

Southwest Athletic Trainers' Association 62nd Annual Symposium



Arlington, TX
Convention Center/Sheraton Hotel

Southwest Athletic Trainers' Association



62nd Annual Symposium



SWATA attendees,

On behalf of the SWATA Executive Board and Convention Committee, welcome to Arlington for the 62nd Annual SWATA Symposium and Billy Pickard Expo! I am positive that throughout the week you will find many opportunities to advance your knowledge and skill set through excellent programming, honor the outstanding members of District VI who will be receiving awards, network with other professionals, and catch up with friends and colleagues. The Convention Committee, under the leadership of Roy Rudewick and David Traylor, has once again done an outstanding job preparing this year's symposium and expo. The educational program is exceptional and loaded with options for athletic trainers in any setting. This year's program features opportunities for up to 13 Category A CEUs and the option of obtaining up to 10 EBP CEUs. I would like to recognize and thank everyone involved in planning our meeting, especially our Program Chair, Cindy Trowbridge, and Expo Chair, Karl Kapchinski.

We will open this week with the annual SWATA Golf Tournament on Wednesday morning at 9:00 AM at the Ditto Golf Course. Thank you to Al Wilson for making this opportunity for networking and fun possible. Regardless of your skill level, I hope you will join us for this fantastic event. Thursday morning at 8:00 AM marks the Grand Opening of the Billy Pickard Expo and registration. Our exhibitors are a vital part of this meeting and I encourage each of you to visit them throughout the week and thank them for their contribution. Thanks to the support of several of our vendors, you will notice Lunch and Learn opportunities on Thursday and Friday. Please consider having a lunch onsite and attending these educational sessions. Thursday evening at 6:00 PM, following the state forums, is our Welcome Reception. I am very excited about this event; it will feature live music by Michael Hix and is being held in conjunction with the "Raise a Glass for the PAC" fundraiser benefiting the NATAPAC. I hope to see everyone there. If you have purchased a NATAPAC mug you will receive unlimited refills of beer or soft drink during the Welcome Reception as long as supplies last. If you have not yet purchased a mug, a limited quantity will be available for purchase onsite. Friday will include our Awards Ceremony, where we will induct five very deserving ATs into the SWATA Hall of Fame, as well as honor our other outstanding award winners. You won't want to miss this very important event that acknowledges these outstanding professionals!

As I said, I am very excited about the opportunities available to everyone this week. I hope you have a great meeting and take advantage of all that is out there for you. Welcome to Arlington and enjoy your 62nd Annual Symposium and Billy Pickard Expo!

Josh Woodall
SWATA President



Southwest Athletic Trainers' Association

62nd Annual Symposium

REGISTRATION

Onsite registration:

- Thursday July 21ST 8:00am - 5:00pm
 - **GRAND OPENING EXHIBITS - 8 AM**
- Friday July 22nd 8:00am -11:30am

REGISTRATION FEES

MEMBERS

- Certified or Associate \$225
- Student (No CEU's) \$30
- Certified Student \$65
- Retired Certified (No CEU's) Free

NON-MEMBERS

- Certified or Associate \$275
- Student (No CEU's) \$40
- Certified Student \$80

SPECIAL EVENTS

natapac
National Athletic Trainers' Association, Inc. political action committee



Wednesday at Opening Reception



SILENT AUCTION
Exhibit Hall Hours
Ends 10 am FRIDAY

Blood Drive

Thursday: 8 am - 11 am

Friday: 8 am - 11 am

Sponsored by Life Balancing Committee



Wednesday July 20th – Saturday July 23rd, 2016
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Pre-conference Meetings Wednesday July 20th, 2016

5:00 pm - 6:00 pm **Committee Chair Meetings**

Arlington Convention CenterE2

6:00 pm - 8:00 pm **Committee Meetings**

Arlington Convention Center

| | |
|---|-----------------|
| Committee On Practice Advancement..... | M9 |
| College & University AT Committee..... | M1 |
| Public Relations | M10 |
| Competency Workshop..... | M4 |
| Ethnic Diversity Advisory Council | M5 |
| Honors & Awards | M12 |
| Life Balancing | M7 |
| Research/Free Communication | M3 |
| History/Archives | M2 |
| Secondary School AT | M8 |
| District 6 NATA Foundation | E2 |
| Young Professionals | M11 |
| Student Senate | M6 |
| Scholarship | E3 |
| Program Committee..... | Conference Room |

Southwest Athletic Trainers' Association

62nd Annual Symposium

Clinical Education Program Thursday July 21st, 2016

All CEU hours are pending BOC approval

General Overview

Thursday July 21st, 2016

| Continuing Education Course Schedule | Contact Hours (max possible) | CEUs Awarded (max possible) |
|---|---------------------------------|--------------------------------|
| 8:00 AM - 9:00 AM | | |
| Grand Opening Exhibits and Registration | 0 | 0 |
| 9:00 AM - 11:00 AM | | |
| Education Sessions (Category A) | 1.5 - 2 | 1.5 - 2 |
| *OR* EBP Education Session (EBP) | 1 | 1 |
| 11:00 AM - 12:00 PM | | |
| AT Educator Special Interest Group | 0 | 0 |
| SWATA Grant Award Presentations | 1 | 1 |
| 11:00 AM - 12:00 PM | | |
| Exhibit Hall Visitation | 0 | 0 |
| 12:00 PM - 1:00 PM | | |
| Lunch and Learn Sessions | 1 | 1 |
| 1:00 PM - 3:00 PM | | |
| Education Sessions (Category A) | 2 | 2 |
| *OR* EBP Education Session (EBP) | 2 | 2 |
| 3:00 PM - 3:30 PM | | |
| Exhibit Hall Visitation | 0 | 0 |
| 3:30 PM - 4:30 PM | | |
| Education Sessions (Category A) | 1 | 1 |
| 4:30 PM - 5:30 PM | | |
| State Forums (Texas and Arkansas) | 0 | 0 |
| | Total | Total |
| Category A | 0-7 | 0-7 |
| Evidence Based Practice | 0-3 | 0-3 |

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Clinical Education Program Friday July 22nd, 2016

All CEU hours are pending BOC approval

General Overview

Friday July 22nd, 2016

| Continuing Education Course Schedule | Contact Hours (max possible) | CEUs Awarded (max possible) |
|--------------------------------------|---------------------------------|--------------------------------|
| 7:00 AM - 8:00 AM | | |
| Coffee with District Director | 0 | 0 |
| 8:00 AM - 11:30 AM | | |
| Registration and Exhibit Hall | 0 | 0 |
| 8:00 AM - 10:00 AM | | |
| Education Sessions (Category A) | 2 | 2 |
| *OR* EBP Education Session (EBP) | 2 | 2 |
| *OR* Student Oral Presentations | 2 | 2 |
| 10:00 AM - 10:30 AM | | |
| Exhibit Hall Visitation | 0 | 0 |
| 10:30 AM - 11:00 AM | | |
| NATA Forum | 0 | 0 |
| 11:00 AM - 12:00 PM | | |
| SWATA Member's Meeting | 0 | 0 |
| 12:00 PM - 1:00 PM | | |
| Lunch and Learn Sessions | 1 | 1 |
| 1:00 PM - 2:00 PM | | |
| Keynote | 0 | 0 |
| 2:00 PM - 4:00 PM | | |
| Awards Ceremony | 0 | 0 |
| 4:30 PM - 6:30 PM | | |
| EBP Education Session (EBP) | 2 | 2 |
| | Total | Total |
| Category A | 0-3 | 0-3 |
| Evidence Based Practice | 0-4 | 0-4 |

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Clinical Education Program Saturday July 23rd, 2016

All CEU hours are pending BOC approval

General Overview

Saturday July 23rd, 2016

| Continuing Education Course Schedule | Contact Hours (max possible) | CEUs Awarded (max possible) |
|---|---------------------------------|--------------------------------|
| 8:00 AM - 12:00 PM | | |
| Practical Education Sessions (Category A) | 3 | 3 |
| *OR* EBP Education Session (EBP) | 2-3 | 2-3 |
| | Total | Total |
| Category A | 0-3 | 0-3 |
| Evidence Based Practice | 0-3 | 0-3 |

| Additional Fee and Registration Process | | |
|---|----------|----------|
| 12:00 PM - 4:30 PM | | |
| Post-conference workshop - NATA Sponsored | 4 | 4 |
| Evidence Based Practice | 4 | 4 |

General Guidelines:

- **All CEUs are pending BOC approval**
- Attendees may only report CEUs that they attended.
- EBP CEUs are separate from Category A CEUs.
 - Pending approval: Maximum 13 Category A CEUs
 - Pending approval: Maximum 10 EBP CEUs
- All CEUs certificates will be issued via email
 - Category A requires completion of general conference evaluation.
 - EBP requires completion of specific assessment tools.

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Information regarding clinical education program

CEUs must fit within one of the five domains of athletic training practice

- Domain 1 - Injury/Illness Prevention and Wellness Protection
- Domain 2 - Clinical Evaluation and Diagnosis
- Domain 3 - Immediate and Emergency Care
- Domain 4 - Treatment and Rehabilitation
- Domain 5 - Organizational and Professional Health and Well-being

Levels of program difficulty (**Mastery, Advanced, Essential**) are assigned based on the NATA Professional Development Committee categorization criteria.

- **Mastery** - Includes the highest level of theory, concepts, and applications of knowledge of technique within a specific area
- **Advanced** - Includes in-depth theory, concepts, and applications of information and/or techniques that are presented beyond the Essential Level.
- **Essential** - Includes core theory, concepts, and applications

Each session has outlined educational

A KNOWLEDGE, COMPETENCY, PERFORMANCE GAP:

- Professional Practice Gap is defined as the difference between ACTUAL (what is) and IDEAL (what should be) in regards to performance and/or patients outcomes.
- What is it that Athletic Trainers don't know or what aren't they doing?

