

Title What Every AT Needs to Know About Cannabis  
Speaker Jeff Konin PhD, ATC, PT, FACSM, FNATA  
Athletic trainers' knowledge of current federal, state, county, and local rules and regulations is continually changing and requires program educators and clinicians to stay current on the latest information to provide the best possible healthcare to physically active individuals. The growing knowledge base regarding cannabinoids is rapidly changing throughout the general community with changes in state laws, professional organizations, and medical applications that requires educators, students, and clinicians to monitor several areas to maintain the ability to provide high level healthcare.

Title Misconceptions About Muscle Cramps  
Speaker(s) Kevin Miller, PhD, LAT, ATC  
Abstract Exercise-associated muscle cramps are the most common heat-related injury in athletes. Yet, controversy exists regarding their etiology leading to numerous anecdotal remedies and prevention strategies. This presentation will dispel some of the most common misconceptions about cramp etiology and treatment.

Title Advanced Airway Management for the AT Setting  
Speaker(s) Christopher Greenleaf, Ph.D., LAT, ATC, CSCS  
Abstract The purpose of this workshop is to review the current standard of care in athletic training for managing the compromised airway and administering supplemental oxygen as well as provide athletic trainers with an opportunity to practice these skills. Participants in the workshop will be able to differentiate between the types of airway adjuncts (i.e., nasopharyngeal, and oropharyngeal) and supraglottic airways (i.e., King LT-D and Combitube), understand indications and contraindications for each and how to use them in an emergency care situation. Use of the endotracheal tube and the advantages and disadvantages compared to blind insertion devices will also be discussed. Participants will practice using these airway devices using both the head-tilt-chin lift technique and the jaw-thrust technique to maintain a neutral spine alignment. Participants will also understand the indications and contraindications for administering supplemental oxygen using a bag-valve mask, nasal cannula, and non-rebreather mask. Additional skills to be reviewed and practiced include suctioning the compromised airway and the use of pulse oximetry to guide their decision making. This presentation will identify and use best evidence standards of care to enhance the participants ability to make critical clinical decisions during emergency situations in AT settings.

Title Legal Considerations Surrounding Exertional Heat Stroke Preparedness  
Speaker(s) Brendon McDermott, PhD, ATC, FACSM, Kevin Miller, PhD, ATC, Erica Filep, PhD, ATC, Mike Ratliff (Attorney)  
Abstract Exertional heatstroke is a potentially fatal condition with best-practice guidelines that guarantee survival in athletic training. However, because the evidence-based recognition and treatment of this condition is invasive, many are hesitant to enact best practices. Athletic trainers are often unfamiliar with the potential legal aspects of incorporating, or deciding not to implement, these best practices. This symposium will review the best practice recommendations, cover related legal aspects, review recent litigation, and reenact deposition and trial questions posed by lawyers related to exertional heat stroke.

Title Concussion Update 2023  
Speaker(s) Scott L. Bruce, EdD, ATC, Missy Fraser, PhD, ATC  
Abstract The intent of this presentation is to provide the athletic trainer an update on the current literature and findings from the 6th Consensus Conference on Concussion in Sport, October 2022.

Title Diagnostic Sports Ultrasound-Utility & Limitations  
Speaker(s) Jason Mogonye, MD  
Abstract Introduction to diagnostic sports ultrasound including the history, physics, uses, and limitations of the modality. A live demonstration of diagnostic ultrasound will also be performed.

Title Performance Healthcare: The Shift to Sports Science and the Role of the Athletic Trainer  
Speaker(s) Adam Annaccone, EdD, LAT, ATC, PES, CES  
Abstract Sports Science has become common practice in professional and major collegiate sports settings. Most programs are looking for a performance edge, and sports science is widely accepted as the information pipeline to assist in this endeavor. Sports science literature, while still in its infancy, has shown that performance and medicine can no longer rely on subjectivity. Objective measures must be the guiding principle. Based on work conducted by the NATA Taskforce on Sports Science, Health and Data Analytics, many ATs are unaware of their role in relation to sports science, while also acknowledging ATs must recognize and embrace the impact outcomes data has on return to play decisions, rehabilitative program design, player availability, and limiting injury incidence and severity. Therefore, the purpose of this presentation is to provide an overview and update on the work of the NATA Taskforce for Sports Science, Health, and Data Analytics, and to provide an overview of current sports science strategies utilized within professional and collegiate sport environment. The science behind various assessments and clinical application of the findings will be discussed.

