The Southeast Athletic Trainers’ Association, Inc. (SEATA) is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.
Musculoskeletal Injury Risk Following Concussion: Evidence for Clinical Practice

Despite the evolution of concussion management, dynamic balance deficits often go un-assessed prior to return to play. Lingering balance control deficits may contribute to increased musculoskeletal injury risk following concussion. Understanding how concussion influences musculoskeletal injury risk may lead to improved injury prevention methods and implementation.

DATE/TIME
- March 10, 2017 8:45-10:45 AM

PRESENTER: ROBERT LYNDALL, PHD, ATC

Dr. Lynall is an Assistant Professor in the Department of Kinesiology at the University of Georgia. He completed 5 years of active duty service in the United States Marine Corps in 2007, and received his PhD from the University of North Carolina at Chapel Hill in 2016. His research interests include the association between musculoskeletal injury and concussion, functional movement following concussion, clinical concussion management and return-to-play, and the biomechanics of head trauma.

LEARNING OBJECTIVES
- Participants will be able to identify dynamic balance control deficits following concussion and compare their recovery to static balance recovery.
- Participants will be able to discuss peer-reviewed literature related to musculoskeletal injury risk following concussion.

DOMAIN
- I – Injury/Illness Prevention and Wellness Protection
- II – Clinical Evaluation and Diagnosis
- IV – Treatment and Rehabilitation

AUDIENCE
- All ATs

LEVEL
- Advanced

BOC DESIGNATION:
2 EBP CEUS
Post-Concussion Management: Improving Readiness for Return-To-Play

Recent research regarding sport-related concussion has shown prolonged deficit in both cognitive and motor function that can lead to increased risk of concussion reoccurrence and/or musculoskeletal injury. Many sports medicine clinicians follow the graduated return-to-play protocol with little emphasis on identifying lingering deficits in reaction time, visual perception, or the combined influence of each on an athlete’s ability to respond to external stimuli during play. This presentation will provide a brief background of the functional deficits often experienced following concussion, present various methods for assessing these deficits objectively, and propose research-based approaches for improving these deficits through training.

DATE/TIME
- March 10, 2017  11:15 AM-12:15 PM

PRESENTER:  SHELLIE ACOCELLO, PHD, ATC

Shellie Acocello, PhD, ATC, is in her third year as an assistant professor at The University of Tennessee at Chattanooga. She also serves as the clinical education coordinator for the Graduate Athletic Training Program. Dr. Acocello holds an B.S. from Louisiana College, and M.S. Ed. From Baylor University, and a PhD in education with an emphasis in sports medicine from the University of Virginia. Her research interests have focused on sport-related concussion and its sequelae, specifically relative to cerebral blood flow, visuomotor reaction time and musculoskeletal injury risk.

LEARNING OBJECTIVES
- Attendees will understand the physiological and functional changes that occur following concussive injury.
- Attendees will identify objective measures used to identify functional manifestations of concussive injury.
- Participants will distinguish between visual, vestibular, and visuomotor testing methods that may also be used for post-concussion rehabilitation.

DOMAIN(S)
- I – Injury/Illness Prevention and Wellness Protection
- II – Clinical Evaluation and Diagnosis
- IV – Treatment and Rehabilitation

AUDIENCE
- All ATs

LEVEL
- Advanced

BOC DESIGNATION:
1 CATEGORY A CEU
Workshop 1: Communicating with Patients About Their Values: Cross-Cultural Communication Skills

The integration of patient values and preferences not only follows the guidelines of evidence-based practice but also helps to nurture a stronger patient-clinician relationship that may help to optimize patient outcomes. The purpose of this workshop is to enhance the Athletic Trainer’s ability to talk to patients about their values and to understand the importance of patient values in providing quality healthcare. This interactive hands-on workshop will provide practitioners with practical tips and tools to improve patient interactions and to enhance cross-cultural communication skills.

DATE/TIME
• March 10, 2017 11:15 AM-12:15 PM

PRESENTER: KYSHA HARRIELL, PHD, LAT ATC

Dr. Kysha Harriell is an associate clinical professor and director of the Athletic Training Education Program at the University of Miami (UM). She is a 1996 graduate of the University of Pittsburgh, she holds two Master’s degrees from University of Miami in Sports Medicine (1999) and Sports Administration (2001); she was awarded her Doctor of Philosophy degree in Exercise Physiology in 2010 from UM as well. She presently serves as the District Nine representative to the NATA’s Ethnic Diversity Advisory Committee, a manuscript reviewer for the Journal of Strength & Conditioning Research, and is an Editorial Board member for the International Journal of Anatomy and Applied Physiology. She is also a site visitor for the Commission on Accreditation of Athletic Training Education (CAATE) and serves as a guest reviewer for the Journal of Athletic Training. She has made numerous regional, national and international professional presentations in the areas of cultural competence, wellness, and yoga.

LEARNING OBJECTIVES
• Attendees will be able to describe the concept of patient values and its implications for providing culturally competent and patient-centered care.
• Attendees will be able to utilize culturally competent approaches to communication with patients.
• Attendees will be able to apply strategies that will improve consideration of patient-specific values and preferences when evaluating and treating patients.

DOMAIN(S)
• I – Injury/Illness Prevention and Wellness Protection
• II – Clinical Evaluation and Diagnosis
• III – Immediate and Emergency Care
• IV – Treatment and Rehabilitation

AUDIENCE
• All ATs

LEVEL
• Essential

BOC DESIGNATION:
1 CATEGORY A CEU
Treating the Injury or Chasing Pain: How to Evaluate Global Connections in the Body

Previous injury is the number one predictor of injury in sport. Clinicians who implement care using regional interdependence may help eliminate asymmetries that predispose patients to increased risk of injury. The theory of regional interdependence describes a root cause of injury away from the site of symptoms. The purpose of this presentation is to introduce types of global musculoskeletal assessments that may be useful in identifying root causes and/or symptoms and effective treatment interventions. Evidence from the literature and clinical outcomes will be discussed to help clinicians look at the global picture.

