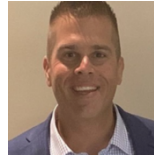




68TH ANNUAL SYMPOSIUM AND BILLY PICKARD EXPO ARLINGTON CONVENTION CENTER and SHERATON HOTEL

We kick off **LIVE** on Thursday July 21st at 8 am with a Grand Opening for the Billy Pickard Expo followed by “Appearance and Performance Enhancing Substances: The Pressure to Perform”
Donald Hooton Jr. – President of Taylor Hooton Foundation

<https://taylorhooton.org/>



CONFERENCE DESCRIPTION

SWATA 2022 will offer a variety of topics offered 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 EdgeReg & Cadmium to your registration email.

All five domains of athletic training practice will be covered in various lectures and clinical lab settings. Up to date information on concussions, nutrition, dietary supplements, communication/team building, diversity, equity, & inclusion, and sports injury rehabilitation will be presented.

A variety of speakers from across many disciplines will give lectures ranging from 0.5-1.5 CEUs each. Traditional lecture, Clinical labs, and Breakout Discussion sessions are included.



CONTINUING EDUCATION CREDITS

Preconference – Wednesday July 20th is eligible for a maximum of 3 Category A CEUs.
SWATA Conference - July 21st-23rd is eligible for a maximum of 14 Category A CEUs.

In order to obtain any Category A CEUs you will need to fill out speaker and lecture evaluations provided by EdgeReg & Cadmium. A Certificate will be awarded to your registration email.



Southwest Athletic Trainers' Association (#P206) is approved by the Board of Certification, Inc to offer continuing education to Certified Athletic Trainers.

WHO SHOULD ATTEND

This conference is intended for athletic trainers.

FEES

Registration Fees

Members

Non-members

May – July 1

Certified or Associate \$125
Student (No CEU's) \$25
Certified Student \$60
Retired Certified (No CEU's) Free

Certified or Associate \$175
Student (No CEU's) \$35
Certified Student \$75

Onsite

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

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

REFUND POLICIES

All refunds will be subjected to a 5% administrative fee when payment is made by credit card regardless of the date of the request. All refund requests will be processed 30 days following the conclusion of the meeting.

- Requests for refunds received 30 days prior to the start of the meeting will be granted in full less the administrative fee if applicable.
- Requests for refunds received after July 1, 2022 and prior to July 11, 2022 will be granted at 50% of the amount paid less the credit card administrative fee if applicable.
- Requests for refunds received after July 11, 2022 will not be considered without mitigating circumstances
- All refunds issued in the form of check will be made out to the party that initially paid the registration

Special Note: A full refund less the credit card administrative fee if applicable will be considered to registrants providing documentation that cancellation was unavoidable due to illness or death in the immediate family. Requests of this nature must be received within 10 days of the conclusion of the meeting and still be approved by the SWATA registration co-chair.

SWATA does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. (Company Name) is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.



PRE-CONFERENCE – WEDNESDAY JULY 20TH, 2022

ATs Care presents: ICISF Assisting Individuals in Crisis

Please visit the NATA's ATs Care website to register. This session is held onsite at SWATA but registration is done through NATA.

<https://www.nata.org/membership/about-membership/member-resources/ats-care>

Course Description: Athletic trainers are often faced with critical incidents such as the death of an athlete or colleague, a catastrophic injury or a significant personal or work-related event affecting those around him or her. This course is designed for anyone who desires to increase their knowledge of individual (one-on-one) crisis intervention techniques after such a traumatic event. Hybrid course format, online modules, reading and quizzes then 1 full day of in-person instruction. Must complete the online requirements to be allowed to attend the in-person meeting. This course is limited to 30 participants. You must be paid in full by July 8, 2022 to participate. This course is eligible for 13 category D. CEUs.

Location: The in-person learning will be held at the Sheraton Arlington (SWATA Host Hotel) in the World Series 1 Room

Check in begins at 8 AM and will be held from 8:30 AM till 5:00 PM. There will be break for lunch. You will be on your own for meals and refreshments during this event.

Cost: \$150 Paid Through NATA

Clinical Sessions: Emergency techniques on the field and in the athletic training facility.

Course Description: Rotating labs on the use of mannequins and practice with colleagues.

- IV administration – mannequins
- Equipment removal and transport - live and mannequins
- On-Field/clinic emergency techniques (including bag valve mask; airways; oxygen; naloxone; rectal thermometry; epi-pen; glucagon injector) - mannequins

Attendance Limited to: 45

Cost: \$40

Location: Sheraton Arlington – Champions Ballrooms

Date & Time: 9 AM-12 PM Wednesday July 20, 2022

Preliminary Faculty: Physicians: Dr. Jason Mogonye; Dr. Jonathan Santana. Athletic Trainers: Stephanie Jevas, Mike Hopper, Brandi Shrier, David Stuckey; Tom Woods; Cindy Trowbridge; Sara Nuechterlein; and Marian Abowd.

