

SCHEDULE OF EVENTS

Day 1 Schedule of Events (All Inclusive) Friday, July 12th, 2019

7:00-8:00 am Registration / Check in / Sign in

8:00-9:00 am Main Lecture 1

ACL: Relevant Surgical Issues and Quad Tendon as Viable Graft Option by R. Lee Murphy Jr. MD

Objectives:

- Identify different graft choices for ACL reconstruction
- Appreciate the Benefits of the quadriceps tendon as an ACL graft source
- Identify the different methods of ACL tunnel drilling and how they affect outcomes

9:00-10:00 am Main Lecture 2

Update on Foot & Ankle Sports Injuries by Richard M Marks, M.D., FACS

Objectives:

- Identify patho-anatomy of common foot and ankle sports injuries
- Identify treatment options
- Identify rehabilitation of common sports foot and ankle injuries

Breakout Sessions - (Choose 1)

10:00-3:00 PM

A) *Best Case Practices for the Secondary School ATCs* by Andy Grubbs, M.Ed., ATC (For ATs Only). This is a 5 hour EBP course.

This course is provided by The Hughston Foundation (P420) is recognized through the BOC as a continuing education provider. According to the educational levels described by the PDC, the following continuing education course is considered to be essential

Objectives:

- Identify the signs and symptoms of heat-related illness.
- Identify and distinguish the different types of heat illness.
- Identify the athletic trainer's role in the heat-related illness management process.
- Identify the treatment guidelines and immediate referral criteria for heat-related illness.
- Identify prevention strategies and current methods of monitoring weather conditions.
- Identify different components of emergency action plans.
- Identify the athletic trainer's role in development of emergency action plans.
- Identify other medical provider's role(s) in the development of emergency action plans.

- Identify equipment and resources needed for implementation of emergency action plans.
- Identify routines and mechanisms to practicing the coordination and effectiveness of developed emergency action plans.
- Identify stations utilized in administration of pre-participation exams.
- Identify pre-participation exam setup models.
- Identify equipment and resources needed for pre-participation examinations.
- Identify current guidelines for pass/fail criteria.
- Identify future methods for paperless administration of PPE's
- Identify the different members of a sports medicine team.
- Identify the roles and responsibilities for members of a sports medicine team

10:00-12:00 PM

B) ACL Rehabilitation - Revisiting the Early Stages of Rehab by Terry Trundle, ATC, LAT, PTA

Objectives:

- Update the importance of early use of co-activation for neuromuscular training.
- Present the components of function and how it drives the phases of rehabilitation.
- Demonstrate functional progression for patients return to activity.

C) Glutes: Rehab and Performance by Marc Bernier, DPT, MPT, CSCS, Cert DN

Objectives:

- Identify the "drivers" of muscle hypertrophy and discuss the variables that influence hypertrophy and strength gains
- Identify the adverse effects of glute inhibition/weakness as it relates to lumbo-sacral and lower extremity injuries.
- Identify the beneficial effects of pre-event "glute activation drills" on performance and injury risk.
- Demonstrate glute complex activation and program progression, with emphasis on technique instruction.

D) Lower Extremity Mobilization by David Greer, PT, DPT, OCS

Objectives:

- Identify patients who are appropriate for manual therapy
- Gain an understanding of appropriate force with manual techniques
- Demonstrate various manual therapy techniques appropriately and safely to the spine and lower extremities.

E) Blood Flow Restriction training the Rehab Setting, by Josh McGinty, PT,DPT,ATC,OCS

Objectives:

- Identify the research for Mechanism and Efficacy
- Identify application, options, and safety with the use of BFR
- Demonstrate How to incorporate BFR into Rehab protocols

12:00-1:00 pm

Lunch Lecture - *Treating Patella-Femoral OA Pain with a Simplified Approach* by Terry Trundle ATC, LAT, PTA

Objectives:

- Identify patella-femoral pain syndrome
- Identify the correct rehabilitation exercises
- Identify the four approaches to treatment

1:00-3:00 pm

Breakout Session - (Choose 1)

A) Continue Breakout A (10am – 3pm)

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2:55-3:15 pm

Sign out / Certificate Pick up / Survey Hand-in

Day 2 Schedule of Events (All Inclusive)

Saturday, July 13th, 2019

7:00-8:00 am Registration / Check in / Sign in

8:00-9:00 am Main Lecture 3 *Shoulder Instability* by R. Lee Murphy Jr. MD

Objectives:

- Identify the three main varieties of shoulder instability
- Identify methods to diagnose the three types of children's ability
- Identify treatment modalities for each type of shoulder instability

9:00-10:00 am Main Lecture 4 *Exercise Induced Breathing Problems*
by Dr. James Robinson.

