Diego

Objective: Describe the history, management, return to play, and current literature in regards to a collegiate lacrosse player with a subdural hematoma. Background: The athlete incurred a subdural hematoma while skateboarding. The injuries were managed by a team of multiple physicians and athletic trainers. Uniqueness: Several physicians provided differing opinions on the appropriate protocol for the athlete to return to lacrosse. Conclusions: Close communication between the health care team is necessary to determine return to play after a subdural hematoma. After an intracranial hematoma, athletes may successfully return to contact sports; careful consideration is required when making this decision.

(Domains: I,II,IV/Level: Essential)

Athletic Training Student Session

1:00-2:00pm

Manual Therapy Technique: Understanding Strain-Counterstrain

Michael Adams, MS, PTA, ATC, JSCC – SCAR Physical Therapy

Moderator: Carrie Melrose - Chapman University

2:00-3:00pm

Taking Your Resume and Interview Skills to the Next Level

Jim Porter, MA, LAT, ATC – Select Medical

Moderator: Marissa Sumida - Chapman University

3:00-4:00pm

The Implications of Breathing Pattern Disorders on Movement

Jena Hansen-Honeycutt, MS, ATC, LAT, PES – Eleanor Roosevelt High School

Moderator: Jolene Baker, EdD, ATC – California Baptist University

Many clinicians undervalue how breathing influences posture and core stabilization; assessing breathing is often overlooked in a traditional orthopedic evaluation. Abnormal stabilization patterns are commonly associated with breathing pattern disorders (BPD) and are remediable through reflex triggering exercises in combination with re-establishing normal motor patterns. Treatment of BPD is generally thought to be an overwhelming task, but rehabilitation and a home exercise program can easily be accomplished and integrated into daily life. The purpose of this presentation is to demonstrate how breathing pattern disorders affect the biomechanical system.

(Domains: II,IV/Level: Essential)