Safe Space Ally Training for the Athletic Trainer

Course Description: The purpose of this presentation is to provide Safe Space Ally Training (SSAT) to our membership. This is an opportunity to learn about the lesbian, gay, bisexual, transgender, queer and other gender identities (LGBTQ+) community. SSAT gives our members the knowledge, attitudes, behaviors and the skills necessary to achieve optimal health outcomes for this diverse patient populations. This presentation will provide participants with the tools to practice effective cross-cultural communication and be prepared to work respectfully and effectively in diverse work environments as it relates to LGBTQ+ athletic trainers and patients.

Attendance Limited to: 60

Date & Time: 9 AM-12 PM Wednesday July 20, 2022

Cost: \$10 (for sticker and certificate)

Location: Sheraton Arlington – World Series I and II

Faculty: Meredith Decker, PhD, LAT, ATC; Rob Redding, MS, LAT, ATC; Neal Stepp, DAT, LAT, ATC.



SWATA 2022 - SPEAKER AND TOPIC GUIDE

| DAY | Time | Room | Title of Topic | Speaker |
|---|---------------------------------|-----------------------|--|---|
| WEDNESDAY | 9A-12P | Champions I, II, III | Clinical Practice Sessions for Emergency Management and Transportation | Multiple speakers |
| WEDNESDAY | 9A-12P | World Series II | Safe Space Ally Training for the Athletic Trainer | Meredith Decker PhD, LAT, ATC Neal Stepp, DAT, LAT, ATC |
| DAY | Time | Room | Title of Topic | Speaker |
| THURSDAY | 9:00A-10:00A | EH 3 - ACC | Appearance and Performance Enhancing Substances: The Pressure to Perform | Donald Hooton Jr. |
| THURSDAY | 10:30A-11:30A | Champions I - II | Recognizing and Treating Multi-Directional Instability of the Shoulder | Michael Teague PT, DPT, COMT, CSCS |
| THURSDAY | 10:30A-11:30A | EH 3 - ACC | Respiratory Emergencies in Athletics: Recognition and Immediate Treatment | Marian Abowd MS, LAT, ATC Jonathan Santana DO |
| THURSDAY | 11:30A - 12:30P | Champions I - II | Financial Wellness for Athletic Trainers | Lisa Ward, MBA Marjorie Kempler, CPA |
| THURSDAY | 11:30A - 12:30P | Champions III | Crisis Etiquette - Keeping your foot out of your mouth | Bubba Wilson LAT, ATC, CCISM |
| THURSDAY | 12:00P- 1:00P | EH 3 - ACC | Covid-19: Considerations for Return to Sport Participation | Shane Miller MD, FAAP |
| THURSDAY | 12:00P- 1:00P | EH 4 - ACC | Implementation of Diversity, Equity, and Inclusion CAATE Standards - PANEL | S. Andrew Cage EdD, LAT, ATC Luzita Vela PhD, LAT, ATC Meredith Decker PhD, LAT, ATC Shaketha Pierce, MS, LAT, ATC Brandon Warner, M.Ed., LAT, ATC Ramonica Scott, PhD, LAT, ATC |
| THURSDAY | 12:30P-1:30P | Champions I - II | Tinnitus: A clinical overview for athletic trainers | Mark Knoblauch PHD LAT ATC CSCS |
| THURSDAY | 1:30P - 2:30P | EH 3 - ACC | Functional Assessment and Rehabilitation of Athletic Hip Injuries: the Groin and Proximal Hamstring | Ryan McGovern PhD, LAT, ATC |
| THURSDAY | 1:30P - 2:30P | Champions I-II | Navigating the Interaction of Tacit and Explicit Skill to Advance Athletic Training Practice | Sara Stiltner EdD, LAT, ATC |
| THURSDAY | 2:00P-3:00P | EH 3 - ACC | Understanding Lingering Symptoms after Concussion | Stephen Bunt EdD, LAT, ATC, C. Munro Cullum, PhD, ABPPP/Cn |
| THURSDAY | 2:00P-3:00P | Champions III | Emerging Settings in Athletic Training - Panel | Branay Hicks, MS, LAT, ATC Leanne Wonesh MS, ATC, LAT Karli Collins, MS, LAT, ATC, NREMT, OPE-C Ashley Andrews, LAT, ATC Sara Nuechterlein, M.Ed, LAT, ATC |
| THURSDAY | 2:30P-3:30P | Champions I-II | Sideline Evaluation & Transportation for Spinal Trauma | David Stuckey MS, LAT, ATC |
| THURSDAY | 4:00P - 5:00P | EH 3 - ACC | NATA/SWATA Forum | |
| THURSDAY | 5:00P - 6:00P | EH 3 - ACC | State Forums | |
| DAY | Time | Room | Title of Topic | Speaker |
| FRIDAY | 7:00A - 8:00A | EH 4 - ACC | Yoga Session | Katie Christensen-Zigenfus |
| FRIDAY | 8:00A - 9:00A | EH 3 - ACC | A Practical Approach to Power Performance with Protein | Amy Goodson MS, RD, CSSD, LD |
| FRIDAY | 8:00A - 9:50A | World Series I and II | SWATA Free Communication Presentations | Various Speakers |
| FRIDAY | 9:30A - 10:30A | Champions III | Mindful Self-Care for the Practicing Athletic Trainer: The Evidence and Implications for Mental Health and Patient-Centered Care | Luzita Vela PhD, LAT, ATC |
