

FWATA Preliminary Educational Program 2018 (as of 4/5/2018)

FWATA Pre-Conference EBP Learning Lab (BOC Approved - 3 EBP CEUs)

- Thursday, April 26, 2018 from 6:30-9:30pm
- Pre-Registration is required
- Limited to 40 Certified ATs
- \$60 registration fee

Regional Interdependence of the Cervical Spine and Shoulder Complex: Considerations for Optimal Assessment and Training (3 EBP CEUs)

Steve Ferdig, PT, DPT, OCS, CNP

The regional interdependence of the cervical spine and shoulder complex is well documented and can be advantageous or detrimental to an individual depending on several factors. Malalignment of the regions can adversely impact the strength profile and intrinsic stability resulting in notable performance deficits. The ability to correctly assess the resting position of the cervical spine and scapula is a necessary skill required to develop an optimal training program for this region. (*Domains: I, II, IV/Level: Advanced*)

Learning Objectives for Lecture:

- Identify the optimal resting position of the cervical spine and shoulder complex
- Explain how resting scapular position can directly impact cervical ROM
- Explain the relationship of resting scapular position and length tension relationship of the scapular stabilizing musculature
- Explain how resting scapular position can adversely impact glenohumeral stability
- Identify exercises demonstrating favorable regional interdependence of the cervical spine and upper quarter region

Learning Objectives for Lab:

- Identify shoulder complex contributions to limitations in cervical spine motion
- Correctly assess the resting position of the scapula and humeral head
- Accurately predict how scapular malposition will influence the strength of the scapular stabilizing musculature
- Correctly determine the relationship between humeral head resting position and glenohumeral motion available
- Design exercise programs with a foundation of regional interdependence between the cervical spine and shoulder complex

BOC Approved Evidence Based Practice

- Pre-Registration is required; no additional fee
- Registration is limited
- Certified ATs

Scapular Assessment and Rehabilitation (2 EBP CEUs)

Benjamin D. Rubin, MD, MS

Steve Ferdig, PT, DPT, OCS, CNP

The shoulder complex functions as both a link and a segment in a kinetic chain, which is defined as a series of links and segments activated sequentially in a coordinated fashion to generate and transmit forces to accomplish a specific function [1-3]. The scapula and glenohumeral joint function as both a link and a segment in the kinetic chain, increasing the kinetic energy and force generated; and as a conduit to funnel and transmit these forces to the distal segments [4]. The goal of successful shoulder rehabilitation following an injury or surgery is to establish normal function rather than to merely resolve symptoms. To accomplish this, restoration of the normal anatomy, physiology and biomechanics of the shoulder, as well as correction of any associated musculoskeletal adaptations that have occurred, are necessary to reestablish the normal kinematics [5,6]. To many, the concept of evaluating and treating the shoulder in the context of the musculoskeletal system, rather than in isolation represents a paradigm shift from the more traditional approach. The functional examination involves taking a careful, accurate, sport specific history, and performing an examination of the shoulder in the context of the kinetic chain, including corrective maneuvers such as the scapular assistance test and scapular retraction test, as well as assessment of core function in order to make a correct diagnosis, set reasonable goals for the return to full, symptom-free participation, and to determine the most logical course to accomplish these goals taking into account the regional interdependence of the shoulder complex [7,8].

(Domains: II, IV/Level: Advanced)

Learning Objectives:

- Recognize and discuss the regional interdependent nature of the shoulder complex in assessment and treatment of scapular dysfunction
- Discuss the validity of the scapular assistance test and scapular retraction test to assess scapular function
- Design exercise programs with a foundation of regional interdependence between the cervical spine and shoulder complex

Lumbopelvic Pain in the Athlete: A Review of Best Practices for Examination and Treatment

(2 EBP CEUs)

Scott W. Cheatham, PhD, DPT, OCS, ATC, CSCS

Over the past few years, traditional guidelines for examination and treatment of individuals with lumbopelvic pain have been updated. (1-2) These updated evidence-based guidelines have been classified as “best practices” and focus on treating the whole person by reflecting the ICF disablement model. (3-4) There is a need to provide an evidence-based update of these current practices to certified athletic trainers in order to enhance the accuracy of the clinical examination and efficacy of treatment. (5-6)

