



## **Friday, January 10, 2020**

8:00 AM - 5:00 PM	<b>EATA Executive Board Meeting Boardroom</b>
9:00 AM - 12:00 PM	<b>EATA Student Delegation Board Meeting Bravo B</b>
2:00 PM – 8:00 PM	<b>Conference Registration Pre-Function/Registration Area</b>
3:30 PM – 4:30 PM	<b>EATA EDAC Meeting Star Room</b>
7:00 PM - 7:30 PM	<b>EATA Free Communication for Students (Professional Undergraduate, Professional Graduate, Post-Professional Graduate) Premier Ballroom C</b>
7:00 PM - 7:30 PM	<b>EATA Quiz Bowl Contestants Meeting Premier Ballroom EF</b>
8:00 PM – 9:00 PM	<b>EATA District 1 Quiz Bowl Premier Ballroom EF</b>
9:00 PM – 10:00 PM	<b>EATA District 2 Quiz Bowl Premier Ballroom EF</b>

### **Summit Learning Objectives:**

At the conclusion of the conference participants will be able to:

1. Recognize and describe injuries and conditions that occur across the lifespan.
2. Describe and implement policies and procedures surrounding critical incidents and traumatic injuries.
3. Describe current concepts in sports nutrition.
4. Implement strategies for developing quality improvements plans to improve patient care.
5. Develop treatment strategies to target functional and dynamic insufficiencies at the spine.

**Educators and Preceptors Summit: Innovative Approaches to Address the 2020 Standards: From Content Delivery to Andragogy**

8:00 AM – 8:50 AM

**Manual Therapy & Joint Manipulation of the Spine: Clinical Skill Acquisition, Teaching Tools & Tips (Educators & Preceptors Session #1)**  
**Celebrity D**

This session will present rationale for and clinical application of commonly utilized manual therapy and joint manipulation techniques for the lumbar spine, thoracic spine, and lower cervical spine. Attendees will receive feedback about clinical performance of these manual therapy techniques during a hands-on session. In addition, participants will be provided with information about how to best educate professional athletic training students in the performance of these clinical skills, including discussion of equipment/supplies needed for instruction and best practices for teaching the specific clinical skills.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify indications and contraindications for the application of various manual therapy and joint manipulation techniques of the spine.
2. Perform various manual therapy and joint manipulation techniques of the spine.
3. Identify and correct common performance errors of novice clinicians and professional students when learning and practicing manual therapy and joint manipulation techniques of the spine.
4. Identify equipment and supplies needed to teach manual therapy and joint manipulation techniques of the spine.

**Level of Difficulty:** Essential

**Practice Domain:** Therapeutic Intervention

Speaker: Jill Manners, SCD, LAT, ATC, PT, COMT

9:00 AM – 9:50 AM

**Dislocation Reduction: Clinical Skill Acquisition, Teaching Tools & Tips (Educators & Preceptors Session #2)**  
**Celebrity D**

This session will present clinical application for dislocation reduction of the shoulder, fingers, and patella. Participants will receive hands-on education regarding their performance of dislocation reduction techniques. In addition, participants will be provided with information about how to best educate professional athletic training students in the performance of these clinical skills, including discussion of equipment/supplies needed for instruction and best practices for teaching the specific clinical skills.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify indications and contraindications for manual reduction of joint dislocations to the shoulder, fingers, and patella.
2. Perform joint dislocation reduction techniques for the shoulder, fingers, and patella.
3. Identify and correct common performance errors of novice clinicians and professional students when learning and practicing joint dislocation reduction techniques.
4. Identify equipment and supplies needed to teach joint dislocation techniques.

**Level of Difficulty:** Essential

**Practice Domain:** Immediate and Emergency Care

Speakers: Darius Greenbacher, MD, Jessica Barrett, PhD, ATC

10:00 AM – 10:50 AM

**Medication Administration: Clinical Skill Acquisition, Teaching Tools & Tips (Educators & Preceptors Session #3)  
Celebrity D**

This session will present various medication administration techniques that may be provided by athletic trainers in a variety of clinical practice settings. Administration of both emergency medication and sub-cutaneous/intramuscular injection will be included in this session. Participants will be provided with opportunities to practice medication administration and will receive feedback on the application of clinical skills. In addition, participants will be provided with information about how to best educate professional athletic training students in performance of these clinical skills, including discussion of equipment/supplies needed for instruction and best practices for teaching the specific clinical skills.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Perform medication administration for a variety of health emergencies.
2. Perform sub-cutaneous and intramuscular medication administration for prevention and treatment of a variety of health conditions.
3. Identify and correct common performance errors of novice clinicians and professional students when learning and practicing medication administration techniques.
4. Identify equipment and supplies needed to teach medication administration techniques.

**Level of Difficulty:** Essential

**Practice Domain:** Immediate and Emergency Care, Therapeutic Intervention

Speakers: Ed Strapp, FPC, NRP, LAT, ATC  
David Wilkenfeld, EdD, LAT, ATC

11:00 AM – 11:50 AM

**Concurrent Sessions: (*choice of*)**

**Immersive Clinical Education Roundtable** (Educators & Preceptors Session #4)

**-OR-**

**Defining and Demonstrating Contemporary Expertise in Professional Education** (Educators & Preceptors Session #4A)

**Immersive Clinical Education Roundtable** (Educators & Preceptors Session #4)

**Celebrity D**

**Not eligible for Category A CEUs**

This session is aimed at Coordinators of Clinical Education (and Program Directors) wishing to learn more about the benefits and challenges of implementing immersive clinical education experiences into the athletic training curriculum. This session will utilize a question and answer format using a panel of experts in the educational field who have a vast amount of experience developing and implementing immersive clinical education in professional athletic training education.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the benefits of immersive clinical education as part of the profession athletic training curriculum.
2. Identify the unique challenges of establishing immersive clinical education experiences as part of the profession athletic training curriculum.
3. Compare and contrast various approaches to implementing immersive clinical education into the professional athletic training curriculum.
4. Develop a clinical education plan that incorporates immersive clinical education experiences for athletic training students.

**Level of Difficulty:** Essential

**Practice Domain:** Healthcare Administration and Professional Responsibility

Speakers: Nancy Groh, EdD, LAT, ATC,  
Jill Manners, SCD, LAT, ATC, PT, COMT,  
Matthew O'Brien, PhD, LAT, ATC, David Wilkenfeld, EdD, LAT, ATC

**Defining and Demonstrating Contemporary Expertise in Professional Education (Educators & Preceptors Session #4A)**  
**Celebrity A**  
**Not eligible for Category A CEUs**

Contemporary expertise is described within the CAATE's 2020 Professional standards is the "knowledge and training of current concepts and best practices in routine areas of athletic training". The addition of the terminology "contemporary expertise" to CAATE 2020 Professional Standards provides the program an opportunity to assess the rationale for didactic and clinical teaching choices. Educators provide content knowledge and models of expert thinking, which are both critical for a student's development from novice to competent, entry-level practitioner. Therefore, faculty and preceptor educators should strive to have contemporary expertise within one or more of the routine areas of athletic training related to teaching and/or clinical practice duties. The purpose of this session is to provide context for the meaning of contemporary expertise as it relates to the CAATE's 2020 Professional Program Standards. More specifically, I will describe the role that contemporary expertise plays in faculty and preceptor development. In addition, I will also provide examples on how a program can effectively assess and demonstrate the contemporary expertise of their faculty and preceptors.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Define contemporary expertise within Athletic Training Education.
2. Identify various methods for demonstrating contemporary expertise in Athletic Training.
3. Identify areas that do not count toward demonstration of contemporary expertise in Athletic Training.

**Level of Difficulty:** Essential

**Practice Domain:** Healthcare Administration and Professional Responsibility

Speakers: Luzita Vela, PhD, LAT, ATC

12:00 PM – 12:50 PM

**Buffet Lunch & Keynote Speaker: One of These Things (Does Not Look Like the Other) (Educators & Preceptors Session #5)**  
**Celebrity A**  
**Not eligible for Category A CEUs**

This keynote session will discuss the current state and future of athletic training education.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify trends in Athletic Training education.
2. Identify various opportunities for the future of Athletic Training Education.
3. Identify various challenges for the future of Athletic Training Education.

**Level of Difficulty:** Essential

**Practice Domain:** Healthcare Administration and Professional Responsibility

Speakers: Craig Denegar, PhD, PT, ATC, FNATA

1:00 PM – 1:50 PM

**Advanced Wound Closure Techniques: Clinical Skill Acquisition, Teaching Tools & Tips** (Educators & Preceptors Session #6)  
**Celebrity D**

This session will present various advanced wound closure techniques, including suturing and stapling. Attendees will receive feedback about clinical performance of these wound closure techniques during a hands-on session. In addition, participants will be provided with information about how to best educate professional athletic training students in the performance of these clinical skills, including discussion of the equipment/supplies needed for instruction and best practices for teaching the specific clinical skills.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify the clinical advantages, disadvantages, and indications for various advanced wound closure techniques.
2. Select the most appropriate wound closure technique for various injuries.
3. Perform various wound closure techniques.
4. Identify and correct common performance errors of novice clinicians and professional students when learning and practicing advanced wound closure techniques.
5. Identify equipment and supplies needed to teach advanced wound closure techniques.

