FWATA Pre-Conference and Mid-Conference Learning Labs (3 CEUs)

Athletic Trainer's Utilization & Clinical Establishment of IV Access & Fluid Administration to Improve Patient Care
Eric J. Fuchs, ATC, AEMT, SMTC

The CAATE 2020 Standard 75 states "Administer medications or other therapeutic agents by the appropriate route of administration upon the order of a physician or other provider with legal prescribing authority." "Route" is referring to intravenous (IV). At present some CAATE programs teach these skills and others do not. There is a need for AT Educators to learn IV skills to be able to teach this clinical skill in compliance with new standards as well as, a need for certified athletic trainers to learn these skills. The fact that some states allow for IV administration under the AT's Scope of practice creates a potential gap in knowledge for both AT's who graduated from programs that received this training versus those who graduated from programs that have not had this training. *(Domains: II-IV/Level: Advanced)*

Learning Objectives:

- Identify common medical and traumatic injuries that the establishment of IV access or IV fluid administration would improve patient morbidity or mortality rate
- Identify the required supplies & equipment needed to establish IV access on patients
- Identify and discuss the impact of state practice acts upon the ability for ATs to provide IV access to patients
- Identify injuries or illnesses which current evidence supports the initiation of IV fluids in AT Position Statements
- Demonstrate how to properly establish and monitor IV fluids, and how to manage and discontinue IV access on a patient using IV arm simulators for training

FWATA Pre-Conference Learning Lab (3 CEUs)

Thoracic Mobilization for Cervical and Shoulder Pain
Michael Higgins, PhD, ATC, PT, CSCS

Mechanical neck and shoulder pain are a common occurrence in the general and sporting population. Traditional treatment of shoulder pain involves intervention directed toward the glenohumeral joint, but this undermines the important role of adjacent structures such as the cervicothoracic (CT) spine. There is a growing body of evidence suggesting that regional interdependence has some validity in the management of patients with neck and shoulder pain. Cervicothoracic manual therapy has been shown to improve pain and disability in individuals with cervical and shoulder pathology. *(Domain: IV/Level: Advanced)*

Learning Objectives:

- Explain normal and abnormal mechanics of the thoracic spine
- Determine what patients will benefit from thoracic manual techniques
- Explain the guidelines for applying manual therapy techniques to the cervicothoracic and thoracic region
- Apply mobilizations to the thoracic region for cervical and shoulder pain/pathology
- Apply HVLA techniques to the thoracic region for cervical and shoulder pain/pathology
- Determine the effectiveness of the treatment techniques presented

FWATA Mid-Conference Learning Lab (3 CEUs)

Menstrual Cycle Dysfunction and Therapeutic Treatment Interventions
Nicole Murzen, MS, ATC, MFDc
Elysia Tsai, MEd, ATC

Clinical studies show over half the population of menstruating athletes experience pain, fatigue, anxiety, heavy bleeding, and performance disruptions during the menstrual cycle. These symptoms are common but not necessary or normal. Conventional medicine routinely prescribes birth control to address symptoms, creating a cascade of adverse health outcomes, rather than addressing root causes of hormone imbalance. This Learning Lab assists athletic trainers to explore root causes including HPA-Axis, sympathetic overdrive, sleep hygiene, and nutritional deficiencies. The lab portion includes therapeutic interventions such as kinesiotape, lymphatic drainage, digestion techniques, pelvic mobility, and paced breathing for parasympathetic reset. *(Domains: I,II,IV,V/Level: Essential)*

Learning Objectives:

- Identify gaps of knowledge within the health care profession and develop integrative treatment protocols for assigned female at birth and menstruating athletes
- Recognize and understand how to evaluate root causes of menstrual cycle dysfunction using pre-participation examinations and comprehensive supplemental health questionnaires
- Discuss emerging concepts of Relative Energy Deficiency in sport (RED-s), Hypothalamic-Pituitary-Adrenal axis (HPA-axis) dysfunction, sympathetic dominance effect on athletes and athletic trainers' health, and well-being
- Define each phase of the menstrual cycle, hormonal changes, and physiological adaptations that require customization to each individual's training load, nutrition, recovery, and stress response.
- Consider the athletic training facility environments for toxic overload and sympathetic overdrive on quality of life and health status relative to the demands of athletic training
- Use kinesiotape to relieve menstrual cycle symptoms including cramps, back pain, bloating, and headache
- Practice stress reduction techniques using paced breathing and altering environmental conditions for sympathetic overdrive and vagal nerve tone
- Apply instrument-assisted soft tissue mobilization for digestion, lymphatic flow, and myofascial tissue restriction for menstrual dysfunction symptoms

FWATA Suture Workshop

Basics of Wound Healing and Suturing
Leslie Cardoza, PA-C, ATC

Skin injuries are commonly seen in athletics. The importance of wound care management can determine the outcome of the skin injury. Athletic Trainers need to have a good understanding of the stages of wound healing as this can promote tissue healing and reduce the risk of complications and infections. Athletic Trainers need to understand the basics of wound suturing including the techniques and materials used. This workshop will provide athletic trainers with hands-on experience in basic suturing that they can apply in their clinical practice. *(Domains: II,III,V/Level: Essential)*

Learning Objectives:

- Describe the stages of wound healing
- Identify and apply proper wound care techniques
- Identify appropriate skin closures for different wound types
- Apply sutures to an appropriate wound

Friday, April 29, 2022

Financial Wellness for the Early Professional
Presented by FWATA Early Professionals Committee
Paul Backofen, Financial Advisor

Financial wellness is not always a topic of education and priority for early professionals, specifically recent graduates. Broaching the topics of student loans; how to manage repayment, understanding extra financial considerations in terms of per diem work, and key factors when accepting job offers are all imperative to our overall financial and emotional well-being. Providing early professionals with these tips can help prevent unnecessary stressors, decrease burnout, and gain confidence within the profession. *(Domain: V/Level: Essential)*

Learning Objectives:

- Identify considerations with per diem work vs. salaried positions
- Identify and discuss loan repayment programs and options after graduation
- Explain the role that insurance and benefits packages have in salary

Functional Medicine for the Athlete and Athletic Trainer
Adam C. Cady, MHS, ATC, CSCS, PA-C

Many factors can affect athlete health, well-being, and performance. This presentation will summarize the evidence on the effects of lifestyle interventions (sleep, nutrition, and reduction of stress) and their physiologic mechanisms and relationships to athlete health and performance. Practical application of intervention approaches will be presented. Most, if not all of the inventions can also be applied to the personal health and well-being of the athletic trainer. *(Domains: I,II,IV/Level: Advanced)*

Learning Objectives:

- Analyze and apply current evidence to improve athletic performance utilizing sleep interventions
- Apply current evidence to personalize aspects of nutrition to improve metabolic health and athletic performance
- Utilize current evidence to aid athletes in reducing stress and improving performance
- Discuss the bidirectional relationship of sleep, nutrition, and stress reduction to support interventions to improve athlete performance and health
- Apply knowledge gained to improve the personal health and wellness of the athletic trainer

Thrower's Shoulder
Michael Shepard, MD

The throwing shoulder presents challenging issues to both diagnose and manage. A thorough understanding of the biomechanics of throwing is necessary to allow accurate identification of throwing pathologies. Appropriate physical examination and diagnostic tests aid in identifying accurate diagnoses. Rehabilitation strategies for the throwing shoulder must be evaluated in regard to their risks and efficacy. *(Domains: II,IV/Level: Essential)*

Learning Objectives:

- Discuss common pathologies in the thrower's shoulder
- Identify risk factors for injury in throwers
- Explain the comprehensive examination process of a thrower's shoulder
- Discuss when surgery and rehabilitation can be effective in treating the thrower's shoulder
- Describe return to play protocols for the thrower's shoulder

