

SWATA Annual Meeting



2019



2019 SWATA Annual Meeting Learning Objectives

SWATA 2019 will offer a variety of topics throughout the 2.5 day meeting allowing attendees to tailor their continuing education to their needs. Attendees are encouraged to attend those lectures that best match their clinical settings and continuing education goals. CEU certificates are awarded after completion of post-conference surveys administered by event rebels.

1. Summarize the physiological difference between chronic and acute inflammation as it relates to exercise, and how anti-inflammatory compounds combat inflammation and an athlete's nutrition needs according to the stage of injury recovery
2. Gain an understanding of the most contemporary sport-related concussion sideline assessment tools and learn about the labyrinth of information surrounding concussions and recovery.
3. Describe the current state and future directions of transition to practice in athletic training within the patient-centered care team and in line with best practices.
4. Apply critical treatment for bleeding and describe the effects of traumatic events and critical incidents on athletic trainers and other caregivers.
5. Understand the theories behind several non-traditional treatments including tissue flossing band treatments, blood flow restriction training, and "hot" laser treatments.
6. Understand and identify basic anatomical structures of the vestibular apparatus and their function within balance and hearing and allow for effective balance training and vestibular recovery.
7. Participants will understand the evidence supporting best practices in sports science to limit injury risk, improve performance and promote recovery.
8. Help athletic trainers establish themselves on social media and the need for value data including the importance of building relationships with patients and stakeholders through effective communication methods.
9. Understand the importance of good sleep hygiene and nutrition and the role it plays in injury prevention and recovery.
10. Understand deficits associated with knee loading impairments in functional tasks such as gait and squatting in the early phases of rehabilitation following ACL-R and describe deficits present at time of return to sport from ACL reconstruction.
11. Learn the common psychological struggles of permanently-sidelined athletes coping with the transition out of competition, including the Stages of Grief and Transition and identify the difference in risk appraisal, fear of re-injury, and self-efficacy.
12. Understand what is early sports specialization and why it is a medical problem and how youth sports are effecting professional sports.
13. Differentiate certificates of attendance/participation/completion from board-certified specialty programs.
14. Understand the etiology and treatment of pediatric amplified musculoskeletal pain syndrome and learn what recovery means and how it effects performance in various realms.
15. Demonstrate a working knowledge of the following terms as it relates to the athletic training profession globally and the physician practice setting specifically: worth, value, revenue, reimbursement.
16. Implement strategies to encourage critical thinking skills during clinical education.

PRECONFERENCE - Wednesday July 24th

TIME	ROOM	ROOM INFO	TOPIC	SPEAKER	CEUS
8:00 AM - 12:30PM	Sheraton Yacht Club	Seats 55	Preventing Knee Injuries and Optimizing Long-term Joint Health Hosted by NATA Professional Education Committee	Meredith Decker MS, LAT, ATC, PES	EBP - 4 hr
		COST \$80	<i>This workshop will focus on preventing knee injuries as well as optimizing long-term joint health. Types of prevention will be discussed along with specific strategies that can be translated to clinical practice including prevention and injury screening programs. A mixture of lecture and lab components will provide attendees with the newest knowledge in prevention programs as well as information about the long-term risks associated with traumatic knee injury and how ATs can help to potentially offset some of the risks. The workshop will be based on the recent consensus statement published by the Athletic Trainers' Osteoarthritis Consortium.</i>	REGISTER: https://forms.nata.org/workshop-registration-preventing-knee-injuries-and-optimizing-long-term-joint-health-july-24-2019	
9:30 AM - 12:00PM	Sheraton Stanley Cup	Seats 90	Hydration: One Size Does Not Fit All Hosted by Gatorade and Korey Stringer Institute	Brendon McDermott PhD, LAT, ATC; Luke Belval MS, ATC, LAT, CSCS, CES; Jonathan Wingo PhD, FACSM, ACSM EP-C	EBP - 2.5 hr
		COST \$25	<i>To meet the needs of athletes and help maximize their performance, a tailored approach to hydration based on the sport and the individual is needed. Led by top researchers in the hydration and heat-related illness fields, this pre-conference session will examine the latest research on each of the key factors to consider when hydration planning: fluid availability, environment and exercise intensity, in addition to breakout groups focused on the hydration needs of specific athletes.</i>	REGISTER: SWATA website	