DATE/TIME
- March 10, 2017 11:15 AM-12:15 PM

PRESENTER: SKYE LIVERMORE-BRASHER, MPA, LAT, ATC

Currently Skye Livermore-Brasher is enrolled in the Doctorate of Athletic Training program at the University of Idaho. She is a 2002 graduate of New Mexico State University and received a Master of Public Administration, Healthcare Concentration degree from The University of North Carolina at Pembroke in 2007. Her clinical experience has been at both the secondary school and collegiate level. In addition to her Athletic Trainer certification, she is certified in Functional Movement Screen and Selective Functional Movement Assessment and holds a certificate as a Level I YogaFit Instructor.

LEARNING OBJECTIVES
- Attendees will be able to define global musculoskeletal assessment and evaluate evidence in the literature
- Attendees will be able to recognize where a global musculoskeletal assessment fits into current practice.
- Attendees will be able to recognize how global musculoskeletal assessment can be used as a patient care outcome measure.

DOMAIN
- II – Clinical Evaluation and Diagnosis
- IV – Treatment and Rehabilitation

AUDIENCE
- All ATs

LEVEL
- Advanced

BOC DESIGNATION:
1 CATEGORY A CEU
Changing Perspectives and Technological Advances Affecting the Future of Athletic Training

Developing trends that will impact the delivery of health-related services to student-athletes in the near future will be reviewed, which include: 1) increasing public awareness of the possible negative consequences of sport-related injuries, 2) increasing legal liability associated with deviation from practice standards and perceived conflict of interest, 3) continuing exponential growth in the capabilities of technology, 4) changing views among leading clinician-researchers concerning the principles that define evidence-based practice, and 5) a growing body of research evidence that links psychosocial factors to neurocognitive function and injury risk.

DATE/TIME
- March 10, 2017 1:45-3:15 PM

PRESENTERS: GARY WILKERSON, EDD, ATC, FNATA
MARISA COLSTON, PHD, ATC
JEFF ALLEN, MED, ATC

Gary Wilkerson is a tenured professor at the University of Tennessee at Chattanooga, where he has taught in the Graduate Athletic Training Education Program since 2000. He has received degrees from the University of Kentucky, the University of Arizona, and Eastern Kentucky University. His recent research has been focused on predictive modeling for identification of individual athletes who possess elevated musculoskeletal injury risk. He has received the designation of NATA Fellow, and he is a Hall of Fame member of both SEATA and NATA.

Marisa Colston is the Interim Health and Human Performance Department Head and Graduate Athletic Training faculty at the University of Tennessee at Chattanooga. Her research emphasis is on lumbar spine mechanics, injury prevention, and the ethical and professional aspects of athletic training. She is the NATA liaison to the North American Spine Society, serves on the TATS Ethics Committee, NATA Committee on Professional Ethics, and on the NATA Professional Responsibility Committee. She has been a recipient of an NATA Service Award, SEATA and TATS Educator/Administrator awards and will be receiving an NATA Most Distinguished Athletic Trainer award in June.

Jeff Allen is the Assistant Athletic Director for Sports Medicine and Head Football Athletic Trainer at The University of Alabama. Mr. Allen has served as the head football athletic trainer since 2007. He is a 1993 graduate of Georgia Southern University and received his Master's degree from Valdosta State University. He has previously served as an athletic trainer at the University of Kentucky, the University of Tennessee at Chattanooga, and the University of Central Florida. Mr. Allen is co-owner of Kinematic Sports, LLC that developed and manufactures a portable examination tent to ensure patient privacy.

LEARNING OBJECTIVES
Attendees will gain understanding of challenges and opportunities presented by developing trends and will be able to explain the manner in which the following considerations are relevant to current and future clinical practice:
- How the patient-centered model of healthcare service delivery aligns with an integrated approach to promotion of student-athlete health and welfare.
- How emerging technology applications offer the potential for dramatic advancement of injury risk mitigation and performance enhancement.
- How a modified conceptualization of evidence-based practice will promote expansion of the body of knowledge that supports clinical decision-making and continuous improvement of service quality.
- How integrated management of interrelated psychosocial, behavioral, neurocognitive, physiological, and biomechanical risk factors has the potential to dramatically reduce injury susceptibility.
- How emerging technology applications, changing institutional risk management perspectives, and societal expectations might position the AT as the key guardian of student-athlete health and welfare.

DOMAIN
- I – Injury/Illness Prevention and Wellness Protection
• II – Clinical Evaluation and Diagnosis
• IV – Treatment and Rehabilitation
• V – Organizational and Professional Health and Well-being

AUDIENCE
• All ATs

LEVEL
• Advanced

BOC DESIGNATION:
1.5 CATEGORY A CEUs
Weighing the Evidence on Treating the Arthritic Knee: Surgery or Not?

Three out of four adults over 35 years old have had knee surgery, many for meniscus tears, which is considered degenerative and may be the first sign of osteoarthritis. Non-surgical treatment options for early onset in adults have increased in recent years. Unfortunately, outcomes are not predictable. This session will explore exciting technological advances, best practice rehab interventions, and weigh the evidence for which option is best for your patients and athletes.

DATE/TIME
• March 10, 2017 1:45-3:15 PM

PRESENTER: SUE A. DUPONT, MBA, MS ATC, PT

Sue Dupont has 30 years of experience in orthopedics and sports medicine, and holds multiple Bachelor’s and Master’s degrees in Exercise Science, Physical Therapy, Biology and Healthcare Management. She has treated elite and recreational athletes around the world. Currently, Sue works at Joint Implant Surgeons of Florida. She also served as Sports Medicine Consultant for Team in Training and USA Fit, and is an accomplished athlete herself, completing multiple marathons, triathlons, and a Black Belt in Tae Kwon Do.

LEARNING OBJECTIVES
• Attendees will be able to understand apoptosis and how it contributes to painful knee osteoarthritis.
• Attendees will be able to list 3 different injection treatments available to treat knee osteoarthritis.
• Attendees will be able to discuss current evidence for mesenchymal stem cell implantation.
• Attendees will be able to describe 3 evidence-based functional indices for measuring knee treatment outcomes.
• Attendees will be able to demonstrate at least 3 key rehab exercises for patients with knee osteoarthritis.

