NATA 2025 Preliminary Program

Innovations in Risk Reduction

Advances in Soft Tissue Injury Management

On-Demand Session

Student Session (not eligible for CEUs)

(BCS-O)- Denotes Orthopedic Specialty Certification Domain

Tuesday, June 24

Advanced Track, 8 a.m. – 12 p.m.

Cupping Therapy: A Spot-On Soft Tissue Manipulation Technique (I, II, IV, V), Advanced
Phil Vardiman, ATC, Kansas State University
Aric Warren, ATC, Oklahoma State University

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

- Explain the indications and contraindications of using Cupping Therapy on patients.
- Identify the need for using Cupping using current evidence.
- Apply safe cupping techniques.
- Select appropriate application strategies that integrate cupping techniques and movement patterns.

Advanced Track, 1 – 5 p.m.

IV Concepts and Application, (II, III, V), Advanced
Eric Fuchs, DA, ATC, NRAEMT, Eastern Kentucky University

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

- Describe common medical and traumatic injuries that the establishment of IV Access or IV Fluid Administration would improve patient morbidity or mortality rate.
- Explain the impact of state practice acts upon the ability for athletic trainers to provide IV access on patients.
- Summarize injuries or illness which current evidence supports initiation of IV Fluids in AT Position Statements.
- Monitor and set-up IV fluids and manage and discontinue IV access on a patient using IV arm simulators for training.
- Establish IV access on a patient using IV arm simulators.

Wednesday, June 25

Interactive Lecture, 10 – 10:55 a.m.

Improving Brain Health Through Nutrition and Neurotechnology, (I, IV), Essential
Dawn Weatherwax, RD, LD, ATC, CSCS, Sports Nutrition 2Go

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

- Analyze the components of a multimodal approach toward improving brain health.
- Describe how personalized treatment plans can aid in monitoring recovery and enhancing brain function for athletes.
- Articulate the importance of nutrition, hydration, supplementation, sleep, exercise, omega-3 fatty acids and antioxidants in maintaining optimal brain function and processing speed.
- Explain the significance of brain health in sports medicine, particularly how it impacts processing speed, performance enhancement and concussion prevention.

Lectures, 10 – 10:55 a.m.

Managing Hidden Deficits Following Traumatic Knee Joint Injury Beyond Return-to-Play and Competitive Sports, (I, III), Mastery
Christopher Stickley, PhD, ATC, CSCS, University of Hawaii
Andrew Takata, PhD, ATC, CSCS, Punahou School

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

- Explain the role of the athletic trainer in identifying and mitigating risks for OA.
- Explain the role of somatosensory deficits in increasing risk for short-term injury, reinjury or decreased long-term joint health.
- Describe the importance of incorporating sensorimotor and cognitive load training strategies during return-to-play and during ongoing training for maintenance of joint health.
- Identify assessment and training tools, and their applications for addressing potential deficits in sensorimotor and cognitive load function for patients prior to the development of OA.

Managing Acute Joint Dislocation With Closed-Reduction, (III), (BCS-O: I, II), Advanced
Cynthia Wright, PhD, ATC, OTC, Whitworth University

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

- Identify the steps to a structured evaluation and treatment algorithm for closed reduction of acute dislocation.
- Identify common closed-joint reduction techniques for the glenohumeral, interphalangeal and patellofemoral joint.
- Compare and contrast common closed-joint reduction techniques utilizing evidence from the research literature.
- Select an appropriate closed-joint reduction technique for a particular scenario.

Forum, 10 – 10:55 a.m.

I Know What We Need, How Can I Make It Happen? Innovative Strategies for Gaining Financial Approval for Emergency Preparedness Training Implementation, (I, III, V), Advanced

Mary Annear, MS, ATC, Dartmouth Health
Edward Strapp, FP-C, LAT, ATC, Maryland State Police
Darryl Conway, MA, AT, ATC, Sports Medicine Emergency Management

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

- Describe innovative strategies for obtaining financial approval for emergency management training and skills development for your institution.
- Evaluate non-traditional models of cost avoidance and negotiation.
- Demonstrate techniques to approaching theirinstitution's risk management and general counsel to highlight the benefits of and need for continued training and annual rehearsal.

Learning Labs, 10 a.m. – 12 p.m.

Myofascial Release and Soft Tissue Mobilization Techniques For the Lumbo-Pelvic-Hip Complex, (I, II, IV), Advanced

Patricia Ponce, DPT, PT, ATC, CSCS, CertDN, GT, Self Employed

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

- Identify physiologic effects of myofacial release (MFR) and soft tissue mobilization (STM) techniques.
- Describe fascial connective tissue and its role in the body.
- Describe how myofascial restrictions affect pain, physiologic function, posture and function.
- Integrate MFR and STM techniques into a plan of care.
- Summarize the precautions and contraindications when performing MFR and STM techniques.

Lab objectives:

- Examine the lumbo-pelvic-hip complex for postural changes indicating soft tissue restrictions.
- Demonstrate MFR and STM techniques from lab.
- Visually and tactilely, analyze myofascial and soft tissue restrictions within the lumbo-pelvic-hip complex.

Finding Our Footing: Assessment and Rehabilitation of Intrinsic Foot Muscles, (II, IV), (BCS-O: I), Advanced

Jennifer Xu, PhD, ATC, CSCS, University of Virginia

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

- Develop further knowledge of an intrinsic foot muscle and foot structure assessment in order to inform their treatment and rehabilitation plan.
- Distinguish the different conditions for foot exercises involving the extrinsic foot muscles, intrinsic foot muscles and toe flexor muscles.
- Consider more methods to incorporate the foot into fuller body movements and how to use the foot to stabilize the body during these movements.

Lab objectives:

- Organize different evaluation components into a logical flow for efficient but effective foot evaluations for their specific patient population.
- Produce a rehabilitation plan that incorporates more foot, lower leg and full-body exercises.

- Develop methods for teaching individuals intrinsic foot muscle exercises that can be more difficult than others.

Addressing and Mitigating Microaggressions in the Athletic Training Health Care Environment, (V), Essential
Jenny Toonstra, PhD, LAT, ATC, Bowling Green State University
Michael Martinez, MS, LAT, ATC, FRCms, PES, Ball State University

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

- Define implicit bias, privilege, microaggression, macroaggression and micro-affirmation.
- Recognize conscious and unconscious bias and microaggressions that may occur in the clinical setting.
- Describe how microaggressions perpetuate disparities in healthcare.

Lab objectives:

- Develop the ability to accurately detect micro-aggressions in real-time scenarios within the clinical environment, through role-playing exercises and case studies.
- Initiate and conduct constructive conversations about micro-aggressions with patients and colleagues.
- Practice and refine their ability to intervene appropriately when witnessing micro-aggressions, employing de-escalation techniques, providing support to those affected and implementing strategies to foster an inclusive and respectful clinical environment.

Leveraging Mobile Applications to Design and Implement Personalized Injury Prevention Programs, (I), (BCS-O: III), Essential
Hayley Root, PhD, MPH, ATC, Northern Arizona University

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

- Discuss the importance of injury prevention warm-up programs as a strategy to improve short- and long-term health outcomes.
- Discuss how to address common barriers and facilitators to adopting an injury prevention program.
- Classify exercises that should be included in a comprehensive injury prevention program.

Lab objectives:

- Design an injury prevention program using freely available mobile applications.
- Deliver an injury prevention program with proper exercise instruction and appropriate verbal cues.
- Develop setting-specific implementation plans that address common barriers to implementing injury prevention programs and increase the likelihood of program compliance and maintenance.

Mobilization for the Lower Extremity, (II, IV), Advanced
Julio Pardave, DC, LAT, ATC, Pardave Chiropractic

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

- Describe the anatomical structures and physiological principles relevant to lower extremity mobilization techniques.
- Demonstrate proper techniques for performing lower extremity mobilization to improve joint range of motion and reduce patient discomfort.
- Assess the effectiveness of various lower extremity mobilization techniques in addressing specific clinical conditions through case studies or clinical scenarios.

Lab objectives:

- Establish a safe and effective therapeutic environment to maximize patient outcomes with regard to mobilization in the treatment of LE pathologies.
- Create a comprehensive, evidence-based treatment plan, including the use of mobilization, for patients suffering from a variety of LE pathologies.
- Perform mobilization techniques for the LE.

Forum, 11:25 a.m. – 12:20 p.m.