**Level of Difficulty:** Essential

**Practice Domain:** Immediate and Emergency Care

Speakers: Dan Strohecker, MS, LAT, ATC, OTC, CES

2:00 PM – 2:50 PM

**Model Practice Showcase** (Educators & Preceptors Session #7)

## Celebrity A

This session will feature six, eight-minute presentations from athletic training faculty and preceptors about a specific teaching technique or tool that has enhanced the teaching and learning process of professional or post-professional Athletic Training students.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Implement a variety of teaching techniques and strategies into their professional practice as classroom and/or clinical educators.
2. Critique the classroom and/or clinical education teaching-learning process for professional/post-professional athletic training students.

**Level of Difficulty:** Essential

**Practice Domain:** Healthcare Administration and Professional Responsibility

Speakers: (6 presenters x 8 minutes each with Q&A)

## Emergency-Care for Athletes Summit

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Recognize athletes who are most at-risk for cardiac events with special consideration for sport, ethnicity, and gender
2. Summarize the key points of the 2018 Consensus Statement “Pre-Hospital Care of Exertional Heat Stroke” including rapid assessment, rapid temperature measurement, rapid cooling, and cool-first/transport second.
3. Apply necessary clinical skills for exertional heat stroke including assessment, rectal temperature measurement, mesh stretcher utilization, cold water immersion, and cool-first/transport second.
4. Summarize pragmatic applications to control uncontrolled bleeding through the use of tourniquets, wound packing applications, emergency trauma dressings, hemostatic gauze, and chest seals.
5. Apply variety of pre-hospital management skills that can be utilized when spine board immobilization is not employed.
6. Utilize bag valve masks, nasopharyngeal, oropharyngeal, and supraglottic airways.

3:00 PM - 3:50 PM

**EBP Lecture: Maximizing the Prevention of Sudden Cardiac Death in Athletes (E-Care Lecture #1)**  
**Celebrity A**

This session will focus on how to maximize appropriate cardiac screening by recognizing the high-risk athletes and by recognizing the high-risk sports. Consideration of ethnicity and gender will also be examined.

Speaker: George Chiampas, DO

4:00 PM - 4:50 PM

**EBP Lecture: Advanced Wound Care Management for Athletic Trainers (E-Care Lecture #2)**  
**Celebrity A**

Speaker: Darryl Conway, MA, AT, ATC

5:00 PM - 5:50 PM

**EBP Lecture: Pre-Hospital Care for Exertional Heat Stroke (E-Care Lecture #3)**  
**Celebrity A**

This presentation will provide an overview of the new 2018 consensus statement released titled – Pre-Hospital Care of Exertional Heat Stroke. The focus will be on the four pillars highlighted in the text: rapid assessment, rapid temperature measurement, rapid cooling, and cool-first/transport second.

Speakers: Douglas Casa, PhD, ATC, FNAK, FACSM, FNATA

6:00 PM – 6:50 PM

**Keynote Address: Lessons Learned through the Years as Medical Director of the Chicago Marathon (E-Care Lecture #4)**  
**Not eligible for Category A CEUs**

Large Scale sporting events have over the years evolved to address uncommon medical conditions while concurrently managing multiple diverse challenges of the current state. We will take a behind the scene look at the 2nd largest Marathon in the world and how innovative approaches, the collaboration of multiple specialties and never staying comfortable has led to establishing best practices in sport.

**Celebrity A**

Speaker: George Chiampas, DO

7:00 PM - 9:00 PM

**EBP Workshop: Clinical Skills Necessary for the Pre-Hospital Care for Exertional Heat Stroke – Hands on Laboratory Experience (E-Care Breakout #1)**  
**Celebrity HI**

This laboratory session will provide a hands-on opportunity to discuss and practice the following skills: EHS assessment, rectal temperature

measurement, mesh stretcher utilization, cold water immersion, and cool-first/transport second.

Speakers: Douglas Casa, PhD, ATC, FNAK, FACSM, FNATA, Robert Huggins, PhD, LAT, ATC, Rebecca Stearns, PhD, ATC, Samantha Scarneo, PhD, ATC

7:00 PM - 9:00 PM

**EBP Workshop: Beyond Direct Pressure: Evidence-Based & Pragmatic Approach for Advanced Wound Care (E-Care Breakout #2)**  
**Celebrity E**

"Stop the Bleed" on Steroids! Evidence-based look at pragmatic applications to control uncontrolled bleeding through the use of tourniquets, wound packing applications, emergency trauma dressings, hemostatic gauze, and chest seals.

Speakers: Darryl Conway, MA, AT, ATC, Edward Strapp, TP-C/FP-C, NRP, ATC-L

7:00 PM - 9:00 PM

**EBP Workshop: Contemporary Cervical Spine Injury Management: Spine Motion Restriction, Extrication, and Transfer Strategies (E-Care Breakout #3)**  
**Celebrity FG**

In light of the sweeping changes to historical cervical spine trauma acute treatment paradigms, athletic trainers should be ready to manage suspected spine injuries using alternative methods to spine immobilization. While immobilization to a spine board may still be a viable option, spine motion restriction may be the overarching management goal, incorporating self-extrication, rescuer assisted transfers, lift maneuvers, and equipment removal prior to transport. This workshop will provide the attendee an opportunity to review and rehearse a variety of pre-hospital management skills that can be utilized when spine board immobilization is not employed.

Speakers: Erik Swartz, PhD, ATC, FNATA, Michael Cendoma, MS, ATC, ACLS

7:00 PM – 9:00 PM

**EBP Workshop: Emergency Airway Management (E-Care Breakout #4)**  
**Celebrity D**

Airway management is a low frequency yet high intensity intervention that requires practice and review frequently. This workshop will provide a hands-on opportunity for participants to practice bag valve masks, nasopharyngeal, oropharyngeal, and supraglottic airways.

Speaker: Fran Feld, DNP, CRNA, LAT, NRP

**\*\*\*NOTE: Joint Sessions for Students and the General Membership (Joint Session)**

6:00 PM – 6:50 PM

**Stories from the Sidelines: Difficult Cases (Joint Session #1)  
Premier Ballroom C**

In this presentation, an experienced panel of Athletic Trainers will discuss difficult cases they have encountered throughout their careers, as well as how they dealt with them. It will include an open forum for students and the general membership to have a question/answer session as well.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe case scenarios from various athletic settings.
2. Identify common clinical practice-based problem-solving skills that is beyond what is taught in a textbook.
3. Develop critical thinking, clinical reasoning, and problem-solving skills to be used in clinical practice.

**Level of Difficulty:** Essential

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Immediate and Emergency Care, Treatment and Rehabilitation, and Organization and Professional Health and Well-Being.

Speakers: Tim Weston, MEd, ATC

Michael Goldenberg, MS, ATC

Marjorie King, PhD, ATC, PT, FACSM

**Workshops**

9:00 AM – 12:00 PM

**EBP Workshop: Manual Approach to Neurogenic TOS in Baseball Pitchers (Workshop A)  
Celebrity HI**

This course is intended to instruct the athletic trainer and/or manual therapist on identifying and removing restrictions that can cause nerve entrapment. Participants are expected to identify the difference between nerve tension and soft tissue local restriction. Participants will learn manual techniques that improve glide and movement between structures and get hands-on experience in palpation and differentiation of soft tissues including, skin, fascia, muscle and nerve. Participants will learn where the nerves are most susceptible to muscular impingement in the pitching mechanics, and methods to diagnose and differentiate between median, radial and ulnar nerve tension. Participants will work on each other and

identify the difference between a localized muscular adhesion vs. an entrapped peripheral nerve. Pitch specific mobilization and flexibility techniques will be learned as a means to maintain nerve movement through the muscular pathway.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify at least two areas of muscular entrapment of each nerve; median, radial and ulnar.
2. Differentiate between nerve entrapment and soft tissue restriction limiting range of motion.
3. Perform successful release of soft tissue restriction improving glide and motion between muscles.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Speaker: Donna Copertino, DC

10:00 AM – 12:00 PM

**EBP Workshop: Using VOMS for Concussion Management (Workshop B)**

**Celebrity E**

The presentation will consist of reviewing the five different test types of the VOMS (Vestibular-Occular Movement Screen) and how athletic trainers can incorporate these tests in their baseline screening, as well as during rehabilitation for the management of a concussion.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify the effects of sustaining a concussion on a patient's vestibular-ocular function.
2. Describe the evaluation process of vestibular-ocular function, both pre- and post-concussion, to properly manage and make return to play decisions.
3. Implement return-to-play guidelines following a concussion utilizing different rehabilitation techniques that address all deficits a patient may have post-concussion.

**Level of Difficulty:** Essential

**Practice Domain:** Treatment and Rehabilitation

Speakers: Jaclyn Morrissette, PhD, ATC,  
Linda Gazzillo-Diaz, EdD, ATC; Meaghan Neenan, MS, ATC

1:00 PM – 3:00 PM

**EBP Workshop: Cervicogenic Rationale and Management of Post-Concussion Headache (Workshop C)**  
**Celebrity HI**

This presentation will provide a cervicogenic differential diagnosis and rationale for athletes with prolonged post-concussion headaches. Didactic/theory will be presented focusing on trigeminal nerve facilitation, trigger point implications and how and why the cervical spine can be the etiology of both. The hands-on component will focus on assessing and treating cranio-vertebral biomechanics, managing soft tissue restriction and re-establishing normal near-muscular control. Participants will also be exposed to auxiliary management strategies such as Graston technique and trigger-point dry needling.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Differentiate between cervicogenic and non-cervicogenic concussion symptoms.
2. Identify biomechanical dysfunction of the crania-vertebral joints.
3. Treat dysfunction using manual therapy techniques.