DOMAIN(S)
• I – Injury/Illness Prevention and Wellness Protection
• II – Clinical Evaluation and Diagnosis
• IV – Treatment and Rehabilitation

AUDIENCE
• All ATs

LEVEL
• Essential

BOC DESIGNATION:
• 1.5 CATEGORY A CEUs
The Long-Term Health Consequences of Knee and Ankle Injuries: Yet Another Reason Athletic Trainers Are Important!

Athletic trainers prevent and manage lower extremity musculoskeletal injury in everyday practice, but most clinicians and their patients may not realize the long-term health consequences of these highly common injuries. Emerging information demonstrates the links that knee and ankle injuries have to markers of poor health (BMI, physical activity levels, and co-morbidity diseases). Athletic trainers must continue to treat knee and ankle injuries with their expertise; but greater awareness of the long-term health consequences is needed, emphasizing the role that an athletic trainer has in ensuring the short and long-term wellness and quality of life for their patients.

DATE/TIME
• March 10, 2017 3:15-4:15 PM

PRESENTER: PHILLIP GRIBBLE, PHD, ATC, FNATA

Dr. Gribble is the Director of the Division of Athletic Training at the University of Kentucky. His research interests have focused on understanding the neuromuscular consequences of ankle injuries and developing intervention strategies to alleviate the health care burden from these injuries. Dr. Gribble has established an international reputation as an expert in the area of ankle instability and was recently asked to assume the role of Co-Director of the International Ankle Consortium. In his career, Dr. Gribble has over 75 published and/or in-press peer-reviewed manuscripts in scientific journals and has presented over 180 abstracts at international, national and regional scientific meetings.

LEARNING OBJECTIVES
• Attendees will be able to describe the prevalence of knee and ankle injuries in the athletic and general populations.
• Attendees will be able to describe the higher prevalence of poor health markers, such as BMI, quality of life and physical activity, among those with a history of knee and ankle injuries.
• Attendees will be able to describe the emerging links of knee and ankle injuries to co-morbidity diseases, such as cardiovascular disease and osteoarthritis, that are prevalent in young and middle-age adults compared to those that have not sustained these injuries.
• Attendees will understand the importance of proper management and follow-up care, as well as thorough patient education of the long-term consequences of ankle and knee injuries, in order to improve the short and long-term outcomes of their interventions for these injuries.

DOMAIN
• I – Injury/Illness Prevention and Wellness Protection
• IV – Treatment and Rehabilitation

AUDIENCE
• All ATs

LEVEL
• Advanced

BOC DESIGNATION:
1 CATEGORY A CEU
The Exposure of Athletic Trainers to Critical Incidents and the Need for Peer-to-Peer Support

Athletic trainers deal with critical incidents such as the death of an athlete or colleague, a catastrophic injury, or a significant personal or work related event affecting those around him/her. The focus is to present the need for peer-to-peer support for the AT after a traumatic event. This session will present questionnaire data from Athletic Trainers about their exposure to traumatic events, the support methods they felt were most helpful after an event, and the need for a peer-to-peer program. Information regarding existing peer support programs, ATs Care and how a CISM team works will be included in the talk.

DATE/TIME
• March 10, 2017  3:15-4:15 PM

PRESENTER:  LAURA ANN ZDZIARSKI, ATC

Laura Ann Zdziarski is a doctoral candidate from the University of Florida. She currently serves as a graduate fellowship research assistant in the Human Dynamics Lab at the Orthopaedic and Sports Medicine Institute. She is a 2013 graduate of Roanoke College with a Bachelor’s of Science in Athletic Training. In addition to her education and research activities, Ms. Zdziarski has served as an athletic trainer for The Rock School since 2015. Ms. Zdziarski is currently involved in a number of research projects and has presented locally, regionally, nationally and internationally. As an At-Large member of the ATsCare Committee, Ms. Zdziarski has undergone training to respond to critical incidents and is a member of the peer-to-peer support network.

LEARNING OBJECTIVES
• Attendees will be able to describe the effects of traumatic events and critical incidents on athletic trainers and other caregivers.
• Attendees will be able to recognize the signs and behavioral changes that may take place after being exposed to a traumatic event and the need for intervention.
• Attendees will be able to summarize the role of a peer-to-peer support intervention and how to activate a peer-to-peer/CISM team if needed.

DOMAIN(S)
•  V – Organizational and Professional Health and Well-Being

AUDIENCE
•  All ATs

LEVEL
•  Essential

BOC DESIGNATION:
1 CATEGORY A CEU
Evidence-Based Anterior Cruciate Ligament Injury Prevention Strategies: Translation of Research to Practice

Based on the short- and long-term consequences, as well as the economic burden, mitigating the incidence of ACL injuries is necessary. However, the prevention strategies for any given situation need to be customized to fit the population, the setting, and resources available to the AT. An evidence-based approach will assist with clinical decision-making for strategy and exercise selection, and in-turn, may improve athlete and coach compliance, and lower overall ACL injury risk.

DATE/TIME
• March 10, 2017  4:30-6:30 PM

PRESENTERS: LINDSAY DISTEFANO, PHD, ATC
DAI SUGIMOTO, PHD, ATC, CSCS

Dr. Lindsay DiStefano is an Associate Professor in the Department of Kinesiology at the University of Connecticut. Dr. DiStefano is extremely active with conducting research to determine the best ways to promote physical activity and reduce the risk of youth sports-related injuries, such as interior cruciate ligament (ACL) injuries, in children. Dr. DiStefano has published numerous research papers and presented nationally and internationally. She is currently engaged with large research studies to identify best practices for implementation and dissemination of interventions to improve safe physical activity participation, especially in children. Dr. DiStefano completed her undergraduate degree at Boston University and her graduate and doctoral degrees at the University of North Carolina at Chapel Hill.

