

**Thursday, April 18, 2024**

## **Pavilion 6**

***Pre-Conference Learning Lab #1: 12:30pm - 3:30pm (Check-in begins at 12:00noon)***

***\*Pre-Registration and additional fee required – 3 CEUs***

***MUST check in by 10-minutes BEFORE the start of the session.***

***Introduction to POCUS & Emergency Thorax and Abdominal Assessment: The E-Fast Exam***

*Christopher Ludwig, EdD, LAT, ATC – University of California, Fresno*

*Josh Johnson, MS – University of Idaho*

Ultrasound is a powerful, cost-effective, non-invasive, and dynamic imaging modality that can augment physical exams, including for musculoskeletal injuries. This technology provides a rich source of clinical information on which to base medical decisions. However, the quality of the information in sonographic studies is highly dependent on operator skill. Therefore, practitioners must receive adequate training and education in sonography. To our knowledge, only two peer-reviewed articles have been published regarding ultrasound education in the Athletic Training profession, despite the well-established benefits of the techniques. This Learning Lab aims to provide a foundation for the use of ultrasound as an imaging tool for athletic trainers to build future proficiency in its use. (*Domain: II;BCS-O:I/Level: Essential*)

Learning Objectives:

- Describe the basic physics of ultrasonography
- Define common terminology with Point of Care Ultrasound
- Differentiate common imaging artifacts from real anatomical features
- Identify normal anatomical structures in a variety of sonograms
- Capture and optimize standard sonograms in a variety of studies (e.g., E-Fast – thorax, pulmonary, cardiac, abdominal, etc.)

***Pre-Conference Learning Lab #2: 4:30pm – 7:30pm (Check-in begins at 4:00pm)***

***\*Pre-Registration and additional fee required – 3 CEUs***

***MUST check in by 10-minutes BEFORE the start of the session.***

***Myofascial Release for the Hip and Thigh***

*Portia B. Resnick, PhD, ATC, BCTMB – California State University, Long Beach*

Athletic trainers have been using more manual therapy techniques in the clinic, including fascial manipulation techniques such as cupping and foam rolling. However, many entry-level athletic training programs do not provide an education in myofascial release, which has proven to be a beneficial manual therapy technique. Focus on the hip and thigh, including a review of the clinical anatomy, will add an additional tool for athletic trainers to use in all types of clinical practice. The lab will provide general techniques that can be applied to other fascial structures as well as specific techniques for the hip and thigh. (*Domain: IV;BCS-O:II/Level: Advanced*)

Learning Objectives:

- Describe the clinical anatomy of the hip and thigh
- Explain myofascial release and its role as a manual therapy treatment

- Discuss common soft tissue injuries/conditions of the hip and thigh that can benefit from myofascial release
- Identify appropriate myofascial techniques for the hip and thigh
- Demonstrate correct body mechanics when applying the myofascial techniques
- Demonstrate myofascial techniques for the hip and thigh

## **Friday, April 19, 2024**

### **Pavilion 6**

***Mid-Conference Learning Lab #3: 8:00am – 10:00am (Check-in begins at 7:30am)***

*\*Pre-registration and additional fee required – **MUST check in by 10-minutes BEFORE the start of the session.***

#### **Proprioceptive Neuromuscular Facilitation Techniques for the Spine and Trunk**

*Carolyn T. Greer, MA, ATC – University of San Diego, Retired*

This presentation will demonstrate and provide exposure to Proprioceptive Neuromuscular Facilitation (PNF) techniques focusing on the spine and trunk. The application of PNF techniques for extremity rehabilitation has become a proven and valuable tool for athletic trainers. Incorporating upper and lower extremity techniques to spine/trunk pathology will give the athletic trainer useful tools for the treatment of these conditions. This session will present cervical, thoracic, lumbar spine, and trunk techniques in PNF. It is recommended that attendees have upper and lower PNF experience (*Domain: IV;BCS-O:II/Level: Advanced*)

Learning Objectives:

- Define PNF, its application to rehabilitation and the principles and procedures of PNF discussed
- Demonstrate PNF patterns of motion for the spine and trunk
- Select PNF techniques utilizing isometric, concentric, and eccentric contractions and apply them to the spine and trunk

***Mid-Conference Learning Lab #4: 11:00am – 1:00pm (Check-in begins at 10:30am)***

*\*Pre-registration and additional fee required – **MUST check in by 10-minutes BEFORE the start of the session.***

#### **Suturing 101: Basics of Suturing**

*Leslie Cardoza, PA-C, ATC – Carbon Health Urgent Care*

Skin injuries are commonly seen in athletics. In 2020, wound care and closure became a competency for athletic trainers per the CAATE Standards. It is important that all athletic trainers know the basics of wound care and be able to determine the appropriate wound care closure for a skin injury. (*Domains: II,III,V/Level: Essential*)