LEARNING OBJECTIVES:

- Learning Objectives are the take-home messages; what should the learner be able to accomplish after the activity?
- Objectives should bridge the gap between the identified need/gap and the desired result.

EXPECTED OUTCOMES:

- What you expect the learners to do in their practice setting.
- How will the information presented impact the clinical practice and/or behavior of the learner?

Attainment of Learning Objectives and Expected Outcomes will be measured in the evaluations for each educational session. These will be emailed to you at the end of the symposium.

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8:00-9:00 am

Arlington Convention Center

Registration & Grand Opening of Exhibits Exhibit Hall 1

All CEU hours are pending BOC approval

Clinical Education Program

9:00-10:00 am

Concurrent Education Sessions

Strategic Issues in Athletic Training

***Lecture Series - Medical Model* E2-E3**

Presenter: Luzita Vela, PhD, ATC, LAT - The University of Texas at Arlington

Moderator: TBD

Level: Essential CEUs: 1 hour

Domain: Organizational and Professional Health and Well-being

The Good, the Bad and the Ugly:

***Protein & Athletes* M1-M4**

Presenter: Jana Heitmeyer, MS - Baylor University Athletic Performance - Waco, TX

Moderator: TBD

Level: Advanced CEUs: 1 hour

Domains: Injury and Illness Prevention and Wellness Promotion;
Treatment and Rehabilitation

GATORADE
THE SPORTS FUEL COMPANY

Emerging Practice Setting:

***Dance, Marching Band, and Theater*..... M7-8**

Presenter: Jeff Russell, PhD, ATC, FIADMS - Ohio University, Athens, OH

Moderator: TBD

Level: Advanced CEUs: 1 hour

Domains: Injury and Illness Prevention and Wellness Promotion; Clinical Evaluation
and Diagnosis; Organizational and Professional Health and Well-being

EBP Credit for Attendance and Post-Assessment

Badge Scan with entrance and exit/Completion of Assessment Material

***Positional Release Therapy: Evidence Based Review*..... E4**

Presenter: Tim Speicher, PhD, ATC, LAT, CSCS, PRT - Positional Release Therapy

Institute - South Ogden, UT

Moderator: TBD

Level: Advanced **CEUs: 2 hours EBP**

Domains: Clinical Evaluation and Diagnosis; Treatment and Rehabilitation

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9:00-10:00 am: Educational Session Content: Knowledge Gap,
Learning Objectives, and Expected Outcomes

Strategic Issues in Athletic Training Lecture Series - Medical Model

Presenter: Luzita Vela, PhD, ATC, LAT - The University of Texas at Arlington

Presentation will introduce concepts about how the medical model can improve patient care, compensation, life balance and retention of young professionals. The presentation will cover essential level material related to both internal and external business functions of athletic training using a medical model. Examples of how this structure can be developed in multiple employment areas will be provided. This topic addresses how the organizational model for AT can have a direct impact not only on patient care but the athletic trainer's professional health and well-being.

Knowledge Gap:

Most ATs operate under the traditional model of athletic training where the organization for sports health care is operated by an athletic administrator, coach, or non-health care provider entity.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Identify at least 3 main differences between the Medical Model and Traditional Model of Athletic Training. (Knowledge)
- b. Discuss at least 3 different ways that the Medical Model will be able to improve patient care. (Application)
- c. Identify at least 3 different ways that the Medical Model will be able to improve patient care. (Knowledge)
- d. Discuss at least 3 different benefits of the Medical Model for the athletic trainers' professional health and well-being. (Application)

Expected Outcomes

Attendees will advocate for an organizational structure that uses the medical model in an effort to improve patient care, compensation, and work-life balance.

The Good, the Bad and the Ugly: Protein & Athletes

Presenter: Jana Heitmeyer, MS - Baylor University Athletic Performance - Waco, TX

Protein is a hot a topic - both within the athletic world and among general consumers. But, there is confusion about what type, how much, when and the benefits. This session will review the latest research - and what's coming down the pipeline - current regulations and recommendations and offer practical advice for your athletes, including the benefits of protein prior to sleep and how to successfully space protein consumption throughout the day.

Knowledge Gap:

ATs are often consulted by athletes in regards to nutritional recommendations especially with protein intake and supplementation; however, the research is ever evolving and it can be hard to keep pace with the current findings especially when there are a variety of sources.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Recall the current regulations and recommendations for proteins. (Knowledge)
- b. Educate and advise athletes on protein use using practical and evidence based advice. (Application)

Expected Outcomes

Attendees will know role of proteins in the athletic diet and be able to easily access the current regulations and recommendations.

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9:00-10:00 am: Educational Session Content: Knowledge Gap,
Learning Objectives, and Expected Outcomes

Emerging Practice Setting: Dance, Marching Band, and Theater

Presenter: Jeff Russell, PhD, ATC, FIADMS - Ohio University, Athens, OH

Athletic trainers have employment opportunities in a variety of settings. ATs have been working with performing artists for more than 25 years. Studies show that the on-site medical care that the certified athletic trainer can provide to performers reduces both the frequency and severity of injuries as well as reducing operating and production costs.

Knowledge Gap:

ATs are expanding their practice domains in the performing arts but the work settings are still considered an emerging practice settings, so information on the role of an AT in these settings is still being developed and disseminated.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Summarize the role of the AT in dance, marching band, and theater settings. (Comprehension)
- b. Distinguish the specialized injury prevention and rehabilitative care that ATs can provide to dancers, actors, and musicians. (Analysis)

Expected Outcomes

Attendees will know the role the AT can play in care of the performing arts "athlete" and will encourage this emerging setting.

EBP Credit for Attendance and Post-Assessment

Badge Scan with entrance and exit

Positional Release Therapy: Evidence Based Review

Presenter: Tim Speicher, PhD, ATC, LAT, CSCS, PRT - Positional Release Therapy
Institute - South Ogden, UT

Positional Release Therapy (PRT) also known as strain counterstrain, is a form manual medicine that resolves pain and tissue dysfunction. Through positioning the body and tissue in positions of comfort, the neurological system can be manipulated to interrupt the pain spasm cycle and over time, to reset the resting length of tissue in a "normal" range, which promotes increase in strength, performance and function. PRT is the opposite of stretching as tissues are pushed together, twisted, compressed and manipulated to take tension off "neurological chain links." The therapy is pain-free and is suited for all ages and most painful conditions.

Knowledge Gap:

ATs have long used manual therapies to assist patients in recovery from musculoskeletal dysfunctions, but positional release techniques are not often taught at the entry level of the profession. Through introduction to these techniques all levels of AT professionals can benefit from learning technique.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Articulate the theory and research supporting the use of PRT. (Knowledge)
- b. Summarize the PRT diagnostic and treatment innovations developed by Dr. Speicher and PRT-i to treat common musculoskeletal and neurological conditions. (Comprehension)

Expected Outcomes

Attendees will be able to apply PRT diagnostic and treatment techniques in their clinical setting immediately.

EBP Credit for Attendance and Post-Assessment

Email will be sent to your SWATA registration email with instructions for completion of assessment based on learning objectives. Attendees will be required to submit their evaluation prior to receiving their attendance certificate via email.

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10:00-11:00 am

Concurrent Education Sessions

***The NCAA and Student-Athlete Health & Safety* E2-3**
Presenter: John Parsons PhD, AT, ATC - Director of the Sport Science Institute NCAA,
Indianapolis, IN
Moderator: TBD
Level: Essential CEUs: 1 hour
Domains: Organizational and Professional Health and Well-being, Injury/Illness
Prevention and Wellness Promotion

***Texas Licensure: The Transition to Texas Department of Licensing and
Regulation* M1-4**
Presenter: Brian Francis - Deputy Executive Director, TDLR, Austin, TX
Moderator: David Weir BS, ATC, LAT -Texas A&M University, College Station, TX
Level: Essential CEUs: 1 hour
Domains: Organizational and Professional Health and Well-being

***Emerging Practice Setting:
Pro Athletes Wear Hard Hats* M7-8**
Presenter: Jose Morales, MA, ATC, LAT, CEAS - Toyota Motor Manufacturing Texas, San
Antonio, TX
Moderator: TBD
Level: Advanced CEUs: 1 hour
Domains: Injury and Illness Prevention and Wellness Promotion; Clinical Evaluation
and Diagnosis; Organizational and Professional Health and Well-being

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10:00-11:00 am: Educational Session Content: Knowledge Gap,
Learning Objectives, and Expected Outcomes

The NCAA and Student-Athlete Health & Safety

Presenter: John Parsons PhD, AT, ATC - Director of the Sport Science Institute NCAA, Indianapolis, IN

Public concern for sport-related injuries, especially concussion, has never been higher. The lone exception may be in 1905, when that year's collegiate football season resulted in 18 deaths and 149 serious injuries. As a result of that season, and of the efforts of President Theodore Roosevelt, the National Collegiate Athletic Association was born. Over a century later, the NCAA remains actively committed to, and aggressive in, the pursuit of student-athlete health and well-being. This presentation will explore the strategies and initiatives through which the NCAA monitors and manages the health & safety of its student athletes.

Knowledge Gap:

The NCAA has recently introduced updated inter-association guidelines and new strategies that many collegiate setting ATs may not be aware of these new strategies.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Identify the organizational features and responsibilities of the NCAA Sport Science Institute and the NCAA Committee on Competitive Safeguards and Medical Aspects of Sport. (Knowledge)
- b. List and explain the NCAA's nine strategic priority areas for student-athlete health and safety. (Knowledge)
- c. Explain the role that athletic trainers and the athletic training community are playing in pursuing a health and safety agenda for NCAA student-athletes. (Comprehension)

Expected Outcomes

Attendees will use the NCAA's health and safety agenda to benefit their AT facilities and to improve care of the collegiate athlete.