Dr. Sugimoto graduated from the University of Kentucky with a PhD in 2013. During this process, he received the Clint Thompson award (2nd runner-up) from the Journal of Athletic Training. One of the studies he co-authored won the systematic review award from the American Journal of Sports Medicine in 2012. Another study authored by Dr. Sugimoto won the systematic review award from the British Journal of Sports Medicine in 2015. After two years of post-doctoral training at the Micheli Center and Boston Children’s Hospital Division of Sports Medicine, he received an instructor appointment from Harvard Medical School in 2015.

LEARNING OBJECTIVES
• Attendees will be able to identify factors that contribute to the effectiveness of ACL injury prevention.
• Attendees will be able to summarize how these factors can be influenced in the athletic setting.
• Attendees will be able to describe the important components to consider for an ACL injury prevention program.
• Attendees will be able to identify strategies to improve implementation in their own clinical practice.

DOMAIN(S)
• I – Injury/Illness Prevention and Wellness Protection
• IV – Treatment and Rehabilitation

AUDIENCE
• All ATs

LEVEL
• Advanced

BOC DESIGNATION:
2 EBP CEUS
Management of Acute Skin Trauma: Evidence for Clinical Practice

Athletic trainers must clearly understand the importance of implementing evidence-based cleansing, debridement, and dressing techniques into clinical practice for the management of acute skin trauma among patients. This knowledge should be combined with clinical expertise and the needs of the patient for the successful delivery of health care services. Perceived challenges such as budget, time, and personnel should be explored and addressed with practical solutions.

DATE/TIME
• March 11, 2017  8:00-9:30 AM

PRESENTER:  JOEL BEAM, EDD, LAT, ATC

Dr. Beam serves as a Professor and Chair of the Department of Clinical & Applied Movement Sciences at the University of North Florida. He also teaches within the undergraduate Athletic Training Program. Dr. Beam has 29 years of experience as an athletic trainer at the intercollegiate level through positions at four universities. His research focuses on the effectiveness of occlusive dressings on healing rates of standardized abrasions. He has authored book chapters and manuscripts and given presentations at international and national conferences and symposiums regarding acute skin trauma and also serves as an Expert Peer Referee with the Cochrane Collaboration Wounds Group.

LEARNING OBJECTIVES
• Attendees will be able to identify evidence-based recommendations for the cleansing, debridement, and dressing of acute skin trauma among patients.
• Attendees will be able to describe recommendations on daily monitoring, follow-up care, and patient education for patients that have suffered acute skin trauma.

DOMAIN(S)
• I – Injury/Illness Prevention and Wellness Protection
• II – Clinical Evaluation and Diagnosis
• III – Immediate and Emergency Care

AUDIENCE
• All ATs

LEVEL
• Advanced

BOC DESIGNATION:
1.5 EBP CEUS
Gatorade Session: Fueling Performance in the Age of Fast Food, Skipped Meals and Convenience Stores

While more and more athletes are beginning to realize proper nutrition can help them perform and recover, the athletic lifestyle makes it difficult to consistently make good nutrition choices. Busy schedules and travel often can cause athletes to skip meals or eat on the go – resorting to fast food restaurants and convenience store options. This session will provide information for athletic trainers to help their athletes make smarter choices to support their busy lifestyle.

DATE/TIME
• March 11, 2017 9:30-10:30 AM

PRESENTER:  LINDA SAMUELS MS, RD, CSSD, LDN

Linda Samuels is a Board Certified Specialist in Sports Dietetics. She is owner of Training Table Sports Nutrition, in Chicago. Linda has been the Nutrition Coach for Northwestern University’s Triathlon Team for 7 seasons. She is the nutrition coach for Chicago Endurance Sports and specializes in Ironman length nutrition. As the Sports Nutrition Preceptor for 3 Universities: Loyola, UIC, and NIU, Linda is a recognized mentor and was Program Manager for the Sports Fueling Project, a program which mentored sports RDs in 9 cities. Linda also works with world ranked professional boxers and with boxing trainers Sam Colonna and Virgil Hunters.

LEARNING OBJECTIVES
• Attendees will be able to describe how the athletic lifestyle poses challenges to ideal food and fluid intake.
• Attendees will be able to identify appropriate nutrient types and pattern of intake.
• Attendees will be able to provide practical advice for their athletes on how best fuel their performance by planning ahead.
• Attendees will be able to discuss current literature regarding fast food consumption and caloric intake and athletes’ perceptions about healthy eating.
• Attendees will be able to identify strategies to help athletes more successfully navigate fast food menus and other convenience food options to make good choices on the road.

DOMAIN(S)
• I – Injury/Illness Prevention and Wellness Protection

AUDIENCE
• All ATs

LEVEL
• Essential

BOC DESIGNATION:
1 CATEGORY A CEU
Measuring the Way We Run: How Shoes Influence Running Biomechanics

Most people run in “modern” shoes with an elevated, cushioned heel and tapered toe box. This footwear design usually encourages a “heel-to-toe” running gait and attempts to reduce shock to the body. “Minimalist” shoe design has become popular with its claims to reduce the incidence of injury as a result of running with more efficient gait pattern. In this session, we will examine these running shoe designs and their effect on running biomechanics.

DATE/TIME
- March 11, 2017 9:30-10:30 AM

PRESENTER:  Ryan Green, PhD, LAT, ATC

Dr. Ryan Green is an assistant professor in Kinesiology at Southeastern Louisiana University. Previously, he was managing partner of Varsity Sports – a specialty running store in Louisiana, and was also athletic training clinical coordinator for the University of North Carolina – Wilmington. His sports medicine experiences include the USOC, LSU Athletics, and the Boston Marathon. He maintains a health website (RunDocRyan), is a contributor to the Trail Runner Nation podcast, the Sports Medicine Broadcast, and Running Times magazine. Dr. Green is a Boston Marathon qualifier and has completed the 50 kilometer ultramarathon.

LEARNING OBJECTIVES
- Attendees will be able to provide practical tips for footwear purchase as related to foot health.
- Attendees will be able to explain the pros and cons of design features of running shoes.
- Attendees will be able to evaluate the current science of footwear design and running health.

