

FWATA Preliminary Educational Program 2019 (as of 1/24/2019)

Gatorade Pre-Conference EBP Workshop (BOC Approved – 3 EBP CEUs)

- Thursday, April 25, 2019 from 2:30-5:30pm
- Pre-Registration is required
- Limited to 120 Certified ATs
- \$60 registration fee

Hydration: One Size Does Not Fit All (3 EBP CEUs)

William Adams, PhD, LAT, ATC

Douglas Casa, PhD, ATC, FNAK, FACSM, FNATA

Stavros Kavouras, PhD

Hydration for sport is more than a health and safety concern during warm weather. Suboptimal hydration can also cause decreased performance in a variety of sports and environmental conditions. By identifying individuals' fluid needs and developing replacement plans around those needs and the constraints of a given sport or activity, athletic trainers can improve their patients' performance. This session will provide athletic trainers the tools to design better hydration plans through evidence-based practices for the assessment of fluid needs and consult with a variety of physically active individuals beyond one size fits all advice. *(Domain: I/Level: Advanced)*

Learning Objectives:

- Identify current paradigms for the assessment of fluid needs for the physically active
- Compare and contrast different fluid replacement strategies for optimizing performance
- Design fluid replacement plans based on evidence-based guidelines and individual needs

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

- Thursday, April 25, 2019 from 6:30-9:30pm
- Pre-Registration is required
- Limited to 50 Certified ATs
- \$60 registration fee

Understanding the Standard of Care for Sports Concussion (3 EBP CEUs)

Thomas W. Kaminski, PhD, ATC, FNATA, FACSM, RFSA

Sport-related concussion management has evolved extensively since 1976 resulting in fewer deaths and a reduction in morbidity (Broglio, 2014). During this time span, the International Consensus Conference on Concussion in Sport has been held five times (every 4 years) making recommendations for clinicians practicing world-wide (McCroory, et al., 2017). As a result of the ever-changing evidence available, athletic trainers, who treat on average seven concussion per year, serve as “front-line” sports health care professionals and must remain current with regard to the appropriate Standard of Care when managing this injury. While it is important for practicing athletic trainers to gain a thorough understanding of the

recommendations put forth by the National Athletic Trainers' Association in their 2014 sport-related concussion position statement; the document is a bit dated. New practice guidelines and recommendations have been published in the British Journal of Sports Medicine (McCrory, et al. 2017) and serve as the current Standard of Care for sports health clinicians worldwide.

(Domains: I-IV/Level: Essential)

Learning Objectives:

- Discuss the most contemporary sport-related concussion sideline assessment tools, including the SCAT5 document
- Discuss and implement the most effective return-to-play protocols, including graduated steps for the most effective management of sport-related concussions
- Discuss and critique contemporary evidence examining the technologies available that aid in our understanding of both the short and long-term effects of sport-related concussions on brain physiology
- Implement contemporary sport-related concussion assessments including the King-Devick test, VOMS, clinical reaction time testing, Tandem Gait Test, grooved-pegboard test, and BESS testing

FWATA Suture Workshop

- Friday, April 26, 2019 (#1)9:00am-11:00am (#2)2:00pm-4:00pm

- Saturday April 27, 2019 (#3)10:00am-12:00noon (#4)3:00-5:00pm

- Pre-Registration is required

- Limited to 30 Certified ATs each session

- \$25 registration fee

Stitch It Up: Basic Suturing Techniques

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

Leslie Cardoza, MPAP, PA-C, ATC

Hand suturing of skin wounds is a skill becoming more utilized by athletic trainers in varying clinical settings. The goal of this workshop is to provide athletic trainers with instruction on and hands-on opportunity performing basic suturing techniques. In addition to suturing, recommendations regarding evaluation, proper referral, and wound debridement/preparation will be covered.