(Domains: II, IV/Level: Advanced)

Learning Objectives:

- Discuss the different types of lumbopelvic pathologies found among athletes
- Appraise the current evidence on best practices for examination of the different pathologies discussed
- Appraise the current evidence on best practices for treatment of the different pathologies discussed
- Discuss common differential diagnoses that clinically present as lumbopelvic pain

Decision Making for Patients with Rotator Cuff Pathology (1 EBP CEU)

Benjamin D. Rubin, MD, MS

The tendons of the rotator cuff undergo degeneration and tear quite commonly, especially in the older population and in those who use their arms in a repetitive overhead manner [1]. As a result, rotator cuff tears are quite common, ranging from partial thickness tears to complete tears, involving one or more tendons, and in some cases presenting with significant retraction and muscle atrophy. Not all rotator cuff tears cause problems for the patient [2-4], yet many patients with rotator cuff tears have significant functional loss [5,6]. Not all rotator cuff tears require repair, with some responding positively to appropriate rehabilitation including strengthening exercises [7-9], or arthroscopic debridement without repair [11-14]. More often patients do better with repair [15-18]; however, there is no consensus as to whether there is better success with open or arthroscopic procedures, or with single or double row techniques [19-29]. It is important to individualize treatment based on the patient’s presentation, goals and expectations with regard to shoulder demands.

(Domains: II, IV/Level: Advanced)

Learning Objectives:

- Describe the natural history of rotator cuff disease
- Recognize the different patterns of rotator cuff tears
- Discuss the treatment alternatives for patients with rotator cuff disease

The Hydration Debate: Making Sense of the Mixed Messages (1 EBP CEU)

Sponsored by Gatorade

Robert W. Kenefick, PhD, FACSM

Hydration strategies used during exercise, training and competition seek to prevent over/under hydration and preserve performance. This session will discuss the two most commonly recommended and highly debated, drinking strategies, programmed drinking vs. drinking to thirst. The session will review the physiology of thirst and hydration strategy research, it will discuss the factors that influence hydration during exercise (environment, exercise intensity and duration, etc.) and will make specific recommendations regarding the situations and conditions that best fit both strategies. (*Domain: I/Level: Essential*)

Learning Objectives:

- Describe the roles that hydration plays in maintaining athlete health and performance – i.e., why does hydration matter?
- Define factors to consider when developing hydration strategies for athletes
- Identify the appropriate times to advise an athlete to drink to thirst vs having a plan, the benefits of an individual hydration plan, and practical/effective hydration recommendations for athletes.

2-Hour Presentation

Preparing Students for Graduate AT Programs: What is the Role of High School, Community College, and Undergraduate Athletic Trainers?

Melissa M. Montgomery, PhD, ATC

Jeff Roberts, MS, ATC

with Julie Max, MEd, ATC, Sarah Ehram, MA, ATC, and Eli Hallak, MEd, ATC, EMT

With AT programs transitioning to the graduate level, there is uncertainty about the future of high school (HS) and community college (CC) coursework and experiences that are currently used to prepare students for undergraduate programs. Traditionally, preparation has focused on AT-specific content and skills. However, foundational knowledge and academic performance are weighed heavily for applicants to graduate programs in the health professions. As such, an understanding of the appropriate preparatory content and experiences to best meet that goal is needed. This presentation and round-table discussion addresses challenges and opportunities for ATs in HS, CC, and undergraduate settings for preparatory education.

(Domain: V/Level: Essential)

Learning Objectives:

- Discuss the current practices of high school and community college athletic trainers and educators in preparing students for undergraduate AT education
- Discuss the future challenges for high school, community college, and undergraduate athletic trainers and educators in preparing students for graduate-level AT education
- Discuss the future opportunities for high school, community college, and undergraduate athletic trainers and educators to participate in the preparation of students for graduate-level AT education

1-Hour Presentations

Financial Education for Young Professionals

Paul Backofen, Licensed Financial Representative

This session will educate the audience about personal finances. The vast majority of America has a fundamental misunderstanding of how to manage their financial lives and provide for their future. By providing a holistic explanation and using simple philosophies to guide behavior, people make better decisions. This session will focus on assisting attendees with identifying their financial goals and will provide a holistic approach to managing finances. (*Domain: V/Level: Essential*)