DOMAIN(S)
- I - Injury/Illness Prevention and Wellness Protection
- IV – Treatment and Rehabilitation

AUDIENCE
- All ATs

LEVEL
- Essential

BOC DESIGNATION:
1 CATEGORY A CEU
Effective Interventions in the Treatment of Chronic Ankle Instability

Chronic ankle instability (CAI) is a multifaceted condition defined as repetitive episodes of instability at the ankle following an initial ankle sprain. This repetitive microtrauma can result in osteoarthritis. The most problematic deficiencies in individuals with CAI are essential in strength, balance, and functional performance. Treatment and rehabilitation are essential in improving the deficits of CAI to prevent the onset of osteoarthritis. Therefore, clinicians should take measures to improve these through functional rehabilitation interventions. The purpose of this presentation is to share the research on possible treatments and rehabilitation strategies that have been shown effective in patients with CAI.

DATE/TIME
• March 11, 2017 10:30-11:30 AM

PRESENTERS: CARRIE L. DOCHERTY, PHD, ATC, FNATA
EMILY A. HALL, PHD, ATC

Dr. Docherty is the Associate Dean for Community and Global Engagement in the School of Public Health at Indiana University. She is also the Program Director for the Post Professional Athletic Training Program at IU. Her research expertise centers around the prevention, treatment, and rehabilitation of chronic ankle instability as well as acute ankle injuries. Her scholarly productivity has been recognized by the NATA and resulted in her being awarded the distinction of NATA Fellow in 2012. During her career, she has published more than 50 manuscripts and has presented her work at professional conferences more than 150 times.

Dr. Emily Hall is a recent transplant from the Great Lakes Athletic Training Association where she completed her Masters in Athletic Training and PhD in Human Performance at Indiana University in Bloomington, IN. Following her dissertation defense, she moved to Tampa, FL to being her career as an Assistant Professor and Clinical Coordinator in the Professional Masters Athletic Training Program at the University of South Florida. Dr. Hall’s area of research is in chronic ankle instability where she has published and presented nationally and internationally on the rehabilitation strategies for the prevention of recurrent ankle sprains.

LEARNING OBJECTIVES
• Attendees will be able to explain the multifaceted condition of chronic ankle instability (CAI).
• Attendees will be able to analyze an effective rehabilitation protocol in the treatment of CAI.
• Attendees will be able to apply an effective rehabilitation protocol into their clinical practice.

DOMAIN(S)
• IV – Treatment and Rehabilitation

AUDIENCE
• All ATs

LEVEL
• Essential

BOC DESIGNATION:
1 CATEGORY A CEU
stATs: An Athletic Trainer’s Guide to Interpreting and Applying Statistics in Clinical Practice

Many statistics courses taken by athletic trainers as pre-requisites focus on hand-tabulation of statistics instead of interpretation and application of statistics. Part of evidence-based practice entails the use of research to make clinical decisions; however, athletic trainers may not understand how to interpret and apply results from meta-analyses or other types of research design that report confidence intervals and effect sizes. Being knowledgeable in this area can improve an athletic trainer’s ability to make clinical decisions and to possibly improve patient outcomes. This presentation will focus on treatment and rehabilitation literature.

DATE/TIME
• March 11, 2017 10:30-11:30 AM

PRESENTER: ALICIA MONTALVO, PHD, LAT, ATC, CSCS

Alicia Montalvo has been on the faculty of the athletic training program at Florida International University (FIU) since 2013. She holds a BA from the University of Pennsylvania, an MS from FIU, and PhD from Penn State. Alicia teaches Research and Evidence-Based Practice 1 and 2 to graduate students. Her research interests include injury epidemiology, injury prevention, and precision medicine.

LEARNING OBJECTIVES
• Attendees will be able to interpret a p-value.
• Attendees will be able to interpret and apply confidence interval.
• Attendees will be able to interpret and apply effect size.
• Attendees will be able to interpret and apply results of meta-analyses and other research designs.

DOMAIN
• IV – Treatment and Rehabilitation

AUDIENCE
• All ATs

LEVEL
• Essential

BOC DESIGNATION:
1 CATEGORY A CEU
Mentoring-Based Leadership in Athletic Training

Athletic Training programs and organizations function like a well-oiled machine, which cannot succeed unless its leaders are competent, enthusiastic, and most importantly, vested in the emotional, mental, and professional well-being of each of their employees and/or students. This session will empower, educate, and instruct individuals on how to cultivate a leadership mindset, while opening the door for them to be able to act as mentors within the profession. The principles of unconditional love, attention to detail, celebration of individual success, feedback and goal setting can ensure the optimal performance from everyone vested in the program. At times, leaders tend to get lost in the nitty gritty of the job; however, attention must always be placed on the well-being of people... the rest will take care of itself.

DATE/TIME
• March 11, 2017 10:30-11:30 AM

PRESENTER: DESI ROTENBERG, MS, ATC

Desi Rotenberg, originally from Denver, Colorado, graduated with his Bachelor’s degree in 2012 from the University of Northern Colorado. He has been a BOC Certified Athletic Trainer since 2012 and earned his Master’s degree in Exercise Physiology from the University of Central Florida in 2014. He currently is a certified high school teacher, teaching Anatomy & Physiology, Biomedical Sciences and Public Speaking. Along with being a teacher, he wears many hats, such as basketball coach, curriculum developer, exam writer, and student advocate. He is engaged to be married in 2018 and is thrilled to be here.

LEARNING OBJECTIVES
• Attendees will be able to understand how to cultivate a leadership mindset within their organization.
• Attendees will be able to understand how to utilize the principles of constructive feedback and evaluation to ensure growth and development of each individual associated with their program.
• Attendees will be able to understand how to lead and how to maintain a positive attitude in a high stress work environment.
• Attendees will be able to identify how to actively mentor younger athletic trainers and athletic training students.
• Attendees will be able to identify how to become servant-leaders, lead by example, and how to bring out the best potential in each of their employees to ensure overall success of their program.