Proprioceptive Neuromuscular Facilitation: A hands-on functional rehabilitation technique
Carolyn T. Greer, MA, ATC

Rehabilitation of athletic injuries utilizing therapeutic exercise has long been 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 are important components of recovery and return to play. Proprioceptive Neuromuscular Facilitation (PNF), a manual therapy approach to rehabilitation, is an excellent addition to other functional exercises. Emphasis for this session will be focused on PNF techniques utilizing isometric and isotonic (concentric and eccentric) contractions as well as combinations of contractions to develop functional strength. PNF is more than diagonal spiral patterns of motion, and understanding its use, selection, and application of techniques will enable the clinician to appropriately include it in their rehabilitation plan. *(Domain: Student/Level: Essential)*

Learning Objectives:

- Define PNF and discuss its application to rehabilitation
- Discuss the principles and procedures of PNF
- Identify the PNF functional extremity patterns of motion
- Select techniques of PNF utilizing isometric and isotonic contractions

Transitional Exercise: Bridging the gap between rehabilitation and human performance
Michael Higgins, PhD, ATC, PT, CSCS

The focus of this presentation is to educate health care professionals on ways to bridge the gap between rehabilitation and strength and conditioning programs allowing for a seamless transition back to training and competition. Greater knowledge of strength and conditioning and periodization models can help health care professionals in their evaluation, clinical reasoning skills, exercise progression, and goal setting for the sustained return of patients/athletes to high levels of competition. Through exercise modification and selection, the health care professional will be better able to transition the patient/athlete back to strength, conditioning, and competition. *(Domain: IV/Level: Essential)*

Learning Objectives:

- Explain and compare rehabilitation and strength and conditioning exercises
- Implement exercise modifications based on injury to allow for athletes to participate in strength and conditioning programs
- Describe the use of a periodization model in the rehabilitation setting
- Understand terminology utilized by strength and conditioning professionals

ACL Injuries & Treatment: Past and present
Paul C. Murphy, MD

Anterior Cruciate Ligament (ACL) injuries are increasingly more common in the United States. The diagnosis and treatment of ACL injuries have evolved in recent years. This session will discuss current evidence on risk factors, mechanism of injury, prevention strategies, surgical vs non-surgical intervention, treatments, and rehabilitation. Surgical treatment varies and can alter post-operative care and rehabilitation. *(Domains: II,IV/Level: Essential)*

Learning Objectives:

- Discuss risk factors associated with ACL injury
- Identify the mechanisms of injury with ACL injury
- Discuss the different surgical options for ACL reconstruction and identify how this would affect rehabilitation and post-operative care

Athletic Training Student Sessions

UCL Reconstruction: The Tommy John Epidemic
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. *(Domain: Student/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 the 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

Implementing New Evidence into Concussion Management to Bridge the Gap
Tamara Valovich McLeod, PhD, ATC, FNATA

The 2014 NATA position statement on concussion has several outdated recommendations. Emerging evidence suggests that ATs should update their concussion management plans and protocols. However, many ATs default to the NATA position statement for their policies. The gap statement will help ATs incorporate emerging evidence into practice until a complete update of the concussion statement can be written. *(Domains: II-IV/Level: Advanced)*

Learning Objectives:

- Identify which areas of the 2014 NATA concussion position statement are outdated
- Advocate for the inclusion of early aerobic exercise and active treatments for concussion
- Implement policy and practice updates using emerging evidence
- Discuss the importance of mental health considerations for patients with concussion

Athletic Training Student Sessions

How to Recognize and Manage Athletes with Mental Health Issues
Kelsey Bains, MA, CCISM, ATC

