Abstracts/Bullet Points for 2009 NATA Workshops

Topic	Bullet Points	Speaker (First Name)	Speaker (Last Name)
Clinical Gait Analysis and Proper Footwear Selection	• Gait analysis can inform selection of footwear as a preventative approach for injury • Learn how to select appropriate shoes • Discover strategies for assessing gait	Reed	Ferber
"Linking clinical assessment of foot structure to lower extremity function and injury risk"	• The role of foot structure as a contributing factor for lower extremity injury • Identify foot-related injury risk factors • Discover strategies for assessing foot structure	Stephen	Cobb
Functional rehabilitation after Hip Arthroscopy	• Learn current rehabilitation strategies hip arthroscopy • Understand the hip arthroscopy surgical technique • Identify key rehabilitation outcomes	Karen	Griffin
The Importance of Rotational Control in Tibiofemoral Mechanics	The inability of the tibiofemoral joint to adequately rotate through the transverse plane is the source of many pain complaints in the knee. Correcting this requires a combination of manual therapy techniques, muscle and joint re-education, and facilitation exercises. This program seeks to address a common contributor to lower extremity pain and dysfunction by utilizing a combination of mobilizations, positional release therapy, soft tissue and joint mobilizations, and neuromuscular facilitation techniques. Specific functional exercises will also be introduced to reinforce good movement patterns. It will also address the role of the hip stabilizers and foot and ankle components.	Michael	Mullin
Re-thinking the common ankle sprain	This presentation will discuss current research and ankle anatomy in an attempt to better understand the role of the syndesmosis in ankle stability, injury and how it can influence clinical decision making. Ankle Sprains are historically the most common injury seen in athletics. Historically, most athletic ankle injuries have been classified as “lateral” ankle sprains and involving isolated injury to the lateral ligament structures. Less is known about the anatomy of the ankle syndesmosis and it’s role in ankle stability. Advent of MRI has highlighted bone bruises and occult fractures which influence function and severity of injury.	Eric	Nussbaum
Evaluation of Low Back and Hip Injuries	• Evaluation tips for low back injuries • Evaluation strategies for hip injuries • Describe the potential relationship between hip and back injuries	James	Shipp
Rehabilitation following micro-fracture surgery	• Considerations for micro-fracture surgery • Post-surgery rehabilitation strategies • Micro-fracture outcomes	Scott	Hamersly
Hamstring strain: Differential Diagnosis	• Evaluation tips for hamstring injury • Structural vs. functional injuries • Rehabilitation insights	Janice	Loudon
Trunk instability and pitching mechanics	• Making the connection between trunk motion and pitching performance	Christopher	McKenzie

	• Pitching postures resulting in poor performance • Insights for correcting pitch mechanics		
"Treatment strategies for the Findings of the ""Non-Shoulder"" Shoulder Examination"	• Treatment strategies for the atypical shoulder examination • Alternative shoulder evaluation • Exploration of shoulder co-morbidities	Aaron	Sciascia
Treatment strategies for common injuries to the wrist and hand	• Rehabilitation for the wrist and hand • Evaluation approaches • Review of anatomy		
Selecting Outcome Measures for Patients Enrolled in Work Conditioning/Hardening Programs	This presentation will explore outcome approaches for athletic trainers practicing in rehabilitation and work conditioning/work hardening programs with a particular emphasis on rotator cuff repair patients. Participants will canvass various approaches, models, and concepts related to outcomes, but a special emphasis will be provided on resistance training volume (RTvol) as an innovative approach to measuring clinical and functional outcome. Empirical findings will be discussed based on a sample of 32 patients seen in a WC/WH program. There was a statistically significant improvement between pre/post program average RTvol. Patient follow-up 12 months later indicated that 90% of respondents had no reinjury.	Jim	Allivato
Arthroscopic Capsulabral Reconstruction and Postoperative Rehabilitation of the Type IX and Type X Superior Labrum Anterior Posterior Lesion	Lesions involving the glenoid labrum have been described as SLAP Lesions Types I - VIII, recently Cain et al have described a lesion involving the anterior, posterior, and superior labrum. The purpose of this educational session is to report on the follow-up of 52 patients undergoing the recently identified Type IX and Type X SLAP lesion repair, describe the mechanism of injury, clinical evaluation, and surgical managment. The postoperative rehabilitation process will be detailed including the biomechanical considerations involved in the treatment of the Type IX and X SLAP lesion. Postoperative results will be discussed including return to throw and return to competition.	Todd	Hooks