Objectives:

- Identify the terms Exercise induced Asthma (EIA) and Exercise Induced Bronchospasm (EIB)
- Identify the pathogenesis of Exercise Induced Bronchoconstriction
- Identify the various treatments
- Identify the methods of diagnosing exercise induced breathing problems
- Identify the conditions that may mimic exercise induced bronchoconstriction, including exercise induce laryngeal obstruction

10:00-4:00 PM Breakout Sessions - (Choose 1)

F) Emerging Practice Areas and Skills in Athletic Training 6 Hour Lab EBP by Andy Grubbs M.Ed., ATC, and Shanna M. Grubbs, MAT, RN-BSN, ATC(Limited to the first 50) This course is provided by The Hughston Foundation (P420) is recognized through the BOC as a continuing education provider. According to the educational levels described by the PDC the following continuing education course is considered to be essential.

Objectives:

- Identify the various types of common orthopaedic fractures
- Review the etiology of common orthopaedic fractures
- Review the appropriate evaluation methods for potential orthopaedic fractures
- Identify the various types of casting and splinting methods available for acute orthopaedic fractures
- Identify the appropriate indications for the application of various types of casts and splints.
- Identify the appropriate contraindications for the application of various types of orthopaedic casts and splints.
- Identify the appropriate precautions and other considerations for the application of various types of orthopaedic casts and splints.
- Identify and demonstrate the appropriate selection and application methods for various types of orthopaedic casts and splints

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- Identify the various types of acute dehydration and exertional heat illness
- Review the etiology of acute dehydration and exertional heat illness
- Review the appropriate evaluation methods for acute dehydration and exertional heat illness
- Identify the various types of commonly available treatments for acute dehydration and exertional heat illness
- Identify the appropriate indications for the application of commonly available treatments for acute dehydration and exertional heat illness
- Identify the appropriate contraindications for the application of commonly available treatments for acute dehydration and exertional heat illness
- Identify the appropriate precautions and other considerations for the application of commonly available treatments for acute dehydration and exertional heat illness
- Identify and demonstrate the appropriate selection and application methods for the application of commonly available treatments for acute dehydration and exertional heat illness
- Identify the various types of common acute wounds and skin lacerations
- Identify and demonstrate the appropriate selection and application methods for various types of skin closures
- Identify the appropriate precautions and other considerations for the application of various types of skin closures
- Identify the appropriate contraindications for the application of various types of skin closures
- Identify the appropriate indications for the application of various types of skin closures
- Identify the various types of skin closures available for acute wounds and skin lacerations
- Review the appropriate evaluation methods for common acute wounds and skin lacerations
- Review the etiology of common acute wounds and skin lacerations

10:00-12:00 PM

H) Simplifying Shoulder Rehab: Using the Shoulder Symptom Modification Procedure
by Jason Soncrant, DPT, SCS, CSCS, FAAOMPT

Objectives:

- Identify normal and abnormal shoulder biomechanics.
- Identify Evidence-based review regarding the dilemma of solely relying on imaging and common special tests to guide treatment.
- Identify the SSMP to make a clinical diagnosis based on Patient Response Method.
- Identify the SSMP to develop a patient-centered treatment plan to improve shoulder function including taping, manual therapy, and exercise for the thoracic spine, scapulothoracic and glenohumeral joints.
- Efficiently rule out specific shoulder conditions that may not respond to use usual rehab interventions.
- Develop evidence-based progressive shoulder strengthening program.

I) Eating Habits of Young Athletes: How to Solve the Complex Puzzle and Improve Weight, Strength, and Performance by Tavis Piattoly, MS, RD,LDN and Ronnie Harper, Ed.D, ATC

Objectives:

- Identify the nutritional challenges young athletes face and how to help them solve this problem
- Identify the scope of the youth dietary supplement problem and the social pressures that are driving this behavior.
- Identify why student athletes are looking for dietary supplements as the answer to replace a poor diet
- Identify the challenges and realities of the supplement buying process

- Identify dietary supplement safety and how to choose supplements that are tested by a 3rd party lab to avoid adulteration and banned substances
- Participants will be able to educate their student athletes about dietary supplement safety so they stay safe, clean, and in the game.
- Identify the significant role nutrition plays on athletic performance and how to provide practical resources for their student athletes and parents
- Identify some of the challenges student athletes face every day while helping them establish a plan for success
- Identify educational resources in order to help their athletes and parents to make informed decisions about their dietary habits
- Identify how to integrate technology into managing the eating habits of their athletes to change behavior

J) Rotator Cuff Syndrome by Terry Trundle

Objectives:

- Identify the true function of the Rotator Cuff.
- Examine why scapula stabilization is the core of the Rotator cuff.
- Assess the importance of positional recruitment for open kinetic chain exercises based on Evidence Based Practice.

