61st Annual
Eastern Athletic Trainers' Association
Meeting and Clinical Symposium

Boston Marriott
Copley Place
Boston, MA
January 9th – 12th, 2009
**REGISTRATION TIMES**

Registration is located in the Atrium Foyer on the fourth floor, Registration A

You must pick up your own packet. Identification will be required. Packets cannot be picked up prior to or after posted registration times, no exceptions!!!

Friday January 9th  
4:00PM – 7:00PM

Saturday January 10th  
8:00AM – 4:00PM

Sunday January 11th  
8:30AM – 11:00AM

**Sunday registration:** You will not receive full CEU’s when packet is picked up. No CEU’s will be given for individuals who do not pick up packet by 11:00

**Friday January 9th**  
**Meetings and Special Events**

Workshop Registration  
7:00AM - 8:00AM  MIT Foyer

EATA Executive Board Meeting  
8:00AM - 5:00PM  Regis

Conference Registration  
4:00PM - 7:00PM  Registration A

Quiz Bowl  
10:00PM - 12:00AM  Exeter

**Workshops**

On site registration will be available for workshops that have not already been filled.

**Workshop I – Manual Therapy Options for the Athletic Training Room**

8:00AM – 5:00PM  Arlington Room  8 CEU’s

The course will examine the modalities of myofascial release, craniosacral therapy, Positional release therapy, Shiatsu therapy and Chinese massage, (Tui Na) as well as joint mobilization. The participants will get to experience each modality as well as try it on fellow participants. Basic techniques and rational will be covered during the course. All participants should dress accordingly, i.e. shorts, t-shirts, bikini tops/halters.

Presenter: Tim Adams, MPA, PT, ATC, Physical Therapist, Maine General Hospital
Workshop II – Myofascial Scar Release-Prevention and Treatment of Problematic Post-surgical Scars

1:00PM – 4:00PM Berkeley Room 3 CEU’s

The health of an athlete’s soft tissues can greatly affect the outcome of any surgical procedure. This hands-on workshop will include Myofascial Release techniques that can improve the health of the soft tissues and help to prevent the formation of adhesions and fibroses in the area which will impede the athlete’s recovery. It will also include specific scar release techniques that can be done on the scar itself to keep it pliable and mobile. These techniques can be done on new and old, problematic scars and scar tissue.

Presenter: Kathryn Peck, ATC, CMT, LMT, Cortiva-Muscular Therapy Institute

Workshop III – Elbow Dissection

1:00PM – 4:00PM Clarendon Room 3 CEU’s

The size of this workshop will be limited. The group will be split into 3 smaller groups. Each group will have an elbow to work with. All individuals will have opportunities to participate in the dissection of the specimen. This will be a great opportunity to review the anatomy of the elbow.

Presenters: Dr. Brett Godbout, Orthopedic Surgeon, Coordinated Health Systems, Bethlehem, PA, Team Physician Moravian College
Keith Vanic, PhD, ATC, Athletic Training Education Program, East Stroudsburg University
Gerard Rozea, PhD, ATC, Athletic Training Education Program, East Stroudsburg University.

Workshop IV – Joint Mobilization for the Lower Back

1:00PM – 4:00PM Dartmouth Room 3 CEU’s

This presentation will review relevant anatomy and biomechanics of the lumbopelvic area. Discussion will focus on influence of injury and healing on pathomechanics and how we can influence restoration of tissue extensibility, strength, alignment and mobility of the injured tissues, joints and associated structures through manual techniques and therapeutic exercise. Our labs will begin with reviewing pelvics exam process and proceed to appropriate interventions. This will include lab sessions, lab dress (shorts, etc.) required.