This presentation will discuss the knowledge necessary to be able to identify a variety of mental health issues that can manifest within the physically active population, in sport, performance, and with injury. We will discuss the need to recognize signs and symptoms of mental health issues. Strategies to manage and when to refer mental health patients will be explored. Psychosocial strategies that will benefit the Athletic Trainer when working with a patient struggling psychosocially are critical elements of patient-centered care. *(Domain: Student/Level: Essential)*

Learning Objectives:

- Identify and discuss common mental health concerns
- Recognize and discuss signs, symptoms, and development of mental health issues
- Explain how to manage mental health issues
- Discuss when to refer and referral processes
- Recognize when and how to apply psychological strategies

Evidence-Based Recommendations for the Clinical Assessment of Lateral Ankle Sprains
Ashley Marshall, PhD, LAT, ATC

Ankle sprains are the most common injury seen by Athletic Trainers, yet there continues to be a large number of patients that experience poor long-term outcomes following these injuries. A recent consensus statement from the International Ankle Consortium provides evidence-based guidelines for the structured assessment of acute lateral ankle sprains (LAS), including both the diagnosis and identification of mechanical and/or sensorimotor deficits. The purpose of this presentation is to describe the International Ankle Consortium guidelines and highlight how Athletic Trainers are currently incorporating these components into their routine assessment of LAS injuries. *(Domain: II/Level: Essential)*

Learning Objectives:

- Explain the International Ankle Consortium's evidence-based guidelines for the structured assessment of acute lateral ankle sprains
- Describe the association between athletic trainers' clinical practice patterns for the evaluation of acute lateral ankle sprains and the International Ankle Consortium recommendations
- Identify components of the International Ankle Consortium recommendations that athletic trainers are not currently utilizing when evaluating acute lateral ankle sprains

Air Quality and its Impact on Safe Physical Activity: How to protect your patient

Katie Walsh Flanagan, EdD, ATC

It is understood that particles from pollution, smog, forest fires, and volcanos are increasing hazards to clean air. Recently, worsening air quality has had a profound effect on safe participation in physical activity, yet the determination of when outdoor participation is dangerous is not universally understood. This presentation will increase the attendee's knowledge of the consequences of poor air quality and athletic participation, demonstrate various means to assess air quality and create a warning system and policy to protect those who engage in outdoor physical activity. Attendees will also identify more susceptible athletes to worsening air conditions and provide appropriate safety plans.
(Domain: I/Level: Advanced)

Learning Objectives:

- Examine the effects of poor air quality on athletic performance
- Characterize air quality policies for suitable adaptability to physical activity
- Create an appropriate response to poor air quality by modifying physical activity
- Devise a venue-specific plan to protect athletes from becoming ill due to poor air quality

Saturday, April 30, 2022 – Hall of Fame Day

Sports Nutrition and Dietary Supplement Considerations to Enhance Injury Rehabilitation Outcomes
Guillermo Escalante, DSc, MBA, ATC, CSCS*D, FISSN

The science of sports nutrition and dietary supplements has grown exponentially over the last several decades. While athletes and strength and conditioning coaches have been putting the science learned in this field to enhance performance, most of this knowledge remains unapplied and disregarded among healthcare professionals. Understanding and applying the science in the field of sports nutrition and dietary supplements can be used by athletic trainers to enhance rehabilitation outcomes by improving their patient's muscle hypertrophy, strength, endurance, and power. *(Domain: IV/Level: Essential)*

Learning Objectives:

- Explain the importance of peri-rehabilitation nutrition
- Distinguish between safe/effective dietary supplements from unsafe/ineffective supplements
- Identify reliable resources for patients about sports nutrition and dietary supplements
- Understand nutritional requirements for injured patients
- Design general guidelines for rehab nutrition while remaining within your scope of practice

Taking an Active Approach to the Treatment of Concussion
Tamara Valovich McLeod, PhD, ATC, FNATA