(Domain: II/Level: Advanced)

Learning Objectives:

- Perform basic suturing skills for skin wounds
- Determine type of suture material required for skin wound closure
- Explain appropriate wound debridement and preparation for suturing
- Define proper referral for skin wounds

BOC Approved Evidence Based Practice

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

Managing Post-Exercise Inflammation: From Ibuprofen to Cherries (1 EBP CEUs)

Sponsored by Gatorade

Leslie J. Bonci, MPH, RD, CSSD, LDN

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 (in addition to 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.

(Domain: I/Level: Advanced)

Learning Objectives:

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

Implementing NATA Position Statement Recommendations for Ankle Sprain Rehabilitation: An Evidenced-Based Approach (1 EBP CEUs)

Thomas W. Kaminski, PhD, ATC, FNATA, FACSM, RFSA

Although ankle sprains are a common injury in the athletic population, the recurrence rate is concerning. Traditional paradigms that focus on the restoration of range of motion, strength, and proprioception are not enough in reducing subsequent sprain episodes and the potential for long-term instability. Recent evidence supporting the implementation of advanced balance/sensorimotor testing, the assessment of perceived function, as well as functional performance testing must be incorporated into contemporary ankle sprain management and clinical practice. A basic review of EBM will be provided to all participants reinforcing the 3-pronged approach including clinician experience, patient values, and best available evidence. Using the specific recommendations (14-31) from the 2013 NATA position statement titled "Conservative Management and Prevention of Ankle Sprains in Athletes," the lecture will identify current practice guidelines while devising a strategy for the participants to easily implement the evidence-based recommendations suggested in the position statement. *(Domains: I-IV/Level: Essential)*

Learning Objectives:

- Discuss ankle injury epidemiology and mechanism of injury
- Discuss the consequences of acute ankle sprains to the athletic environment as well as a burden on the public health system

- Explain the basic concepts of EBM including clinician experience, patient values, and the best available evidence and how they relate to implementing the 2013 NATA position statement on the “Conservative Management and Prevention of Ankle Sprains in Athletes”
- Discuss and provide an overview of the Strength of Recommendation of Taxonomy (SORT) as a way of providing context for the position statement recommendations
- Implement specific clinical techniques and strategies that athletic trainers and other sports health care professionals can utilize in the rehabilitation, return-to-play, and prevention following an acute ankle sprain and as they relate to those specific recommendations put forth in the 2013 position statement

Vestibular Oculomotor Screen and its Implications for Sideline Assessment and Rehabilitation of the Concussed Athlete (2 EBP CEU)

Katrina Parsons, MPT, OCS

The VOMS is a nascent tool developed by UPMC in 2014 to aide in filling the gaps with identifying concussed individuals as well as targeting symptom drivers (1). While studies do show the effectiveness of identifying deficits with vestibular, oculomotor, visual motion sensitivity; there are few to pronounce its effectiveness as a sideline assessment and rehabilitation tool when compared to the abundance of other concussion assessment studies (1-4). The VOMS is a crucial element in identifying dysfunction and risk for prolonged recovery (5-8). This information may then be easily transformed into an effective rehabilitation element. *(Domains: II-IV/Level: Essential)*

Learning Objectives:

- Perform a VOMS
- Identify an abnormal response to a VOMS
- Identify concussed athletes that may be at risk for prolonged recovery and require further rehabilitation
- Utilize findings from VOMS to initiate rehabilitative exercises

UCL Reconstruction: The Tommy John Epidemic (2 EBP CEU)

Michael Shepard, MD

UCL injury and UCL surgery is a growing epidemic for youth baseball. UCL surgery has grown by nearly 300% over the last 20 years and most of this “growth” has occurred in youth athletes (1, 2, 4, 5). UCL reconstruction surgery is accompanied by a prolonged rehabilitation; often lasting up to 24 months or the majority of the athletes’ remaining years in school. Surgery success or return to play rates tend to decline with younger ages – as low as 60% in high school athletes (2, 3, 4). Often, these youth athletes have multiple episodes of elbow and or shoulder pain before being diagnosed with a high grade UCL injury. During one of these injury episodes, the clinician’s goal should be to prevent this athlete from requiring UCL reconstruction surgery by detection, intervention, and education. A critical review of the latest evidence regarding the diagnosis and management of UCL lesions is warranted to enable effective decision-making for overhead athletes with UCL injuries. *(Domains: II,IV/Level: Essential)*