Title Hiring and Retention Practices in a Post-Bachelor Era  
Speaker(s) Layci Harrison, PhD, LAT, ATC, Cody Walker, MS, LAT, ATC, CSCS, Ashley Armbruster, MS, LAT, ATC, CES  
Abstract Recent graduates have different experiences than those who graduated prior to the implementation of the 2020 CAATE standards. This presentation will focus on young professionals' experiences and the impact in regard to hiring and retention from the lens of an educator, manager, and clinician.

Title Manual Therapy Techniques for Treating Ankle Dysfunction  
Speaker(s) Brian Farr, MA, LAT, ATC, CSCS, Kelvin Phan, MEd, LAT, ATC, NASM-PES. kelvin.phan@austin.utexas.edu

Abstract This session will present a manual therapy approach to treating ankle dysfunction targeted at reducing symptoms and improving ankle function. Pathomechanics such as positional faults and altered arthrokinematics of the kinetic chain will be addressed. Both thrust and non-thrust joint mobilization manual therapy techniques (grades I-V) will be discussed, demonstrated, and practiced.

Title Optimizing Neuroplasticity during the Rehabilitation Process: Emerging Techniques from Injury to Play

Speaker(s) Cory Smith PhD

Abstract Emerging techniques that quantify neuroplastic changes in clinical settings and the underlying physiological processes they reflect. Emphasis on EMD and fNIRS use in athletics and bridge the gap between research and practice to remove subjectivity and reduce litigation risk.

Title Moving & Shifting: Techniques to Realign

Speaker(s) Megan Smart, DAT, LAT, ATC, CSCS, CES

Abstract Joint alignment is crucial for distributing stresses and transferring forces along the kinetic chain. Restoring biotensegrity is essential when it comes to rehabilitating patients and restoring them to full function. This lab session will go over several muscle energy and mobilization techniques to restore function in several key areas of the kinetic chain and allow participants to learn and practice these techniques.

Title Rehab management of concussion: beyond the return to play protocol

Speaker(s) Caitlin Nadolny, PT, DPT, OCS, FAAOMPT, CSCS, Shelbie Miller, PT, DPT, SCS shelbienmiller@gmail.com

Abstract Concussion management is evolving with the increasing body of literature exploring acute, subacute, and chronic sequelae. The six-step return to play progression serves an integral role in guiding athlete's treatment. This progression primarily focuses on aerobic activity progression continuing to sport activity progression. In the days that an athlete is working through these six steps, what are other interventions that can bolster an athlete's recovery and decrease their risk of re-injury upon return to competition? This lecture and lab will focus on assessment and intervention strategies that can be utilized to enhance an athlete's recovery during and after their completion of the six-step return to play progression.

Title DEIA: A Roadmap for Athletic Trainers

Speaker(s) Rebecca López, PhD, ATC, CSCS, FNATA

Abstract With the NATA's recent commitment to DEIA, it is imperative for athletic trainers to be knowledgeable about ways to directly engage their current practice in an equitable way. The purpose of this presentation is to provide athletic trainers with background, knowledge, and action steps regarding ways to implement DEIA initiatives in their professional, social, and personal lives. This presentation will include historical perspectives regarding DEIA in the athletic training profession, current national initiatives and future action steps to challenge athletic trainers to take the next steps.

Title Mental Health Concerns: What's My Next Step?

Speaker(s) Katie Harris, NCC, LPC-Associate (former ATC, LAT)

Abstract As the demand for mental health needs increase, the access to care and resources seem to remain stagnant. How do we provide care for those desperately needing it, when it seems as though there is minimal support to provide it? It can seem like an overwhelming uphill battle, but breaking it down into small steps can assist athletic trainers in finding small steps to make a difference in access to care. Depending on the barriers, it's important to know that any small step forward for advocating for mental health needs is progress. Throughout this presentation, I hope to address next steps in finding resources and care for any setting an athletic trainer might be practicing in. This could be providing resources for networking opportunities, how to propose a needs based budget, and ways to equip you and your staff with how to deal with mental health concerns.

