2021 PATS Virtual Symposium Agenda

June 11 & 12, 2021

Friday, June 11

7 p.m to 9 p.m. **Quiz Bowl**
Co-Sponsored by Rothman Orthopaedics and Moravian College

ROTHMAN ORTHOPAEDICS

MORAVIAN COLLEGE

Saturday, June 12

8 a.m to 9 a.m. **Quality Improvement in Athletic Training: Clinical Framework to Practice Based Assessment - 1 EBP CE**
Sponsored by

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Presenters Larissa Symington, LAT, ATC
Devin Kielur, DAT, LAT, ATC

Objectives	1. Propose quality improvement strategies for athletic trainers. 2. Discuss healthcare informatics to direct data driven decision making. 3. Identify opportunities to enhance professional development for healthcare providers. 4. Provide a clinical framework to practice-based assessment.
9 a.m. to 10 a.m.	**Moyer Lecture: Athletic Trainers Are Essential to Public Health: Moving Beyond COVID Times - 1 CAT A CE** **Sponsored by** Sway
Speaker	Jamie Mansell, PhD, LAT, ATC Jennifer Ibrahim, PhD, MPH
Objectives	1. Define essential functions of Public Health. 2. Described the intersection of Public Health and Athletic Training. 3. Compare and contrast the language and terminology that is used across each discipline. 4. Discuss the relationship between practice and research across both fields. 5. Describe the opportunities for collaborations when looking to the future.
10 a.m. to 11 a.m.	**Hamstring Strain Injuries: A Biomechanical Approach for Clinicians - 1 CAT A CE**
Presenter	Andrea DiTrani Lobacz, PhD, ATC
Objectives	1. Differentiate between normal hamstring biomechanics and typical mechanics associated with hamstring strain. 2. Explain various biomechanical concepts related to hamstring function and relate to clinical management of hamstring strain injury. 3. Describe biomechanical deficits during sprinting following hamstring strain injury. 4. Interpret how fatigue and postural induced changes increase risk for hamstring strain injury. 5. Design rehabilitation programs that incorporate methods to address biomechanical deficits known to persist following hamstring strain injury.

11 a.m. to 12 p.m. **<u>Utilizing VOMS for Concussion Management</u> - 1 CAT A CE**
Sponsored by

Presenters
Jaclyn Morrissette, PhD, ATC
Kathryn Calpino, PT, DPT, ATC, SCS, CSCS

Objectives

1. To identify the effects of how sustaining concussion can have on vestibular-occular function of a patient.
2. To understand the evaluation process of vestibular-occular function both pre- and post-concussion to properly manage and make return to play decisions.
3. To utilize VOMS exercises as part of the clinician's plan of care for a patient who has sustained a concussion and has vestibular-occular Dysfunction.
4. To evaluate a patient pre- and post-VOMS exercises for exacerbation of their signs and/or symptoms and determine the proper progression for the exercises.
5. To implement return-to-play guidelines following a concussion utilizing different rehabilitation techniques, including VOS, that address all deficits a patient may have post-concussion.

12 p.m. to 1:30 p.m. **Business Meeting**

1:30 to 2:30 p.m. **<u>Tools for Creating a SafeZone in the Athletic Training Facility</u> - 1 CAT A CE**

Presenters
Bonnie Siple, EdD, LAT, ATC
Sarah Coelho, MS, LAT, ATC, CSCS

Objectives

1. Address the experiences and issues facing athletes and patients who are LBGTQ+.
2. Present information and resources that enable participants to support athletes and patients who are LGBTQ+.
3. Offer and practice inclusive skills with participants to improve their confidence in caring for athletes and patients who are LGBTQ+.
4. Review inclusive language and terminology specific to the LGBTQ+ community.
5. Share resources for information and referral for patients seeking guidance.

2:30 to 3:30 p.m. **Posture, Symmetry, and the Diaphragm - 1 CAT A CE**

Presenter Brian Cammarota, PhD, LAT, ATC

Objectives

1. The participant will demonstrate a better understanding of posture and will question the importance of plumb lines and traditional posture assessments in assessing posture.
2. The participants will understand the importance of symmetry and appreciate how symmetry is common and often necessary in humans.
3. The participant will assess diaphragmatic breathing patterns and understand how accessory breathing muscles can lead to increased tightness in pelvis and thoracic areas.
4. The participant will understand basic PRI concepts and perform tests to assess asymmetric pelvic and thoracic positioning.
5. The participant will learn how the diaphragm and not the IT Band or posterior shoulder/capsule is often the cause of (+) Ober test and Glenohumeral Internal Rotation Deficit, respectively.