Concussion: Transient and persistent outcomes	• Considerations for chronic effects of concussion • Insights from impact data • Strategies for monitoring head injuries	Steven	Broglio
Lumbar Spondylolysis/Spondylolisthesis in the Adolescent and College-Aged Athlete: What is the Evidence?	This workshop will describe the various causes of spondylolysis and spondylolisthesis in the athlete according to the best current evidence. The literature regarding the prevalence of such conditions in the athlete with epidemiological studies, as well as specific risk variables, will be presented. Differential diagnosis and specific tests (as well as their predictive value) will be discussed and demonstrated. Various indications, contraindications, and precautions with sport participation will also be discussed according to the best current evidence. Specific treatment strategies will be presented, including the current debate over bracing.	Michael	Reiman
Low Back Pain in Football Athletes: Causes, Consequences, Prevention Strategies	This presentation will begin by evaluating the literature, as it relates to the incidence and significance of LBP syndromes and disorders in the football athlete. It will review the most common disorders found in football athletes, including clinical presentation and symptoms.	&	

	Pathomechanics that lead to the development of each condition will be explored, identifying training protocols and drills that may exacerbate these conditions. Finally, recommendations will be given on how to modify drills and conditioning programs for athletes afflicted with these syndromes.		
On-the-Field Management of the Spine-Injured Athlete	New and validated techniques are being employed for the management of athletes with suspected spinal injuries. ATCs must continue to discuss this topic, new quipment and emerging technologies. One of the recognized experts on this topic will present a hands-on demonstration of the proper techniques to handle a spine-injured athlete. Attendees will have an opportunity to practice and learn more about the new techniques and equipment for safe equipment removal and immobilization. In addition, new evidence-based research on in-hospital protocols, radiologic imaging, advanced airway procedures, whole body cooling, and patient transfer techniques will be addressed	Douglas	Kleiner
Resolving Movement Dysfunctions Associated with Low Back Pain	This is a presentation that reviews the evidence base approach for athletic trainers on how to resolve movement dysfunctions associated with low back pain. This new approach is developed by the author and is based on scientific evidence. This approach provides guidelines on the use of corrective and modified exercises to allow the active population to return and exceed their previous functional level.	Guido	Van Ryssegem
Massage techniques for Athletic Trainers	• Effective massage therapy approaches • Overview of general massage techniques • Review physiological foundations	Julie	Zuleger
The Graston approach for managing soft tissue injuries	• Discover a unique approach to managing soft tissue injuries • Overview of Graston philosophy • Outcomes from treatment	Jon	Schrader
The healing advantage of bone growth stimulation	• Learn the physiological basis for bone stimulator modalities • Clinical outcomes from bone stimulator therapy • Therapeutic considerations	Mitch	Doyle
"Therapeutic Modalities: Art, Science, or Voodoo?"	Therapeutic modalities can be powerful intervention tools or a waste of time. Their use is based on a combination of art, science, & voodoo. We will define the characteristics of each, and share why and how to integrate more science into your use of TM's. I will also share some ideas on critically reading scientific literature so as to avoid misinterpreting it, and give some examples of misinterpreting literature that have lead to the misuse of therapeutic modalities.	Kenneth	Knight
Resistance Exercises on Unstable Surface: Scientific Basis and Clinical Applications	Resistance training on unstable surface such as sit-ups on a dynamic disc becomes popular recently and is commonly used as a part of rehabilitation, injury prevention, and conditioning programs. It is claimed that these exercises promote greater muscle stabilization, coordination, athletic performance, and injury prevention than exercises on stable surface. Scientific evidence to support these claims is scarce. This workshop is designed to provide certified athletic trainers with the scientific background and evidence of efficacy of this training. It will cover different modes of unstable surface training,	Takashi	Nagai

	advantages/disadvantages of each modality, and examples of upper/lower/trunk exercises.		