Leading From the Middle: Leveraging Privilege and Power to Create Inclusive Spaces for LGBTQIA+ Stakeholders, (V), Advanced
Sean Rogers, DAT, LAT, ATC, Drake University
Kirk Armstrong, EdD, LAT, ATC, James Madison University

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

- Summarize strategies for inclusive leadership that actively supports and advocates for LGBTQIA+ stakeholders.
- Outline inclusive leadership strategies to empower LGBTQIA+ stakeholders.
- Locate resources for promoting leadership development for athletic trainers.
- Outline strategies for facilitating change to create an inclusive health care environment.

Lectures, 11:25 a.m. – 12:20 p.m.

Integrating Psychological Skills to Reduce Sports-Related Injury Risk, (I), (BCS-O: III), Advanced
Shelby Baez, PhD, ATC, University of North Carolina at Chapel Hill
Hana Marmura, PhD, MPT, University of North Carolina at Chapel Hill

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

- Explain key biological factors that should be integrated into injury reduction programs based on NATA position statements.
- Discuss current evidence regarding the efficacy of integrating psychological skills to reduce primary and secondary injury risk after sport-related injury.
- Implement mindfulness and relaxation techniques through tech-driven solutions to enhance injury-reduction programs.

Beyond Eccentric Loading: Uncovering the Keys to Risk Reduction of Hamstring Strain Injuries, (I, IV), (BCS-O: I, III), Advanced
Andrea DiTrani Lobacz, PhD, ATC, Neumann University

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

- Summarize the most recent hamstring strain injury (HSI) epidemiology and incidence rates.
- Synthesize HSI management recommendations based on international clinical expert consensus and the literature related to rehab and return-to-play decisions.
- Consider alternative extrinsic modifiable risk factors, specifically as it relates to the importance of collaboration and teamwork between coaching and medical staffs as part of the HSI management plan.
- Integrate high-speed running and monitoring into the HSI risk reduction plan.

Building a Winning Culture: Addressing the Labor Challenges in Athletic Training, (V), Advanced
Matthew Mills, EdD, ATC, CHSE, Springfield College
Jessica Barrett, PhD, LAT, ATC, Springfield College

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

- Identify key strategies across industries that can be applied to athletic training to improve recruitment and retention of employees.
- Appraise the evidence on interventions that seek to improve leadership skills in athletic trainers.
- Integrate targeted methods to drive retention and recruitment within the athletic training workplace.

Student Lecture 1, 11:40 a.m. – 12:35 p.m.

(Non-CEU Session)

Neurodivergence and the Risk of Misused Modalities: Rethinking Their Approaches
James Scifers, DScPT, LAT, ATC, Moravian University
Lauren Gilliam, MS, ATC, CEAS, Onsite Innovations

Interactive Lecture, 1:15 – 2:10 p.m.

A Clinicians Approach to Helping Athletes With Autism, (I, II, IV), Essential
Jennifer Ahrens, PhD, Texas State University

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

- Recognize signs of autism in athletes.
- Describe the unique challenges clinicians report when working with athletes with autism spectrum disorder.
- Analyze a case study of an athlete with autism to create an appropriate response based on the situation presented.

Lectures, 1:15 – 2:10 p.m.

Clues to the Pediatric Puzzle: Common Orthopaedic and Sports Medicine Diagnoses, (I, II, III, IV), (BCS-O: I), Advanced
Raena Steffen, MS, LAT, ATC, PT Solutions Physical Therapy

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

- Describe common pediatric-specific orthopedic and sports medicine diagnoses, including potential long-term effects of an injury.
- Differentiate chronic, acute, urgent and emergent pediatric-specific diagnoses.
- Identify appropriate plans of care and activity restrictions for common pediatric-specific orthopaedic and sports medicine diagnoses.
- Educate key stakeholders (parent/guardian, coach and medical care team) about the significance of pediatric-specific orthopedic and sports medicine diagnoses as well as the need for specialized care, when appropriate.
- Transform the mindset that kids can be treated as "tiny adults."

Integrating Mental Health Plans in Occupational Settings: Strategies, Rationale and Case Studies, (I, II, III, IV, V), (BCS-O: I, II, III), Essential
Traci Tauferner, LAT, ATC, CSCS, Advanced Physical Therapy & Sports Medicine

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

- Define the components of a comprehensive mental health emergency action plan.
- Interpret the roles and responsibilities of athletic trainers in implementing and executing mental health emergency action plans effectively.
- Apply knowledge from case studies to evaluate and refine existing emergency action plans in response to mental health crises.
- Evaluate the potential barriers and challenges in implementing mental health emergency action plans in diverse athletic or occupational settings.
- Create a framework for collaborative efforts between athletic trainers, mental health professionals and organizational leadership to promote mental health awareness.

Learning Labs, 1:15 – 3:15 p.m.

Diagnostic Musculoskeletal Ultrasound Scanning for the Athletic Trainer: An In-Depth and Hands-On Training Session, (I, II), Advanced
Stephen Thomas, PhD, ATC, Thomas Jefferson University

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

- Describe the physics of ultrasound including proper terminology.
- Apply proper probe manipulation and patient positioning.
- Identify all of the musculoskeletal tissues at the elbow, ankle and shoulder.
- Apply the specific clinical application (injury prevention, evaluation and rehabilitation) to athletic training for each musculoskeletal tissue.

Updating Your Clinical Assessment and Treatment of Mechanical Lower Back Pain in Active Populations, (II, IV), (BCS-O: I, II), Essential
Kenneth Cieslak, DC, ATC, PSP, Ferraro Spine & Rehabilitation
Peter Koeniges, DAT, ATC, CSCS, Northern Highlands Regional High School

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

- Recognize key points to listen for in the history, as well as look at the literature to assess the importance of ROM testing and the reliability of selected special tests.

- Evaluate the role movement screening protocols may play in low back assessment and in particular, how directional preference testing and positional provocation maneuvers, may provide an important basis to assist in diagnosis.
- Practice utilizing directional preference and static and postural loading maneuvers, in conjunction with a standard orthopedic assessment process and discuss how to interpret these findings to enhance their diagnostic acumen.
- Examine the literature as it applies to rehabilitation concepts, such as motor control programs, strengthening protocols, proprioceptive strategies and manual therapy approaches and discuss their relative value and limitations in an effective treatment program.
- Explore several popular exercise approaches and review and practice some sample progressions for each.

Lab objectives:

- Practice utilizing directional preference and static and postural loading maneuvers, in conjunction with a standard orthopedic assessment process, and discuss how to interpret these findings to enhance their diagnostic acumen.
- Explore several popular lumbar stabilization exercise approaches and review and practice some sample progressions for each.
- Explore and practice the integration of perturbation strategies into a rehabilitation protocol to enhance motor control exercise progressions.

Cervicogenic Concussion, Vertigo and Dizziness For the Athletic Trainer, (II, IV), (BCS-O: I), Advanced

Paul Ullucci Jr, PT, PhD, DPT, ATC, SCS, CSCS, Johnson and Wales University
John Furtado, PT, LAT, ATC, Southcoast Health

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

- Describe the anatomical and physiologic mechanisms by which the cervical spine can cause symptoms consistent with dizziness, vertigo, concussion and post-concussion syndrome.
- Identify evidence-based tests and measures, which will allow them to effectively rule in/out cervical dysfunction as a causative factor for their athletes' complaints.
- Identify evidence-based manual techniques such as soft tissue mobilization, Grade I-IV mobilization, muscle energy techniques, etc., shown to restore mobility and function in the cervical spine, specific to cervicogenic concussion, dizziness and vertigo.
- Identify postural adaptations which increase risk of cervical pathology in athletes.
- Identify scope of practice issues as it applies to manual techniques and athletic trainers.

Lab objectives:

- Perform evidence-based tests and measures, to effectively rule in/out cervical dysfunction as a causative factor for their athletes' complaints.
- Apply hands-on techniques to address soft tissue mobility, flexibility and strength about the region to address cervical mobility and posture.
- Perform manual techniques to increase joint mobility and range of motion in the region.