Thursday July 25th

TIME	ROOM	ROOM INFO	TOPIC	SPEAKER	CEUS
8:00 AM - 9:00 AM	ACC E1	Exhibit Hall	Grand Opening Exhibits and Registration		
9:00 AM - 10:00 AM	ACC E2-3	Seats 1000+	Sport-Related Concussion Standard of Care Guidelines that Incorporate the 5th International Consensus Conference on Concussion in Sport Recommendations	Thomas Kaminski PhD, ATC, FNATA, FACSM, RFSA	Cat A - 1 hr
10:00 AM - 10:30 AM	ACC E1	Exhibit Hall	Exhibit Hall Visitation		
10:30 AM - 12:00 PM Choose one (1) lecture	ACC E2-3	Seats 800+	Acute Trauma Management Utilizing "Stop the Bleed" Protocol	Sandy Miller LAT, ATC; Bubba Wilson, ATC, LAT; Linda Bobo, PhD, ATC, LAT; Melinda Watts, PhD, ATC, LAT	Cat A - 1.5 hr
	ACC E4	Seats 400+	Best Practices of Appropriate Medical Care in Secondary Schools	Bart Peterson MSS, AT; Larry Cooper, MS, LAT, ATC; Jamie K. Woodall, MPH, LAT, ATC, CPH	Cat A - 1.5 hr
	Sheraton Champions I	Seats 230	Fad or Fantastic - debating the use of unproven therapies. A debate presented by the SWATA Free Communication and Research Committee	Mark Knoblauch PhD LAT ATC CSCS; Stephen Cage M.Ed, LAT, ATC; Brandon Warner M.Ed, LAT, ATC; Cindy Trowbridge PhD, LAT, ATC, CSCS	Cat A - 1.5 hr
	Sheraton Champions II	Seats 230	Emerging Topics in Concussion Outcomes Research	Stephen Bunt EdD, LAT, ATC; Cason Hicks MS; Bert Vargas MD, FAHS; C. Munro Cullum PhD, ABPP	Cat A - 1.5 hr
	Sheraton Champions III	Seats 230	Fear Factor: How to Incorporate Psychology into the Training Room	Jennifer Presley PT, DPT, SCS, ATC/L, CSCS and Kevin Maloney, PT, DPT, SCS, ATC/L, FAAOMPT	Cat A - 1.5 hr
	Sheraton SuperBowl	Seats 100	Creating an Inclusive LGBTQ+ Environment in Athletic Training	Rob Redding MS, LAT, ATC	Cat A - 1.5 hr
	Sheraton World Series	Seats 50	Every Breath You Take: A Glimpse into the Impact Breathing has on Athletic Performance	Brandon Lawshe PT, CMPT, ATC, LAT, PES, YFS-1	Cat A - 1.5 hr
12:00 PM - 1:00 PM	Sheraton Plaza on Hill	Limited registration	Topics and Speakers to be determined		Cat A - 1 hr

Thursday July 25th

TIME	ROOM	ROOM INFO	TOPIC	SPEAKER	CEUS
1:00 PM - 1:30 PM	ACC E1	Exhibit Hall	Exhibit Hall Visitation		
1:30 PM - 2:30 PM Choose one (1) lecture	ACC E2-3	Seats 800+	Anabolic Androgenic Steroid (AAS) and Dietary Supplement Use in Athletes - Appearance and Performance Enhancing Drugs: The Pressure to Perform	Donald Hooton, BS Co-founder of Taylor Hooton Foundation; Tavis Piattoly, RDN	EBP
	ACC E4	Seats 400+	Utilizing Sports Science to Foster Interdisciplinary Collaboration While Improving Patient Care and Outcomes	Adam Annaccone EdD, LAT, ATC, CES, PES	Cat A - 1 hr
	Sheraton Champions I	Seats 230	Impact of Youth Baseball on Major League Baseball	Jamie Reed LAT, ATC	Cat A - 1 hr
	Sheraton Champions II	Seats 230	Strategic Issues in Athletic Training: Transition to Practice	Stephen Nordwall MS, LAT, ATC	Cat A - 1 hr
	Sheraton Champions III	Seats 230	Recognition and Treatment of Vestibular Ocular Deficits after Concussion	Jennifer Arnold PT, DPT	Cat A - 1 hr
	Sheraton SuperBowl	Seats 100	Advancing Mental Health Services in College and University Practice Setting	Wil Hodnett MS, LAT, ATC	Cat A - 1 hr
	Sheraton World Series	Seats 50	Change is Here in AT Education: A CAATE Update 2019	Leslee Taylor PhD, LAT, ATC	Cat A - 1 hr
2:30 PM - 3:30 PM Choose one (1) lecture	ACC E2-3	Seats 800+	Improved Patient Care for Permanently-Sidelined Athletes: The Athletic Trainer's Role	Christine Pinalto and Cade Pinalto; Co-founders, Sidelined USA	Cat A - 1 hr
	ACC E4	Seats 400+	<i>REPEAT: Utilizing Sports Science to Foster Interdisciplinary Collaboration While Improving Patient Care and Outcomes</i>	Adam Annaccone EdD, LAT, ATC, CES, PES	Cat A - 1 hr
	Sheraton Champions I	Seats 230	<i>REPEAT: Impact of Youth Baseball on Major League Baseball</i>	Jamie Reed LAT, ATC	Cat A - 1 hr
	Sheraton Champions II	Seats 230	Creating Athletic Training Specialties and Specialty Certifications: The BOC Specialty Council	Brian Farr, MS, ATC, LAT	Cat A - 1 hr
	Sheraton Champions III	Seats 230	<i>REPEAT: Recognition and Treatment of Vestibular Ocular Deficits after Concussion</i>	Jennifer Arnold PT, DPT	Cat A - 1 hr
	Sheraton SuperBowl	Seats 100	Taking the Challenge: Becoming a Lion in Athletic Training in the Social Media World	Mike Hopper MS, LAT, ATC	Cat A - 1 hr
	Sheraton World Series	Seats 50	Methods Athletic Trainers Employ to Meet Language Needs in Clinical Practice	Lorna Strong EdD, LAT, ATC	Cat A - 1 hr
3:30 PM - 4:30 PM	ACC E1	Exhibit Hall	Exhibit Hall Visitation		
4:00 PM - 4:45 PM	ACC E2-3	Seats 800+	NATA Forum	Chris Hall MS, LAT, ATC	
5:00 PM - 5:45 PM	ACC E2-3	Seats 800+	Texas State Forum	Board of Directors TSATA	
	ACC E4	Seats 400+	Arkansas State Forum	Board of Directors AATA	

