

NATA 2024 PRELIMINARY PROGRAM

THEMES

● **HEALTH CARE ADMINISTRATION**

● **PERFORMANCE RECOVERY**

(BCS-O)- Denotes Orthopedic Specialty Certification Domain

TUESDAY, JUNE 25

ADVANCED TRACKS, 8 A.M. – 3 P.M.

MANAGEMENT OF ACUTE SKIN TRAUMA: EVIDENCE AND
INTEGRATION INTO CLINICAL PRACTICE, (I, II, IV),
ADVANCED

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

Bernadette Buckley, PhD, LAT, ATC, University of North Florida

Brandon Harthan, PA-C, LAT, ATC, Children's Hospital New Orleans

Limited seats available

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

- Explain the purposes and goals of cleansing, debridement, dressing and closure techniques for the management of acute skin trauma.
- Identify the evidence-based cleansing, debridement, dressing and closure techniques used for the management of acute skin trauma.
- Explain best practice guidelines for patient assessment, daily monitoring and education for the management of acute skin trauma.

SPORTS SCIENCE: FROM RISK MITIGATION TO RETURN-TO-PERFORMANCE AND EVERYTHING IN-BETWEEN: LEVERAGING SPORTS SCIENCE TO ENHANCE YOUR PRACTICE, (I, IV, IV), ADVANCED

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

Mark Coberley, MS, LAT, ATC, Iowa State University

Sue Falsone, PT, SCS, ATC, Structure and Function Education, PLLC

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

- Advocate for organizational models that highlight the skills of athletic trainers while being conducive for the implementation of sports science.
- Recognize how sports science data can enhance athletic training practice relative to identifying injury trends, anatomical asymmetries and potential elevated risk of injury.
- Analyze findings of objective and qualitative measures to create a plan of care to improve patient/client outcomes.
- Summarize and communicate objective and qualitative data to improve patient/client outcomes and health literacy.

BLENDED SIX-HOUR SESSION, 8 A.M. – 12 P.M.

** TWO HOURS ASYNCHRONOUS PRE-CONVENTION WORK, FOUR HOURS ON-SITE **

ADVANCED INSTRUMENT ASSISTED SOFT-TISSUE MOBILIZATION TECHNIQUES FOR THE EXTREMITIES: HELPING YOUR PATIENTS REACH THEIR GOALS, (I, II, IV, IV), ADVANCED

Aric Warren, ATC, Oklahoma State University

Phil Vardiman, PhD, LAT, ATC, Kansas State University

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

- Explain the indications and contraindications for using instrument assisted soft-tissue mobilization.
- Identify the need for using IASTM using current evidence.
- Apply advanced IASTM techniques on the extremities.
- Select appropriate IASTM application techniques when treating the upper and lower extremities.

THE SCIENCE OF SAFEGUARDING ARMS: MITIGATING INJURY RISK THROUGH COMPREHENSIVE CLINICAL AND BIOMECHANICAL ASSESSMENTS OF OVERHEAD ATHLETES, (I, II), ADVANCED

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

Tyler Hamer, PhD, New York Mets

Laura McDonald, PhD, ATC, CSCS, OGX Softball

Samual Wilkins, PhD, ATC, University of Nebraska at Omaha

Tomohiro Ide, MA, ATC, University of Nebraska at Omaha

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

- Acquire the ability to select the most useful and reliable measures to assess an overhead athlete's risk of injury.
- Identify the most important clinical and biomechanical variables associated with a higher risk for elbow and shoulder injuries.
- Design evidence-based programs to assist in mitigating shoulder and elbow risk of injury in overhead athletes.

ADVANCED TRACKS, 1 P.M. – 5 P.M.

FASCIAL DISTORTION MODEL FOR MUSCULOSKELETAL INJURIES, (II, IV), ADVANCED

Brian Farr, MA, LAT, ATC, University of Texas at Austin

Todd Capistrant, DO, American Fascial Distortion Model Association

Kenneth Nakasone, DPT, ATC, American Fascial Distortion Model Association

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

- Identify the six types of connective tissue dysfunctions according to FDM.
- Describe indications, precautions and contraindications to using FDM and adhere to them in clinical practice.
- Integrate the appropriate selection of FDM techniques into the overall treatment strategy of musculoskeletal dysfunction.
- Incorporate the FDM as part of a multi-model approach to address musculoskeletal dysfunction.
- Recognize the common body language for the six types of fascial dysfunction.
- Select and apply FDM techniques to improve patient outcomes associated with musculoskeletal dysfunction.

WEDNESDAY, JUNE 26

FORUM, 10 A.M. – 10:55 A.M.

ADVANCING POLICY AND PRACTICE FOR TRANSGENDER AND GENDER DIVERSE INCLUSION IN HEALTH CARE AND THE WORKPLACE, (I, V), ADVANCED

Amanda Tritsch, PhD, LAT, ATC, CSCS, University of South Florida
Chloe Klaus, MS, LAT, ATC, University of Notre Dame

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

- Identify terminology relevant to transgender and gender diverse patients and colleagues in the workplace.
- Apply best practices to existing policy language.
- Develop a policy regarding gender-affirming care for patients and/or employees.

INTERACTIVE LECTURES, 10 A.M. – 10:55 A.M.

A PATIENT CASE APPROACH TO THE DIFFERENTIAL DIAGNOSIS OF DIZZINESS, (II, IV, V), ADVANCED

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

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

- Identify the common causes of dizziness among physically active individuals.
- Describe the clinical presentation for various conditions associated with dizziness.
- Differentiate diagnoses based on clinical presentation and assessment findings.
- Recommend specific treatment pathways for each differential diagnosis.

INFLAMMATION: THE GOOD, THE BAD AND PEACE AND LOVE, (IV), ADVANCED

Presented by the NATA Professional Development Committee

Noelle Selkow, PhD, ATC, Illinois State University

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

- Describe the inflammatory process following injury and the thermodynamic properties of heat and cold.
- Facilitate proper modality use depending on the current phase of healing.
- Assess theories of RICE, POLICE and PEACE and LOVE and their place in injury healing.

LECTURES, 10 A.M. – 10:55 A.M.

HEART RATE VARIABILITY AND ITS USE IN EVALUATING EXERCISE RECOVERY, (I), ADVANCED

Portia Resnick, PhD, ATC, BCTMB, California State University at Long Beach

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

- Define physiological and anatomical changes that occur in the cardiovascular system with training.
- Explain the role of the autonomic nervous system in training and recovery.
- Describe the ways of examining heart rate variability (HRV).
- Provide examples of how to track changes in HRV based on training programs.
- Discuss the importance of subjective information in HRV changes.

LET'S TALK ABOUT MENTAL HEALTH: SUICIDE RECOGNITION, REFERRAL AND CRITICAL INCIDENT DEBRIEFING, (III), ADVANCED

Zachary Winkelmann, PhD, ATC, University of South Carolina

Elizabeth Neil, PhD, LAT, ATC, Temple University

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

- Recognize the signs, symptoms and risk factors for suicidal ideation with emphasis placed on concerns with women and female patients.
- Evaluate methods to screen for suicidality.
- Describe the immediate support procedures for a patient in crisis and establish evidence-based referral pathways for continued support.
- Compare resources available for athletic trainers following a critical incident.
- Examine critical incident stress management and debriefing.

POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME: WHAT ATHLETIC TRAINERS NEED TO KNOW, (IV), ESSENTIAL

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

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

- Define postural orthostatic tachycardia syndrome (POTS).
- Discuss assessment strategies for POTS among active individuals and athletes.
- Describe common management strategies for POTS for active individuals and athletes.

UNLEASHING THE POWER OF CRITICAL CONVERSATIONS: MASTERING THE ART OF PREPARATION, (I, II, IV), ESSENTIAL

Kasee Hildenbrand, PhD, LAT, ATC, Washington State University

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

- Summarize the significance of critical conversations and their impact on personal and professional relationships.
- Learn effective strategies and techniques to prepare for critical conversations, including setting objectives, anticipating challenges and managing emotions.
- Develop the ability to navigate difficult conversations with confidence, empathy and assertiveness, leading to better outcomes and stronger connections with others.

LEARNING LABS, 10 A.M. – 12 P.M.

WHY A HEAD-TILT-CHIN-LIFT IS NO LONGER ENOUGH, (III), ESSENTIAL

Jaclyn Arduini, MS, LAT, ATC, CAT(C), Oklahoma State University Center for Health Sciences
Jennifer Volberding, PhD, LAT, ATC, Oklahoma State University Center for Health Sciences

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

- Review the importance of maintaining a patent airway by using an adjunct airway.
- Evaluate the different types of adjunct airways and parameters for use.
- Discuss theoretical application of adjunct airways.

COMMUNICATION BOOTCAMP: TOUGH CONVERSATIONS IN DIVERSE POPULATIONS, (I, II, IV), (BCS-O: III), ADVANCED

Melissa Kossman, PhD, LAT, ATC, University of Southern Mississippi
Tamerah Hunt, PhD, LAT, ATC, Georgia Southern University

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

- Identify barriers and facilitators to positive communication in diverse sociocultural environments.
- Recognize personal characteristics contributing to successful and less successful difficult conversations.
- Implement evidence-based techniques to optimize communication in diverse sociocultural environments and improve patient care.

I DID THE BALANCE TESTING, NOW WHAT DO I DO? EXERCISE PRESCRIPTION FOR THE VESTIBULAR DOMAIN OF SPORT-RELATED CONCUSSION, (IV), ADVANCED

Amy Alexander, PT, Banner Health
Shelly Massingale, MPT, Banner Health

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

- Identify tests associated with the vestibular domain of sport-related concussion (SRC).
- Describe exercise progressions specific to the vestibular domain of SRC.
- Identify to which aspect of the vestibular domain an exercise pertains.