Texas Licensure: The Transition to Texas Department of Licensing and Regulation

Presenter: Brian Francis - Deputy Executive Director, TDLR, Austin, TX

The Texas Legislature enacted Senate Bill 202 (S.B. 202), 84th Legislature, Regular Session (2015), which, in part, transferred 13 occupational licensing programs in two phases from the Department of State Health Services (DSHS) to the Texas Commission of Licensing and Regulation (Commission) and the Department. Under Phase 1, Athletic Trainers will move from Department of State Health Services. The proposed new rules provide for the Department to perform the various functions, including licensing, compliance, and enforcement, necessary to regulate Athletic Trainers.

Knowledge Gap:

The licensing of ATs in the state of Texas is moving from the Department of State Health Services to the Texas Department Licensing and Regulation (TDLR) and many LATs are not aware of the details of this transfer in government regulation.

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10:00-11:00 am: Educational Session Content: Knowledge Gap,
Learning Objectives, and Expected Outcomes

Cont'd

Texas Licensure: The Transition to Texas Department of Licensing and Regulation

Presenter: Brian Francis - Deputy Executive Director, TDLR, Austin, TX

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Identify the role of the Texas Department of Licensing and Regulation (TDLR) in licensing ATs in the state of Texas. (Knowledge)
- b. Express the implications and processes of the transfer on AT licensure maintenance in the state of Texas. (Comprehension)
- c. Summarize the implications and processes of the transfer on the AT licensure exam in the state of Texas. (Comprehension)

Expected Outcomes

Attendees will be familiar with the TDLR and its role in licensing, compliance, and enforcement of regulations regarding licensed ATs in the state of Texas.

Emerging Practice Setting: Pro Athletes Wear Hard Hats

Presenter: Jose Morales, MA, ATC, LAT, CEAS - Toyota Motor Manufacturing Texas, San Antonio, TX

Athletic trainers are increasingly employed in the manufacturing sector and have secured a variety of opportunities to work with a different type of "professional athlete" where the protective equipment is a hard hat. Studies show that the on-site medical care that the certified athletic trainer can provide to workers reduces both the frequency and severity of injuries as well as reducing operating and production costs.

Knowledge Gap:

ATs are expanding their practice domains in the industrial setting but the work setting is still considered an emerging practice settings, so information on the role of an AT in this setting is still being developed and disseminated.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. List and explain the use of athletic trainers at the Toyota Motor Manufacturing Texas. (Knowledge)
- b. Summarize the specialized injury prevention and rehabilitative care that they can provide to industrial and manufacturer workers.

Expected Outcomes

Attendees will understand the ATs role in the industrial setting and advocate for the employment of ATs in this setting.

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11:00 am -12:00 pm

Special Interest Group - Athletic Training Educators..... M7-8

The purpose of the first SWATA Educator's Roundtable is to bring Athletic Training educators and administrators together to discuss current topics and trends in Athletic Training and Athletic Training Education. Emphasis will be placed on best practices including teaching, management, leadership styles and theories. This session is open to Program Directors, Clinical Education Coordinators, Faculty Members, Medical Directors, Preceptors, Department Chairs and Deans.

NOTE: Not eligible for 1 CEU - BOC didn't approve as it doesn't align with practice analysis

11:00 am -12:00 pm

SWATA Grant Presentations M11-12

Level: Advanced CEUs: 1 hour

Funded research grant projects will be presented by lead authors.

Visit Exhibits Exhibit Hall 1



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Secondary School Athletic Trainers' Committee

Concurrent Education Sessions

9 am - 10 am: Secondary School Value Model M5-6

Presenters:

Kathy Dieringer, EdD, ATC, LAT - D/D Sports Medicine - Denton, TX

Larry Cooper, MS, ATC, LAT - Penn Trafford High School - Harrison City, PA

Moderator: TBD

Level: Essential CEUs: 1 hour

10 am - 11 am: Helping Them Breathe When They Can't M5-6

Presenter:

Cody Walls, BS, ATC, LAT, ITLSI, EMT-B - Fit for Work, New Boston, TX

Moderator: TBD

Level: Advanced CEUs: 1 hour

Domain: Immediate and Emergency Care

**1 pm - 2 pm: Developing creative brains - Innovative Projects for Sports
Medicine Curriculums M5-6**

Presenters:

Kim Traylor, MSed, ATC, LAT - Hollenstein Career and Technology Center
(HCTC) Eagle Mountain Saginaw ISD, Saginaw, TX

Traci Randermann, MS, LAT - Mansfield Summit HS, Mansfield, TX

Clint Morris, MS, ATC, LAT - Timber Creek High School, Ft. Worth, TX

Moderator: TBD

**NOTE: Not eligible for 1 CEU - BOC didn't approve as it doesn't align with
practice analysis**

**2 pm - 3 pm: Common Ethical Mistakes We Make - An Administrative
Perspective M5-6**

Presenters:

Troy Roberts, MS - Superintendent Tom Bean Schools, Tom Bean, TX

Billy Ray Laxton, M.Ed, ATC, LAT - Scott & White Hospital, Temple, TX

Moderator: TBD

Level: Essential CEUs: 1 hour

Domains: Organizational and Professional Health and Well-being

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Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Secondary School Athletic Trainers' Committee

9:00 AM - 10:00 AM: Secondary School Value Model (SSVM)

Presenters: Kathy Dieringer, EdD, ATC, LAT - D/D Sports Medicine - Denton, TX
AND Larry Cooper, MS, ATC, LAT - Penn Trafford High School - Harrison City, PA

This presentation is designed to introduce the Secondary School Value Model to ATs in this setting, and provide tools/suggestions in regard to its implementation. Secondary School ATs need to be able to understand and demonstrate their value to their parents, administrators, and community in order to improve their job satisfaction, improve patient care, and increase economic impact for their school and program. Traditionally, SSATC's have not had the comfort level, or skill set to understand and apply business concepts to their setting, which will also be presented. The NATA has developed various tools to assist with this process, but nothing as comprehensive and easy to use as the Secondary School Value Model.

Knowledge Gap:

The NATA Secondary School AT Committee has developed a Value Model Tool that many ATs in the high school setting are unaware of and how to use it effectively.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Define business concepts as they relate to their practice. (Knowledge)
- b. Summarize the components of the SSVM. (Comprehension)
- c. Apply the tools of the SSVM, Position Improvement Guide, and Position Proposal Guide into their practice. (Application)
- d. Develop a plan for applying the SSVM to their practice. (Synthesis)
- e. Define Return On Investment (ROI) and explain how they can demonstrate ROI in their practice. (Knowledge/Comprehension)

Expected Outcomes

Attendees will use the SSVM to improve their job satisfaction, improve patient care, and increase economic impact for their school and program

10:00 AM - 11:00 AM: Helping Them Breathe When They Can't

Presenter: Cody Walls, BS, ATC, LAT, ITLSI, EMT-B - Fit for Work, New Boston, TX

A Blind Insertion Airway device (BIAD) is a medical device used to aid in maintaining a controlled airway. They have become an integral part of emergency medical and other clinical practice over the past 25 years, and have been safely used millions of times, worldwide. They can be placed without visualization of the glottis. They are an important first option for difficult ventilation during both in-hospital and out-of-hospital airway management. Use of BIADs should be considered after proper training and physician delegation has been secured.

Knowledge Gap:

ATs standards of practice are growing and the use of airway devices is a skill that most ATs need to learn, practice and implement.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Describe common blind insertion airway devices. (Knowledge)
- b. Explain the basic concept and usage of blind insertion airway devices. (Comprehension)
- c. Develop plans and recommend further discussion and training with physician director. (Synthesis)

Expected Outcomes

Attendees will be able to implement the use of BIADs to maintain airway for ventilation.

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11:00-11:15 am

*Gatorade Secondary School
Athletic Trainer of the Year (District 6)M5-6*

GATORADE
THE SPORTS FUEL COMPANY

11:15-12:00 pm

Visit Exhibits Exhibit Hall 1

12:00 pm - 1:00 pm

Lunch and Learn M1-4
12:00 - 12:10 pm - *Foot Orthotics*
12:15 - 12:30 pm - *Air, Why Should I Care?*
12:30 - 1:00 pm - *Infection Prevention and Control in Athletic Facilities*

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12:00 PM - 1:00 PM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Foot Orthotics

Presenter: Cody Gankiewicz - Foot Management, Inc.

Moderator: Karl Kapchinski ATC, LAT - College Station, TX

Level: Essential CEUs = 0.25 hours

Domains: Injury and Illness Prevention and Wellness Promotion, Treatment and Rehabilitation

Knowledge Gap:

ATs often determine that patients need evaluation for foot orthotic, but many are not aware of how they are created and fitted to patient.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Explain the evolution of orthotics and the role of the shoe. (Comprehension)
- b. Prepare a foam impression and participate in a casting demonstration. (Application)

Expected Outcomes

Attendees will be able to properly use foot orthotics to manage altered foot biomechanics and assist in the prevention, management, and treatment of a variety of injuries.

Air, Why Should I Care?

Presenter: Denny Mulloy - GPI Solutions, Inc.

Moderator: Karl Kapchinski ATC, LAT - College Station, TX

Level: Essential CEUs = 0.25 hours

Domains: Injury and Illness Prevention and Wellness Promotion

Knowledge Gap:

ATs are often faced with decisions regarding air quality in their facilities in an attempt to ensure productivity and safety, but few have education regarding air purification purposes and techniques.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Summarize indoor air quality techniques and processes. (Comprehension)
- b. List sources and remedies for odors in an athletic facility. (Knowledge)
- c. Explain how clean air and surfaces impact athlete recovery time. (Comprehension)

Expected Outcomes

Attendees will be able to determine air quality and make decisions in regards to improving air quality.