Learning Objectives:

- Identify your financial goals more clearly
- Define Wealth Accumulation and Protection
- Explain the holistic approach to managing your finances

Differential Diagnosis of Groin Pain

Adam C. Cady, MHS, ATC, CSCS, PA-C

This session will provide evidence based recommendations, relating to common hip and groin injuries that share common presentation patterns and symptoms. Recommendations regarding evaluation, diagnostic techniques, surgical and non-surgical treatments, and return to play guidelines for related hip/groin injuries will be presented. Current evidence, as well as, clinical experience from a large volume sports medicine practice, that treats elite level athletes, will be presented to provide Athletic Training clinicians practical / evidence-based management and treatment tools for diagnosing and treating groin pain.

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

Learning Objectives:

- Delineate common groin related pathologies that share similar presentations
- Discuss the most sensitive/specific physical examination techniques in current literature for groin related pathologies
- Identify athletes that will likely need surgical referral if not improving with conservative care of common groin related pathologies
- Identify athletes that would require radiographic evaluation given presentation and evaluation of groin related pathologies
- Identify appropriate return to play/timing after hip related surgical procedures

Yoga Therapeutics to Cultivate a Sustainable Core

Liz Gillem Duncanson, MPT, ATC, CSCS, C-IAYT

Yoga innately considers the entire body regarding wellness, health and rehabilitation. Current literature discusses optimal muscle co-contraction around a neutral joint, regional interdependence, and the reflexive core cylinder concept relevant to the lower body. However, what about the core of the upper body? When we translate yoga concepts into sports medicine principles, we can apply them to the entire body. This presentation will compare ancient yogic techniques for optimal physical safety and overlay them with modern biomechanics and physiological principles, which we can use immediately with athletes to improve rehabilitation and performance. (*Domains: I, II, IV/Level: Essential*)

Learning Objectives:

- Identify optimal bony alignment for efficient core muscle recruitment in any posture (*asana*)
- Analyze sustainable core muscle recruitment versus sympathetic core neuromuscular response (*prana*)
- Distinguish between energy-saving, and energy-consuming, breathing mechanics (*pranayama*)
- Compare ancient yogic principles (*asana* alignment, *bandhas*, *pranayama*, and *drishti*), to modern sports medicine and rehabilitation, with respect to posture, core muscle recruitment and breathing patterns

Sports Supplements and Recovery: What You Need to Know

Guillermo Escalante, DSc, MBA, ATC, CSCS, CISSN

Athletic trainers provide care to patients and clients that are exposed to thousands of dietary supplements on a regular basis. Athletes are often misinformed about effective vs ineffective supplements for recovery. Furthermore, athletes may rely solely on sports supplements for recovery and disregard other important parts of their diet that are critical to recover. Knowledge on the current effectiveness, safety, legality, and regulation of sports supplements used for recovery is critical to today's athletic trainer. This presentation will focus on the fundamentals of common sports supplements used for recovery today and how they can be integrated into an overall balanced diet to maximize recovery. (*Domain: I/Level: Essential*)

Learning Objectives:

- Describe common sports supplements used for recovery by clients today
- Explain the biochemical mechanism of action of sports supplements used for recovery
- Distinguish between truths and myths of sports supplements used for recovery
- Interpret FDA, NCAA, and WADA regulations on sports supplements used for recovery
- Explain the importance of eating a proper diet to maximize recovery

R.O.O. iding Clinical Evidence in Athletic Training: Navigating the Patient Rated Outcomes Gauntlet

Smokey Fermin, MS, LAT, ATC and Matthew Smitley, MS, LAT, ATC, SFMA

Selecting and incorporating appropriate patient rated outcomes (PRO) for specific injuries and regions can be difficult. However, when done appropriate, PROs can guide clinical practice as well as ensure patient-centered care. Implementing impairment-based outcome measures can result in designing more individualized treatment programs. The purpose of this presentation is to provide strategies of how to incorporate literature established lower extremity PROs to document and guide treatment for lower extremity injuries.