INTRODUCTION TO MSK ULTRASOUND: LOWER EXTREMITY, (II, IV), (BCS-O: I, II), ADVANCED

Shawn Hanlon, PhD, ATC, CSCS, University of Colorado at Anschutz

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

- Describe the science, benefits, applications and limitations of diagnostic ultrasound.
- Recall common terminology used in ultrasound studies.
- Interpret ultrasound imaging to identify superficial muscles, nerve, tendon, ligament and vascular structures.

THE OVERHEAD ATHLETE: MECHANICS, EVALUATION AND TREATMENT, (I), ADVANCED

Stephen Luca, MSPT, ATC, MedStar Sports Medicine

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

- Summarize the evaluation methods that simplify identifying the nature of the pathologies.
- Delineate exercises and exercise progression for the overhead athlete.
- Describe the evaluation of overhead athlete mechanics.

FORUM, 1 1:25 A.M. – 12:20 P.M.

HOW TO READ, COMPREHEND AND REACT TO LEGISLATION IMPACTING ATHLETIC TRAINERS, (V), (BCS-O: III), ESSENTIAL

Stephen Cage, EdD, University of Texas at Tyler

Brandon Warner, MEd, LAT, ATC, Grand Canyon University

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

- Describe the process by which legislation is generally enacted at the state and federal levels.
- Identify local, state and federal level advocates for sports medicine initiatives.
- Analyze how legislation applies to their clinical practice and patients.
- Develop a plan to read, comprehend and respond to legislation that may impact athletic training practice or athletic training stakeholders.

INTERACTIVE LECTURES, 1 1:25 A.M. – 12:20 P.M.

VISUAL AND HAPTIC FEEDBACK FOR IMPROVING BIOMECHANICS, (I, II), (BCS-O: I), ADVANCED

Rachel Koldenhoven Rolfe, PhD, LAT, ATC, Texas State University

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

- Define biofeedback.
- Discuss the goals of using biofeedback.
- Identify clinical populations that may benefit from biofeedback programs.
- Discuss the clinical utility of visual and haptic biofeedback techniques used in research.

ADMINISTRATION IN THE SPORTS MEDICINE CLINIC: ROLE DELINEATION FOR ATs IN MULTIDISCIPLINARY COLLABORATION, (V), (BCS-O: III), ADVANCED

Presented by the NATA Committee on Practice Advancement

Michael Roberts, MA, LAT, ATC, OrthoNebraska

Elizabeth Gard, MSN, RN, OrthoNebraska

Michelle Holt, MA, LAT, ATC, Sideline Orthopedic and Sports

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

- Recognize the role athletic trainers play in producing efficient clinical workflows in physician practice settings in a team alongside other health care professionals or clerical staff.
- Assess the AT's potential for cross-training and collaboration from an administrator's perspective and evaluate the priorities in role delineation during clinic workflow or clerical tasks to maximize clinic productivity.
- Summarize how ATs directly impact the stakeholders' experiences in a physician practice setting and discuss ideas for data collection on a grassroots level to help reinforce the value of ATs in a clinic and support collaboration.

LECTURES, 1 1:25 A.M. – 12:20 P.M.

FACTORS AFFECTING SLEEP AND STRATEGIES TO IMPROVE SLEEP IN COLLEGIATE FOOTBALL ATHLETES, (IV), ESSENTIAL

Alyssa Pollard-McGrandy, MS, ATC, Michigan State University

Lionel Rice, MS, ATC, Utah Jazz

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

- Identify educational interventions to improve sleep disturbances.
- Identify if sport-related concussion history affects football players' sleep patterns.
- Describe sleep patterns among collegiate football players.

PASS THE SALT! REPLACING MY ATHLETES' FLUID AND ELECTROLYTES FOR OPTIMAL RECOVERY, (I), (BCS-O: I), ADVANCED

Robert Huggins, PhD, LAT, Korey Stringer Institute

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

- Calculate athletes' specific sweat rate and fluid replacement needs between bouts of activity.
- Calculate athletes' approximate sweat electrolyte losses using the available tools and wearable devices on the market.
- Select and determine the electrolyte replacement that is most optimal for their athletes' needs.
- Identify when to refer an athlete with chronic dehydration for advanced testing.

THE PREPARTICIPATION PHYSICAL EVALUATION: CURRENT CONTROVERSIES, (I, II, V), ESSENTIAL

Presented by the American Academy of Pediatrics

Rebecca Carl, MD, MSCI, American Academy of Pediatrics/Lurie Children's Hospital

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

- Describe the purpose of the consensus guidelines for preparticipation physical evaluation (PPE).
- Evaluate variations in the process for performing the PPE.
- Summarize the controversy about PPE screening and privacy.

WHAT TO DO BEFORE SHOTS ARE FIRED: DESIGNING AN EMERGENCY ACTION PLAN FOR AN ACTIVE SHOOTER INCIDENT AT YOUR INSTITUTION, (I, III), ADVANCED

Ed Strapp, LAT, ATC, Sports Medicine Emergency Management

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

- Describe characteristics of shooters.
- Discuss how emergency action plans can be updated to prepare for active shooter situations.
- Describe evidence-based prevention strategies for active assailant event response.

- Explain how differences between the classroom settings and athletic environments significantly alter the required response to those building an emergency action plan.

FORUM, 1:15 P.M. – 2:10 P.M.

USING CLINICAL DATA TO MAKE DATA-DRIVEN DECISIONS FOR RETURN TO PARTICIPATION AND PERFORMANCE, (IV, V), ADVANCED

Kyle Southall, PhD, LAT, ATC, ATI Sports Medicine

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

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

- Summarize both objective and subjective data to improve the outcomes for patients in the clinical setting.
- Analyze findings of these objective and subjective measures to create a working model to improve the outcomes in the clinicians respective practice setting(s).
- Design a data-driven decision-making model for practice setting(s).

INTERACTIVE LECTURES, 1:15 P.M. – 2:10 P.M.

OSTEOPATHIC MANIPULATIVE TECHNIQUES FOR ATHLETES RETURNING FROM UPPER RESPIRATORY ILLNESS, (I, IV), ADVANCED

Noshir Amaria, DO, ATC, CAQSM, University of Michigan

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

- List the four tenets of osteopathic medicine.
- Describe the contradictions for osteopathic manipulation techniques.
- Describe several basic, safe lymphatic drainage techniques.

TAKING THE NERVES OUT OF NEUROLOGICAL ASSESSMENT: SIMPLIFYING YOUR EXAM AND REVIEWING CONDITIONS ENCOUNTERED IN ATHLETIC AND OUTPATIENT SETTINGS, (II), ADVANCED

Kenneth Cieslak, DC, ATC, CSCS, Ferraro Spine & Rehabilitation

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

- Describe a comprehensive neurological assessment that can be completed in under five minutes, with an explanation of key findings to watch for and how to best interpret variations.
- Identify several common peripheral neurological disorders in sport and understand key differential findings to consider in the examination process.
- Define pain phenotyping and describe how this method may assist in determining appropriate management strategies for conditions in which pain is a primary clinical symptom.

LECTURES, 1:15 P.M. – 2:10 P.M.

LUMBAR SPINE INJURIES AND CONDITIONS IN ATHLETES, (II), (BCS-O: I), ADVANCED

Omar Bhatti, MD, University of Washington

Stephen Johnson, MD, MS, University of Washington

Shawn McGargill, MD, University of Florida

Neel Sandhu, MD, University of Washington

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

- Evaluate, recognize and diagnose lumbar spine injuries in athletes.
- Analyze, manage and treat lumbar spine injuries in athletes.
- Apply employ evidence-based understanding of medical literature regarding lumbar spine conditions.

OVERLOADED WITH EVIDENCE? WE CAN HELP! MASTERING UNLEARNING TO MAXIMIZE CONTEMPORARY PATIENT CARE, (V), ADVANCED

Alicia Lacy, PhD, ATC, University of Maine

Cailee Welch Bacon, PhD, ATC, FNATA, A.T. Still University

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

- Identify the concept of unlearning and explain its role in athletic training clinical practice, particularly as it relates to evidence-based practice and lifelong learning.
- Summarize barriers to unlearning and implement facilitators to promote unlearning in clinical practice.
- Explain the intentional, stepwise process by which athletic trainers unlearn knowledge and skills in their clinical practice.
- Examine their own clinical practice patterns to identify opportunities where unlearning may improve the quality of care and apply the steps of the unlearning process into clinical practice to promote contemporary patient care.

THE PLATINUM RULE: PATIENT-CENTERED CARE FOR DIVERSE PATIENT POPULATIONS, (I), (BCS-O: I), MASTERY

Lindsey Eberman, PhD, LAT, ATC, Indiana State University

Zachary Winkelmann, PhD, ATC, University of South Carolina

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

- Recognize the principles of patient-centered care.
- Practice methods to deliver care in alignment with the Platinum Rule.
- Describe needs for diverse populations representing diversity in age, gender, race, spirituality, ability, sexual orientation and other characteristics.

TREATING CONCUSSION: APPLYING NEW EVIDENCE FROM CLINICAL TRIALS TO ENHANCE CLINICAL PRACTICE, (II, IV), ADVANCED

Anthony Kontos, PhD, University of Pittsburgh

R.J. Elbin, PhD, University of Arkansas

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

- Describe new clinical trial evidence for concussion treatments including behavioral management, physical activity/exercise and vestibular rehabilitation.
- Discuss the role of moderating factors, including gender, psychosocial risk factors, compliance and health disparities, on the effectiveness of treatments for concussion.

- Apply findings from clinical trials to develop more effective and efficient management strategies for athletes following a concussion.

LEARNING LABS, 1:15 P.M. – 3:15 P.M.

DON'T PSYCH YOURSELF OUT: OPTIMIZING RETURN TO SPORT THROUGH A PSYCHOLOGICALLY INFORMED PRACTICE, (IV), (BCS-O: I, III), ADVANCED

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

Kate Jochimsen, PhD, ATC, Massachusetts General Hospital

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

- Explain the consequences of failing to address maladaptive psychological responses in clinical practice.
- Describe the importance of proactive mental health screening to enhance patient outcomes.
- Identify appropriate and valid patient-reported outcome tools to provide a psychologically informed approach to patient management.

