

2023 NATA Convention Preliminary Program

Themes



Data-driven Practice



Optimizing Return-to-Work, Life and Sport

Thursday, June 22

FORUMS

Rehabilitation Interventions for the Shoulder: What Are They Really Doing? (IV), Advanced

Aaron Sciascia, PhD, ATC, FNAP, Lexington Clinic

James Scifers, DScPT, LAT, ATC, Moravian College

At the end of this session, attendees will be able to:

- Inter-relate shoulder and scapular function with selected motor control interventions.
- Summarize the neurophysiological effects of manual therapy for shoulder treatment and select the appropriate maneuvers/techniques based on desired treatment outcomes.
- Select the most-appropriate therapeutic interventions for the shoulder, based on the best available evidence.
- Design a rehabilitation program that utilizes manual therapy and motor control interventions based on documented physiological effects of each intervention.

Trials and Tribulations of Implementing Telehealth in a Rural High School Athletics Program, (I, II, V), Essential

Megan Brady, EdD, LAT, ATC, Iowa State University

Richelle Williams, PhD, ATC, Drake University

At the end of this session, attendees will be able to:

- Describe the financial impact of telehealth athletic training services in a rural community.
- Describe the value of bringing telehealth athletic training services to a rural community.
- Discuss the process required to implement telehealth athletic training services to a high school.

Policies and Procedures vs Emergency Action Plans: What's the Difference and Where Do I Start? (V), Advanced

Susan Yeargin, PhD, ATC, University of South Carolina
Samantha Scarneo-Miller, PhD, LAT, ATC, West Virginia University

At the end of this session, attendees will be able to:

- Differentiate between P&P manuals and emergency action plan functions.
- Evaluate personal EAPs and P&P manual to determine compliance with best practices.
- Develop strategies for initiating and implementing P&P manuals and EAPs.

LECTURES

Utilizing Electronic Medical Records To Identify Potential Inequities in Health Care Utilization: Data-Driven Practice, (I, V), Advanced

Cathleen Brown Crowell, PhD, ATC, Oregon State University
Marc Norcross, PhD, ATC, Oregon State University

At the end of this session, attendees will be able to:

- Summarize current research on health inequities and care utilization in sports medicine settings.
- Analyze and compare healthcare utilization by race, gender, and sport from a large injury surveillance data set.
- Recommend strategies to assess and improve access to and care received in sports medicine settings.

Understanding the Utility of Sonographic Imaging To Improve Care for Patients With Patellofemoral Pain, (I, II), Essential

Abbey Thomas, PhD, ATC, University of North Carolina at Charlotte
Hyunjae Jeon, PhD, ATC, University of Evansville

At the end of this session, attendees will be able to:

- Describe the risk of elongated symptoms of patellofemoral pain and knee joint osteoarthritis.
- Describe the characteristics of patellofemoral pain as observed on diagnostic imaging.
- Evaluate sonographic images of femoral cartilage.

Examining Ethnic Diversity in AT: A Critical Look & Conversation, (V), Essential

Presented by the NATA Ethnic Diversity Advisory Committee
Estefania Zavala, DAT, LAT, ATC, University of Wisconsin at Madison

At the end of this session, attendees will be able to:

- Assess the level of diversity within athletic training leadership to determine if a change in the recruitment process is needed.

- Identify the needs for diversity in leadership positions at all levels in athletic training based on the data presented.
- Apply specific recruitment strategies in their respective institutions to begin to diversify their staff.
- Select state resources to assist in the increase of ethnically diverse individuals within leadership positions and institutions.

Applied Forces by Trained Clinicians During a Simulated Instrument-Assisted Soft Tissue Mobilization Treatment, (IV), Essential

Nickolai Martonick, PhD(c), LAT, ATC, University of Idaho

At the end of this session, attendees will be able to:

- Evaluate the importance of IASTM forces used in their practice.
- Critique current literature on IASTM forces and their relationship to clinical practice.
- Question whether more or less IASTM force is necessary to observe a treatment effect.

Using Data-Driven Decision-Making to Modernize Athletic Training in the Secondary School Setting, (I, II, IV), Advanced

Kyle Southall, MS, LAT, ATC, Briarwood Christian Schools

At the end of this session, attendees will be able to:

- Summarize both objective and qualitative data to improve the outcomes for student-athletes in the secondary school setting.
- Analyze findings of these objective and qualitative measures to create a working model to improve the outcomes in their own practice setting(s).
- Design a data-driven decision-making model for practice setting(s).

Looking Beyond the Measures: What Does the Athlete Think?, (I, II, IV, V), Advanced

Presented by the NATA International Committee

Evert Verhagen, PhD, Amsterdam UMC

At the end of this session, attendees will be able to:

- Recognize the voice of the athlete following an injury through open communication.
- Integrate athlete experiences and perceptions into an objective RTP timeline.
- Organize a return-to-play program incorporating the StARRT model.

Ensuring a Diverse and Inclusive Leadership Through Purposeful Data-Driven Practice, (V), Essential

Presented by the NATA State Association Advisory Committee

Michael Moll, MEd, LAT, ATC, University of Wisconsin at Madison

Carlitta Moore, EdD, LAT, ATC, Arkansas State University

At the end of this session, attendees will be able to:

- Identify that patient-centered health care requires the understanding that individuals come from many diverse backgrounds to improve personal and organizational outcomes.
- Recognize the importance of identifying and incorporating basic internal business habits (e.g., strategic planning and board / committee development) and external business functions (e.g., organizational sustainability, growth and development) to develop.
- Demonstrate how membership data can be utilized in developing individual and purposeful data-driven policies and practice for each state.
- Establish regulatory provisions along with the professional standards of athletic training within athletic training associations to improve health care and the betterment of athletic training and the diverse populations ATs serve.

Lateral Ankle Sprains: Best Practices in Prevention, Recognition, Differential Diagnoses and Surgical Interventions, (I, II, IV), Advanced

Presented by the Pediatric Research in Sports Medicine Society

Dennis Coonan, MSE, LAT, ATC, Children's Hospital Colorado

Jay Albright, MD, University of Colorado

At the end of this session, attendees will be able to:

- Compare preventative measures for ankle sprains and elaborate on which are most effective per best available research (proprioception training, ankle taping versus ankle bracing, resistive band exercises, orthotics, etc.).
- Identify when an athlete is at risk for developing chronic ankle instability and the long-term risks associated with it.
- Identify potential differential diagnoses that may present as chronic ankle instability (i.e., tarsal coalitions).
- Determine appropriate time to refer to an orthopedic surgeon for discussion around surgical intervention.

Preparation for Salary Negotiations: What Data is Necessary To Obtain the Salary You Need? (V), Essential

Julie Cavallario, PhD, LAT, ATC, Old Dominion University

At the end of this session, attendees will be able to:

- Explain the current landscape of athletic training negotiation practices using data collected from ongoing research initiatives. The data provided will contextualize the need for increased emphasis on data-driven negotiation practices across professionals.
- Describe the long-term financial impacts of not negotiating salary during early career employment.
- Discuss publicly and privately accessible data sources for determining appropriate salary ranges for athletic training employment positions, including best practices for data sources such as the NATA Salary Survey and other health professions' salary data.

- Apply strategies for effective negotiation techniques, including knowing when to walk away as well as how to best present data to prospective employers.

Leadership for Change: Skills for Quality Improvement and Organizational Needs, (V), Essential

Mary Guyer, DPE, ATC, CES, Springfield College

At the end of this session, attendees will be able to:

- Describe the importance of quality improvement.
- Explore different leadership styles and determine how to best utilize leadership for change.
- Determine how data can be used in addressing organizational needs

Femoroacetabular Impingement in Athletes: Evidence-Based Evaluation and Management Concepts To Optimize Treatment and Return-to-Sport in the Athlete, (II), Advanced

Marc Safran, MD, Stanford University

At the end of this session, attendees will be able to:

- Discuss the pathophysiology of FAI and the mechanisms of injury to the hip.
- Demonstrate physical examination techniques to evaluate for FAI.
- Discuss the surgical and non-surgical options for the treatment of FAI.