ACL Injury Prevention: The Missing Link, (I, II IV), Advanced

Veronica Dilzer, MS, ATC, Philadelphia Phillies
Maksym Zhytnytsky, COF, LAT, ATC, Athletico Physical Therapy

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

- Describe the basics of fascial lines, lower leg mechanics and the concept of mechanical load sharing across a kinetic chain.
- Comprehend how deficiencies in fascial lines and lower leg biomechanics correlate to the risk of injury and how movement compensations affect athletic performance.
- Identify proper lower leg kinetics and the associated bi-articular tissue that controls lower limb kinematics.
- Develop an understanding of the "bottom up" approach to ACL injury prevention.

Lab objectives:

- Appraise lower leg function through physical examination and evaluate movement express and limitations.
- Identify the most appropriate treatment intervention to re-establish proper biomechanics at the ankle joint in association with the knee joint.
- Construct a program that addresses movement deficiencies found during evaluation and reestablish proper lower leg mechanics and fascial line tensegrity.

Interactive Lecture, 2:40 – 3:35 p.m.

The Role of Athletic Trainers in Accessibility Support, (I, II, IV, V), (BCS-O: I, II, III), Advanced
James Murdock, MEd, ATC, Self-Employed

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

- Identify the types of support patients will need for their type of disability.
- Identify types of medical resources available for AT supporting patients with disabilities.
- Explain the differences and types of temporary or potential permanent disabilities.
- Evaluate the resources that may be available within their setting.

Music is (Sports) Medicine, (I, IV), Essential
Erin Lally, PhD, LAT, ATC, Texas State University

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

- Discover what the research on music and exercise demonstrates and areas that are anecdotal in nature.
- Describe the general components of music and types of music used in exercise.
- Describe the underlying mechanisms for how music impacts movement.
- Translate the foundational theories of music and exercise to sport medicine clinical practice.
- Develop and be able to recommend effective strategies for using music in sport rehabilitation and/or exercise interventions.

Lecture, 2:40 – 3:35 p.m.

Major Pain: Rehabilitation Changes To Implement When Pain Sensitization Is Present, (II, IV), (BCS-O: I, II), Essential
Kemery Sigmund, PhD, ATC, Concordia University Wisconsin

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

- Describe the difference between typical pain modulation, peripheral and central nervous system responses in physically active clients/patients.
- Evaluate clinical signs of central sensitization and track these signs throughout rehabilitation.
- Compose appropriate rehabilitation and treatment strategies for individuals with manifestations of central sensitization.

Forum, 4:05 – 5 p.m.

The Ableism Audit: What Can You Do?, (V), (BCS-O: III), Advanced

Trevor Bates, DHSc, AT, Mercy College
Tamesha Logan, MBA, National Athletic Trainers' Association

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

- Identify current barriers for individuals with disabilities in their settings.
- Explain what an ableism audit entails.
- Evaluate how accessible and welcoming their current athletic training settings are.
- Develop an audit process for their respective athletic training settings.

Interactive Lecture, 4:05 – 5 p.m.

Injury Risk Reduction: Innovations From Performing Arts, (I), Advanced

Jeffrey Russell, PhD, ATC, Ohio University
Carina Nasrallah, MS, ATC, Houston Methodist Hospital

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

- Discuss injury risk reduction procedures for application in a variety of athletic training settings.
- Evaluate several performing arts activities for risk of injury.
- Explain how injury risk can be reduced in performing arts.

Lectures, 4:05 – 5 p.m.

Are We Heeding the Warnings on Youth Sports Specialization?, (I), Advanced

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

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

- Assess the physical and psychological concerns with early sports specialization.
- Describe the numerous sports specialization recommendations from sport governing bodies and medical organizations.
- Identify gaps in stakeholder knowledge and awareness of sports specialization recommendations.
- Describe efforts to improve stakeholder awareness and use of sports specialization recommendations.
- Formulate ways to advocate for young athletes with regards to early sports specialization.

Soft-Tissue Therapy Considerations for the Aging Population, (II, IV, V), Advanced

Michael Donahue, DAT, ATC, The Athletic Training Room

Alan Reid, MS, LAT, ATC, PES, Self Employed

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

- Comprehend how aging affects tissue elasticity, injury and healing.
- Explore common injuries for the aging population that could be treated by the athletic trainer.
- Compare different types of soft tissue therapeutic interventions for active adults.
- Analyze payment structures for the athletic trainer in private practice and determine how to market to these types of athletes.

Thursday, June 26

Forum, 9 – 9:55 a.m.

Dry Needling for Soft Tissue Injury Management: Current Issues and Concerns, (IV, V), Advanced
Brian Hortz, PhD, ATC, SFDN, Structure and Function Education
Sue Falsone, PT, DPT, MS, SCS, ATC, CSCS,Structure and Function Education

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

- Analyze controversies surrounding the eligibility of athletic trainers to perform dry needling and evaluate the current legal and ethical considerations.
- Interpret the mechanisms of dry needling and assess the evidence regarding its efficacy and safety for treating tendinopathy without causing tissue damage.
- Summarize the safety concerns and correctly apply safety protocols to mitigate the risk of pneumothorax during dry needling procedures.
- Discuss the utility of dry needling in addressing sports-related musculoskeletal conditions, considering its benefits and limitations compared to alternative therapies.

Interactive Lecture, 9 – 9:55 a.m.

Vaping as a Teenage Athlete: It's All in the Messaging, (I, II), Essential
Jeff Konin, PhD, ATC, FNATA, Florida International University

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

- Comprehend the facts surrounding vaping in the teenage population.
- Interactively identify the components of a vape pen and their associated adverse health impact.
- Establish educational interventions in an effort to reduce vaping.
- Role play how an athlete can address vaping habits during a recruiting visit.

Lectures, 9 – 9:55 a.m.

The Spectrum of Concussion Prevention, (I), Essential
Erica Beidler, PhD, ATC, Duquesne University
Patricia Kelshaw, PhD, ATC, University of New Hampshire

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

- Demonstrate a foundational understanding of injury prevention and risk reduction models.

- Recognize the important role of the athletic trainer in primary, secondary and tertiary concussion prevention practice development and implementation.
- Construct appropriate, site-specific concussion prevention measures based on the current research evidence available.

It's Not You, It's Me: Breaking Up With an Employer Without the Drama, (V), Advanced
Kathryn DeLost, MS, LAT, ATC, University of North Florida
Kassandra Mosley, MS, LAT, ATC, East Carolina University

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

- Evaluate their own work-related quality of life in relation to their current employer and/or workplace.
- Identify key considerations for terminating employment.
- Develop a healthy, comprehensive plan for separating from an employer.
- Demonstrate how to deliver constructive feedback during the exit interview while maintaining professional relationships.
- Apply strategies to manage emotions related to employment transitions.

Student Lecture 2, 9 – 9:55 a.m.

How Can These Committees Help You?
(Non-CEU Session)
Paul Rupp, MS, LAT, ATC, Oakton High School
Matthew Mills, EdD, ATC, CHSE, Springfield College

Learning Labs, 9 – 11 a.m.

Point-of-Care Ultrasound for Evaluating Common Elbow Pathologies, (I, II), (BCS-O: II), Advanced
Stephen Cage, EdD, LAT, ATC, University of Texas at Tyler
Alexander Jacobsen, DO, UT Health Science Center Tyler

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

- Discuss the benefits of incorporating point-of-care ultrasound into diagnostic practices.
- List elbow pathologies that are appropriate for evaluation with point-of-care ultrasound.
- Describe common point-of-care ultrasound findings associated with ligamentous injuries of the elbow.

Lab objectives:

- Demonstrate appropriate procedures for positioning a patient for point-of-care ultrasound evaluation.
- List different settings on point-of-care ultrasound devices that are valuable when performing a musculoskeletal ultrasound evaluation.
- Describe the process for visualizing the ulnar collateral ligament using point-of-care ultrasound.

Athletic Artistry in Motion: Injury Prevention and Care for Dancers and Performing Artists, (I, II, IV), Advanced
Jatin Ambegaonkar, PhD, LAT, ATC, George Mason University
Kelley Wiese, MS, LAT, ATC, George Mason University

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

- Describe the unique physical and mental demands on dancers and performing artists.
- Identify common injuries in different types of dance and performing arts.
- Select appropriate pre-participation and screening tools for dancers and performing artists based on current best practices.

Lab objectives:

- Administer assessments, pre-participation examinations and other screening techniques specific to dancers and performing artists.
- Perform prevention and rehabilitation techniques specific to dance and performing arts.
- Develop a plan of care for common injuries in dancers and performing artists.

