ANNUAL MEETING EDUCATION PROGRAM

PROGRAM OVERVIEW

The mission of the New York State Athletic Trainers’ Association shall be to advance, encourage and improve the profession of athletic training (AT) by developing the common interests of its membership for the purpose of enhancing the quality of health care for the physically active in New York State. The NYSATA hosts an annual meeting for the purpose of general business information sharing and offering professional education sharing among its members.

TARGET AUDIENCE

The target audience for this educational conference includes athletic trainers and athletic training students.

STATEMENT OF NEED

Athletic trainers need to be familiar with signs and symptoms of concussions and a variety of musculoskeletal injuries and pathologies in order to identify injured patients. It is important that they correctly identify conditions, when and how to treat and when to refer athletes to the correct specialist so their client may return to sporting and work/life activities. This program includes a variety of sessions which should increase the athletic trainer’s base of knowledge. Additionally, a session is included which should stimulate the creativity and open-mindedness of the attendee.

NON-DISCRIMINATION STATEMENT

The New York State Athletic Training Association does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age.

NYSATA 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.
**STATEMENT OF CREDIT**

New York State Athletic Trainers’ Association is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program’s general session has been approved for a maximum of (8) hours of Category A. Certified Athletic Trainers should claim only those hours actually spent participating in the CE activity. EBP hours have been applied for and are pending.
EDUCATIONAL PROGRAM

Saturday    SUNY Cortland, Corey Union

8:15-8:50am  Registration/Check-in

8:50-9am  Welcome – Aimee Brunelle, Conference Chair

9-10am  EBP session “The Placebo Effect”  
Jennifer McKeon, PhD, ATC, CSCS, Ithaca College

10-11am  EBP session “The Epistemology of Clinical Practice”  
Patrick McKeon, PhD, ATC, CSCS, Ithaca College

11-11:30  Exhibitor break/Poster presentations

Brian Rieger, PhD, Upstate Medical University

12:30-1:15  Lunch

Christopher Neville, PhD, PT, Upstate Medical University

2:15-3:15  “Outperforming the crowd: the role of nutrition in recovery”  
Kristen Gravani, MS, RD, LD/N, Stanford University

3:15-4:15pm  “Acute Traumatic Joint Injury and Post-Traumatic Osteoarthritis in Military Population”  
Kenneth Cameron, PhD, MPH, ATC, United States Military Academy

4:15-5pm  NYSATA meeting  
Bob O’Malley, President

5-6pm  “Shortness of Breath in Athletes? Time to think about exercise-induced laryngeal obstruction”  
Andrew Getzin, MD, Cayuga Medical Center

6-7pm  EBP session “The Fascial Evidence in the Treatment of Soft Tissue Injuries”  
Todd Lazenby, MA, ATC, Ithaca College
EDUCATIONAL PROGRAM - PRESENTATION DESCRIPTIONS

Session 1: EBP session “The Placebo Effect”
Jennifer McKeon, PhD, ATC, CSCS, Ithaca College

Objectives: After participating in this activity, clinicians should be able to:

• Reconcile the seemingly disparate concepts of “placebo effect” and “healing”.
• Discuss the characteristics of the placebo effect that can be distinguished from specific biologically-grounded treatment effects.
• Justify how clinicians can maximize ancillary gains from the placebo effect when treating patients with a biologically-grounded intervention.

Level of Difficulty: Advanced
Practice Domain: Treatment and Rehabilitation

PROGRAM NOTES: Session 1

Session 2: EBP session “The Epistemology of Clinical Practice”
Patrick McKeon, PhD, ATC, CSCS, Ithaca College

Objectives: After participating in this activity, clinicians should be able to:

• Discuss the origins of science as a systematic process that is rooted in probability rather than proof.
• Describe the clinical scientific method and its value in understanding how clinicians move from explanation to prediction.
• Recognize some common misconceptions about what science is and what it isn’t with regard to determining the effectiveness of clinical practices.

Level of Difficulty: Advanced
Practice Domain: Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

PROGRAM NOTES: Session 2

Brian Rieger, PhD, Upstate Medical University

Objectives: After participating in this activity, clinicians should be able to:

• Identify the major components of concussion assessment (symptoms, balance, and cognitive functioning) and their role in diagnosis and in tracking recover
• Identify challenges to valid assessments in concussion (athlete effort and motivation, practice effects, test-retest reliability)
**Level of Difficulty:** Advanced
**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

**PROGRAM NOTES: Session 3**

**Session 4:** “Balance and Cognitive Assessment in Sports Concussion - Principles and Pitfalls: Part II: Application and Current Findings”
Christopher Neville, PhD, PT, Upstate Medical University

**Objectives:** After participating in this activity, clinicians should be able to:
- Identify balance tests used in concussion assessment along with some technology that can be used to measure balance
- Identify a dual-test assessment and the added value these assessments may have in concussion injury assessment

**Level of Difficulty:** Advanced
**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis

**PROGRAM NOTES: Session 4**

**Session 5:** “Outperforming the crowd: the role of nutrition in recovery”
Kristen Gravani, MS, RD, LD/N, Stanford University

**Objectives:** After participating in this activity, clinicians should be able to:
- The attendee will identify the running gait cycle and the importance of knee active range of motion (AROM).
- The attendee will describe the development of the physical qualities necessary for optimal athletic performance.
- The attendee will describe the importance of ground contact time for optimal athletic performance.

**Level of Difficulty:** Essential
**Practice Domain:** Injury/Illness Prevention and Wellness Protection, Treatment and Rehabilitation
- Recognize nutrition related recovery gaps for individual athletes
- Understand the role of nutrition in tissue recovery.

**PROGRAM NOTES: Session 5**
Kenneth Cameron, PhD, MPH, ATC, United States Military Academy

Objectives: After participating in this activity, clinicians should be able to:
- Describe the association between joint injury and osteoarthritis
- Describe the incidence of osteoarthritis in the military population compared to the general population

Level of Difficulty: Essential
Practice Domain: Injury/Illness Prevention and Wellness Protection

PROGRAM NOTES: Session 6

Session 7: “Shortness of Breath in Athletes? Time to think about exercise-induced laryngeal obstruction”
Andrew Getzin, MD, Cayuga Medical Center

Objectives: After participating in this activity, clinicians should be able to:
- Identify different etiologies of shortness of breath in the athlete
- Contrast exercise-induced asthma & exercise-induced laryngeal obstruction
- Describe an appropriate diagnostic algorithm for shortness of breath in the athlete

Level of Difficulty: Advanced
Practice Domain: Clinical Evaluation and Diagnosis

PROGRAM NOTES: Session 7

Session 8: EBP session “The Fascial Evidence in the Treatment of Soft Tissue Injuries”
Todd Lazenby, MA, ATC, Ithaca College

Objectives: After participating in this activity, clinicians should be able to:
- Understand the anatomy, innervations, and role fascial tissue plays in the function of the MSK system and proprioception.
- Understand the underlying foundational theories and concepts of fascial tissue, i.e. biotensegrity and mechanotransduction.
- Understand the role and efficacy of appropriate therapeutic interventional treatments for identified fascial dysfunctions.

Level of Difficulty: Advanced
Practice Domain: Clinical Evaluation and Diagnosis, Treatment and Rehabilitation

PROGRAM NOTES: Session 8