March to the Beat of Your Own Brain: Clinical Considerations for Neurodivergence, (I), Essential

Lauren Gilliam, MS, AT, CEAS, Pivot Onsite Innovations

At the end of this session, attendees will be able to:

- Recognize common traits of various neurodivergent diagnoses.
- Identify unique factors in neurodivergent patient care (genetics/familial presentation, sensory needs, pain perception) in adult and pediatric populations.
- Implement practical clinical skills that provide support for neurodivergent patients.
- Describe ways to apply data-driven practice strategies to individualize care plans to optimize return to work, life, and sport.

Feed the Need: An Evidence-Based Update on Fueling To Reduce Injury and Optimize Performance, (I), Advanced

Laura Marinaro, PhD, ATC, Salisbury University

At the end of this session, attendees will be able to:

- Explain the types and amounts of food and fluids appropriate for fueling before, during and after athletic activity.
- Describe the implications of RED-S with respect to both health and performance.
- Differentiate between overtraining syndrome and RED-S in athletes.

When the Trust is Broken: How to Repair Patient-Clinician Relationships in Low Socioeconomic Status Communities, (I, IV), Advanced

Tamerah Hunt, PhD, LAT, ATC, Georgia Southern University

At the end of this session, attendees will be able to:

- Understand common reasons patients lose trust in clinicians.
- Appraise factors associated with community mistrust of clinicians through case studies and examples within low socioeconomic status communities.
- Appraise the research regarding the patient-clinician relationship in low socioeconomic status communities.
- Apply evidence-based strategies of overcoming trust loss in patients.

From Student Loan Forgiveness to Third Party Reimbursement: How ATs Can Translate Data to Meaningful Advocacy, (V), Essential

Presented by the NATA Governmental Affairs Council

Adam Annaccone, EdD, ATC, CES, University of Texas at Arlington

Anna Sedory, MS, ATC, CSCS, Fairfax County Police Department

At the end of this session, attendees will be able to:

- Identify areas of legislative advocacy where data can make a difference in approaching legislators and other stakeholders.
- Illustrate the collection and use of data to form advocacy strategies.
- Construct human healthcare stories with data relevant to athletic training regulation.

Understanding Migraine, Post-Traumatic Headache and the Role of the Athletic Trainer, (I, II, V), Advanced

Karlee Burns, MS, LAT, ATC, Temple University

At the end of this session, attendees will be able to:

- Identify common headache types and at-risk individuals.
- Explain how pre-morbid headache and migraine impacts concussion and concussion outcomes.
- Assess contemporary treatment strategies appropriate for the athletic trainer.
- Develop referral strategies for patients experiencing migraine and post-traumatic headache.

Answering the Common and Complex Questions in Sports Injury: An Implementation Guide for Contributing to and Utilizing Injury Surveillance Systems, (V), Advanced

Hannah Robison, MS, LAT, ATC, Datalys Center for Sports Injury Research and Prevention

Michael Hunker, ATC, Cathedral High School

At the end of this session, attendees will be able to:

- Identify the central injury surveillance systems active in the United States and the information needed to contribute to them.
- Interpret large scale and individual data findings to improve clinical care and advocate for the athletic training profession.

- Outline the steps to implement data collection in the athletic trainer's clinical setting.

Big Data and Concussion Research, (I), Essential

Abigail Bretzin, PhD, ATC, University of Pennsylvania

At the end of this session, attendees will be able to:

- Define epidemiology and the benefits of large surveillance studies to understand the distribution and determinants of athletic injury and illness.
- Describe the Haddon Matrix framework and relevance to athletic injury and illness.
- Evaluate example studies applying primary, secondary, and tertiary approaches to athletic injury and illness prevention.

Childsplay: Pediatric Considerations for Return-to-Sport Post-ACLR, (I, II), Essential

Thomas Birchmeier, PhD, ATC, CSCS, University of North Carolina at Chapel Hill

Caroline Lisee, PhD, ATC, University of North Carolina at Chapel Hill

At the end of this session, attendees will be able to:

- Describe function and psychological recovery in pediatric patients post-ACLR.
- Examine pediatric-specific considerations for return-to-sport clinical assessment.
- Identify barriers to return-to-sport post-ACLR in pediatric patients.

Your Most Valuable Clinical Tool: Soft Skills, (I, II, V), Essential

Emily Duckett, EdD, LAT, ATC, West Chester University

At the end of this session, attendees will be able to:

- Examine the theoretical framework for cultivating a therapeutic relationship.
- Describe the role of empathy and compassion during patient centered care while providing healthcare with a biopsychosocial model.
- Summarize the importance of well-being for healthcare professionals.
- Implement evidence-based practice strategies to create an empathetic and compassionate patient interaction.

Taking the Lead Toward Healthy Performance, (I, IV, V), Advanced

Evert Verhagen, PhD, Amsterdam UMC

At the end of this session, attendees will be able to:

- Investigate the limits of evidence implementation when context is not considered.
- Reflect on their own role in the ecological healthcare model around an athlete.
- Discuss the direct impact leadership-related skills have on meaningful patient-centered outcomes.

Guide to Using Data for Workplace Improvements, (V), Advanced

Zachary Winkelmann, PhD, SCAT, ATC, University of South Carolina

Toni Torres-McGehee, PhD, SCAT, ATC, University of South Carolina

At the end of this session, attendees will be able to:

- Identify needs and desires for workplace improvements.
- Collect and analyze productivity reports of patient care data.
- Compare current and proposed models to improve one's workplace.
- Explore value and worth models for return-on-investment.

Development & Implementation of a Suicide Prevention Program: An Overview for the Clinical Athletic Trainer, (III, V), Essential

Jennifer Plos, EdD, LAT, ATC, Western Illinois University

At the end of this session, attendees will be able to:

- Describe the need for suicide prevention based on statistical evidence of student-athlete risk.
- Identify vital components of a suicide prevention program for athletic trainers.
- Develop their own suicide prevention program, including a suicide-specific emergency action plan.

Understanding the Components of CPC, (V), Essential

Presented by the Board of Certification

Shannon Fleming, AT Ret, Board of Certification, Inc

At the end of this session, attendees will be able to:

- Explain the value of the concept of CPC its components and why they are important to the athletic training profession and the populations it serves.
- Describe how the professional goals appraisal works and how it will provide suggestions for professional development and learning activities and foster lifelong learning.
- Explain quality improvement and why it is important and can provide value to an AT's practice.
- Describe a competence assessment module and its purpose.

Interactive Lectures

Unraveling All of the Cannabinoids: An Interactive Lecture Beyond CBD, (IV, V), Advanced

Jeff Konin, PhD, ATC, FNATA, Florida International University

Tiffany Morton, MS, LAT, ATC, Kansas City Chiefs

At the end of this session, attendees will be able to:

- Compare and contrast the varying cannabinoids in the cannabis plant.
- Formulate a treatment approach that includes matching cannabinoid therapeutic effects with a patient's clinical symptoms.

- Interpret a cannabis product's certificate of analysis for the purpose of providing accurate patient education.

Considering an Academic Job? Suggestions for Finding the Right Fit, (V), Essential

Presented by the NATA Education Advancement Committee

(Non-CEU Session)

Tamara Valovich McLeod, PhD, ATC, FNATA, A. T. Still University

Trevor Bates, DHSc, AT, ATC, Mercy College

At the end of this session, attendees will be able to:

- Discuss different routes for preparing for a faculty position (e.g. PhD, EdD, DAT, other options) and strategies for articulating qualifications for faculty positions.
- Identify different types of academic positions (e.g. tenure-track, instructional, clinical, part-time/adjunct) and types of institutions (e.g. Carnegie Classifications) to determine personal fit with a position.
- Discover administrators' perspectives for hiring faculty, including the influence of COVID-19 and other factors on hiring and retaining faculty.
- Implement strategies to successfully obtain and maintain their position, including effectively preparing for interviews, using academic vernacular, and identifying professional mentors.

Secondary Trauma in Athletic Trainers and Educators: What It Is, How It Happens and How to Productively Respond, (I), Mastery

Blythe Landry, LCWS, MEd, Blythe Landry Coaching/Therapy

At the end of this session, attendees will be able to:

- Identify and understand what secondary trauma is and how it impacts athletic trainers and educators.
- Engage in intellectual and interactive discourse and case study examples of how secondary trauma is, more specially, impacting attendees and their teams.
- Implement and set reasonable and practical goals for trauma informed responses upon return to work.

