

When school makes you worse: Academic considerations in concussion and post concussion syndrome recovery

The Prague statement identified "cognitive rest" as a feature of post concussion treatment and management. School and college-age athletes are often instructed to limit academic activities after concussion, often with minimal guidance in how to modify those activities. This presentation will discuss the concept of cognitive rest, strategies for academic accommodations for different age groups, reasons for athlete non-compliance with treatment plan, and institutional barriers to compliance. Athletic Trainer importance as an athlete advocate will be stressed. Emphasis will be placed on strategies to work with teachers, school nurses, and school administration to achieve continued post concussion syndrome recovery while in school.

Clinical Prediction Rules in Athletic Training

The purpose of this session is to help clinicians understand, create and apply clinical prediction rules (CPRs). The session will clarify the principles for CPRs, how they are developed and how the rules can be applied to caring for individual patients. Presentation #1 will provide an overview of existing CPRs and how they apply to the certified athletic trainer. Presentation #2 explains how CPRs can be created by the athletic trainer regardless of practice setting. The third presentation will present case studies to demonstrate how CPRs are being used and what our profession needs to do to progress in the future.

Recurrent Ankle Sprain Prevention

Ankle sprains are one of the most prevalent joint injuries. The commonality of this injury has led it to be regarded as "just an ankle sprain," however; they in fact represent a serious public health problem. Given that ankle sprains exhibit the highest percentage recurrence rate with high subsequent chronic symptoms it is imperative to better understand how to prevent recurrent ankle sprains. This evidence based presentation will examine three areas in regards to recurrent ankle sprain prevention: tissue healing, balance and strength training. Upon completion, attendees will understand the current evidence on ankle sprain prevention.

Recruiting, Preparing and Retaining Quality Athletic Trainers: A Guide to Understanding Professional Socialization

Discourse among current members reflects concern regarding the recruitment and retainment of quality athletic trainers within the profession. The proposed presentation will address administrative and professional development strategies to recruit, prepare and retain entry-level practitioners through a critical examination of the professional socialization process (PS). PS is a complex process, but critical for the development of successful members of a profession. Grounded through original research and supportive literature, presenters will review the phases of PS and suggest practical strategies to obtain congruency between educational and occupational socializing influences to more effectively recruit, prepare and retain successful athletic trainers.

Evidence-Based Rehabilitation Following Arthroscopic Anterior Stabilization of the Shoulder: A Consensus Guideline by American Society of Shoulder and Elbow Therapists

This course highlights the primary clinical decision-making points, and describes the rationale for the rehabilitation of patient's status post arthroscopic anterior shoulder stabilization with or without concomitant Bankhart repair. This course will present the backbone of the American Society of Shoulder and Elbow Therapist's rehabilitation guideline. Rehabilitation implications of the surgical repair, appropriate integration of range of motion (ROM), sub-maximal cyclic loading, dynamic stabilization with return to sport timelines will be discussed. This guideline can be used as a basis for comparison to other protocols and aide clinical decision-making for the rehabilitation of patients following arthroscopic anterior shoulder stabilization.

Assessing the Dizzy Athlete: Vestibular Screening and Treatments

Athletes may complain of dizziness following whiplash or a traumatic brain injury. The pertinent anatomy of the central and peripheral nervous system will be reviewed. This lecture will discuss vestibular screening, evaluation techniques, assessment, and treatment indications for balance disorders. Clusters of signs and symptoms warranting referral to a higher level of care will be presented. The appropriate terminology and presentation of vertigo, dizziness, and lightheadedness will be described. Case studies of patients with common complaints and presentations will be provided to assist the certified athletic trainer to more effectively triage, evaluate, and treat the dizzy athlete.

ACL Injury Prevention: Past, Present, and Future

The goals of this session are to provide an overview of current ACL injury prevention programs and discuss new techniques to improve program effectiveness. The first presentation will include a systematic review of the training methods that have been shown to modify biomechanical and neuromuscular factors and decrease ACL injury rates. The second presentation will describe training guidelines to employ when implementing an ACL injury prevention program in a pediatric population. The final presentation will discuss the importance of developing a "tailored" exercise program based on a functional movement assessment to prevent ACL injuries and correct faulty movement patterns.