**Wednesday July 20th – Saturday July 23rd, 2016
Arlington, TX**

Southwest Athletic Trainers' Association

62nd Annual Symposium



Thursday July 21st, 2016
Arlington Convention Center

12:00 PM - 1:00 PM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Lunch and Learn **M1-4**

Infection Prevention and Control in Athletic Facilities

Presenter: Tricia Holderman, President/CEO, Elite Facility Systems, Dallas, TX

Moderator: Karl Kapchinski ATC, LAT - College Station, TX

Level: Essential CEUs = 0.5 hours

Domains: Injury and Illness Prevention and Wellness Promotion

Knowledge Gap:

MRSA and other infections are a reality during the care of patients, but many ATs do not employ the most up to date procedures for infection control and prevention in their athletic facilities.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Recognize processes for controlling and preventing Methicillin-resistant Staphylococcus aureus (MRSA). (Knowledge)
- b. Explain labeling of products and the different uses for disinfection of surfaces. (Comprehension)
- c. Discover how the use of UV lighting may reduce infections. (Knowledge)
- d. Analyze the role of hand sanitizers. (Analysis)

Expected Outcomes

Attendees will be able to use short and long term solutions to keep athletes and staffs safe by using different techniques for disinfection of various surfaces and locations.

Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Secondary School Athletic Trainers' Committee

1:00 PM - 2:00 PM: Developing creative brains - Innovative Projects for Sports Medicine Curriculums **M5-6**

Presenters: Kim Traylor, MSed, ATC, LAT - Hollenstein Career and Technology Center (HCTC) Eagle Mountain Saginaw ISD, Saginaw, TX, Traci Randermann, MS, LAT - Mansfield Summit HS, Mansfield, TX, and Clint Morris, MS, ATC, LAT - Timber Creek High School, Ft. Worth, TX

Texas Licensed Athletic Trainers are eligible to teach the Texas Education Agency (TEA) approved Sports Medicine Courses (SMC). The SMC consist of Sports Medicine I, Sports Medicine II, and Sports Medicine III. These are all are considered "innovative courses" that can be used as state-elective credits for high school students.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Define the process of how to accomplish a sports medicine class within their school district and give examples of how three different school districts are implementing the sports medicine class.
- b. Explain how the sports medicine class can be added as a Career and Technical Education (CTE) class and how to offer an effective sports medicine class with the best instructional practices.

NOTE: Not eligible for 1 CEU - BOC didn't approve as it doesn't align with practice analysis

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Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Secondary School Athletic Trainers' Committee

2:00 PM - 3:00 PM: Common Ethical Mistakes We Make - An Administrative PerspectiveM5-6

Presenters:

Troy Roberts, MS - Superintendent Tom Bean Schools, Tom Bean, TX

Billy Ray Laxton, M.Ed, ATC, LAT - Scott & White Hospital, Temple, TX

Athletic trainers are in unique rolls within school districts, colleges/universities, hospitals, clinics, professional and amateur sports, military, performing arts, or industry, but the common denominator is adherence to ethical principles. Two perspectives from a Superintendent (former LAT) and a clinic-outreach coordinator will be shared to help attendees understand the importance of following NATA code of ethics and the BOC's Standards of Professional Practice.

Knowledge Gap:

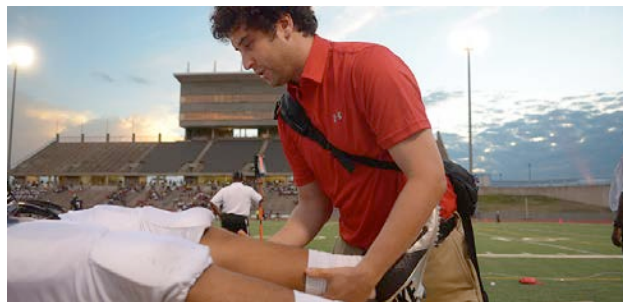
Understanding ethical principles associated with athletic training is easy. But applying ethics in all settings of AT employment can be difficult with different situations.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. List the NATA code of ethics. (Knowledge)
- b. Paraphrase ethical scenarios that will allow critical thinking about ethics in their practice. (Comprehension)
- c. Apply record-keeping and reflection in regards to ethical situations. (Application)
- d. Analyze the dangers of social media and the potential professional ramifications. (Analysis)
- e. Identify the attendees of school board policies they may not be aware of that pertain to athletic training practices. (Knowledge)
- f. Differentiate common confidentiality issues as it relates to the secondary school athletic trainer and how to prevent them. (Analysis)
- g. Express why it is important to carry personal liability insurance in the secondary school setting. (Comprehension)

Expected Outcomes

Attendees will be able to use short and long terms solutions to keep athletes and staffs safe by using different techniques for disinfection of various surfaces and locations.



Source: <https://www.nata.org/professional-interests/job-settings/secondary-school>

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Thursday July 21st, 2016
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1:00 pm -3:00 pm

Concurrent Education Sessions

EBP Credit for Attendance and Post-Assessment

Badge Scan with entrance and exit/Completion of Assessment Material

**Current Concepts in Scapular Assessment and Rehabilitation in
Overhead Athlete E2-3**

Presenter: Meredith Decker, MS, ATC, LAT, PES - The University of Texas at
Arlington, Arlington, TX

Moderator: TBD

Level: Advanced **EBP CEUs requested: 2 hours**

Domains: Injury and Illness Prevention and Wellness Promotion, Clinical

**Must Be Present to Win: Mindfulness Techniques for the
Athletic Trainer M7-8**

Presenter: Bill Borowski, MBA, ATC, LAT, LPTA - Baylor Institute of
Rehabilitation, Dallas, TX

Moderator: TBD

Level: Advanced **EBP CEUs: 2 hours**

Domain: Treatment and Rehabilitation

Pre-registration is required for this session.

Registered Attendees have selected labs via on-line survey.

**Positional Release Therapy Hands-On Clinical E4
Positional Release Therapy Institute (PRT-i™) (<http://www.prt-i.com>)**

Presenters: Tim Speicher, PhD, ATC, LAT, CSCS, PRT - Positional Release Therapy
Institute, South Ogden, UT

Lab assistants: Mike Buonopane MS, ATC, PRT-c, SFMAC - Tufts University, Boston,
MA, Colleen Neider, LMT, LPN - Positional Release Therapy Institute, South Ogden,
UT, and David Draper EdD, ATC, LAT, PRT-c - Brigham Young University, Provo,
UT

Moderator: TBD

Level: Advanced **EBP CEUs: 2 hours**

Domains: Clinical Evaluation and Diagnosis; Treatment and Rehabilitation

EBP Credit for Attendance and Post-Assessment

**Email will be sent to your SWATA registration email with instructions for completion of
assessment based on learning objectives. Attendees will be required to submit their
evaluation prior to receiving their attendance certificate via email.**

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1:00 PM - 3:00 PM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Requested EBP credit

Current Concepts in Scapular Assessment and Rehabilitation in Overhead Athlete

Presenter: Meredith Decker, MS, ATC, LAT, PES - The University of Texas at Arlington, Arlington, TX

The scapula is a part of the kinetic chain and has a strong influence on shoulder function through stability, kinematics, and dynamic control. Any deficiency in these roles, as well as altered positioning of the scapula, may negatively influence shoulder motion and function, ultimately leading to unwanted pathologies at the shoulder. Assessment techniques and tests of scapular function are commonly used in the evaluation of the upper extremity. Scapular positioning, muscle activation and recruitment, motion and dynamic control, and functional control during overhead activities should all be assessed in the evaluation of an overhead athlete with suspected shoulder pathology. Identifying pathologies and scapular dysfunctions early and implementing the appropriate rehabilitation techniques are crucial to improve shoulder function, reduce symptoms, and decrease the risk for further shoulder injuries in the overhead athlete.

Knowledge Gap:

The shoulder is a complex joint and evidence regarding dysfunctions are evolving rapidly, many ATs lack experience in understanding the role the scapula plays in any assessment or treatment of shoulder pathologies.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Describe the role of the scapula on glenohumeral function. (Knowledge)
- b. Distinguish the evidence for the most reliable and valid scapular assessment techniques. (Analysis)
- c. Describe the different scapular dysfunctions in relation to shoulder pathologies. (Knowledge)
- d. Classify the evidence to appropriately determine which treatment techniques to use in an athlete with scapular dysfunction and subsequent shoulder pathology, at all levels of rehabilitation. (Analysis)

Expected Outcomes

Attendees will be able to use scapular assessment and treatment techniques to treat and prevent shoulder pathology.

Requested EBP credit

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Thursday July 21st, 2016
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1:00 PM - 3:00 PM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Must Be Present to Win: Mindfulness Techniques for the Athletic Trainer - EBP

Presenter: Bill Borowski, MBA, ATC, LAT, LPTA - Baylor Institute of Rehabilitation, Dallas, TX

Emerging research in mindfulness suggests that mindfulness practices offer athletic trainers a means to positively affect aspects of therapy leading to better outcomes. The clinician can strengthen their ability to tend to the athlete's needs by personal mindfulness practices. Benefits to the clinician include increased empathy, compassion, counseling skills as well as decreased psychological stress/physical symptoms and anxiety that lead to burnout. Mindfulness practices can distract from rumination, allowing for better rehabilitation outcomes and quicker return to competition for the athletes.

Knowledge Gap:

Mindfulness practices are gaining acceptance in many disciplines but are fairly new to AT practice.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Define the term mindfulness and recognize different strategies and practices of mindfulness. (Knowledge)
- Recognize empirically supported benefits of mindfulness. (Knowledge)
- Show how mindfulness-based practices can improve the athletic trainer' quality of life. (Application)
- Apply and practice strategies that incorporate mindfulness-based strategies to aid in their rehabilitation outcomes and decreased athlete's rumination associated with athletic injuries. (Application)

Expected Outcomes

Attendees will be able to use mindfulness techniques in their clinical practice.