**NOTE:** Pig's feet will be used for this suture lab

Learning Objectives:

- Discuss the stages of wound healing
- Identify wound-cleaning methods
- Explain and demonstrate holding of suture tools including pick-up and needle driver
- Evaluate wound type and determine if suture closure is needed
- Apply basic sutures to an appropriate wound

**Mid-Conference Learning Lab #5: 2:30pm-4:30pm (Check-in begins at 2:00pm)**

*\*Pre-registration and additional fee required – MUST check in by 10-minutes BEFORE the start of the session.*

### **Advanced Suturing Techniques**

*Leslie Cardoza, PA-C, ATC – Carbon Health Urgent Care*

Wounds will vary in size, depth, and location depending on the type of injury sustained and may require different closure techniques for effective treatment. Athletic trainers should have a good understanding of how to evaluate wound severity and how to perform different types of skin closures to reduce the risk of infection/complications. This lab will provide athletic trainers with advanced skills to close deeper wounds and to perform closures that reduce the size of scarring. *(Domains: II,III,V/Level: Advanced)*

**NOTE:** Pig's feet will be used for this suture lab

Learning Objectives:

- Discuss the stages of wound healing
- Identify wound-cleaning methods
- Evaluate wound type and determine if suture closure is needed
- Apply advanced sutures to an appropriate wound

## **Saturday, April 20, 2024 – Hall of Fame Day**

### **Pavilion 6**

**Mid-Conference Learning Lab #6: 8:00am-10:00am (Check-in begins at 7:30am)**

*\*Pre-Registration and additional fee required – MUST check in by 10-minutes BEFORE the start of the session.*

### **Diagnostic Ultrasound: The Application and Utilization within the Athletic Training Setting**

*Eugene Roh, MD – Stanford University*

*Sanam Rezazadeh, MS, ATC – Stanford University*

The ability to learn how to operate diagnostic ultrasound is not easily accessible to the athletic training profession unless we go back to school to fulfill another degree. This lab will allow athletic trainers to understand the basics of ultrasound imaging, including understanding correct indications, operation of the unit, and obtaining and reading ultrasound images commonly acquired in sports medicine. The ability to receive feedback on the ease of operating the unit as well as how well this would be utilized within the

profession can create the groundwork for possible incorporation into the athletic training profession.  
(Domain: II;BCS-O:I/Level: Essential)

Learning Objectives:

- Understand the different uses for diagnostic ultrasound
- Identify the possible applications within the athletic training setting
- Discuss ultrasound principles
- Effectively operate a diagnostic ultrasound unit
- Accurately read an ultrasound image and identify anatomical landmarks while utilizing diagnostic ultrasound

**Mid-Conference Learning Lab #7: 11:00am-1:00pm (Check-in begins at 10:30am)**

*\*Pre-Registration and additional fee required – MUST check in by 10-minutes BEFORE the start of the session.*

### **The Utility of Blood Flow Restriction in Athletic Training**

*Ethan Kreiswirth, PhD, ATC – Black Belt Sports Medicine, LLC*

Currently, Blood Flow Restriction (BFR) is used as a modality throughout the sports medicine and sports performance world. There are few courses on its safety and utility. Most athletic trainers receive their knowledge from a third party or the internet. The purpose of this lab is to educate athletic trainers on the utility and safety, as well as the evidence behind BFR. (Domain: IV;BCS-O:II/Level: Essential)

Learning Objectives:

- Define and explain Blood Flow Restriction Training (BFRT)
- Compare and contrast BFRT vs. weightlifting
- Explain and demonstrate the efficacy of BFRT within the field of rehabilitation
- Demonstrate and define the use of BFRT in the athletic training setting
- Apply and operate the use of BFRT on an individual
- Explain and justify the need for BFRT for a rehab protocol

**Mid-Conference Learning Lab #8: 2:30pm-4:30pm (Check-in begins at 2:00pm)**

*\*Pre-Registration and additional fee required – MUST check in by 10-minutes BEFORE the start of the session.*

### **Exploring Current Concepts of Active Video Games as a Mode of Therapeutic Interventions for Active Individuals**

*Sabrina Deans, PhD, PES, ATC – Sierra College*

The effectiveness of active video games (AVGs) as a mode of therapeutic intervention versus or in combination with traditional intervention has provided promising outcomes for improvement in proprioception and functional movement. This lab will provide evidence-based literature and implementation strategies to allow athletic trainers to explore rehabilitation techniques through gaming technology. (Domain: IV/Level: Essential)

Learning Objectives:

- Explain the literature regarding the use of AVGs within the active population
- Describe when and/or how to implement AVGs into a therapeutic intervention program
- Discuss the outcomes resulting from adding AVGs to a rehabilitation program
- Select video gaming systems and games for the desired rehab outcome/goal
- Apply active video games as a mode of therapeutic intervention with self-assurance
- Instruct patient/athlete on how to perform gaming tasks