Preventing, Managing & Optimizing Bone Health Through Updated Nutrition & Supplement Guidelines To Enhance Returning to Work, Life and Sport, (I, IV), Essential

Dawn Weatherwax, RD, CSSD, LD, Sports Nutrition 2Go

At the end of this session, attendees will be able to:

- Discuss the effectiveness of ideal macro and micro-nutrient amounts on bone health at different stages and for recovery.
- Express which nutrients and amounts are emphasized for bone health if following a vegan diet.
- Explain what parts of nutrition have a negative impact on bone health and recovery while executing guidelines to minimize consumption or exposure.

- Summarize the latest supplementation guidelines on optimizing bone growth, remodeling and prevention (e.g., vitamin D3, vitamin K2, collagen, nitric oxide, calcium).

International Mobility: Tips for Working Abroad as an AT, (V), Essential

Matt Kutz, PhD, ATC, CSCS, Florida International University

At the end of this session, attendees will be able to:

- Distinguish between sociocultural attunement and cultural competency.
- Learn strategies for seeking international jobs.
- Learn how to leverage assets such as World Federation of Athletic Training and Therapy and NATA International Committee for assistance in international mobility.

Making the Impossible, Possible: Virtual Orthopedic Examination Strategies, (II), Essential

Meredith Madden, EdD, LAT ATC, University of Southern Maine

Dominique Ross, PhD, LAT, ATC, University of Southern Maine

At the end of this session, attendees will be able to:

- Summarize telehealth and telemedicine definitions and foundational strategies for implementation.
- Identify concepts of evidence-based practice, including diagnostic accuracy to select orthopedic special tests.
- Discuss challenges and potential solutions to conducting a virtual orthopedic examination.
- Demonstrate telemedicine techniques for a variety of orthopedic special tests.

Learning Labs

Incorporating Dual-Task Activities Into Assessment and Management of Concussion, (I, II, IV), Advanced

Shellie Acocello, PhD, ATC, University of Tennessee at Chattanooga

At the end of this session, attendees will be able to:

- Recall evidence that supports incorporation of dual-task testing and rehabilitation into a concussion management protocol.
- Identify appropriate dual-task tests for a relevant patient population.
- Develop dual-task activities to incorporate in a sport-specific rehabilitation approach that will maximize patient recovery and readiness for return-to-activity.

I've Got Your Back: Prevention of Lower Back Pain in the Workplace and Athletics, (I, II, IV), Advanced

Veronica Dilzer, MS, ATC, Lincoln University

At the end of this session, attendees will be able to:

- Describe the basics of facial line, spinal segmentation and the concept of intrinsic core stability.

- Comprehend how deficiencies in fascial lines and spinal motion correlate to the risk of injury and how movement compensations affect workplace and athletic performance.
- Identify the most appropriate diagnostic test to assess fascial line and spinal integrity.

Myofascial Release: Relieve Pain and Restore Function On and Off the Field, (I, II, IV), Advanced

JoEllen Sefton, PhD, ATC, Auburn University

At the end of this session, attendees will be able to:

- Recognize how MFR can be used to address athlete issues on and off the field.
- Distinguish MFR from other manual techniques and foam rolling.
- Visualize how fascia functions to create common musculoskeletal issues.
- Discover how myofascial structure and function interact and use this information to explain common MFR techniques and how they effect change.

Airway Management in an Equipment?Laden Athlete, (I, II, III, V), Advanced

Darryl Conway, MA, AT, ATC, University of Michigan

At the end of this session, attendees will be able to:

- Identify the current NATA, Spine Injury in Sport Group and Emergency Medical Services recommendations regarding the pre-hospital management of the spine-injured athlete.
- Examine and discuss the current scientific evidence related to the pre-hospital management of the spine-injured athlete specifically focusing on management of airway, breathing, circulation and equipment-laden athlete management.
- Identify and discuss the role of an athletic trainer within the interdisciplinary healthcare team to improve patient outcomes.

Exercise Your Pain Away: Relax the Body and Alter Pain Perception, (IV), Advanced

Diane Stankevitz, DAT, LAT, ATC, East Los Angeles College

At the end of this session, attendees will be able to:

- Interpret clinical findings leading to traumatic upregulation and chronic pain.
- Explain the effects of a heightened sympathetic nervous system as it relates to chronic pain.
- Explain the effects of the parasympathetic nervous system and how it can be activated to induce relaxation and decrease pain.

Management of Dislocations, (II, III), Advanced

Steven Cole, MEd, LAT, ATC, Cole Consulting Services, Inc.

At the end of this session, attendees will be able to:

- Identify the emergent issues associated with a joint dislocation.

- Safely reduce dislocations of various joints.
- Appropriately splint/immobilize the injured area post reduction.
- Develop written standing orders regarding the management of dislocations.

Friday, June 23

Forums

Training Load and Recovery Monitoring in Baseball, (I), Advanced

Brett Pexa, PhD, LAT, ATC, High Point University

James Onate, PhD, ATC, FNATA, Ohio State University

At the end of this session, attendees will be able to:

- Identify key metrics for monitoring training and throwing load in baseball athletes.
- Differentiate between internal and external load.
- Determine how to measure load in baseball athletes in their setting.

To Ice or Not to Ice: That Is the Question, (IV), Advanced

Jennifer Ostrowski, PhD, LAT, ATC, Moravian College

Thomas Kaminski, PhD, ATC, FNATA, University of Delaware

At the end of this session, attendees will be able to:

- Define and describe the process of acute inflammation in response to injury.
- Summarize the physiological processes and systems (circulatory, lymphatic, musculoskeletal) that are most relevant to acute musculoskeletal injury management.
- Describe the physiologic effects of cryotherapy on musculoskeletal tissue including, but not limited to, its impact on secondary hypoxic and enzymatic injury, and edema formation and removal.
- Analyze the literature supporting and refuting the use of cryotherapy in the management of acute musculoskeletal injury.

Working as a Dual Credentialed Provider: Working in the Right Hat, (V), Essential

Darryl Conway, MA, AT, ATC, University of Michigan

Edward Strapp, ATC, NRP, FP-C, Maryland State Police

At the end of this session, attendees will be able to:

- Discuss the complications of functioning in the healthcare environment with dual certifications.
- Identify legal and ethical considerations of performing skills outside of one's primary contracted position.
- Describe pitfalls and successes in managing multiple credentials in contract negotiations and workplace settings.

Interactive Lectures

Using Mindfulness and Meditation Practices to Enhance Return-to-Participation, (I, IV), Advanced

Laurie Rivera, MEd, LAT, ATC, Appalachian State University

At the end of this session, attendees will be able to:

- Experience and apply mindfulness and meditation methods to help reduce the perception of pain.
- Experience and apply mindfulness and meditation methods to aid in the reduction of return-to-participation anxiety.
- Assist patients in identifying thought patterns and body sensations that may contribute or be a response to pain and/or anxiety.
- Recommend mindfulness and meditation apps to patients that may aid in the reduction of pain and/or anxiety during return to participation.

Return-to-Activity Following Exertional Heat Stroke, (I, II, III, IV, V), Advanced

Rebecca Lopez, PhD, LAT, ATC, University of South Florida

At the end of this session, attendees will be able to:

- Identify potential sequelae associated with EHS.
- Differentiate between various objective measures that can be used during a progressive return to activity following EHS.
- Generate a return-to-participation protocol that can be modified and personalized to ensure a safe return to participation following EHS.

“Beyond the Athletic Training Facility: Administration 101” Recruit, Retain and Develop Emerging Athletic Trainers Administrative Responsibilities, (V), Essential

Presented by the NATA Intercollegiate Council for Sports Medicine Council

Ryan Manely, DHSc, LAT, ATC, Sterling College

At the end of this session, attendees will be able to:

- Analyze practices at current employment for improvement.
- Construct an action plan for staff improvement.
- Assemble an advisory network of professionals for mentorship, constructive feedback, and skill advancement.
- Explore opportunities for administrative skill enhancement.

Neurodynamic Testing and Neural Mobilization, (IV), Advanced

Nicholas Grahovec, PhD, ATC, CSCS, Northern Illinois University

Tyler Wood, PhD, ATC, Northern Illinois University

At the end of this session, attendees will be able to:

- Determine when neurodynamic restrictions may be present.
- Evaluate neurodynamics through neurodynamic testing and peripheral nerve tension testing.
- Select neural mobilizations based on findings from neurodynamic testing and peripheral nerve tension testing.