Presenters: Gary Geisler, PT, MS, SCS, ATC, Harvard University, Orthopedic Physical Therapy Services, Wellesley, MA
Chad Krawiec, MS, ATC, Harvard University
Workshop V - Casting and Splinting Applications for the Athletic Trainer

1:00PM – 5:00PM  4 CEU’s

The objectives of this workshop are for the participants to be able to identify the proper casting/splinting application for the specific indication, properly fit and apply the appropriate cast/splint/brace, and to be able to demonstrate appropriate treatment plans for the situation presented. Topics to be covered will include:

Upper Extremity
Injuries (Indications, Treatment Plans, and Positioning)
- Metacarpal Fractures
- Distal Radius Fractures
- Scaphoid Fractures
- Forearm Fractures
- Supracondylar Humerus Fractures

Splinting Applications (Instruction & Hands-on Application)
- Radial Gutter Splint
- Volar – Dorsal Splint
- Double Sugar-tong Splint

Casting Applications (Instruction & Hands-on Application)
- Short Arm Cast
- Thumb Spica Cast
- Long Arm Cast
- Muenster Cast (Demo)

Lower Extremity
Injuries (Indications, Treatment Plans, and Positioning)
- Metatarsal & Tarsal Fractures
- Ankle Fractures (Malleoli & Talus)
- Achilles Tendon Ruptures
- Tibia Fractures (Distal, Mid shaft & Proximal)

Splinting Applications (Instruction & Hands-on Application)
- Short Leg Stirrup Splint
- Posterior Splint
- Casting (Instruction & Hands-on Application)
- Short Leg Cast
- Cylinder Cast
- Patella Tendon Bearing Cast (Demo only)

Presenters: Kenneth J. Niblack Sr., OPA-C, OTC, Miami Children’s Hospital
Brian M. Franklin, MS, ATC, University Orthopedics, Atlanta, GA
### Saturday January 10th
Meetings and Special Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speaker Ready Room</td>
<td>Tufts Room</td>
<td>7:00AM-5:00PM</td>
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<tr>
<td>Workshop Registration</td>
<td>MIT Foyer</td>
<td>7:30AM-8:00AM</td>
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<td>Research Poster Board set up</td>
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<td>8:00AM-5:00PM</td>
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<tr>
<td>Ivy League Sports Medicine</td>
<td>Exeter Room</td>
<td>8:00AM-12:00PM</td>
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<td>District I Executive Council</td>
<td>Berkeley Room</td>
<td>8:30AM-12:00PM</td>
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<tr>
<td>District II Executive Council</td>
<td>Fairfield Room</td>
<td>8:30AM-11:00AM</td>
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<tr>
<td>Conference Registration</td>
<td>Registration A</td>
<td>8:00AM-4:00PM</td>
</tr>
<tr>
<td>Secondary School Town Hall Meeting</td>
<td>Salons A - E</td>
<td>9:00AM-10:00AM</td>
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<tr>
<td>EATA Career Center</td>
<td>MIT Room</td>
<td>12:00PM-4:00PM</td>
</tr>
<tr>
<td>Student Luncheon</td>
<td>Salon F</td>
<td>12:30PM-2:00PM</td>
</tr>
<tr>
<td><strong>State Meetings</strong></td>
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<tr>
<td>Maine</td>
<td>Dartmouth Room</td>
<td>4:00PM-5:00PM</td>
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<td>New Hampshire</td>
<td>Exeter Room</td>
<td>4:00PM-5:00PM</td>
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<td>Vermont</td>
<td>Harvard Room</td>
<td>4:00PM-5:00PM</td>
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<td>Massachusetts</td>
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<td>Rhode Island</td>
<td>Simmons Room</td>
<td>4:00PM-5:00PM</td>
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<td>Connecticut</td>
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<td>4:00PM-5:00PM</td>
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<td>New York</td>
<td>Wellesley Room</td>
<td>4:00PM-5:00PM</td>
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<td>New Jersey</td>
<td>Arlington/Berkeley</td>
<td>4:00PM-5:00PM</td>
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<td>Pennsylvania</td>
<td>Fairfield Room</td>
<td>4:00PM-5:00PM</td>
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<td>Delaware</td>
<td>Regis Room</td>
<td>4:00PM-5:00PM</td>
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<tr>
<td>EATA Reception</td>
<td>Atrium 4&lt;sup&gt;th&lt;/sup&gt; Floor</td>
<td>5:30PM-6:15PM</td>
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<tr>
<td>EATA Banquet</td>
<td>Salons A-F</td>
<td>6:15PM-8:30PM</td>
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<td>Collins Reception</td>
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<td>8:30PM-</td>
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Saturday Student Program

8:00AM – 8:10AM  Welcome Address
                 Mary Mundrane-Zweiacher, Student Delegation Chair
                     Jessica Falvo, Student Delegation President