This presentation will discuss the benefits of taking an active approach to treating concussions. Recent evidence suggesting aerobic exercise can benefit patient outcomes will be presented. Identification of concussion sub-types or profiles will be discussed. Practical application of treatment approaches will be identified, with a specific emphasis on engaging a multidisciplinary team of healthcare providers. Lastly, strategies to help patients and other stakeholders differentiate between concussion treatment and being in the return to play progression will be discussed. *(Domains: II,IV/Level: Advanced)*

Learning Objectives:

- Debate the merits of active treatments following concussion
- Discuss the usefulness of aerobic exercise in the management process
- Differentiate between concussion treatment and the return to activity protocol
- Apply the clinical profile screen to identify concussion sub-types

Improve Clinical Decision-Making by Understanding Heuristics & Cognitive Bias
Russell Muir, EdD, ATC, CES

The unavoidable use of mental shortcuts (heuristics) in decision-making leads to predictable cognitive errors (cognitive bias), especially when decisions must be made in situations of uncertainty, duress, or constrained time. Heuristics and cognitive bias have been shown to be significant contributors to diagnostic inaccuracy and sub-optimal treatment choices in a variety of medical specialties. Understanding how the brain processes information, especially within the context of heuristics and cognitive bias, is not routinely taught in athletic training education, so a need exists to fill that educational gap to improve clinical decision-making across all domains and to optimize patient outcomes. *(Domains: II-IV/Level: Advanced)*

Learning Objectives:

- Identify and discuss several theories of clinical reasoning and decision-making
- Apply appropriate heuristics with minimal cognitive bias
- Analyze clinical decisions for the presence of cognitive error
- Evaluate whether clinicians are making appropriate clinical decisions in a variety of scenarios

Arthroscopic Management and Rehabilitation of Femoroacetabular Impingement
Kevin Parvaresh, MD

Appropriate diagnosis and management for femoroacetabular impingement syndrome is an essential component for patients struggling with hip pain, especially when it inhibits sports performance and daily activities. Proper surgical indication is key to ensuring surgical intervention will maximize individual patient outcomes. Surgical technique must match individual anatomy and pathology to ensure full correction for the multiple components of femoroacetabular impingement syndrome. Proper rehabilitation performed in a targeted, stepwise approach is essential for postoperative recovery and may involve extended sessions beyond what is typically performed for some patients struggling with strength or functional deficits. *(Domains: II,IV/Level: Essential)*

Learning Objectives:

- Identify surgical indications for femoroacetabular impingement syndrome
- Discuss surgical management options and techniques for FAI
- Apply appropriate interventions for comprehensive postoperative rehabilitation

Clinical Allyship: Athletic Trainers as allies for undocumented patients
Presented by FWATA Ethnic Diversity Advisory Committee
Carolina Quintana, PhD, ATC

Now, more than ever, athletic trainers are treating vast and ever-changing patient populations. Regionally, the athletic training population of FWATA serves a population that includes patients who may be undocumented. It is important that athletic trainers are aware of this patient population, their unique needs, and ways to best support and provide allyship. This presentation seeks to provide athletic trainers with the foundational knowledge to best provide inclusive and high-quality care to undocumented patients while ensuring a safe and inclusive environment. *(Domain: V/Level: Essential)*

Learning Objectives:

- Identify ways to create a welcoming and supportive athletic training/healthcare environment for undocumented immigrant students
- Implement practices to mitigate barriers to healthcare for undocumented patients
- Differentiate between the four main categories of persons living in the United States
- Describe allyship as it relates to athletic training practice and the four basic levels of becoming an ally

Neural Tension: Assessment, treatment, and management for athletes
Katrina Parsons, MPT, OCS

Greater than 50% of athletes experience some sort of neural injury over the course of their careers. Timely assessment of these injuries to identify when conservative treatment methods are appropriate, versus referral for further diagnostic tests or surgical management is essential for preservation of function and determining return to play. Athletic trainers can utilize neuromobilization to alleviate pain, preserve function, improve ROM, and improve performance with their athletes.
(Domains: II,IV/Level: Advanced)