Evaluating the Popular Soft Tissue Therapies: Choosing Which is Best for Your Athlete	The goal of this presentation is to provide a critical overview of the popular soft tissue therapies currently in use in the clinical setting. Active Release Technique (ART), Graston Technique, Sound-Assisted Soft Tissue Mobilization, ASTYM, Barnes Myo-Fascial Release, as well as a new approach, FAKTR-PM, will all be explored. Historical development, training and certification programs, and treatment protocols will be discussed, as well as reviewing all the current research for each technique. The goal is to provide a critical analysis of each approach, and give attendees the information needed to make an informed choice on which techniques they may want to seek additional training in, and which best fit their own treatment philosophies.	Kenneth	Cieslak
Advanced Isometrics: The Use of Portable Fixed Dynamometry (PFD)	Baseline strength values are imperative to monitor performance improvements and disease progression. Strength assessments can be categorized according to complexity: primary (e.g. manual muscle testing), secondary (e.g. hand-held dynamometry), and tertiary (e.g. isokinetics). Advanced isometric testing such as portable fixed dynamometry (PFD) is a secondary method of assessment. Several studies have evaluated its reliability. The use of PFD has been proposed as a viable means of assessing strength imbalances and bilateral deficits during large scale baseline screenings. The goal of this workshop will be to introduce clinicians to this method of strength assessment with an emphasis on lower extremity strength.	Roger	Kollock
exercise specific adaptations in skeletal muscle: implications for rehabilitation	• Muscle specific changes across injury rehabilitation • Strategies for improving rehabilitation outcomes • Review of eccentric muscle physiology	Timothy	Butterfield
Recognizing mental health issues in your student-athletes	• Common indicators for mental health concerns • Strategies for evaluating • General health and wellness program approaches	Windee	Weiss
Genetics and Athletic Injury	• The possible connection between genetics and injury • Review of known genetic science • Considerations for using genetic-based data	Ryan	Tierney
The Adolescent Athlete: Biological Considerations for the Athletic Trainer	• Unique considerations for the adolescent athlete • Age-related growth considerations • Common injuries	Terry	Parker
Straddling Disciplines: A Collaborative Model to Expand and Improve Collegiate Healthcare	• The role of collaboration in developing a collegiate healthcare team • Successful health care models • Developing an multidisciplinary team	Tina	Bonci
Using Sport Psychology to Enhance Rehabilitation Adherence & Outcomes	• The psychological influence on injury rehabilitation • Clinical strategies • Psychological theory and models	Megan	Granquist
Fit or fat - working with the overweight athlete	• Considerations for the overweight athlete • General health and wellness concerns • Later in life considerations	Andrea	Rudser

How to become a member of the NATA Board	• Insights into the process for becoming an NATA board member • Suggestions for pursuing a position on the NATA Board • Discussion of the role of a board member	"Chuck Kimmel	
Implementing an effective Pre-participation Exam	• Important considerations for pre-participation physical exams • Age-related strategies • Identification of efficient procedures	Brent	Rich
Effective Documentation for Reimbursement	This workshop addresses the challenging task of setting functional goals for highly functioning patients and athletes for certified athletic trainers who are seeking third party reimbursement for their services. The workshop contains both lecture and a skill lab for participants to practice goal setting for particular patient case studies presented, followed by group discussion and time for documentation questions and answers.	Jill	Murphy
Recognition and Management Techniques for Athletes with Vocal Cord Dysfunction	Vocal cord dysfunction (VCD) is recognized as a cause of exercise related dyspnea. While recognition of VCD has increased, its varied etiologies require careful attention from healthcare providers. Certified athletic trainers are in a unique position to recognize VCD as a source of exercise related dyspnea and to supplement functional breathing exercises for patients participating in physical activity. Failure to recognize and treat VCD generally results in unnecessary medical procedures and poor outcomes. The purpose of this workshop is to review the presentation of VCD, discuss the importance of diagnostic testing, and illustrate current treatment strategies for this condition.	Katherine	Newsham
Bacterial Meningitis - What you need to know	Presentation will review some of the communicable diseases whose symptoms include vomiting such as influenza and the Norwalk virus. Presentation focus will be epidemiological challenges, symptoms and prevention of bacterial meningitis. 3,000 people are affected annually. Ten -15% of these individuals die; many within 24 hours. Meningitis is a dangerous and sometimes fatal inflammation of the brain and/or spinal cord. Victims are often college freshmen. Many survivors are left with serious enduring physical problems such as deafness, brain damage or limb loss.	Marsha	Grant-Ford
Recognizing Celiac Disease	The workshop "Celiac Disease in Athletics" scheduled at last year's Annual Meeting did not occur due to the speaker's absence. This Saturday morning meeting attracted a large number of attendees. Many members in attendance stated their disappointment as they had athletes and/or family members with the disease but knew very little about its etiology and management. Therefore, I felt compelled to share my knowledge and experience of managing the health care of an athlete with celiac disease. Epidemiology, clinical manifestations, diagnosis, and management of the disease will be presented followed by a discussion of cases in athletics.	Kelly	Potteiger
Successful and Practical Fundraising for Leaders	This interactive session is designed to provide valuable insights about methods that your colleagues are using to generate funds – and other proven strategies and techniques for gaining support. Case studies, group discussions and real-life examples will highlight what's working, and what's not — and how to adapt these winning tactics and strategies to	John	Honaman

	your own fundraising projects. When you return to your work setting, you'll be motivated and inspired with great ideas, strategies and a renewed focus and commitment. You'll have the tools needed to develop and lead your team - no matter the size of your organization.		