8:10AM – 9:10AM  Board of Certification
                 BOC Representative

9:10AM – 10:10AM So You’re Graduating? WHAT NOW???
                 Linda Mazzola, MS, ATC, PTA, PES

10:15AM – 11:15AM Heat Illnesses
                 Brandon McDermott, MS, ATC

11:20AM – 12:20AM Legal Issues in Athletic Training
                 Paul Ullucci, C-DSc, PT, ATC, LAT, SCS, CSCS

12:30PM – 1:30PM  Student / VIP Luncheon
                 Keynote Address – Marjorie J. Albohm, MS, ATC
                     NATA President

Mini-Sessions: Students will be divided into three groups and will rotate, with their group, through the three mini-sessions. For the final mini-session, students will attend the presenter they would like to see for the Question / Answer Session.

1:40PM – 3:15PM  Experiences as an Olympic ATC
                 Brent Hamula, ATC, CSCS

                 Experiences as an ATC for the Cirque du Soleil
                 Ken Rogers, PhD, ATC

                 Experiences as an X-Games ATC
                 Susan McGowan, PhD, EMT, ATC, LAT

3:15PM – 3:45PM  Mini-Session Question / Answer

3:45PM – 4:00PM  Closing Remarks / Raffle / T-Shirt Swap
Workshops (Pre-registration required for all workshops)

On site registration will be available for workshops that have not already been filled.

**Workshop VI – Wii Rehab**

8:00AM - 10:00AM  Clarendon Room  2 CEU’s

Applying New Technology to Traditional Rehabilitation. What’s more fun, video games or rehab? Why not combine both? This workshop will show you how to use the Nintendo Video Game System as a tool to add to your rehabilitation repertoire. Instruction will include video game set-up, character set-up, and how to apply new technology to traditional rehabilitation. Participation is desired, so dress appropriately.

Presenters: Joe Savoia, MS, ATC, Assistant Athletic Trainer, Adjunct Professor, Montclair State University
Jeff Basillcato, ATC, Head Athletic Trainer, Waldwick High School, Waldwick NJ.

**Workshop VII – Basic Barbell Techniques for Injury Prevention and Rehabilitation**

8:00AM – 10:00AM  Dartmouth Room  2 CEU’s

Barbell training is as old as traditional strength training. Over the past 50 years the use of barbells has decreased with the introduction of Nautilus and other machine based resistance training. Barbell Training has begun to return to its former spot as the primary method of resistance training for sports performance and general physical fitness. But, it is also a useful method for rehabilitation and injury prevention for the Athletic Trainer.

There are three basic exercises above all others that the Athletic Trainer should have a grasp of how they are performed, how they are coached, and how to implement them for injury prevention and rehabilitation exercises. The Squat, the Dead lift, and the Press are exercises that train the kinetic chain with resistance in a manner that will be used in athletics and everyday life. These exercises should be the cornerstone of any strength training program and can be an effective rehabilitation and injury prevention exercises.

This hands’ on workshop will go over the myths and facts of barbell training, proper technique, common mechanical errors and their correction, and the benefits of implementing barbell training as an athletic trainer.

Presenter: Jason Price, MS, CSCS, ATC, LAT, CPT, USAW Club Coach, Director of Strength and Conditioning, Ullucci Sports Medicine and Physical Therapy
Workshop VIII – Aquatic Therapy

8:00AM – 10:00AM  Pool  2 CEU’s

This Aquatic Therapy workshop will be a hand's on learning experience adapted to all levels of understanding in aquatic therapy. We will review the basic physics and physiology involved with aquatic therapy. We will discuss and practice different techniques often utilized, especially with an active population. We will briefly consider and practice some of the more specific aquatic therapy specializations. Bring your swimsuit and plan to get wet!

Presenter: Deanna Errico, PT, DPT, MS, ATC, Clinical Assistant Professor, Clarkson University

Saturday General Lectures

Skin Disorders in Athletics

10:00AM – 11:00AM  Salons A – E

This presentation will discuss dermatological conditions seen in athletics ranging from the common to the more serious conditions such as skin cancer, MSSA, MRSA and other related dermatological infections. Also to be discussed preventative, care and treatment strategies.