| FRIDAY | 9:30A - 10:30A | EH 3 - ACC | Advances in Tools for Objective Evaluation of Concussions | Stephen Bunt EdD, LAT, ATC, Nyaz Didehbanani PhD |
| FRIDAY | 9:30A - 10:30A | EH 4 - ACC | Orthobiologics 101: It's not all in Vein | Ryan McGovern PhD, LAT, ATC Katherine Kester, MD |
| FRIDAY | 10:00A-11:00A/ 11:00A-12:00P | Champions I-II | Mobilization and Manipulation Techniques for the Thoracic Spine | Brian K. Farr, MA, LAT, ATC, CSCS Kelvin Phan MEd, LAT, ATC, CES |
| Labs repeat and attendees can go to each one | | | | |
| FRIDAY | 10:00A-11:00A/ 11:00A-12:00P | World Series I and II | Vestibular screening for the athletic trainer | Mark Knoblauch PHD LAT ATC CSCS |
| FRIDAY | 11:00A-12:00P | EH 3 - ACC | Creating an Inclusive Environment for Transgender and Gender-Diverse Patients | Meredith Decker PhD, LAT, ATC Neal Stepp, DAT, LAT, ATC Elizabeth Parke, PhD, LAT, ATC |
| FRIDAY | 11:00A-12:00P | Champions III | How To Evaluate Dietary Supplements | Korey Van Wyk MS, CSCS, Pn2 |
| FRIDAY | 11:00A-12:00P | EH 4 - ACC | Managing Weight Loss and Weight Gain in Athletes | Amy Goodson MS, RD, CSSD, LD |
| FRIDAY | 11:00A-12:00P | World Series I and II | Athletes with Sickle Cell Trait: Do you know how to take care of them? | Scott Galloway MBA, LAT, ATC |
| FRIDAY | 12:00P - 1:00P | EH 4 - ACC | Supplements: Yes, no, maybe? | Amy Goodson MS, RD, CSSD, LD |
| FRIDAY | 12:00P - 1:00P | Champions I-II | Oh my quad: loading up on ACL rehab | Caitlin Nadolny PT, DPT, OCS, FAAOMPT, CSCS Shelbie Miller, PT, DPT, SCS |
| FRIDAY | 12:00P - 1:00P | Champions III | Cardiocerebral Resuscitation: The Key to Surviving Sudden Cardiac Arrest | Grace Savage MS, LAT, ATC |
| FRIDAY | 1:00P-2:00P | EH 4 - ACC | How do hydration, sleep and stress affect an athlete and their nutrition? | Amy Goodson MS, RD, CSSD, LD |
| FRIDAY | 1:00P-2:00P | Champions I-II | Whole-Body Reactive Agility Metrics to Identify Athletes with a Core and Lower Extremity Injury Risk | Scott Bruce EdD, LAT, ATC |
| FRIDAY | 1:00P-2:00P | Champions III | Building a successful high school sports medicine student aide program | Aaron Thomas MAT, LAT, ATC Bianca Broughton LAT, ATC Sophia Gutierrez MS, LAT, ATC |
| FRIDAY | 2:00P-3:00P | Champions I-II | Neurodivergent Patient Care in Athletic Training | Lauren Gilliam MS, ATC, CEAS III |
| FRIDAY | 2:00P-3:00P | World Series I and II | Physiologic and Biomechanical Predisposition to Shoulder and Elbow Injury in Pitchers | S. Andrew Cage EdD, LAT, ATC |
| FRIDAY | 2:00P-3:00P | Champions III | Secondary School Athletic Trainers' Clinical Management Decisions on Low Socioeconomic Status Patients | Mayrena Hernandez PhD, MPH, LAT, ATC |
| AWARDS at 3P | | | | |
| DAY | Time | Room | Title of Topic | Speaker |
| SATURDAY | 8:00A - 9:00A | Champions I | Concussions and Vision: I Don't See It... | Missy Fraser PhD, LAT, ATC |
| SATURDAY | 8:00A - 9:00A | Champions I | Improving Clinical Decision-Making | David Stuckey MS, LAT, ATC |
| SATURDAY | 8:00A - 9:00A | Champions III | Clinical Session - Recognizing and Treating Multi-Directional Instability of the Shoulder | Michael Teague PT, DPT, COMT, CSCS |
| SATURDAY | 9:30A-10:30A | Champions I | Preventing Sudden Death in Sports Using Stakeholders to your Advantage | Brendon McDermott PhD, ATC, FACSM |
| SATURDAY | 9:30A-10:30A | Champions II | Interprofessional Communication Techniques in Athletic Training Education and Practice | Layci Harrison PhD, LAT, ATC Laura Kunkel EdD, LAT, ATC, PES |
| SATURDAY | 9:30A-10:30A | Champions III | Clinical Session - Functional Assessment and Rehabilitation of Athletic Hip Injuries: the Groin and Proximal Hamstring | Ryan McGovern PhD, LAT, ATC |
| SATURDAY | 11:00A-12:00P | Champions I | Quality Improvement Projects – how to show value and need for change to improve patient care | Mallory Garner MBA, MS, LAT, ATC |
| SATURDAY | 11:00A-12:00P | Champions II | TeamSTEPPS Training for Interprofessional Communication | Laura Kunkel EdD, LAT, ATC, PES Layci Harrison PhD, LAT, ATC |
| SATURDAY | 11:00A-12:00P | Champions III | Clinical Session - Oh my quad: loading up on ACL rehab | Caitlin Nadolny PT, DPT, OCS, FAAOMPT, CSCS Shelbie Miller, PT, DPT, SCS |