Blended Learning Lab

Harnessing the Power of Artificial Intelligence in Your Athletic Training Program, (V), Essential

James Scifers, DScPT, LAT, ATC, Moravian University
David Wilkenfeld, EdD, LAT, ATC, Moravian University

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

- Appraise the benefits of artificial intelligence as an adjunct simulation/standardized patient tool to aid in the development of clinical skills.
- Explain the potential educational benefits of AI in preparing future healthcare providers for professional practice.
- Differentiate appropriate and inappropriate use of AI by students in the completion of athletic training assignments and projects.

Lab objectives:

- Design an athletic training course assignment that utilizes AI as a central component of the project.
- Develop a programmatic policy regarding appropriate use of AI as a tool for project completion.

Blended Learning Lab

Understanding an Athletic Trainers Role in a Mass Casualty Event: Creating Calm Out of Chaos, (I, II, III, V), Advanced

Edward Strapp, FP-C, NPR, LAT, ATC, Maryland State Police
Darryl Conway, MA, AT, ATC, Sports Medicine Emergency Management

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

- Identify where specific medical interventions fit into Systemic, Therapeutic, Assessment, Resources and Treatment.
- Discuss risk management, catastrophic injury planning and crisis management principles.
- Explain how a pre-hospital inter-professional health care team works collaboratively to improve patient outcomes.

Lab objectives:

- Demonstrate START in a simulated mass casualty event.
- Demonstrate the START triage algorithm.

The Blueprint: Simulation as a Tool for Professional Development To Mitigate Patient Risk, (I, II, III), Essential

Brian Seiler, PhD, ATC, University of Kansas Medical Center
Jaclyn Arduini, PhD, LAT, ATC, Duquesne University

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

- Define experiential learning and its use in health care continuing professional development.
- Define simulation and different types of simulation as method of experiential learning, as well as the zones of simulation.
- Discuss situations where simulation may help to create behavior change and therefore, mitigate risk.
- Explain best practices for developing simulations.
- Describe strategies to overcome learner, instructor and system obstacles for simulation.

Lab objective:

- Complete a gap analysis/needs assessment of a current clinical problem.
- Discuss the method of simulation that best meets that need for the clinical problem.
- With the end in mind, examine the why, who, what and how to develop an outline of a simulation.

Interactive Lecture, 10:25 – 11:20 a.m.

Strategies To Implement Early Intervention and Ergonomics To Reduce Workplace Injuries, (I), (BCS-O: I), Advanced

Jonathan Lenze, ATC, EIS, ATI Worksite Solutions

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

- Explain the added value of a preventation-based model for occupational health care.
- Develop workplace risk reduction skill set that is part of current athletic training curriculum.
- Apply patient engagement and early reporting techniques to current practice to improve outcomes.

Lectures, 10:25 – 11:20 a.m.

New Insight Into the Management of SLAP Lesions in the Throwing Athlete, (I, IV), (BCS-O: II), Advanced

John Kelly, MD, University of Pennsylvania

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

- Describe the pathophysiology and biomechanics of superior labrum anterior posterior/clinical skin lesion images in throwing athletes, based on the latest evidence.
- Critically evaluate the existing treatment paradigm for SLAP lesions in throwing athletes, and understand how new data could challenge these approaches.
- Apply scientific discoveries into the management and treatment of SLAP/CSLI lesions in throwing athletes to improve clinical outcomes, whether through conservative or surgical treatment approaches.
- Replace the terminology of SLAP lesion with CSLI to better differentiate significant pathology that generates the clinical symptoms.

Femoroacetabular Impingement: Fact, Fallacy and Future, (I, II, III, IV, V), (BCS-O: I, II, III), Advanced
Jason Masek, PT, ATC, CSCS, Hruska Clinic

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

- Recognize the biomechanics of lumbo-pelvic-femoral dysfunction and its interrelationship to femoroacetabular impingement.
- Assess structural influences and dysfunctional movement patterns related to femoroacetabular impingement.
- Apply effective management strategies to restore appropriate lumbo-pelvic-femoral biomechanics across the right and left sides of the pelvis.

Reducing Risk of Exertional Sickling Across Sport Settings, (I, V), Advanced
Susan Yeargin, PhD, ATC, University of South Carolina
Clinton Haggard, ATC, University of South Carolina

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

- Compare sickle cell trait screening methods to assist in status identification.
- Categorize prevention strategies to reduce risk of exertional sickling.
- Develop institutional policies to implement prevention strategies at different competition levels in sport.

Student Learning Lab, 12:30 – 2 p.m.

Muscle Energy Techniques: A Functional Approach to Spinal Care
(Non-CEU Session)
Ricker Adkins DAT, LAT, ATC, Thomas Jefferson University

Forum, 12:45 – 1:40 p.m.

Empowering Tomorrow's ATs: Applying Self-Determination Theory in Clinical Education, (I), Advanced
Sarah Long, PhD, ATC, University of Toledo
Michelle Odai, PhD, LAT, ATC, Florida International University

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

- Identify the central components and propositions of self-determination theory (SDT).
- Recognize the alignment between SDT's proposed fundamental needs and the existing literature on athletic training clinical education.
- Describe specific strategies that are supportive of student autonomy, competence and relatedness during athletic training clinical education to prepare them for clinical practice and patient care.

Interactive Lecture, 12:45 – 1:40 p.m.

Just Keep Swimming: A Comprehensive Approach to Shoulder Pain in Collegiate Swimmers, (I, II, IV, V), (BCS-O: I, III), Advanced
Estefania Zavala, DAT, LAT, ATC, University of Wisconsin at Madison
Bailey Lanser, PT, University of Wisconsin at Madison

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

- Discuss in-season shoulder rehabilitation progressions for common injuries in swimming including multidirectional instability, rotator cuff tendinopathy and labral tears with a specific emphasis on swimming athletes.
- Demonstrate taping techniques and manual mobilizations for pain reduction as an adjunct to therapy for swimmers and overhead athletes with shoulder pathology.
- Investigate load management in overhead and determine how total swim and practice volume plays into the plan of care for athletes with shoulder pain.
- Analyze preseason and in-season objective shoulder testing and utilize it to inform current rehabilitation progressions or develop injury prevention programs for athletes who may be at risk for developing shoulder pain.
- Explore collaboration and role delineation between athletic training and physical therapy in care of athletes and how to provide the most efficacious care of athletes as a team.

Lectures, 12:45 – 1:40 p.m.

Ronnie Barnes Educational Symposium: What's New in ACL Reconstruction: Surgical Interventions, Rehabilitation and Return-to-Sport Testing, (I, IV), Advanced
Kevin Kaplan, MD, Jacksonville Orthopaedic Institute
Jonathan Boone, PT, DPT, MS, LAT, ATC, Miami Dolphins
Robert Hoenshel, DPT, ATC, CSCS, SCS, PES, Jacksonville Jaguars

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

- Outline the phases of rehabilitation following ACL surgery emphasizing the goals and interventions in each phase from initial recovery to functional training.
- Discuss the specific tests and criteria used to determine readiness to return to sport post-ACL reconstruction, including functional and performance measures.
- Evaluate current research and evidence-based practices related to surgical techniques, rehabilitation protocols and return-to-sport testing to optimize patient outcomes.

Successful Leadership Strategies in Advocating for Pay, Benefits and Resources, (V), Advanced
Andy Carter, MS, LAT, ATC, Riverside Health System
Nicole Fillingame, MS, LAT, ATC, CES, PES, Children's Mercy Hospital

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

- Summarize traits and characteristics of leaders who are successful in negotiation and advocacy for themselves and their employees.
- Identify key stakeholders within an organization and determine what key performance metrics are valued in an organization with athletic trainers.
- Implement strategies to advocate for pay increases, additional benefits and enhanced resources for employees, colleagues or self.

Athletes Post Their Career Spans: The Role of the Athletic Trainer in Guiding Healthy Living Throughout the Life Course, (I), Essential
Avinash Chandran, PhD, MS, Datalys Center for Sports Injury Research and Prevention, Inc.
Abigail Bretzin, PhD, ATC, University of Michigan

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

- Identify the common physical and mental health challenges faced by male and female athletes during their transition out of sporting careers and distinguish between the challenges encountered by each group.
- Define evidence-based strategies to address life course health and wellness challenges faced by former athletes.
- Develop a plan for athletic trainers to provide support for athletes transitioning out of sports, promoting long-term physical and mental well-being.