Presenter: AJ Duffy, MS, PT, ATC, Head Athletic Trainer, Widener University

Health Histories and Medical History Forms

11:00AM – 12:00PM  Salons A – E

This presentation will provide an overview on the most widely utilized and accepted health histories and medical history forms. Current trends in cardiovascular examination and functional screenings will also be discussed.

Presenters: M. Susan Guyer, DPE, ATC, LAT, CSCS, Springfield College, Assistant Professor, Athletic Training Education Program
R. Barclay Dugger, MS, ATC, LAT, Head Athletic Trainer Springfield College
**Prolotherapy: What is it and how can it help my athlete**

12:30PM – 1:30PM       Salons A – E

Prolotherapy is a simple, natural technique that stimulates the body to repair the painful area when the natural healing process needs a little assistance. The basic mechanism of Prolotherapy is simple. A substance is injected into the affected ligaments or tendons, which leads to local inflammation. The localized inflammation triggers a wound healing cascade, resulting in the deposition of new collagen, the material ligaments and tendons are made of. New collagen shrinks as it matures. The shrinking collagen tightens the ligament that was injected and makes it stronger. Imagine what it would mean to an athlete to run 40 percent faster, jump 40 percent higher, or be 40 percent stronger? This new growth of stronger, healthier tissue is the normal and desired outcome with Prolotherapy.

Presenter: Dr. James Frommer, Lehigh Valley Institute of Sports and Musculoskeletal Medicine, Bethlehem, PA, Team Physician Moravian College

**Medical Legal Risk Management in Athletic Training**

1:30PM – 2:30PM       Salons A – E

The emphasis of this presentation will be to bring to light common everyday scenarios which place today’s certified athletic trainer at risk of legal action. Real life scenarios will be combined with real legal advice to help each attendee help reduce their risk and the risk to their facility/institution from potential legal action. Scenarios will include allowing an athlete to participate against medical advice, personal/medical data theft/loss.

Examples of topics include:

1. What risks are involved with allowing an athlete to participate in sports against your medical advice in lieu of the ADA?
   a. HS freshman wants to try out for soccer but requires emergency access to a nebulizer at all times due to severe asthma and pollen/grass allergies which is aggravated by running and physical exertion. Primary care physician presents note stating soccer is ok as long as athlete has epinephrine and nebulizer available at all times. The soccer field has no electrical power; nearest EMS are 15 minutes away, you have 4 other sports to worry about including three levels of football.
   b. It looks like a grade 3 MCL sprain but the MD said it was tendonitis and cleared them to play.
   c. It looks like a minor sprain of the ATF with no swelling, athlete is able to bear weight on it with only an ache but the ER says he is out for 2 weeks and needs crutches and the states are tomorrow
   d. The doctor’s note says that the athlete s/p c4-5 fusion due to fx can “return to non-contact football” now what do you do and what legal risks are involved should you do it
   e. What is your risk of being named in a liability suite if you told the athlete and their coach they were out of practice but the coach decided to put them in when
you were away and they got hurt? What can you do to protect yourself from this situation?

2. Loss or illegal access to medical and personal records of your athletes. What steps do you need to take to notify all athletes with at risk data, what personal and/or facility liability has been created by this security breach given the following scenarios?
   a. The student athletic trainer/volunteer accidentally lets it slip to a reporter that one of your athletes has tested positive or has sustained a significant injury causing them to lose their scholarship. They want compensation for the harm your staff/institution created
   b. PC, laptop, palm pilot stolen
   c. Someone is surfing the web and accidentally downloads a virus or Trojan horse which copies records to a remote PC
   d. Student x wants to date athlete y and they access your database to get the athlete’s home address, email, phone number etc.

These and other topics will be discussed so that the attendee can take steps to mitigate their risk of legal action.

Presenter: Paul Ullucci, C-DSc, PT, ATC, LAT, SCS, CSCS, Ullucci Sports Medicine & Physical Therapy

**Nutrition for Sport Specific Training**

2:30PM – 3:30PM   Salons A – E

This Presentation will address how much and what types of fuel (food) are required for sport-specific conditioning? Learn more about a “high-performance” and healthy diet including, the role carbohydrates, fat, and protein have on body weight, athletic performance, and overall health. Examine what foods are best for athletes before, during, and after training and competitions. Discuss how to refuel and recover following intense exercise and demanding workloads. Learn how much and what types of fluid are needed to prevent dehydration and early fatigue. This session will address these topics and more! Please come with all your questions!

