



2022 PATS Symposium Agenda

June 10 & 11, 2022

(11 CEUs Offered)

Friday June 10

Registration Open 7am-5pm

8:00-9:00 Monitoring Workload in an Active Population (1 CAT A CE)

Speaker: Erin Pletcher, PhD, LAT, ATC, CSCS

Objectives:

- Discuss and evaluate internal and external training load in exercise and sport
- Collect and interpret commonly used workload monitoring techniques
- Apply practical aspects of workload data management

9:00-10:00 Quality Improvement: Work Smarter, Not Harder (1 CAT A CE)

Speakers: Anne Russ, PhD, LAT, ATC

Jamie Mansell, PhD, LAT, ATC

Elizabeth Neil, PhD, LAT, ATC

Objectives:

- Explain the QI process
- Model best practice of QI through case scenarios
- Apply the concepts of the Plan-Do-Study-Act (PDSA) Cycle

10:00-11:00 The Female (and Male) Athlete Triad: Updates, Nutrition Implications and Screening Tools to Prevent Low BMD (1 CAT A CE)

Speaker: Kim Schwabenbauer, DHSc, MS, RD, CSSD, LDN

Objectives:

- Define the female and male athlete triad (“the Triad”)
- Discuss health consequences of the Triad
- Describe who might be at risk for the Triad and why
- Understand nutrition implications, possible screening tools, prevention strategies, and treatment for athlete affected by the Triad

11:00-12:00 **How Your Patients Get Their Groove Back: Implementing Movement Screens and Outcome Measure into Rehab (1 CAT A CE)**

Speaker: Rich Patterson, DAT, LAT, ATC

Objectives:

- Participants will be able to identify appropriate movement screening examinations (MSEs) and appraise the evidence supporting these MSEs.
- Participants will be able to analyze the use of PROMs in conjunction with MSEs to overcome barriers of test administration.
- Participants will be able to examine how to integrate both MSEs and PROMs efficiently and effectively into practice to enhance patient outcomes.
- Participants will be able to incorporate the emerging evidence of patient reported outcome measures to accompany MSEs.

11:00-1:00 **PAT-PAC Event**

1:00-2:00 **Gait Analysis, Orthotic Intervention, and Evidence-Based Intervention in the Management of Overuse Lower Extremity Pathology (1 CAT A CE)**

Speaker: James Scifers, DScPT, PT, LAT, ATC

Elizabeth Ballard, DPT, PT, OCS, LAT, ATC

Objectives:

- Complete a comprehensive assessment of the patient's gait to determine how gait abnormalities contribute to overuse lower extremity pathology.
- Based on the findings of the evaluation, identify appropriate therapeutic interventions to treat overuse lower extremity pathology, including, but not limited to, footwear modification, orthotic intervention, therapeutic exercise, and manual therapy.
- Identify custom orthotics interventions to prevent and treat a variety of lower extremity pathologies.
- Develop a comprehensive, evidence-based plan for prevention and treatment of various overuse lower extremity pathologies.

2:00-3:00 **Moyer Lecture: Grass Roots in Para Sports & Lessons from the USA Hockey Disabled Hockey Festival (1 CAT A CE)**

Speakers: Ryan Nussbaum, DO

Corey Ratsch, LAT, ATC

Objectives:

- Attendees will be able to explain the lack of equity for athletes with disabilities both at the high school and collegiate level.
- Attendees will be able to recognize basic divisions within the International Paralympic Committee classification system.
- Attendees will define the important components for completing injury surveillance for para sport athletes.
- Attendees will be able to describe the different divisions of disabled hockey.
- Attendees will be able to analyze basic trends in the injuries seen at the 2022

- Disabled Hockey Festival.
Attendees will be able to list considerations for a sideline concussion evaluation of a disabled athlete.

- 3:00-4:00 **Breakout Sessions**
- 5:00-6:00 **Banquet Cocktail Hour**
- 6:00-8:00 **Banquet**
- 8:00-11:30 **VIP & Young Professionals Reception**

Saturday June 11

Registration Open 7am-7pm

Exhibitor Hall Open 9am-4:30pm

8:00-9:00 **Beyond the Patellofemoral Joint: Clinical Application of Strapping Tape in Athletic Training (1 CAT A CE)**

Speakers: James Scifers, DScPT, PT, LAT, ATC
Elizabeth Ballard, DPT, PT, OCS, LAT, ATC

Objectives:

- Understand the various applications of strap taping in the treatment of orthopedic conditions of the upper and lower extremities.
- Determine the appropriateness of strap taping interventions in patients with a variety of upper and lower extremity orthopedic pathologies.
- Apply the available evidence to support the use of strapping tape in the treatment of orthopedic dysfunction.
- Appropriately and safely apply strapping techniques for lower extremity dysfunction of the talocrural joint, subtalar joint, tibiofibular joint, infrapatellar fat pad, and iliotibial band.

9:00-10:00 **Free Communication: (1 CAT A CE)**

- Platelet rich plasma for the treatment of muscle strains after failed conservative treatment (Taylor Moskal-ATS)
- Surgical vs. Conservative Management Following Achilles Tendon Rupture- Level II Case Series (Angelica Merone- ATS; Andrew Nieves- ATS)

- Surgically Repaired Avulsion Fracture of the Ischial Tuberosity (Jennifer Pugliese- ATS)
- An 'epidemic' or badge of honor among student support staff: examining stress and anxiety among clinical athletic training students (Morgan Dumont, MS, LAT, ATC)

10:00-11:00 **Student Poster Presentations-** **Visit them during Brunch**

10:00-11:30 **Brunch**

11:30-1:00 **Quiz Bowl**

1:30-2:30 **Professional Responsibility: Knowing Your Values to Provide Quality Care (1 CAT A CE)**

Speakers: Jacqueline Williams, PhD, LAT, ATC

Objectives:

- Identify and increase awareness of the Athletic Training Shared Professional Values
- Assess moral values
- Examine strategies to facilitate ethical decision-making
- Apply moral judgment tools to ethical dilemmas in patient care

2:30-3:30 **Therapeutic Modalities: Enhancing Clinical Decision-Making Improving Patient Outcomes (1 CAT A CE)**

Speaker: Jennifer Ostrowski, PhD, LAT, ATC

Objectives:

- Implement best-practice application of electrical stimulation waveforms.
- Calculate evidence-based parameters for therapeutic ultrasound.
- Discuss the evidence supporting the use of extracorporeal shockwave therapy for orthopedic conditions.
- Discuss the evidence supporting the use of light therapy for orthopedic conditions.

3:30-4:30 **Implementing BFR to Optimize Muscle Growth During Rehabilitation (1 CAT A CE)**

Speaker: Nate Nester, MS, LAT, ATC

Objectives:

- Explain the effects muscle atrophy has on rehab progression
- Describe the theoretical mechanisms of muscle hypertrophy
- Compare the effects of BFR vs traditional training on muscle hypertrophy
- Identify standard protocols for BFR training
- Discuss different BFR equipment options

4:30-5:30 **PATS Business Meeting**