SWATA 2022 – LEARNING OBJECTIVES

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|---|--|--|
| Wednesday | Title Clinical Practice Sessions for Emergency Management and Transportation | |
| | Speaker | Multiple Speakers - MD and ATs |
| | Learning Objectives | Experience and practice IV administration using mannikin arms |
| | | Experience and practice equipment removal involving ice hockey, lacrosse, and football helmets and shoulder pads |
| | | Understand and practice airway management, resuscitation, and oxygen delivery for respiratory or sickle cell emergencies |
| | | Understand and practice the techniques necessary to use flexible rectal thermometry for the assessment of core temperature |
| Understand and practice the administration of glucagon, epinephrine, and naloxone | | |
| | Experience and practice various forms of off field transport using different methods including scoop stretcher and spine board | |
| Wednesday | Title Safe Space Ally Training for the Athletic Trainer | |
| | Speaker | Meredith Decker PhD, LAT, ATC, Rob Redding, MS, ATC, LAT, Neal Stepp, DAT, LAT, ATC, and Neal Stepp, DAT, LAT, ATC |
| | Learning Objectives | 1. Participants will be able to define commonly used LGBTQ+ terms that create cultural awareness in patient care. |
| | | 2. Participants in education will be able to apply safe space ally training educational resources into the athletic training curriculum. |
| | | 3. Participants will be able to create an environment of inclusivity and respect within athletic training for those in the LGBTQ+ community. |
| 4. Participants will be able to integrate best practices in providing equitable healthcare to LGBTQ+ patients, including proper referrals related to this population. | | |
| Thursday | Title Appearance and Performance Enhancing Substances: The Pressure to Perform | |
| | Speaker | Donald Hooton Jr. |
| | Learning Objectives | 1) Identify the signs and symptoms of anabolic androgenic steroid use |
| | | 2) Identify dietary supplements that are 3 rd party tested and free of banned substances |
| | | 3) Be able to educate others on the signs, symptoms, and potential side effects of anabolic androgenic steroid and dietary supplement use |
| 4) Be able to safely intervene if needed | | |
| Thursday | Title Recognizing and Treating Multi-Directional Instability of the Shoulder | |
| | Speaker | Michael Teague PT, DPT, COMT, CSCS |
| | Learning Objectives | 1) Define and recognize multi-directional instability of the shoulder |
| | | 2) Understand all best practice treatments |
| 3) Be able to apply evidence based practice interventions, and also know when to refer out | | |
| Thursday | Title Respiratory Emergencies in Athletics: Recognition and Immediate Treatment | |
| | Speaker | Marian Abowd MS, LAT, ATC and Jonathan Santana DO |
| | Learning Objectives | 1. Identify the knowledge gap in airway emergencies |
| | | 2. Outline the differential diagnosis of airway emergencies |
| 3. Execute different emergency airway techniques | | |
| Thursday | Title Financial Wellness for Athletic Trainers | |
| | Speaker | Lisa Ward, MBA and Marjorie Kempler, CPA |
| | Learning Objectives | Attendees will be better prepared to develop a budget. |
| | | Attendees will be better prepared to compile documentation for taxes. |
| Attendees will be better prepared to utilize the appropriate resources to manage finances. | | |
| Thursday | Title Crisis Etiquette - Keeping your foot out of your mouth | |
| | Speaker | Bubba Wilson LAT, ATC, CCISM |
| | Learning Objectives | Understand the definition of grief |
| | | Understand the definition of crisis |
| | | Understand the stages of grief |
| | | Understand how to better interact with someone who is undergoing a crisis |
| Understand coping mechanisms for grief | | |
| Understand availability and options for higher care | | |