Presenter: Tim Wierman, President of Nutrition Education Services

**EATA Grant Lecture**

3:30PM – 4:00PM   Salons A – E

Brian Pietrosimone is a recipient of an EATA research grant. In this lecture he will present his results on; “The effect of cryotherapy and transcutaneous electrical nervous stimulation on treating arthrogenic muscle inhibition of the quadriceps in meniscectomy patients: A single blind randomized clinical trial”.

Presenter: Brian Pietrosimone, MEd, ATC, University of Virginia
**Sunday January 11th**  
**Meetings and Special Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
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</tr>
</thead>
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</tr>
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<td>7:00AM – 7:30PM</td>
</tr>
<tr>
<td>Research Poster Presentations</td>
<td></td>
<td>8:00AM – 5:00PM</td>
</tr>
<tr>
<td>Committee Chairperson Meeting</td>
<td>Presidential Suite</td>
<td>8:15AM – 9:00AM</td>
</tr>
<tr>
<td>Conference Registration</td>
<td>Registration A</td>
<td>8:30AM – 11:00AM</td>
</tr>
<tr>
<td>Exhibit Hall Open</td>
<td>Gloucester</td>
<td>9:00AM – 4:00PM</td>
</tr>
<tr>
<td>EATA Career Center</td>
<td>MIT Room</td>
<td>12:00PM – 4:00PM</td>
</tr>
<tr>
<td>Exhibits Restricted to ATC’s Only</td>
<td>Gloucester</td>
<td>12:00PM – 1:00PM</td>
</tr>
<tr>
<td>District I Meeting</td>
<td>Salon G</td>
<td>4:00PM – 5:00PM</td>
</tr>
<tr>
<td>District II Meeting</td>
<td>Salon A – E</td>
<td>4:00PM – 5:00PM</td>
</tr>
<tr>
<td>EATA Business Meeting</td>
<td>Salon A – E</td>
<td>5:00PM – 5:30PM</td>
</tr>
</tbody>
</table>

**Workshops** (Pre-registration required for all workshops)

Onsite registration will be available for workshops that have not already been filled.

**Workshop IX – Secondary School Survival Kit**

7:30AM – 9:00AM  
Clarendon Room  
1.5 CEU’s

Get organized, learn practical PR ideas, policy development and life balance with this workshop that covers varied topics such as implementing baseline concussion testing, sample forms and handouts, and communicating with coaches and parents. Additional topics include writing skills, and desktop publishing tips to create professional-looking documents, standing orders, working with student aides and a modalities update. For both the novice and the experienced certified athletic trainer.

Presenter: Casey Christy, MA, ATC, CSCS, Head Athletic Trainer, Eastern Regional High School, Voorhees, NJ
Workshop X – Medicine in Sports Medicine

7:30AM – 9:00AM Dartmouth Room 1.5 CEU’s

We think of Sports Medicine as mostly musculoskeletal injuries, but there is more than that involved in Sports Medicine. As providers not only to athletes but to the active population knowledge of such issues is of great importance. Hypertension is estimated to affect two million American teens and children. Specific recommendations on the diagnosis and treatment have been published, and the numbers of medications are staggering. Diabetes is more prevalent than ever in our athletes and the underlying cause and type has changed. In addition, although rare a “solid” knowledge of solid organ injuries is of benefit to the athletic trainer in covering of all sports. Finally with the ever changing world of infections, newer vaccinations and recommendations are made every year and athletes may come to you for advice, so knowing some basic information is a good thing.

Presenter: Dr. James Frommer, Lehigh Valley Institute of Sports and Musculoskeletal Medicine, Bethlehem, PA, Team Physician Moravian College

Sunday General Lectures


9:00AM – 10:00AM Salons A – E

Ankle sprains are the most common injury in intercollegiate and interscholastic athletics and result in significant time loss from practices and games. The near universal management of ankle sprains and other soft tissue injuries includes the application of ice, compression and elevation. In addition, clinicians use other therapies such as electrical stimulation, NSAIDS, contrast baths, etc. to speed recovery following soft tissue injuries. Despite the long history and near universal application of these clinical techniques, limited evidence from controlled research substantiate any of these everyday practices.