**Level of Difficulty:** Advanced

**Practice Domain:** Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Speaker: Robert Barksdale, PT, DScPT, COMT, ATC, CSCS

1:00 PM – 3:00 PM

**EBP Workshop: The Art of Upper Extremity Mobilization (Workshop D)**  
**Celebrity E**

This workshop will involve a detailed explanation, demonstration, and application of mobilization to the joints and soft tissues of the upper extremity. First, the indications, contraindications, and physiological effects of joint mobilization will be discussed. A hands-on breakout session will follow to help immediately apply the techniques being demonstrated. The hands-on portion will include a review of upper extremity anatomy using visual aids, including accessory joint motion and common injury patterns that occur as a result of sport-specific movements. The presenter will then do a live demonstration of the corrective technique(s) to address that body region, followed by the brief breakout session. The regions to be addressed include the fingers, wrist, forearm, elbow, shoulder and rib cage. Participants will come away from this workshop with the excitement of learning comfortable, effective, cutting-edge techniques that they can apply to their athletes on Monday morning.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the anatomical structures being addressed in the phalangeal, metacarpal, carpal, distal and proximal radioulnar, glenohumeral, and costovertebral regions.
2. Assess the need for joint mobilization post-injury or pre-strapping/bracing.
3. Describe mobilization techniques to the upper extremity joints and soft tissues.
4. Describe the benefits of having a chiropractor trained in extremity manipulation techniques as part of your sports-medicine umbrella.

**Level of Difficulty:** Advanced

**Practice Domain:** Treatment and Rehabilitation

Speaker: Kevin Vieser, DC, ATC, CCSP

**Saturday, January 11, 2020**

7:00 AM -12:00 PM	<b>District 1 Executive Council meeting Bravo B</b>
7:00 AM – 12:00 PM	<b>District 2 Executive Council meeting Bravo C</b>
7:30 AM – 4:30 PM	<b>Conference Registration Pre-Function/Registration Area</b>
9:00 AM – 3:00 PM	<b>Exhibit Hall Open Premier Ballroom BD</b>
9:00 AM – 9:50 AM	<b>CAATE Update Celebrity A</b>
9:00 AM – 10:00 AM	<b>Poster Presentations for Professional (Undergraduate) Students Pre-Function 2</b>
11:00 AM- 11:50 AM	<b>**Young Professionals Event: Effective Communication and Leadership Skills for the Young Professional Celebrity A **This session is not eligible for BOC CEU's</b>
1:00 PM – 2:00 PM	<b>Poster Presentations for Professional &amp; Post Professional (Graduate) Students</b>

## **Pre-Function 2**

1:00 PM – 2:00 PM	<b>District 1 State Secretary/Treasurer meeting Bravo B</b>
2:00 PM – 2:50 PM	<b>Free Communications Celebrity A</b>
4:00 PM – 5:00 PM	<b>State Meetings Connecticut (Premier GH) Delaware (Encore AB) Maine (Celebrity D) Massachusetts (Celebrity E) New Hampshire (Celebrity FG) New Jersey (Premier A) New York (Premier C) Pennsylvania (Premier EF) Rhode Island (Celebrity J) Vermont (Celebrity HI)</b>
6:00 PM – 7:00 PM	<b>EATA Reception Pre-Function/Registration Area</b>
7:00 PM – 9:00 PM	<b>EATA Banquet Premier Ballroom BD</b>
9:00 PM – 12:00 AM	<b>Collins Party Celebrity ABCDE</b>
<b>Lectures</b>	
7:30 AM – 8:00 AM	<b>EATA Welcome and Announcements Premier Ballroom A</b>
8:00 AM – 8:50AM	<b>Age of First Exposure to Contact Sports and Neurological Health (Lecture #1) Premier Ballroom A</b>

The short- and long- term risk of contact sports participation has gathered considerable scientific and media coverage in recent years leading to extensive public discussion on the safety of contact sports. Furthermore, multiple states have proposed legislation related to youth contact sports participation prior to certain ages. As front-line health care providers, athletic trainers are undoubtedly fielding questions from concerned parents about the safety of contact sports participants. This presentation will provide an overview of later life neuropathologies associated with contact sport participation, with a specific emphasis on the age of first exposure as a

predictor of poorer outcomes with a typical cut point of age 12. However, recent data from the CARE Consortium has elucidated the short-term effects of earlier participation in contact sports and these results stand in conflict with the prior later life studies. Thus, attendees at this presentation will be presented with a comprehensive review of existing conflicting evidence related to the safety of youth contact sports participation.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the potential later life neuropathologies speculated to be associated with contact sports participation with particular emphasis on early participation in contact sports.
2. Compare these findings to recent findings related to age of first exposure to contact sports amongst current collegiate student -athletes participating in contact sports.
3. Critique the current research findings to help make evidence-based decisions related to the safety of youth contact sports participation.

**Level of Difficulty:** Mastery

**Practice Domain:** Injury/Illness Prevention and Wellness Protection

Speakers: Thomas Buckley, EdD, ATC,  
Jaclyn Caccese, PhD, ATC

8:00 AM – 8:50 AM

**Quality Improvement – Putting a Name to the Things Clinicians  
Already Do (Lecture #2)  
Premier Ballroom C**

This lecture is aimed at athletic trainers practicing or teaching in any setting looking to learn more about quality improvement (QI) techniques. With many athletic trainers already incorporating quality improvement measures into clinical practice, this talk will provide a foundation of the terminology and concepts of QI as well as strategies to formalize already existing QI practices.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Recognize the need and opportunities for improving the quality of athletic training care provided by individuals, facilities, and the healthcare system.
2. Identify examples of quality improvement efforts in current clinical practice.
3. Utilize the Plan-Do-Study-Act cycle as a strategy to describe improvement efforts of any size and scope.
4. Implement intentional strategies for developing process literacy in an attempt to construct and drive improvement initiatives.

5. Relate quality improvement to best patient care.

**Level of Difficulty:** Essential

**Practice Domain:** Organizational and Professional Health and Well-being

Speakers: Kimberly Mace, DAT, ATC,  
Rachel Geoghegan, MHRD, ATC

9:00 AM – 9:50 AM

**Building Resistance To and Resilience From the Effects of Traumatic Events (Lecture #3)**  
**Premier Ballroom A**

Athletic trainers are exposed to traumatic events in the course of their professional practice, their workplace interactions and in their personal lives. Having the knowledge and skills to enhance their resistance to Critical Incident Stress and their ability to begin the process of “bouncing back” from exposure to a critical incident can provide the athletic trainer with tools to help process the psychological sequelae in the recovery process. This presentation will cover the effects of exposure to traumatic events, psychological reactions to stress and ways to enhance both resistance to Critical Incident Stress and resilience after exposure to stressful situations.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the psychological effects that can result from traumatic events to which Athletic Trainers are exposed.
2. Recognize the signs and symptoms of Critical Incident Stress.
3. Incorporate strategies for resistance to and resiliency from Critical Incident Stress encountered in their professional and personal lives.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Organizational and Professional Health and Well-being

Speaker: David Middlemas, EdD, ATC, CCISM

9:00 AM – 9:50 AM

**A Crisis of Confidence: What Confidence Means, and What Can We Do to Help Improve It? (Lecture #4)**  
**Celebrity C**

One of the most common goals from young professionals is to improve their confidence however, confidence can be a challenging trait to measure and improve. As confidence is frequently thought to be an abstract skill which is challenging to define or measure, preceptors and mentors for young professionals can struggle assisting students and young professionals

with acquiring this trait. This presentation will discuss the concept of confidence, the research behind confidence, and provide strategies for clinicians to help measure components of confidence. Various theories of skill acquisition and levels of mastery will be discussed and the relationship between perception and skill level with confidence will be outlined to help clinicians provide appropriate feedback for students to maximize their learning experience and help provide confidence.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Explain the value of confidence as it relates to student and young professional development.
2. Define confidence as it relates to skill acquisition, student perception, and the divergence of those concepts.
3. Distinguish student and skill development using commonly utilized classification systems.
4. Construct systems for providing valuable clinical feedback to students to assist with the development of confidence and skill level.

**Level of Difficulty:** Essential

**Practice Domain:** Organizational and Professional Health and Well-being

Speakers: Matthew Mills, MA, ATC, PES,  
Meghan Lewis, MA, ATC

9:00 AM – 9:50 AM

**The Athletic Trainer as an Injury Spotter in Collision Sports** (Joint Session #2)

**Premier Ballroom EF**

Most athletic trainers have experienced the hectic experience of identifying acute injuries on the sidelines of a collision sport. With the likelihood of multiple athletes sustaining injuries in short time frames, the immediate recognition of potential injuries is essential. In an effort to improve player health and safety, the NFL, NHL, NCAA colleges, and other professional organizations have recently utilized “injury spotters” to assist the sports medicine professionals on the sidelines in identifying players with potential injuries. The athletic trainer is uniquely qualified to serve in this role. We will present the role of an athletic trainer serving in this capacity and how this has contributed to the improvement of clinical diagnosis and evaluation of acute injury and player health and safety.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the importance of the spotter position for increasing safety in football and other collision sports.

2. Identify the importance of having Athletic Trainers employed in spotter positions.
3. Explain the day to day duties of the role of the injury spotter.
4. Describe the use of video replay as part of the immediate care, clinical diagnosis and evaluation of acute injury.