Friday July 26th

TIME	ROOM	ROOM INFO	TOPIC	SPEAKER	CEUS	
7:00 AM - 8:00 AM	Sheraton SuperBowl	Seats 100	Coffee with District Director	Chris Hall MS, LAT, ATC		
8:00 AM - 9:00 AM Choose one (1) lecture	ACC E2-3	Seats 800+	Pediatric Amplified Musculoskeletal Pain and Noninflammatory Musculoskeletal Pain	Daren Molina MD, FAAP, CAQSM Jonathan Santana DO, FAAP, CAQSM	Cat A - 1 hr	
	ACC E4	Seats 400+	The Cross-Over Effect: Rehabilitation Techniques for Balance Training	Lacyi Harrison PhD, LAT, ATC	Cat A - 1 hr	
	Sheraton Champions I	Seats 230	Physical Examination of Bone Versus Ligaments in Adolescent Knee Injuries	Kristin Ernest MD	Cat A - 1 hr	
	Sheraton Champions II	Seats 230	Mind, Body and Sport: The role of Wellness in Recovery and Injury Prevention	Jane Chung MD and Taylor Morrison MS, RD, LD	Cat A - 1 hr	
	Sheraton Champions III	Seats 230	Working with a Registered Dietitian on Your Sports Medicine Team	Sarah Dobkins MS, RD, CSSD, LD	Cat A - 1 hr	
	Sheraton Yacht Club	Seats 55	SWATA Grant and Free Communication Presentations	Multiple Speakers (see schedule)	Cat A - 1 hr	
	Sheraton Stanley Cup	Seats 90	Developing Students into Practice-Ready Clinicians: Strategies for the Athletic Training Preceptor	Laura Kunkel EdD, LAT, ATC, PES	Cat A - 1 hr	
	Sheraton Triple Crown	Seats 50	Evidence-based Data Athletic Trainers Can Gather and Use	Scott Bruce EdD, ATC	Cat A - 1 hr	
9:00 AM - 9:30 AM	ACC E1	Exhibit Hall	Exhibit Hall Visitation			
9:30 AM - 10:30 AM Choose one (1) lecture	ACC E2-3	Seats 800+	Managing Post-Exercise Inflammation: From Ibuprofen to Cherries	Roberta Anding MS, RD/LD, CSSD, CDE, FAND	EBP	
	ACC E4	Seats 400+	Too Little, Too Late: The Importance of Early Phase Rehabilitation and Joint Loading on Long-term ACL Outcomes	Craig Garrison PhD, PT, ATC, SCS	Cat A - 1 hr	
	Sheraton Champions I	Seats 230	Are You Recovered? Recovery Myths and Effects on Performance	Valerie Hairston MS, MPA, LAT, ATC Sara Nuechterlein MEd, LAT, ATC, PES	Cat A - 1 hr	
	Sheraton Champions II	Seats 230	Early Sports Specialization: A Growing Epidemic in Youth Athletes	Jonathan Santana D.O, FAAP, CAQSM	Cat A - 1 hr	
	Sheraton Champions III	Seats 230	Fueling the Injured Athlete - Nutrition for Injury Recovery	Brett Singer MS, RD, CSSD, LD	Cat A - 1 hr	
	Sheraton Yacht Club	Seats 55	SWATA Grant and Free Communication Presentations	Multiple Speakers (see schedule)	Cat A - 1 hr	
	Sheraton Stanley Cup	Seats 90	The Physician Practice Value Model Presentation by the NATA Committee on Practice Advancement	Tiffany McGuffin MS, LAT, ATC	Cat A - 1 hr	
	Sheraton Triple Crown	Seats 50	<i>REPEAT: Evidence-based Data Athletic Trainers Can Gather and Use</i>	Scott Bruce EdD, ATC	Cat A - 1 hr	
10:30 AM - 11:00 AM	ACC E1	Exhibit Hall	Exhibit Hall Visitation			
11:00 AM - 12:00 PM	ACC E2-3	Seats 800+	SWATA Member's Meeting	Roy Rudewick MS, LAT, ATC		
12:00 PM - 1:00 PM	Sheraton Plaza on Hill	Limited registration	Topics and Speakers to be determined			Cat A - 1 hr