Legal Depositions in Sports Medicine, (V), Essential

Stanley Herring, MD, FAMSSM, University of Washington

Kevin Guskiewicz, PhD, ATC, University of North Carolina at Chapel Hill

At the end of this session, attendees will be able to:

- Learn about to interact professionally with an attorney in a legal deposition.
- Learn risk management strategies in sports medicine.
- Learn standards of care for concussion.
- Learn about negligence, causation, and damages.

Developing a Therapeutic Exercise Program for Mechanical Low Back Pain: Examining the Evidence and Crafting Appropriate Progressions, (IV), Essential

Kenneth Cieslak, DC, ATC, CSCS, Rothman Orthopedics/Teaneck High School

At the end of this session, attendees will be able to:

- Recognize the most common low back pain diagnoses, their sign and symptom patterns and objective findings common to each.
- Examine the literature to determine the efficacy of applying the most recent clinical prediction rules for determining an appropriate treatment strategy.
- Examine the literature as it applies to such rehabilitation concepts as: motor control programs, strengthening protocols, proprioceptive strategies, and manual therapy approaches, and discuss their relative value, and limitations in an effective treatment.
- Discuss the role of movement screens, their potential role in the diagnostic process, and their potential pitfalls.

Strategies for Effective Bleeding Control All Athletic Trainers Should Know and Perform, (III), Advanced

David Berry, PhD, MHA, ATC, Saginaw Valley State University

At the end of this session, attendees will be able to:

- Identify and discuss the pathophysiology, clinical features, and risk of shock in the prehospital setting.

- Examine and discuss the current evidence to determine the effectiveness and efficacy bleeding control devices (e.g., tourniquets and hemostatic dressings) in the prehospital setting to control bleeding and minimize shock.
- Identify, discuss and demonstrate the application procedures for the use of measures (e.g., tourniquets and hemostatic agents) in the prehospital setting to control bleeding and minimize shock.

Effective Concussion Education: Who, What, When, Where, Why and How? (I), Essential

Julia Drattell, MEd, LAT, ATC, University of Georgia

Julianne Schmidt, PhD, LAT, ATC, University of Georgia

At the end of this session, attendees will be able to:

- Summarize cultural and structural features that impact concussion reporting.
- Recognize barriers for concussion reporting in their community.
- Identify and apply appropriate interventions aligned with best practices in their clinical practice.

Lectures

Position Statements: Sharing Evidence With Practicality, (V), Essential

Presented by the NATA Pronouncements Committee

Jennifer Medina McKeon, PhD, ATC, CSCS, Ithaca College

Portia Resnick, PhD, California State University at Long Beach

At the end of this session, attendees will be able to:

- Describe the grading process of evidence used within position statements.
- Integrate the position statement recommendations into practice.
- Construct policies and procedures based on the evidence outlined in the position statement.

When Nonspecific Low Back Pain Goes Sideways: Fibromyalgia in the College Student Athlete, (II, IV), Advanced

Matt Mills, MA, LAT, ATC, Springfield College

At the end of this session, attendees will be able to:

- Identify key red flags for non-orthopedic etiologies of back pain.
- Outline best practices for a multimodal treatment strategy for a patient with fibromyalgia.
- Describe the current literature regarding risk factors for fibromyalgia diagnosis.

Ready for Interprofessional Collaboration? Promoting Dialogue Between Academic/Health Care Stakeholders To Improve Readiness for Entry-level Practice, (V), Advanced

Presented by the Association of Schools of Allied Health Professions

Anthony Breitbach, PhD, ATC, FASAHP, Saint Louis University
Elizabeth Swann, PhD, ATC, Nova Southeastern University

At the end of this session, attendees will be able to:

- Describe an interprofessional summit for engaging academia and clinical partners to improve entry-level practice.
- Describe how interprofessional education can improve outcomes for entry-level practice.
- Develop activities in personal context to engage academic/clinical partners to improve entry-level practice.

Diagnostic Ultrasound: An Athletic Trainers Guide to Clinical Use, (I, II), Advanced

Stephen Thomas, PhD, ATC, Thomas Jefferson University
Joseph Augustyn, RDCS, RDMS, A+ Mobile Ultrasound Services

At the end of this session, attendees will be able to:

- Describe the physics of ultrasound including proper terminology.
- Apply proper probe manipulation and patient positioning.
- Identify image characteristics of both healthy and injured musculoskeletal tissues.
- Analyze tissue characteristics from ultrasound images to aid in injury prevention and rehabilitation progression.

Checking In: Social, Emotional & Physical Well-Being Matters More Than Ever in Adolescent Athletes, (I), Essential

Jessica Wallace, PhD, ATC, University of Alabama

At the end of this session, attendees will be able to:

- Summarize social, emotional and physical wellbeing.
- List measures of social, emotional and physical wellbeing that can be utilized in clinical practice.
- Explain benefits of sport on adolescent wellbeing.

All-Stars in Your Mind: Mind Mapping, (IV), Essential

Alan Nasypany, EdD, ATC, University of Idaho

At the end of this session, attendees will be able to:

- Identify the prevalence of altered “mind map” / perception/perceptual pattern that is present post injury.
- Describe how often the patient can’t visualize/imagine doing their desired activity.
- Describe how to restore normal/optimal neural pathways.
- Describe proficiency in performing a 10-second technique to restore normal/optimal neural pathways.

Making Data-Driven Treatment Decisions To Improve Patient Care and Attenuate Long-Term Disability After an Ankle Sprain, (I, III, IV), Advanced

Phillip Gribble, PhD, ATC, FNATA, University of Kentucky

Kyle Kosik, PhD, ATC, University of Kentucky

At the end of this session, attendees will be able to:

- Apply functional assessments and patient outcomes to make data-driven decisions on patients who are at risk of an ankle sprain.
- Illustrate effective injury prevention programs that reduce the risk of a recurrent ankle sprain and optimize return-to-work, life and sport.
- Explain how equity, inclusion, and lack of access to proper healthcare in rural communities and underserved urban areas increase the risk of inappropriate treatments for an ankle sprain.
- Describe the important role that athletic trainers have in making data-driven treatment decisions to improve patient care and attenuate long-term disability after an ankle sprain.

Providing Athletic Training Services to Intellectually Disabled Athletes, (V), Essential

Jeffrey Kawaguchi, ATC, PT, Pacific University

At the end of this session, attendees will be able to:

- Describe the unique features of athletic training services for athletes with an intellectual disability.
- Describe and dispel the obstacles and barriers facing practicing clinicians.
- Create a pathway for providing care for intellectually disabled athletes.

Spirituality... Where Do ATs Fit? (I), Essential

Annette Martinez, EdD, ATC, University of the Pacific

At the end of this session, attendees will be able to:

- Define religion and spirituality.
- Draw connections between patient care and patients' spiritual needs.
- Locating community resources to aid student-athletes with their spiritual wellness.
- Describe the benefits of religious and spiritual practices in health care.

Using Clinical Site Assessments and Documentation To Present Your Worth, (V), Essential

Presented by the NATA Professional Development Committee

Bart Peterson, MSS, AT, Palo Verde Magnet High School

Kalli Johnson, ATC, OPES, ITAT, NovaCare

At the end of this session, attendees will be able to:

- Apply the Program Assessment for Safety in Sport (PASS) into their clinical setting.
- Describe the process of gathering data to present to their administrators.
- Summarize examples of success work improvement experiences from athletic trainers.

A Systematic Evaluation Strategy for Hip and Groin Pain, (II), Essential

Kate Jochimsen, PhD, ATC, West Virginia University

At the end of this session, attendees will be able to:

- Implement a systematic evaluation for hip and groin pain.
- Educate patients on treatment options and prognosis for common hip and groin injuries.
- Identify impairments to guide a successful rehabilitation to optimize return-to-work and return-to-sport outcomes.

Tell Me How You're Really Doing: How to Meaningfully Implement Patient-Reported-Outcome Measures Into Clinical Practice, (II, V), Essential

Matthew Smitley, DAT, LAT, ATC, University of Idaho

At the end of this session, attendees will be able to:

- Identifying pertinent outcome measures.
- Discuss key topics associated with PROMs.
- Explain rationale for selection of specific PROMs.
- Organize PROM data into a meaningful patient- and clinician-focused perspective.