Positional Release Therapy Hands-On Clinical - EBP

Presenter:

Tim Speicher, PhD, ATC, LAT, CSCS, PRT - Positional Release Therapy Institute, South Ogden, UT

Positional Release Therapy is the opposite of stretching as tissues are pushed together, twisted, compressed and manipulated to take tension off "neurological chain links." The therapy is pain-free and is suited for all ages and most painful conditions.

Knowledge Gap:

ATs have long used manual therapies to assist patients in recovery from musculoskeletal dysfunctions, but many do not currently practice PRT techniques.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Describe the supporting evidence for the application of PRT. (Knowledge)
- Apply and demonstrate at least three PRT techniques. (Application)
- List at least 5 clinical implications and contraindications of PRT. (Knowledge)
- Construct how PRT is integrated into an overall treatment plan. (Synthesis)

Expected Outcomes

Attendees will be able to use PRT techniques in their clinical practice.

****EBP Credit for Attendance and Post-Assessment****

Email will be sent to your SWATA registration email with instructions for completion of assessment based on learning objectives. Attendees will be required to submit their evaluation prior to receiving their attendance certificate via email.

Pre-registration is required for this session. Registered Attendees have selected labs via on-line survey.

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Thursday July 21st, 2016
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3:00 pm - 3:30 pm

Visit Exhibits Exhibit Hall 1

3:30 pm - 4:30 pm

Concurrent Education Sessions

Repeated from the Morning Sessions (9am - 11 am) - Information on Pages 8-13

Strategic Issues in Athletic Training Lecture Series - Medical Model E2-E3

Presenter: Luzita Vela, PhD, ATC, LAT - The University of Texas at Arlington

Moderator: TBD

Level: Essential CEUs = 1 hour

Domain: Organizational and Professional Health and Well-being

The Good, the Bad and the Ugly: Protein & Athletes M1-M4

Presenter: Jana Heitmeyer, MS - Baylor University Athletic Performance

Moderator: TBD

Level: Advanced CEUs = 1 hour

Domains: Injury and Illness Prevention and Wellness Promotion;
Treatment and Rehabilitation

GATORADE
THE SPORTS FUEL COMPANY

Texas Licensure: The Transition to TDLR..... M5-6

Presenter: Brian Francis - Deputy Executive Director, TDLR

Moderator: David Weir BS, ATC, LAT - Texas A&M University, College Station, TX

Level: Essential CEUs = 1 hour

Domains: Organizational and Professional Health and Well-being

Emerging Practice Setting: Dance, Marching Band, and Theater E4

Presenter: Jeff Russell, PhD, ATC, FIADMS - Ohio University

Moderator: TBD

Level: Advanced CEUs = 1 hour

Domains: Injury and Illness Prevention and Wellness Promotion; Clinical Evaluation
and Diagnosis; Organizational and Professional Health and Well-being

Emerging Practice Setting: Pro Athletes Wear Hard Hats M7-8

Presenter: Jose Morales, MA, ATC, LAT, CEAS - Toyota Motor Manufacturing Texas

Moderator: TBD

Level: Advanced CEUs = 1 hour

Domains: Injury and Illness Prevention and Wellness Promotion; Clinical Evaluation
and Diagnosis; Organizational and Professional Health and Well-being

The NCAA and Student-Athlete Health & Safety M9-10

Presenter: John Parsons PhD, AT, ATC - Director of the Sport Science Institute NCAA,

Moderator: TBD

Level: Essential CEUs = 1 hour

Domains: Organizational and Professional Health and Well-being, Injury/Illness
Prevention and Wellness Promotion

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Thursday July 21st, 2016
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4:00 pm - 6:00 pm

LOBBY

Student Poster Presentations - Free Communications
Authors present at 5:30 pm

4:00 pm - 6:00 pm

STATE FORUMS

Domain: Organizational and Professional Health and Well-being
Level: Essential

Arkansas E4

Texas E2-3

6:00 pm - 9:00 pm

OPENING RECEPTION **Live Entertainment**



Support the Profession



SILENT AUCTION
Exhibit Hall Hours
Ends 10 am FRIDAY

Wednesday July 20th – Saturday July 23rd, 2016
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Clinical Education Program Friday July 22nd, 2016 Arlington Convention Center

7:00 am - 8:00 am

Coffee with District Director M1-4

Chris Hall MA, ATC, LAT - Manager of Business Services for Ben Hogan Sports Medicine, Ft. Worth, TX

Open discussion with incoming District Director Chris Hall.

All CEU hours are pending BOC approval

8:00 am - 10:00 am

Concurrent Education Sessions

When Life Comes Full Circle: Caring For Our Aging Parents M5-6

Panel Discussion with Questions and Answers

Moderator: George Young, M.Ed, ATC, LAT - Sports Medicine Manager, Texas

Health Presbyterian Hospital Denton

Level: Essential

Domain: Organizational and Professional Health and Well-being, Treatment and Rehabilitation

NOTE: Not eligible for 1 CEU - BOC didn't approve as it doesn't align with practice analysis

EBP Credit for Attendance and Post-Assessment

Badge Scan with entrance and exit

Positional Release Therapy Hands-On Clinical E4

Positional Release Therapy Institute (PRT-i™) (<http://www.prt-i.com>)

Presenters: Tim Speicher, PhD, ATC, LAT, CSCS, PRT - Positional Release Therapy Institute, South Ogden, UT

Lab assistants: Mike Buonopane MS, ATC, PRT-c, SFMAC - Tufts University, Boston, MA, Colleen Neider, LMT, LPN - Positional Release Therapy Institute, South Ogden, UT, and David Draper EdD, ATC, LAT, PRT-c - Brigham Young University, Provo, UT

Moderator: TBD

Level: Advanced

EBP CEUs: 2 hours

Domains: Clinical Evaluation and Diagnosis; Treatment and Rehabilitation

EBP Credit for Attendance and Post-Assessment

Pre-registration is required for this session. Registered Attendees have selected labs via on-line survey.

Email will be sent to your SWATA registration email with instructions for completion of assessment based on learning objectives. Attendees will be required to submit their evaluation prior to receiving their attendance certificate via email.

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Friday July 22nd, 2016
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8:00 am - 10:00 am

Concurrent Education Sessions

***EBP Credit for Attendance and Post-Assessment*
Badge Scan with entrance and exit**

***Clinical Examination of the Hip* E2-3**

Presenter: J.Craig Garrison, PhD, PT, ATC, SCS -Texas Health Ben Hogan Sports Medicine, Ft. Worth, TX

Lab Assistants: Texas Health Ben Hogan Sports Medicine, Ft. Worth, TX

Jenny Kurz, PT, DPT, ATC, CLT-LANA

Lisa Pataky, PT, DPT, CSCS

Joe Hannon, PT, DPT, SCS, CSCS

Moderator: TBD

Level: Advanced **EBP CEUs: 2 hours**

Domains: Treatment and Rehabilitation, Injury and Illness Prevention and Wellness Promotion, Clinical Evaluation and Diagnosis

***Sleep Recommendations For Competitive Athletes* M7-8**

Presenter: J.D. Boudreaux, PT, ATC, LAT, SCS - Boudreaux Family Enterprises, Broussard, LA

Moderator: TBD

Level: Advanced **EBP CEUs: 2 hours**

Domains: Injury and Illness Prevention and Wellness Promotion, Clinical Evaluation and Diagnosis, Immediate and Emergency Care, Treatment and Rehabilitation

EBP Credit for Attendance and Post-Assessment

Email will be sent to your SWATA registration email with instructions for completion of assessment based on learning objectives. Attendees will be required to submit their evaluation prior to receiving their attendance certificate via email.

Repeated Session - 8:00 am and 9:00 am

***The EAP and The Missing Piece of the Puzzle* M1-4**

Presenter: James K. Wilson, ATC, LAT - Memorial Hermann Sports Medicine, Houston, TX

Moderator: TBD

Level: Essential CEUs = 1 hour

Domains: Organizational and Professional Health and Well-being, Immediate and Emergency Care

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8:00 AM - 10:00 AM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

When Life Comes Full Circle: Caring For Our Aging Parents Panel Discussion with Questions and Answers

When an aging parent needs caregiving, the children often need to take responsibility. Even if we rarely doubt ourselves when making decisions for our own children or with our own patients, athletes, and clients, making decisions while caring for elderly parents remains a challenge. In an attempt to balance increased needs of caring for an aging parent with the job demands of an athletic trainer, it is important to understand the effects of dementia and how to secure legal documents to protect the aging parent and ourselves.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Recognize legal documents like Advance Directives, Living Wills, and Powers of Attorney.
- Interpret real life experiences of colleagues and learn about Alzheimer's and Dementia.

8:00 - 8:30 A.M. Alzheimer's and Dementia: How They Affect Our Aging Parents

Presenter: Donald Hafer, Ph.D., Director, Behavioral Health Service, Presbyterian Hospital, Dallas, TX

8:30 - 9:00 A.M. Legal Documents Used in Caring For Our Aging Parents

Presenter: Dena Reecer, Attorney at Law, Shelton and Reecer Law Firm, Denton, TX

9:00 - 9:45 A.M. Real Life Experiences in Caring For Our Aging Parents

George Young - Chair of Life Balancing Committee

Kathy Dieringer - D&D Sports Medicine, Denton, TX

Mike Waters - Head Athletic Trainer, Diboll High School, Diboll, TX

Sharon Winn - Head Athletic Trainer, Denton Ryan High School

9:45 - 10:00 A.M. Panel Discussion

NOTE: Not eligible for 1 CEU - BOC didn't approve as it doesn't align with practice analysis

Positional Release Therapy Hands-On Clinical - EBP

Presenter:

Tim Speicher, PhD, ATC, LAT, CSCS, PRT - Positional Release Therapy Institute, South Ogden, UT

Positional Release Therapy is the opposite of stretching as tissues are pushed together, twisted, compressed and manipulated to take tension off "neurological chain links." The therapy is pain-free and is suited for all ages and most painful conditions.