(*Domains: II, IV, V/Level: Essential*)

Learning Objectives:

- Develop a working knowledge of established lower extremity outcome measures
- Implement the use of outcome measures into clinical practice
- Apply results of outcome analysis to improve patient care
- Justify the importance of patient rated outcomes within clinical practice
- Analyze the decision-making process involved in selecting the most appropriate outcome measure for their lower extremity patient

Vleeming's Test - Theoretical Framework and Application

Eitan Gelber, MA, ATC, CSCS, CMT, DNS-P

The Vleeming's test, also known as the Active Straight Leg Raise test, was originally developed to identify SIJ dysfunction. Over the years, modifications to the test provided abilities to apply it to a variety of injuries as well as to guide appropriate interventions. In this session, current literature regarding Vleeming's test will be presented, in addition to a discussion on interventions and implementation strategies based on the test's results. *(Domains: II, IV/Level: Essential)*

Learning Objectives:

- Explain the Vleeming's Test and its' modifications
- Evaluate the test's applications according to the literature
- Discuss clinical interventions based on the test's results

Running FASTER - Gait Training for Stress Fracture Rehabilitation and Prevention

Donald Kessler, MEd, ATC

Lower extremity stress fractures are a frequent occurrence in athletics. At BUD/S training for the Navy SEALs, over 125 men have sustained stress injuries in the last three years. Six percent of all candidates have had a stress fracture. Treatments have included focus on ankle mobility, stretching, calf and intrinsic foot strengthening, balance activities, and modality use. A new approach including gait analysis and modification has been implemented in the care of lower extremity stress fractures at BUD/S. Results have yielded faster running times with only four incidences of repeat injuries reported. These strategies can be implemented by all athletic trainers with the goal of treating and preventing lower extremity stress injuries.

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

Learning Objectives:

- Discuss the importance of gait and running analysis
- Describe the six prime efficiency reminders of gait and be able to implement these strategies with athletes
- Identify the techniques needed to modify the runners style and develop drills that will imprint efficient running patterns

Recognition of Breathing Pattern Disorders in the Student-Athlete

Ethan Kreiswirth, PhD, ATC

Proper breathing patterns are an important aspect of athletic performance and recovery. This session will identify, communicate and interpret the importance of breathing for athlete recovery. Through the lens of assessment and treatment, best joint position, length/tension relationships, and breathing capacity will be discussed and assessed. Positional rib cage to pelvis and diaphragm to pelvic floor relationships will be explored. Furthermore, this session will demonstrate the importance of breathing to down-regulate the nervous system for parasympathetic tone. Breathing preparation and rehabilitative exercises will be discussed within the lecture, as well as related use of breath for recovery through corrective strategies.

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

Learning Objectives:

- Discuss and interpret the physiological effects of breathing pattern disorders
- Identify and discuss the concept of optimal breathing for recovery
- Compare and contrast irregular and best breathing patterns for the athlete
- Analyze and appraise the use of breath to create vagal tone and recovery state for the athlete

Basic Suturing for Athletic Trainers

Kenneth C. Lane, MD

Repairing lacerations at a sporting event by an Athletic Trainer is an important skill to develop. In most cases it allows the athlete to continue to compete, as well as saving the athlete many hours and hundreds of dollars being sutured in the Emergency Department. However, "Scope of Practice" laws in states vary, and associating yourself with a reliable medical license may be difficult. Nevertheless, overcoming legal barriers and mastering surgical laceration repair techniques will be a rewarding part of your medical practice.

(Domain: III/Level: Essential)

Learning Objectives:

- Discuss the legal foundation allowing Athletic Trainers to suture lacerations
- Explain the principles and management of wound preparation and repair
- Explain local anesthesia concepts and discuss suture material choices
- Discuss skin anatomy and performing simple interrupted suture technique
- Review laceration repair pitfalls and solutions

Deficiency of Athletic Trainers in High Schools: Are Student-Athletes at Risk?

Riana R. Pryor, PhD, ATC

Medical services for student-athletes vary among states and between public and private schools. Additionally, in California lack of athletic training regulation exposes thousands of student-athletes to unqualified sports medicine providers in high schools. This session will discuss the current state of medical services for high school student-athletes in District 8 and ways athletic trainers can assist in improving medical care.