Taking Back Control of Your Athletic Training Practice	Far too often, athletic trainers sit in their offices all day awaiting the arrival of an athlete for treatments. Utilizing bits and pieces from other medical professional practices, athletic trainers can learn to balance their time between personal lives and providing exceptional medical care. This workshop will focus on strategies that will reduce the number of unnecessary hours spent in the office and offer suggestions to professionally approach administrators and coaches on such a matter. Furthermore, the workshop will offer examples on how to develop a practice that keeps both the student-athletes and the athletic trainer's best interests in mind. The overall goal of this workshop is to focus on developing an athletic training practice that moves past the traditional thought of, athletic trainers need to work 12 hours a day seven days a week to provide adequate healthcare for student-athletes. Utilizing tools and practice examples from other medical professions can help an athletic trainer avoid unnecessary time in the athletic training room which will help eliminate burnout.	Adam	Annaccone
Orthopaedic Presentations of Common Autoimmune Disorders	Due to the fact that many autoimmune disorders present with orthopaedic complaints, this workshop is designed to recognize when orthopaedic problems might be a result of an underlying autoimmune disorder and ways to properly recognize and manage these situations.	Cody	Malley
Integrating educational technology into the athletic training classroom	As athletic training educators teach clinical proficiencies and prepare students for the BOC examination, technology can play an important role in classroom learning and understanding. This workshop will highlight technology that can be utilized to foster critical thinking and clinical decision making skills. An injury evaluation course model will be used to demonstrate technology. We will discuss finding and integrating videos, online or web-based testing, concept mapping, free online multimedia resources, and other health care based applications. The use of classroom response system (clickers) to facilitate discussion and assess learning retention will be presented.	Cathleen	Brown
The Female Athletic Triad--Body Fat vs Energy Balance. Effective Prevention and Treatment Techniques	In this workshop you will learn applicable measurement tools and nutritional techniques that have had positive effects on the Female Athletic Triad Continuum. This presentation is based on an updated ACSM position paper on "The Female Athlete Triad". It implicated it was more about lack of energy balance then low body fat percentage. Three to Four case studies will be presented to show the measurement tools and nutrition techniques that had a positive effect on the female athlete and regaining a normal and consistent menstrual cycle with a minimal change/ or no change in body fat percentage by changing energy balance.	Dawn	Weatherwax-Fall
Where in the World do I find clinical evidence?	As all of health care evolves, athletic trainers are also being challenged to justify their clinical decisions. A barrier to using current information for	Lisa	Jutte

	these decisions is the time needed to obtain it. The purpose of this presentation is to educate clinicians on how they can most quickly find relevant clinical information regarding their patient's problem. Strategies for conducting efficient searches will be presented, including accessing the best databases and using Boolean operators to narrow searches more quickly. In addition, we will discuss how new found clinical evidence can be incorporated into clinical decisions.		