Knowledge Gap:

ATs have long used manual therapies to assist patients in recovery from musculoskeletal dysfunctions, but many do not currently practice PRT techniques.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Describe the supporting evidence for the application of PRT. (Knowledge)
- Apply and demonstrate at least three PRT techniques. (Application)
- List at least 5 clinical implications and contraindications of PRT. (Knowledge)
- Construct how PRT is integrated into an overall treatment plan. (Synthesis)

Expected Outcomes

Attendees will be able to use PRT techniques in their clinical practice.

Pre-registration is required for this session. Registered Attendees have selected labs via on-line survey.

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Friday July 22nd, 2016 Arlington Convention Center

8:00 AM - 10:00 AM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Clinical Examination of the Hip - EBP

Presenter: J.Craig Garrison, PhD, PT, ATC, SCS -Texas Health Ben Hogan Sports Medicine, Ft. Worth, TX

The Movement System Impairment (MSI) classification system is a comprehensive diagnoses and treatment approach based on observations of human movement. Traditionally, athletic trainers are not typically exposed to this method of movement impairment identification and subsequent treatments in athletic training education programs. Principles of the MSI evaluation and formation of a diagnosis will be discussed so attendees can create treatment plans. Understanding of the movement impairment system will provide learners with a new evidence-based method of evaluation and treatment of the hip joint.

Knowledge Gap:

MSI classification system is gaining use in AT facilities; however, many ATs are not familiar with this method.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Describe key anatomical structures and biomechanical principles as they relate to the hip joint. (Knowledge)
- Describe accessory movements at the hip joint and understand how they contribute to movement impairments. (Knowledge)
- Apply principles underlying the MSI evaluation. (Application)
- Perform an MSI principled evaluation of the hip and develop the components of a rehabilitation action plan used when following MSI principles for hip-related conditions and explain its importance in managing a hip patient's symptoms. (Application/Synthesis)

Expected Outcomes

Attendees will be able to use the MSI classification system to improve evaluation and treatment of hip dysfunctions.

Sleep Recommendations For Competitive Athletes- EBP

Presenter: J.D. Boudreaux, PT, ATC, LAT, SCS - Boudreaux Family Enterprises, Broussard, LA

Sleep has many physiological and cognitive functions that may be important to elite athletes. Athletic performance may be dependent on both quality and quantity of sleep prior to competition. Detrimental effects due to sleep deprivation can lead to decline in aerobic and anaerobic processes as well as affecting fatigue and recovery. Athletes at various levels may encounter many obstacles to normal sleeping patterns including travel, irregular schedules, foreign environments, and high levels of anxiety. Due to these obstacles and significant implications, athletic trainers would benefit from developing a strong foundation regarding sleep habits to educate elite athletes on proper sleep habits.

Knowledge Gap:

MSI classification system is gaining use in AT facilities; however, many ATs are not familiar with this method.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Describe the two main electrical states of the sleep cycle. (Knowledge)
- Describe the effect of sleep deprivation on exercise and athletic performance. (Knowledge)
- Distinguish barriers within their own practice setting that may interfere with sleep performance (Comprehension)
- Construct solutions to minimize barriers to optimal sleep patterns in elite athletes. (Synthesis)
- Apply sleep recommendations to current athletic teams to improve performance and health status of athletic participants. (Application)

Expected Outcomes

Attendees will educate patients about the importance of sleep and assist those individuals who may have issues.

Southwest Athletic Trainers' Association

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Friday July 22nd, 2016
Arlington Convention Center

8:00 AM - 10:00 AM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Repeated Session - 8:00 am and 9:00 am

The EAP and The Missing Piece of the Puzzle

Presenter: James K. Wilson, ATC, LAT - Memorial Hermann Sports Medicine, Houston, TX

All Athletic venues need to have an Emergency Action Plan (EAP). In Texas, all Public Secondary Schools are required by State Law to have these posted. They are also, required by this same law to drill the EAP. Although the schools have these and perform the drill, there are components of the EAP that are missing from many of the schools EAP's. This talk will discuss not only the EAP and its many aspects, but the missing pieces that may or may not have been considered.

Knowledge Gap:

Emergencies happen in athletics, EAPs allow for organized responses to these emergencies; however, what happens after an emergency occurs and is responded to are often not discussed.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Recognize the basics of the EAP and the law(s) governing them in the State of Texas. (Knowledge)
- b. Analyze the many facets that must be considered when designing an EAP. (Synthesis)
- c. Identify the overlooked aspect(s) of the EAP.

Expected Outcomes

Attendees will revise and attend to what happens after an emergency at their job setting.

Student Free Communication/Research Presentations

Oral Presentations of Original Research or Case Studies M9-10

10:00 am - 10:30 am

Visit Exhibits Exhibit Hall 1

10:30 am - 11:00 am

NATA Forum E2-3

Presenter: Chris Hall MA, ATC, LAT - Manager of Business Services for Ben Hogan Sports Medicine, Ft. Worth, TX

11:00 am - 12:00 pm

SWATA Member's Meeting E2-3

Presenter: Josh Woodall M.Ed, ATC, LAT - Bryan High School, Bryan, TX

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12:00 pm - 1:00 pm

Lunch and Learn M1-4

12:00 - 12:30 pm - *The Eyes and Ears of Concussion*

12:30 - 1:00 pm - *Concussion Management*

Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Lunch and Learn

12:00 - 12:30 pm - *The Eyes and Ears of Concussion*

Presenter: Harry Kerasidis, MD - Center for Neuroscience - Calvert Memorial Hospital, Frederick, MD

Moderator: Karl Kapchinski ATC, LAT - College Station, TX

Level: Essential CEUs = 0.5 hours

Domains: Injury and Illness Prevention and Wellness Promotion, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Knowledge Gap:

In the absence of a single comprehensive set of protocols for the management of concussions, program administrators must piece together all the components, resulting in protocols that often have gaps. With gaps there is a greater risk of system failure, lack of documentation, and potential harm to the athlete.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Integrate preseason planning, education and evaluation, sideline evaluation and reporting, and post injury management. (Application)
- Recognize that providing essential information regarding the athlete's condition will help them make informed decisions regarding the athlete's care and providing a record that can be later referred to, which helps justify the decision-making process. (Knowledge)
- Identify how providing data can demonstrate compliance with state laws regarding the mandated concussion awareness education and concussion detection reporting. (Knowledge)

Expected Outcomes

Attendees will be able to recognize gaps in their concussion management plans and correct these via multifaceted platforms emphasizing documentation.

12:30 - 1:00 pm - *Concussion Management*

Presenter: Troy M. Smurawa, MD - Andrews Institute Children's Health Orthopaedics & Sports Medicine

Moderator: Karl Kapchinski ATC, LAT - College Station, TX

Level: Advanced CEUs = 0.5 hours

Domains: Injury and Illness Prevention and Wellness Promotion, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Knowledge Gap:

ATs often rely mostly on symptom checklists to develop prognoses for return to play/learn; however, neuropsychological testing, postural stability testing, vestibulo-oculomotor screening, and physical examination of neck may provide better data.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Identify Texas UIL guidelines for management. (Knowledge)
- Summarize the latest evidence in regards to clinical assessment of concussion and clinical treatment. (Comprehension)
- Interpret advances in concussion neuropathology including biomarkers and neuroimaging. (Comprehension)

Expected Outcomes

Attendees will use a variety of clinical assessment techniques to determine prognoses for return to play/learn.

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**Friday July 22nd, 2016
Arlington Convention Center**

1:00 pm -2:00 pm

Keynote Speaker

Elicia Leal MS, ATC, LAT

McKinney North High School

“My Diamond Mine - The Catalyst To My Recovery”



Hear Elicia's story of her experience with a brain aneurysm and stroke and how she uses her experiences to continue to serve athletes and high school student aides as an athletic trainer at McKinney North High School.

**Wednesday July 20th – Saturday July 23rd, 2016
Arlington, TX**

Southwest Athletic Trainers' Association

62nd Annual Symposium



Friday July 22nd, 2016
Arlington Convention Center

2:00 pm -4:00 pm

2016 SWATA Hall of Fame Inductees

Mike Carroll Mitzi Laughlin Dan O'Connor
Lorna Strong David Stuckey

2016 SWATA Award Winners

Frank Medina Award

- Roy Rudewick

Bobby Gunn Unsung Hero Award

- Kathy Dieringer

Eddie Wojecki Award

- Cindy Trowbridge

John Harvey Humanitarian Award

- Mike Pruitt

Most Distinguished Athletic Trainer

- Elicia Leal

Honorary Membership

- Dr. Kevin Coupe

A stylized, handwritten-style graphic of the word 'Congratulations!' in a cursive font. The text is surrounded by several five-pointed stars of varying sizes and orientations, some appearing to trail off from the end of the word.