K) Evaluation and Rehabilitation of the Thrower's Elbow by Joe Hoffer MS, ATC, ATR

Objectives:

- Evaluate the Shoulder and Elbow for ROM Deficiencies
- Identify a basic understanding of throwing mechanics and correlation to injury
- Understand correlation between Shoulder and Elbow Pathology
- Comprehend rehab philosophy of chronic, acute and post-surgical elbow injuries
- Identify when to return to throwing protocols after Elbow surgery

12:00-1:00 pm

Lunch Lecture – Screening for Specific Upper Quadrant Conditions by Jason Soncrant, DPT, SCS, CSCS, FAAOMPT

Objectives:

- Identify how to effectively screen for cervical conditions that may present as shoulder pain
- Identify the role of glenohumeral instability
- Identify the difference of shoulder contractile vs. non-contractile impairments

1:00-3:00 PM

Breakout Sessions (Choose 1)

F) Continue Breakout F (10 am – 4pm)

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JJ) Total Shoulder Rehabilitation- Current Evidence and Outcomes by
Terry Trundle

Objectives:

- Define current concepts in Total Shoulder Arthroplasty based on interventions and stages of recovery.
- Design functional Rehab programs for TSA, Hemiarthroplasty and Reverse Prothesis.
- Present the formula of a successful recovery based on the exercises applications known as the Three P's (Pivoters, Protectors, Positioners)

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MS, ATC, ATR

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2:45-4:15 pm Sign out / Certificate Pick up / Survey Hand-in

Day 3 Schedule of Events (All Inclusive) Sunday, July 14th, 2019

7:00-8:00 am Registration / Check in / Sign in

8:00-9:00 am Main Lecture 5 *Cervical Spine and Neck Injuries in Athletes* By Ricardo E. Colberg, MD, RMSK

Objectives:

- Review the epidemiology of cervical injuries in athletes, On field evaluation & management, and treatment
- Identify the basic cervical spine and neck injuries that athletes sustain, including: Cervical Sprain/ Strain, Burners/ Stingers, HNP and DDD, CCN / Transient quadriplegia, Cervical Stenosis, Fractures, Spear Tackler's Spine, and Congenital Conditions.
- Identify the basics of evaluating the injuries, treating them on the field, and long term treatment options.

9:00-10:00 am Main Lecture 6 *Pathophysiology of Patella Tendon Injuries and Update on Treatments* By Ricardo E. Colberg, MD, RMSK

Objectives:

- Review the Epidemiology and pathophysiology of patella tendon injuries in athletes
- Identify conservative and surgical management, and novel techniques to treat tendinopathy
- Review the pathophysiology of tendon injuries, specifically with regards to the patella tendon
- Identify the conservative treatment options, surgical options, microinvasive procedures, and novel orthobiologic treatments for the patella tendon

10:00-11:00 am Main Lecture 7 *Dear Weather: Stop Showing Off, We Know You're Hot* by Derek Woessner, MD, FAAFP

Objectives:

- Identify the causes of heat illness
- Identify factors that make a person more likely to become a heat injury casualty.
- Identify the signs and symptoms of heat illness
- Identify proper treatment procedures for heat illness
- Identify the heat injury that is a medical emergency
- Identify methods of preventing heat injuries
- Identify return to play for heat injury

11:00-12:00 am Main Lecture 8 *Concussion: Evaluation, Management and Follow Up* by Dr. James Toldi

Objectives:

- Identify Sports Related Concussion
- Identify common signs and symptoms of concussions
- Be able to initiate proper post injury recovery protocol
- Be able to give evidence based education and guidance on SRC and recovery

- Be able to implement a safe evidence based return to play protocol
- Identify the importance of vestibular symptoms to SRC's and proper testing
- Identify physical therapy modalities that may aid in the recovery from SRC with short demonstration.
- Identify proper referral protocol

11:45am-12:15pm Sign out / Certificate Pick up / Survey Hand-in