Learning Objectives:

- Describe the methods used to assess the diagnostic accuracy for the history and physical examination findings to confirm or rule out the presence of medial elbow pathology
- Appraise the current evidence for history and physical examination tests used to diagnose UCL lesions

- Describe the methods used to assess effectiveness of treatment and return to sport
- Describe the surgical techniques and rehab program for UCL injury
- Summarize the current evidence for the management and return to sport outcomes for overhead athletes with UCL lesions

2-Hour Presentations

Best Practices of Appropriate Medical Care in Secondary Schools

Presented by the NATA Secondary School Athletic Training Committee

Larry Cooper, MS, LAT

Bart Peterson, MSS, AT

The NATA has updated the 2003 “Appropriate Medical Care for the Secondary School Aged Athlete” consensus statement. The updated document reflects current best practices expanding to 12 standards. These standards clearly identify areas organizations should focus resources providing athletic health care to secondary school aged athletes. A tool based on these standards was developed to assist the organization in assessing and identifying gaps in services. The tool provides access to resources used to update provision of medical care. This session will provide a model in developing an evidence based medical delivery system for any organization which sponsors athletics and sports.

(Domains I-IV/Level: Essential)

Learning Objectives:

- Illustrate the process used to create the Appropriate Medical Care document
- Distinguish the 12 standards and sub-standards identified in this process
- Analyze and apply the potential uses of the tool in evaluation of your organization’s current status
- Evaluate your organization and recommend changes to the medical care they provide to secondary school aged athletes

The Role of CranioSacral Therapy in Athletic Medicine & Concussion Care

Sally Fryer Dietz, PT, DPT, CST-D

Melinda Roland, MA, PT, Lac, OMD, Dipl-Ac, CST-D

This presentation will discuss the theory of CranioSacral Therapy (CST) and outline how it can be incorporated into a treatment plan to enhance outcomes following concussion. A review of the science, literature and anatomy supporting the use of CranioSacral therapy in the treatment of concussion, along with evidenced based results & clinical applications for the athletic trainer will be presented.

(Domain: IV/Level: Essential)

Learning Objectives:

- Discuss the basic anatomy of the CranioSacral System (CSS) and the influence on the CNS function, as it pertains to athletic injury, especially concussion
- Explain the rationale behind the use of CST in the treatment of concussion
- Discuss the clinical applications of CST in the treatment of the concussed athlete

1-Hour Presentations

Lymphatic Balancing: Manual Lymphatic Drainage for the Orthopedic Patient

Trisha Becker, PT, DPT, OCS, LMT

This presentation will include a brief review of the lymphatic system, connective tissue injury, and the inflammatory response. Impairments of the lymphatic system common to connective tissue injury will be discussed, as well as the efficacy of accepted current management (RICE and NSAIDs). A description of Lymphatic Balancing and application techniques for common orthopedic injuries will be presented with specific application to connective tissue injury and the post-surgical patient. (*Domain: IV/Level: Essential*)

Learning Objectives:

- Describe the sequelae of connective tissue injury and inflammation
- Discuss the efficacy of NSAIDs and RICE for common impairments of the lymphatic system
- Describe and discuss Lymphatic Balancing
- Discuss application techniques of Lymphatic Balancing specific to connective tissue injury

Preventing Sudden Death in Sport

Douglas J. Casa, PhD, ATC, FNATA, FNAK, FACSM

This presentation will focus on three key items in the prevention of sudden death in sport: 1) It will provide an overview of the epidemiology related to sudden death in sport, with a special emphasis on secondary school and college sport; 2) It will provide an overview of best practices related to the common causes of sudden death in sport; and 3) It will review the current policies of the states in the FWATA as it relates to secondary school health and safety standards. (*Domains: I-III/Level: Essential*)

Learning Objectives:

- Identify the leading causes of sudden death in sport
- Identify common ways to prevent sudden death incidence in sport
- Outline ways to recognize and treat the common conditions leading up to sudden death
- Identify the state policies for your specific state related to preventing sudden death in secondary school sport
- Identify the NCAA policies related to preventing sudden death in sport

ACL Injuries: A Fresh Look at an Old Problem

Sean P. Flanagan, PhD, ATC, CSCS

From pubescent to professional athletes, ACL injuries continue to plague sports participants. This presentation will first introduce a systems science framework through which the ACL problem can be examined. This framework will then be used to review the recent literature on ACL injury screening, prevention, and rehabilitation. Recommendations for the clinician will be discussed in light of the most current evidence by asking, and attempting to answer, the following questions: Why can't we screen to predict ACL injuries? Why do re-injury rates remain high? What exercises should be part of a rehabilitation program? (*Domains: I,IV/Level: Essential*)

Learning Objectives:

- Explain and discuss a systems science approach to injury
- Discuss mechanisms of ACL tears

- Identify common pitfalls associated with ACL injury screening
- Discuss the recommendations outlined in the NATA's Position Statement on Prevention of Anterior Cruciate Ligament Injury
- Develop effective exercise progressions for the prevention and rehabilitation of ACL injuries

Non-Specific Low Back Pain: Teasing out the Intangibles

Jim Herkimer, DPT, MS, ATC

Healthcare practitioners routinely encounter athletes with non-descript low back pain. It is often difficult to determine a specific etiology, which in turn hampers an appropriate rehabilitation plan of care. This presentation will address a multi-faceted approach for dealing with the patient presenting with low back pain lacking a clear definitive pathology. Discussion on understanding the relationship between pharmacologic interventions, sleep, nutrition, lifestyle, manual therapy techniques, core stabilization and a global approach to exercise will be presented. *(Domain: IV/Level: Essential)*

Learning Objectives:

- Identify and discuss potential multiple sources of low back pain
- Discuss the impact of systemic inflammatory arthropathies in the management of low back pain
- Discuss the impact of lifestyle, nutrition and exercise on low back pain

Baseball Throwing: Where does the Velocity Come From?

Heinz Hoenecke, MD

Todd Hutcheson, ATC

Patrick Edwards, Pitching Coach

Modern man's ability to throw has developed over the last 2 million years through a complex evolution of neurological, muscular and skeletal systems. Performance throwing requires optimization of core strength, flexibility of the kinetic chain, rapid motor sequencing of each mobile segment and finally an elastic and intact shoulder system to store and release the energy needed to create velocity. This presentation examines how the athletic trainer, physician and coach can interact to accomplish the goal of improving throwing velocity. *(Domains: II, IV/Level: Essential)*

Learning Objectives:

- Discuss the biomechanics necessary to accelerate a baseball
- Detect deficiencies in the mechanics of throwing
- Discuss the interdisciplinary elements necessary in the treatment of the throwing shoulder

The Utility of Compressional Bands for Biomechanical Tissue Adaptation

Ethan Kreiswirth, PhD, ATC

There is little known regarding the myofascial intervention of "compressional bands." Although its understanding is sparse, its use by athletic trainers' and the sports performance community is growing. With minimal research and evidence-based protocols, many clinicians and sports performance coaches are using the modality to create biomechanical change in tissue. This lecture will shed light on current research, the utility and safety of the tool, and discuss safe treatment protocols. Information will include

the genesis, treatment indications and contra indications, dosage times and orthopedic conditions appropriate for biomechanical change to human tissue. *(Domains: I,II,IV/Level: Essential)*

Learning Objectives:

- Discuss the neurosensory changes that occur with compression bands
- Discuss how neurosensory input via compression bands can create soft tissue changes
- Discuss how bio mechanical changes occur with multiple banded soft tissue techniques
- Compare and contrast various compressional band methodologies
- Outline how to safely utilize compressive bands on a patient

