2009 Mini-Course Abstracts

1. **Survivor-Athletic Training Educator: Keys to success in the world of College/University Faculty**
David Middlemas, EdD, ATC

As the number of accredited programs in Athletic Training Education continues to grow, so does the opportunity for young, relatively inexperienced professionals to move into positions as Athletic Training Faculty members. Since the majority of professional preparation of Athletic Trainers is as clinicians and/or researchers it is advantageous to provide educational opportunities during which young, aspiring Athletic Training Educators can gain knowledge and begin to develop strategies that will give them the tools to be successful university faculty.

The purpose of this mini-course is to provide an introduction to the roles and responsibilities of the Athletic Trainer as a college or university faculty member. Through presentation and discussion the participants will have the opportunity to explore the challenges facing young professionals who are pursuing career paths as Athletic Training Educators.

2. **Hip Injuries in Athletes: Diagnosis and Treatment** Benjamin Domb, MD.

During recent years, advances in the understanding of the hip joint have led to increased recognition of hip injuries in the athletic population. Improvements in diagnosis have been accompanied by new non-surgical treatments as well as great leaps in arthroscopic surgical techniques for hip injuries. While a high prevalence of hip injuries has been shown in professional sports, they are likely equally rampant at the high school and collegiate levels. Although very common, hip injuries are among the most frequently misdiagnosed problems in sports medicine today. Of patients with labral tears, as many as 60% are misdiagnosed, usually with groin pulls or muscle strains. This course will review the common injuries and pathology in the athletic hip, including labral tears, femoro-acetabular impingement, psoas impingement, and cartilage injuries. A thorough diagnostic approach will be presented including hip-specific physical exam, specialized x-rays, and MRI findings. Finally, the non-surgical and surgical treatments for labral tears and FAI will be discussed. The material covered in this course will prepare the clinician to easily and correctly diagnose the athlete with an injured hip.

3. **Evaluation and Packaging in Unique Environments** Edward Strapp, MA, LATC, EMT

As much as we wish every femur fracture would be on flat ground, and every concerned spinal injury would collapse right on the backboard in the gator, we all know that does not happen like it does in the movies.

During this mini-course we will review the ins and outs of unique environments of a skate park, or skate bowl, a trampoline bed, and a foam pit. We will discuss unstable surfaces like skate lite, or the trampoline bed, and how to maneuver around in that environment. We will do a table top demonstration of what can I use now with interactive Video footage of practice sessions.

4. **The Pitching Athlete-Assessment of Mechanics, Injury Prevention, and Rehabilitation** Mark Miler, ACT and Howard Knudson, MSPT

Prevention of injury and rehabilitation of the throwing athlete is a major concern in all levels of baseball. Of particular interest are the mechanics of pitching and its role in the injured athlete. Faulty mechanics can lead to a variety of injuries that can jeopardize a player's season and career. It is also important to ensure that the pitcher has adequate strength and flexibility to engage in the forces required to deliver a pitch to the plate. It is our purpose to present and discuss a screening mechanism to identify the players who are at risk for injury, techniques to evaluate injured pitchers, and assessment of proper pitching mechanics. We are also going to provide a rehabilitation program to effectively and efficiently treat the injured pitcher. At the conclusion of this presentation, each clinician will be able to recognize a player at

risk for injury and maximize his performance, while minimizing injury. The clinician will also be able to take an injured player from the athletic training room back to the mound efficiently and effectively.

5. **Using Webcams for Assessment of Student Clinical Skills** Barry McGumphy, PhD, ATC

This mini-course will describe the various applications of clinical assessment using webcams in athletic training clinical environments. Applications include assessment in distance education courses, evaluations of students at distant clinical sites, communication with ACI's, etc. Issues regarding technological and pedagogical challenges and solutions will also be presented in this mini-course.

6. **TMJ Evlauation & Treatment** Joseph Cordis, PT, GCFP, LLC

This presentation will cover the basics of evaluation & treatment, with an emphasis on knowing what common factors create TMJ dysfunction, and an even greater emphasis on knowing effective treatment options for pain reduction and muscle re-education, as well as conservative dental options for early intervention. Mr. Cordes has holistic osteopathic as well as Feldenkrais movement education training, and will share from that perspective what steps provide best optimum results.

7. **Teaching Otoscope & Opthalmoscope Techniques** Robert Baker, MD, ATC

The practicing athletic trainer may be faced with a variety of health complaints in the course of managing an athletic team. The athletic trainer may be called upon to evaluate the eyes and ears and to report finding to their team physician. Attendees of this Mini-Course will become familiar with the use of the otoscope and ophthalmoscope. Further, attendees will be able to identify common appearance of: otitis externa, otitis media, ear effusions, conjunctivitis, hyphema, and detached retina.

8. **Differences in Rehabilitation following ACL Reconstruction using Allograft or Autograft Tissues**
J. Nyland DPT, SCS, EdD, ATC, CSCS, FACSM

The attendee will increase their understanding of rehabilitation differences following ACL reconstruction using allograft or autograft tissues. Topics will include femoral and tibial bone characteristics, tunnel placement, number and type, graft strengths-weaknesses, graft fixation-tension, graft remodeling-incorporation, the influence of concomitant meniscal and osteochondral injuries, and revision surgery considerations. Interpretation of biomechanical research, closed and open kinetic chain exercises, progressive eccentrics, functional bracing, return to play criteria, and the significance of pivot shift laxity will also be discussed. Gender, age, lifestyle, and self-efficacy as they relate to patient care will also be addressed.

9. Application of Kinesotaping James Wallis, ATC

The Kinesio Taping method is a therapeutic taping technique that allows treatment options for all stages of the injury cycle: acute, sub-acute, chronic and rehabilitation. The technique was created by Dr. Kenzo Kase and was first introduced to the USA in 1995. You will be introduced to the 5 basic concepts, basic and advanced tape application methods and clinical applications you can use with your athletes.

10. Manual Therapy: The Theories Underlying the Techniques and the Evidence to Support
Regis Turocy, DHCE, PT, ECS

This presentation will discuss the theories underlying several common manual therapy techniques and their clinical application. Current evidence to support these techniques will also be presented.

11. Treatment & Rehabilitation of High Ankle Sprains Jason Scibek, PhD, ATC

The successful management and treatment of syndesmosis ankle sprains is dependent both on the proper diagnosis of the injury along with careful and comprehensive rehabilitation of the ankle sprain. The objectives of this session will be to provide athletic trainers with information to aid in their differential diagnosis of syndesmosis ankle sprains and to examine a course of rehabilitation to improve recovery from these ankle injuries.

12. **Interactions of the Most Commonly Prescribed Drugs in Orthopedics and Sports Medicine.** Deidre Leaver-Dunn, PhD, ATC

Abstract forthcoming...