There is little doubt that interventions such as cold, compression, electrical stimulation and NSAIDs can ameliorate symptoms of soft tissue injuries, including sprains. However, it is not at all clear that masking or reducing the severity of symptoms hastens recovery following soft tissue injuries. This presentation will critically examine current clinical practices in managing acute athletic trauma and suggest modifications of clinical practices based upon basic science research and clinical studies.

Presenter: Michael G. Dolan, MA, ATC, Department of Sports Medicine, Canisius College
Exercise Induces Vocal Cord Dysfunction

10:00AM – 11:00AM   Salons A – E

Exercise Induced Vocal cord dysfunction (EI-VCD) has many names and is often misdiagnosed as exercise induced asthma in athletes. Described as paradoxical closure of the vocal folds during inspiration, VCD usually has an abrupt onset and resolution of laryngeal stridor, tightness and/or coughing. Unlike asthma, VCD does not respond to bronchodilators or inhalers. Inspiratory Muscle and Expiratory Airflow Training has proven to be successful at reducing / eliminating VCD in athletes. The presenter will discuss causality of VCD, symptoms and treatment of laryngeal-based respiratory difficulties in school age through adult population. A ‘game plan’ format that addresses breathing patterns for AT intervention and case study analysis of outcome data from SLP sports respiration intervention will also be presented.

Presenter: Dale R. Gregore, MS, CCC SLP, Clinical Rehabilitation Specialist, Christiana Care Health System, Department of Speech Pathology, Wilmington Hospital, Wilmington Delaware

Classification and Treatment of Lower Back Pain

11:00AM – 12:00PM   Salons A – E

This presentation will provide athletic trainers with a practical and evidence-based approach to treatment of various lower back pathologies. Specifically, the presentation will address the concept of patient classification as a means of evaluating and determining the proper clinical course when treating lower back pathologies. Interventions such as flexion based exercises, extension based exercises, traction, lumbopelvic stabilization, and manual soft-tissue based therapies will be discussed. Dr. Dodge will first present a lecture that covers the patient classification system, and current research on the treatment of lower back pain. Mr. Vesci will then conduct a demonstration and/or practice session incorporating the interventions into a treatment plan for low back pain. The goals are to present athletic trainers with the research and theories behind the classification-based approach, and to provide athletic trainers with the techniques that they can use to treat patients using this approach.

Presenters:  Thomas M. Dodge, PhD, ATC, CSCS, Clinical Assistant Professor, Athletic Training Program, Boston University
Brian J. Vesci, MA, ATC, PES, Assistant Athletic Trainer, Boston University

Free Communication

12:30PM – 1:00PM   Salons A – E

Similar to the NATA annual meeting research abstracts will be selected for presentation in a Free Communication format. This session will allow two authors the opportunity to present their research and or case study.
The Importance of Rotational Control in Tibiofemoral Mechanics

1:00PM – 2:00PM   Salons A – E

Many acute and chronic lower extremity conditions can be either directly or indirectly correlated to faulty mechanics. Increased pronatory or supinatory habits, “valgus” loading of the knee, hip hiking, decreased eccentric control or a decrease in hip shifting mechanism are all factors which have been attributed to the predisposition to lower extremity injury and dysfunction. Providing the patient/athlete with cues on proper performance is helpful, but in many cases the body is not physically able to get into the proper position.

The inability of the tibiofemoral joint to adequately rotate optimally through the transverse plane is the source of many pain complaints in the knee. Compromised mechanics either on the playing field or when performing rehabilitation exercises can also be attributed to poor osteokinematic movement. Correcting this requires a combination of manual therapy techniques, muscle and joint re-education, and specific facilitation exercises. This program seeks to address a common contributor to lower extremity pain and dysfunction by utilizing a combination of mobilization with movement, 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/ankle component in normal movement.

Presenter: Michael J. Mullin, ATC, PTA, OA Performance Therapy, Portland, ME

Evaluating the Soft Tissue Therapies: Which Technique is Best for Your Athlete

2:00PM – 3:00PM   Salons A – E

The goal of this presentation is to provide a critical overview of the more popular soft tissue therapies currently available in the athletic therapy and performance enhancement arena. Soft tissue therapies, including: Graston, Active Release Technique (ART), Sound-Assisted Soft Tissue Mobilization (SASTM), Muscle Energy, and traditional Myo-Fascial Release will all be compared for similarities and differences in treatment approach and protocols. Furthermore, a historical overview of each technique will be undertaken, with emphasis on a critical appraisal of available research pertaining to each technique. Finally, we will attempt to identify how to most appropriately utilize each technique in the clinical setting.

