

REGISTRATION TIMES

Registration is located in the Atrium Foyer on the fourth floor, Registration A&B

You must pick up your own packet. Identification will be required. Packets cannot be picked up prior to or after posted registration times, no exceptions!!!

Friday January 8th 4:00pm–7:00pm

Saturday January 9th 8:00am–4:00pm

Sunday January 10th 8:30am–10:30am

Sunday registration: You will not receive full CEU's when packet is picked up. No CEU's will be given for individuals who do not pick up packet by 10:30am.

Friday January 8th Meetings and Special Events

Workshop Registration	7:00am-8:00am	MIT Foyer
EATA Executive Board Meeting	8:00am-5:00pm	Regis
Conference Registration	4:00pm-7:00pm	Registration A&B
Quiz Bowl	8:00pm-10:00pm	Dartmouth - Fairfield

Workshops

On-site registration will be available for workshops that have not already been filled.

8:00am-5:00pm: Workshop #1 – Splinting Fabrication- Presenters: Charles Barocas, Director-American Society of Orthopedic Professionals, Seminole, FL
Kyle Nagy, Lead Eastern Region Instructor
Keith Vanic, PhD, ATC, Assistant Professor in the Athletic Training Education Program, East Stroudsburg University, East Stroudsburg, PA
John Hauth, Ed.D, ATC, Department Chair and Professor of Athletic Training Education, East Stroudsburg University, East Stroudsburg, PA

The objectives of this workshop are for the participants to be able to identify the proper splinting application for the specific indication, properly fit and apply the appropriate cast/splint/brace, and be able to demonstrate appropriate treatment plans for the situation presented. Topics to be covered will include both upper and lower extremity injuries.

1:00pm-4:00pm: Workshop #2 – Function, Assessment and Treatment of the Hip: Introduction to ART (Active Release Technique)- Presenter: Donna Rimbey, DC, CSCS, ATC, LAT, CPT, Back in Action Chiropractic Rehabilitation, Bath, PA

This introduction to ART (Active Release Technique) workshop will cover the principles, tissue types, injury cycle and technique applications for most common hip injuries like I-T band syndrome, trochanteric bursitis and capsulitis. In addition, referred pain to the hip by sacro-iliac joint injury, lumbar radiculopathy, and certain trigger points will be discussed as well as conservative treatment options.

1:00pm-4:00pm: Workshop #3 – Bar and Kettle bell Techniques- Presenter: Jason Price, MS, CSCS, ATC, LAT, CPT, USAW Club Coach, Director of Strength and Conditioning, Ullucci Sports Medicine and Physical Therapy, East Providence, RI

This hands-on workshop will disseminate information on basic Kettlebell and Barbell exercise techniques and how to integrate them into rehabilitation programs for Athletic Trainers. Kettlebell training and Barbell training have become hugely popular in the training of athletes. Learning some of the basic exercises with these two implements will not only provide the Athletic Trainer with information on these two hot topics but will also provide new ideas on how to effectively rehabilitate athletes.

4:00pm-6:00pm: Workshop #4 – Wiihab- Presenters: Joe Savoia, MS, ATC, Assistant Athletic Trainer, Adjunct Professor, Montclair State University
Jeff Basilicato, ATC, Head Athletic Trainer, Waldwick High School, Waldwick NJ

“Applying New Technology to Traditional Rehabilitation”

What’s more fun, video games or rehab? Why not combine both? This workshop will show you how to use the Nintendo Video Game System as a tool to add to your rehabilitation repertoire. Instruction will include video game set-up, character set-up, and how to apply new technology to traditional rehabilitation. Participation is desired, so dress appropriately.

4:00pm-6:00pm: Workshop #5 – ImPACT Testing- Presenter: Dr. Neal McGrath, PhD, Clinical Director and Founder of Sports Concussion New England, Brookline, MA

This workshop will provide hands-on experience in the use of ImPACT concussion management software for the evaluation of sports-related concussions. Presentation will include a basic overview of the software for new users, discussion of clinical use and interpretation of ImPACT for baseline and post-injury testing, and case presentations oriented to both new and experienced users. Participants may submit cases for discussion in advance. It is recommended that participants bring their own laptops to have workshop material downloaded for hands-on experience.

6:00pm-8:00pm: Workshop #6 – Knee Dissection- Presenters: Dr. Brett Godbout, MD, Orthopedic Surgeon, Coordinated Health Systems, Team Physician Moravian College, Bethlehem, PA

Gerard Rozea, PhD, ATC, Assistant Athletic Trainer, East Stroudsburg University, East Stroudsburg, PA

Keith Vanic, PhD, ATC, Assistant Professor in the Athletic Training Education Program, East Stroudsburg University, East Stroudsburg, PA

The size of this workshop will be limited. This will be a great opportunity to review the anatomy of the knee. The group will be split into 3 smaller groups. Each group will have a knee to work with. All individuals will have opportunities to participate in the dissection of the specimen.