FUNCTIONAL ASSESSMENTS AS AN INDICATOR OF READINESS TO PERFORM, (I, IV), ADVANCED

Andrew Skibski, MS, ATC, CSCS, University of Central Florida

L. Colby Mangum, PhD, LAT, ATC, University of Central Florida

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

- Describe current evidence comparing changes in functional assessment performance across seasons and relationships with injuries.
- Identify functional assessments in appropriate athletic populations as an indicator of performance readiness.
- Explain important considerations when implementing functional assessments into clinical practice.

HANDS ON THE WRIST: ASSESSMENT AND JOINT MOBILIZATION TECHNIQUES, (IV), (BCS-O: I, II), ADVANCED

Mary Mundrane-Zweiacher, PT, ATC, CHT, Premier Physical Therapy and Sports

Jenna Thatcher-Gauding, ATC, Premier Physical Therapy and Sports

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

- Describe the osteokinematics and the arthrokinematics of the radio-carpal and mid carpal joints and implications with injury.
- Identify factors involving scapho-lunate injuries at the wrist and treatment strategies to decrease stress at this joint.
- Discuss the effects of muscle function around the wrist and their influence on joint stability.
- Discuss how wrist arthrokinematics can be integrated into a plan of care and implemented with manual techniques.

PILATES FOR ENHANCED FOUNDATIONAL MOVEMENT, (I, IV), (BCS-O: I), ESSENTIAL

Leanne Higgins, EdD, ACSM PT, ACE Health Coach, ACAC Fitness Centers

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

- Define the underlying principles of Pilates.
- Summarize Pilates principles and techniques for injury prevention.
- Summarize Pilates principles and techniques in rehabilitation.
- Evaluate the evidence on the effectiveness of Pilates in sports medicine.

BLOOD FLOW RESTRICTED EXERCISE: METHODOLOGICAL AND CLINICAL CONSIDERATIONS, (IV), ADVANCED

Christopher Proppe, MS, LAT, ATC, University of Central Florida

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

- Determine individual limb occlusion pressure.
- Recognize precautions and contraindications associated with the use of blood flow restricted exercise.

FORUM, 2:40 P.M. – 3:35 P.M.

MAXIMIZE YOUR IMPACT: IMPLEMENTING EMBEDDED ATs IN THE MILITARY, (I, V), ESSENTIAL

Carolyn Dartt, MEd, ATC, Henry M. Jackson Foundation for the Advancement of Military Medicine

Alex Gregory, MA, Henry M. Jackson Foundation for the Advancement of Military Medicine

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

- Describe the implementation context when embedding an AT in a military setting.
- Identify relevant stakeholders and end users in the planning and operating of embedded AT implementation.
- Define barriers and drivers for embedded AT implementation in a military setting.
- Generalize the presenters' experiences and knowledge to the participant's own athletic training setting.

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BRIDGING THE GAP: UTILIZING TECHNOLOGY THAT CONNECTS WITH TODAY'S STUDENT ATHLETE, (IV), ESSENTIAL

Jeffrey Carter, MEd, ATC, CSCS, Marist College

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

- Analyze needs within an athletic training facility (administration, medical documentation, rehabilitation, student athlete experience, privacy, communication, etc.).
- Investigate options to address the challenges within the realm of medical responsibility.
- Implement the technology and integrate it into current technologies or other platforms used within sports medicine facilities or departments.
- Utilize budgetary values to weigh the most impactful options while maintaining fiscal responsibility.
- Identify the legal and ethical use of technology within the sports medicine facility.

LECTURES, 2:40 P.M. – 3:35 P.M.

CHILL OUT: WHAT DOES THE EVIDENCE SAY ABOUT COLD FOR RECOVERY?, (IV), ESSENTIAL

Josh Beaumont, PhD, ATC, Herbalife24 Performance Lab

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

- Design, prioritize and personalize cryotherapy recovery strategies for individual patients/athletes or teams.
- Define and educate patients/athletes and coaches on the various cryotherapy recovery strategies and critical elements necessary for desired outcomes.
- Discriminate between aspects of cryotherapy recovery methods that are based on theory and those that are well supported in the literature.

SHOW ME THE MONEY: A SECONDARY SCHOOL AT GUIDE TO CONTRACTS AND WORK-LIFE BALANCE, (V), ESSENTIAL

Presented by the NATA Secondary School Athletic Trainers' Committee

Jason Viel, MS, LAT, ATC, Rock Valley Physical Therapy

Frank Walters, PhD, LAT, ATC, University of Miami

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

- Distinguish a variety of items included in a true compensation package.
- Compare contract negotiation strategies.
- Examine how to cultivate relationships among athletic training coworkers within an outreach organization.
- Determine how to gauge opportunities available via their employer for their chosen career path.

COLLABORATIVE INITIATIVES ADVANCING ACCESS TO LIFESAVING POLICIES, PROCEDURES AND EQUIPMENT FOR SECONDARY SCHOOL ATHLETES, (V), ESSENTIAL

Rebecca Stearns, PhD, ATC, Korey Stringer Institute

Douglas Casa, PhD, ATC, Korey Stringer Institute

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

- Determine best practices related to identifying, managing and treating sudden cardiac arrest and heat stroke in high school athletes.
- Recognize gaps and health disparities that exist in sudden cardiac arrest care and heat stroke for high school sports.
- Identify collaborative initiatives that have been used or that currently exist to address health disparities for best practices in sudden cardiac arrest care and heat stroke for high school athletes.

SPORTS-RELATED EYE INJURIES, (IV), ESSENTIAL

Charles Slonim, James A. Haley Veterans Administration

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

- Identify common traumatic eye injuries and conditions.
- Stabilize the patient with an eye injury.
- Describe the treatment modalities of the common sports-related eye injuries.

INTERACTIVE LECTURES, 4:05 P.M. – 5 P.M.

COUNTING SLEEP: ASSESSMENT OF SLEEP DURING CONCUSSION RECOVERY, (I, II), ADVANCED

Catherine Donahue, PhD, ATC, University of Colorado

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

- Describe the sleep cycle and how it may affect concussion recovery.
- Describe how sleep is currently evaluated/managed after concussion.
- Create a short survey (one to three questions) that will identify the extent of sleep disturbances following concussion.
- Evaluate which factor of sleep is being assessed by survey questions.

LECTURES, 4:05 P.M. – 5 P.M.

INTER-ASSOCIATION CONSENSUS STATEMENT ON THE PROVISION OF NUTRITION SERVICES IN COLLEGIATE ATHLETICS: APPLICATIONS FOR THE ATHLETIC TRAINER, (I, V), ADVANCED

Presented by the Sports and Human Performance Nutrition

Victoria Lambert, MS, RD, Collegiate and Professional Sports Dietitians Association and Sports and Human Performance Nutrition Practice Group

Jason Durocher, MA, LAT, ATC, Seattle Pacific University

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

- Compare their current organizational structure, level of practice and service model to the service levels and models described in the consensus statement.
- Evaluate the literature regarding best practices in clinical sports nutrition and describe the minimum standards in the primary areas of care for student athletes in the collegiate setting.
- Describe how to utilize the standards of practice and professional performance for the evaluation of knowledge, skills and abilities of a practicing sports dietitian.
- Design justifications for the addition or expansion of nutrition services in the collegiate setting.

MAKE A LIST, CHECK IT TWICE: USING AUDIT TOOLS AND PEER REVIEW TO PROMOTE THOROUGH AND EFFICIENT CLINICAL DOCUMENTATION, (V), (BCS-O: III), ADVANCED

Sara Nottingham, EdD, LAT, ATC, University of New Mexico

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

- Summarize the evidence supporting the use of documentation audit tools in athletic training clinical practice.
- Identify strategies for implementing audit tools and peer review into clinical practice.
- Demonstrate the use of a validated audit tool to evaluate the content of initial evaluation, daily treatment and progress/discharge notes.
- Describe strategies for using documentation to improve continuous quality improvement during clinical practice.

MEETING THE NEEDS OF THE HEALTH CARE INDUSTRY: PREPARING NEW PROFESSIONALS FOR CHANGING PRACTICE, (V), ADVANCED

Presented by the Association of Schools of Allied Health Professions

Christopher O'Brien, PhD, LAT, ATC, King's College

Rebecca Dubas, DAT, LAT, ATC, Delaware Valley University

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

- Identify how the needs of academic institutions and health care industry stakeholders have evolved from 2018 to the present.
- Analyze assessment of new health care professionals' readiness to practice.
- Investigate strategies that improve clinical education and new graduates' readiness to practice.

PAIN AND THE BRAIN: PSYCHOLOGICAL ASSESSMENT AND INTERVENTION FOR PAIN MANAGEMENT AFTER SPORTS-RELATED INJURIES, (II, IV), ADVANCED

Francesca Genoese-Strathe, MS, LAT, ATC, Michigan State University

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

- Identify critical psychological processes, such as attention, cognition and emotion, that may influence an individual's pain experience.
- Discuss the benefits of comprehensive pain outcome measures that assess different dimensions of pain including, but not limited to, pain intensity, pain quality and pain effect.
- Describe effective cognitive behavioral therapy techniques, specifically attentional focusing, pain neuroscience education and mindfulness, that may be used for pain management.

REVIEWING THE PROCESS AND MODERNIZATION OF THE NEWEST NATA POSITION STATEMENT: EMERGENCY ACTION PLANS FOR ATHLETICS, (III, V), ESSENTIAL

Samantha Scarneo-Miller, PhD, LAT, ATC, West Virginia University

Susan Yeargin, PhD, ATC, University of South Carolina

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

- Describe the methodology used for the updated position statement on emergency action plans for athletics and its implications for future statements.
- Discuss the newest recommendations for optimizing patient outcomes when emergency action plans are activated.
- Identify the newest recommendations for the development, response and implementation of emergency action plans.

THURSDAY, JUNE 27

LECTURES, 9 A.M. – 9:55 A.M.