**Level of Difficulty:** Essential

**Practice Domain:** Clinical Evaluation and Diagnosis, Immediate and Emergency Care

Speakers: Neil Curtis, EdD, LAT, ATC,  
Joseph A. Iezzi, MS, LAT, ATC

10:00 AM – 10:50 AM

**EBP Lecture: Implementation of a Novel Return-to-Ride Concussion Management Policy for Collegiate Hunter/Jumper Equestrian Athletes (Lecture #5)**  
**Premier Ballroom A**

Concussion management recommendations state that return to play protocols must include sport-specific activities. Due to the nature of the sport, equestrian injury management requires the involvement of a horse to ensure safe return of an athlete to sport. The “Return to Ride” (RTR) protocol consists of seven days of gradual increase in riding under the participation direction of a coach and medical direction of a certified athletic trainer.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify the unique needs of equestrian athletes in relation to concussion management and recovery.
2. Plan for the appropriate management of concussions for equestrian athletes, including communication with coaches and trainers.
3. Discuss the need for equestrian-specific concussion management with external and internal stakeholders.

Level of Difficulty: Essential

Practice Domain: Treatment and Rehabilitation, Organizational and Professional Health and Well-being

Speaker: Devon Serrano, DAT, LAT, ATC, NREMT, WFS, BCS, GFS, ITAT

10:00 AM – 10:50 AM

**GLATA Exchange EBP Lecture: Airway Management and Evaluation Skills – A Clinical Skills Primer (Lecture #6)**  
**Premier Ballroom C**

The intent is for this session to precede available time in the corresponding clinical skills lab. To best utilize the time spent in the laboratory, this session will focus primarily on the clinical utility of the tools available in the lab, the most common conditions that the athletic trainer may see and treat, and the evidence supporting their inclusion in clinical practice. Variations in clinical techniques and pitfalls to avoid will be presented.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Utilize an ophthalmoscope and otoscope to assess and refer patients for common injuries and illnesses of the eye and ear.
2. Assess and refer patients for common injuries and illnesses of the abdomen and thorax based upon the results of auscultation, percussion and palpation clinical skills.
3. Select and implement appropriate airway adjuncts and oxygen delivery devices to care for a patient suffering from acute respiratory distress.

**Level of Difficulty:** Essential

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Immediate and Emergency Care

Speakers: Jennifer Popp, EdD, LAT, ATC,  
Robert “BC” Charles-Liscombe, EdD, ATC, LAT

10:00 AM – 10:50 AM

**Sports Nutrition for Athletes (Joint Session #3)**  
**Premier Ballroom EF**

Sports nutrition can be a difficult subject to navigate for athletic trainers, especially with all the misinformation available, even from institution-employed dietitians. If athletic trainers can disseminate just a few aspects of this information to athletes, they will be able to maneuver around difficult situations with ease.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the type of diet athletes should consider.
2. Describe the science behind various sports drinks.
3. Discuss how to counsel athletes on proper eating behaviors.

**Level of Difficulty:** Essential

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Treatment and Rehabilitation

Speaker: Damon Amato, MS, LAT, CSCS

11:00 AM – 11:50 AM

**EBP Lecture: Evidence Based Prevention and Rehabilitation of Hamstring Strain Injuries (Lecture #7)**  
**Premier Ballroom A**

Hamstring strain injuries continue to plague physically active individuals across various age, sport, and skill levels. Eccentric loading has been demonstrated to decrease hamstring strain injury risk, but appropriate selection of exercises that adequately address predisposing factors or deficits that persist following hamstring injury is key to reducing future strain injury. Acute and chronic training adaptations of eccentric loading vary by exercise and such findings should be considered in the clinical setting. This session will present an evidence-based approach to the prevention and rehabilitation of hamstring strain injuries, including mechanisms underlying the protective benefits and the optimal strategies for eccentric training implementation. Participants will gain insight on how different eccentric exercises impact muscle activation, morphology, and architecture. Additionally, novel considerations for protective strategies to be used in conjunction with eccentric training in the management of hamstring strain injury, such as monitoring of training load and use of sprinting as a preventative factor, will be presented.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Summarize the etiology and risk factors associated with hamstring strain injury.
2. Interpret the specific acute and chronic training adaptations that occur with exposure to eccentric loading exercises.
3. Discuss how compliance affects the outcomes of an eccentric training prevention/rehabilitation program in the clinical setting.
4. Design a hamstring prevention/rehabilitation program to best reduce injury risk that considers exercise mode, selection, and effect on muscle morphology and architecture.
5. Explain other evidenced-based considerations of the hamstring management plan that can be monitored and modulated by the clinician to reduce injury risk, including training load and sprinting.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Treatment and Rehabilitation

Speaker: Andrea DiTrani-Lobacz, PhD, ATC

11:00 AM – 11:50 AM

**EBP Lecture: Thermal Physiology Considerations for the Athletic Trainer (Lecture #8)**  
**Premier Ballroom C**

This presentation will highlight four key areas of thermoregulation knowledge for the athletic trainer: new insights regarding thermoregulation considerations for female athletes, heat tolerance testing and rehabilitation in recovery from an exertional heat stroke, preparing elite athletes for exercise in the heat, and The World Cup and Olympics - hot weather events in 2020 and 2022 - lessons learned that can benefit other events. This presentation will provide unique knowledge and insight into thermoregulation through varying avenues that will be useful to the athletic trainer.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe varying thermoregulatory considerations between males and females.
2. Develop return to play protocol following exertional heat stroke.
3. Develop of a heat acclimatization protocol for elite athletes.
4. Summarize the protocols and planning that take place prior to warm weather athletic competitions (e.g. Olympics, World Cup).

**Level of Difficulty:** Essential

**Practice Domain:** Clinical Evaluation and Diagnosis, Immediate and Emergency Care

Speaker: Douglas Casa, PhD, ATC, FNAK, FACSM, FNATA, Robert Huggins, PhD, LAT, ATC, Rebecca Stearns, PhD, ATC, PES, Gabrielle Giersch, MS

11:00 AM- 11:50 AM

**\*\*Young Professionals Event: Effective Communication and Leadership Skills for the Young Professional (YP Special Event) Celebrity A**

**\*\*This session is not eligible for BOC CEU's**

This presentation is a fun, interactive activity for the group. The first half reviews “Effective Communication” and is followed by “Working Together to Achieve a Common Goal”. This interactive presentation presents a live example of how ineffective communication directly correlates to poor delivery of the intended message. Goal attainment becomes difficult when individuals work independently rather than as a team. The final outcome is negatively affected, causing the strategic plan to suffer.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Perform a self-evaluation and determine the effectiveness of their current communication skills.
2. Describe how to improve their communication skills in order to clearly deliver their intended message.

3. Identify how to overcome potential project frustrations when working with a team to complete a task.
4. Describe introductory necessary skills of an effective leader.

Speaker: Dave Csillan, MS, LAT, ATC

12:00 PM – 12:50 PM

**EBP Lecture: Practical Implementation of Heat Acclimatization**

(Lecture #9)

**Premier Ballroom A**

Heat related illness, specifically exertional heat stroke, is among the top three leading causes of death in physically active individuals. Heat acclimatization is an extremely effective, cost-efficient tool that practitioners can utilize to reduce the risk of heat related illness and optimize performance. Understanding the physiological adaptations and timing that occurs through heat acclimatization induction, decay, and maintenance is critical for medical professionals working with the physically active. Depending on the needs analysis of a specific activity and the resources that are available, there are several practical methods of heat acclimatization induction that are deemed effective. There are specific field measurements and monitoring tools that may assist in guiding practitioners on the heat acclimatization status of their target population. New research is demonstrating the possibilities of heat acclimatization maintenance protocols. Heat acclimatization maintenance allows individuals to maintain most of the physiological adaptations gained during heat acclimatization induction. If used appropriately, heat acclimatization maintenance may be a more practical method for an active population to reduce the risk of heat illness and optimize performance.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Summarize the need for heat acclimatization.
2. Discuss the physiological adaptations that occur through heat acclimatization induction, decay, and maintenance.
3. Describe practical strategies to implement a heat acclimatization plan.

**Level of Difficulty:** Essential

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Treatment and Rehabilitation

Speakers: Courteney Benjamin, MS, CSCS,  
Yasuki Sekiguchi, MS, CSCS

12:00 PM – 12:50 PM

**EBP Lecture: Ocular Trauma Seen and Unseen**

**Premier Ballroom C (Lecture #10)**

This presentation will provide an anatomical review of the structures of the eye. Case studies will be presented to show how trauma to the superficial structures of the eye can get translated to the interior structures of the eye and orbit resulting in potentially sight threatening pathology.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Summarize the impact of trauma on the superficial and internal structures of the eye.
2. Discuss potential sight threatening consequences of trauma with the athlete and parent.
3. Make appropriate referrals when necessary to rule out sight threatening conditions due to trauma.

**Level of Difficulty:** Essential

**Practice Domain:** Injury/Illness Prevention and Wellness Protection

Speaker: Paul Zerbinopoulos, OD, FAAO

1:00 PM – 1:50 PM

**Off to See the Wizard, AT's Coming Out From Behind the Proverbial Curtain (Lecture #11)**

**Premier Ballroom A**

**Not eligible for Category A CEUs**

The new CAATE standards expect students to develop and implement strategies to mitigate the risk for long-term health conditions across the lifespan. These conditions such as adrenal diseases, cardiovascular disease, diabetes, neurocognitive disease, obesity and osteoarthritis (Standard 79) are the central focus when planning and implementing an Exercise is Medicine on Campus (EIM-OC) program. The program allows athletic training students to work with patients and allows athletic trainers to be in the forefront of preventative health. In addition, the program allows students to develop, implement, and supervise comprehensive programs to maximize sport performance that are safe and specific to the client's activity (Standard 82).