Southwest Athletic Trainers' Association

62nd Annual Symposium

Friday July 22nd, 2016
Arlington Convention Center

4:30 pm - 6:30 pm

Concurrent Education Sessions

EBP Credit for Attendance and Post-Assessment

Badge Scan with entrance and exit

Developing Effective Concussion Education for Coaches, Parents And Athletes M1-4

Presenter: J.D. Boudreaux, PT, ATC, LAT, SCS - Boudreaux Family Enterprises,
Broussard, LA

Moderator: TBD

Level: Advanced **EBP CEUs = 2 hours**

Domains: Injury and Illness Prevention and Wellness Promotion, Clinical
Evaluation and Diagnosis, Immediate and Emergency Care, Treatment and
Rehabilitation

Repeated Session: Each 1 hour

- 4:30 pm - 5:30 pm and 5:30 pm - 6:30 pm

Management of Concussion in Dancers M5-6

Presenter: Jeff Russell, PhD, ATC, FIADMS - Ohio University, Athens, OH

Moderator: TBD

Level: Essential **EBP CEUs = 1 hour**

Domains: Clinical Evaluation and Diagnosis, Immediate and Emergency Care,
Treatment and Rehabilitation

Repeated Session: Each 1 hour

- 4:30 pm - 5:30 pm and 5:30 pm - 6:30 pm

In 2 Minutes Or Less®: Sports Emergency Care Training M7-8

Presenter: Mike Cendoma, MS, ATC-Sports Medicine Concepts, Inc., Livonia, NY

Moderator: TBD

Level: Advanced **EBP CEUs = 1 hour**

Domains: Injury and Illness Prevention and Wellness Promotion, Clinical
Evaluation and Diagnosis, Immediate and Emergency Care, Treatment and
Rehabilitation

EBP Credit for Attendance and Post-Assessment

**Email will be sent to your SWATA registration email with instructions for completion of
assessment based on learning objectives. Attendees will be required to submit their
evaluation prior to receiving their attendance certificate via email.**

Wednesday July 20th – Saturday July 23rd, 2016
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62nd Annual Symposium



Friday July 22nd, 2016
Arlington Convention Center

4:30 PM - 6:30 PM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

EBP Credit for Attendance and Post-Assessment
Badge Scan with entrance and exit

Developing Effective Concussion Education for Coaches, Parents And Athletes

Presenter: J.D. Boudreaux, PT, ATC, LAT, SCS - Boudreaux Family Enterprises, Broussard, LA

All states have currently passed legislation regarding the management and treatment of athletes with head injuries, such as concussions. These legislative attempts contain multiple requirements, including mandatory concussion education for coaches, removing athletes from play with signs and symptoms of head injuries for the remainder of the day, and requiring clearance from a medical professional prior to return to activity. Although legislative requirements have been put into place, legislation efforts alone will not suffice in changing the culture of management of concussion injuries in sports. A multidisciplinary team of professionals must develop well-designed and efficient educational programs to fulfill the requirements while supporting these legislative efforts.

Knowledge Gap:

There is often a culture of resistance from coaches, parents, and athletes in regards to the management of concussions; ATs may be bridge this gap of understanding with effective education.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Recognize the need for effective concussion education. (Knowledge)
- b. Identify the five principles that enhance knowledge transfer in educational programs. (Knowledge)
- c. Construct a concussion education plan to implement into daily practice. (Synthesis)
- d. Express the importance of disseminating a well-developed concussion plan. (Comprehension)
- e. Critique his/her own current concussion education plan for inadequacies. (Evaluation)

Expected Outcomes

Attendees will provide quality concussion education to coaches, parents, and athletes based on knowledge transfer principles.

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Badge Scan with entrance and exit**

Repeated Session: Each 1 hour

- 4:30 pm - 5:30 pm and 5:30 pm - 6:30 pm

Management of Concussion in Dancers

Presenter: Jeff Russell, PhD, ATC, FIADMS - Ohio University, Athens, OH

Dancers are as physically active as traditional athletes and their participation in dance exposes them to a high risk of injury. With regard to concussion, proper evaluation and care is essential. Dancers are neither conversant with concussion nor with the need for proper concussion treatment; yet, they are prone to concussion. Since dancers are at risk and often do not have healthcare personnel available, athletic trainers should be equipped for working with this population effectively, including knowing the challenges associated with working with dancers and having the ability to execute a return to dance protocol for concussed dancers.

Knowledge Gap:

Dancers may not be seen as at risk for concussions during practice and performance, so an AT may overlook its occurrence relative to other common injuries such as overuse musculoskeletal conditions.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Describe the importance of proper concussion management for dancers. (Knowledge)
- Compare and contrast concussion management considerations in sports to those in dance. (Analysis)
- Show dancers about the role of athletic trainers in proper management of dance-related concussion. (Application)
- Design a return to dance protocol for concussed dancers. (Synthesis)

Expected Outcomes

Attendees will learn about the risk, prevention, management, and return to dance protocols associated with concussions in dancers.

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***EBP Credit for Attendance and Post-Assessment*
Badge Scan with entrance and exit**

Repeated Session: Each 1 hour

- 4:30 pm - 5:30 pm and 5:30 pm - 6:30 pm

In 2 Minutes Or Less®: Sports Emergency Care Training

Presenter: Mike Cendoma, MS, ATC-Sports Medicine Concepts, Inc., Livonia, NY

Evidence suggests that delivery of effective critical care requires an emergency action plan designed around a multi-disciplined sports medicine team. Although most sports health care professionals agree on the need for a multi-discipline sports medicine team approach to emergency action planning, the relatively low risk of catastrophic incidence, significant time commitment, and lack of expertise in providing specialized training is overwhelming to most. The purpose of the In 2 Minutes or Less!® sports emergency care curriculum is to educate multi-disciplined sports medicine team members in on-field assessment and choreography of critical care tasks during management of the critically injured/ill athlete in the pre-hospital setting.

Knowledge Gap:

ATs often do not practice critical care involving equipment removal as a multi-disciplinary team and as a result knowledge and skills in equipment removal can decline over time.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Identify the current practice standards for athletic trainers and the steps to include a multi-disciplined sports medicine team approach to emergency action planning. (Knowledge)
- Explain that multi-disciplined team training encourages discussion, feedback, change, and autonomous decision-making that facilitate the choreography of critical care tasks and development of more effective emergency action plans. (Comprehensive)
- Summarize that efficient emergency action plans result in improved critical care performance measures that improve outcomes for critically injured/ill patients.

Expected Outcomes

Attendees will be able to employ evidence based equipment removal techniques to critically injured athletes alongside a multi-disciplinary team.

EBP Credit for Attendance and Post-Assessment

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**Wednesday July 20th – Saturday July 23rd, 2016
Arlington, TX**

Southwest Athletic Trainers' Association

62nd Annual Symposium

Saturday July 23rd, 2016
Sheraton Hotel (Level 2)

8:00 am - 12:00 pm

Concurrent Education Sessions

EBP Credit for Attendance and Post-Assessment
Badge Scan with entrance and exit

Session with Breaks = 3 hrs.

- 8:00 am - 9:00 am
- 9:30 am - 10:30 am
- 11:00 am - 12:00 pm

***Increasing Patient Outcomes With Electrotherapy: Evidence-Based Practice to Keep Current*** Champions Ballroom I

Presenter: David Draper EdD, ATC, LAT, PRT-c - Brigham Young University,

Provo, UT

Moderator: TBD

Level: Advanced

EBP CEUs = 3 hours

Domains: Treatment and Rehabilitation

Repeated Session: Each 2 hours

- 8:00 am - 10:00 am
- 10:00 am - 12:00 pm

***In 2 Minutes Or Less®: Hands On Training*** Champions Ballroom II and III

Presenters:

Mike Cendoma, MS, ATC - Sports Medicine Concepts, Inc., Livonia, NY

Peter McCabe, MS, ATC, PES - Nazareth College, Rochester, NY

Moderator: TBD

Level: Advanced

EBP CEUs = 2 hours

Domains: Immediate and Emergency Care

EBP Credit for Attendance and Post-Assessment

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62nd Annual Symposium



Saturday July 23rd, 2016
Sheraton Hotel (Level 2)

8:00 AM - 12:00 PM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

EBP Credit for Attendance and Post-Assessment
Badge Scan with entrance and exit

Increasing Patient Outcomes With Electrotherapy: Evidence-Based Practice to Keep Current - EBP

Presenter: David Draper EdD, ATC, LAT, PRT-c - Brigham Young University, Provo, UT

For many students and clinicians, understanding electricity and how to use it therapeutically is difficult, partly because in many cases their background in chemistry and physics (the basis of electricity) is not as strong as their background in anatomy and physiology. In addition, not all clinicians and manufacturers of electrotherapy devices use the same vocabulary to explain how various electrotherapy devices work. The therapeutic value of electrical currents is centuries old. In turn, clinicians may be using old, outdated techniques when delivering an electrotherapy treatment.

Knowledge Gap:

Electrotherapy modalities only work when the treatment parameters are matched to the patient and the pathology, but unfortunately ATs may still be using outdated techniques for selecting parameters.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- Define several terms used in electrotherapy and how each relates to treating the patient. (Knowledge)
- List the indications and contraindications of TENS, IFC, NMES, and iontophoresis. (Knowledge)
- Identify the components of a TENS, IFC, NMES, and iontophoresis device and the function of each component. (Knowledge)
- Apply TENS, IFC, NMES and iontophoresis using correct parameters and current best practices discussed in EBP literature. (Application)
- Discuss the strengths and weaknesses of research devoted to therapeutic modalities. (Comprehension)

Expected Outcomes

Attendees will use proven electrotherapy parameters and choose them based on patient and pathology.

EBP Credit for Attendance and Post-Assessment

Email will be sent to your SWATA registration email with instructions for completion of assessment based on learning objectives. Attendees will be required to submit their evaluation prior to receiving their attendance certificate via email.

Southwest Athletic Trainers' Association

62nd Annual Symposium

Saturday July 23rd, 2016
Sheraton Hotel (Level 2)

8:00 AM - 12:00 PM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

EBP Credit for Attendance and Post-Assessment
Badge Scan with entrance and exit

In 2 Minutes Or Less®: Hands On Training - EBP

Presenters: Mike Cendoma, MS, ATC - Sports Medicine Concepts, Inc., Livonia, NY
And Peter McCabe, MS, ATC, PES - Nazareth College, Rochester, NY

Emergency response is a vital role of the athletic trainer and the multi-disciplinary sports medicine team. Although there can be obstacles to providing advanced prehospital care to critically injured/ill athletes in athletic environments, athletic trainers should not allow these obstacles to prevent them from establishing a best practices emergency action plan that includes acquisition and maintenance of cognitive knowledge and choreography of multi-disciplined emergency response psychomotor skills. Therefore, the purpose of these practical lab stations is to provide participants with an opportunity to develop advanced prehospital care skills and apply current evidence to solve situational challenges like the equipment-laden athlete.