A MODEL FOR APPLYING SITUATIONAL AWARENESS THEORY TO THE RETURN-TO-SPORT CONTINUUM, (I), (BCS-O: II), ADVANCED

Ke'La Porter, MS, ATC, LAT, University of Kentucky

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

- Assess the individual components of situational awareness theory and the return-to-sport continuum.
- Apply concepts of situational awareness theory to the return-to-sport continuum.
- Discuss how contextual factors influence return to sport.
- Demonstrate the application of situational awareness theory to the return-to-sport continuum.

ELEVATING PERFORMANCE: HARNESSING THE POTENTIAL OF WEARABLE TECHNOLOGY, (I), ADVANCED

Alexandra DeJong Lempke, PhD, ATC, Virginia Commonwealth University

Adam Lepley, PhD, LAT, ATC, University of Michigan

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

- Critically appraise the current available evidence for endurance and other sport training in relationship to performance and recovery.
- Identify different types of wearable technologies used to assess athlete performance.
- Consider additional factors influencing athlete performance and recovery beyond in-clinic measurement capabilities.
- Contextualize measurement capabilities of wearable technologies to clinical applications among athletes.
- Recognize the application of wearable technology across a variety of settings in the athletic training field.

MANAGING THE CARE OF THE ADAPTIVE ATHLETE, (I), (BCS-O: III), ADVANCED

James Pierre-Glaude, DPT, ATC, OCS, CSCS, State University of New York at Stony Brook

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

- Define adaptive sports, Paralympic sports and the para athlete.
- Identify key principles suggested for the creation of a sports medicine program for adaptive/paralympic sports and the rehabilitation of the adaptive/para athlete.
- Recognize available adaptive/parasports offerings in the United States.
- Analyze roles and responsibilities of the AT within an adaptive sports medicine program.
- Describe pathways to involvement for the AT in adaptive sports.

PRESCRIPTION PUZZLE: BALANCING MENTAL HEALTH MEDICATIONS AND HEAT SAFETY, (I), ADVANCED

Dawn Emerson, PhD, ATC, SCAT, University of South Carolina

Melani Kelly, PhD, ATC, Utah Valley University

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

- Examine current evidence linking mental health medication use with exertional and passive heat illness rates.
- Recognize how mental health medications negatively impact thermoregulation through different physiological mechanisms.
- Implement prevention strategies in clinical practice aimed to decrease heat illness risk among patients using mental health medications.

FORUM, 9 A.M. – 9:55 A.M.

ORGANIZATIONAL AND ADMINISTRATIVE STRATEGIES FOR ENHANCING JOB AND CAREER SATISFACTION IN ATHLETIC TRAINERS SEEKING CAREER ADVANCEMENT, (V), (BCS-O: III), ADVANCED

Nicolette Harris, DAT, LAT, ATC, A.T. Still University

Matthew Smitley, DAT, ATC, University of Idaho

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

- Articulate the role of organizational support in job and career satisfaction as well as employee retention.
- Appraise organizational culture to determine how it aligns with needs and values of the athletic trainers employed.
- Design strategies that seek to ensure well-being, equitable workload distribution and clear pathways for career advancement.

LEARNING LABS, 9 A.M. – 11 A.M.

CUPPING THERAPY WITH MOVEMENT: USING SILICONE CUPS TO INCORPORATE TREATMENT INTO THERAPEUTIC EXERCISE, (IV), ADVANCED

Stephen Cage, EdD, LAT, ATC, University of Texas at Tyler
Brandon Warner, MEd, LAT, ATC, Grand Canyon University

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

- Explain the mechanisms of action by which cupping therapy achieves therapeutic benefits.
- List indications and contraindications for using silicone cupping therapy with therapeutic exercise.
- Describe the potential benefits of using silicone cupping therapy with therapeutic exercise.
- Develop a plan to incorporate silicone cupping therapy into therapeutic exercise programs.

HOW TO TURN YOUR EMERGENCY ACTION PLAN FROM ZERO TO HERO, (III, V), ESSENTIAL

Samantha Scarneo-Miller, PhD, LAT, ATC, West Virginia University
Rebecca Hirschhorn, PhD, ATC, NRAEMT, Louisiana State University

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

- Describe the landscape of emergency action plans (EAPs), including being able to summarize the current literature on EAPs.
- Analyze their organization's EAP for the inclusion of best practices.

INTRODUCTION TO POINT-OF-CARE ULTRASOUND AND THE E-FAST EXAMINATION FOR ATHLETIC TRAINERS, (II), (BCS-O: I), ESSENTIAL

Christopher Ludwig, EdD, ATC, California State University at Fresno
Joshua Johnson, MS, EMT-B, University of Idaho

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

- Describe the basic physics of ultrasonography.
- Define common terminology with point-of-care Ultrasound.
- Differentiate common imaging artifacts from real anatomical features.

THE USE OF TANDEM GAIT VS. BESS TESTING IN CONCUSSION MANAGEMENT BASED ON THE UPDATED CONCUSSION CONSENSUS STATEMENT RECOMMENDATIONS, (II, IV), ESSENTIAL

Jaclyn Morrissette, PhD, ATC, William Patterson University
Lynette Gibson, MS, LAT, ATC, Mission Sports Medicine

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

- Identify the effects sustaining a concussion on motor and balance function of a patient.
- Describe the evaluation process of motor and balance function using the tandem gait and BESS tests pre- and post-concussion to properly manage and make return-to-play decisions.
- Summarize current return-to-play guidelines following a concussion utilizing the BESS test.

ADVANCED SPINAL STABILIZATION: A COMPREHENSIVE GROUND-TO-STANDING PROGRESSION FOR TRUNK PROPRIOCEPTION, DIAPHRAGMATIC CONTROL AND MUSCLE COORDINATION, (I, II, IV), (BCS-O: II), ADVANCED

Thomas Palmer, PhD, ATC, CSCS, Mount St. Joseph University
Jessica Martinez, PhD, ATC, Old Dominion University

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

- Provide best practice psychometric data and recommendations from the literature and unpublished data.
- Describe the biomechanical and force moments that influence assessment and training practices.
- Provide data-driven training techniques.
- Discuss periodization initiatives that identify and target potential deficits about the spinal, pelvis and trunk control.

INTERACTIVE LECTURE, 10:25 A.M. – 11:20 A.M.

KICKING CONFLICT IN ATHLETIC TRAINING PRACTICE SETTINGS, (V), ADVANCED

Tom Bowman, PhD, ATC, University of Lynchburg

Stephanie Singe, PhD, ATC, FNATA, University of Connecticut

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

- Summarize the literature exploring organizational conflict in athletic training practice settings.
- Summarize the literature exploring work-family and family-work conflict in athletic training practice settings.
- Present strategies to mitigate organizational conflict in athletic training practice settings.
- Present strategies to mitigate work-family and family-work conflict in athletic training practice settings.

LECTURES, 10:25 A.M. – 11:20 A.M.

FUELING FOR PERFORMANCE AND RECOVERY: A MULTIDISCIPLINARY APPROACH, (I), ADVANCED

Corbit Franks, PhD, ATC, CES, University of Mississippi

Melinda Valliant, PhD, RD, LD, University of Mississippi

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

- Recognize the importance of sports nutrition as a means of performance enhancement and sport and injury recovery.
- Develop a basic understanding of the athletic trainer's role in performance and recovery nutritional intake.

- Apply contemporary informatics of sports nutrition to athlete performance and recovery.

INTEGRATING THE NATA CONCUSSION BRIDGE STATEMENT INTO HEALTH CARE ADMINISTRATION PROCEDURES, (V), ESSENTIAL

Presented by the NATA Journal Committee

Johna Register-Mihalik, PhD, ATC, University of North Carolina at Chapel Hill

Steven Broglio, PhD, ATC, University of Michigan

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

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

- Identify changes to the concussion literature and best practices in the areas of education, assessment, prognostic factors, mental health, return to academics, physical activity, rest, treatment and return to sport.
- Recognize similarities between the NATA bridge statement and the recently released consensus document from the Concussion in Sport Group.
- Apply these new recommendations to clinical practice and policy revision.

LEADERSHIP AND COALITION BUILDING IN DIVERSE COMMUNITIES, (V), (BCS-O: III), ADVANCED

Melissa Snyder, PhD, LAT, ATC, Western Carolina University

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

- Create a professional and safe space for dialogue and negotiation, allowing for open and constructive communication among health care professionals, patients and other stakeholders.
- Utilize coalition building techniques to facilitate consensus building in diverse communities by identifying common goals, highlighting shared values and promoting compromise and understanding.
- Adapt the learned strategies and skills to effectively lead and navigate conflicts, build coalitions and promote equal opportunities in the health care setting or other diverse community environments.

MANIFESTATIONS OF INTERSECTIONALITY: LGBTQIA+ HEALTH CARE AND SOCIAL DETERMINANTS OF HEALTH, (I, II, V), ADVANCED

Presented by the NATA LGBTQ+ Advisory Committee

Kirk Armstrong, EdD, LAT, ATC, James Madison University
Jodee Roberts, DAT, LAT, ATC, Wenatchee High School

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

- Differentiate the health care needs of LGBTQIA+ patients from cisgendered heterosexual patients.
- Examine data to document how intersectionality of the social determinants influence LGBTQIA+ patient health care.
- Locate resources for addressing the unique health care needs of LGBTQIA+ patients.
- Outline strategies for facilitating change to create an inclusive health care environment.

PLAYING THROUGH THE PERIOD: ADDRESSING MENSTRUAL SYMPTOMS AND DYSFUNCTION IN YOUR PATIENTS, (I), ESSENTIAL

Rachel Geoghegan, DAT, LAT, ATC, A.T. Still University

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

- Identify and discuss common menstrual symptoms and causes of menstrual dysfunction among athletes (e.g., low energy availability).
- Recognize when referral to advanced level care is indicated and identify which health care provider would be appropriate (e.g., gynecology).
- Discuss approaches to having compassionate and appropriate conversations with patients regarding their menstrual experience while participating in sport and develop strategies to improve it.