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the process of starting an EIM-OC program and the benefits to the profession and meeting the new CAATE 2020 Standards.
2. Describe the changing landscape of athletic training education and the importance of leading the charge.
3. Assess the value of working in inter-disciplinary teams to encourage optimal wellness, prevention and health of all individuals.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Organizational and Professional Health and Well-being

Speaker: Sue Guyer, DPE, ATC, LAT, CSCS

1:00 PM – 1:50 PM

**A 3-Year Review of Measured Understanding and Confidence in Critical Incident Stress Management Application: A Survey of Athletic Trainers (Lecture #12)**  
**Premier Ballroom C**

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. Three years ago, a baseline study was conducted that measured the initial understanding and confidence of Critical Incident Stress Management (CISM) applications within the profession of athletic training. A 3-year review of this study will be presented with data collected relative to an athletic trainers' exposure to traumatic events, the support methods they feel are most helpful after an event, confidence in their ability to handle a critical incident and the continued need for a peer-to-peer support program. Information about the ATs Care program and how a CISM Team functions will be included in the lecture. Evidence based resources on the positive effects of utilizing a CISM approach will also be presented.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the effects of traumatic events and critical incidents on athletic trainers and other caregivers.
2. Recognize the signs and behavioral changes that may take place after being exposed to a traumatic event and the need for intervention.
3. Summarize the role of a peer-to-peer support intervention and how to activate a peer-to-peer/CISM team if needed.

**Level of Difficulty:** Essential

**Practice Domain:** Clinical Evaluation and Diagnosis, Immediate and Emergency Care, Organizational and Professional Health and Well-being

Speakers: Sandy Lynch, MA, ATC,  
Laura Darby McNally, ATC, LAT, CSCS, ITAT,  
David Middlemas, EdD, ATC, CCISM

2:00 PM – 2: 50 PM

**The Residency Trained Athletic Trainer and Bridging the Gap to Specialty Certification (Lecture #13)**  
**Premier Ballroom A**

This presentation will address the advancement of education for athletic trainers and how this impacts the scope of practice in clinical practice. It is

of importance that athletic trainers understand where the doctorate of athletic training degree, residency/fellowship training, and ancillary certifications fit in the development of athletic trainers progressing experts in the field. Residency preparation will be analyzed in depth and compared to the medical model utilized in the development of physicians. Identification of knowledge gaps in clinical practice and continuing education strategies to address those gaps will be examined. The lecture will detail the importance of specialty certification, where the strategic alliance is with its development, and how it will enhance the position of athletic trainers in healthcare today.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the history and importance of specialty training and the role residency and fellowship programs play in the development of specialists.
2. Distinguish between clinical, educational, and specialty training pathways for formalized or professional development toward specialized clinical athletic training practice.
3. Identify the progression and importance of specialty certification in the development of athletic training practice and how it enhances the position of the athletic trainer in today's healthcare system.
4. Analyze the developing scope of practice of the athletic trainer and its implication on state practice acts and their interpretation

**Level of Difficulty:** Advanced

**Practice Domain:** Organizational and Professional Health and Well-being

Speaker: James Reidy, MS, LAT, ATC, CSCS

2:00 PM – 2: 50 PM

**Functional and Dynamic Assessment and Treat Protocols for Spinal Injuries in the Athlete (Lecture #14)**  
**Premier Ballroom C**

This lecture will review spinal injuries of the athlete, assessment protocols and treatment regimens to return the athlete to sport by diving into functional and dynamic assessments to uncover movement pattern faults that may predispose the athlete to injury.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe various spinal injuries that occur in athletes.
2. Assess and accurately diagnose spinal related injuries.
3. Employ treatment regimes using functional and dynamic analysis for successful return to sport.

**Level of Difficulty:** Mastery

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Speakers: Christine Carmean-Foss, DC, DACBSP, MSed, ATC, ICCSP

2:00 PM – 2:50 PM

**Implementing Best-Practice Policies & Procedures: The How to Guide Presentation (Joint Session #4)**  
**Premier Ballroom EF**

Several position statements define the need for comprehensive best-practice policies for the benefit of athletes, however, there is a lack of understanding from students as to how to implement these policies. The primary objective of this presentation will be to enhance understanding and ability to create policies to implement in the real-world setting. Participants will be able to identify what written best practices should be implemented in their work setting. Further, we will demonstrate different resources to utilize to help attendees identify where to start when writing policy and how to use these resources to mold the policy to be specific to their setting. Secondly, this presentation will aim to assist in the identification of barriers and facilitators affecting implementation, specifically in the secondary school setting. Participants will be able to classify the typical facilitators and barriers identified through this investigation and apply the findings to their own settings.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify and create best practice policies that should be implemented for the prevention of sport related death.
2. Identify barriers and facilitators affecting implementation, specifically in the secondary school setting.
3. Apply facilitators to their own settings.

**Level of Difficulty:** Essential

**Practice Domain:** Organizational and Professional Health and Well-being

Speaker: Samantha Scarneo, PhD, LAT, ATC

2:00 PM – 3:00 PM

**Free Communication for Professional Students**  
**Celebrity A**

3:00 PM – 3:50 PM

**Pinky Newell Address (Lecture #15)**  
**Premier EF**

Speaker: Denise Fandel, MBA, CAE, AT Retired

## Workshops

7:00 AM – 9:50 AM

### **EBP Workshop: Best Practices for Prevention and Treatment of Common Overuse Injuries in Distance Runners (Workshop E)** **Celebrity J**

Injury data suggests that 65-80% of distance runners suffer at least one overuse lower extremity injury each year. Common causes of injury in this population include abnormal gait biomechanics, improper footwear selection, strength deficits, flexibility limitations, and training errors. Implementation of a comprehensive lower extremity screening program is one method certified athletic trainers can use to identify which runners are at the greatest risk for injury and proactively implement injury prevention programs to decrease the frequency of running-related injury. While distance runners often constitute one of the most challenging patient populations for athletic trainers to treat, strong evidence exists regarding best practices for treatment of their most common overuse injuries. This workshop will outline best practices for screening, prevention, and treatment of common lower extremity injuries suffered by distance runners. The lab portion of this workshop will focus on various manual therapy techniques for the prevention and treatment of the most common, running-related pathologies.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify the most common injuries seen in distance runners.
2. Develop and implement an injury screening procedure to predict injury risk in distance runners.
3. Apply the best available evidence to prevent injuries in distance runners.
4. Develop comprehensive, evidence-based treatment programs for distance runners suffering from a variety of common, overuse pathologies of the lower extremity.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Speakers: James Scifers, DScPT, PT, SCS, LAT, ATC,  
Elizabeth Ballard, DPT, PT, LAT, ATC

8:00 AM – 9:50 AM

### **Keeping a Level Playing Field: Using Privilege to Leverage the Pursuit of Equity (Workshop F)** **Celebrity D**

Privilege can be defined as a right or immunity granted as a peculiar benefit, advantage, or favor; prerogative especially that such a right or

immunity is attached specifically to a position or an office. Whether athlete or sports medicine professional, we all have the moral and ethical responsibility to empower others to foster a just and equitable society. Using evidence from the social sciences, we will engage participants with interactive techniques to foster discussion and ultimately gain appreciation of privilege and how the concept marginalizes individuals as well as groups. Further, we hope to provide thoughts as to how those who are in a ‘privilege’ group have the opportunity to assist others who have been disenfranchised to keep a “level playing field” in our profession.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify at least two examples of privilege as it relates to healthcare.
2. Describe three ways to reduce personal bias that may account for privilege as a healthcare provider.
3. Evaluate information provided in the session in order to begin the thought process as how they may be able to use privilege to leverage equity in the healthcare setting.

**Level of Difficulty:** Essential

**Practice Domain:** Organizational and Professional Health and Well-being

Speakers: James Leone, PhD, MPH, MS, LAT, ATC, CSCS,\*D, CHES, Suanne Maurer-Starks, EdD, ATC, Kimberly A. Wise, EdD, ATC, Gale McCall, PT, DPT

10:00 AM – 11:50 AM

### **The Athletic Trainer’s Duty to Report (Workshop G) Celebrity J**

This presentation will provide information and guidance on athletic trainers’ duty to report. The options and potential consequences of reporting will be discussed. The process of reporting will be presented along with how the investigation is performed. A study of disciplinary actions in District 4 will be used to show the impact of reporting ethical violations. This presentation will also include an interactive peer-to-peer session. Participants will work in small groups to discuss case studies and determine the legal, ethical and/or regulatory issue as well as strategies to manage the situation. As a large group, management strategies will be discussed.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe ethical considerations in healthcare provider/athletic trainers decision-making regarding duty to report.
2. Demonstrate the importance of professional values in an athletic trainers’ duty to report.
3. Describe the importance of reporting for athletic trainers.

4. Develop strategies that can assist athletic trainers in documentation of actions are reportable.
5. Describe the difference between “duty to report” and “mandated reporting”.
6. Create a violation report.
7. Assess specific case studies of healthcare providers regarding duty-to-report and classify the legal, ethical and/or regulatory issues in small and large groups.

