2019 Workshop Information  
Friday, January 11, 2019

*Prices reflective of NATA members attending pre-conference workshops only. Non-member attendees who attend the EATA conference will pay the lower workshop fee for pre-conference workshops.*

Workshop A – 8:00am–11:00am, Conestoga (Radisson Tower, Lower Level, Pennsylvania Corridor)
CEUs: 3  
Cost: $60.00 Members / $105.00 Non-Members  
Capacity: 40

**Shoulder Rehabilitation in the Throwing and Overhead Athlete**  
Brian Cammarota, ATC, PT, DPT, CSCS  
Mark Miller, MS, ATC, PTA

Many athletic trainers (ATs) have limited experience treating the shoulder in overhead athletes, and as a result, often fail to appropriately assess the shoulder and scapula. This often leads to an athlete not returning to their sport, returning at a lower level, or having surgery. In a throwing or overhead athlete, good scapula assessment is essential. Rehabilitation must emphasize good posture as well as assuring that the individual can properly stabilize the scapula prior to beginning more complex exercises or before attempting to strengthen the rotator cuff or other muscles around the shoulder. Identifying tight muscles/overactive muscles as well as deficits which may come from the shoulder, diaphragm or pelvis will be explored.

**Objectives:**
1. Identify the importance of the scapula and its relationship to the shoulder.
2. Demonstrate how to assess tightness in the shoulder.
3. Demonstrate special tests of the scapula and review MMT (with emphasis on overactive muscles).
4. Recognize and understand posture and illustrate its effect on the throwing shoulder.
5. Discover effective treatment methods to stretch the shoulder/ scapula.
6. Appreciate movement dysfunction and the kinetic chain and understand why it is vital to fully assess movement patterns/ dysfunction with any shoulder injury.
7. Recognize the effect breathing has on the shoulder.
8. Identify the causes of Glenohumeral Internal Rotation Deficit (GIRD) and select how to treat GIRD through breathing and posture correction.
9. Demonstrate how to improve scapula awareness
10. Employ scapula exercises as part of a prevention or rehabilitation program.
11. Explain the most essential components of throwing mechanics.
12. Compare deficiencies from the physical assessment to pathomechanics in the throwing motion.
13. Predict the effects of pathomechanics on pathologies of the elbow and shoulder."

**Level of Difficulty:**  
Advanced  
**Practice Domain:**  
Injury/Illness Prevention and Wellness Protection, Treatment and Rehabilitation
Workshop B – 8:00am–10:00am, Buchanan, (Radisson Tower, Lower Level, Pennsylvania Corridor)
CEUs: 2  Cost: $70.00 Members / $120.00 Non-Members  Capacity: 50

**EBP WORKSHOP: Evidence-Based Manual Therapy for Acute Ankle Sprains**
*James Scifers, DScPT, PT, SCS, LAT, ATC*
*Elizabeth Ballard, DPT, PT, LAT, ATC*

Ankle sprains are among the most common injuries to the lower extremity. Although the prognosis for functional recovery following ankle sprain is typically good, continued pain and elevated risk for re-injury appears to be linked to limited ankle joint mobility.

Research has identified manual therapy treatments as a mechanism to improve talocrural DF ROM, and reduce ankle pain, disability, and risk for re-injury following ankle sprains.

Few athletic trainers understand the evidence supporting early manual therapy nor feel proficient in performing advanced manual therapy techniques following acute ankle injury.

This workshop will focus on the evidence supporting the use of these techniques and will allow clinicians to learn and practice various advanced manual therapy treatments for the foot and ankle.

**Objectives:**
1. Following this workshop, attendees will be able to understand the evidence supporting the use of manual therapy in the treatment of acute ankle sprains.
2. Following this workshop, attendees will be able to apply clinical prediction rules to determine which patients will benefit from manual therapy intervention(s) following acute ankle injury.
3. Following this workshop, attendees will be able to perform advanced manual therapy techniques for the tibiofibular joint, talocrural joint, subtalar joint, and mid-foot.
4. Following this workshop, attendees will be able to create a comprehensive, evidence-based treatment plan for patients suffering from an acute ankle injury."