CPC Update - Pathfinder Pilot: Innovating Personalized Professional Development in Credentialing, (V), Essential
Shannon Fleming, AT Ret, Board of Certification for the Athletic Trainer
Heather Collins, LMS, Board of Certification for the Athletic Trainer

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

- Explain the value of the concept of continuing professional certification, its components and why they are important within the AT profession and the populations it serves.
- Describe how the Pathfinder pilot focuses on the creation and obtainment of an AT's personal professional goals.
- Describe how the Pathfinder pilot and interwoven components of continuing professional certification support various ATs professional journeys (i.e., quality improvement and competence assessment modules).
- Explain how advanced technology and innovative platforms promote reflective practice and personalized paths for professional development goal achievement.

Learning Labs, 12:45 – 2:45 p.m.

On-Field and Sideline Management of Dislocations, (II, III), Essential
Steven Cole, MEd, LAT, ATC, Riverside Health System
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.
- Safety reduce dislocations of various joints.
- Appropriately splint/immobilize the injured area post reduction.
- Develop written standing orders regarding the management of dislocations.

Lab objectives:

- Demonstrate proper patient positioning to facilitate a success joint reduction.
- Demonstrate proper clinician positioning to facilitate a success joint reduction.
- Demonstrate proper clinician hand positioning to facilitate a success joint reduction.

Empowering Your Vagus Nerve: Enhanced Healing and Reduce Risk, (I, IV), Advanced
Michele Klucar-Monaco, DSc, ATC, Albany State University
Cal Buday-Whedon, Med, LAT, ATC, Point Pleasant Beach High School

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

- Recognize the physiological mechanisms underlying (VNS), in enhancing parasympathetic activity and promoting recovery in athletes.
- Identify evidence-based techniques for stimulating the vagus nerve, such as deep breathing exercises, meditation and physical activities and their applications in sports medicine.
- Discover emerging research and innovative applications of VNS technologies, exploring potential benefits and considerations for integrating VNS into athlete care protocols.

Lab objectives:

- Demonstrate effective techniques for VNS through controlled breathing exercises, showcasing proficiency in techniques such as diaphragmatic breathing and paced breathing rhythms.
- Analyze practical considerations and best practices for integrating red light therapy into vagus nerve stimulation protocols.
- Develop practical skills in applying various VNS techniques, including deep breathing exercises, mindfulness practices and biofeedback methods, to enhance parasympathetic activity and promote physiological relaxation.

Safe Space Ally Training for the Athletic Trainer, (I, II, III, IV, V), (BCS-O: I, III), Advanced
Jennifer Sturtevant, MBA, LAT, ATC, Tufts Medicine at Melrose Wakefield Hospital
Sean Rogers, DAT, LAT, ATC, Drake University

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

- Discover their own biases related to heterosexism and homonegativity.
- Describe the relationship between the social determinants of health and existing health and health care disparities experienced by members of the LGBTQIA+ community.
- Integrate the qualities of an ally and advocate to support members of the LGBTQIA+ community.
- Create an environment of inclusivity within their athletic training facility and/or classroom supporting members of the LGBTQIA+ community.
- Integrate best practices in providing equitable healthcare to LGBTQIA+ patients, including proper referrals.

Lab objectives:

- Use active listening and effective communication skills in discussing sensitive topics.
- Identify and address stereotypes and misconceptions about LGBTQIA+ individuals and their experiences.

The Benefits of Quadrupedal Movement Training for Rehabilitation, (I, II, IV), Advanced
Christopher Flores, ATC, Westfield High School
James Boyle, MA, LAT, ATC, Hillside High School

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

- Define quadrupedal movement training and its key components.
- Explain the physiological benefits of quadrupedal movement training for rehabilitation.
- Compare quadrupedal movement training with traditional rehabilitation exercises.
- Assess the effectiveness of quadrupedal movement training in patient outcomes.

Lab objectives:

- Identify and describe the correct form and technique for quadrupedal movements.
- Assess the movement patterns and identify common errors in quadrupedal exercises.
- Design a personalized quadrupedal movement training program for a specific rehabilitation scenario.

How Can Simulation Improve Clinical Practice and Patient Outcomes?, (I, II, III), Essential
Jennifer Volberding, PhD, LAT, ATC, NREMT, Oklahoma State University
Brian Seiler, PhD, ATC, University of Kansas Medical Center

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

- Define the role simulation can play within quality improvement.
- Define how simulation can improve clinician confidence.
- Articulate the relationship between simulation and patient outcomes.

Lab objectives:

- Participate in multiple low-fidelity simulations and contribute to post-simulation debriefing.
- Evaluate strategies to implement simulation into clinical practice.
- Determine how to utilize simulation and quality improvement to improve patient outcomes.

Forum, 2:10 – 3:05 p.m.

The UCL Epidemic in Baseball: Why Is It Happening and What Do We Do?, (I, IV), (BCS-O: I), Advanced
Stephen Cage, EdD, LAT, ATC, University of Texas at Tyler
Alexander Jacobsen, DO, UT Health Science Center Tyler
Matthew Schmipf, DPT, APEC

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

- Discuss the factors contributing to ulnar collateral ligament injuries.
- Evaluate preventative strategies for risk reduction for medial elbow injuries.
- Implement effective training programs.

Interactive Lecture, 2:10 – 3:05 p.m.

Legal Issues for the Athletic Trainer Related to Exertional Heat Stroke: Optimizing Best Practice Utilization To Decrease Legal Risk, (I, II, III, V), Advanced
Douglas Casa, PhD, ATC, FNATA, Korey Stringer Institute/University of Connecticut
Jeff Murphy, Jeff Murphy Law

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

- Analyze current policy at their place of employment to make sure it meets current best practices related to exertional heat stroke.
- Apply best practices related to exertional heat stroke in all appropriate situations.
- Develop extensive on-site training scenarios so they can create practice situations for the coaches, athletes and fellow medical staff at their place of employment.
- Report to colleagues the legal risk when best practices are not utilized, using specific examples.
- Survey the current literature on a regular basis so that their policies always reflect the most current guidance.

Lectures, 2:10 – 3:05 p.m.

More Than Asking The Hard Questions. Addressing Behavioral Health Concerns: Strategies To Reduce Risk, (I, II), (BCS-O: I, III), Advanced
Kelly Pagnotta, PhD, LAT, ATC, Thomas Jefferson University
William Adams, PhD, ATC, U.S. Olympic & Paralympic Committee

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

- Describe the current incidence of behavioral health concerns in the athletic population and factors that contribute to these behavioral health concerns.
- Apply a public health lens to the prevention of behavioral health concerns including primary, secondary and tertiary preventative measures that an AT can implement within various settings.
- Select and justify tangible strategies that could reduce behavioral health risk factors specific to their patient population.
- Establish a plan to implement and evaluate these preventative strategies within their setting/ specific population.

Investing In Athletic Trainers for Leadership, Personal and Professional Growth, (V), Essential
Jennifer Johnson, ATC, Marshall University
Emily Mulkey, MS, LAT, ATC, CPT, Youngstown State University

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

- Develop clear and detailed educational programs to enhance professional development.
- Foster an inclusive and welcoming environment during networking events to ensure health care leaders and early professionals feel valued and encouraged to participate.
- Promote open and transparent communication and mentorship for early professionals to explore leadership opportunities.
- Explore partnering with other external health care organizations to provide future leaders with avenues for professional development.

Forum, 3:35 – 4:30 p.m.

Advancing Policy and Practice: A Continued Conversation to Enhance Transgender and Gender Diverse Inclusion in a Changing Landscape, (I, V), (BCS-O: III), Advanced
Amanda Tritsch, PhD, LAT, ATC, University of South Florida
Cloe Klaus, MSc, 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 (TGD) patients and colleagues in the workplace.
- Discuss strategies for compliance and adaptation to evolving legal frameworks.
- Evaluate current policies and practices within organizations regarding TGD inclusion.

Interactive Lecture, 3:35 – 4:30 p.m.

Exertional Heat Stroke Treatment: Saving Lives and Your Credential, (I, II, III, V), Essential

John Jardine, MD, Korey Stringer Institute

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

- List and identify current best practices for the treatment of exertional heat stroke.
- Discuss various temperature assessment devices for exercising individuals and cooling modalities to use in the event of exertional heat stroke.
- Identify strategies for implementing policies to execute best practices for exertional heat stroke care.
- Identify resources available in order to provide evidence supporting appropriate assessment and treatment of exertional heat stroke and AED policies to minimize the risk of sudden death in their setting.