Understanding Patient Perceptions: Considering Psychosocial Barriers for Recovery in Patients With Knee Injury, (I, II), Advanced

Shelby Baez, PhD, ATC, University of North Carolina at Chapel Hill

Christopher Kuenze, PhD, ATC, Michigan State University

At the end of this session, attendees will be able to:

- Summarize recent evidence about patient perceptions and attitudes toward treatment and rehabilitation after knee injury.
- Describe motivational interviewing strategies for patients following knee injury.
- Enhanced goal-setting intervention to aid patients with knee injury in overcoming psychosocial barriers to recovery.

Contextualizing the Convergence of Data Analytics, Sports Medicine and Epidemiology, (I), Essential

Avinash Chandran, PhD, Datalys Center for Sports Injury Research and Prevention Inc.

At the end of this session, attendees will be able to:

- Define data analytics and describe the conceptual overlap between epidemiology and data analytics.
- Identify examples of theoretically-informed data analytics applications in sports medicine practice.
- Apply principles of epidemiology and data analytics to formulate questions seeking data-driven insights for clinical problems.

Facilitating Race Dialogue With Preceptors Working With Student-Athletes and Athletic Training Students, (V), Essential

Tamaria Hibbler, MS, LAT, ATC, University of Arkansas

At the end of this session, attendees will be able to:

- Define concepts related to identity, culture, diversity and inclusion.
- Define implicit bias and how it is related to working with student-athletes and athletic training students.
- Develop practical skills to become more culturally competent (or inclusive) in their athletic training practice.

Day-Tuh or Da-Tuh: The Relationship Between Data and Value in the Secondary School Setting, (I), Essential

Presented by the NATA Secondary School Athletic Trainers Committee

Mike Hopper, MS, LAT, ATC, Bishop Lynch High School

Christine Collins, PhD, Datalys Center for Sports Injury Research and Prevention, Inc.

At the end of this session, attendees will be able to:

- Integrate data collection techniques into secondary school ATs daily practice.
- Illustrate potential cost-savings to employers and patients through medical services rendered by athletic trainers.
- Interpret athletic training treatment patterns and justify future needs.
- Educate athletic trainers about ongoing injury surveillance efforts at secondary schools in the United States.

The Female (and Male) Athlete Triad: Updates, Nutrition Implications and Screening Tools To Prevent Low Bone Mineral Density, (I, II), Essential

Presented by the Sports and Human Performance Nutrition

Kim Schwabenbauer, DHSc, MS, RD, Clarion University of Pennsylvania

At the end of this session, attendees will be able to:

- Define the female and male athlete triad (“the triad”).
- Discuss health consequences of the triad.
- Describe who might be at risk for the triad and why.
- Describe nutrition implications, possible screening tools, prevention strategies and treatment for athlete affected by the triad.

Health Disparities in Secondary School Athletics, (I, V), Essential

Christianne Eason, PhD, ATC, Korey Stinger Institute

At the end of this session, attendees will be able to:

- Describe areas of healthcare inequities in high school sports across the country.
- Recognize common barriers to hiring athletic trainers in high schools.
- Identify initiatives that have been used to recruit, hire and retain athletic trainers in high schools.

The Data-Driven Athletic Trainer, (V), Essential

Presented by the NATA Committee on Practice Advancement

Scott Mullett, MA, AT, CEFE, Premier Health Partners

At the end of this session, attendees will be able to:

- Identify basic data science concepts and how athletic trainers can utilize these concepts to their advantage in everyday documentation.
- Demonstrate data collection techniques and methods needed to present this information to stakeholders.
- Analyze studies on the triple aim approach to health care where data was a key component that increased the value of AT services.
- Synthesize the information presented and discover new insights into how to become a data-driven athletic trainer.

Do High Workloads Increase the Risk of Injury in College Swimmers? (I), Essential

Travis Pollen, PhD, Thomas Jefferson University

At the end of this session, attendees will be able to:

- Describe the training–injury prevention paradox epitomized by swimming.
- Compare and contrast acute workloads and acute:chronic workload ratios for workload monitoring.
- Assess the merits and drawbacks of college swim teams’ winter training trips.

Connection & Engagement: YOU are the NATA, (V), Essential

Presented by the NATA Connection and Engagement Committee

(Non-CEU Session)

Patricia Aronson, PhD, LAT, ATC, University of Lynchburg

AJ Duffy, MS, PT, ATC, Widener University

At the end of this session, attendees will be able to:

- Empower athletic trainers to find a niche for NATA involvement.
- Describe the pathways that are available to have a voice in NATA.
- Assess their current involvement and role in athletic training and how they can become a more active member.

Trusting the Test: Optimizing Return-to-Sport Testing Following ACL-Reconstruction, (II), Essential

Stephan Bodkin, PhD, ATC, ATC, University of Utah

At the end of this session, attendees will be able to:

- Describe appropriate timing to administer return-to-sport tests to optimize patient outcomes.
- Describe clinical actions to take when patients fail to meet expected outcomes within return-to-sport testing.
- Identify key objective measures that best informs clinicians of the functional progression of their patient.

Mind the Gap: The Role of the Athletic Trainer in Addressing the Needs of Publicly Insured Patients, (I, V), Essential

Samuel Johnson, PhD, ATC, CSCS, Oregon State University

At the end of this session, attendees will be able to:

- Explain the evidence in how athletic trainers can improve access to care and healthcare utilization.
- Discuss ways athletic trainers can use this information to advocate for their patients and their profession.

Learning Labs

Using Data To Advance Injury Screening and Rehabilitation: Integrating Two-Dimensional Biomechanics Into Clinical Practice, (I, II, IV), Advanced

Neal Glaviano, PhD, ATC, University of Connecticut

At the end of this session, attendees will be able to:

- Compare 3D and 2D biomechanics for injury screening and rehabilitation settings.
- Recognize the application of 2D biomechanics for injury screening by using established kinematic thresholds to identify elevated risk across various lower extremity conditions.
- Recommend 2D kinematic measures for the trunk and lower extremity during various functional tasks during rehabilitation while comparing to measurements of error.
- Review various tools that can be implemented in clinical practice (using camera and apps).

Removal of Snowsport Equipment in an Emergency Situation, (III), Essential

Jaron Santelli, MD, US Ski and Snowboard

At the end of this session, attendees will be able to:

- Describe primary and secondary survey with a focus on the elite snow sport athlete.
- Evaluate proper equipment removal techniques to maximize athlete safety and comfort.
- Describe packaging and transport from an alpine environment.
- Analyze different techniques in relation to environmental limitations.

Mobilization and Reduction Techniques in AT, (II, III, IV), Advanced

Charles Whedon, MS, LAT, ATC, Monmouth University

At the end of this session, attendees will be able to:

- Describe the anatomy and pathomechanics of joint dysfunction, identifying signs of joint dysfunction.
- Recognize indications and contraindications for each of the articulations presented.
- Evaluate the effectiveness/success of their mobilization/reduction efforts.

Take a Breath: Introduction to Mindfulness and Meditation, (I, IV), Essential

Cynthia O'Connell, MEd, Mindfulness Connection LLC

At the end of this session, attendees will be able to:

- Recognize neuroplasticity, through mindfulness, the mind's ability to change and accept what is.
- Develop the ability to bring mindfulness into work and everyday life.
- Extend the skills of stress management.
- Distinguish the value of strengthening attention to enhance both academic and athletic performance.

Working With Deaf and Hard of Hearing Athletes: What You Need to Know, (I), Essential

Joshua Woodall, MEd, LAT, ATC, Bryan ISD

At the end of this session, attendees will be able to:

- Describe Deaf and hard of hearing culture as it pertains to interaction in the clinical setting.
- Apply appropriate strategies to effectively communicate with and educate Deaf and hard of hearing patients.
- Determine appropriate modifications for the Deaf and hard of hearing athlete for safe participation in sport.

Think Fast! Incorporating Perceptual-Motor Functioning Into Rehabilitation After ACL Reconstruction, (I, IV), Advanced

Elaine Reiche, MS, LAT, ATC, Michigan State University

At the end of this session, attendees will be able to:

- Summarize and define perceptual-motor deficits after ACL reconstruction.
- Describe theoretical models used to evaluate and treat perceptual-motor function after anterior cruciate ligament reconstruction.
- Discuss the relationship between secondary injury risk and perceptual-motor function impairment.