Saturday January 9th Meetings and Special Events

Workshop Registration	MIT Foyer	6:30am-7:00am
Research Poster Board set up	3 rd Floor Atrium	8:00am-5:00pm
District I Executive Council	Regis Room	8:30am-12:00pm
District II Executive Council	Simmons Room	8:30am-11:30am
Conference Registration	Reg. A&B	8:00am-4:00pm
Exhibit Hall Open	Gloucester	9:00am-3:00pm
Student Program	Salon G	8:00am-11:30am
Student Luncheon	Salon F	11:30am-1:00pm
Students to visit Exhibit Hall	Gloucester	1:00pm-3:00pm
Research Poster Board Presentations	3 rd Floor Atrium	1:00pm-3:00pm

State Meetings

Maine	Suffolk Room	4:00pm-5:00pm
New Hampshire	Northeastern Room	4:00pm-5:00pm
Vermont	Harvard Room	4:00pm-5:00pm
Massachusetts	Clarendon/Dartmouth	4:00pm-5:00pm
Rhode Island	Simmons Room	4:00pm-5:00pm
Connecticut	Regis Room	4:00pm-5:00pm

New York	Arlington/Berkeley	4:00pm-5:00pm
New Jersey	Wellesley Room	4:00pm-5:00pm
Pennsylvania	Exeter/Fairfield	4:00pm-5:00pm
Delaware	Brandeis Room	4:00pm-5:00pm
EATA Reception	Atrium 4 th Floor	5:30pm-6:30pm
EATA Banquet	Salons A-F	6:30pm-8:45pm
Collins Reception	Salon G-K	9:00pm-12:00pm

Workshop

On-site registration will be available for workshops that have not already been filled.

7:00am-9:00am: Workshop #7 – KinesioTaping Techniques- Presenter: Sheryl Goodridge, PT, DPT, CKTI, Harvard University Health Services, Cambridge, MA

Kinesio tape is a unique taping method developed by Dr. Kenzo Kase. This hands-on workshop will discuss the properties of the tape, the effects of the tape and how it differs from other methods of taping. Proper application technique will also be discussed. Participants will have the opportunity to practice taping muscles and will learn an application for the back and shoulder.

General Lectures

9:00am-10:00am: Lecture #1 – Considerations in Therapeutic Modality Application: Are we treating what we think we are?- Presenter: Craig Denegar, PhD, PT, ATC, Department Head and Professor in Physical Therapy, University of Connecticut, Storrs, CT

There is a rich history of therapeutic modality applications in the treatment of many musculoskeletal conditions. Providers are increasingly expected to demonstrate that the treatments we administer truly improve the outcomes of care. The efficacy and effectiveness of some therapeutic modality applications are not substantiated by clinical research. The management of any healthcare concern begins with an accurate diagnosis and understanding of the underlying pathoetiology and pathology. Advances in science have improved the understanding of musculoskeletal pathology and new understandings may explain the failure of some interventions to benefit patients. Tendinopathy and iliotibial band friction syndrome (ITBS) are two musculoskeletal conditions where new understandings have emerged in the past decade. This presentation will 1) provide an historical overview of tendinopathy and ITBS from a pathological and treatment perspective 2) present a contemporary view of these conditions and 3) identify interventions for which the evidence of effectiveness is strongest.

10:00am-11:00am: Lecture #2 – Appropriate Management of the ADHD Athlete-
Presenter: David Csillan, MS, ATC, LAT, Head Athletic Trainer, Ewing High School, Ewing, NJ

This presentation will include the differential diagnosis, associated causes and typical characteristics of Attention Deficit Hyperactivity Disorder (ADHD). Also, the varied pharmacological/therapy treatments and role of the Athletic Trainer in managing these athletes will be detailed. Finally, everyone will be given “Tips to Success” in making the athletic injury evaluation and rehabilitation process a positive experience in addition to creating an *ADHD friendly* athletic training room.

11:00am-12:00pm: Lecture #3 – Performance Enhancing Drugs in Sports- Presenter: Dr. Mark Price, MD, PhD, Assistant Professor of Orthopedic Surgery, University of Massachusetts Memorial Medical Center, Worcester, MA

This presentation will cover the basic science behind various performance enhancing drugs including mechanism of action, means of testing, and side effects. It will also review relevant clinical literature, where available, on outcomes related to the use of these agents.