SWATA 2022 – LEARNING OBJECTIVES

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| Thursday | Title | Covid-19: Considerations for Return to Sport Participation |
| | Speaker | Shane Miller MD, FAAP |
| | Learning Objectives | 1) Review current recommendations for mitigation of Covid-19 transmission risk associated with sport-participation. 2) Summarize current consensus and UIL guidelines for return to sports after Covid-19 infection. |
| Thursday | Title | Implementation of Diversity, Equity, and Inclusion CAATE Standards - PANEL |
| | Speaker | S. Andrew Cage EdD, LAT, ATC, Luzita Vela PhD, LAT, ATC, Meredith Decker PhD, LAT, ATC, Shaketha Pierce, MS, LAT, ATC, Brandon Warner, M.Ed., LAT, ATC, Brandon Warner, M.Ed., LAT, ATC Ramonica Scott, PhD, LAT, ATC |
| | Learning Objectives | 1. Define and describe issues related to diversity, equity, and inclusion in sports medicine. 2. Analyze the current state of DEI standard compliance within their respective workspaces. 3. Develop a plan to improve equity and inclusivity within their respective work spaces. |
| Thursday | Title | Tinnitus: A clinical overview for athletic trainers |
| | Speaker | Mark Knoblauch PHD LAT ATC CSCS |
| | Learning Objectives | Understand the suspected mechanisms involved in tinnitus Understand the most common screening techniques for tinnitus Identify the populations most at risk for tinnitus Recognize the most common treatments for tinnitus |
| Thursday | Title | Functional Assessment and Rehabilitation of Athletic Hip Injuries: the Groin and Proximal Hamstring |
| | Speaker | Ryan McGovern PhD, LAT, ATC |
| | Learning Objectives | Identify and interpret the current peer-reviewed literature for evaluation and management of athletic hip pain. Establish an understanding of how to maximize conservative management and rehabilitation for athletic hip pain. Recognize when failed conservative management dictates a referral to a surgical specialist. |
| Thursday | Title | Navigating the Interaction of Tacit and Explicit Skill to Advance Athletic Training Practice |
| | Speaker | Sara Stiltner EdD, LAT, ATC |
| | Learning Objectives | Participants will be able to define explicit vs. tacit knowledge. Participants will be able to identify how explicit and tacit knowledge are virtuous to clinical practice and professional preparation. Participants will be exposed to the impact leadership has on tacit knowledge and preparation. Participants will be exposed to the impact mentorship has on tacit knowledge and preparation. Participants will be introduced to the "hidden curriculum" of athletic training preparation. |
| Thursday | Title | Understanding Lingering Symptoms after Concussion |
| | Speaker | Stephen Bunt EdD, LAT, ATC and C. Munro Cullum, PhD, ABPP/Cn |
| | Learning Objectives | Athletic Trainers will be able to summarize relate the complexities of lingering symptoms of concussion. Athletic Trainers will be able to reframe delayed recovery in terms of specific lingering symptoms, not necessarily PCS. Athletic Trainers will be able to identify and categorize common post-concussion cognitive symptoms and associated challenges to recovery. Athletic Trainers able to design and/or modify strategies to improve mood and emotional function for those in recovery from concussion. Athletic Trainers will be able to classify and appraise commonly used post-concussion symptom, emotional, and recovery-related survey instruments. Athletic Trainers will be able to articulate what comprises a research-based concussion physical rehabilitation program and develop one for their practice setting. |
| Thursday | Title | Emerging Settings in Athletic Training - Panel |
| | Speaker | Branay Hicks, MS, LAT, ATC, Leanne Wonesh MS, ATC, LAT, " Karli Collins, MS, LAT, ATC, Ashley Andrews, LAT, ATC, and Sara Nuechterlein, M.Ed, LAT, ATC NREMT, OPE-C, |
| | Learning Objectives | a.Attendees will obtain further knowledge on the roles and responsibilities of athletic trainer in a physicians practice, rehab, industrial, and government entities. b.Attendees will get an understanding of the various inter-professional relationships developed to create a comprehensive approach to patient care in various settings. c.Attendees will acquire information on strategies and recommended credentials good for transitioning into these settings. |
| Thursday | Title | Sideline Evaluation & Transportation for Spinal Trauma |
| | Speaker | David Stuckey MS, LAT, ATC |
| | Learning Objectives | Learners will be able to better identify potentially catastrophic spine injuries in sports & provide care better aligned with current evidence & guidelines Learners will be able to apply a combination of history/physical examination & patient presentation to recognize potentially catastrophic spine injury. Learners will understand the rationale for pre-hospital sport-related equipment removal & how to apply it to their specific environment. Learners will understand the indications for & how to apply the concepts of spinal motion restriction for patient transportation. |