The overall goal of this presentation will not be on how to use each protocol, but to assist the Athletic Trainer in determining which technique might best serve their patient population, and merit further training and continuing education.

Presenter: Kenneth T. Cieslak, DC, ATC, CSCS, Head Athletic Trainer, Teaneck High School
Concurrent High School, College/University, and Clinical Lectures

High School – Creative Rehab in the Secondary School Setting

3:00PM – 4:00PM    Salons A – E

We have all had to struggle with it, finding the time, equipment and energy to provide a comprehensive rehabilitation program for our athletes. One of the major drawbacks in the Secondary school setting is the limitations you have on time, equipment and supplies to adequately perform your athlete’s rehabilitation. The objectives of this presentation are to look at ways to utilize existing space and equipment in developing a rehabilitation program, the importance of documenting your daily sessions and progressions made with your athlete’s, discussing time management issues and when to incorporate your athlete’s rehabilitation into YOUR schedule, and creative solutions to help you work “Smarter” not “Harder”…

Presenter: Joseph A. Scott, MS, LAT, ATC, Team Leader- SPORT, Sports Performance & Orthopedic Rehab Team, Southcoast Hospitals Group

College/University – Dispensing OTC Medications Out of the Athletic Training Room

3:00PM – 4:00PM    Arlington / Berkeley

Over-the-counter medications in the athletic training room setting. The presentation will include information on some of the common OTC medications, effects on the patient during exercise and sports, and role of the Athletic Trainer in recommendation and administration of OTC medications.

Presenter: David A. Middlemas, EdD, ATC, Director, Athletic Training Education Program Department of Exercise Science and Physical Education Montclair State University

Clinical – Process of Getting Reimbursement for Athletic Training

3:00PM – 4:00PM    Clarendon / Dartmouth

Legislation for reimbursement for Athletic Training services has been successful in some states. This has occurred through the hard work of the Athletic Trainers in those states. We still have a ways to go. In this presentation you will learn how Vermont achieved their current reimbursement policies. Their experiences in this process may be able to help others in their pursuit of reimbursement.

Presenter: Michael Landsberg, ATC, CSCS, HR/Clinical Staff Manager, The RehabGYM, Colchester, VT
Monday General Lectures

Monday’s Lectures are Sponsored by the Chattanooga Group and Jeff Gephart

Evidence-Based Use of Neuromuscular Electrical Stimulation to Enhance Quadriceps Recovery

8:00AM – 9:00AM  Salons A - D

This presentation will discuss fundamental electrotherapy principles related to parameter selection and dosage, discuss factors that contribute to quadriceps inhibition and persistent weakness, and then describe an evidence-based approach to the application of NMES as an adjunct to volitional exercise programs.

Presenter: Joe Gallo, DSc, ATC, PT, Program Director /Assistant Professor in the Salem State College Athletic Training Education Program

Therapeutic Ultrasound Update: From Research to Practice

9:00AM – 10:00AM  Salons A – D

This presentation will provide an overview therapeutic ultrasound research and discuss the clinical implications related to the dosing and application of therapeutic ultrasound.

Presenters: Lenn Johns, PhD, ATC, Professor of Physical Therapy, Director of Athletic Training and Sports Medicine, Quinnipiac University
Stephen Straub, PhD, ATC Associate Professor of Physical Therapy and Athletic Training, Quinnipiac University

Low Level Laser Therapy in Sports Medicine

10:00AM – 11:00AM  Salons A – D

This presentation will provide the participant with an overview of the use of laser in rehabilitation. The presentation will discuss the characteristics of laser energy with an emphasis on the manipulation of treatment parameters associated with dosing therapeutic laser. A research based perspective on dosing laser to treat soft tissue injuries, trigger points, and neuralgia will be discussed. The physiologic effects, indications and contraindications to laser therapy will be reviewed.

Presenter: Joe Gallo, DSc, ATC, PT, Program Director /Assistant Professor in the Salem State College Athletic Training Education Program