12:30pm-1:30pm: Lecture #4 – Clinical Management of Celiac Disease in Athletes: The Certified Athletic Trainers’ Role- Presenter: James Leone, PhD, ATC, LAT, CSCS, *D, CHES, Assistant Professor in the Department of Movement Arts, Health Promotions, and Leisure Studies, Bridgewater State College, Bridgewater, MA

This presentation will provide an anatomical, physiological, histological, and pathological background for celiac disease; an under-recognized and under-diagnosed pathology of the gastrointestinal system. Following the background presentation, a comprehensive discussion will present the Athletic Trainer with how to manage and counsel athletes and clients with this disorder. Discussion will include, but not be limited to: confirmatory testing, physician and specialist referrals, dietary considerations, and psychological strategies.

1:30pm-2:30pm: Lecture #5 – Psychological Aspects of Traumatic Athletic Injury-
Presenter: Dr. Marshall Mintz, Psy.D, Managing Partner-Springfield Psychological Associates, Springfield, NJ

The psychological and sociological consequences of an injury to an athlete can be as debilitating as the physical aspects of an injury. The sports medicine team, which includes the psychologist and athletic trainer, must have an understanding of how psyche, emotions and feelings enter into the recovery and treatment process. Each athlete will respond in a personal way and the diversity of response types should be understood. This understanding is critical in order to appropriately dose rehabilitation activity, communicate expectations to the athlete, and optimize recovery outcomes. It is the responsibility of the athletic trainer, and the rest of the sport medicine team, to insure that physical and psychological healing occurs before returning to play. This presentation will

explain the role of personality in relationship to injury recovery. The varied quality and kind of the psychological responses athletes may exhibit when experiencing and recovering from traumatic injury will be outlined. Active strategies for assessing and managing the psychological factors when treating injured athletes will be presented.

2:30pm-3:30pm: Lecture #6 – Labral Tears of the Hip- Presenter: Dr. Randall Risinger, MD, FAAOS, South County Orthopedics, Wakefield, RI

This presentation will cover the history, presentation, differential diagnoses, physical examination, and radiographic findings for athletes with labral tears of the hip. The relationship of labral tears to femoroacetabular impingement will be discussed. Finally, treatment and prognosis/return to athletics will be outlined.

3:30pm-4:00pm: EATA Grant Lecture – Promotion of work and family balance among Division I Athletic Trainers- Presenter: Stephanie Mazerolle, PhD, ATC, Director of Entry-Level Athletic Training Education, University of Connecticut, Storrs, CT

Sunday January 10th Meetings and Special Events

Workshop Registration	MIT Foyer	7:00am–7:30am
Student Program Break-out Sessions	Dartmouth-Fairfield	8:00am–10:30am
Research Poster Presentations	3 rd Floor Atrium	8:00am–4:00pm
Committee Chairperson Meeting	Hotel Restaurant	8:15am–9:00am
Conference Registration	Reg. A&B	8:30am–10:30am
District I Meeting	Salon F	10:30am–11:30am
District II Meeting	Salons A-E	10:30am–11:30am
EATA Business Meeting	Salons A-E	11:30am–12:00pm

Workshop

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7:30am-9:00am: Workshop #8 – Reading and Understanding MRI’s- Presenter: Dr. Stephen Sweriduk, MD, Medical Director-Shields MRI, Brockton, MA

This workshop will consist of a review of musculoskeletal MRI normal anatomy. Common indications for musculoskeletal MRI will be discussed. In addition, MRI scans of the more common sports-related injuries will be presented. This will be an informal workshop with ample opportunity for questions and answers.

General Lectures

9:00am-10:00am: Lecture #7- Separating Fat from Fiction: Exploring Myths, Realities, and Assumptions- Presenter: Ellen Perrella, MS, ATC, LAT, CSCS, Head Athletic Trainer, Mount Holyoke College, South Hadley, MA

This lecture reviews research done in the field of obesity and consequently challenges some of the commonly held beliefs regarding obesity and its relationship to mortality and health. The effects of dieting are examined as it relates to physiology, psychology, and health. In addition, a review of how exercise relates to health and longevity is discussed. This lecture supports the concept of HAES (Health At Every Size) and suggests the focus should be shifted from weight to the more attainable objective goals of a healthier diet and physical activity.