SWATA 2022 – LEARNING OBJECTIVES

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| Friday | Title | A Practical Approach to Power Performance with Protein |
| | Speaker | Amy Goodson MS, RD, CSSD, LD |
| | Learning Objectives | Attendees will identify individual protein recommendations for athletes based on size and sport. |
| | | Attendees will understand protein's role in maximizing training, performance and recovery and how it helps optimize protein synthesis. |
| Attendees will be able to practically implement nutritional strategies to enhance protein synthesis. | | |
| Friday | Title | Mindful Self-Care for the Practicing Athletic Trainer: The Evidence and Implications for Mental Health and Patient-Centered Care |
| | Speaker | Luzita Vela PhD, LAT, ATC |
| | Learning Objectives | Identify the mental and physical impacts of stress on a healthcare provider's wellness and job satisfaction |
| | | Describe the evidence regarding the use of mindfulness-based stress reduction in healthcare professionals and its potential for mitigating burnout. |
| | | Recognize the role of stress reduction in providing empathic, patient-centered care and its potential for reducing provider error. |
| Identify commonly used self-care habits and how they may be used in a self-care plan. | | |
| Friday | Title | Advances in Tools for Objective Evaluation of Concussions |
| | Speaker | Stephen Bunt EdD, LAT, ATC, |
| | Learning Objectives | Athletic Trainers will be able to summarize and assess objective concussion evaluation tools. |
| | | Athletic Trainers will be able to adapt their evaluation techniques to incorporate more objective tools in their practice setting. |
| Friday | Title | Orthobiologics 101: It's not all in Vein |
| | Speaker | Ryan McGovern PhD, LAT, ATC and Katherine Kester, MD |
| | Learning Objectives | Describe the most common orthobiologic approaches currently used in sports medicine and their mechanisms of action in the biologic environment. |
| | | Outline the approach for the application of orthobiologics and the clinical indications for use in the knee, hip, shoulder, and elbow. |
| | | Summarize the current evidence regarding the utility and effectiveness of orthobiologics. |
| Apply current knowledge and emerging evidence of orthobiologic procedures to rehabilitation and return-to-sport programming. | | |
| Friday | Title | Mobilization and Manipulation Techniques for the Thoracic Spine |
| | Speaker | Brian K. Farr, MA, LAT, ATC, CSCS and Kelvin Phan, MEd, LAT, ATC, CES |
| | Learning Objectives | Understand indications and contraindications related to mobilization and manipulation techniques for the thoracic spine. Apply mobilization and manipulation techniques for the thoracic spine. |
| | | The presentation will demonstrate mobilization and manipulation techniques for the thoracic spine. Attendees will develop knowledge, skills, and abilities in applying mobilization and manipulation techniques for the thoracic spine while considering indications and contraindications. The newly gained knowledge, skills, and abilities obtained will allow clinicians to positively impact their patients. |
| | | Patients commonly present with pain and dysfunction of their thoracic and cervical spine and upper extremities. Often these dysfunctions are associated with hypomobility and faulty mechanics of the thoracic spine segments and local soft-tissues. When thoracic hypomobility is found, mobilization and manipulation techniques may be effective in decreasing pain and increasing mobility. This presentation will focus on mobilization and manipulation techniques for the thoracic spine. |
| | | While many ATs are proficient in various therapeutic interventions there seems to be a lack of knowledge and application of joint mobilization and manipulation techniques. Joint mobilization and manipulation techniques can be an effective therapeutic intervention when properly applied. |
| | | Understand indications and contraindications related to mobilization and manipulation techniques for the thoracic spine. Apply mobilization and manipulation techniques for the thoracic spine. |
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SWATA 2022 – LEARNING OBJECTIVES