**Level of Difficulty:** Advanced
**Practice Domain:** Treatment and Rehabilitation

Workshop C – 10:00am-1:00pm, Keystone (Radisson Tower, Lower Level, Pennsylvania Corridor)
CEUs: 3  Cost: $105.00 Members / $180.00 Non-Members  Capacity: 24

**EBP WORKSHOP: Assessment and Management of Respiratory Emergencies**
*Wayne Rodrigues, MEd, LAT, ATC*
*R. Barclay Dugger, MEd, LAT, ATC*

There has been a gap created between the expected knowledge and skills based outcomes and competencies from the Commission on Accreditation of Athletic Training Programs (CAATE) and the current professional knowledge and skills in the area of emergency care. The workshop will bridge the gap and give the participants the opportunity to become more competent in the assessment and
management of respiratory emergencies.

Objectives:
1. Identify the signs and symptoms of respiratory emergencies.
2. Demonstrate the ability to auscultate and interpret adventitious lung sounds.
3. Demonstrate the ability to utilize pulse oximetry and peak flow meters to assist in the assessment of respiratory emergencies.
4. Demonstrate the ability to maintain an airway through the use of Oralpharyngeal and Nasopharyngeal airways adjuncts.
5. Demonstrate the ability to administer a Metered Dose Inhaler and nebulizer treatments for a patient with asthma.
6. Demonstrate the ability to administer an EPI-PEN for a patient in Anaphylactic Shock.
7. Demonstrate the ability to administer oxygenation using Nasal Cannulas, Non-Rebreather masks and Bag-Valve Masks.
8. Demonstrate the ability to perform a Medical Assessment and Manage a patient with a respiratory emergency.

Level of Difficulty: Advanced
Practice Domain: Immediate and Emergency Care

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Workshop D – 11:00am-12:30pm, Buchanan (Radisson Tower, Lower Level, PA Corridor)
CEUs: 1.5 Cost: $55.00 Members / $90.00 Non-Members Capacity: 50

EBP WORKSHOP: Clinical Evaluation Using Musculoskeletal Ultrasound- UPPER EXTREMITY
Jennifer Ostrowski, PhD, LAT, ATC
Bryce Gaines, LAT, ATC
Musculoskeletal (MSK) ultrasound has become a standard evaluation technique in many sports medicine settings, ranging from collegiate athletic training facilities to physician offices. However, few athletic trainers have expertise in using MSK ultrasound to visualize anatomical structures or to identify pathology. The ability of athletic trainers to incorporate MSK ultrasound into the initial clinical evaluation allows for timely diagnosis, management, and referral of the patient. This presentation will provide an overview of instrumentation and the science of MSK ultrasound, and present specific techniques to visualize commonly-injured anatomical structures. Identification of normal and abnormal tissue will be emphasized.

Objectives:
1. Summarize the role of musculoskeletal (MSK) ultrasound within clinical evaluation and diagnosis
2. Describe appropriate techniques for visualizing anatomical structures using musculoskeletal ultrasound
3. Identify characteristics of normal and abnormal anatomical tissue in a sonogram

Level of Difficulty: Advanced
Practice Domain: Treatment and Rehabilitation
EBP WORKSHOP: Gatorade GSSI/KSI Workshop:  Hydration: One Size Does Not Fit All
  Luke Beval, MS
  Zachary Schlader, PhD
  Kevin Miller, PhD, ATC

Hydration needs during exercise vary greatly depending on the sport and athletic trainers are often tasked with making hydration recommendations for competitive and recreational athletes; however, there are many confounding variables causing understandable confusion. This workshop will dive into the variants of hydration: fluid availability, environment and exercise intensity and then provide sport-specific guidelines.

Objectives:
  1. Attendees will develop hydration action plans based on sport-specific guidelines.
  2. Attendees will develop the ability to outline differences between hydration recommendations based on the sport.
  3. Attendees will develop the ability to outline and apply how environment and exercise intensity affect hydration requirements.

Level of Difficulty:  Advanced
Practice Domain:  Injury/Illness Prevention and Wellness Protection

EBP WORKSHOP:  Clinical Evaluation Using Musculoskeletal Ultrasound- LOWER EXTREMITY
  Jennifer Ostrowski, PhD, LAT, ATC
  Bryce Gaines, LAT, ATC

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  1. Summarize the role of musculoskeletal (MSK) ultrasound within clinical evaluation and diagnosis
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  3. Identify characteristics of normal and abnormal anatomical tissue in a sonogram
Level of Difficulty: Advanced
Practice Domain: Treatment and Rehabilitation

Workshop G – 3:00pm–9:00pm, Independence Ballroom (Radisson Tower, Lower Level)
CEUs: 6       Cost: $195.00 Members / $350.00 Non-Members
Capacity: 250