INTERACTIVE LECTURE, 12:45 P.M. – 1:40 P.M.

PERFORMANCE RECOVERY FOR THE EARLY PROFESSIONAL: HOW TO ADDRESS BURNOUT, (V), ESSENTIAL

Presented by the NATA Early Professionals Committee

Tom Bowman, PhD, ATC, University of Lynchburg
Stephanie Singe, PhD, ATC, FNATA, University of Connecticut

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

- Identify the underlying factors and reasons associated with burnout.

- Apply strategies to prevent burnout and develop a work-life ratio.
- Implement models for improving a successful transition into practice.
- Use psychological tools and strategies for improving burnout outside the workplace.

LEARNING LABS, 12:45 P.M. – 2:45 P.M.

INCORPORATING DUAL-TASK ACTIVITIES INTO RETURN-TO-SPORT PREPARATION FOR LOWER EXTREMITY MUSCULOSKELETAL INJURIES, (IV), ADVANCED

Lisa Custer, PhD, ATC, Towson University

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

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

- Summarize the theoretical foundation of dual-task.
- Provide rationale for the incorporation of dual-task exercises into lower extremity rehabilitation.
- Identify clinically appropriate dual-task exercises for patient care.

RAISING THE BAR IN CONCUSSION MANAGEMENT: NEUROPLASTICITY PRINCIPLES TO GUIDE INTERVENTION USING THE CONCUSSION CLINICAL PROFILE SCREENING TOOL, (II, IV), ADVANCED

Rebecca Bliss, PT, DPT, DHCs, University of Missouri

David Carr, PhD, ATC, Missouri State University

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

- Summarize the incidence and key to recognition of multifactorial symptomologies in post-concussion injury.
- Utilize the Concussion Clinical Profile Screening Tool for early identification of impairments and contextual factors impeding recovery.
- Describe current evidenced-based approaches to active rehabilitation in sport-related concussion.

STRENGTH AND CONDITIONING PRINCIPLES FOR TACTICAL ATHLETES AND TRANSLATION TO TRADITIONAL SETTINGS, (I), (BCS-O: I), ESSENTIAL

Edward Sedory, MED, ATC, EMT-T, U.S. Marine Corps

Michael Higgins, PhD, PT, ATC, University of Virginia

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

- Identify force fitness methodologies for military athletes.
- Adapt force fitness methodologies to their own program.
- Create a Excel sheet for training and conditioning.

AN INTEGRATED APPROACH TO TREAT FOOT AND ANKLE IMPAIRMENTS TO IMPROVE GAIT AND FUNCTION, (IV), ADVANCED

Leslie Rippon, PhD, ATC, Seton Hall University

Richard Boergers, PhD, ATC, Seton Hall University

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

- Identify the link between foot and ankle posture and hypomobility as it relates to foot and ankle function and gait.
- Analyze which clinical treatments are most appropriate for treating foot and ankle impairments based on the available scientific evidence.
- Develop a comprehensive treatment plan to manage foot and ankle dysfunction with mobilization, therapeutic exercise and self-stretching techniques based on the available scientific evidence.

BLENDED LEARNING LAB, 12:45 P.M. – 2:45 P.M.

ADVANCED AIRWAY MANAGEMENT: MOVING BEYOND BASIC INTERVENTIONS AND THEIR INTEGRATION WITHIN PATIENT MANAGEMENT, (I, II, III, IV, V), (BCS-O: II), ADVANCED

Ed Strapp, LAT, ATC, Sports Medicine Emergency Management

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

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

- Examine and discuss the current scientific guidelines and treatment recommendations regarding pre-hospital airway management of the injured athlete.
- Identify and discuss the current evidence for the use of and the interrelatedness of emergency airway management equipment in the pre-hospital setting.
- Compare and contrast the roles, characteristics and advantages/disadvantages for progression from basic to advanced airways in the pre-hospital setting.

LECTURES, 12:45 P.M. – 1:40 P.M.

FOR THE CULTURE: WHERE ARE THE ETHNICALLY DIVERSE LEADERS WITHIN NATA?, (V), ESSENTIAL

Ciara Taylor, EdD, LAT, ATC, ATI Physical Therapy

Nicolette Harris, DAT, LAT, ATC, A.T. Still University

Lovie Tabron, MS, LAT, CCISM, Atlanta Falcons

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

- Recognize how to integrate leadership theories into athletic training practices.
- Interpret data from NATA members in leadership.
- Develop a path to leadership for athletic trainers in various settings.

INCORPORATING ETHICS INTO ENTRY LEVEL ATHLETIC TRAINING EDUCATION, (V), ESSENTIAL

Presented by the NATA Committee on Professional Ethics

Paul Rupp, MS, LAT, ATC, Oakton High School

Heather Murphy, EdD, LAT, ATC, Fairfax County Public Schools

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

- Explain the code of ethics understanding and how it can be used in daily activities.
- Execute evaluations and assessments ethically.
- Generate methodologies for educators and preceptors to teach athletic training techniques ethically.

NEGOTIATIONS ... HOW DO AT EMPLOYERS SEE THE PROCESS?, (V), ESSENTIAL

Julie Cavallario, PhD, ATC, Old Dominion University

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

- Explain the athletic training employer's perceptions of negotiations that occur during the hiring process.
- Describe the expectations of employers relative to salary negotiations.
- Apply the information presented in future negotiations to improve the experience for both the prospective employee and employer.

THE ATHLETIC TRAINER'S ROLE IN CRITICAL INCIDENT MANAGEMENT AND U.S. PRESIDENTIAL POLICY DIRECTIVE: TAKING YOUR EVENT CARE AND COVERAGE TO THE NEXT LEVEL, (III, IV), (BCS-O: III), ESSENTIAL

Eric Fuchs, FNAP, LAT, ATC, Eastern Kentucky University

Christopher Ludwig, EdD, ATC, California State University at Fresno

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

- Identify the components of the National Incident Management System (NIMS) and how to become trained.
- Interpret implementation of education and training strategies on NIMS and incident action plan (IAP) development for local, regional or national events.
- Identify resources to become trained on how to write and develop IAPs using NIMS.
- Identify specific steps to ensure their ability to take lead in incident command and/or integrate into an incident command system or unified command system when faced with a catastrophic event.

LATER-LIFE BRAIN HEALTH OF CONTACT SPORT ATHLETES, (I, II, IV), ADVANCED

Breton Asken, PhD, ATC, University of Florida

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

- Examine cutting-edge developments related to chronic traumatic encephalopathy and other Alzheimer's disease and related dementias.

- Describe the symptoms that might signal the presence of a neurodegenerative condition and the specific red flags for dementia risk in former athletes.
- Interpret physiological biomarkers that are concerning for neurodegenerative disease and the long-term potential for NATA to support brain health in former athletes.

ATHLETIC TRAINING RESIDENCY AND FELLOWSHIP TRAINING: ADVANCEMENT OF THE PROFESSION: CONTINUING THE DISCUSSION, (I, II, IV, V), (BCS-O: I, II, III), ESSENTIAL

Presented by the Commission on Accreditation of Athletic Training Education

Alexandra Casciato, MS, LAT, ATC, Boston University

Daniel Dobrowolski, DAT, LAT, ATC, OTC, Holy Cross Health

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

- Identify the importance of specialty training in the development of the athletic training profession and how it advances athletic training and patient care across all employment settings.
- Recognize the impact of specialist, residency and fellowship education programs can have on the quality of patient care and efficiency of health care delivery.
- Define the impact of formalized specialty education through the lens of the graduate and the employer.

FORUM, 2:10 P.M. – 3:05 P.M.

DEVELOPING POLICIES AND PROCEDURES FOR BEHAVIORAL HEALTH IN ATHLETICS, (I, III, V), (BCS-O: III), ADVANCED

Rochelle Mullenix, LMSW, LAT, ATC, Louisiana State University at Baton Rouge

Jennifer Gilmore, DBH, LAT, ATC, University of Alabama

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

- Identify the need for behavioral health services within athletic patient populations.
- Discuss models of behavioral health service delivery.
- Explain opportunities and barriers for establishment of a behavioral health program.

- Develop an action plan for a behavioral health policies and procedures manual.

LECTURES, 2:10 P.M. – 3:05 P.M.

DEVELOPING AND DISSEMINATING ACCURATE, ACCESSIBLE AND ACTIONABLE HEALTH AND SAFETY INFORMATION TO IMPROVE PATIENT OUTCOMES, (I), (BCS-O: III), ESSENTIAL

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

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

- Define health literacy and explain why it's a complex phenomenon involving skills, knowledge and the expectations that health professionals have of the public's interest in understanding health information and services.
- Explore and describe the rationale supporting the seven goals of the National Action Plan to Improve Health Literacy and how they impact patient care.
- Develop and implement strategies highlighting actions organizations, professions and people can take to further these goals via understandable and actionable health information and services.

GENDER CONSIDERATIONS FOR PERFORMANCE AND INJURY PREVENTION IN THE HEAT, (I, IV), ADVANCED

Clare Minahan, PhD, Griffith University

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

- Describe the hormonal differences between sexes.
- Explain the performance implications when female athletes use hormonal contraception.
- Explain how sex may impact heat injury prevalence or incidence.

REVIVE AND THRIVE: UNLOCKING ATHLETIC RECOVERY WITH EVIDENCE-BASED SUPPLEMENTS, (II, IV), (BCS-O: I), ADVANCED

Brandon Welch, PharmD, Baptist Health South Florida

Jessica Beal, PharmD, Island Direct Primary Care

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

- Explain the muscle recovery process after intense training or exercise, highlighting the role of inflammation and its impact on recovery.
- Provide a review of dietary supplement safety and risks of supplementation.
- Explore the clinical research on the use of CBD and THC for muscle recovery.
- Analyze evidence-based research supporting the effectiveness of specific supplements in resolving inflammation and muscle recovery.
- Empower athletic trainers and anyone working with athletes with knowledge about the different types of supplements available, their proper usage and potential risk or side effects as well as if a substance is banned by a governing body, such as the NCAA or U.S. Anti-Doping Agency.