DOMAIN
• V – Organizational and Professional Health and Well-being

AUDIENCE
• All ATs

LEVEL
• Essential
• Advanced
• Mastery

BOC DESIGNATION:
1 CATEGORY A CEU
Use of Rectal Thermometry in Recognition of Exertional Heat Stroke

The appropriate method for recognizing exertional heat stroke (EHS) has been well established in the literature. There is a gap between the knowledge of the evidence-based recommendations and the clinical application in the athletic setting. Barriers to the application of rectal thermometry have included lack of knowledge, lack of training, comfort level, and lack of initiative. The purpose of this peer-to-peer discussion is to provide clinicians with both the knowledge and the opportunity to discuss barriers to clinical application of this skill for the accurate diagnosis of EHS.

DATE/TIME
• March 11, 2017  2:15-3:15 PM

PRESENTERS: REBECCA M. LOPEZ, PHD, ATC, CSCS
ANNA GRIFFITHS, MS, LAT, ATC

Dr. Lopez is currently an Associate Professor in the Department of Orthopaedics & Sports Medicine and the Director of the Post-Professional Graduate Athletic Training Program at the University of South Florida. She is currently the Secretary for the Athletic Trainers’ Association of Florida and is on the medical and science advisory board for the Korey Stringer Institute. She has numerous national presentations and peer-reviewed publications mostly related to exertional heat stroke and other heat illnesses, cooling methods for hyperthermic athletes, hydration and exercise performance, and prevention sudden death in sports.

Anna Griffiths has been an athletic trainer with the University of South Florida Health SMART Institute for the past 10 years. She spent the first 9 years as a high school athletic trainer and stepped into the role of Outreach Coordinator one year ago. As Outreach Coordinator, she helps to manage the day-to-day operations, serves as liaison between the director, staff and residents and coordinates special event coverage and education in the community.

LEARNING OBJECTIVES
• Attendees will be able to appropriately recognize the signs and symptoms of EHS.
• Attendees will be able to explain valid methods used to diagnosis EHS.
• Attendees will be able to identify barriers to implementation of rectal thermometry in the athletic setting.
• Attendees will be able to identify effective strategies for implementing rectal thermometry in their clinical setting.

DOMAIN(S)
• II – Clinical Evaluation and Diagnosis
• III – Immediate and Emergency Care

AUDIENCE
• All ATs

LEVEL
• Essential

BOC DESIGNATION:
1 CATEGORY A CEU
Strategic Issues in Athletic Training Lecture Series Session: Liability Toolkit

Traditionally athletic trainers have been insulated from malpractice litigation. As more litigation is occurring primarily with concussion management athletic trainers are being forced to defend themselves. Risk management and understanding liability coverage has not been traditionally taught to ATs as part of entry level education. This presentation is valuable to fill the gap so the AT understands risk management, liability coverage and can determine if there are areas they need to do a better job protecting themselves.

DATE/TIME

- March 11, 2017 2:15-3:15 PM

PRESENTER: RON COURSON, ATC, PT, NRAEMT, CSCS

Ron Courson currently serves as Senior Associate Athletic Director – Sports Medicine with the University of Georgia Athletic Association. He joined the University of Georgia in May of 1995, after serving four years as Director of Rehabilitation at The University of Alabama. He received his undergraduate degree in education/physical education from Samford University. Courson performed two years of graduate work at the University of Tennessee at Chattanooga, and graduated with honors from the Medical College of Georgia in 1989 with a degree in physical therapy. Courson is additionally a nationally registered advanced emergency medical technician as well as a certified strength and conditioning specialist by the National Strength and Conditioning Association.

LEARNING OBJECTIVES

- Attendees will be able to distinguish the difference between protecting themselves from litigation and protecting their state license and how their employment status will impact each of these.
- Attendees will be able to distinguish the medical standards of informed consent and consent to treat and how they apply to the practice of athletic training.
- Attendees will be able to explain areas of risk for liability and develop strategies to minimize that risk.

DOMAIN

- V – Organizational and Professional Health and Well-being

AUDIENCE

- All ATs

LEVEL

- Essential

BOC DESIGNATION:

1 CATEGORY A CEU
Is Cold Water Immersion (CWI) the Best Practice for Treatment of Exertional Heat Illness?

The main predictors of morbidity and mortality in athletes with exertional heat illness (EHI) are the duration and degree of hyperthermia. In efforts to prevent these occurrences, athletic trainers (ATs) must cool patients as quickly as possible while supporting the cardiovascular system. Evidence indicates survival rates increase significantly when the core temperature is reduced to 102°F within 30-60 minutes of onset of EHS. Although prompt cooling and management of circulatory failure have been identified as critical in the prevention of morbidity and mortality, ongoing debate still exists regarding the optimum treatment of EHS for athletes and ATs in the high school setting.

DATE/TIME
- March 11, 2017  3:15-4:15 PM

PRESENTER:  NICOLETTE HARRIS, MS, LAT, ATC

Nicolette Harris is currently a clinical instructor and athletic trainer at Florida International University. She is presently pursuing a Clinical Doctorate in Athletic Training from A.T. Still University. She received her Bachelor of Science Degree in Sports Psychology from Wayne State University and a Master of Science Degree in Athletic Training from Florida International University in 2012.

LEARNING OBJECTIVES
- Attendees will be able to differentiate between exertional heat illness (EHI) and exertional heat stroke (EHS) classifications.
- Attendees will be able to identify the risk factors for EHI and EHS in sports.
- Attendees will be able to identify criteria for a clinical diagnosis of athletes suffering from EHI or EHS.
- Attendees will be able to recognize when to implement emergency management protocols.
- Attendees will be able to identify the current best practices for emergency assessment, treatment and management of EHI and EHS.

DOMAIN(S)
- II – Clinical Evaluation and Diagnosis
- III – Immediate and Emergency Care

AUDIENCE
- All ATs

LEVEL
- Essential
- Advanced

BOC DESIGNATION:
1 CATEGORY A CEU
AT’s Role in Industrial Settings, COPA

This session is designed to examine the manner, in which we should evaluate our roles in the industrial setting similarly to the roles we would take in a high school, collegiate, and professional level. As an AT, our abilities are not limited to the playing field. The same criteria for preventing and treating injuries on the field can be applied to the industrial setting. The industrial field has long been ignored due to the complexity or lack of understanding. It is imperative that we strive to push the boundaries of our skill-set in order to reduce the recordable injuries and increase production while reducing injuries.