Title Considerations for working with Neuro-Divergent Athletes

Speaker(s) Katie Harris, LPC-Associate Supervised by Dr. Cassie Reid, PhD, LPC-S. (former ATC, LAT)

Abstract Neuro-divergence is a hot topic that can mean many different things. This could be considerations with ADHD/ADD, Dyslexia, Autism, and so much more. It is common that young children with ADHD diagnosis to be pushed into sports to "get energy out" which can be very helpful. However, as children continue to play competitive sports, resources for athletes with a neuro-divergent diagnosis seems to drop off. It's also important to consider what happens to this population when injury occurs and their main coping mechanism has been taken away from them. Hopefully through broaching the conversation about neurodivergent athletes it can provide a perspective for athletic trainers to treat and support this community.

Title Understanding Your Own Social Determinants of Health to Better Your Clinical Practice

Speaker(s) Mayrena Isamar Hernandez, PhD, MPH, LAT, ATC

Abstract It is critical to understand the Social Determinants of Health (SDOH) of our patients to be an effective Athletic Trainer. This session will be conducted through presentation, self-analysis through mapping tools, and small group discussions to reflect on SDOH data and how it presents in real life context to athletic training clinical practice.

Title Addressing Mental Health in the LGBTQIA+ Population

Speaker(s) Meredith, Decker, PhD LAT ATC, Rob Redding, MS, ATC, LAT, Liz Parke, PhD, LAT, ATC

Abstract Saturday AM - MH Block

Title Safe Space Ally Training for the Athletic Trainer

Speaker(s) Meredith, Decker, PhD LAT ATC, Rob Redding, MS, ATC, LAT, Liz Parke, PhD, LAT, ATC, Kyndall Font Med, ATC, LAT, CES

Abstract	Members of the LGBTQIA+ population are more likely to experience mental health concerns than their heterosexual and cisgender peers. Athletic trainers often work with and encounter LGBTQIA+ patients and may be the first or only healthcare providers these patients have access too. Athletic trainers must be prepared to understand and be able to respond to mental health concerns in the LGBTQIA+ population.
Title	Addressing Implicit Bias: A Round Table Discussion
Speaker(s)	S. Andrew Cage, EdD, LAT, ATC, Luzita Vela, PhD, LAT, ATC, Meredith Decker, PhD, LAT, ATC, Ramonica Scott, PhD, LAT, ATC, Brandon Warner, M.Ed., LAT, ATC, Shaketha Pierce, M.Ed., LAT, ATC
Abstract	This program will feature a panel on addressing implicit bias in athletic training. Panel members will be clinicians, educators and preceptors working for/with CAATE accredited programs. Participants in this presentation will engage in small group discussions about implicit biases they have encountered to allow the panel to comment further.
Title	The Power of Protein for Health, Injury Recovery, and Performance
Speaker(s)	Amy Goodson, MS, RD, CSSD, LD
Abstract	"The Power of Protein for Health, Injury Recovery, and Performance" will help athletic trainers understand how they can educate their athletes on individual protein needs for overall health and performance, protein recommendations for injury recovery, as well as simple strategies to include protein in meals and snacks to optimize protein synthesis and maximize performance.
Title	The Latest on Relative Energy Deficiency in Sports (RED-S)
Speaker(s)	Meredith Sorensen
Abstract	RED-S is a syndrome where physiological changes take place in response to chronic low energy availability, or under-fueling, which are consequential to long-term health and performance. Emerging research examines the widespread impact RED-S has on athletic populations, including both recreational and professional athletes. In particular, an athlete's intake of carbohydrates and the timing of intake play a crucial role.
Title	Are You Down For IPE and IPC
Speaker(s)	Heather Hudson , Ed.D, LAT, ATC
Abstract	Interest in Interprofessional education has increased over the past three decades. Research indicates greater positive outcomes when individuals and teams practice collaboratively as compared to an individualistic approach. Students are learning in educational programs how to team well. If they are learning to do it well, shouldn't we learn it too? This lecture will identify the Interprofessional collaborative competencies, team characteristics, teaming skills, and why collaboration is so important.
Title	Understanding the AT of Tomorrow: The Implications of Generational, Cultural and Educational Changes on Early Career ATs
Speaker(s)	Panelist: Layci Harrison, PhD, LAT, ATC Panelist: Mark Knoblauch PhD LAT ATC CSCS Panelist: Laura Kunkel, EdD, LAT, ATC, PES Panelist: Luzita Vela, PhD, LAT, ATC Moderator: Bre'Layshia Alexander, MEd, LAT, ATC,
Abstract	This panel discussion, consisting of athletic training faculty, will inform practicing clinicians of generational, cultural, and educational changes inherent to today's student and the effects these factors have on entry-level athletic trainers.
Title	Financial Wellness - Breakout
Speaker(s)	Lisa, Ward, MBA
Abstract	Financial Basics for Young Professionals. As a self-employed athletic trainer, you take on the role of CEO, CFO, COO, and employee all in one. Come learn the basics on financial goal planning, budgeting, credit, debt repayment, investing and retirement savings. Learn to maximize benefits through your W-2 income. Your finances don't need to be stressful. Come learn from your local Financial Advisor.
Title	Building a Successful High School Sports Medicine Student Aide Program
Speaker(s)	Aaron Thomas, MAT, LAT, ATC, Bianca Broughton, MS, LAT, ATC, EMT, & Sophia Gutierrez, MS, LAT, ATC
Abstract	Our presentation will be to discuss/answer different topics related to building a successful high school sports medicine student aide program. Such as: topics to cover with your student aides, ways to fund your student program, how to improve student aide buy in, discuss what tasks student aides are allowed to perform, ways and ideas to retain student aides from year to year, different processes in selecting students (try-outs, applications, interviews, etc), ways to recruit student aides year to year, classes for students to take, and technology used. Plus so much more. We would also take the time to answer questions from the audience and with a breakout session, this would allow us to have more one on one conversations and more of an opportunity to go in depth on certain topics.
Title	Emergency Preparedness: Considerations for the Secondary School Athletic Trainer
Speaker(s)	Tom Woods MS, MEd, LAT, ATC
Abstract	Medical emergencies in a school-aged athlete can develop at any time. In these situations, the ability to provide adequate care often depends upon the steps taken by athletic medical staff prior to the incident. This presentation will address these situations and offer practical strategies to help the secondary school athletic trainer increase the probability of a favorable outcome.
Title	Clinical Vestibular Assessment for the AT
Speaker(s)	Mark Knoblauch PhD, LAT, ATC, CSCS
Abstract	The vestibular system's intricate nature can make it susceptible to damage in response to events such as head trauma or illness. Assessment of the vestibular system, including the vestibulo-ocular reflex, should be an important part of any head evaluation, including concussion assessment.
Title	Advocate: Disruption to Change
Speaker(s)	Ben Snyder DAT, LAT, ATC