Learning Objectives:

- Assess athletes for neural tension
- Perform neuromobilization as a treatment technique for athletes
- Identify contraindications for neural mobilization
- Discern appropriate referrals for further diagnostic testing and evaluation
- Describe neural pathways and common entrapment sites

Athletic Training Student Session
The Emergency Action Plan: How to implement it in your school-based practice
Andy Paulin, ATC

This presentation will provide attendees with practical applications to immediately implement in their school-based athletic training programs. The rehearsal and execution of the Emergency Action Plan (EAP) will be reinforced by the daily completion of tasks that provide an effective response to frequent acute athletic injuries and emergent conditions in practice and competition. While attendees may identify materials they do not possess, this presentation will also offer skill development to enhance the athletic training operations that currently exist. *(Domain: Student/Level: Essential)*

Learning Objectives:

- Create an effective EAP that responds to the daily operations of an Athletic Training Clinic, on-site practices, and competition
- Identify EAP techniques that are responsive to the needs of an athletic population while using existing staff and materials
- Create venue specific EAPs that athletic training staff can execute with available resources

Optimizing Lateral Ankle Sprain Rehabilitation: The Spectrum of Care from Intake to Discharge
Ashley Marshall, PhD, LAT, ATC

Lateral ankle sprains (LAS) are the most common injuries associated with physical activity and athletic participation. Up to 70% of individuals who sustain a single LAS will eventually develop chronic ankle instability (CAI), which has been associated with long-term consequences such as decreased health-related quality of life and decreased physical activity. To help mitigate consequences related to CAI, recent studies have investigated different approaches in managing patients who suffer a LAS, including the use of patient-reported outcome measures, clinician-reported outcome measures, and various treatment approaches. Although LAS injuries present a major challenge for health care providers, particularly athletic trainers, little is known about the overall effectiveness of current treatment strategies for LAS and criteria utilized to return to sport. Thus, there is a pressing need to identify effective treatment strategies that will optimize patient outcomes and reduce re-injury risk.
(Domain: IV/Level: Essential)

Learning Objectives:

- Discuss the progression of an acute lateral ankle sprain to chronic ankle instability
- Describe the evidence regarding the treatment of lateral ankle sprain injuries
- Identify patient-reported outcome measures and clinician-rated outcome measures specific to the ankle
- Discuss guidelines for the return to sport from lateral ankle sprain injury

Athletic Training Student Session

Presenting Your Best Self - Skills to "Win" the Interview

Katie Walsh Flanagan, EdD, ATC

Athletic training students spend two years learning and practicing skills to be a Board-certified athletic trainer, but often do not have adequate time in the curriculum to address getting a job, then a career in the field. Considering that students are entering the workforce with 3,000 peers annually, just being a graduate of a CAATE-accredited program is not enough to secure a desired job. This presentation begins with the importance of professional management and adequate promotion of self and will provide students with skills that apply in every work setting and are helpful life aptitudes as well in employment settings. *(Domain: Student/Level: Essential)*

Learning Objectives:

- Judiciously address strengths and weaknesses of themselves
- Appraise the criticality of attitude, posture, and facial expressions, and other areas
- Carefully listen to questions and thoughts of others before responding
- Demonstrate professional communication, in written, verbal and social medial formats
- Recognize the importance of research in any job interview

Surgical Management and Rehabilitation of Proximal Hamstring Tendon Tears

Kevin Parvaresh, MD

Appropriate and prompt diagnosis and management for proximal hamstring tendon tears is an essential component for patients with hamstring tendon tears, especially acute tears that need to be fixed early to prevent complications. Proper surgical indication is key to ensuring surgical intervention will maximize individual patient outcomes. Surgical technique must match individual anatomy and pathology to ensure full healing and prevent complications. Proper rehabilitation performed in a targeted, stepwise approach is essential for postoperative recovery and return of function. *(Domains: II,IV/Level: Essential)*

Learning Objectives:

- Identify surgical indications for proximal hamstring tendon tears
- Discuss surgical management options and techniques for proximal hamstring tears
- Apply appropriate interventions for comprehensive postoperative rehabilitation

Leading through Change: Are you up for it? Better yet, are you equipped for it?