After the Impact: Care of the Concussed Athlete

David W. Kruse, MD

This lecture will address components of concussion management that occur after the initial impact and acute sideline management. The presentation will discuss initial physician assessment, medical decision-making, referrals to appropriate healthcare professionals, applicable medications and supplements, post-concussion activity progressions, and identification of symptoms and signs correlating with poor progression and/or prognosis. *(Domains: II, IV/Level: Essential)*

Learning Objectives:

- Discuss the role of allied healthcare in the care of concussion
- Discuss utilization of medications and supplements in the care of concussion
- Identify signs and symptoms that indicate poor outcomes in the concussed athlete

Foresight 2019: Mentorship and Stakeholder Expectations of the Young Professional

Sarah Lyons, MS, ATC

Sanam Rezazadeh, MS, ATC

Carolyn Peters, MS, ATC, CSCS

Athletic Training programs curriculum prepares students with the tools to assess, treat and rehabilitate their patient population upon entry into the profession. During this transition it is common for the newly certified AT to experience doubts related to clinical preparedness and emergency care, however, as we advance the profession, we find that administrative responsibilities have increased and therefore curtails our time dedicated to our patients. This session aims to navigate through crucial conversations, learning how to manage multiple disciplines (Coaches, PT, CSCS, admin, etc.) and how mentorship is key to promoting personal health and wellness and establish professional responsibility for all AT's. *(Domain: V/Level: Essential)*

Learning Objectives:

- Identify areas that will present a challenge to young professionals embarking on their career
- Identify the importance of professional counsel
- Differentiate between a cooperative versus an advisory mentoring style
- Identify and discuss the critical role of a sport administrator and its interactions between both sports medicine and coaches

The Importance of Movement Screens for the Crossfitter's Shoulder

Katrina Parsons, MPT, OCS, CF L1

Crossfit is constantly varied functional movements performed at high intensity. The majority of movements are full body and or compound movements requiring unilateral and bilateral strength, mobility, and trunk stability, to be performed safely and well. The degrees of freedom in the shoulder make it vulnerable to compensatory movements, therefore it is imperative to look at the body as a whole rather than an isolated joint to preserve joint health and safety for the athlete.

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

Learning Objectives:

- Perform a simple movement screen to identify ROM and movement faults
- Identify the common limitations that may drive shoulder pain
- Discuss the correlation between joint mobility as it applies to Crossfit points of performance

The Who, What, and Why of Sport Specialization

Eric Post, PhD, ATC

Sport specialization is a topic of increasing concern among health care professionals who work with youth athletes. As a result of the increasing trend towards early sport specialization, recently there has been a rapid increase in research related to specialization. The purpose of this presentation will be to interpret and summarize recent research related to early sport specialization, using the framework of “Who, What, and Why”. In particular, this presentation will focus on “Who is more likely to specialize?”, “What are the benefits and/or consequences of specialization?”, and “Why does a youth athlete decide to specialize?”.

(Domains: I,II/Level: Essential)

Learning Objectives:

- Define sport specialization and describe the different methods of determining an athlete’s level of specialization
- Interpret recent research examining the prevalence, benefits, and risks of sport specialization
- Identify factors and stakeholders that influence sport specialization decision making
- Describe recommendations for parents, coaches, and athletes regarding volume of sport participation

Sensory-Motor Retraining: Modern Rehabilitation Concepts

Marc Reichling, ATC, CES

Ethan Kreiswirth, PhD, ATC

Time is a valuable resource not only for Athletic Trainers, but also for our student-athletes and patients. Therefore, being effective and precise with our rehabilitation decision making is critical. The goal is to design exercises that directly address the individuals' impairment and create independence. Movement is an integration of sensory and motor functions. The quality of motor output is dependent on the quality of sensory input. Learning how to balance and integrate the individual, task, and environment are essential for scaffolding learning. Utilizing the concepts of motor learning, we can better help our patients with movement dysfunction and chronic pain. *(Domain: V/Level: Essential)*

Learning Objectives:

- Define the role of the sensory-motor system
- Explain Dynamic Systems Theory
- Develop strategies to individualize a rehabilitation exercise to facilitate motor learning
- Develop strategies to create patient independence and long-term learning and retention