Abstract In health care, advocacy takes many forms. Athletic trainers (AT) constantly advocate for their patients, but a lesser number advocate for themselves in their work setting or on a professional level. ATs who advocate for themselves are potentially less likely for burnout, have better benefits, and could have better satisfaction within the profession. This lecture will help identify what advocacy is, why it is important for athletic trainers, and skills needed to help better advocacy.

Title Mental Health Tools for Athletic Trainers and Athletes

Speaker(s) Mallory Garner MBA, MS, LAT, ATC; Kevin Keys MS, CSCS

Abstract The mental health crisis continues to grow for athletes and athletic trainers. Two tools to address this include the Stress Continuum Model (SCM) used by the Navy and the Oculus Virtual Reality (VR). This lecture will provide tools on how to implement the SCM and VR in attendees' work settings.

Title Opportunities for Advocacy and the Legislative Process

Speaker(s) Hillco & Dennis Hart

Abstract This session will provide a background on the legislative process in regards to updating practice acts and state licensure. The session will also discuss opportunities for effective advocacy that athletic trainers may implement in their own districts.

Title Pediatric Cardiac Considerations

Speaker(s) Wolfe

Abstract Coming soon!

Title Mental Health in Athletes

Speaker(s) Dr. Kristen Schneider, MD

Abstract Increased mental health concerns in students and athletes typically present to the athletic trainer at school. Athletic trainers are then tasked at evaluating safety and providing support at their institution.

Title Emergency Preparedness Panel & Breakouts

Speaker(s) Tom Woods MS, MEd, LAT, ATC, Stuckey, Hopper, Wolfe

Abstract This panel will discuss a variety of medical emergency considerations the AT at the secondary school may face. Topics include equipment considerations, medical time out, emergency action plans, building an e-bag.