Strategies to Better Handle the Stress of Daily Life

In life there is always one constant: stress! Professionals’ combat stress within work duties, for example, high school ATs have limited time between dismissal and practice to prep athletes. Most professionals encounter stress in personal lives, (getting kids ready for school, or traffic jams in-route to work). Successful stress management provides positive health outcomes. Healthy professionals find ways to cope with stresses through various techniques. Earlier wake ups and pre planning are proactive ways to adjust to life’s little stresses. As part of this discussion our objective is to share the ways we maneuver through the daily rigors of work and personal life.

At the conclusion of this session, attendees will be able to:
1. Apply various and valuable techniques to manage daily stressors
2. Incorporate daily activity as management tool for stress
3. Integrate mental health break examples for real life stressful situations

The Complexity of Implementing Injury Prevention Programs – How Do We Get These to Work?

Musculoskeletal injury (MSK-I) is burdensome for U.S. civilian athletes and military Service members, and MSK-I prevention is paramount for healthcare providers, governing bodies and policy makers alike. Recent injury prevention (IP) studies show mixed results not only for IP, but also for the ability to successfully implement IP programs (IPPs), which is often attributed to a research-to-practice gap between researchers, clinicians, sporting or military systems and end-users of IPPs (i.e. athlete, Service member). Lessons learned from successful and unsuccessful IPPs, and goals for IPP implementation design will be shared in a guided discussion on successes and pitfalls regarding IPP implementation.

At the conclusion of this session, attendees will be able to:
1. Describe a multilevel approach for injury prevention strategy implementation
2. Appraise injury prevention assets and gaps unique to their setting
3. Apply knowledge attained to duplicate successes and overcome pitfalls experienced

The Business of Science: Securing Extramural Funding

Securing extramural funding is of growing importance in academia for both promotion and the advancement of the science of athletic training. Extramural support can come from a variety of sources but all successful proposals must clearly identify the significance of the findings and articulate a novel yet robust approach. This session will center around the techniques and strategies found to be successful in articulating clearing defined specific aims, robust methods, and building a strong collaborative team for both foundational and federal grants.

At the conclusion of the program, participants will be able to:
1. Identify strategies to help them better articulate their proposal specific aims and methodology.

The Role of Residency Programs in Athletic Training Education

Webster’s definition of residency includes: “A period of advanced training in a medical specialty.” Post professional and specialty education continues to gain popularity in many healthcare professions, they are designed to create specialists in designated educational competencies. The Commission on Accreditation of Athletic Training Education (CAATE) has developed accreditation standards required for
post-professional athletic training residencies. Residency programs are not intended to be an alternative to graduate assistant programs, however, be focused on patient based specialization that provides preparation of the resident as an advanced practice healthcare provider.

At the conclusion of the program, participants will be able to:
1. Identify concepts of Post professional education following the medical model
2. Identify the design of Athletic Training Residencies, to develop content or clinical experts within the field of AT
3. Identify the ATR Product: where do they go and how do they integrate into AT and healthcare?

Specialty Certifications for Emerging Settings: Physician Practice & Occupational Health
In the occupational health setting, athletic trainers develop and manage programs designed to keep employees working at full capacity, improving company productivity and even help reduce health care and insurance costs. Athletic Trainers in physician practice improve productivity, patient outcomes and satisfaction while helping move patients more effectively and efficiently through the appointment, evaluation and treatment process. Athletic trainers working in these settings may need or benefit from specific certifications. This forum will discuss which certifications are the most beneficial for these specific employment settings and how to pursue such certifications.

At the conclusion of the program, participants will be able to:
1. Identify specific specialty certifications that will aid in securing or advancing their position within physician practice and occupational health employment settings.
2. Discuss which certifications are the most beneficial for these specific employment settings
3. Describe how Athletic Trainers in physician practice improve productivity, patient outcomes and satisfaction

Groin Pain in Cutting Sports- Where Is It Coming From and How Do We Treat It?
Given the complex regional anatomy, evaluation and treatment of injuries to the hip and pelvis can be challenging for the clinician. Groin pain can be caused by true adductor muscle injury or referred from the hip and pelvis. Athletic trainers should be well versed in the differential diagnosis of groin pain so they can effectively manage and treat the patient, or appropriately refer in a timely manner.

At the conclusion of the program, participants will be able to:
1. Develop a differential diagnosis of groin pain in athletes
2. Develop conservative management strategies for groin pain in athletes
3. Identify when to refer a patient with groin pain to a physician

Managing Shoulder Instability Without Compromising Shoulder Mobility
Shoulder instability is a major concern for the overhead athlete as long term sequelae can result. Further, multiple modifiable and non-modifiable risk factors for shoulder instability exists but are not always considered when developing prevention and treatment programs. Understanding the etiology of different types of instability is important if clinicians are to select the appropriate therapeutic interventions. This peer to peer discussion will focus on the underlying etiologies of shoulder instability,
and the therapeutic interventions that best address the anatomical and biomechanical constraints of differently types of shoulder instability.

At the conclusion of the program, participants will be able to:

1. Identify common risk factors for recurrent shoulder instability
2. Categorize shoulder instability types into logical system with a deeper understanding of the appropriate interventions
3. Apply therapeutic interventions for shoulder rehabilitation keeping anatomical and biomechanical considerations in mind.