TURNING OBSTACLES INTO OPPORTUNITIES: EMPOWERING ATHLETES IN A SOCIOECONOMICALLY DISADVANTAGED SCHOOL DISTRICT, (I, V), ESSENTIAL

Kirsten Farrell, MS, ATC, Los Angeles Unified School District

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

- Identify common challenges faced by low-income families in accessing quality care for adolescent athletes.
- Explain the impact of limited access to health care on adolescent athletes from lower socioeconomic backgrounds.
- Propose strategies for athletic trainers to act as primary care points for adolescent athletes without a medical home.
- Evaluate the potential benefits of connecting adolescent athletes to school-based health clinics or federally qualified health centers through athletic trainers.
- Design a comprehensive plan for athletic trainers to improve health literacy and address health disparities among adolescent athletes and low-income communities.

LECTURES, 3:35 P.M. – 4:30 P.M.

GAME'S OVER, NOW WHAT? SO MANY OPTIONS FOR RECOVERY, WHERE TO START?, (IV), ESSENTIAL

Josh Beaumont, MS, ATC, Herbalife 24 Performance Lab

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

- Design recovery strategies for individuals or teams.
- Educate athletes, patients, coaches and key stakeholders on recovery strategies.
- Discriminate between recovery strategies that are well-supported with evidence and those based on theory.

ADVOCATING FOR ATHLETIC TRAINERS IN THE SECONDARY SCHOOL SETTING, (I), (BCS-O: I), ADVANCED

Christianne Eason, PhD, ATC, Korey Stringer Institute

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

- Identify common barriers to hiring athletic trainers in high schools.
- Describe the benefits of a full-time athletic trainer in a high school setting.
- Discuss initiatives that have been used to recruit, hire and retain athletic trainers in high schools.

PERCEPTUAL-MOTOR TRAINING FOR SPORT PERFORMANCE ENHANCEMENT AND REDUCTION OF INJURY RISK, (I, II), (BCS-O: I), ESSENTIAL

Gary Wilkerson, EdD, LAT, ATC, University Of Tennessee at Chattanooga

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

- Recognize the relevance of measurements derived from an integrated perceptual-cognitive-motor challenge to the efficiency of brain information processing.
- Describe the limitations and relative advantages of various approaches to assessment of perceptual-motor efficiency.
- Explain the relevance of intra-individual variability in successive perceptual-motor responses to the concept of cognitive flexibility.

- Develop an individualized approach to reduce sport injury risk that addresses evidence of impaired perceptual-motor performance.

TENDON SYMPTOMOLOGY AND THEIR EFFECT ON PERFORMANCE CHARACTERISTICS IN COURT SPORT ATHLETES, (I), ADVANCED

Ernest DeLosAngeles Jr., MSc, ATC, RSCC, University of Southern Queensland

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

- Determine prevalence of tendon symptomology in court sport athletes.
- Evaluate how tendon symptomology is currently identified.
- Determine the appropriate use of force plates as a means of determining tendon symptomology or potential onset.

INTERACTIVE LECTURE, 3:35 P.M. – 4:30 P.M.

USING CIRCA AND LERPS TO GUIDE GOOD AND RIGHT RESPONSIBLE CONDUCT AND DECISION MAKING, (V), ESSENTIAL

Presented by the NATA Professional Responsibility in Athletic Training Committee

Matthew Mills, MA, ATC, CHSE, Springfield College

Gretchen Schlabach, PhD, ATC, Northern Illinois University

David Cohen, MS, ATC, Esq., Tempus Ex

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

- Define the key components of CIRCA and LERP and how they interact to guide decision-making and conduct.
- Explain the negative consequences of the ineffective appraisal of challenging situations.
- Explore a variety of difficult clinical scenarios by referencing CIRCA.
- Describe methods to decrease legal exposure through appropriate mitigation strategies.

FRIDAY, JUNE 28

FORUM, 9 A.M. – 9:55 A.M.

BREAKING DOWN BARRIERS TO LEADERSHIP OPPORTUNITIES AND ENGAGEMENT, (V), ESSENTIAL

Presented by the NATA State Association Advisory Committee

Jennifer Johnson, MS, ATC, LAT, Marshall University
Christopher Smith, MSAT, LAT, ATC, Alamo Heights ISD

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

- Develop clear and detailed position descriptions that include expected time demands, job duties, engagement requirements and performance metrics.
- Foster an inclusive and welcoming environment during events to ensure health care leaders feel valued and encouraged to participate.
- Promote open and transparent communication during forums to allow new leaders to voice their ideas, concerns and suggestions.
- Explore potential modifications to bylaw requirements that may pose barriers to leadership opportunities in health care for individuals with limited or no experience.
- Explain avenues for members to explore leadership and engagement opportunities.

INTERACTIVE LECTURE, 9 A.M. – 9:55 A.M.

FACILITATING ATHLETE TRANSITION EXPERIENCES: INFLUENTIAL FACTORS AND STRATEGIES FOR SUCCESSFUL TRANSITION OUT OF SPORT PARTICIPATION, (I, II, V), ESSENTIAL

Samuel Walton, PhD, ATC, Virginia Commonwealth University

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

- Recognize the need to facilitate athlete transition experiences (FATE) in their own population.
- Identify barriers and facilitators impacting successful transition out of sport participation.
- Analyze how to FATE successfully within their own population.

ENSURING DEIA BEST PRACTICES IN ACADEMIC AND CLINICAL ENVIRONMENTS THROUGH A QUALITY IMPROVEMENT FRAMEWORK, (V), ADVANCED

Presented by the NATA Professional Education Committee

Michelle Odai, PhD, LAT, ATC, Florida International University
Chyrsten Gessel, EdD, AT, Marietta College

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

- Appraise and audit academic and clinical environments to evaluate practices related to diversity, equity, inclusion and access.
- Modify academic and clinical practices to ensure incorporation of best practices.
- Implement strategies to overcome barriers to change and to evaluate outcomes of quality improvement.

LECTURES, 9 A.M. – 9:55 A.M.

ENHANCING CLINICAL DECISIONS WITH PATIENT-REPORTED OUTCOME MEASURES: STRATEGIES AND CASE EXAMPLES, (I, II, V), ESSENTIAL

Alison Snyder Valier, PhD, ATC, FNATA, A.T. Still University
Rachel Geoghegan, DAT, ATC, A.T. Still University

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

- Select patient-reported outcome instruments that are relevant to patients in their health care systems.
- Implement a strategy for using patient-reported outcome instruments that fits the unique needs of their health care system and is designed for success.
- Value the use of patient-reported outcome instruments as objective assessment tools that support clinical decision-making.
- Appreciate that patient-reported outcome measures can be implemented using a variety of different, successful strategies.

CNS DYSFUNCTION IN EXERTIONAL HEAT STROKE PATIENTS: WHAT THE TEXTBOOKS LEFT OUT, (II, III), (BCS-O: II), ADVANCED

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

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

- Identify the various ways in which central nervous system (CNS) dysfunction may present in exertional heat stroke (EHS) patients.
- Recognize how CNS dysfunction in EHS patients may be a barrier to the appropriate recognition and management of EHS.
- Identify effective and practical strategies for overcoming the potential barriers posed by CNS dysfunction in an EHS patient.
- Modify written heat safety protocols to account for how CNS dysfunction may impact the recognition, diagnosis and treatment of EHS.

WHO CARES FOR THE ATHLETIC TRAINER: STRATEGIES FOR TAKING CARE OF THE ATHLETIC TRAINER, (I), ADVANCED

Lovie Tabron, MS, LAT, CCISM, Atlanta Falcons

Eric Williams, MA, LAT, ATC, Vanderbilt Sports Medicine

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

- Describe peer support.
- Identify critical incidents/crisis situations where peer support will be activated.
- Distinguish clinical roles in counseling.

DEVELOPING A SPORTS MEDICINE STAFF THROUGH TEAM BUILDING, (I, V), (BCS-O: I), ESSENTIAL

Presented by the Professional Baseball AT Society

Kenneth Crenshaw, ATC, Arizona Diamondbacks

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

- Describe contemporary leadership principles.
- Identify dysfunctions of a team.
- Develop a leadership concept of a play to win versus not to lose.
- Recognize the difference between knowing and learning.

- Determine best approach of applying critical thinking and problem solving when working as a part of a sports medicine team.

LEARNING LABS, 9 A.M. – 11 A.M.

CURRENT TRENDS IN ADDRESSING NEUROPLASTICITY AFTER INJURY: IMPLEMENTING BRAIN STIMULATION TO ENHANCE REHABILITATION, (IV), (BCS-O: II), MASTERY

Alan Needle, PhD, ATC, CSCS, Appalachian State University

Jared Skinner, PhD, Appalachian State University

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

- Comprehend the indications, contraindications and regulatory factors behind the use of transcranial direct current stimulation in the athletic training practice.
- Appropriately translate the available evidence on how transcranial direct current stimulation affects patient function in individuals with musculoskeletal injury and identify gaps and shortfalls in the literature.
- Interpret the various electrode locations and uses for improving motor function in healthy individuals, those with musculoskeletal injury and those with neurological impairment.

EXPLORING THE SHOULDER OUTSIDE OF THE TEXTBOOK, (II, IV), (BCS-O: I, II), ADVANCED

Aaron Struminger, PhD, LAT, ATC, Eastern Michigan University

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

- Describe the normal shoulder adaptations that occur in overhead athletes.
- Explain the benefits and risks of surgical repair after shoulder dislocation.
- Differentiate various shoulder exercises by muscle activation.

ON-FIELD AND SIDELINE MANAGEMENT OF DISLOCATIONS, (III), ADVANCED

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

Scott Freer, PhD, LAT, ATC, Palmer Trinity School

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

- Identify the emergent issues associated with a joint dislocation.
- Implement safely reducing dislocations of various joints.
- Explain how to appropriately splint/immobilize the injured area post reduction.
- Develop written standing orders regarding the management of dislocations.