**Level of Difficulty:** Essential

**Practice Domain:** Organizational and Professional Health and Well-being

Speakers: Michael Porters, MAT, ATC,  
Ryan Wantz, MS, LAT, ATC, PES, CEAS, CMMSS,  
Jamie Musler, LPD, ATC, LAT

10:00 AM – 11:50 AM

**The Other Side of the NBA: An Introspective Look at a Preventative Athletic Training Program for Two NBA Entertainment Teams**  
(Workshop H)  
**Celebrity E**

This presentation will examine the creation of the athletic training programs for the New York Knicks and the Brooklyn Nets Entertainment teams. Both programs’ objectives are to care for these performing athletes from a preventative stand point. Unique prevention and care of these performers’ injuries through pre-screenings and conditioning programs specific to these performers’ needs will be examined. Data points proving the success and worth of such prevention models will be examined, providing athletic trainers with information needed to pitch a similar program to administrators.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify non-traditional athletes for whom they may be caring.
2. Describe how to promote a performing arts program in an underserved population.
3. Describe a new prospective on conditioning and training with the goal of decreasing injury.
4. Identify care and maintenance of unique injuries in this particular setting.
5. Describe pre-screening processes and to traditional and non-traditional strength and conditioning programs unique to the performing athlete with the goal to improve functional movement and correct musculoskeletal imbalances.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation, Organizational and Professional Health and Well-being

Speakers: Monica Lorenzo, MS, ATC, CES,  
Marissa Piloto MS, ATC

12:00 PM – 1:50 PM

**Sexual Violence Prevention & Action: What Role do Athletic Trainers Play? (Workshop I)**  
**Celebrity E**

This workshop will provide an overview of definitions and epidemiological data surrounding the issue of sexual violence. Participants will then transition to a series of breakout discussions in small groups facilitated by guiding questions to explore the following areas: roles of athletic trainers working with patients who are survivors of sexual violence; the influence of interprofessional dynamics on personal bias as it relates to sexual violence cases; and personal clinical practice guidelines that can help athletic trainers facilitate positive, productive healthcare experiences for their patients. After each small group discussion, attendees will be brought back to the larger group to discuss and apply their thoughts to best practices and available evidence. A case study based on real events will be used to facilitate these discussions. The presentation will conclude with discussion regarding the next steps for the athletic training community to promote growth in the area of sexual violence advocacy and care.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Define sexual violence.
2. Describe what it means to be an advocate.
3. Describe administrative approaches and resources regarding sexual violence available to athletic trainers and patients, based on setting.
4. Identify the effects of interprofessional dynamics on personal bias involved in the management of sexual violence cases.
5. Identify actions athletic trainers can take to ensure patient comfort, patient confidence, and respect of patient rights as a method of creating an environment where patients understand a healthy and appropriate patient-clinician relationship.

**Level of Difficulty:** Essential

**Practice Domain:** Injury/Illness Prevention and Wellness Protection

Speakers: Aimee Pascale, Ph.D, ATC, LAT, CSCS,  
Elisabeth Rosencrum, PhD, ATC, LAT, CSCS, PES

12:00 PM – 1:50 PM

**An Evidence-Based Approach to Identifying Movement Limitations Using the Selective Functional Movement Assessment (Workshop J)  
Celebrity J**

This workshop will be divided into three phases. During the first phase, the presenter will establish a background of the neuromuscular development process and how compensatory adaptations develop as a result of pain and environmental conditions. The second phase will introduce the participants to the SFMA 7 top-tier patterns, the logic behind the breakouts to those patterns, and the therapeutic intervention progression plan using the three R approach. Evidence will be introduced on the reliability and validity of the SFMA. The final phase will allow participants to participate in the 7 top-tier pattern assessment. Additionally, a demonstration of a breakout and therapeutic intervention technique will be completed to provide an example to reinforce phases one and two of the workshop.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Discuss various pain and environmental movement adaptations.
2. Identify mobility and motor control deficits associated with movement patterns.
3. Distinguish between painful movement and movement dysfunction.

**Level of Difficulty:** Essential

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Speaker: Joseph Shaffer, PhD, LAT, ATC, PES

1:00 PM – 3:50 PM

**GLATA Exchange: Clinical Skills Practice (Workshop K)  
Celebrity B**

Oxygen administration in the care of shock and life-threatening respiratory arrest minimizes hypoxia in the pre-hospital patient. To develop a plan of care and if necessary refer patients to a collaborating healthcare professional, the athletic trainer should be comfortable in using a handheld ophthalmoscope and otoscope to assess the anterior and posterior chambers of the eye, the external auditory canal and tympanic membrane, and the nasal cavity. Similarly, assessment of the thorax and abdomen should include auscultation using a stethoscope, palpation, and percussion. The ability to assess and detect normal and abnormal heart, lung, and bowel sounds are fundamental skills in detecting life-threatening injuries and illnesses and preventing the potential of sudden death. Regrettably, these skills are performed infrequently in athletic training clinical practice and may suffer from skill and knowledge decay. This hands-on workshop enables participants to rotate through 4 stations putting knowledge in

action: Airway Management with Oxygen Administration, Evaluation of the Eye and Vision, Evaluation of the Ear and Nose, and Evaluation of the Torso and Abdomen. Lab instructors and lab assistants will guide athletic trainers and student participants in the use of task trainers and simulation cases to refine these emergency and primary care skills.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Utilize an ophthalmoscope and otoscope to assess and refer patients for common injuries and illnesses of the eye and ear.
2. Assess and refer patients for common injuries and illnesses of the abdomen and thorax based upon the results of auscultation, percussion and palpation clinical skills.
3. Select and implement appropriate airway adjuncts and oxygen delivery devices to care for a patient suffering from acute respiratory distress.

**Level of Difficulty:** Essential

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis

Speakers: Jennifer Popp, EdD, LAT, ATC,  
Robert “BC” Charles-Liscombe, EdD, ATC, LAT

2:00 PM – 2:50 PM

**Managing Change: Athletic Trainers as Leaders in the Workplace**  
(Workshop L)  
**Celebrity J**

As healthcare administrators, athletic trainers must understand how to manage change in healthcare and education, while addressing the conflicts it creates in the workplace. As effective leaders, athletic trainers make hard decisions in ambiguous situations with no one clear solution. This workshop will ask participants to examine their own workplace. Through case study analysis, the workshop will challenge participants to analyze the change and conflict they face as leaders in their organizations.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify problems that healthcare administrator face in the workplace.
2. Examine the causes of the problem that healthcare administrator face in the workplace.
3. Determine a course of action for healthcare administrators to address the problems.
4. Identify methods that healthcare administrators can use to defend their decisions about their courses of action with evidence-based strategies.

**Level of Difficulty:** Advanced

**Practice Domain:** Organizational and Professional Health and Well-being

Speaker: Cristina Haverty, PhD, ATC,  
Christianne Eason, PhD, ATC, Dominique Ross, PhD, ATC

**Sunday, January 12, 2020**

8:00 AM – 10:00 AM      **Conference Registration  
Pre-Function/Registration Area**

8:15 AM – 9:00 AM      **Committee Chairs Breakfast  
Bravo AB**

10:00 AM – 11:30 AM    **District 1 Membership meeting  
Premier Ballroom C**

10:00 AM – 11:30 AM    **District 2 Membership meeting  
Premier Ballroom A**

11:30 AM – 12:00 PM    **EATA Business meeting  
Premier Ballroom C**

**Lectures**

8:00 AM – 8:50 AM      **EBP Lecture: Therapeutic Modalities Enhancing Clinical Decision-  
Making and Improving Patient Outcomes  
Premier Ballroom A (Lecture #16)**

Clinicians often struggle to keep up with emerging evidence-based practice surrounding the use of therapeutic modalities. This presentation will take a patient problem approach to reviewing the evidence and best-practice parameters for therapeutic ultrasound, electrical stimulation, and extracorporeal shock wave therapy. The presentation is designed to improve clinical decision-making and patient outcomes.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Implement best-practice application of electrical stimulation waveforms.
2. Calculate evidence-based parameters for therapeutic ultrasound.
3. Discuss the evidence supporting the use of extracorporeal shockwave therapy for orthopedic conditions.

**Level of Difficulty:** Advanced

**Practice Domain:** Treatment and Rehabilitation

Speaker: Jennifer Ostrowski, PhD, LAT, ATC

8:00 AM – 8:50 AM

**EPB Lecture: Rehabilitation and Post-Rehabilitation Training of Hamstring Injuries** (Lecture #17)  
**Premier Ballroom C**

Hamstring injuries are among the most common and problematic injuries in a wide range of sports that involve high velocity movements and sprinting. These injuries can be quite debilitating and often result in chronic re-occurrence. This presentation will focus on the etiology of hamstring injuries, including the athlete who has undergone ACL reconstruction utilizing hamstring autograft, as well as the modifiable and non-modifiable factors contributing to these injuries. Also discussed will be the hamstring rehabilitation and return to performance enhancement training philosophy, including the application of exercise techniques and running progressions in both the clinical and performance enhancement training settings as related to the development of the essential physical qualities necessary to restore hamstring function. The “bridging of the gap” from the clinical to the performance enhancement training settings will assist to ensure the athlete returns to their pre-injury level of optimal athletic performance as well as to prevent future recurring hamstring injury.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the common mechanisms of hamstring injury.
2. Describe the physical qualities necessary for optimal athletic performance.
3. Create a rehabilitation progression for restoring and enhancing of the physical qualities necessary for optimal athletic performance.
4. Create a rehabilitation running progression program for return to optimal athletic performance.

