

2020 FWATA Virtual Annual Meeting and Clinical Symposium

1) Head Impact Sensors in Sport: Can they Change Clinical Practice?

Thomas Bowman, PhD, ATC – University of Lynchburg

Head impact sensors have become increasingly popular in contact sports as the concern over brain trauma has heightened. Various sensors will be reviewed along with the data they provide from various contact sports. The content will include how the data provided by head impact sensors can be used to inform clinical practice with a focus on improvement of athlete safety and wellbeing. Specifically, diagnostic capabilities, rule considerations, and athlete behavior modifications that may be considered based on the current data head impact sensors have provided will be discussed.

(Domains: I,II/Level: Advanced)

Learning Objectives:

- Appraise the ability of head impact sensors to inform clinical practice.
- Recognize the data that head impact sensors provide.
- Identify common head impact sensors available for various sports.

2) Kids in Crisis: The Secondary School Athletic Trainer's Role in Mental Health

Presented by FWATA Young Professional Committee

Stacey Ritter, MS, ATC, ITAT - San Luis Sports Therapy/Movement for Life

Mental health situations often appear in secondary school athletes due to both internal and external influences. Abuse, addiction, depression, and anxiety are common concerns, and can stem from problems at home, pressures of school or sport, and peer relationships. Vulnerable athletes may bring such concerns to the AT, and perhaps outside of regular school hours. Determining the appropriate actions, within the AT's scope, can have a dramatic impact on that child's future. This presentation will help delineate when and how an AT can help a secondary school athlete experiencing a mental health issue or crisis. *(Domains: I,III/Level: Essential)*

Learning Objectives:

- Describe the secondary school athletic trainer's role in mental health/illness care.
- Identify emergency and non-emergency mental health situations.
- Develop and apply an emergency action plan for appropriate interventions.

3) Thoracic Outlet Syndrome: Inconsistent Symptoms and Difficulties with Diagnosis and Treatment

Jennifer Rizzo, EdD, ATC, CES - Concordia International School Shanghai

The diagnosis of thoracic outlet syndrome (TOS) is considered a rare condition and can be difficult to diagnose and treat. TOS patients often present with varying symptoms that can mislead a practitioner delaying the correct diagnosis. Symptoms of TOS include pain, numbness and tingling and dysfunction of the face, scapular region, shoulder and down the affected arm. Patients with bilateral TOS offer a unique

perspective when presenting with different symptoms between arms. The objective of this presentation is to present the current research around TOS diagnosis and treatment as compared to a case of a patient with abnormal anatomical etiology and how the symptoms, treatment and outcomes were quite different between each arm. (*Domains: II,IV/Level: Essential*)

Learning Objectives:

- Identify the symptoms of thoracic outlet syndrome.
- Identify the diagnostic tools used to diagnose thoracic outlet syndrome.
- Identify and discuss current research on TOS.

4) Mythbusting Flexibility

Katrina Parsons, MPT, OCS – Orthopaedic Specialty Institute

Stretching is commonly used as a method to mitigate injury and improve function and performance. There is an abundance of research regarding stretching, however it is widely conflicting. Understanding the current research consensus allows for appropriate management of an athlete's health status and performance enhancement. (*Domains: I,IV/Level: Essential*)

Learning Objectives:

- Discuss the risk vs. benefits of stretching modalities on types of performance
- Outline which stretch durations are most beneficial for performance and ROM
- Describe the general consensus of current research on flexibility
- Identify and discuss the risk of injury regarding flexibility training

5) The Athletic Trainer's Duty to Report

Presented by NATA Professional Responsibility in Athletic Training Committee

Carolyn Peters, MA, ATC, CSCS – San Diego Christian College

Michael Porters, MAT, ATC – Elk Grove High School

This presentation will provide information and guidance for all athletic trainers on their duty to report. The importance of professional values and other ethical considerations will be discussed. The options and potential consequences of reporting a colleague will be discussed as well as the process of reporting. A study on the deregulation threat in District Four will be presented along with case studies and management strategies. (*Domain: V/Level: Essential*)

Learning Objectives:

- Explain ethical considerations in decision-making.
- Discuss the importance of professional values.
- Discuss the athletic training profession's duty to report and the importance of reporting.
- Discuss a study of disciplinary actions in NATA District 4 and the deregulation threat in Illinois.
- Discuss the options and consequences of reporting a colleague.