THE USE OF VIRTUAL REALITY WITH CONCUSSION AFFECTED METRICS, (I, II, IV), (BCS-O: I, III), ADVANCED

Scott Bruce, EdD, ATC, Arkansas State University

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

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

- Describe the metrics that can be affected by concussions.
- Explain how concussions can negatively affect metric performance.
- Interpret clinical findings of concussion-related metrics, comparing data to normative or baseline values.
- Translate VR-generated data to a diverse patient population and/or interdisciplinary health care professionals as part of the patient-centered care plan.

AN INTRODUCTION TO IVs: A HANDS-ON WORKSHOP, (II, III, IV, V), ADVANCED

Ellen Payne, PhD, LAT, ATC, Moravian University

Darleen Edmonds, EMT-P, Bethlehem Township Volunteer Fire Department

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

- Review proper terminology as it relates to IV access in both emergent and non-emergent patients.
- Discuss the indications for IV access.
- Outline the required supplies for IV access and demonstrative proper setup of equipment to assist the physician or paramedic performing the procedure.

FORUM, 10:25 A.M. – 11:20 A.M.

EXERCISING IN THE HEAT: THE IMPACT OF FEMALE-SEX HORMONES ON TRAINING AND RECOVERY, (I), ADVANCED

Presented by the NATA International Committee

Clare Minahan, PhD, Griffith University

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

- Describe the effect of female hormones on thermoregulation.
- Explain how female contraception affects thermoregulation.
- Defend whether exercise parameters should be adjusted based on female contraception use.

INTERACTIVE LECTURE, 10:25 A.M. – 11:20 A.M.

DECIPHERING THE ROLE OF ENVIRONMENTAL FACTORS ON CONCUSSION RISK, ASSESSMENT AND RECOVERY, (I), (BCS-O: I), ADVANCED

Landon Lempke, PhD, ATC, University of Michigan

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

- Identify the underlying theories behind why environmental factors (altitude and thermal factors) may have a role in concussion health care.
- Critique the current evidence on environmental factors and their relationship to concussion risk.
- Appraise the available literature on the relationship between environmental factors and post-concussion outcomes.
- Weigh the cumulative available evidence and determine the importance of environmental factors as they relate to concussion health care.

LECTURES, 10:25 A.M. – 11:20 A.M.

ADVANCES IN PERFORMANCE RECOVERY, (I), ADVANCED

Adam Cady, MHS, ATC, CSCS, PA-C, Raincross High Performance

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

- Evaluate current evidence supporting technologies to inform performance recovery.
- Apply current evidence to integrate technologies into performance recovery.
- Describe the potential impact of utilizing technology to enhance performance recovery.

RONNIE BARNES PFATS EDUCATIONAL SYMPOSIUM: TENDON AND TENDINOPATHY REHAB AND RETURN TO PLAY, (I, IV), (BCS-O: I, II), ADVANCED

Scott Rodeo, MD, Hospital for Special Surgery

Jonathan Gress, PT, DPT, ATC, New York Giants

Leigh Weiss, PT, DPT, ATC, New York Giants

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

- Describe orthobiologics as it relates to sports medicine and design a rehabilitation/treatment protocol considering basic science of tendon healing.
- Define various objective criteria used to progress varying stages of rehabilitation.
- Analyze and determine results of these criteria to implement the return-to-sport program.
- Identify critical objective criteria as they relate to an athlete's overall performance.
- Implement corrective exercises and functional training based on these variables as they relate to overall return to full participation.

UTILIZING FORCE PLATES AS OBJECTIVE FUNCTIONAL DATA FOR REHABILITATION, MONITORING AND READINESS DECISIONS, (I, II), (BCS-O: I), ADVANCED

Corey Oshikoya, EdD, ATC, Northern Arizona University

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

- Describe the theoretical consideration for selecting testing metrics based on desired outcomes.
- Differentiate the appropriate testing modality and training intervention based on the rehabilitation phase and progression along with sport-specific needs/requirements.

- Develop a plan to utilize force plates as an adjunct assessment measure for lower limb injuries.
- Implement the appropriate testing options and training interventions for performance readiness and athlete monitoring.

WHEN INTERNAL MEDICINE PROBLEMS MASQUERADE AS SPORTS INJURIES: UNDERSTANDING OSTEOMYELITIS, OSTEIOD OSTEOMA AND CHRONIC NON-INFECTIOUS OSTEOMYELITIS, (II), (BCS-O: I), ADVANCED

Ian McGinnis, MS, LAT, ATC, Children's Hospital of Philadelphia

Naomi Brown, MD, Children's Hospital of Philadelphia

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

- Integrate standardized history questions into exams to help rule out osteomyelitis, osteoid osteoma and chronic non-infectious osteomyelitis (CNO).
- Identify assessment, diagnosis and treatment techniques for osteomyelitis, osteoid osteoma and CNO.
- Collaborate with team physicians and other health care professionals to develop a return-to-play plan from osteomyelitis, osteoid osteoma and CNO.

INTERACTIVE LECTURE, 12:15 P.M. – 1:10 P.M.

GUT HEALTH ON PERFORMANCE AND RECOVERY, (I, IV), ADVANCED

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

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

- Describe how many athletes don't consume enough fuel and how the quality of their food choices impact gut integrity.
- Discuss the prevalence of food allergies, intolerances and perceived adverse food reactions.
- Describe how nutritional imbalances and gut permeability impact sports injuries, repair processing speeds and reflexes.
- Explore how metabolic stress on the gut-immune-brain axis is impacted by exercise intensity.
- Discuss which tests and applicable nutrition techniques resist exposure to compromising gut health in athletes and active individuals.

LECTURES, 12:15 P.M. – 1:10 P.M.

CONCUSSION MANAGEMENT CONSIDERATIONS FOR ATHLETES WHO ARE DEAF OR HARD-OF-HEARING: NAVIGATING CHALLENGES AND ENHANCING SAFETY, (II), ADVANCED

Matthew Brancaleone, PhD, PT, ATC, Ohio State University
Thomas McKnight, MS, ATC, Gallaudet University

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

- Describe Deaf culture and its significance to Deaf sport.
- Recognize the occurrence of concussions in athletes who are deaf or hard-of-hearing.
- Examine the concussion knowledge and attitudes among athletes who are deaf or hard-of-hearing.
- Describe the anatomical, sensory and processing variability of athletes who are deaf or hard-of-hearing and their implication on concussion management.

EMPOWERING EDUCATION: SHARE YOUR INNOVATIVE TEACHING TECHNIQUES, (V), ADVANCED

Presented by the NATA Education Advancement Committee

Melissa Snyder, PhD, LAT, ATC, Western Carolina University
Ashley Thrasher, EdD, ATC, CSCS, Western Carolina University

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

- Identify an andragogical technique that enhances student learning.
- Develop a plan for sharing an innovative educational technique.
- Value the scholarship of teaching and learning.

EVALUATING PSYCHOSOCIAL CONSIDERATIONS IN SPORT-RELATED CONCUSSION RECOVERY: RECOMMENDATIONS FOR ADDRESSING INEQUITIES IN HEALTH CARE ADMINISTRATION, (I, II, V), ADVANCED

Allyssa Memmini, PhD, LAT, ATC, University of New Mexico
Landon Lempke, PhD, ATC, Virginia Commonwealth University

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

- Describe cumulative evidence and differences in sport-related concussion (SRC) clinical management based on patient sex, race and socioeconomic upbringing.
- Summarize and apply recommendations to address implicit and explicit biases when assessing and managing patients experiencing SRC.
- Recognize how biases in health care administration may negatively influence patient outcomes following SRC.

MAKE IT WORK: DEMYSTIFYING WEARABLE TECHNOLOGY IN LOWER EXTREMITY REHABILITATION, (IV), (BCS-O: I), ADVANCED

Christopher Kuenze, PhD, ATC, University of Virginia

Caroline Lisee, PhD, ATC, University of Georgia

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

- Differentiate the important distinctions between types of wearable sensors that may be used in orthopaedic rehabilitation.
- Integrate wearable sensors into objective clinical evaluations of activities of daily living, functional performance and sport-related tasks during the rehabilitative process.
- Implement commercially available wearable sensors (e.g., accelerometers) to track physical activity engagement trends during the rehabilitative process with the goal of enhancing activity prior to return to sport.

MANAGING A BEHAVIORAL HEALTH CRISIS: BEST PRACTICES FOR THE ATHLETIC TRAINER, (I), ESSENTIAL

Emily Madrak, PhD, LAT, ATC, University of Virginia

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

- Identify and describe best practices in relation to scope of care and administration of policy and procedure regarding behavioral health.
- Distinguish and employ best practice related to management of patients dealing with a behavioral health crisis or problem, which may include different aspects of support, empathy, compassion and referral strategies.
- Identify organizational and structural considerations to best support the patient, while reducing burden and optimizing care.

USING RETURN-ON-INVESTMENT DATA TO SUPPORT DEVELOPMENT OF A PERFORMING ARTS MEDICINE PRACTICE, (I, V), ESSENTIAL

Kevin Brown, ATC, Kentucky Orthopedic Rehab Team
Amanda Donahue, ATC, Dean College School of Dance

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

- Formulate a development plan to implement and promote an outreach performing arts setting.
- List the different potential measures on return on investment (ROI) and identify those most important to key stakeholders to gain employer support.
- Explain the different employment models within the performing arts collegiate setting and ROI to present to appropriate stakeholders.
- Illustrate the process of contract development within the outpatient performing arts setting.

LEARNING LABS, 12:15 P.M. – 2:15 P.M.

MYOFASCIAL RELEASE: RELIEVE PAIN AND RESTORE FUNCTION ON AND OFF THE FIELD, (I, II), ADVANCED

JoEllen Sefton, PhD, AT Ret, Auburn University

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

- Recognize how myofascial release (MFR) can be used to address athlete issues on and off the field.
- Distinguish MFR from other manual techniques, including 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.
- Describe risk factors and contraindications for MFR.

