

2026 Poster Competition Accepted Submissions

Below is a list of all accepted poster topics for the WCTSMA Spring Symposium and Competition. Please email Heather Matsuda at bodtreasurer@wctsma.com with questions or submissions for this year's competition.

1. Rehabilitation of a Specific Injury

- a. *The mark of Dislocation: Hill-Sachs Fractures Vs Lesions-Sehome*
- b. *Rehabilitation of Muscle Tendinitis- GKHS*
- c. *Osgood-Schlatter: Steps to Recovery- Monroe*
- d. *Concussion discussion - South Kitsap*
- e. *Healing the Brain After a TBI- Klahowya*
- f. *Luxatio Erecta...I'm sorry what?- Kamiakin*
- g. *Rehabilitation of an Ankle Hairline Fracture- Yelm*
- h. *Life as an Overpronator- Yelm*
- i. *The Rehabilitation of Herniated Discs- Yelm*
- j. *Femur Fracture Rehabilitation - Franklin Pierce*
- k. *Beyond The Pop: Shoulder Rehabilitation - GKHS*
- l. *Have a Backbone: Rehabilitation of C2-C5 Nerve Injury- Auburn*

2. Cutting Edge Medicine

- a. *Rewriting the Code of Life: Advances in CRISPR-Cas9 Technology- Olympic*
- b. *Female Menstruation and Injury- Sehome*
- c. *The Lab Legend: Mapping the impact of the first immortal cell line HeLa- GKHS*
- d. *How females hormone cycles increase their risk for injury- Wenatchee*
- e. *Regenerative Therapies for Torn Tendons & Ligaments- Silas*
- f. *cTMS- Monroe*
- g. *New Approaches to Pain Management: Emerging Non-opioid Treatments- Gig Harbor*
- h. *Wired to Move: Bridging Nerves and Prosthetics- Kamiakin*
- i. *Stem and Muse Cell Therapies- The Future of Regenerative Medicine- South Kitsap*
- j. *Can One Drug Reverse Them All? Assessing the Clinical Potential of Ciraparantag- Lake Stevens*
- k. *LUCAS CPR - Lake Stevens*

3. A Specific Surgical Procedure

- a. *Hemispherectomy- Monroe*
- b. *Tarsal Coalition Reconstruction Surgery- Monroe*
- c. *Open Wide: The Fibula Flap Surgery- Mt. Si*
- d. *Ex Vivo Lung Perfusion EVLP- Orting*
- e. *Pectus Excavatum, The Nuss Procedure- Lakes*
- f. *A Slice of Life- Mt. Si*
- g. *Osteo-Odonto Keratoprosthesis Surgery - Olympic HS*
- h. *Splitting- GKHS*
- i. *Osteo-Odonto Keratoprosthesis Surgery- Olympic HS*
- j. *Bridge-Enhanced ACL Restoration (BEAR) Procedure - Lake Stevens*
- k. *Nerve Grafts- Monroe*
- l. *Internal Brace Repair: The Modern Alternative to Tommy John Surgery- Tahoma*

4. Nutrition

- a. *Recovery Meals- GKHS*
- b. *Moo-scle Recovery Starts Here- Silas*
- c. *Nutrient Timing and Recovery- South Kitsap*

- d. *Health is Not a Piece of Cake: The Effects of Excess Sugar on the Brain and its Correlation to Mental Health*-Annie Wright
- e. *From data to dinner : when AI plans your meals*- CKHS
- f. *Probiotic vs prebiotic*-CKHS
- g. *Smart Snacking Don't Get Caught Lacking*- Squalicum
- h. *Diet For Athletes*- Franklin Pierce
- i. *Body fuel* -GKHS- Auburn
- j. *Plant-based Nutrition for a Track Athlete*
- k. *Super foods*- Auburn
- l. *Coke Zero: Better but not best*- Annie Wright
- m. *Wrestler's Nutrition*- Mt Vernon

5. Medical Career

- a. *Medical Assistant*- GKHS
- b. *Gru's Guide to Being an Athletic Trainer*- Silas
- c. *Certified Nursing Assistant*- Mt. Si
- d. *Effective Communication In Nursing* -Sehome
- e. *CRNA*-CKHS
- f. *Train your brain, Win the game : Careers in Sports Psychology*- Franklin Pierce
- g. *Respiratory Therapist Guardians of the Airway*- Franklin Pierce
- h. *Radiologists: The Eyes of Medicine*- Auburn
- i. *Dream makers in scrubs*- Lake Stevens

6. Medical Conditions

- a. *Postural Orthostatic Tachycardia Syndrome*- Monroe
- b. *Brain Aneurysm*- GKHS
- c. *Appendicitis: recognition and emergency management*- Sehome
- d. *Stand Up to POTS: When Posture Meets Physiology*- Sehome
- e. *Anorexia Nervosa*- Monroe
- f. *Cystic Fibrosis*- Monroe
- g. *Eating Disorders in Women Sports and Competition*- South Kitsap
- h. *Psychosis*- South Kitsap
- i. *Color Blindness*- Yelm
- j. *Alien*-Central Kitsap
- k. *Does Wearing A Mouth-guard Affect Breathing Efficiency*- South Kitsap
- l. *NSCLC (Non Small Cell Lung Cancer)*- Yelm
- m. *Erb's Brachial Plexus Palsy (EBPP)*-Yelm
- n. *Becoming a living fossil: the science of FOP*- Sehome
- o. *POTS (Postural Orthostatic Tachycardia Syndrome)*- Yelm
- p. *Anxiety in sports, The silent competition*- Franklin Pierce
- q. *It's never Lupus, or is it?*- Mt. Si
- r. *Huntington's Disease: The Potential Time Bomb in Your DNA*- Annie Wright
- s. *Congenital insensitivity to pain*- GKHS
- t. *The Overpronation Station*- Yelm
- u. *Ultrasound's Surge in Superior Musculoskeletal Diagnosis*- Lake Stevens
- v. *Living With POTS*- Yelm
- w. *Balance Over Burnout: The Female Athlete Triad*- Moses Lake
- x. *Are Athletes at Risk? The Link Between Concussions and Alzheimer's Disease*- Tahoma
- y. *Tech Neck: Spine Wreck* - Annie Wright