Lectures, 3:35 – 4:30 p.m.

Designing Injury Preventions Program That Athletes and Coaches Embrace, (I), Essential
Travis Pollen, PhD, Thomas Jefferson University

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

- Analyze the barriers and facilitators to adopting and implementing injury prevention programs.
- Integrate stakeholders' perceptions in an iterative approach to designing injury prevention programs.
- Evaluate the success of injury prevention programs using the RE-AIM (reach, efficacy/effectiveness, adoption, implementation, maintenance) framework.

Emotionally Intelligent Leadership: Driving Excellence in Athletic Training, (V), (BCS-O: III), Advanced
Craig Voll, PhD, LAT, ATC, Purdue University

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

- Evaluate the efficacy of emotional intelligence (EI) as a determinant of effective leadership within athletic training contexts, synthesizing qualitative data and theoretical frameworks to analyze the impact of EI on leadership responsibilities and organizational dynamics.
- Design a comprehensive action plan for cultivating emotional intelligence within the athletic training setting, utilizing creative problem-solving and evidence-based reasoning to address barriers and implement sustainable strategies for fostering a culture of EI excellence among team members.
- Evaluate the efficacy of EI as a determinant of effective leadership within athletic training contexts, synthesizing qualitative data and theoretical frameworks to analyze the impact of EI on leadership responsibilities and organizational dynamics.
- Apply advanced strategies for developing emotional intelligence skills tailored to the specific challenges faced by athletic trainers and leaders, integrating insights from contemporary research and best practices in health care leadership to enhance self-awareness, empathy and interpersonal effectiveness.

Friday, June 27

Forum, 9 – 9:55 a.m.

Cannabis Educational Strategies in the Athletic Population, (I), (BCS-O: III), Advanced
Corey Tremble, DAT, ATC, Corey Tremble Enterprises
Jennifer (Ginger) Gilmore, DBH, LAT, ATC, University of Alabama

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

- Apply effective approaches to cannabis education and communication approaches.
- Identify the facts about cannabinoids (THC, CBD, CBG, CBN, etc.) and their proposed benefits and risks as they relate to performance, health and wellness.
- Explain the results of the NATA Cannabis Task Force.

Interactive Lecture, 9 – 9:55 a.m.

Bridging the Gap: Essential Public Health Services in Athletic Training Practice, (I, V), (BCS-O: III), Advanced
(A Presentation by the NATA Athletic Training and Public Health Task Force)
Rebecca Hirschhorn, PhD, ATC, NRAEMT, Louisiana State University at Baton Rouge
Joanne Klossner, PhD, LAT, ATC, University of Maryland

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

- Identify the 10 Essential Public Health Services (EPHS) and their relevance to athletic training practice domains.
- Interpret findings from the NATA Athletic Training and Public Health Task Force survey on athletic trainers' engagement in the EPHS.
- Identify services within individual practice settings that align with EPHS with a focus on risk reduction strategies.

Lectures, 9 – 9:55 a.m.

Risk Reduction and Treatment Strategies for Lower Back Pain, (I, IV), Essential
Rodrigo Martinez, DAT, LAT, ATC, Florida International University
Alicia Montalvo, PhD, MPH, ATC, Arizona State University

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

- Identify risk factors for lower back pain in athletes.
- Describe strategies that can be used to reduce risk of lower back pain in athletes based on the best available evidence.
- Describe strategies that can be used to treat lower back pain in athletes based on the best available evidence.
- Explain novel treatment strategies that can be used when traditional treatments for lower back pain in athletes fail.

Too Much of a Good Thing? Injury Risk Management for Today's Adolescent Athlete, (I, IV), Essential
Joshua Yonker, MS, LAT, ATC, Houston Methodist Hospital

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

- Identify current sport trends leading to increased injury risk in adolescent athletes.
- Explain the benefits of multi-sport participation in adolescent athletes.
- Recommend appropriate sport training volume and timing with key stakeholders (parents, coaches, etc.) as they relate to injury risk and motor development in adolescent athletes.
- Develop a preseason training program appropriate to their setting which addresses reducing the risk of adolescent overuse injuries.

Student Learning Lab, 9 – 10:30 a.m.

Muscle Energy Techniques: A Functional Approach to Spinal Care
(Non-CEU Session)
Ricker Adkins DAT, LAT, ATC, Thomas Jefferson University

Learning Labs, 9 – 11 a.m.

Upper Extremity Functional Performance Testing and Plyometrics for Performance Enhancement, Injury Prevention and Rehabilitation, (I, IV), Advanced
Bryan Riemann, PhD, ATC, Georgia Southern University
George Davies, DPT, ATC, CSCS, Georgia Southern University

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

- Organize and develop an upper extremity functional performance assessment strategy to screen and evaluate patients.
- Differentiate between upper extremity functional performance tests for overhead and non overhead athletes.
- Interpret the evidence distinguishing upper extremity plyometric exercise characteristics and intensity from other forms of exercise.
- Evaluate the controversies and recognize the limitations associated with designing upper extremity plyometric programs.
- Develop a progressive upper extremity plyometric exercise program using the best evidence and practice.

Lab objectives:

- Perform and evaluate the performance of specific upper extremity tests.
- Organize and perform upper extremity plyometric exercises specifically for overhead athletes.
- Practice and evaluate technique of plyometric exercises for the upper extremity and exercises that incorporate the core and lower extremity.

Athletes and the Pelvic Floor: What Are You Missing?, (I, II), Advanced
Sara Gagliano, PT, DPT, CLT-UE, Spooner Sports Institute
Rebecca Hibbert, MS, ATC, Spooner Sports Institute

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

- Discuss how the pelvic floor can be the missing link in orthopedic care for all athletes, especially those whose injuries may not demonstrate the expected improvements during the rehabilitation process.

- Describe pelvic floor screening and discuss how to handle sensitive conversations with athletes when it comes to the pelvic floor.
- Develop subjective and objective clinical skills in screening for pelvic floor issues in athletes.

Lab objectives:

- Identify objective measures that may indicate the need for referral to a pelvic floor specialist.
- Demonstrate a basic external examination to determine possible pelvic floor involvement.
- Differentiate between a general orthopedic injury and one involving pelvic floor dysfunction.

Blended Learning Lab

Getting the Cart Behind the Horse: Resolving Organization's Cultural Dilemmas With Cognitive Diversity, (I, IV, V), Essential

Matthew Kutz, PhD, AT, CSCS, FNAP, Florida International University
Trevor Bates, DHSc, AT, Mercy College
Angie Beisner, MS, LAT, ATC, U.S. Council for Athletes Health

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

- Define cognitive diversity.
- Engage more effectively in interprofessional activities and identify key values of diverse stakeholders.
- Integrate cognitive diversity into your workplace.

Lab objectives:

- Develop communication and participation strategies that empower cognitively diverse groups.
- Perform the emotional labor necessary to build empathic capacity for cognitively diverse groups.

Rethinking Bridges and Planks: Utilization of External Cueing Strategies for More Functional Pre-Activity "Activation" in Professional Soccer, (I, II, IV), Advanced

Michita Toda, EdM, LAT, ATC, Orlando City Soccer Club
Sergio Martin Acuna, MS, LAT, ATC,

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

- Discuss how to translate the concepts of muscle activation and reciprocal inhibition into practice to promote injury risk reduction in the athletic population.
- Describe common postural and movement dysfunctions and corrective exercise strategies utilizing external cueing tactics.
- Apply the injury risk reduction strategies utilized at the professional soccer level to other sports and athletic activities.

Lab objectives:

- Recognize postural and movement dysfunctions in order to choose the external cueing application as a corrective exercise strategy.
- Apply the corrective exercises utilized in a soccer setting to other sports and activities.

Staying Hip on Hip Rehab: A Comprehensive, Patient-Centered Approach to Hip Rehabilitation, (II, IV), Advanced

Kate Jochimsen, PhD, ATC, Massachusetts General Hospital
Lauren Gilliam, MS, ATC, CEAS III, Pivot Onsite Innovations

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

- Describe a comprehensive evaluation of patients with hip-related pain focused on patient-specific impairments, patient-identified goals for activity participation and psychological response to injury.
- Implement patient-specific interventions to address muscle weakness, aberrant movement and maladaptive psychological responses to injury simultaneously in rehabilitation for patients with hip-related pain.
- Explain how to set value-based goals and determine a treatment approach using shared-decision-making.