Implementing the International Ankle Consortium Consensus Statement on Rehabilitation-Oriented Assessment Following Acute Lateral Ankle Sprain, (II, IV), Essential

Ryan McCann, PhD, ATC, CSCS, Old Dominion University

At the end of this session, attendees will be able to:

- Explain the value of performing an impairment-based clinical assessment to guide the planning of therapeutic interventions and return-to-activity for patients with an acute lateral ankle sprain injury.
- Identify and mitigate barriers to the implementing the International Ankle Consortium consensus statement on ROAST when clinically assessing patients with an acute lateral ankle sprain injury.
- Implement the recommendations of International Ankle Consortium consensus statement on ROAST in their day-to-day clinical practice for patients with an acute lateral ankle sprain injury.

Advanced Manual Therapy of the Hip, (IV), Advanced

James Scifers, DScPT, LAT, ATC, Moravian College

At the end of this session, attendees will be able to:

- Utilize the evidence supporting the use of manual therapy in the treatment of various hip pathologies.
- Apply clinical prediction rules to determine which patients will benefit from manual therapy interventions of the hip.
- Differentiate and apply precautions and contraindications to the use of manual therapy techniques for the hip.

Saturday, June 24

Forums

Getting Dressed for Activity: How To Implement Best Practices in the Management of Acute Skin Trauma, (II, III), Advanced

Joel Beam, EdD, LAT, ATC, University of North Florida

Cassie Ettel, MA, LAT, ATC, Jacksonville Jaguars

At the end of this session, attendees will be able to:

- Explain the purposes and goals of evidence-based cleansing, debridement, and dressing interventions for the management of acute skin trauma.
- Differentiate evidence-based cleansing, debridement, and dressing interventions based on the characteristics of the wound, needs of the patient with acute skin trauma, and clinical practice setting resources.

- Integrate evidence-based acute skin trauma management plans into individual clinical practice settings.

Optimizing Your Concussion Assessment and Return-to-Sport Practices: An Evidence-Based Strategy Discussion, (I, II, V), Essential

Landon Lempke, PhD, LAT, ATC, Boston Children's Hospital
Samuel Walton, PhD, ATC, Virginia Commonwealth University

At the end of this session, attendees will be able to:

- Review current evidence-based recommendations for sport-related concussion assessment.
- Recognize the added value and importance of measuring whole-person health and wellness in their patients before and after concussion.
- Select appropriate concussion assessments based upon their clinical setting and resources.

Lectures

Being an Ally to Patients & Students Who Are Undocumented, (I, II, V), Essential

Jamie DeRollo, DAT, MBA, ATC, Modesto Junior College

At the end of this session, attendees will be able to:

- Differentiate between the four main categories of persons living in the United States.
- Describe allyship as it relates to athletic training practice and the four basic levels of becoming an ally.
- Develop practices within the athletic training facility and practice to maintain safety for undocumented patients.
- Implement practices to mitigate barriers to healthcare for undocumented patients.

Daily Psychological Readiness, Fatigue and Tissue Stress Monitoring: A Data-Driven Approach to Injury Prevention, (I), Advanced

Kelly Cheever, PhD, LAT, ATC, University of Texas at San Antonio
Denver Brown, PhD, University of Texas at San Antonio

At the end of this session, attendees will be able to:

- Define and discuss the component factors of psychological and physiological readiness.
- Identify easy, affordable and effect ways for athletic trainers to monitor daily fluctuations in each individual athletes physiological and psychological readiness for sport participation.
- Illustrate simple data visualization techniques to organize and track trends in individual athletes physiological and psychological readiness in response to their daily workload.
- Discuss known determinates of injury risk as they pertain to physiological and psychological readiness.

Application of a Mental Health Protocol in College Athletics, (I, II, III, IV, V), Essential

William Drake, MEd, LAT, ATC, Gonzaga University

At the end of this session, attendees will be able to:

- Identify key components of a mental health protocol and how they apply to real-world cases.
- Compare PHQ9 sample data to actual outcomes of case examples.
- Discover key tools in referral patterns, triage of cases and proper release communications for safety plans.

Making the Most of Your Concussion Assessment To Identify Concussion Subtypes and Optimize Treatment Strategies, (II, IV), Advanced

Tamara Valovich McLeod, PhD, ATC, FNATA, A. T. Still University

At the end of this session, attendees will be able to:

- Interpret findings of the concussion symptom scale and clinical profile screening tool for patients with various concussion presentations.
- Identify patient-report outcome measures that build upon symptom assessment findings.
- Identify concussion subtypes or profiles based on the subjective and objective aspects of the clinical examination.
- Develop individualized treatment plans that address the symptoms, impairments, and functional limitations identified by a patient.

Cultural Competence - Treatment of Non-native English Speakers, (V), Essential

Matthew Rivera, DAT, LAT, ATC, Indiana State University

At the end of this session, attendees will be able to:

- Differentiate cultural competence, cultural agility, and cultural proficiency.
- Describe the importance of cultural agility as it relates to communicating with diverse patient populations.
- Summarize the strategies that previous ATs have used to communicate with NNES patients.
- Identify strategies to help improve communication with NNES patients in their care.

Clinical Considerations for Transgender and Gender-Diverse Patients in the Secondary School Setting: The AT's Perspective, (I, V), Advanced

Presented by the NATA LGBTQ+ Advisory Committee

Kevin Schroeder, DAT, LAT, ATC, University of New Mexico

Jennifer Sturtevant, MBA, LAT, ATC, Melrose Wakefield Healthcare

At the end of this session, attendees will be able to:

- Describe various healthcare needs and social determinants of health affecting TGD patients treated by athletic trainers in secondary schools.

- Identify different types of procedures and treatments undergone by TGD patients who participate in sport.
- Summarize different means to address various orthopedic and non-orthopedic considerations in TGD patients.
- Discuss regulations and documentation practices affecting TGD patients.

“Being Top Heavy”: Evidenced-Based Postoperative Upper Extremity Testing Criteria for Informing Return-to-Sport, (V), Advanced

Kurrel Fabian, DAT, LAT, CSCS, Western Carolina University
Bailey Lanser, PT, DPT, SCS, University of Wisconsin

At the end of this session, attendees will be able to:

- Investigate the objective outcome measures available for postoperative upper extremity injuries.
- Analyze the areas of impairments at different stages throughout the rehabilitation process of upper extremity injuries.
- Determine the interpretation of testing results and how to incorporate interventions to respond to deficits.
- Explore variations in testing procedures for a variety of settings and recovery levels.

Leveraging “Big Data” To Improve Clinical Practice: A Blueprint To Enhance Practitioner Value in Athletic Training, (I), Advanced

Marc Norcross, PhD, ATC, Oregon State University

At the end of this session, attendees will be able to:

- Describe the types of data that can be included in a health analytics program (e.g., injury/illness characteristics, treatment and rehabilitation records, time at risk, etc.).
- Identify methods and support the need for quality data monitoring to maximize value.
- Explain how data in a health analytics program can be used to inform everyday clinical practice and increase practitioner value.
- Discuss the benefits of clinician-engaged research and describe a framework for connecting career researchers and practicing clinicians.

Patellofemoral Pain: Improving Athletic Trainer Knowledge To Optimize Patient Outcomes, (I, II, IV), Essential

Erika Zambarano, MS, LAT, ATC, University of Toledo
Neal Glaviano, PhD, ATC, University of Connecticut

At the end of this session, attendees will be able to:

- Describe the assessment and diagnosis of PFP.
- Identify and assess risk factors for the development of PFP.
- Differentiate evidence-based treatments for PFP from those that are not supported by evidence.

- Describe the prognosis and long-term outcome expectations to patients and provide appropriate education for self-management.

Creating an Inclusive Environment for Transgender and Gender-Diverse Patients, (I, V), Essential

Amanda Tritsch, PhD, LAT, ATC, University of South Florida

Meredith Decker, PhD, LAT, ATC, University of Texas at Arlington

At the end of this session, attendees will be able to:

- Identify barriers to healthcare for transgender and gender-diverse patients.
- Utilize patient-centered strategies when working with transgender and gender-diverse populations.
- Identify ways to increase inclusivity in their practice settings and clinic environments.