**Level of Difficulty:** Advanced

**Practice Domain:** Treatment and Rehabilitation

Speaker: Robert Panariello, MS, PT, ATC, CSCS

9:00 AM – 9:50 AM

**Enhancing Learning Environments in Athletic Training** (Lecture #18)  
**Premier Ballroom A**  
**Not eligible for Category A CEUs**

As the athletic training profession continues the transition to the master’s level and programs proceed to implement clinical immersion experiences, the creation and maintenance of effective educational environments are paramount to student success. This presentation will describe the

educational settings of the classroom and clinic in athletic training and provide strategies to enhance learning for students in both environments. Theoretical foundations that can aid in the application of strategies to enhance the learning occurring in these settings will be addressed in addition to evaluation methods.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Integrate educational theories to enhance student learning in the classroom and clinical environments bridging the gap between education and practice to increase student autonomy.
2. Evaluate the clinical environment in their own setting.
3. Examine various clinical education models to enhance student learning across the curriculum.
4. Develop strategies to implement adult learning principles in the classroom and foster greater workplace learning in clinical education environments.

**Level of Difficulty:** Essential

**Practice Domain:** Organizational and Professional Health and Well-being

Speakers: Jessica Barrett, PhD, ATC, Brett Winston, PhD, ATC

9:00 AM – 9:50 AM

**EBP Lecture: Recognition and Treatment of Exertional Collapse Associated with Sickle Cell Trait (Lecture #19)**  
**Premier Ballroom C**

This session will provide up-to-date information for athletic trainers to be able recognize risk factors, signs and symptoms, and provide immediate response to exertional collapse associated with sickle cell trait (ECAST).

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Differentiate between signs and symptoms of ECAST and other non-traumatic causes of on-field collapse.
2. Identify risk factors and prevention strategies for individuals who carry the sickle cell trait.
3. Incorporate appropriate treatment and return to activity considerations following an ECAST event.

**Level of Difficulty:** Essential

**Practice Domain:** Clinical Evaluation and Diagnosis, Immediate and Emergency Care

Speakers: Kelley Henderson, EdD, LAT, ATC,  
Sarah Manspeaker, PhD, ATC

9:00 AM – 9:50 AM

**The Missing Link: Integrating Emotional Intelligence Skills into Curriculum, Clinical Practice, and Leadership (Joint Session #5)  
Premier Ballroom EF**

During the mid-1990s, Emotional intelligence (EI) became widely popularized as fundamental skills correlated with performance, job satisfaction, conflict resolution, leadership, and interpersonal decision-making. EI has been defined as a set of skills that allows an individual to recognize emotions, discriminate among them, and use them to guide behavior and manage relationships. Despite expanding research across healthcare disciplines, athletic trainers have not yet examined the impact of EI on education, clinical practice, or leadership. The purpose of this presentation is to demonstrate the role of EI skills and provide students with strategies to integrate EI skills into education, clinical practice, and leadership. This presentation will focus on defining the various models of EI and the instruments used to assess EI skills. It will also provide students with applicable strategies to recognize EI skills and reflect, analyze, develop, and create actions steps. Through audience engagement and discussion, this presentation will demonstrate how students can utilize EI skills and integrate them into curriculum, patient care, and leadership in athletic training.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe the primal neurobiology of emotions and the role of the hippocampus.
2. Distinguish between the various models of emotional intelligence.
3. Implement emotional intelligence assessment instruments.
4. Recognize and describe the role of emotional intelligence in education, clinical practice, and leadership.
5. Identify and describe both the productive and unproductive behaviors associated with emotional intelligence skills.
6. Identify reflective strategies to improve self-awareness and self-regulation of emotions.
7. Develop action steps to help integrate emotional intelligence skills into patient care, leadership, and workplace conflict within Athletic Training.

**Level of Difficulty:** Essential

**Practice Domain:** Organizational and Professional Health and Well-being

Speaker: Kevin Silva, MSAT, ATC

1:00 PM – 1:50 PM

**EBP Lecture: Exercise-Associated Hyponatremia: Practice Considerations for the Athletic Trainer (Lecture #20)**

## Premier Ballroom A

This session will provide current evidence regarding the recognition, presentation of signs and symptoms, and management of exercise-associated hyponatremia. Material will be covered through a combined lecture, case scenario discussion, and practice recommendations format.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Differentiate between signs and symptoms of dehydration and hyponatremia.
2. Identify fluid ingestion, maintenance, and resuscitation practices effective in the prevention and treatment of hyponatremia.
3. Incorporate appropriate considerations for return to play following hyponatremia.

**Level of Difficulty:** Essential

**Practice Domain:** Clinical Evaluation and Diagnosis, Immediate and Emergency Care

Speakers: Sarah Manspeaker, PhD, ATC,  
Kelley Henderson, EdD, LAT, ATC

1:00 PM – 1:50 PM

**EBP Lecture: Running Related Injuries: Risk Factors, Identification, and Prevention (Lecture #21)**

## Premier Ballroom C

Running related injuries (RRIs) are common in recreational and competitive runners. Given the popularity of running, this presentation will review the available epidemiology of RRIs in competitive and recreational runners, explore the evidence related to injury risk factors, and identify intervention strategies that can be used for injury prevention.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe current epidemiology of RRIs in recreational and competitive runners.
2. Identify running kinematics and training-related variables related to the development of RRI.
3. Evaluate the contribution of running kinematics and training variables to the development of RRIs.
4. Identify effective interventional strategies for reducing RRI risk and occurrence.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Speaker: Drue Stapleton, PhD, ATC, CSCS

2:00 PM – 2:50 PM

**EBP Lecture: Proximal Muscle Function, Dynamic Alignment & Lower Extremity Overuse Injury: The Marjorie A. King Research to Reality Lecture (Lecture #22)**  
**Premier Ballroom C**

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Describe current evidence on the effectiveness of hip strengthening on lower extremity injury.
2. Describe current evidence supporting the etiological model of hip muscle function and dynamic malalignment.
3. Apply what is known about effective hip strengthening to their clinical exercise prescription.

Speaker: Jennifer E. Earl Boehm, PhD, LAT, FNATA

3:00 PM – 3:50 PM

**EATA EBP Grant Lecture: A National Evaluation of Best Practice Policy Adoption in Secondary School Athletics (Lecture #23)**  
**Premier Ballroom C**

Several Position Statements define the need for comprehensive best-practice policies for secondary school athletics, however, there is paucity in the literature as to the extent of adoption of these policies. Identifying key factors to address with implementation of best-practice policy adoption may facilitate efforts. The objective of this presentation is to provide the data on current implementation of policies and procedures at the secondary school level and to identify barriers and facilitators to implementation.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify the best practice policies that should be implemented for the prevention of sport related death in the secondary school setting.
2. Classify the typical facilitators and barriers identified through this investigation and apply the findings to their own settings.
3. Summarize health behavior and its applicability to creating tailored strategies to improve policy implementation in their setting.

**Level of Difficulty:** Advanced

**Practice Domain:** Immediate and Emergency Care, Organizational and Professional Health and Well-being

Speaker: Samantha Scarneo, PhD, LAT, ATC

4:00 PM – 4:50 PM

**EBP Lecture: Energy Deficiency in Sport (RED-S): The Potential Health and Performance Consequences for Athletes (Lecture #24)**  
**Premier Ballroom A**

RED-S refers to the impaired physiological function including, but not limited to, metabolic rate, menstrual function, bone health, immunity, protein synthesis, and cardiovascular health caused by relative energy deficiency. The defining cause of the syndrome is a deficiency in daily energy intake relative to energy expended/required for general health, activities of daily living, growth and sporting activities. This presentation will highlight the underpinning issue of the energy deficiency and puts energy deficiency in the context of performance, as well as, defining the diagnosis and treatment of this multifaceted disease state.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify and participate in a multidisciplinary athlete health support team including sports physician, nutritionist, psychologist, physiotherapist and physiologist.
2. Describe the recognition and treatment of the RED-S.
3. Athletic professionals will be educated on the RED-S Risk Assessment Model and the RED-S RTP Model.

**Level of Difficulty:** Essential

**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

Speaker: Tanya Williams, MS, CSSD, RDN, LDN

4:00 PM – 4:50 PM

**EBP Lecture: Anabolic Androgenic Steroid Use in Adolescents: The Pressure to Perform (Lecture #25)**  
**Premier Ballroom C**

The Taylor Hooton Foundation is the nation's leading organization dedicated to educating our youth and their adult influencers on the dangers of Appearance and Performance Enhancing Substances including dietary supplements, Human Growth Hormone. Close to two million of our children have admitted using anabolic steroids, and that usage rate is increasing. Additionally, North American sales for sports supplements have reached the staggering \$30 billion mark. Multiple industry studies reveal that as many as 25% of these supplements are contaminated with anabolic steroids or other banned substances. These supplements are taken by over 12 million

students. Through our program, attendees will be able to further understand the dangers associated with these substances and the social issues/pressures that are leading to our current usage trends. Attendees, particularly adult influencers, will be able to be aware of potential steroid users/problems, therefore being able to safely intervene and help our youth face these drugs together.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify the signs and symptoms of anabolic androgenic steroid use.
2. Identify dietary supplements that are 3rd party tested and free of banned substances.
3. Describe how to educate athletes on the signs, symptoms, and potential side effects of anabolic androgenic steroid and dietary supplement use.
4. Identify dietary supplements that are supported by the scientific evidence compared to those being marketed without evidence.