(Domain: V/Level: Essential)

Learning Objectives:

- Compare the medical care for high school student-athletes in District 8 to the nation
- Discuss differences in medical services provided to student-athletes at public and private high schools in District 8
- Discuss with school administrators and state representatives the lack of medical services for high school student-athletes and provide options to improve medical services in high schools

Expecting Immediate Changes in Shoulder Dysfunction: A Systematic Approach to Enhance Clinical Decision Making

Miguel Romero Quintero, DAT, ATC

Orthopedic special tests often lead to inaccurate diagnoses of shoulder pathologies. Classification-based systems have demonstrated improved identification of shoulder dysfunctions. The Shoulder Symptom Modification Procedure (SSMP) is a treatment-based classification system designed to identify shoulder dysfunction using scapulothoracic repositioning, glenohumeral joint centration and symptom neuromodulation. Integration of the SSMP into orthopedic evaluations guides the clinician towards optimal treatment interventions. The purpose of this session is to introduce the selection of treatment interventions based on the SSMP to increase range of motion, decrease pain, and restore function in patients presenting with shoulder dysfunction. (*Domains: II, IV/Level: Essential*)

Learning Objectives:

- Discuss a systematic approach to identify shoulder pathologies
- Describe and discuss current evidence on integrating shoulder classification systems into the evaluation process
- Integrate patient reported outcome measures into your current clinical practice for shoulder pathologies

Sports Medicine Issues Regarding Intersex/Trans Athletes

Lisa L. Rapalyea, PhD, ATC

There is a lack of specific sports medicine management policies among athletic programs regarding intersex/transgender athletes. Increasing knowledge regarding these athletic populations is needed. This presentation will discuss different aspects of biological sex and sociological issues affecting intersex and transgender athletes to inform athletic trainers on critical issues to consider regarding: 1) protecting both physical and psychological health and well-being of intersex/transgender athletes, 2) changing policies (e.g. legal rights) among sports organizations and other work environments, and 3) development of sports health policies for their organizations (e.g. care management, documentation, sensitivity training).

(*Domains: I-V/Level: Essential*)

Learning Objectives:

- Identify the different biological components of sexual development involving intersex and trans athletes
- Recognize unique sport health issues related to intersex and trans athletes
- Apply knowledge to formulate sports health policies for intersex/trans athletes
- Communicate knowledge to organization, staff, and other stakeholders to facilitate wellness of intersex/trans athletes
- Apply knowledge to conform to changing legal responsibilities

The Assessment and Treatment of Bilateral Asymmetries: A Regional Interdependent Approach Utilizing a Quick and Robust Treatment Intervention

Caitlin Rutherford, DAT, ATC

There has been a recent shift towards implementing regional interdependent treatment interventions into clinical practice. Total Motion Release (TMR®) is an assessment and treatment paradigm which restores

bilateral musculoskeletal asymmetries in patients by utilizing regional interdependence. The TMR® assessment process identifies restricted and/or painful movements which guides the clinician through the TMR® treatment program. The treatment program aims to correct restricted ROM, speed, stability, and sensation of movement through the use of six active movements known as the FAB6. The purpose of this session is to introduce athletic trainers to the TMR® FAB6 procedures and to discuss how to integrate these into clinical practice. (*Domains: II, IV/Level: Essential*)

Learning Objectives:

- Describe the TMR® FAB6 assessment process
- Discuss the TMR® FAB6 treatment process
- Evaluate and discuss current evidence on integrating TMR® FAB6 procedures into clinical practice

Consensus Recommendations on the Role of Athletic Trainers in Preventing and Managing Post-traumatic Osteoarthritis

Cris Stickley, PhD, ATC, CSCS

Approximately 10% of the U.S. population is affected by osteoarthritis (OA) with expectations for continued increases in OA prevalence. It is estimated that 12% of OA cases are posttraumatic owing to joint injury. Individuals experiencing joint trauma are three to six times more likely to develop knee OA and 48% of patients who undergo ACL reconstruction will develop knee OA within two decades of surgery. This session will review the recently released consensus recommendations from the Athletic Trainers' Osteoarthritis Consortium on the role of Athletic Trainers in preventing and managing posttraumatic OA in physically active populations across the lifespan. (*Domains: I, IV/Level: Essential*)