The Role of the Athletic Trainer in Cheerleading, (I, V), Essential

Presented by the American Association of Cheerleading Coaches and Administrators (USA CHEER)

Karen Lew Feirman, DHSc, LAT, ATC, Varsity Spirit

Ryan Manely, DHSc, LAT, ATC, Sterling College

At the end of this session, attendees will be able to:

- Develop an appropriate coverage plan for cheerleading athletes.
- Examine opportunities to educate cheerleaders and coaches on injury-prevention techniques specific to cheerleading.
- Implement a consistent reporting process for cheerleading-related injuries.
- Construct an appropriate emergency action plan specific to cheerleading.

Affiliating the Unaffiliated: Developing Effective Immersive Clinical Experiences, (V), Advanced

Presented by the NATA Professional Education Committee

(Non-CEU Session)

Ashley Thrasher, EdD, LAT, ATC, Western Carolina University

Adam Rosen, PhD, ATC, University of Nebraska at Omaha

At the end of this session, attendees will be able to:

- Foster relationships with athletic training programs to become an immersive clinical education site.
- Align the needs of students with expectations of athletic training programs and immersion experiences.
- Effectively evaluate students in the immersive experience.
- Develop student autonomy in their journey of transitioning to independent practice.

Optimizing Return-to-Sport for Injured Athletes Via Collaboration Between Athletic Trainer and Sport Psychologist, (IV), Advanced

Timothy White, ATC, CSCS, White House Athletics

At the end of this session, attendees will be able to:

- Explain and give examples of the role of the athletic trainer and the role of the sport psychologist when collaborating as part of an interdisciplinary treatment team.
- Apply specific psychological techniques and strategies to their patients while completing rehabilitation exercises and activities.
- Use a collaborative process to evaluate an athlete's physical and psychological readiness to return to sport and make recommendations accordingly.

Atrial Fibrillation in Athletes: What Athletic Trainers Should Know, (I, II), Essential

Jill Murphy, DPT, ATC, CSCS, MotionWorks Physical Therapy

At the end of this session, attendees will be able to:

- Recall the three main pathophysiological, exercise-induced contributors to the development of lone atrial fibrillation in athletes.
- Identify four specific risk factors that might flag athletes at high risk of atrial fibrillation.
- Detail current recommendations for training modifications for athletes deemed to be at high risk for atrial fibrillation.
- Describe the treatment options for athletes diagnosed with atrial fibrillation, and how each option potentially impacts athletic performance.

ACLX: TED-Style Dialogues Covering the Scope and Depth of ACL Injury, Rehabilitation and Return-to-Sport, (I, IV), Advanced

Sarah Sherman, DPT, ATC, SCS, Live4 Physical Therapy and Wellness

David Sherman, PhD, DPT, ATC, Live4 Physical Therapy and Wellness

At the end of this session, attendees will be able to:

- Discuss the real-world complexity of guiding a patient through ACL injury and rehabilitation as well as the breadth of knowledge that is required to address all impairments, functional limitations, and psychosocial factors.
- Translate emerging ACL injury and rehabilitation evidence into existing clinical practice standards throughout the continuum of care.

COVID-19: Understanding and Management of Long COVID Syndrome, (I, II, IV), Essential

Scott Cheatham, PhD, DPT, ATC, California State University Dominguez Hills

At the end of this session, attendees will be able to:

- Identify the possible etiological causes of long COVID syndrome.
- Identify the negative long-term physiological effects that occur from long COVID syndrome.
- Integrate evidence-based evaluation techniques in the assessment and monitoring of individuals with long COVID syndrome.

- Apply current rehabilitation and management strategies for individuals with long COVID syndrome.

WBG? But It's a Dry Heat! Establishing State-Specific Guidelines for Heat, (I, V), Advanced

Hayley Root, PhD, ATC, Northern Arizona University

Tamara Valovich McLeod, PhD, ATC, FNATA, A. T. Still University

At the end of this session, attendees will be able to:

- Describe the need for state-specific weather modification guidelines.
- Compare and contrast common weather measurement strategies for humid versus dry climates.
- Describe and apply strategies to promote stakeholder buy-in for policy development.

Strategies To Promote Health Literacy in Athletic Training Practice, (I, II, V), Essential

Meredith Madden, EdD, LAT ATC, University of Southern Maine

At the end of this session, attendees will be able to:

- Define health literacy and connect through essential frameworks (eg, the quintuple aim, quality care aims and social determinants of health).
- Describe foundational health literacy concepts and skills (e.g., plain language, checking for understanding, shared decision-making).
- Identify evidence-based health literacy resources for healthcare providers.
- Apply tools and strategies to promote health literacy in athletic training clinical practice.

Express Yourself! Tools for Communicating Needs for Career Advancement in Athletic Training, (V), Advanced

Presented by the NATA Career Advancement Committee

Alicia Montalvo, PhD, MPH, ATC, Arizona State University

At the end of this session, attendees will be able to:

- Describe language that can be used when entering a renegotiation of the terms of a job with a supervisor.
- Implement strategies to demonstrate their value and/or leverage their position.
- Identify areas in addition to salary that can be negotiated to improve financial, working, or work-life conditions.

State-of-the-Science Regarding Chronic Traumatic Encephalopathy and Traumatic Encephalopathy Syndrome: Empowering the Athletic Trainer With Evidence, (II), Essential

Shawnn Eagle, PhD, ATC, University of Pittsburgh

At the end of this session, attendees will be able to:

- Summarize the evolution and state of the current evidence related to chronic traumatic encephalopathy and traumatic encephalopathy syndrome.
- Discuss the ongoing trials related to chronic traumatic encephalopathy and the development of validated testing protocols to diagnose the disease in living people.
- Discuss useful strategies for the athletic trainer to discuss chronic traumatic encephalopathy from an evidence-based perspective with coaches, parents and athletes.

Prehospital Assessment and Management of Chest and Abdominal Trauma: Scientific and Practical Approach for Athletic Trainers, (III), Advanced

David Berry, PhD, MHA, ATC, Saginaw Valley State University

At the end of this session, attendees will be able to:

- Discuss the knowledge/skills associated with the administrative and risk management aspects of planning for prehospital chest and abdominal injuries and illnesses.
- Compare and contrast the pathologies of blunt and penetrating trauma and chest and abdominal trauma injury patterns.
- Examine and discuss the current scientific guidelines and treatment recommendations regarding the prehospital approach to chest and abdominal injury and illness management.

A Catalyst for Advancement of the Profession: Athletic Training Residency and Fellowship Training, (I, II, IV, V), Advanced

Presented by the Commission on Accreditation of Athletic Training Education

James Reidy, ATC, St. Luke's University Hospital

Hollie Walusz, MA, ATC, PES, Boston University

At the end of this session, attendees will be able to:

- Recognize the history and importance of specialty training and the role residency and fellowship programs play in the development of specialists.
- Distinguish between clinical, educational, and specialty training pathways for formalized or professional development toward specialized clinical athletic training practice.
- Analyze the developing scope of practice of the athletic trainer and its implication on state practice acts and their interpretation.
- Identify the importance of specialty training in the development of the athletic training profession and how this ties into advancement across all employment settings.

Avoiding Borderline Patient Care Practices to Stay Successful and Ethical, (V), Advanced

Presented by the NATA Committee on Professional Ethics

Suzanne Konz, PhD, ATC, CSCS, Marshall University

Paul Rupp, MS, LAT, ATC Oakton High School

At the end of this session, attendees will be able to:

- Discuss professional and ethical boundaries in athletic training practice.

- Review the NATA Code of Ethic Violation submission process.

The Pediatric Elbow: It's More Complex Than We Know. What Are We Missing with Evaluation, Diagnosis and Treatment? (II, IV), Advanced

Matthew Brewer, MS, LAT, ATC, Children's Hospital Colorado

At the end of this session, attendees will be able to:

- Identify the key sites of physeal development, and in what order they appear, in the pediatric elbow.
- Formulate a clinical diagnosis of the pediatric elbow through synthesizing the patient's history, physical examination, and radiographic data.
- Educate all appropriate stakeholders about possible differential diagnoses, and what constitutes referral for advanced care.
- Develop a series of injury prevention techniques that can deter pediatric elbow injuries from occurring.