Level of Difficulty: Essential

Practice Domain: Injury/Illness Prevention and Wellness Protection, Organizational and Professional Health and Well-being

Speaker: Brian Parker, BS

## Workshops

7:00 AM – 8:50 AM

### **EBP Workshop: Evidence-Based Treatment of Plantar Fasciitis**

(Workshop M)

#### **Celebrity J**

Plantar fasciitis occurs in approximately 10% of the general population and more commonly in physically-active individuals. Common causes of plantar fasciitis include limited ankle mobility, abnormal foot posture, abnormal gait biomechanics, foot intrinsic muscle weakness, and training errors. This workshop will educate clinicians about a variety of manual therapy, therapeutic exercise, therapeutic modality, athletic footwear modifications, and orthotic interventions based on the best available evidence to treat patients suffering from plantar fasciitis.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify common causes of plantar fasciitis in physically-active individuals.
2. Apply the best available evidence to determine appropriate manual therapy techniques and rehabilitation procedures to treat patients suffering from plantar fasciitis.

3. Develop and implement a comprehensive, evidence-based treatment approach for patients with plantar fasciitis.

**Level of Difficulty:** Advanced

**Practice Domain:** Treatment and Rehabilitation

Speakers: Elizabeth Ballard, DPT, PT, LAT, ATC,  
James Scifers DScPT, PT, SCS, LAT, ATC

8:00 AM – 9:50 AM

**EBP Workshop: Using Directional Testing and Postural Provocation to Enhance Your Assessment of Lower Back Disorders (Workshop N)**  
**Celebrity FG**

This presentation will utilize both a lecture and lab format to examine an approach to assessing disorders of the thoracolumbar and pelvic regions by utilizing a combination of movement screening, directional preference testing, and provocative maneuvers. Attendees will discuss pearls to listen for when taking a history and review the basics of an effective clinical examination. We will identify which special tests are clinically reliable, while also discussing their limitations, and explore the use of movement analysis, including directional preference testing and postural provocation, to help arrive at a diagnosis to guide treatment options. The primary goal of this presentation is to encourage participants to use an evidence-based approach in their orthopedic evaluation process, while also appreciating the role that repetitive motion and static postural loading play in helping to identify the motions, postures, and loads that are creating further harm, and therefore need to be modified, to enhance the individual recovery process and empower the patient to help manage their own recovery.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify key points to listen for in the history, as well as look at the literature, to assess the importance of ROM testing, and the reliability of selected special tests.
2. Evaluate the role movement screening protocols may play in low back assessment, and in particular, how directional preference testing (MDT) and positional provocation maneuvers, may provide an important basis to assist in diagnosis.
3. Determine which treatment options may provide the best approach to initial management and rehabilitation.
4. Utilize directional preference and static and postural loading maneuvers, in conjunction with a standard orthopedic assessment process, and discuss how to interpret these findings to enhance their diagnostic acumen.

**Level of Difficulty:** Advanced

**Practice Domain:** Clinical Evaluation and Diagnosis

Speaker: Kenneth Cieslak, DC, ATC, CSCS

8:00 AM – 9:50 AM

**EBP Workshop: What's New? Spinal Motion Restriction: A Hands-on Evidence-Based Update (Workshop O)  
Celebrity HI**

This session will address recent advances in prehospital emergency care related to Spinal Motion Restriction (SMR). During the lecture portion, we will discuss updated and/or new skills related to SMR including updated guidelines and the NEXUS criteria for the use of the long spine/back board and other alternative devices for SMR. During the hands-on portion of the workshop participants will have an opportunity to practice traditional long spine/back boarding and try the scoop stretcher, Vacuum Mattress, and CombiCarrier. Guided practice, case scenarios, and difficult cases will be used to help athletic trainers practice these skills.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Discuss updated emergency care skills, concepts, and guidelines related to Spinal Motion Restriction (SMR).
2. Participants will be able to explain when the use of SMR is warranted in the athletic training setting according to the NEXUS criteria.
3. Describe the use of various alternative equipment including the scoop stretcher, Vacuum Mattress, and CombiCarrier for Spinal Motion Restriction in the athletic training setting.
4. Integrate these concepts and guidelines into their organizations' emergency action plan.
5. Integrate these alternatives to the long spine board into their organizations' emergency action plan.

**Level of Difficulty:** Advanced

**Practice Domain:** Immediate and Emergency Care

Speakers: Ellen Payne, PhD, LAT, ATC, CSCS, EMT,  
Edward Strapp, TP-C/FP-C, NRP, ATCL

**Monday, January 13, 2020**

**Lectures**

9:00 AM – 9:50 AM

**EBP Lecture: The Last 30% - A Multifactorial Approach to Ending the ACL Epidemic in Sport (Lecture #26)  
Premier Ballroom C**

This lecture will help clinicians develop a comprehensive ACL treatment program that will encompass prevention programs, virtual reality (VR) training and mental health care of ACL injured athletes. The lecture will start with a brief discussion of all the available types of ACL neuromuscular prevention programs such as Sportsmetrics, PEP and FIFA 11+ and their reliability and validity. Training tips, the role of the coaching staff, website resources and quantitative measurements with return to play guidelines to be used as clinical resources will be discussed. Current injury and reinjury statistics, psychological aspects of ACL injury and return to play statistics following surgery will be presented.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Design, educate and train coaches to integrate sport specific neuromuscular prevention programs in a team's dynamic warm up prior to practice.
2. Discuss return to play guidelines that encompass hop testing, Y-balance testing, patient reported outcomes (ACL-RSI) in order to design an action plan for their clinical setting.
3. Summarize the role of rehabilitating the brain to show the need for VR training after ACLR so that clinicians have fun and cost-effective tools to immediately integrate VR training in their clinical setting to reduce risk of re-injury.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection

Speaker: Patricia Cordeiro, PhD, ATC

10:00 AM – 10: 50 AM

**EBP Lecture: The Opioid Epidemic and the Athletic Trainer's Role in the Prevention of Opioid Abuse and Management of Narcotic Overdoses: Are We Ready? (Lecture #27)**  
**Premier Ballroom C**

The Center for Disease Control reports that between 1999 -2017 more than 700,000 people died from a drug overdose. In 2017 sixty-eight percent of drug overdoses were from opioids. On average 130 Americans die from an opioid overdose. This presentation will look at the three waves of the opioid epidemic and the factors that predispose athletes to the abuse of pain killers. Athletic trainers are in a unique position to assist in the prevention of opioid abuse and should be trained in the emergency care of opioid overdoses. Best practices in the prevention of opioid abuse will be presented as will the recognition and management of acute opioid drug overdoses.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Summarize the history of the modern-day Opioid Epidemic.
2. Discuss factors that predispose athletes in the use and abuse of prescription and non-prescription pain medications.
3. Identify the athletic trainer's role in the prevention of opioid abuse.
4. Recognize the signs and symptoms of an acute opioid drug overdose.
5. Describe the steps in the emergency management of an acute opioid drug overdose.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Immediate and Emergency Care

Speaker: Wayne Rodrigues, MEd, ATC, LAT, EMT-P

11:00 AM – 11:50 AM

**EBP Lecture: Pain – Patient Classification to Optimize Care (Lecture #28)**

**Premier Ballroom C**

This presentation will address the management of pain in physically active patients from an etiological perspective. After a brief introduction to nociceptive pain, we will address sources of pain in the physically active for the purpose of classifying individuals in an effort to optimize care. We will explore sources of nociplastic, neuropathic (including complex regional pain syndrome), psychosocial and motor/biomechanical pain in physically active patients. We will offer strategies to optimize patient examination, evaluation and treatment with an aim of improving outcomes.

**Objectives:** At the end of this session/activity, the participant/attendee will be able to:

1. Recognize that all pain is not nociception.
2. Identify common sources of non-nociceptive pain common to physically active patients.
3. Identify examination and evaluations findings that assist in appropriate classification.
4. Apply their findings in making evidence-based referral and treatment decisions for patients in pain.

**Level of Difficulty:** Advanced

**Practice Domain:** Clinical Evaluation and Diagnosis

Speaker: Craig Denegar, PhD, PT, ATC, FNATA,  
Laurie Devaney, PhD, PT, ATC

**Workshops**

7:00 AM – 8:50 AM

**EBP Workshop: Immobilization Techniques in the Prehospital Setting:  
Moving Beyond the Basic Rigid Splint (Workshop P)  
Bravo AB**

As athletic trainers broaden their scope of practice, we 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 high impact fractures of the pelvis and femur, identify those patients who need the most critical interventions, and respond with rapid intervention to immobilize and splint major fractures to minimize massive hemorrhage to prevent catastrophic results. The use of evidence-based traction splints and pelvic binders with patient packing techniques and rapid evaluation 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:** At the end of this session/activity, the participant/attendee will be able to:

1. Identify and discuss the most current evidence for the use of advanced immobilization techniques and agents in the prehospital setting.
2. Identify the role, characteristics, indications, contraindications and precautions for using advanced immobilization techniques and agents in the prehospital setting.
3. Discuss the application procedures for the use of advanced immobilization techniques and agents in the prehospital setting.
4. Demonstrate the proper immobilization techniques and select appropriate splinting materials to stabilize injured joints or bones and maintain distal circulation, sensation, and movement using critical decision-making skills and the current evidence.

**Level of Difficulty:** Advanced

**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Immediate and Emergency Care

Speaker: Edward Strapp, TP-C/FP-C, NRP, ATC-L,  
Ellen Payne, PhD, LAT, ATC, CSCS, EMT