Learning Objectives:

- Describe the relationship between traumatic joint injury and increased risks for osteoarthritis and early onset osteoarthritis
- Explain the Athletic Trainer's role in educating patients on their risk for osteoarthritis following traumatic joint injury
- Describe and implement consensus recommendations for prevention and management of post-traumatic osteoarthritis across the lifespan

Quality Assurance and Accreditation

Presented by CAATE

Eric Sauers, PhD, ATC, FNATA

Why is accreditation and quality assurance important? Accreditation across domains (regional, specialty, and professional accreditation) has gained increased visibility and accountability in recent years. If athletic training programs at all levels (professional, post-professional degree, and residency) are to grow and thrive, attention should be paid to programmatic quality assurance. This presentation will highlight various strategies for programs to consider related to using outcomes and assessment to ensure and/or improve program quality. This will be a presentation followed by an opportunity for attendees to ask questions and/or engage with CAATE representative(s). (*Domain: V/Level: Essential*)

Learning Objectives:

- Identify the main forces behind the changing accreditation environment
- Distinguish areas where programmatic assessment can be used to enhance quality
- Identify strategies for quality improvement of AT education programs
- Describe the assessment process and discriminate between outcomes and objectives

Gender Equity and LGBTQ+ Issues in Athletic Training

Presented by FWATA Young Professionals Committee

Jenny Moshak, MS, ATC, LAT-TN, CSCS

This session will explore gender equity and LGBT issues in athletic training. The presentation will identify barriers to underrepresented groups' advancement in athletic training, start the conversation surrounding an often-invisible slice of the profession, LGBT athletic trainers, and explore how we as a profession and as individuals can work to make a more inclusive environment for ourselves, our peers, and our patients.

(Domain: V/Level: Essential)

Learning Objectives:

- Explain how the NATA code of ethics addresses gender equality and LGBT individuals
- Define appropriate language to discuss and describe LGBT issues
- Discuss resources available to develop inclusive policies
- Describe the discrepancy in female/male professional retention and salary
- Discuss strategies regarding being an ally of under-represented groups in the workplace

Strategic Issues in Athletic Training Lecture Series: Disablement Model

Sponsored by NATA Professional Development Committee

Stephanie Moore-Reed, PhD, ATC

In 2015, all members of the Strategic Alliance selected to adopt or endorse the International Classification of Function, Disability and Health (ICF) with the Children and Youth (ICF-CY) updates as the disablement model framework for the profession. The ICF provides a holistic view of health, which aligns well with athletic training and helps to establish a common language across many groups, which athletic trainers interact with including various disciplines, services and countries. The model provides a broad framework with which to assess our patients and clients. Because implementation of this model is relatively new, this presentation aims to provide foundational information regarding disablement models and tools and tips for clinicians to assist with implementing the framework into clinical practice. *(Domain: II, IV, V/Level: Essential)*

Learning Objectives:

- Identify evaluation tools which apply to each domain of the ICF model
- Identify specific patient examples within each ICF domain
- Identify how to implement the ICF into clinical practice
- Discuss how the ICF aids in providing patient centered care

Athletic Training Student Sessions

Strategies for Matching a Graduate Program with your Professional Goals

Melissa M. Montgomery, PhD, ATC

Selecting a post-professional degree program can be daunting for many athletic training students. This presentation will focus on strategies to understand the goals of graduate education for athletic trainers and to identify and select post-professional degree programs that best match your goals. Students will learn how to promote oneself to future graduate faculty as a viable student applicant and to prepare for completion of a thesis. Students are encouraged to ask questions during this presentation to facilitate dialogue on post-professional education in order to meet students' professional goals. (*Domain: V/Level: Essential-Student*)

Learning Objectives:

- Define professional and post-professional education
- Compare and contrast the goals of different types of graduate programs
- Explain strategies for identifying and selecting post-professional programs
- Identify strategies to prepare for post-professional graduate study