Neutral Alignment in the Cervical Spine during Acute Cervical Spine Injury Management: The Evidence

It is commonly accepted that the cervical spine be immobilized in a neutral position in preparation for transport to an emergency facility and that head and neck motion be limited as much as possible until a diagnosis is made. However, there are many opportunities for spinal deviation to occur during the acute management of the cervical spine injured athlete. Therefore, this session will report on the scientific research concerning the merits of establishing neutral alignment in the cervical spine and also critically analyze the standard-of-care treatment guidelines currently adhered to by athletic trainers, primary responders, and other emergency medical personnel.

Emerging NATA Position Statements

This feature presentation will explore three recently released NATA position statements on these areas:

- Skin Disorders
- Overuse Injuries in Pediatric Athletes
- Cold Injuries

Integrating Evidence Based Practice into Your Setting

- EBP: Why We Must Care –Overview of the importance of EBP in athletic training
- EBP: It Applies to Teaching, Too! – Research related to academic effectiveness
- EBP: Putting It to Work in Patient Care-What techniques, skills and procedures are valid and what ones are not.

Current Trends in Concussion Assessment and Intervention

Concussions still are frequently in the news and a “hot topic” for our members. Athletic trainers are searching for the most up-to date information when assessing and treating concussions.

This presentation will utilize a new format for the NATA where we will have 2 “keynote /bookend” speakers that are experts on the subject matter. 3 speakers on the same topic will present highlighting current research they have conducted on concussions. Through this style, we hope to intergrate cutting edge research with expert clinical presentations.

Live Hip Arthroscopy

The management of hip injuries has evolved in athletics significantly with advances made in arthroscopic procedures. This minimally invasive surgical technique has assisted with the diagnosis and treatment of conditions that previously may have been unrecognized. Indications for hip arthroscopy include the presence of symptomatic acetabular labral tears, hip capsule laxity and instability, chondral lesions, osteochondritis dissecans, and loose bodies to name a few.

This feature presentation will include a cadaver dissection performed by an orthopedic surgeon. The session will include identification of important anatomical structures found within the hip, common pathological conditions encountered , and surgical arthroscopic procedures utilized by orthopedic surgeons in the diagnosis and treatment of hip pathology.

Musculoskeletal Ultrasound in Athletics

- Introduce the principles of musculoskeletal ultrasound as an imaging tool
- Demonstrate the application techniques associated with musculoskeletal ultrasound

- Identify advantages and disadvantages of using musculoskeletal ultrasound for sports medicine assessment and treatment interventions
- Review case studies utilizing musculoskeletal ultrasound
- Discuss future opportunities for the implementation of musculoskeletal ultrasound into the practice of athletic training

Utilization of Video Gaming Among Athletes for Rehabilitation

Video gaming is prevalent among the general population including our athletes. Athletic trainers are often looking at ways to present innovative techniques into rehabilitation. This feature presentation will explore the use of various types of video gaming as a rehabilitation device along with neurological intervention through the use of video gaming from a researcher's perspective.

Prescription and over the counter medications in the Athletic Training Facility

Athletic trainers routinely manage prescription and over the counter (OTC) medication under the supervision, advice, and consent of a physician. Establishing recommendations for managing these medications in the athletic training setting is necessary to ensure proper protocols are followed by all involved in the process of storage, packaging, tracking, and disseminating both prescription (as ordered by a physician) and OTC medications (per manufacturer directions). Execution of these recommendations occurs at a facility managed by athletic training staff at an intercollegiate institution, professional sports team facility, international competition center, private clinical setting, or related venue.

Preventing, Evaluating and Management of Patellofemoral Conditions

The goal of this session would be to update athletic trainers and other attendees about the current scientific literature regarding the prevention, evaluation, and management of patellofemoral pain syndrome (PFPS). Historically, findings from the scientific literature have reported a more global approach for managing this most common, yet misunderstood, pathology. PFPS is multifactorial in nature and requires an individualized, evidence-based approach. This session will summarize the current scientific findings and provide the attendees with practical applications related to the prevention, evaluation, and management of PFPS. It also will incorporate case scenarios to further integrate scientific concepts into clinical practice.