EBP WORKSHOP: EATA 2019 Pre-Convention Sport-Related Concussion Summit
Kevin Guskiewicz, PhD, ATC
Steven Broglio, PhD, ATC
Christina “Tina” Master, MD, FAAP, CAQSM
Jacob Resch, PhD, ATC
James “Jay” R. Clugston, MD, CAQSM
Thomas Kaminski, PhD, ATC, FACSM
Anthony Kontos, PhD
John Leddy, MD
Steve Pachman, Esq.
Dylan Henry, Esq.
Kacie Kergides, Esq.
Ryan Tierney, PhD, LAT, ATC
Meghan Mattson, MS, LAT, ATC

Sport-related concussions are on the rise worldwide. Athletic trainers and other sports health care practitioners are on the “front-line” when it comes to prevention, diagnosis, and treatment of sport-related concussions. As a leader in providing contemporary and innovative educational programming and evidence-based practice CEUs, the EATA is proud to present the 2019 Pre-Convention Sport-Related Concussion Summit featuring a line-up of world-renowned researchers and clinicians that will provide participants with the current standard of care in the management of sport-related concussions.

Objectives:
1. Update participants on the current standard of care for sport-related concussion management?
3. Review the literature related to repetitive head impacts from sports and the long-term effects on brain function.
4. Establish perspective of treating the pediatric patient with sport-related concussions and the unique concerns associated with this unique population of athletes.
5. Hands-on workshop exposure to the Buffalo "post-concussion" rehabilitation protocol.
6. Hands-on workshop exposure to the Pittsburgh VOMS protocol
7. Hands-on workshop exposure to the plethora of contemporary sport-related concussion assessment tools used in the NCAA/DoD CARE study including: BESS, tandem gait, near point of convergence testing, grooved pegboard testing, reaction time testing, and more.
8. Hands-on workshop exposure to a team physician from a Power 5 conference school and their unique perspectives on sport-related concussion management.
9. Hands-on workshop exposure to a legal expert who’ll share tips with participants on how to navigate the legal liability landscape as it relates to sport-related concussion management.

Level of Difficulty: Essential to Mastery
Practice Domains: Injury/Illness Prevention and Wellness Promotion, Examination. Assessment and Diagnosis, Therapeutic Intervention, Healthcare Administration and Professional Responsibility
**Saturday, January 12, 2019**

Workshop H – 7:00am – 8:00am, Independence Ballroom (Radisson Tower, Lower Level)

CEUs: 1.0  Cost: $20.00 Members  Capacity: 200

**Stop-The-Bleed Instructor Course**  
**Peter Thomas, DO, FACOS, FACS**  
**St. Luke’s University Health Network Sports Medicine Staff Members**

Blood loss is the leading cause of preventable death in multiple casualty events, like mass shootings, terrorist attacks and earthquakes. Rapid control of bleeding at the scene of the event can be life-saving. Athletic Trainers are employed in settings where these skills could be needed. Additionally, they are uniquely positioned to partner with their local hospitals and EMS colleagues to train individuals at schools, sport and community organizations.

**Objectives:**
1. Understand the importance of your response during an active shooter event.
2. Describe the progressive strategy for controlling hemorrhage.
3. Demonstrate wound packing and learn about topical hemostatic dressings.
4. Explain the rationale for early use of a tourniquet for life-threatening extremity bleeding.
5. Demonstrate the appropriate application of a tourniquet to the arm and leg.
6. Develop the skills to instruct teachers, coaches and community members on these skills.

**Level of Difficulty:** Advanced  
**Practice Domain:** Immediate and Emergency Care

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Workshop I – 12:30pm - 2:00pm, Parkview Ballroom (Casino Tower, Mezzanine Level)  
**CLOSED**

CEUs: 1.5  Cost: $0  Capacity: 40

**EATA Research Committee - Grant Writing Workshop**  
**EATA Research Committee**

The Grant Writing Workshop is designed to provide athletic trainers with foundational knowledge and helpful strategies for submitting a research grant proposal addressing the NIH (R03 mechanism) and EATA guidelines. Successful recipients of externally funded grants from the NIH, DoD, NATA Foundation, and other mechanisms will contribute to this active workshop. Participants will have opportunities to have their work reviewed by the facilitators and peers.

**Objectives:**
1. Understand the required elements of a successful grant proposal, including the Specific Aims, Significance, Innovation, Justification, Preliminary Data, and Work Activities.
2. Actively participate in written and verbal discussions to identify strengths and weaknesses of a grant proposal.
3. Prepare an outline of the Specific Aims page of a grant proposal.