Setting Yourself Up for Success: The Importance of Having a Mentor

Kathleen Scott, MS, ATC

One of the most important times in an athletic training student's career is the transition to practice phase, during the first 3 years from graduation to their first full-time job. Evidence supports mentoring as a best practice in transition to practice. Mentoring has shown to impact perception on professional socialization and, when not readily available, is relied upon by peers with less experience. This presentation includes experience and evidence-based decision making on finding, maintaining and utilizing a mentor. It discusses appropriate mentor characteristics, evolution of mentoring, and recommendations for students to find and maintain a positive and effective mentoring relationship. (*Domain: V/Level: Essential-Student*)

Learning Objectives:

- Explain the importance of mentorship as it relates to transition to practice
- Define the evolution of mentoring
- Identify best practice recommendations for establishing and maintaining a professional relationship with a mentor

Clinical Evaluation and Management of Sports Related Shoulder Injuries

Jeffrey D. Seare, PA-C

Athletic training students learn how to evaluate commonly occurring orthopedic injuries and practice these skills to achieve competency. Shoulder injuries and related functional limitations can be challenging for students to evaluate due to the complexity of anatomical structures and mobility associated with the glenohumeral joint. This presentation will emphasize a physician assistant's approach to evaluating common shoulder injuries and elaborate upon how a thorough clinical examination directly informs treatment recommendations and enhances the care provided to patients. (*Domains: II, IV/Level: Essential-Student*)

Learning Objectives:

- Identify pertinent bony and soft tissue landmarks within the shoulder region
- Describe common shoulder injuries and related functional limitations

- Apply tips for how to approach a shoulder exam when evaluating shoulder injuries in the future
- Recognize more serious injuries and know when to refer for further evaluation

Research in Biomechanics: Why it Matters, and How Undergraduates Can Become Involved

Kristyne Wiegand, MS, ATC, LAT

The prevention, evaluation, and treatment of knee injuries involves an interdisciplinary approach combining clinical practice with research-based knowledge. Understanding of biomechanics can contribute to the athletic trainer's understanding of injury etiology by allowing clinicians to identify both healthy and harmful movement patterns, which can assist with preventing and treating injuries. Laboratory-based research is necessary to quantify and understand the biomechanics of movement, and the importance of this research cannot be overstated. An interest in the research process and the development of evidence-based practice can be cultivated at the undergraduate level to allow students the opportunity to gain invaluable experience.

(Domains: I, II, IV, V/Level: Essential-Student)

Learning Objectives:

- Identify normal and pathological biomechanics of the knee and understand the role of biomechanical principals in injury etiology
- Understand the role of biomechanics in the clinical setting and apply biomechanical principles to clinical situations, including injury prevention, evaluation, and treatment
- Explain the importance of research in the development of Evidence Based Practice, and identify ways in which undergraduate students can gain experience in research

Athletic Training Beyond Sports: A Panel Discussion

Tim Baldwin, MA, ATC, CFo

Carolyn Dartt, MEd, ATC

Kelly Hudson, MS, ATC

Donald Kessler, MEd, ATC

This panel of athletic trainers will share their varied experiences within traditional and emerging practice settings. By sharing these experiences, students will learn strategies to better prepare themselves for entry into performing arts, occupational health, traditional job settings, and more. This will include strategies to maximize networking, develop positive professional relationships, and general tips for success. The audience will have an opportunity ask panelists questions and engage in the discussion.

(Domain: V/Level: Essential-Student)

Learning Objectives:

- Describe panelists' experiences in their job setting.
 - Elaborate on tips or recommendations for future success as an athletic trainer in different job settings.
 - Summarize characteristics that aided in panelists success within their job setting
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TOTAL = 17 CEUs (11 Category A CEUs and 6 EBP CEUs) with FWATA Registration

Note: Opportunity for additional CEUs (requires separate registration)

- FWATA Pre-Conference Learning Lab – BOC Approved - 3 EBP CEUs

- \$60 registration fee
- Registration limited to 40 participants
- **SOLD OUT**

- NATA Pre-Conference Workshop – 4 Category A CEUs

- \$80 registration fee; Non-member registration fee \$140
- Registration limited to 40 participants