10:00am-10:30am: *Free Communication* –

1:00pm-2:00pm: Research to Reality – Sodium Depletion Illness- Presenter: Sandra Fowkes Godek, PhD, ATC, Professor/Medical Director, HEAT Institute Director, West Chester University, PA

2:00pm-3:00pm: Lecture #8 – Concussions- Presenters: Chris Nowinski, President-Sports Legacy Institute
Consultant, Trinity Partners LLC, Waltham, MA
Author, *Head Games: Football’s Concussion Crisis*
Co-Director, Center for the Study of Traumatic Encephalopathy, Boston University School of Medicine, Boston, MA
Dr. Robert Cantu, MD, Chief of Neurosurgery Service and Director of Sports Medicine, Emerson Hospital, Concord, MA
Clinical Professor of Neurosurgery, Boston University School of Medicine, Boston, MA
Co-Director, Neurologic Sports Injury Center, Brigham and Women’s Hospital, Boston, MA

This lecture, first of a three-part series on concussions, will provide an overview of the concussion issues in sports. Topics will include an overview of the latest Zurich Consensus Statement, epidemiology, and diagnosis and management techniques. Dr. Cantu and Mr. Nowinski will also focus on ways to “change the culture” of concussions in sports in your program through education.

3:00pm-4:00pm: Lecture #9 – Chronic Traumatic Encephalopathy- Presenter: Dr. Ann McKee, MD, Associate Professor of Neurology and Pathology, Boston University School of Medicine-Center for the Study of Traumatic Encephalopathy, Boston, MA

Chronic traumatic encephalopathy (CTE) is a progressive neuro-degeneration associated with repetitive head trauma. This presentation will explore the clinical and pathological features of CTE in athletes as well as review our recent findings in professional and non-professional football and hockey players.

4:00pm-5:00pm: Lecture #10 – Athletes Panel Discussion (Q&A)- Presenters: Vincent Ferrara, MD, MBA, Xenith, LLC-President
Ted Johnson, former Pro football player for the New England Patriots
Iasiah Kacyvenski, veteran of eight NFL seasons, seven with the Seattle Seahawks

Open dialogue for questions and answers from former athletes about their own experiences with concussion issues.

Monday, January 11th

General Lecture

8:00am-9:00am: Lecture #11 – Sudden Cardiac Arrest in Athletics- Presenter: Dr. David Berkson, MD, FAAFP, Program Director, Drexel University College of Medicine Family Medicine Residency, Philadelphia, PA

This presentation will review sudden cardiac death in young athletes. Different causes of sudden cardiac arrest (SCA) will be discussed. The challenges and limitations of cardiovascular screening to prevent SCA will also be delineated.

9:00am-10:00am: Lecture #12 – “Heart Healthy Program”- Presenter: Michaela Gagne, BFA, MS, Survivor and Professional Speaker on Heart Healthy Advocacy, Former Miss Massachusetts, Fall River, MA

Have you seen the tragic news stories about young people and athletes dropping dead suddenly?

Did you know that Sudden Cardiac Arrest claims hundreds of thousands of lives each year in the U.S., with thousands being youth?

Are you interested in learning more about heart health and raising awareness in your home, school and community?

You are not helpless in the fight against heart disease and Sudden Cardiac Arrest! This presentation, lead by Michaela Gagne, Miss Massachusetts 2006 and a heart disease

survivor, tells her personal story of being diagnosed with a life-threatening heart condition when she was a three-season athlete in high school. You will get the opportunity to learn more about who is affected by Sudden Cardiac Arrest and heart disease, as well as 6 ultimate healthy heart precautions you can take for your family, school, and community. Participants will be provided resources and tools to ensure the best safety and heart health possible.

10:00am-11:00am: Lecture #13 – Grief and Healing-How to Integrate Content into the Athletic Training Curriculum- Presenters: Suanne Maurer-Starks, Ed.D, ATC, LAT, Assistant Professor in the Athletic Training Education Program, Northeastern University, Boston, MA

Kimberly Wise, MS, ATC, LAT, Coordinator of Clinical Education in the Athletic Training Education Program, Northeastern University, Boston, MA

James Leone, PhD, ATC, LAT, CSCS, *D, CHES, Assistant Professor in the Department of Movement Arts, Health Promotions, and Leisure Studies, Bridgewater State College, Bridgewater, MA

Shannon Whalen, Ed.D, Professor in the School of Health, Physical Education and Recreation, Springfield College, Springfield, MA

Grief is something that will touch all of us. We *expect* loss to occur in our personal lives and seem to be somewhat prepared on how to cope with this loss. In the profession of Athletic Training, we may not expect loss to occur as readily - especially if we are working with a young, seemingly healthy population. As such, when an athlete, student or colleague suffers from a catastrophic injury, illness or death, we may not be able to process the loss and be left with unresolved grief. The purpose of this presentation is to present theories on grief, cultural perceptions of death, how to cope with loss and how to implement teaching strategies within Athletic Training curriculums regarding the issue of death, dying and coping skills.