APPLYING CONCEPTS OF NEURODYNAMIC TESTING AND NEURAL MOBILIZATION, (IV), ADVANCED

Nicholas Grahovec, PhD, ATC, CSCS, Northern Illinois University
Tyler Wood, PhD, LAT, 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.

ASSESSING AND MANAGING CERVICAL SPINE DISORDERS: BUILDING TOWARD AN EFFICIENT EXAMINATION AND TREATMENT PROCESS, (II, III), (BCS-O: I), ADVANCED

Kenneth Cieslak, DC, ATC. CSCS, Ferraro Spine & Rehabilitation
 Scott Dickerson, DPT, ATC, OCS, NecksLevel

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

- Explore the anatomy and mechanics of the cervical spine, with an emphasis on identifying the unique characteristics to consider for this region.
- Observe a clinical examination process that is tailored to findings encountered in the history and initial assessment, with an emphasis on meaningful provocative testing strategies.
- Explore rehabilitation strategies that are determined by whether nociceptive or neuropathic findings predominate.
- Identify key determinants in the examination process as well as clinically relevant management strategies.

BRIDGING THE GAP: DEVELOPING AND IMPLEMENTING A MENTAL HEALTH EMERGENCY ACTION PLAN, (I, III), ESSENTIAL

Caitlin Truhe, MPHE, ATC, LAT, University of Kansas Health System
 Haley Garcia, MS, LAT, ATC, University of Kansas Health System

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

- Recognize the need for a mental health emergency action plan.
- Identify stakeholders who will help develop and support the implementation of a mental health emergency action plan.
- Explain the rationale for creating and implementing a mental health emergency action plan in their clinical setting.
- Evaluate their knowledge of mental health crisis intervention.
- Consider varying crisis-intervention educational opportunities.

FORUM, 1:40 P.M. – 2:35 P.M.

DESIGNING SYSTEMS TO IMPROVE YOUR TEAM'S NUTRITIONAL RECOVERY, (I, IV, V), ADVANCED

Dana White, ATC, LAT, RD, Quinnipiac University

Kate Knappenberger, MS, RD, ATC, Northwestern Medicine

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

- Describe key components of recovery nutrition and amounts needed to optimize performance and health.
- Evaluate your facility and resources in order to design systems to help the athlete achieve their nutrition recovery goals.
- Evaluate their patient's environment to design systems in order to help the patient achieve their nutrition recovery goals.

INTERACTIVE LECTURE, 1:40 P.M. – 2:35 P.M.

BRAIN FUNCTION DEMYSTIFIED: NEURAL MECHANISMS UNDERLYING FUNCTIONAL PERFORMANCE CAPABILITIES, (I, II), (BCS-O: I), ESSENTIAL

Gary Wilkerson, EdD, LAT, ATC, University Of Tennessee at Chattanooga

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

- Explain the relevance of specific brain processes to an athlete's ability to respond rapidly and accurately to events occurring in a dynamically changing environment.
- Describe the functions of key brain networks that must be activated and coordinated to generate rapid and effective responses to potentially injurious scenarios.
- Describe the limitations and relative advantages of various approaches to the assessment and training of perceptual-motor efficiency.

LECTURES, 1:40 P.M. – 2:35 P.M.

EAP GAPS REVEALED IN SUDDEN CARDIAC ARREST IN ATHLETICS, (I, III), ADVANCED

Ray Castle, PhD, LAT, ATC, Action Medicine Consultants LLC

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

- Discuss and analyze epidemiological data for sudden cardiac arrest (SCA) in athletics.
- Identify and analyze contemporary components of emergency action plans utilized in developing and implementing comprehensive policies and procedures.
- Address critical failure points in athletic emergency response and planning in which sudden cardiac death occurred.
- Identify layperson and medical provider educational and practice gaps that can be utilized to mitigate the outcomes of SCA.

KEEPING YOUR STAFF ENGAGED IN THE PROCESS: BEING MORE THAN A CLINICAL ATHLETIC TRAINER, (V), ESSENTIAL

Brian Bratta, ATC, State University of New York at Buffalo

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

- Identify factors in job satisfaction and retention rates in health care professions.
- Differentiate between ideas to increase engagement.
- Implement techniques that will continue to engage and motivate staff.

RETHINKING PREPARTICIPATION SCREENING: NEW PERSPECTIVES ON INJURY PREVENTION, (I, IV), (BCS-O: III), ESSENTIAL

Travis Pollen, PhD, Thomas Jefferson University

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

- Evaluate the effectiveness and limitations of preparticipation screening within the context of injury prediction and prevention.
- Contrast a “global” injury prevention strategy (for all athletes), a “high-risk” strategy (for the most susceptible athletes only) and a “hybrid” strategy that blends elements of both.

- Discuss reasons for screening, besides risk stratification, including detecting current injuries, gathering baseline data to assess recovery and building relationships with athletes.

COMPLEX READING FOR THE EVERYDAY ATHLETIC TRAINER: A PRIMER FOR RESEARCH LITERACY, (II), ESSENTIAL

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

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

- Identify and select easily accessible sources of research.
- Summarize the rationale for critical appraisal of research.
- Explain key topics, concepts and phrases commonly found in research.
- Create a framework in which attendees can analyze and compare their practice outcomes to existing literature.

PROFESSIONAL PRACTICE AND RESPONSIBILITY: TOPIC DISCIPLINE CASES, (V), ESSENTIAL

Presented by the Board of Certification

Corey Oshikoya, EdD, ATC, Northern Arizona University

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

- Describe the BOC disciplinary process.
- Identify situations that are potential violations of BOC Standards of Practice and or state laws.
- Examine actual disciplinary casework that may assist ATs in demonstrating better ethical decision-making skills should they find themselves in a conflicted situation.

INTERACTIVE LECTURE, 3:05 P.M. – 4 P.M.

DO YOU SEE WHAT I SEE? STRATEGIES TO BETTER RECOGNIZE SOCIAL DETERMINANTS OF HEALTH IMPACTING YOUR PATIENTS, (I, II), (BCS-O: I), ADVANCED

Cailee Welch Bacon, PhD, ATC, FNATA, A.T. Still University

Kelsey Picha, PhD, ATC, A.T. Still University

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

- Discuss the key considerations to enhance observational skills among athletic trainers, including 1) foundational components of observation (i.e., objective/methodological observation, subjective interpretation, assumptive observation) as a tenet of situational awareness in health care; 2) the influences confirmation and experience bias can have on athletic trainers' observational skills; 3) the benefits of visual literacy training in health care (e.g., enhanced communication, improved diagnostic accuracy, reduction of medical errors); and 4) the common strategies employed during visual literacy training that can be easily implemented to sharpen athletic trainers' observational skills.
- Examine the quality and thoroughness of their own observational skills to differentiate if many of their observations are true objective observations or subjective interpretations and assumptions influenced by confirmation or experience bias. By practicing their observational skills through a series of activities during the presentation, attendees will gain an appreciation of their own observational skills and identify areas for improvement via visual literacy training.
- Implement learned observational skills to better recognize social determinants of health (e.g., health literacy, education, transportation, food insecurity, insurance, social media access and behavioral health) impacting patients' health and well-being to initiate conversations and collaborations with patients to improve outcomes.

LECTURES, 3:05 P.M. – 4 P.M.

DEFINING ATHLETIC TRAINING SERVICES: ACCESSIBLE, AFFORDABLE AND QUALITY HEALTH CARE, (I, V), ESSENTIAL

Katie Sniffen, MS, ATC, Saint Louis University

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

- Summarize the demographic characteristics of high school-aged patients seen in orthopedic practice by referral pathway (AT versus urgent care versus emergency department).
- Summarize the differences in appointment adherence of high school-aged patients referred to the orthopedic practice by referral pathway (AT versus urgent care versus emergency department).
- Describe the cost characteristics of high school AT services for lower extremity injuries in high school student athletes.
- Evaluate quality outcome measures for athletic training services for lower-extremity injuries in high school student athletes.

KEY EVALUATION AND TREATMENT ISSUES FOR PREVENTION/RETURN TO RUNNING FROM BONE STRESS AND OTHER RUNNING-RELATED INJURY FOR THE FEMALE RUNNER, (I, II), ESSENTIAL

Mitchell Rauh, PhD, PT, MPH, San Diego State University

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

- Explain general and bone stress-related running injuries.
- Describe the incidence, pathophysiology and key risk factors for general running-related and bone-stress injuries in runners.
- Recall how the female athlete triad and RED-S affect musculoskeletal health and recommendations for their management.
- Interpret key subjective and clinical assessments of general and bone stress-related running injuries.
- Explain optimal treatment and return to running from a bone stress-related running injury.

MENTORSHIP WITH INTENTION: RECOMMENDATIONS FOR SUCCESS, (V), (BCS-O: I), ESSENTIAL

Alison Gardiner-Shires, PhD, LAT, ATC, West Chester University

James Onate, PhD, ATC, Ohio State University

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

- Implement intentionality with mentoring relationships to help with achievement of goals.
- Utilize purposeful strategies to develop a sense of belonging and inclusion.
- Describe how to establish a healthy support network to help prevent burnout, increase personal success and successfully navigate stress associated with higher education faculty roles.

COLLEGIATE STANDARD OF CARE: TOOLS AND STRATEGIES FOR CONQUERING THE NUTRITION AND BODY COMPOSITION DOMAIN, (I), ADVANCED

Presented by the Collegiate and Professional Sports Dietitians Association

Kate Knappenberger, MS, RD, CSSD, Northwestern Medicine

Mary McLendon, MS, LAT, ATC, Mississippi State University

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

- Obtain individual results from Domain 16 of the Inter-Association Collegiate Standard of Care Toolkit.
- Develop action plans around programmatic improvements in the areas of body composition and weight guidelines, eating disorder care and referral and performance nutrition.
- Find and use current resources in order to inform nutrition care.
- Apply the Inter-Association Consensus Statement on Collegiate Models of Care for Performance Nutrition to the AT's specific workplace.