DATE/TIME
• March 11, 2017 3:15-4:15 PM

PRESENTER:  ALLEN THOMPSON, MS, ATC, LAT, PES, CES, CSIWCP, CIEE, CAE

Allen Thompson serves as the Mississippi Director of Industrial Rehab for Drayer Physical Therapy, a role he has held for the past three years. He is responsible for ergonomic evaluations, functional capacity evaluations, impairment ratings, causation analysis, and functional progress of all workman comp patients within the Mississippi network. He worked for the New York Mets and the St. Louis Cardinals organizations for 9 years serving as off-season rehab coordinator and minor league strength assistant. Mr. Thompson has previously served as Assistant Athletic Trainer for Mississippi State University with the Baseball and Football programs.

LEARNING OBJECTIVES
• Attendees will be able to understand the vision going forward with the NATA’s Committee on Practice Advancement (COPA) and Athletic Trainers.
• Attendees will be able to discuss the complexity and possibility of a non-traditional role for ATs.
• Attendees will be able to examine how ATs are changing the future of Work Comp in Mississippi.

DOMAIN
• I – Injury/Illness Prevention and Wellness Promotion
• V – Organizational and Professional Health and Well-being

AUDIENCE
• All ATs

LEVEL
• Essential

BOC DESIGNATION:
1 CATEGORY A CEU
Evaluation and Treatment of the Lumbopelvic Region in the American Football Player

This lecture will review the lumbar spine with regards to the anatomy, biomechanics and the relationship between exercise selection and various presentations in the American football player. This lecture will also go over the commonly seen compensatory motions and how exercise selection becomes important in reversing these learned patterns. Attendees will be able to identify causes of compensatory patterns and prescribe appropriate exercises.

DATE/TIME
- March 11, 2073:15-4:15 PM

PRESENTER: BILLY-JOE VOLTAIRE, ATC, PT, DPT, SCS, CSCS

Billy J. Voltaire is an Assistant Athletic Trainer and Physical Therapist for the Denver Broncos Football Club. He assists in the development and implementation of rehabilitation and injury prevention plans for the organization. Along with his athletic training and physical therapy degrees, Billy also holds a certification in strength and conditioning and is a board certified in sports rehabilitation.

LEARNING OBJECTIVES
- Attendees will be able to identify the difference between a stiff and shortened musculature.
- Attendees will be able to identify the implications of postural malalignment.
- Attendees will be able to create a football specific exercise to address core stability.
- Attendees will be able to understand the importance of motor recruitment and how it influences lumbopelvic motion and/or pain syndromes.

DOMAIN
- II – Clinical Evaluation and Diagnosis
- IV – Treatment and Rehabilitation

AUDIENCE
- All ATs

LEVEL
- Advanced

BOC DESIGNATION:
1 CATEGORY A CEU
Impact of Training Load on Injury Risk and Physical Performance

Tracking training loads, especially internal training loads, is a clinically feasible and economical method to determine which athletes may be at an increased risk of injury. Furthermore, tracking internal and external training loads and determining how external loads influence internal training loads will provide sports medicine clinicians and strength and conditioning specialists with vital information as to how their scheduled training may need to be altered to reduce the risk of injury.

DATE/TIME
• March 11, 2017 4:30-6:30 PM

PRESENTER:  BARNETT FRANK, PHD, ATC

Barnett Frank, PhD, ATC, is a post-doctoral research fellow in The Department of Exercise and Sport Science at UNC Chapel Hill. Dr. Frank currently assists clinically with the Tar Heel Men’s and Women’s soccer and lacrosse, and football programs. Dr. Frank’s primary research interest include lower extremity injury prevention in the physically active and understanding the effects of integrated recovery and regeneration strategies on subsequent injury risk and athletic performance. Currently, Dr. Frank acts as a resident sports medicine consultant for the Tar Heel's Athletics programs, helping clinicians and coaches optimally manage training load to reducing injury risk and optimize athletic performance.

LEARNING OBJECTIVES
• Attendees will be able to identify reliable measures of external training load.
• Attendees will be able to identify reliable measures of internal training load.
• Attendees will be able to discuss the use of training load measures in identifying lower extremity injury risk in athletes.
• Attendees will be able to summarize how clinical movement assessments can be combined with training loads to help identify individuals who are at an increased risk of non-contact lower extremity injuries.

DOMAIN
• I – Injury/Illness Prevention and Wellness Protection
• II – Clinical Evaluation and Diagnosis
• IV – Treatment and Rehabilitation
• V – Organizational and Professional Health and Well-being

AUDIENCE
• All ATs

LEVEL
• Advanced

BOC DESIGNATION:
2 EBP CEUS
The Athletic Trainer’s Role in the Changing Healthcare Market

Today’s healthcare market is changing rapidly, and soon we won’t recognize how healthcare is delivered. As the market changes, all healthcare providers must adjust how they are delivering healthcare in order to fit into this new market. The athletic training profession will have unique opportunities to capitalize on these changes, and position ourselves to be the premier healthcare provider, especially, but not exclusively for athletes. To do so, our profession must endure a paradigm shift toward general healthcare attitudes and policies, and most importantly, to identify how and where we fit into today’s healthcare market.

DATE/TIME
● March 12, 2017 9:00 – 10:30 AM

PRESENTER: KATHERINE I. DIERINGER, EDD, LAT ATC

Dr. Dieringer is the co-owner of three outpatient rehabilitation clinics in the north Texas area. She has worked in the collegiate, secondary schools, and clinical settings during her 30+ years as an athletic trainer. She has served in various leadership positions, including as President of District VI, Chair of the NATA Clinical and Emerging Practices Athletic Trainers’ Committee, as the NATA District VI Director, and as Secretary/Treasurer of the NATA. Dr. Dieringer has spoken extensively on how business concepts pertain to athletic trainers, how ATs can and should show their value, and how to create opportunities for athletic trainers in the healthcare market.