Lab objectives:

- Implement effective hip strengthening, including hip flexor strengthening, in patients undergoing non-operative and post-hip arthroscopy rehabilitation for hip-related pain.
- Integrate hip-focused balance and proprioceptive interventions into rehabilitation.
- Adapt hip rehabilitation to meet the specific needs of the patient.

Forum, 10:25 – 11:20 a.m.

Exertional Heat Stroke Treatment: Saving Lives and Your Credential, I, II, III, V, Essential

Rebecca Stearns, PhD, ATC, Korey Stringer Institute
John Jardine, MD, Korey Stringer Institute

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

- List and identify current best practices for the treatment of exertional heat stroke.
- Discuss various temperature assessment devices for exercising individuals and cooling modalities to use in the event of exertional heat stroke.
- Identify strategies for implementing policies to execute best practices for exertional heat stroke care.
- Identify resources available in order to provide evidence supporting appropriate assessment and treatment of exertional heat stroke and AED policies to minimize the risk of sudden death in their setting.

Interactive Lecture, 10:25 – 11:20 a.m.

From Discovery to Recovery: A Debate About Translating Concussion Research Into Clinical Practice, (I, II, IV), Advanced

Jacob Resch, PhD, LAT, ATC, University of Virginia
John Reynolds, MS, ATC, Fairfax County Public Schools

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

- Discuss recent recommendations for sport-related concussion management.
- Critique barriers for the implementation of recent recommendations for concussion management at the secondary school level of sport.
- Describe ways to address barriers related to the implementation of evidence-based recommendations at the secondary school level of sport.

Lectures, 10:25 – 11:20 a.m.

Cracking the Code: A Clinician's Guide to Using Artificial Intelligence in Athletic Training, (V), Essential
Kyle Schneider, EdD, ATC, Southeast Missouri State University
David Tomchuk, DAT, ATC, LAT, Southeast Missouri State University

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

- Summarize how to apply and utilize artificial intelligence (AI)in a clinical athletic training setting.
- Identify the ethical considerations of using AI in clinical practice.
- Use AI to streamline administrative tasks in athletic training.
- Use AI to inform policy creation for workload management in athletic training.

Integration of Telehealth and Virtual AT Services in Risk Reduction Strategies, (I, II, III), (BCS-O: I, II, III), Advanced
Zachary Winkelmann, PhD, ATC, University of South Carolina
Michael Donahue, DAT, ATC, The Athletic Training Room

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

- Summarize the framework of telehealth in athletic training.
- Compose a list of best practices for athletic trainers when using virtual services.
- Review risk reduction strategies across the continuum of athletic training domains.
- Identify practice opportunities to integrate telehealth for risk reduction.
- Explore lived experiences of athletic trainers using telehealth in clinical practice.

Use of Digital Sport Performance Tools for Assessment and Longitudinal Monitoring of Injury Risk, (I, II, IV, V), (BCS-O: I, II, III), Advanced
Gary Wilkerson, EdD, LAT, ATC, University of Tennessee at Chattanooga

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

- Describe differences between the prevailing reactive and reductionistic paradigm for injury management and a complex dynamical systems approach to optimization of health and performance.
- Relate key indicators of an existing or emerging state of elevated injury risk that can be derived from digital tools that are widely used for sport performance enhancement.
- Provide a proactive and individualized approach to reduction of sport injury risk that includes detection of change in autonomic regulation (e.g., heart rate variability) or external load tolerance.
- Demonstrate the value of data derived from digital sport performance tools for identification of individual athletes who develop an elevated level of injury risk over the course of a sport season.
- Implement a program of longitudinal monitoring of each athlete's digital record of physiological status and accumulated physical load with a focus on those who have recently sustained an injury.

Forum, 12:15 – 1:10 p.m.
Navigating the Complexities of Baseball Injury Screening: What's Important and What's Realistic, (I, II), (BCS-O: I, II), Advanced

Steven Tucker, PhD, LAT, ATC, Texas Tech Health Science
Bernard Stento, MS, LAT, ATC, Chesterton High School

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

- Discuss relevant research findings related to baseball-specific assessments and screenings for the purpose of injury prevention and return-to-play monitoring.
- Identify appropriate baseball-specific assessments and screenings that can be performed by the athletic trainer in a timely manner and with accessible resources.
- Explain appropriate courses of action for addressing musculoskeletal and mechanical dysfunctions determined by baseball-specific assessments and screenings.

Interactive Lecture, 12:15 – 1:10 p.m.

Joint Hypermobility Risk Reduction Strategies, (II, IV), (BCS-O: I), Advanced
Joshua Honrado, DAT, LAT, ATC, Harkness Center for Dance Injuries

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

- Describe the association between joint hypermobility and knee and shoulder joint injuries.
- Execute the Beighton scoring system in order to assess for joint hypermobility.
- Implement knee and shoulder therapeutic exercises and motor function training to prevent and/or rehabilitate athletes with joint hypermobility.
- Assess the usefulness of adaptive equipment, patient instruction, manual therapy and functional training as treatment strategies for joint hypermobility.

Lectures, 12:15 – 1:10 p.m.

Translatable and Feasible Technological Approaches to Injury Risk Reduction, (I), (BCS-O: III), Mastery
Thomas Buckley, EdD, ATC, University of Delaware
April McPherson, PhD, Emory Sports Performance and Research Center

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

- Describe the elevated risk of musculoskeletal injury following a sports-related concussion.
- Apply a classification system to an athlete's injury risk profile based on a machine learning algorithm.
- Implement and utilize a virtual reality-based injury risk reduction program.

Is "Wrist Sprain" Used as an Overarching Diagnosis That Leads To Delayed Intervention of Scaphoid Fractures and Scapholunate Tears?, (I, II, V), (BCS-O: I, II, III), Advanced
Madeline Fitzpatrick, MS, ATC, OT-SC, Emory Healthcare
Michael Gottschalk, MD, Emory Healthcare

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

- Correctly identify key areas of palpation and special tests specific to scaphoid and scapholunate tears and be able to determine appropriate referral criteria.
- Appreciate scaphoid fractures, scaphoid non-unions, and scapholunate injuries on advanced imaging to include X-ray, CT scans, and MRI.

- Analyze the treatment options to include conservate treatment versus surgical intervention and the differing operative techniques.
- Identify long-term outcomes of undiagnosed scaphoid fractures and scapholunate tears.
- Collaborate with physicians on appropriate return-to-play criteria and integration.

Learning Labs, 12:15 – 2:15 p.m.

Data to Decision: Using Low-Cost Wearables in Sports Medicine, (IV), (BCS-O: I), Advanced

Christopher Kuenze, PhD, ATC, FNATA, University of Virginia
Xavier Thompson, PhD, ATC, Louisiana State University

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

- Summarize the evidence supporting the use of wearable technology for improving clinical outcomes in sports medicine.
- Evaluate the evidence supporting the use of wearable technology for improving clinical outcomes in sports medicine.
- Demonstrate the setup and use of different low-cost wearable devices for monitoring athletic performance.
- Identify the benefits and limitations of various low-cost wearable devices for monitoring biomechanics and performance.

Lab objectives:

- Perform real-time data collection using wearable technologies in a simulated clinical environment.
- Interpret and analyze data obtained from wearable devices to assess athletic performance and biomechanics.

Moving and Shifting; Techniques To Realign, (IV), (BCS-O: II), Mastery

Megan Smart, DAT, LAT, ATC, Hardin-Simmons University
Alanna Dennison, DAT, LAT, ATC, University of Texas at Permian Bason

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

- Develop an understanding of muscle energy and mobilization techniques as they relate to biotensegrity, movement patterns, patient-reported goals and injury risk.
- Distinguish whether or not patients may benefit from muscle energy and mobilization techniques in comparison or alongside other interventions.
- Select an intervention technique appropriate for the condition, region, goal and patient status. These conditions include, but are not limited to, soft tissue injuries.
- Design a comprehensive injury risk reduction strategy for individuals and groups to appropriately address anatomical malalignments that may be hindering function and contributing to reoccurring injuries.
- Analyze individual treatment and overall strategy success utilizing palpation, patient-reported feedback, movement pattern evaluation and relevant data.