The Lost Art of Listening: Diagnosing Musculoskeletal Conditions

Benjamin D. Rubin, MD, MS

Most diagnoses of musculoskeletal conditions can and should be made based on the history and physical examination of patients. Allowing the athlete to respond to directed questions will allow for a specific and efficient physical examination that will in most cases lead to a correct diagnosis. This will help the clinician determine what diagnostic imaging is appropriate and help him/her educate the athlete with regard to prognosis and expectations based on the functional assessment. In addition, the art of listening will allow the athletic trainer to better communicate with team and referring physicians.

(Domain: II/Level: Essential)

Learning Objectives:

- Explain how to use the patient history to diagnose knee and shoulder disorders
- Identify how to use the patient history to direct an efficient physical exam
- Identify how to improve accuracy in making the diagnosis of functional problems
- Identify how to determine when to request sophisticated, expensive imaging studies

PRP Applications in Sports Medicine

Michael Shepard, MD

Although widely talked about in the lay media, proven application of platelet rich plasma in the treatment in athletes remains limited. PRP injection for ulnar collateral ligament tears of the elbow has been suggested as a possible alternative to the Tommy John Surgery Epidemic. Partial UCL tears have the ability to heal and throwing athletes with partial UCL tears may be able to continue play. The efficacy of PRP use in golfers' elbow (partial common flexor origin tears) and tennis elbow (common extensor origin tears) will also be explored. *(Domain: V/Level: Essential)*

Learning Objectives:

- Discuss nonoperative treatment options for partial UCL tears of the elbow
- Discuss where PRP injections have been proven to be effective
- Identify risk factors for further UCL injury
- Discuss the healing potential of common extensor origin injuries
- Discuss the healing potential of common flexor origin injuries

Developing a Private Practice for Athletic Trainers

Presented by FWATA Committee on Practice Advancement

Steve McCauley, MHSc, LAT, ATC, CSCS

In business, recognizing and addressing an unfilled need is one of the keys to finding success. By virtue of their broad based, holistic education athletic trainers are uniquely qualified to provide a wide range of

health care services to an ever-growing population. From the explosion of the single sport club athlete to the ever-growing active baby boomer population, Athletic Training is perfectly suited to address the lack of multifaceted healthcare service options. Various payment options offer the athletic trainer a number of viable options from which to create and sustain a successful business. *(Domain: V/Level: Advanced)*

Learning Objectives:

- Describe business services related to the domains of Athletic Training education
- Compare various forms of payment for Athletic Training services
- Identify technology options Athletic Trainer business use to enhance provision of services

Injury Epidemiology and Athletic Training Medical Care for Army Reserve Officer Training Corps (ROTC) Battalions

Presented by FWATA Research & Grants Committee

Kara Radzak, PhD, LAT, ATC

The NATA's Committee on Practice Advancement COPA aims to expand tactical athlete clinical opportunities. ATs seem like a natural solution for the military's stated musculoskeletal injury care and prevention needs, but data characterizing military setting AT practice are limited. The limited number of ROTC battalions with ATs provides an opportunity to identify healthcare needs that could be addressed by ATs. This presentation will describe clinical practice characteristics of ATs working with ROTC battalions. Six Army ROTC battalions served as research sites to obtain clinical practice characteristic data through collaboration with the AT-PBRN and funded by the NATA Foundation. *(Domains: I,V/Level: Essential)*

Learning Objectives:

- Explain the role of an AT working with ROTC battalions
- Identify injuries commonly acquired during ROTC training
- Explain the injury mechanisms and patient demographics unique to ROTC battalions

Strategic Issues in Athletic Training Lecture Series: Transition to Practice

Sponsored by NATA Professional Development Committee

Steve Nordwall, MA, ATC

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. *(Domain: V/Level: Essential)*

Learning Objectives:

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

Athletic Training Student Sessions

Mental Health, Medication and Sports Performance

Jamie DeRollo, DAT, MBA, ATC

Mental health is recognized as one of the most prominent contributors to the global burden of disease among young people, and it carries significant personal, social, and economic costs that can last a lifetime. Estimates indicate that more than 20% of adults will experience a mental illness in a given year, with the highest rates among young adults, many of whom are in college. Being able to recognize mental health issues and being able to treat and facilitate referrals in a more productive manner will benefit the patient, their family and possibly their athletic performance. *(Domains: I,III,V/Level: Essential-Student)*

Learning Objectives:

- Identify and recognize mental health issues in the student-athlete
- Describe medication use and non-use on performance
- Apply strategies to help with compliance of seeking help and/or taking medication for mental health

Proprioceptive Neuromuscular Facilitation: A Hands-On Approach to Rehabilitation

Carolyn Greer, MA, ATC

Rehabilitation of athletic injuries utilizing therapeutic exercise is a standard of care. Emphasis on therapeutic exercise techniques that are voluntary and active; pain free; provide appropriate resistance; and utilize functional patterns of motion is an important component of recovery and return to play. Proprioceptive Neuromuscular Facilitation (PNF), a hands-on manual therapy technique of rehabilitation, is an excellent addition to other functional exercise(s). Emphasis will be PNF range of motion and strengthening techniques utilizing isometric and isotonic (concentric and eccentric) contractions as well as combinations of contractions to develop functional strength. *(Domain: V/Level: Essential-Student)*

Learning Objectives:

- Define PNF and its application to rehabilitation
- Discuss the principles and procedures of PNF
- Identify the functional extremity patterns of motion, characteristic of PNF
- Apply techniques of PNF and utilize isometric and isotonic contractions

Management of Gymnastics Injuries

David W. Kruse, MD

This lecture will address common injury patterns in the sport of gymnastics. Acute injury patterns and the appropriate management of these injuries on the mat, as well as the subsequent management and return to gymnastics will be discussed. Common chronic pathology will also be addressed as well as both intrinsic and extrinsic factors that lead to these injuries. The lecture will also discuss return-to-gymnastics specific factors. *(Domains: I-IV/Level: Essential-Student)*

Learning Objectives:

- Identify and manage common acute gymnastics injuries
- Identify and manage common chronic pathology seen in the sport of gymnastics
- Identify injury risk factors seen in the sport of gymnastics

Hindsight 2018: Reflection and Growth after the First Year as a Post-Graduate

Sanam Rezazadeh, MS, ATC

Sarah Lyons, MS, ATC

Athletic Training programs' curriculum prepares students with the tools needed to assess, treat and rehabilitate their patient population upon entry into the profession. During this transition it is common for the newly certified AT to experience doubts related to clinical preparedness and emergency care, however, as we integrate into the profession, we quickly realize administrative responsibilities and communication between stakeholders curtail our time dedicated to our patients. This session uses a case study approach to prepare students for common challenges they may encounter as a newly certified AT and the strategies to successfully navigate through them. (*Domain: V/Level: Essential-Student*)

Learning Objectives:

- Identify the necessity and timing of a crucial conversation
- Create an effective communication tool (i.e. injury report) and plan for inquiries
- Self-critique and seek out support when needed
- Identify and apply the administrative foundations taught by your athletic training curriculum clinically

Things I Wish I Knew Before I Graduated: A Panel Discussion

Ashley Musick, MS, ATC, EMT

Kara Radzak, PhD, LAT, ATC

Sanam Rezazadeh, MS, ATC

Sean Rogers, DAT, ATC

These young professionals will provide an overview of their experiences when they were newly certified athletic trainers and additional information they wish they knew upon entry into the profession. They will share personal reflections, insight, and tips regarding key factors that influenced their transition from student to clinician and working with diverse patient populations. The audience will also be able to pose questions to the panelists during this session. (*Domain: V/Level: Essential-Student*)

Learning Objectives:

- Describe panelists' experiences transitioning from student to certified AT
 - Describe panelists' experiences and insight regarding working with diverse patient populations
 - Summarize panelists' recommendations for students' future success as an AT upon graduation
-