**Level of Difficulty:** Advanced  
**Practice Domain:** Healthcare Administration and Professional Responsibility
East Meets West: Using Yoga to Prevent Injuries
Gabriella DeLorenze, MEd, ATC, 200E-RYT, CES, LAT

Yoga is a theory and concept that has been around in eastern medicine for decades. It is used as a mind-body connection tool that also increases body awareness. With the implementation of yoga to my patient's treatment I have been able to see decrease pain levels and have been able to highlight areas of weakness in my patients to prevent injuries all together. This workshop is designed to help athletic trainers better evaluate injuries through functional (and sport specific) movements, all while helping patients increase proprioception and balance to prevent and treat injuries.

Objectives:
1. Learn how to develop, modify and implement a yoga flow that is anatomically sound
2. Review myofascial lines and meridians for a more "full-body" treatment approach
3. Apply through hands-on approach, how to use movement for evaluation and performance assessment tools

Level of Difficulty: Essential
Practice Domain: Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Best Practices of Appropriate Medical Care
Bart Peterson, MSS, ATC
Larry Cooper, MS, LAT, ATC

Developing a comprehensive approach to injury control strategies for athletics is difficult. To begin to establish recommendations for a comprehensive approach of appropriate health care to secondary school aged athletes, National Athletic Trainers' Association (NATA) developed an inter-association task force to develop recommendations and guidelines for appropriate medical care for adolescents competing in school and club-level sports in 2002. The Appropriate Medical Care for Secondary School–Age Athletes Task Force (AMCSSAA) comprised experts from 17 school, health care, and medical associations and included certified athletic trainers, physicians, other health care professionals, administrators, and school principals. This effort addressed more than basic emergency care during sports participation; it involves virtually all aspects of prevention, and activities of ongoing daily athletic health care and resulted in a consensus statement, monograph, and peer-reviewed summary statement. However, it has been nearly 15 years since the original consensus statement was published and in that time we have seen a plethora of original research and the development of numerous position statements published. As such, there was a need to review the original statement and update based on the most recent evidence to support best practices.

Objectives:
1. Attendees will gain an understanding of the process used to create the document.
2. Attendees will learn the 12 standards and sub-standards identified in this process.
3. Attendees will learn the potential uses of the tool in evaluation of their organizations current status.
4. Attendees will begin the process of self-evaluating their organization and the medical care they provide to secondary school aged athletes."
**Level of Difficulty:** Advanced  
**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Immediate and Emergency Care, Treatment and Rehabilitation, Organizational and Professional Health and Well-being

**Workshop L – 1:30pm – 4:30pm, Buchanan (Radisson, Lower Level, Pennsylvania Corridor)**  
CEUs: 3  
Cost: $60.00  
Capacity: 30

**CATA Exchange Presentation: Demystifying the Shoulder – a Manual Approach**  
*Jonathan Maister, CAT(C) RMT SMT(C)*

Typical patterns are evident in common shoulder conditions. This presentation focuses on connecting what is often ignored, the predisposing postural antecedents; specifically the role of the Pectoral and other related fascia. The workshop will include an exploration of three (3) myofascial techniques (direct/indirect) to make this correction. A review and discussion of the biomechanics, and its clinical significance as well as the associated research will be thoroughly instructed to better understand these powerful and effective hands-on techniques.

**Objectives:**  
1. Formulate an integral understanding of the role of scapula mechanics in shoulder function  
2. Comprehend the role of fascia in determining scapula positioning  
3. Develop the feel for fascia and the ability to manipulate it to achieve optimal biomechanics

**Level of Difficulty:** Essential  
**Practice Domain:** Treatment and Rehabilitation

**Workshop M – 5:00pm-7:00pm, Conestoga (Radisson Tower, Lower Level, Pennsylvania Tower)**  
CEUs: 2  
Cost: $70.00 Members  
Capacity: 40

**EBP Workshop: Wound Care Management during a Mass Casualty Emergency: An Evidence-Based Approach for Triage, Tourniquets, Wound Packing and Chest Seals**  
*Edward Strapp, FP-C, NRP, ATC-L  
Ellen K. Payne, PhD, LAT, ATC, CSCS, EMT*

As athletic trainers broaden their scope of practice, they must be prepared to respond to a wide variety of traumatic injuries and situations that may require the ability to critically manage a scene with multiple patients, identify those patients who need the most critical interventions, and respond with rapid intervention to massive hemorrhage to prevent catastrophic results. The use of evidence-based tourniquet and wound packing techniques and rapid evaluation triage methods will dramatically improve survival rates for critically injured patients. Adequate preparation should be combined with clinical expertise to utilize skills and equipment to minimize casualties and prevent death. Perceived challenges such as budget, equipment constraints, and training should be explored and addressed with practical solutions.