Carolyn Peters, MA, ATC

Leadership is not a static event but a process, and there are multiple elements a leader must possess to navigate the journey effectively. For example, emotional intelligence, integrity, courage, wisdom, and communication are elements found in change, adaptive, and participatory leadership. In addition, the COVID-19 pandemic has revealed many aspects including the need to adapt and change ourselves and our environment. This presentation will enlighten the participant on these leadership styles and recommendations that flourish in challenging environments. *(Domain: V/Level: Essential)*

Learning Objectives:

- Differentiate adaptive, change, and participatory leadership styles
- Interpret current change leadership research
- Implement emotional intelligence strategies for change

Advocating for Return to Learn in Secondary School and College Settings
Tricia Kasamatsu, PhD, ATC

A gradual return to learn after concussion is widely accepted as part of the concussion management process. However, medical and school professionals continue to report challenges when implementing academic support strategies in secondary school and college settings. This presentation will provide an update on current return to learn practices, challenges experienced, and recommendations to advocate for students after a concussion. A preview of the development of a consensus statement on return to learn for college students will also be presented. *(Domains: II,IV,V/Level: Essential)*

Learning Objectives:

- Compare return to learn principles in secondary and post-secondary schools
- Describe challenges while implementing a gradual return to learn
- Explain the development of the return to learn protocol for college students
- Identify strategies to advocate for students after a concussion

Emergency Action Plan and the Secondary School Athletic Trainer
Presented by FWATA Secondary School Athletic Trainers Committee
Mark D'Anza, MEd, LAT, ATC

Athletic trainers at the secondary school level are tasked with health and safety after school hours end. It is imperative to have appropriate protocols in place as well as to practice these measures with all those involved in after-school hours events. Once established, these practices should be shared with involved parties and stakeholders to demonstrate the value having an athletic trainer brings in addition to identifying and improving in areas that need to be updated. *(Domains: I,III,V/Level: Essential)*

Learning Objectives:

- Identify and explain the components of an EAP
- Discuss the role of the athletic trainer in the implementation and rehearsal of an EAP
- Demonstrate the value of the proper implementation of an EAP to school stakeholders

Medical Cannabinoids: History, indications, contraindications, and risks
Michelle A. Cleary, PhD, ATC

It is important for ATs to understand the adverse health effects and the potential therapeutic benefits linked to marijuana. The primary challenge for sports medicine practitioners is to provide advice based on the best evidence available. With increases in the recognition of the analgesic effects of cannabis and cannabinoids and their potential utility for pain management, the legalization of cannabis, and the level of cannabinoids prescribed for medicinal purposes, the AT must carefully evaluate the risk-benefit considerations of cannabinoids for the management of pain. *(Domain: IV/Level: Essential)*

Learning Objectives:

- Describe the process by which cannabinoids were legalized for medical purposes
- Summarize the endocannabinoid system
- Differentiate THC from CBD
- Discuss advantages and disadvantages of cannabinoid-based medicines
- Recognize contraindications and risks associated with medical cannabinoid use

Prescribing "Rest": How to optimize recovery
Sponsored by Gatorade Sports Science Institute
Anthony Wolfe, MS

Recovery is a noun meaning a return to a normal state of health, mind, or strength. The primary goal of the athletes' performance team is to help the athlete recovery and adapt to training to perform at their best during competitions. There are many components that factor into recovery post-training and should be used together to fully support the athletes' needs. Nutrition and hydration strategies, load monitoring, and a variety of physical modalities should be used in tandem to keep athletes strong day-to-day and throughout the season. *(Domains: I,IV/Level: Advanced)*