Lab objectives:

- Recognize the anatomical disruptions and variations likely to benefit from specific muscle energy and mobilization techniques.
- Explain what they, as clinicians, are observing and feeling to the patient and what the patient should expect before, during and after the procedure.

- Apply specific mobilization and muscle energy techniques efficiently and effectively.

Suturing for Acute Wound Management, (III, IV), (BCS-O: II), Mastery

Lynzi Warner, MSPAS, PA-C, ATC, Creighton University
Caitlin McQuarie, PA-C, Creighton University

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

- Describe essential anatomy and physiology of the skin associated with wound closure.
- Describe indications, contraindications and common complications associated with wound closure.
- Identify the important aspects of post procedure care after wound closure.

Lab objectives:

- Perform the procedure of wound closure.
- Identify the materials and tools necessary for performing wound closure and their proper use.

Tackling Neck Pain, Headaches and Concussion Head-On!, (II, IV), Essential

Kazuma Akehi, PhD, LAT, ATC, University of Nebraska
Elena Robinson, DAT, ATC, University of Nebraska

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

- Identify key cervical functionality after head and neck trauma.
- Distinguish general headache, concussion-related headache, and cervicogenic headache.
- Apply diagnostic criteria and differentiate various manual therapy techniques for cervical dysfunction and benign paroxysmal positional vertigo (BPPV).

Lab objectives:

- Identify key cervical musculoskeletal systems and cranial nerves.
- Distinguish the different cervical musculoskeletal systems and their tissue texture.
- Apply differentiate various manual therapy techniques for cervical dysfunction and BPPV.

Is Your EAP Inclusive? Emergency Preparedness for the Adaptive Athlete, (I, III, IV, V), (BCS-O: III), Advanced

James Pierre-Glaude, DPT,EdD, ATC, State University of New York - Stony Brook
Alex Curry, MS, LAT, ATC, University of Alabama Adapted Athletes

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

- Discuss common medical diagnoses in adaptive sport and how to assess medical concerns specific to these common diagnoses.
- Discuss the management of adaptive athletes with acute conditions, including triaging conditions that are life-threatening or otherwise emergent.
- Identify key components needed in creating an Emergency Action Plan inclusive of adaptive athletes that pertains to prevention, preparedness, response to medical emergencies and other critical incidents for adaptive athletes.
- Discuss environmental conditions to make appropriate recommendations to start, stop or modify activity in order to prevent environmental illness or injury during an adaptive athletic event.

Lab objectives:

- Evaluate adaptive athletes who have sustained a concussion or other brain injury, with consideration of established guidelines.
- Familiarize with adaptive and protective equipment to minimize the risk of injury or re-injury to an adaptive athlete and enhance the efficacy of emergency response.
- Apply best practices in providing critical care to adaptive athletes during hands-on, case-based scenarios.

Managing the Diabetic Physically Active Patient Proposal, (I, II, III, IV, V), Advanced
Michael Prybicien, ATC, LAT, PES, Passaic High School
Eric Schwartz, DAT, LAT, ATC, Washington Township Public School District

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

- Identify the difference between Type 1 and Type 2 diabetes.
- Describe the importance of the preparticipation physical examination for the diabetic athlete.
- Identify the importance of developing a written diabetic care plan specifically for each diabetic athlete.
- Explain the importance of educating the athlete, their parent or guardian and coach about their specific diabetic condition and how athletic injury affects glycemic control.
- Iinterpret and explain information obtained from a continuous glucose monitor.

Lab objectives:

- Practice how to use a blood glucose monitor and obtain a blood glucose reading.
- Practice how to draw insulin injections and practice the injections using stuffed animals as patients.
- Practice how to be able to load an insulin pump with insulin.

Interactive Lecture, 1:40 – 2:35 p.m.

Advancements in Type 1 Diabetic Management and the Implications for Athletic Trainers, (I, II, III), Advanced
Joseph Cunnane, MS Ed, LAT, ATC, Lockport Township High School

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

- List the presentation and causes of Type I diabetes, hypoglycemia and hyperglycemia.
- Describe advances in the methods used to monitor and control blood sugar.
- Create an individualized plan to monitor and control blood sugar in diabetic patients and if necessary, an emergency plan.

Lectures, 1:40 – 2:35 p.m.

"You Are on the Fastest Route": A Clinician's Roadmap To Managing Return-to-Drive After Concussion, (I, II, IV), Essential
Julianne Schmidt, PhD, LAT, ATC, University of Georgia
Kumiko Hashida, PhD, ATC, University of Georgia

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

- Synthesize information related to post-concussion driving safety.

- Apply emerging research to develop appropriate patient recommendations on driving safety following concussion.
- Apply gradual return-to-drive strategies in various clinical scenarios, when appropriate.

Becoming a Pro at Patient-Reported Outcome Measures, (I), (BCS-O: III), Advanced
Marissa Pazik, LAT, ATC, CSCS, University of Florida
MaryBeth Horodyski, EdD, ATC, LAT, FNATA, FNAP, University of Florida

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

- Define how patient-reported outcome measures can improve patient-centered care.
- Identify common patient-reported outcome measures utilized for general health status, injury-specific information, treatment outcomes and mental illness.
- Analyze results of patient reported outcome measures and discuss the various ways the results can be utilized.

Reducing Risk and Increasing the AT's Impact: Assigning Value To Prevention, (I, III, IV, V), (BCS-O: II, III), Mastery
Tiffany McGuffin, MS, ATC, LAT, Pivot Onsite Innovations
Bryan Lockhart, ATC, Pivot Onsite Innovations

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

- Demonstrate the different ways ATs can implement prevention strategies that encompasses the whole Prevention Domain, Risk Reduction, Wellness and Health Literacy, to improve patient outcomes.
- Show the impact that the industrial athletic trainer has in changing the environment of the workplace or sport of the patient and how that corporate approach can translate to other areas of athletic training.
- Organize risk reduction strategies to justify cost of programs and personnel.
- Demonstrate ways to show return on investment by looking at prevention strategies, instead of relying on only injury evaluation and treatment data.

Update on Best Practice Pediatric ACL Surgical Procedures and Outcomes, (I, IV), (BCS-O: I, II), Advanced
Matthew Brewer, MS, LAT, ATC, Children's Hospital Colorado
Jay Albright, MD, Children's Hospital of Colorado

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

- Describe the physeal sparing surgical procedures performed on skeletally immature patients.
- Differentiate between the different surgical procedures that are available for ACL reconstruction.
- Identify the optimal surgical procedure that should be performed on skeletally immature patients based on bone age.
- Develop best practice post-operative guidelines to continually track for any angular deformities in pediatric patients, post ACL reconstruction.

Interactive Lecture, 3:05 – 4 p.m.

Finding the Advocate in You: Another Look at Advocacy, (V), Essential

Lisa Walker, LAT, ATC, Springville High School
Jennifer Johnson, ATC, Marshall University

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

- Define advocacy.
- Explore the benefits of promoting the athletic training profession.
- Describe how a leader needs to work for allies and opponents.
- Identify advocacy opportunities.
- Develop one's own personal advocacy vision.

Lectures, 3:05 – 4 p.m.

ResuscitATe: Cardiac Emergencies and Management of Exertional Heat Illnesses in Secondary Schools, (I, III, V), Essential

Mark D'Anza, MEd, LAT, ATC, Clark County School District
Rebecca Lopez, PhD, LAT, ATC, FNATA, University of South Florida

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

- Compare AED laws and regulations state to state.
- Express the need to practice emergency action plans during and after school.
- Recognize the signs and symptoms of exertional heat illnesses (EHIs).
- Identify effective strategies for mitigating the risk of EHIs in secondary school athletes.
- Develop a heat safety policy that includes proper recognition and management of exertional heat stroke in the secondary school setting.

Test, Don't Guess: Examining Clinically Feasible Methods for Identifying Quadriceps Weakness After ACL Reconstruction, (I, IV), (BCS-O: I), Essential

John Goetschius, PhD, LAT, ATC, James Madison University

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

- Explain the importance of assessing quadriceps strength as an outcome during ACL reconstruction rehabilitation.
- Analyze the pros and con of the more common and less common methods for assessing quadriceps strength.
- Examine clinically-feasible and cost-effective methods for objectively assessing quadriceps strength in clinical practice.