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|---|----------------------------|---|
| Friday | Title | Vestibular screening for the athletic trainer |
| | Speaker | Mark Knoblauch PhD LAT ATC CSCS |
| | Learning Objectives | Understand the general physiology of the vestibular system |
| | | Conduct common screening tests for the vestibular system |
| Friday | Title | How To Evaluate Dietary Supplements |
| | Speaker | Korey Vn Wyk MS, CSCS, Pn2 |
| | Learning Objectives | Become familiar with dietary supplement regulation |
| | | Identify the red flags of low-quality supplements |
| Friday | Title | Creating an Inclusive Environment for Transgender and Gender-Diverse Patients |
| | Speaker | Meredith Decker PhD, LAT, ATC, Neal Stepp, DAT, LAT, ATC, and Elizabeth Parke, PhD, LAT, ATC |
| | Learning Objectives | Attendees will identify barriers to healthcare for transgender and gender-diverse patients. |
| | | Attendees will utilize patient-centered strategies when working with transgender and gender-diverse populations |
| Friday | Title | Managing Weight Loss and Weight Gain in Athletes |
| | Speaker | Amy Goodson MS, RD, CSSD, LD |
| | Learning Objectives | 1. Athletic trainers will identify fueling strategies for helping athletes lose body fat safely. |
| | | 2. Athletic trainers will identify the signs and symptoms associated with under-fueling and Relative Energy Deficiency in Sport (RED-S) |
| 3. Athletic trainers will be able to educate athletes and coaches on what foods and strategies are necessary to help with gaining lean muscle mass. | | |
| Friday | Title | Athletes with Sickle Cell Trait: Do you know how to take care of them? |
| | Speaker | Scott Galloway MBA, LAT, ATC |
| | Learning Objectives | To define and describe Sickle Cell Trait. |
| | | To describe the pathophysiology of exertional sickling. |
| Friday | Title | Supplements: Yes, no, maybe? |
| | Speaker | Amy Goodson MS, RD, CSSD, LD |
| | Learning Objectives | 1. Athletic trainers will identify third party testing gold standards and how to apply that to supplement recommendations. |
| | | 2. Athletic trainers will understand the risks of improper supplement education. |
| 3. Athletic trainers will feel confident with their ability to evaluate a supplement when asked. | | |
| Friday | Title | Oh my quad: loading up on ACL rehab |
| | Speaker | Caitlin Nadolny PT, DPT, OCS, FAAOMPT, CSCS and Shelbie Miller, PT, DPT, SCS |
| | Learning Objectives | Apply external constraints to increase quadriceps loading during exercise. |
| | | Explain strategies to maximize quadriceps activation in the early post-op phase following ACLR. |
| Choose appropriate external cues to change an athlete's performance of a task. | | |
| Friday | Title | Cardiocerebral Resuscitation: The Key to Surviving Sudden Cardiac Arrest |
| | Speaker | Grace Savage MS, LAT, ATC |
| | Learning Objectives | 1. Recognize primary and secondary cardiac arrest |
| | | 2. Describe oxygenation in primary and secondary cardiac arrest and how it relates to resuscitation |
| | | 3. Describe the effect of compressions and the lack thereof on coronary and cerebral perfusion |
| | | 4. Describe the difference between positive pressure and passive ventilation and their significance in the resuscitation process |
| | | 5. Describe the community and EMS steps of cardiocerebral resuscitation, and how it can apply to athletic training |
| | | 6. Distinguish between cardiocerebral resuscitation and cardiopulmonary resuscitation, and the indications for each |
| 7. Apply knowledge to create cardiac EAP specific for SCA | | |
| Friday | Title | How do hydration, sleep and stress affect an athlete and their nutrition? |
| | Speaker | Amy Goodson MS, RD, CSSD, LD |
| | Learning Objectives | 1. Athletic trainers will recognize how sub-optimal lifestyle habits can affect an athlete's nutrition and their ability to train at the highest level. |
| | | 2. Athletic trainers will identify fueling strategies to help athletes fuel their bodies appropriately in high stress seasons. |
| 3. Athletic trainers will be able to help athletes identify how poor nutritional habits might be affecting their sleep and recovery. | | |
| Friday | Title | Whole-Body Reactive Agility Metrics to Identify Athletes with a Core and Lower Extremity Injury Risk |
| | Speaker | Scott Bruce EdD, LAT, ATC |
| | Learning Objectives | Apply the procedures to determine whole-body reactive agility asymmetries |
| | | Establish a battery of tests for determining potential musculoskeletal deficiencies |
| Interpret the findings of individual tests and combination of tests to determine deficiencies to be addressed | | |
| Friday | Title | Building a successful high school sports medicine student aide program |
| | Speaker | Aaron Thomas MAT, LAT, ATC and Bianca Broughton LAT, ATC |
| | Learning Objectives | Describe the framework for designing a successful high school sports medicine student aide program |
| | | Discuss successes and challenges for implementing strong programs in large and small school districts |
| | | Relate how to integrate high school students into the AT facility to introduce them to the profession |