Learning Objectives:

- Discuss various nutrition strategies, including protein, carbohydrates, hydration, and supplementation to support recovery post-training
- Describe how understanding and tracking internal and external load can impact training and recovery
- Identify strategies to support good sleep hygiene

Sunday, May 1, 2022

Student-Athlete Mental Health and the Role of the Athletic Trainer
Megan Granquist, PhD, ATC

Athletic trainers play an important role in the mental health care of student-athletes. As such, athletic trainers should proactively address mental health for optimal student-athlete wellbeing, work with student-athletes through subclinical mental health experiences and be able to recognize and refer student-athletes for mental health care. This session will discuss the role of the athletic trainer in student-athlete mental health across the spectrum of mental wellness, will provide a guide for working with student-athletes who present with subclinical mental health signs and symptoms, and give a framework for mental health referral. *(Domains: II, IV/Level: Essential)*

Learning Objectives:

- Proactively address mental health for optimal student-athlete well-being
- Identify and work with student-athletes through subclinical mental health experiences
- Recognize and refer student-athletes for mental health care

A Strategy for Eliminating Starvation and Dehydration from Youth and Elite Sports: The Renaissance in Sports Nutrition
Kenneth C. Lane, MD

There has been a long history of multiple sports encouraging starvation and dehydration to "make weight" or "look better." This practice can result in poor performance, physical ailments, and in extreme cases, morbidity. Recent food science and nutrition guidance have led to the development of practices that result in safe, healthy weight loss and improved athletic performance. These simple and practical strategies need to be communicated to athletes, parents, and coaches to eliminate all starvation and dehydration from sports, and to promote a lifetime of healthy eating. *(Domains: I,IV/Level: Essential)*

Learning Objectives:

- Discuss the history and ill effects of starvation and dehydration in sport
- Provide detailed nutritional advice for healthy weight loss
- Explain metabolic and physiologic effects after adopting healthy weight-loss strategies
- Discuss strategies to educate athletes, parents, and coaches to adopt the healthy weight loss programs

The Overhead Squat Assessment: Practical application in rehabilitation
Margo B. Greicar, EdD, ATC

The overhead squat (OHS) is an effective tool to assess dynamic posture and the overall movement pattern of a patient. It is an efficient tool to assess the patient's flexibility, core stability, proprioception, and neuromuscular control throughout the entire human kinetic chain. This presentation provides an overview of eight commonly seen movement pattern dysfunctions (MPDs) during the OHS assessment. For each MPD, the structural and functional anatomy is reviewed as well as strategic rehabilitation interventions to address each MPD. *(Domains: I,II,IV/Level: Essential)*

Learning Objectives:

- Identify eight commonly noted movement dysfunctions of the kinetic chain
- Discus the structural and functional anatomy associated with the eight movement dysfunctions
- Identify rehabilitation interventions specific to each of the eight movement dysfunctions

Sexual Harassment: Protect yourself, protect your patients
NATA Strategic Issues in Athletic Training Lecture Series
Dani Moffit, PhD, LAT, ATC

Sexual harassment is a growing concern in all settings. Athletic trainers should feel safe in their jobs. Athletic training students should feel safe in their programs, in both didactic and clinical settings. Furthermore, patients should experience a safe space while under the care of an athletic trainer. While the CAATE, BOC, and NATA have standards and a Code of Ethics to keep the student, patients, and practitioners safe, recent developments demonstrate that there is something missing from education and/or understanding what constitutes sexual harassment. Additionally, it is imperative that practitioners and students understand how to protect themselves as well as where to report issues that may occur. *(Domain: V/Level: Essential)*

Learning Objectives:

- Describe the continuum of sexual exploitation
- Explain the steps to take if faced with a sexual harassment situation
- Describe whistleblower protections
- Create an inclusive environment to prevent unwanted outcomes