Measurement Issues for Exertional Heat Illness	Exertional heat illness is a potentially catastrophic event that can be prevented through proper monitoring of the environment and effective monitoring of core body temperature should exertional heat illness occur. There is much confusion about the various measurement devices and the accuracy of these devices to measure the environment and core body temperature. This workshop will compare and contrast of various environmental measurement devices to obtain wet bulb globe temperature and heat index. This will include a comparison of hand-held devices compared to weather monitoring devices. Also, the various methods to obtain core body temperature will be explored.	Michael	Ferrara
Mountain Biking Injuries	Mountain Biking continues to be a popular competitive sport and recreational activity with up to 8 million annual participants. The purpose of this workshop is to 1)Review injury epidemiology; 2)Describe common injury mechanisms; 3)Identify risk factors associated with common injuries; and 4)Explain injury prevention measures in various sub disciplines of mountain biking. The workshop will finish with a series of case studies in how to best address the individual cyclist needs.	Randy	Schmitz
Pre-Participation Screening for Injury Prevention	Research has identified numerous risk factors for sports-related injury, including prior injury history, high body mass, muscular weakness, postural malalignment, deficient neuromuscular control, and insufficient neurocognitive processing mechanisms. This workshop will present evidence that supports specific pre-participation screening procedures, review basic procedures for administration of a variety of functional tests, discuss the value of data that can be derived from various survey instruments, and provide information that is relevant to interpretation of the collective results obtained from the screening procedures.	Gary	Wilkerson
Utilization of Transformational Leadership and Conflict Resolution to Foster Positive Working Relationships	Leadership is critical in every organization. Research has demonstrated that transformational leaders are very effective organizationally and create positive environments. Transformational leadership is concerned with values, ethics, and long-term goals. Transformational Leadership and other leadership theories can be utilized to both foster positive relationships and mend working relationships. When a positive relationship exists, it must be fostered and nurtured. However, when dealing with an uncooperative relationship, conflict resolution strategies may prove to be more effective.	Valerie	Herzog
Uncovering and utilizing organizational culture to change your clinical practice	As identified in the literature, a significant factor shaping the activities of any organization, including healthcare, is its culture. Therefore, this workshop will provide the certified athletic trainer with information and techniques that can be used to decipher and affect the organizational	Michael	Hudson

	culture surrounding one's clinical practice. The workshop will define organizational culture, highlight the need for understanding it, and examine organizational culture issues within athletic training. Participants will then discuss and apply techniques for uncovering organizational culture. Finally, participants will discuss how to affect organizational culture to influence a positive change within their practice settings.		
Critically appraised topics (CATs): Translating evidence-based medicine into clinical practice	Critically appraised topics (CATs) have become an important asset to evidence-based clinical practice. The goal of this feature presentation is to introduce the process of developing a CAT to the ATC. Specific objectives include developing a clinical topic/question, introducing hierarchy of clinical research designs, performing searches for clinical studies, evaluating clinical studies based on the quality of methods and consistency of results, and synthesizing the evidence into recommendations for clinical practice. The outcome will result in the ATC gaining knowledge in how to conduct a CAT and prepare it for publication in peer-reviewed clinical literature.	Patrick McKeon	Jennifer Medina-McKeon
Spot the Clot: The Many Faces of DVT in Athletes	Venous thrombosis in athletes can result from acquired conditions like orthopedic surgery, competition related trauma, use of birth control pills, and competition related plane/bus travel. Additionally, some athletes may already be predisposed to venous thrombosis because of an inherited hypercoaguable state such as Factor V Leiden disease or Protein C deficiency.	Gerald	Weniger
The emergence of the Paralympian: amputee athletes push the limit	There are increasing opportunities for individuals with disabilities in both recreational and competitive sports. Amputees make up a large portion of this growing athletic population. As more amputees increase their activity level the sports medicine community should be aware of this demographic and keep pace with the needs of these athletes. Awareness of abilities and impairments and functional limitations of these athletes are essential to the sports medicine communities' knowledge base. This presentation will highlight classifications of activity, amputation levels, comparative biomechanical analysis of walking and running gait, and sports prosthetics.	Tona Hetzler	Doug Rempe
Athletic Training as part of the Police SWAT Team Medical Team	SWAT officers are physically trained and highly motivated individuals who closely resemble competitive athletes. Their injuries are also similar to athletes, as was described in the data published by the presenter. Musculoskeletal and overuse injuries are often suffered during training nd physical conditioning. Thus, a new employment setting may exist for ATCs to work with these "tactical athletes". This presentation introduces the concepts of tactical medicine and relationships with ATCs. The speaker is an ATC who provides tactical and sports medicine support to several tactical teams and is nationally recognized for introducing sports medicine to this setting.	Douglas	Kleiner