SWATA 2022 – LEARNING OBJECTIVES

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|----------|----------------------------|--|
| Friday | Title | Neurodivergent Patient Care in Athletic Training |
| | Speaker | Lauren Gilliam MS, ATC, CEAS III |
| | Learning Objectives | <ol style="list-style-type: none"> 1. Increased knowledge of neurodivergent-specific patient needs. 2. Integration of clinical skills to support neurodivergent patients. |
| Friday | Title | Physiologic and Biomechanical Predisposition to Shoulder and Elbow Injury in Pitchers |
| | Speaker | S. Andrew Cage EdD, LAT, ATC |
| | Learning Objectives | <ol style="list-style-type: none"> 1. Describe the current sports medicine health issue regarding shoulder and elbow injuries in baseball pitchers. 2. Explain some of the biomechanical and physiologic predispositions to shoulder and elbow injuries in baseball pitchers. 3. Implement a screening process to identify some of these predispositions prior to pitchers beginning to throw during organized team activities. |
| Friday | Title | Secondary School Athletic Trainers' Clinical Management Decisions on Low Socioeconomic Status Patients |
| | Speaker | Mayrena Hernandez PhD, MPH, LAT, ATC |
| | Learning Objectives | <ol style="list-style-type: none"> 1. Understand the impact of the SDOH and SES impacts health and health care. 2. Understand secondary school athletic trainers perceptions of SDOH and SES and its potentials barriers in navigating care for low SES patients. 3. Apply strategies to the athletic training profession to navigate SES challenges of their patients such as acting as a liaison among youth sport stakeholders and health care professionals and developing rapport with their low SES patients/guardians. |
| Saturday | Title | Concussions and Vision: I Don't See It... |
| | Speaker | Missy Fraser PhD, LAT, ATC |
| | Learning Objectives | <ol style="list-style-type: none"> 1. Identify the important anatomical structures related to vision. 2. Identify typical visual issues related to concussion and their prevalence. 3. Explain various vision metrics that are used to identify deficits related to head injuries. 4. Describe important vision testing and management considerations. 5. Acquire knowledge concerning vision rehabilitation techniques to improve outcomes for those with vision impairments |
| Saturday | Title | Improving Clinical Decision-Making |
| | Speaker | David Stuckey MS, LAT, ATC |
| | Learning Objectives | <p>Learners will be able to explain & compare major characteristics of Type I & Type II decision-making.</p> <p>Learners will be able to describe common cognitive & personal biases in order to be able to examine their clinical reasoning process for these biases.</p> <p>Learners will be able to design & utilize de-biasing strategies for their individual clinical practice & environment to reduce the likelihood of clinical reasoning errors.</p> |
| Saturday | Title | Hands on lab - Recognizing and Treating Multi-Directional Instability of the Shoulder |
| | Speaker | Michael Teague PT, DPT, COMT, CSCS |
| | Learning Objectives | <ol style="list-style-type: none"> 1) Define and recognize multi-directional instability of the shoulder 2) Understand all best practice treatments 3) Be able to apply evidence based practice interventions, and also know when to refer out |
| Saturday | Title | Preventing Sudden Death in Sports Using Stakeholders to your Advantage |
| | Speaker | Brendon McDermott PhD, ATC, FACSM |
| | Learning Objectives | <p>Effectively communicate with stakeholders regarding the rationale for best-practice strategy implementation related to sudden death in sports.</p> <p>Capture the attention of stakeholders who can advocate with the athletic trainer for adopting best practices related to sudden death in sports.</p> |
| Saturday | Title | Interprofessional Communication Techniques in Athletic Training Education and Practice |
| | Speaker | Layci Harrison PhD, LAT, ATC and Laura Kunkel EdD, LAT, ATC, PES |
| | Learning Objectives | <p>Learners can identify benefits to formal education on interprofessional communication techniques.</p> <p>Learners can describe the impacts of interprofessional communication on patient outcomes.</p> <p>Learners can select communication techniques to use in clinical practice.</p> |
| Saturday | Title | Hands on lab - Functional Assessment and Rehabilitation of Athletic Hip Injuries: the Groin and Proximal Hamstring |
| | Speaker | Ryan McGovern PhD, LAT, ATC |
| | Learning Objectives | <p>Identify and interpret the current peer-reviewed literature for evaluation and management of athletic hip pain.</p> <p>Establish an understanding of how to maximize conservative management and rehabilitation for athletic hip pain.</p> <p>Recognize when failed conservative management dictates a referral to a surgical specialist.</p> |
| Saturday | Title | Quality Improvement Projects – how to show value and need for change to improve patient care |
| | Speaker | Mallory Garner MBA, MS, LAT, ATC |
| | Learning Objectives | <p>Participants will be able to articulate how to organize, construct, and evaluate a quality improvement project using the PDSA methodology.</p> <p>Participants will be able to consider quality improvement projects for their practices and workplace settings to improve patient care.</p> |
| Saturday | Title | TeamSTEPS Training for Interprofessional Communication |
| | Speaker | Laura Kunkel EdD, LAT, ATC, PES and Layci Harrison PhD, LAT, ATC |
| | Learning Objectives | Participants will apply common language with other healthcare professionals to better communicate for improved patient outcomes. |
| Saturday | Title | Hands on lab - Oh my quad: loading up on ACL rehab |
| | Speaker | Caitlin Nadolny PT, DPT, OCS, FAAOMPT, CSCS and Shelbie Miller, PT, DPT, SCS |
| | Learning Objectives | <p>Apply external constraints to increase quadriceps loading during exercise.</p> <p>Explain strategies to maximize quadriceps activation in the early post-op phase following ACLR.</p> <p>Choose appropriate external cues to change an athlete's performance of a task.</p> |

SWATA 2022 – FREE COMMUNICATIONS

| Time | Topic | Presenter |
|---------------|---|---------------------------------|
| 8:00A - 8:05A | Introduction | S. Andrew Cage EdD, LAT, ATC |
| 8:05A - 8:20A | <i>Cardiorespiratory Responses on a Land and Anti-Gravity Treadmill</i> | Sarah Mitchell PhD, ATC, LAT |
| 8:20A - 8:35A | <i>The Effectiveness of the MACE in Assessing Concussion in the Military and Assisting in Return to Full Duty</i> | Candelaria Everett |
| 8:35A - 8:50A | <i>Characteristics of Sickle Cell Trait Policies and Procedures at NCAA Division III Institutions</i> | Marc Eilers MS, LAT, ATC |
| 8:50A - 9:05A | <i>Accelerate Rehabilitation after an Achilles Rupture and Repair in a Collegiate Football Player</i> | Brittanee Waddell |
| 9:05A – 9:20A | <i>Suspension Training as an Effective Intervention to Improve Core Stability: A Critically Appraised Topic</i> | Sara Stiltner EdD, ATC, LAT |
| 9:20A – 9:35A | <i>Tenosynovial Giant Cell Tumor Removed from the Right Knee of 37-year-old Active Military Female</i> | Oswaldo Roman |