6) Leading with Diversity, Inclusion & Respect

Margo B. Greicar, EdD, ATC, ACSM-CPT – San Diego State University

As leaders, mentors, preceptors, and educators, it is essential that we contribute to shaping a culture that demonstrates and values diversity, inclusion, and respect. To provide a safe and positive learning environment, we must know how to recognize behaviors like bullying, discrimination, and harassment, understand how to prevent them, and have a plan on how to respond if they occur in the clinical and/or didactic settings. This session utilizes a case study approach to introduce and implement strategies to ensure a positive and safe learning environment specific to the athletic training community.

(Domain: V/Level: Essential)

Learning Objectives:

- Discuss and respect the importance of diversity and inclusion in the clinical and didactic settings.
- Identify the distinction between the traditional focus of diversity and the modern acknowledgment of diversity.
- Explain the difference between diversity and inclusion as it applies to both the clinical and didactic settings.
- Define 'workplace' bullying.
- Identify and rectify bullying behavior in the clinical and/or didactic settings.

7) Myofascial Interventions: An Evidenced-Based Update

Scott Cheatham, PhD, DPT, PT, OCS, ATC, CSCS – California State University, Dominguez Hills

Myofascial interventions have become popular in the treatment of different musculoskeletal conditions. Common interventions include self-myofascial rolling, IASTM, and kinesiology tape. In recent years, other myofascial interventions have become popular among healthcare professionals. This presentation will provide an evidence-based update on three emerging myofascial interventions: flossing bands, mechanical percussion therapy, and cupping. *(Domain: IV/Level: Essential)*

Learning Objectives:

- Discuss the latest theories and science behind popular myofascial interventions.
- Evaluate the latest evidence regarding three popular myofascial interventions.
- Discuss updated clinical standards for the myofascial interventions presented.

8) Stop the Bleed Concepts for Athletic Trainers

Sarah Beene, MS, ATC – University of Redlands

After the 2012 Sandy Hook Elementary School active shooter situation, the American College of Surgeons collaborated with White House staff, US Military personnel and the medical community with the aim of creating a policy that would hopefully increase survivability in active shooter and mass casualty events. The training was geared towards encouraging bystander response in mass casualty and hemorrhaging situations. Due to the nature of their positions, athletic trainers present in these

situations already possess the skills, supplies, and best opportunity to help a victim of life-threatening bleeding. (*Domain: III/Level: Essential*)

Learning Objectives:

- Identify the principles of the Stop the Bleed campaign.
- Identify and discuss the role athletic trainers play in mass casualty situations.
- Describe prehospital care for life-threatening bleeding.
- Identify the medical supplies that should be included in a trauma kit and how to use them.

9) The Use of Hyperbaric Oxygen Therapy to Treat Mild Traumatic Brain Injury and Post-Concussion Syndrome

Yuki Okamoto, MS, ATC – San Diego Mesa Community College

Mild Traumatic Brain Injury (mTBI) and Post-Concussion Syndrome (PCS) are injuries that have plagued the field of Athletic Training for many years, yet the standard of care on managing the symptoms of concussions are still limited. There is growing evidence on the use of Hyperbaric Oxygen Therapy for the treatments of mTBI and PCS. Current literature has revealed positive and safe outcomes with the use of Hyperbaric Oxygen Therapy for MTBI patients. Based on the most current evidence, the clinical use of Hyperbaric Oxygen Therapy should be considered as an alternative treatment for mTBI and PCS.

(Domain: IV/Level: Essential)

Learning Objectives

- Discuss the principles of Hyperbaric Oxygen Therapy.
- Describe the physiological mechanism of Hyperbaric Oxygen Therapy.
- Discuss the therapeutic benefits of Hyperbaric Oxygen Therapy.
- Identify the indications/contraindications of Hyperbaric Oxygen Therapy.
- Discuss the level of current evidence on Hyperbaric Oxygen Therapy.

10) Free Communications Rapid Fire Presentations

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(Domains: I-V/Level: Essential)

Learning Objectives:

- Understand the potential relationship between an individual's chronotype and injury during time-mandated physical training.
- Describe the importance of performing baseline testing of common return-to-sport tests.
- Describe aspects of Joint Position Sense testing to assess proprioceptive ability.
- Describe the efficacy of clinically feasible Dual-Task as a concussion assessment.
- Describe which individuals are most commonly making critical return to play decisions for injured student participants in intramural and club sports.
- Describe the potential consequences of sport specialization in Little League baseball players.
- Describe the effect of dynamic compression on performance metrics and self-reported measures after delayed onset muscle soreness.
- Identify the prevalence of nutritional supplement usage among high school football players.
- Understand how the application of kinesiotape may be beneficial to those with knee pain.
- Identify common barriers between traditional healthcare and professional performing artists.
- Describe which head locations are more at risk for impacts in high school football linemen.