LEARNING OBJECTIVES
● Attendees will be able to explain the results presented by the Healthcare Reform Workgroup.
● Attendees will be able to explain team based health care and how an AT can take advantage of opportunities in today’s healthcare market.
● Attendees will be able to define ACOs and PCMH and explain the potential role of athletic trainers in these models.
● Attendees will be able to explain the difference between value and worth.
● Attendees will be able to identify how ATs fit into today’s healthcare model.
● Attendees will be able to define ROI, and explain how they can demonstrate ROI in their practice.
● Attendees will be able to integrate tools into their practice that demonstrates their value to their patients, employer, and community.
● Attendees will be able to integrate advocacy and value strategies to improve their job position.
● Attendees will be able to explain how ATs can identify and capitalize on opportunities presented by today’s healthcare market.
● Attendees will be able to integrate patient entered outcomes measures into their practice.

DOMAIN
● V – Organizational and Professional Health and Well-being

AUDIENCE
● All ATs

LEVEL
● Advanced

BOC DESIGNATION:
1.5 CATEGORY A CEU
Workshop 2: Grade 5 Mobilization of the Foot, Ankle and Knee

This workshop is designed to provide instruction in the anatomy, arthrokinematics and techniques used in the grade 5 mobilization of the foot, ankle and knee. There will be lecture and hands on components to this presentation.

DATE/TIME
• March 12, 2017 9:00 – 10:30 AM

PRESENTER: ROXANNE CARON, DC, LAT, ATC, CVCP, TMR²

Prior to arriving at Life University in April, 2010, Dr. Caron was in private practice for 12 years in New Hampshire and 10 years in Oregon. She holds a bachelor’s degree in physical education with a minor in athletic training and a master’s degree in sports medicine from Keene State College, in addition to her D.C. from Texas Chiropractic College. Her teaching experience includes didactic and clinical courses in sports medicine. In addition to being licensed as a chiropractor and athletic trainer in Georgia, she is certified as an athletic trainer. Her personal interests include creative cooking, reading, and walking the dogs (an excuse to exercise outdoors).

LEARNING OBJECTIVES
• Attendees will be able to explain terminology associated with mobilization techniques.
• Attendees will be able to determine if a fixation is present in the foot, ankle and knee.
• Attendees will be able to if it is determined necessary, grade 5 mobilize the foot, ankle and knee.

DOMAIN
• IV – Treatment and Rehabilitation

AUDIENCE
• All ATs

LEVEL
• Advanced

BOC DESIGNATION:
1.5 CATEGORY A CEU
Spine Motion Restriction, Equipment Removal and New Directions

Athletic Trainers must be prepared to handle various on field (court) scenarios to correctly identify the spine injured athlete and activate spinal motion restriction guidelines. Appropriate equipment must be available prior to the start of the contest. Sufficient training in the use of the equipment is critical for the Athletic Trainer to be able to provide best care to the injured athlete. The intent of this program is to demonstrate the need for Athletic Trainers to work with medical professionals to keep up-to-date on changes in the care of the spine injured athlete in the pre-hospital setting.

DATE/TIME
- March 12, 2017  10:30 AM - 12:30 PM

PRESENTER:  MARYBETH HORODYSKI, EDD, ATC, LAT, FNATA

Dr. Horodyski serves as the Director of Research for the Department of Orthopaedics and Rehabilitation at the University of Florida. She also holds joint appointments in the College of Public Health and Health Professions (Department of Physical Therapy) and the College of Veterinary Medicine (Small Animal Sciences). Dr. Horodyski has over 100 publications in peer-reviewed journals. Dr. Horodyski has held leadership roles including NATA Vice-President (2014-2016), NATA District IX Director (2012-2016), SEATA President (2006-2012), SEATA Secretary/Treasurer (5 years), and SEATA Treasurer (4 years). She is currently serving as the Chair of the NATA Executive Committee for Education and the Chair of the Inter-Association Task Force for the Spine Injured Athlete. Most recently Dr. Horodyski was elected to become a member of the Cervical Spine Research Society, which is an organization of only 250 members. Dr. Horodyski is one of only five non-physician members. In addition to her work at UF, MaryBeth serves as the athletic trainer at a small private high school in Gainesville.

Dr. Horodyski has been recognized for her contributions to athletic training and the community. In addition to being inducted into the SEAT Hall of Fame (2008) and the ATAF Hall of Fame (2004), she is the recipient of the NATA Fellow Award (2011), the NATA Gail Weldon Award (2011), SEATA Award of Merit (2006), NATA Most Distinguished Athletic Trainer Award (2004), the SEATA District IX Award (2002), the NATA Service Award (2000), the ATAF College/Professional Athletic Trainer of the Year Award (1997), the Bronze Gator Award for service to the community from the Gainesville Sports Organizing Committee (1997), and the Superior Civilian Service Award, a medal for the US Government. Dr. Horodyski is a member of the 2017 class the NATA Hall of Fame and will inducted this June.

LEARNING OBJECTIVES
- Attendees will be able to identify the equipment needed to manage an athlete with a potential spine injury.
- Attendees will learn to identify the precautions when using each type of equipment as it relates to appropriate care of the spine injured athlete.
- Attendees will be able to identify the components of the decision making process for activating spinal motion restriction of the spine injured athlete
- Attendees will be able to identify the difference between spinal motion restriction and spinal immobilization.
- Attendees will be able to identify evidence based practices for the selection of the different types of extrication equipment and transfers (log roll, 6+, straddle lift-and-slide, scoop stretcher, vacuum mattress).
- Attendees will be able to explain how to conduct the processes needed for correct placement (extrications) of the spine injured athlete on the spine board.
- Attendees will be able to explain how to conduct the processes needed for correct order for and procedures for equipment removal.
- Attendees will be able to compare current evidence base best practices for the use of a spine board and potential future protocols that may conflict with current practices.

DOMAIN(S)
- II – Clinical Evaluation and Diagnosis
- III – Immediate and Emergency Care
- V – Organizational and Professional Health and Well-being
AUDIENCE
- All ATs

LEVEL
- Essential

BOC DESIGNATION:
2 EBP CEU