Interactive Lectures

The Development and Implementation of an Athletic Medicine Clinic: An Interactive Workshop To Facilitate Development, (V), Essential

Jennifer Farrant, MEd, ATC, University of South Florida

Steve Walz, MA, ATC, University of South Florida

At the end of this session, attendees will be able to:

- Explain to stakeholders the need to implement an autonomous reporting structure for athletic trainers directly to medical professionals providing oversight.
- Identify opportunities within the existing framework to implement autonomous reporting structure and documentation for billing.
- Recognize barriers to integration of the medical model in the collegiate setting.
- Develop a structure that supports in-scope billing by athletics trainers and other providers within the athletic medicine clinic.

Active Learning Strategies: What Does the Data Shows and How Are Educators Implementing To Improve Student Outcomes, (V), Advanced

(Non-CEU Session)

Presented by the NATA Journal Committee

David Berry, PhD, MHA, ATC, Saginaw Valley State University

At the end of this session, attendees will be able to:

- Define active learning and explain why athletic training educators must begin implementing and executing strategies to improve health care service use and/or health outcomes among different racial, ethnic, cultural, or age groups.

- Examine the impact and discuss the current data (and knowledge gaps) regarding AL strategies within athletic training education.
- Develop active learning assignments for a broad spectrum of the athletic training education curriculum to teach some of the more complex and emerging latest topics (e.g., social determinants of health; health literacy; and diversity, equity and inclusion).

Building an Inter-Professional Framework for Treating Disordered Eating in Athletic Patients, (I), Advanced

Corey Hannah, EdD, LAT, ATC, University of Wisconsin at Eau Claire

At the end of this session, attendees will be able to:

- Identify the paradigm shift for team-based collaborative health care practice for complex cases.
- Construct a team of health care providers who utilize their own professional identity to meet the needs of a patient with disordered eating in both IPE and collaborative practice settings while maintaining strict patient confidentiality.
- Inter-relate the cross-disciplinary realms of health care to increase the ability of patients with disordered eating to return to school, sport, and work safely with necessary social support systems.
- Recommend when and how professionals should intervene on behalf of patients with disordered eating.

Using Patient Care Data To Demonstrate the Value and Worth of the Athletic Trainer, (V), Essential *Presented by the NATA Early Professionals Committee*

Kenneth Lam, ScD, ATC, A. T. Still University

At the end of this session, attendees will be able to:

- Comprehend the terminology of value and worth.
- Identify techniques to collect data using injury-tracking software.
- Interpret data to analyze associated costs, injury trends, medical care needs, etc.

Reduction Techniques for Athletic Trainers, (II, III, IV), Advanced

Mike Diede, PhD, ATC, Brigham Young University

At the end of this session, attendees will be able to:

- Distinguish when joint relocation is appropriate and when it is not.
- Identify differences in reduction techniques and recognize the appropriateness of each.
- Describe specific reduction/ relocation techniques according to anatomical structures involved.

To Have Error Is Human: To Conduct Baseline Testing for Concussion Is Divine, (I, II, V), Advanced

Jacob Resch, PhD, LAT, ATC, University of Virginia

Catherine Donahue, MEd, ATC, Point Loma University

At the end of this session, attendees will be able to:

- Integrate baseline assessments using time and cost-effective clinical measures of concussion.
- Discuss the most current evidence surrounding baseline assessments.
- Appreciate how technology may assist with the baseline assessment at the secondary, post-secondary, and professional levels of sport as well as non-sport venues.

Rehabilitation Fundamentals for Pregnant and Postpartum Athletes, (II, IV), Advanced

Aly Matejka, DAT, ATC, University of Findlay

Stephanie Born, PhD, University of Findlay

At the end of this session, attendees will be able to:

- Recognize signs and symptoms that an athlete may be pregnant or postpartum including identifying appropriate patient history questions to utilize in addition to recognizing when to refer the athlete to the appropriate healthcare professional including obstetricians.
- Discover conditions in pregnant and postpartum athletes that require modification to physical activity including athletic participation as well as treatment and rehabilitation modifications.
- Discover and apply treatment and rehabilitation modification appropriate for pregnant and postpartum athletes including breathing modification, intra-abdominal pressure modification, patient positioning modification, etc.

Using the NATA PRAT Case Studies for Advancing Athletic Training Practice, (V), Advanced

Presented by the NATA Professional Responsibility in Athletic Training Committee

Kendall Selsky, DHSc, LAT, ATC, North Central College

Jeffrey Sczpanski, MEd, AT, ATC, OhioHealth

At the end of this session, attendees will be able to:

- Apply the appropriate LERPS to a series of case studies to be able to distinguish which LERPS apply to each scenario.
- Identify how knowledge of professional guidelines can reduce role strain as an athletic trainer.
- Describe how knowledge of professional guidelines can improve evidence-based athletic training.
- Analyze complex professional scenarios by applying appropriate professional guidelines to each scenario.

Role of the Athletic Trainer in Optimizing Return-to-Play Following an Inducible Laryngeal Obstruction Diagnosis, (IV), Essential

Mitsue Wilcoxson, PhD, PT, ATC, Purdue University

At the end of this session, attendees will be able to:

- Provide examples of functional rehabilitation programs for athletes with ILO.
- Distinguish between prophylactic and treatment use of breathing exercises.

- Develop a collaborative plan with athletes with ILO to utilize breathing exercises prophylactically during return to practice and competition.

Learning Labs

The First Minute: An Evidence-Based Strategy To Approaching the Collapsed Athlete, (III), Essential

Neha Raukar, MD, MS, CAQ-SM, Mayo Clinic

At the end of this session, attendees will be able to:

- Describe their ability as the sideline provider in reducing preventable deaths.
- Practice maneuvers that will improve outcomes in collapsed athletes.
- Create an algorithm to approach the collapsed athlete.
- Discover the role of ultrasound in the sideline assessment of the collapsed athlete.

Clinician's Guide: Optimal Training for the Rotational Athlete, (I, II, IV), Advanced

Brady Tripp, PhD, LAT, ATC, University of Florida

At the end of this session, attendees will be able to:

- Classify sports or individual activities as rotational.
- Identify key rotational/transverse plane movements specific to individual sports and activities.
- Integrate rotational/transverse plane exercises into performance enhancement / injury prevention programs.
- Design sport- or activity-specific training programs.

Management and Care of Exertional Heat Stroke, (II, III), Essential

William Adams, PhD, ATC, ATC, University of North Carolina at Greensboro

At the end of this session, attendees will be able to:

- Select the appropriate diagnostic tools and treatment modalities to treat a patient with exertional heat stroke.
- Recognize and identify the life-threatening signs and symptoms of exertional heat stroke.
- Create an emergency action plan specific to exertional heat stroke.

Change is Afoot for Ankle Sprain Rehabilitation, (IV), Advanced

Matthew Hoch, PhD, ATC, University of Kentucky

At the end of this session, attendees will be able to:

- Explain the rationale for using foot-focused rehabilitation strategies in patients with a history of ankle sprain.
- Integrate the evidence related foot-focused rehabilitation for patients with a history of ankle sprain into clinical decision-making.
- Interpret clinical outcome measures associated with foot-focused interventions

The Base of It All: Pelvic Girdle Evaluation and Treatment Tools, (I, II, IV), Essential

Alli Powell, DAT, LAT, ATC, Colorado Mesa University

At the end of this session, attendees will be able to:

- Identify malalignments within the pelvic girdle with evaluation tools.
- Select the appropriate testing to evaluate the pelvic girdle.
- Choose a treatment intervention to correct the associated pelvic malalignment.

The Upper Extremity Return-to-Activity Dilemma: What Assessments and Tests Help Guide Clinician Decision-Making? (IV), Advanced

Aaron Sciascia, PhD, ATC, FNAP, Lexington Clinic

At the end of this session, attendees will be able to:

- Define optimized anatomy, task-specific motor patterns, and sequential activation through the kinetic chain, which will provide the skills necessary to perform a comprehensive full body assessment on overhead athletes with shoulder dysfunction/injury.
- Gain knowledge of the current evidence regarding specific kinetic chain assessment techniques, which will allow for better selection of appropriate maneuvers.
- Identify motor control and kinetic chain-based exercises related to upper extremity activity performance.

Adding Movement to Mobilizations to Restore Function and Decrease Pain, (II, IV), Advanced

Rodrigo Martinez, DAT, LAT, ATC, Florida International University

At the end of this session, attendees will be able to:

- Identify the assessment significance of joint asymmetry in both painful and non-painful joints.
- Identify limited or painful ROM of the lower extremity.
- Interpret evaluative findings and implement proper interventions.