**Objectives:**  
1. Discuss the knowledge/skills associated with the administrative and risk management aspects of planning for a critical event such as a bus crash, bleacher collapse or other larger scale event.  
2. Examine and discuss the current scientific guidelines and treatment recommendations regarding prehospital wound management of the Mass Casualty Scene.  
3. Identify and discuss the most current evidence for the use of and the interrelatedness of advanced wound care and Airway management.
4. Compare and contrast the roles, characteristics, and advantages/disadvantages for using tourniquets (ie., CAT, SOFTT, and SWAT-T), hemostatic agents, wound packing and simple chest seals in the prehospital setting.

5. Demonstrate how to prepare, administer and monitor the use of tourniquets (ie., CAT, SOFTT, and SWAT-T), hemostatic agents, wound packing and simple chest seals in the prehospital setting using the current evidence.

6. Recommend how and when to employ the use of tourniquets (ie., CAT, SOFTT, and SWAT-T), hemostatic agents, wound packing and simple chest seals in the prehospital setting after interpreting an primary triage assessment data.

Level of Difficulty: Advanced
Practice Domain: Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Immediate and Emergency Care

Workshop N – 5:00pm-6:00pm, Grand Ballroom (Radisson Tower, Lobby Level)
CEUs: 1.0 Cost: $20.00 Members Capacity: 50

Mental Health First Aid Primer
Jennifer Ostrowski, PhD, LAT, ATC
Mental Health First Aid (MHFA) is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. Similar to the 'traditional' first aid that athletic trainers are familiar with, MHFA is given until appropriate treatment and support are received or until the crisis resolves. MHFA is not a substitute for counseling, medical care, peer support or other professional treatment.

Objectives:
1. What Mental Health First Aid is, and is not
2. What content is included in an 8-hour Mental Health First Aid certification course
3. Mental Health First Aid course options that exist, including youth, adult, older adult, higher education, public safety, military / veterans / family, law enforcement / corrections / public safety.
4. The 5 steps in Mental Health First Aid action plan (abbreviated ALGEE)

Level of Difficulty: Essential
Practice Domain: Injury/Illness Prevention and Wellness Protection, Immediate and Emergency Care
Monday, January 14, 2019

Workshop O – 7:00am-9:00am, Buchanan (Radisson Tower, Lower Level, Pennsylvania Corridor)
CEUs: 2   Cost:  $70.00 Members
Capacity:  30

EBP Workshop: Evaluation and Treatment of Peripheral Vestibular Dysfunction: Demystifying Benign Paroxysmal Positional Vertigo (BPPV)
   David Wilkenfeld, MS, LAT, ATC

Although it is generally accepted that concussion symptoms typically resolve within 7-10 days in adults, approximately 10-15% of patients do not experience this expected resolution of symptoms. Vestibular dysfunction, which can present as post-traumatic dizziness, vertigo, or disorientation / balance issues, is one of the major complaints reported following a head injury. Of these vestibular dysfunctions, Benign Paroxysmal Positional Vertigo (BPPV) is most commonly associated with post-concussive symptoms and is the most common cause of vertigo in the general public, affecting approximately 2.4% of individuals across their lifespan. Despite its prevalence, BPPV is very responsive to treatment and rehabilitation. Although the evaluation and treatment of vestibular dysfunctions are not outside of an athletic trainer's scope of practice, many athletic trainers are not proficient enough to appropriately identify and treat these conditions. This workshop will help fill this professional practice gap by providing athletic trainers with patient problems and hands-on skill practice in order to develop proficiency in the evaluation and treatment of BPPV.

Objectives:
1. Describe the pathophysiology behind BPPV.
2. Perform common evaluation techniques for BPPV.
3. Perform common treatment techniques for BPPV.
4. Understand the importance of a patient-centered, multidisciplinary approach to manage patients with BPPV.
5. Identify appropriate referrals, return to activity criteria, and documentation coding for patients with BPPV.

Level of Difficulty: Advanced
Practice Domain: Clinical Evaluation and Diagnosis, Treatment and Rehabilitation