Knowledge Gap:

ATs often lack consistent practice with evidence based equipment removal techniques and may be preventing best practice EAPs.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Use critical care skill performance measures and competency benchmarks during simulation training to enhance acquisition and retention of individual emergency psychomotor skills. (Application)
- b. Use situational scenarios to enhance simulation training and improve pre-hospital basic life-support provided by athletic trainers and advanced life-support provided by multi-disciplined sports medicine teams operating in the unique athletic environment. (Application)
- c. Apply an evidence-based clinical criteria decision battery during live simulation training. (Application)
- d. Critique the appropriateness of various protective athletic equipment removal approaches and techniques during situational scenario reviews. (Evaluation)

Expected Outcomes

Attendees will be able to remove equipment and begin critical care for critically ill equipment laden athlete in 2 minutes or less.

EBP Credit for Attendance and Post-Assessment

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62nd Annual Symposium



**Saturday July 23rd, 2016
Sheraton Hotel (Level 2)**

8:00 am - 11:00 am

Concurrent Clinical Practical Sessions

Repeated Sessions: Each 1 hour.

Attend up to three (3) labs

- **8:00 am - 9:00 am**
 - **Therapeutic Cupping For Myofascial Syndrome**
 - **Vestibular Oculomotor Screening**
 - **Buffalo Concussion Protocol**
- **9:00 am - 10:00 am**
 - **Therapeutic Cupping For Myofascial Syndrome**
 - **Vestibular Oculomotor Screening**
 - **Buffalo Concussion Protocol**
- **10:00 am - 11:00 am**
 - **Vestibular Oculomotor Screening**
 - **Buffalo Concussion Protocol**

Therapeutic Cupping For Myofascial Syndrome..... Hall of Fame

Presenter: Andrew Cage, MEd, LAT, ATC - University of Texas at Tyler, Tyler, TX

Moderator: TBD

Level: Essential CEUs = 1 hour

Domains: Treatment and Rehabilitation

Vestibular Oculomotor Screening World Series

Presenters: Chelsea Wolfe, PT, DPT, CSCS and Marie Boo, DPT, CSCS - Texas Health Ben Hogan Sports Medicine, Ft. Worth, TX

Moderator: TBD

Level: Advanced CEUs = 1 hour

Domains: Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Buffalo Concussion Protocol Super Bowl

Presenters: Thea Lockett, M.Ed, ATC, LAT and Matthew Higgs, MD - Concussion Center & Spine Program, Houston Methodist St. John Hospital, Houston, TX

Moderator: TBD

Level: Essential CEUs = 1 hour

Domains: Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

Southwest Athletic Trainers' Association

62nd Annual Symposium

Saturday July 23rd, 2016
Sheraton Hotel (Level 2)

8:00 AM - 11:00 AM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Clinical Practice Sessions

Therapeutic Cupping For Myofascial Syndrome

Presenter: Andrew Cage, MEd, LAT, ATC - University of Texas at Tyler, Tyler, TX

Cupping therapy (myofascial decompression) dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. Cupping therapy is a form of alternative medicine in which cups are placed on the skin to create suction. Dry cupping (suction only) uses suction to lift tissue as the cup is moved by the therapist to decompress underlying tissue. Supporters of cupping therapy believe the suction of the cups stimulate fibroblast activation, disrupt excessive collagen cross linkages, and activate mechanoreceptors to help with pain, and mobilize blood flow to promote healing. A variety of myofascial syndromes can be treated with cupping therapy and cumulative treatments have been demonstrated to increase muscle endurance, circulation, lymphatic drainage, and enhances overall ability to recover from workouts and strenuous activity.

Knowledge Gap:

ATs have long used manual therapies to assist patients in recovery from musculoskeletal dysfunctions, but many do not currently practice cupping (myofascial decompression) techniques.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Define cupping (myofascial decompression) and its evidence for use in treatment and rehabilitation of myofascial syndromes. (Knowledge)
- b. Apply cupping techniques for a variety of myofascial syndromes. (Application)

Expected Outcomes

Attendees will use proven electrotherapy parameters and choose them based on patient and pathology.

Vestibular Oculomotor Screening

Presenters: Chelsea Wolfe, PT, DPT, CSCS and Marie Boo, DPT, CSCS - Texas Health Ben Hogan Sports Medicine, Ft. Worth, TX

Vestibular and ocular motor impairments and symptoms have been documented in patients with sport-related concussions. Vestibular oculomotor screening (VOMS) consists of brief assessments in the following 5 domains: (1) smooth pursuit, (2) horizontal and vertical saccades, (3) convergence, (4) horizontal vestibular ocular reflex (VOR), and (5) visual motion sensitivity (VMS). The VOMS may augment current assessment tools and may serve as a single component of a comprehensive approach to the assessment of concussions.

Knowledge Gap:

Over the last few years, the use of VOMS in the assessment of concussion has been advocated and demonstrated as effective; however, many ATs are not employing these techniques.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Describe how vestibular oculomotor impairments can cause prolonged symptoms in concussed patients. (Knowledge)
- b. Use the VOMS examination on a lab partner. (Application)
- c. Describe how to use VOMS in the rehabilitation of athletes post concussion. (Knowledge)

Expected Outcomes

Attendees will be able to use VOMS in assessment and rehabilitation of concussed patients.

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Sheraton Hotel (Level 2)**

8:00 AM - 11:00 AM: Educational Session Content: Knowledge Gap, Learning Objectives, and Expected Outcomes

Buffalo Concussion Protocol

Presenters: Thea Lockett, M.Ed, ATC, LAT and Matthew Higgs, MD - Concussion Center & Spine Program, Houston Methodist St. John Hospital, Houston, TX

A standardized exercise stress test may be a useful indicator of readiness to return to sport after concussion as exercise introduced at the correct time may facilitate neuronal function. The Buffalo Concussion Treadmill Test (BCTT) is safe and reliable in concussed patients. The BCTT is based upon the Balke cardiac treadmill test, which requires a very gradual increase in workload that has been shown to be safe in patients with cardiac and orthopedic problems. The heart rate (HR) and blood pressure (BP) recorded at the threshold of symptom exacerbation become the basis for the individualized exercise prescription for patients with post-concussive Syndrome (PCS).

Knowledge Gap:

The BCTT is a newer test used to determine the threshold of exercise during a return to play progression; however, many ATs have not been exposed to its protocol or its reliability and validity.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Describe the use of exercise as a treatment for PCS.
- b. State the administration steps of the Buffalo Concussion Treadmill Test (BCTT) in PCS patients. (Knowledge)
- c. Show how the BCTT can be used to establish physiologic recovery from concussion and readiness for return to activity. (Application)
- d. Identify absolute and relative contraindications for the BCTT. (Knowledge)

Expected Outcomes

Attendees will be able to use the BCTT to facilitate return to play after concussion and to treat patients that may have lingering symptoms associated with concussion.

Southwest Athletic Trainers' Association

62nd Annual Symposium

Saturday July 23rd, 2016
Sheraton Hotel (Level 2)

12:00 pm - 4:30 pm

Post Conference Session

Extra Fee Required

Member Registration - \$80
Non-member Registration - \$140

<http://forms.nata.org/workshop-registration-maximizing-injury-rehabilitation-motivation-2016723>

Maximizing Injury Rehabilitation Motivation Triple Crown

Presenter: Jordan Hamson-Utley, PhD, LAT, ATC-University of St. Augustine, Austin, TX

Moderator: TBD

Level: Advanced

EBP CEUs = 4 hours

Domains: Treatment and Rehabilitation

The athletic training educational competencies suggest that athletic trainers should be knowledgeable in the application of psychosocial intervention techniques to enhance motivation and the holistic care provided to patients. Despite this expectation, research has demonstrated that athletic training students and athletic trainers feel unprepared to incorporate psychosocial intervention techniques into their clinical practice. This workshop is designed to help athletic trainers facilitate and enhance the motivation of their patients during the rehabilitation process. Two different theoretical frameworks will be discussed and how these concepts apply to rehabilitation motivation. Through group activities, discussion of motivational theory and strategies, and hands-on "practice" participants will gain understanding of what drives motivation, as well as learn key [evidence-based] intervention strategies that can be used with any clientele.

Knowledge Gap:

ATs often concentrate on the physical aspect of rehabilitation and do not emphasize the important psychosocial techniques that can be used to improve motivation and adherence to rehabilitation.

Learning Objectives - At the conclusion of the presentation, the participant should be able to:

- a. Describe the cognitive appraisal process and how it relates to motivation. (Knowledge)
- b. Describe the basic tenants of psychological needs outlined in Self-Determination Theory and their relationship with motivation. (Knowledge)
- c. Apply theory to clinical application of psychosocial intervention techniques to enhance motivation. (Application)
- d. Create a psychosocial intervention plan to increase motivation in rehabilitation. (Synthesis)
- e. Describe the cognitive appraisal process and how it relates to motivation. (Knowledge)
- f. Describe the basic tenants of psychological needs outlined in Self-Determination Theory and their relationship with motivation. (Knowledge)
- g. Apply theory to clinical application of psychosocial intervention techniques to enhance motivation. (Application)
- h. Create a psychosocial intervention plan to increase motivation in rehabilitation. (Synthesis)

Expected Outcomes

Attendees will create rehabilitation plans with psychosocial intervention techniques as an intertwined piece designed to improve patient care.

Wednesday July 20th – Saturday July 23rd, 2016
Arlington, TX



SWATA Incoming Board Members

- District VI Director -----Chris Hall
President ----- Josh Woodall
Vice President ----- Roy Rudewick
Arkansas State Rep -----David Strickland
Texas State Rep ----- Brian Farr
District Secretary ----- Scott Galloway
District Treasurer ----- Jeff Bass
Parliamentarian ----- Chris Shaddock
Recording Secretary ----- Loree McCary
Member at Large-----Valerie Hairston

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62nd Annual Symposium



Arlington, TX

Convention Center/Sheraton Hotel



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