Friday July 26th

TIME	ROOM	ROOM INFO	TOPIC	SPEAKER	CEUS
1:00 PM - 2:30 PM Choose one (1) lecture	ACC E2-3	PREP for Keynote and Awards Ceremony			
	Sheraton Champions I	Seats 230	#ATValue: Demonstrating Your Worth In Your School System	Mike Hopper MS, LAT, ATC	Cat A - 1.5 hr
	Sheraton Champions II	Seats 230	Return to Activity Following ACL Reconstruction: When Your Patients Need You Most	Meredith Decker MS, LAT, ATC, PES	Cat A - 1.5 hr
	Sheraton Champions III	Seats 230	Concussion: Navigating the Labyrinth	Mark Knoblauch PhD LAT ATC CSCS	Cat A - 1.5 hr
	Sheraton Yacht Club	Seats 55	A 3-year Review of Measured Understanding and Confidence in Critical Incident Stress Management Application: A Survey of Athletic Trainers	Bubba Wilson LAT, ATC and Katie Scott MS, ATC	Cat A - 1.5 hr
3:00 PM - 4:00 PM	ACC E2-3	Seats 800+	KEYNOTE SPEAKER: Tyson Devers		Cat A - 1 hr
4:15 PM - 5:45 PM			100% Committed!		
5:45 PM - END			AWARDS CEREMONY		
			OFFICIAL PICTURES		

Saturday July 27th

Rotating labs or lecture - Choose two (2) to attend					
TIME	ROOM	ROOM INFO	TOPIC	SPEAKER	CEUS
8:30 AM - 10:00 AM	Sheraton Champions I	Limited attendance	Advancing Mental Health Services in College and University Practice Setting Small Group Discussion	Wil Hodnett MS, LAT, ATC	Cat A - 1 hr
	Sheraton Champions II	Limited attendance	Evidence Based Approach to the Use of Tissue Flossing Bands to Improve Perceived and Actual Joint Range of Motion	Stephen Cage M.Ed., LAT, ATC, CES, PES Brandon Warner M.Ed., LAT, ATC, CES, PES	EBP
	Sheraton Champions III	Limited attendance	Movement Dysfunction and Its Effect on Athletic Performance	Brandon Lawshe PT, CMPT, ATC, LAT, PES, YFS-1	Cat A - 1 hr
	Sheraton World Series	Seats 50	Athletic Trainers and the Law: What are the Legal Considerations	John Wolohan, JD	Cat A - 1 hr
	Sheraton SuperBowl	Seats 100	Common Adolescent Hand and Wrist Injuries & Acute Management for the Athletic Trainer	Cameron Atkinson, MD	Cat A - 1.5 hr
10:30 AM - 12:00 PM	Sheraton Champions I	Limited attendance	Advancing Mental Health Services in College and University Practice Setting Small Group Discussion	Wil Hodnett MS, LAT, ATC	Cat A - 1 hr
	Sheraton Champions II	Limited attendance	Evidence Based Approach to the Use of Tissue Flossing Bands to Improve Perceived and Actual Joint Range of Motion	Stephen Cage M.Ed., LAT, ATC, CES, PES Brandon Warner M.Ed., LAT, ATC, CES, PES	EBP
	Sheraton Champions III	Limited attendance	Movement Dysfunction and Its Effect on Athletic Performance	Brandon Lawshe PT, CMPT, ATC, LAT, PES, YFS-1	Cat A - 1 hr
	Sheraton World Series	Seats 50	Athletic Trainers and the Law: What are the Legal Considerations	John Wolohan, JD	Cat A - 1 hr