

The Mid-America Athletic Trainers' Association



35th Annual Meeting & Symposium

**Thursday – Saturday
March 27 – 29, 2014**

**SHERATON HOTEL
WEST DES MOINES, IA**

New This Year: Knowledge-Level Designations for All Educational Sessions.

Essential: Includes core theories, concepts & applications.

Advanced: Includes in-depth theories, concepts & applications beyond the Essential Level.

Mastery: Includes the highest level of theories, concepts & applications of knowledge of techniques within a specific area.

Students may attend any of the *Essential-Level* educational sessions on Thursday, Friday and Saturday. However, if a session is listed as *Advanced or Mastery*, students may attend if space allows once all Certified Attendees have been seated for the session. There will be a “waiting area” outside of each *Advanced and Mastery* session room where students will wait to be seated as space allows.

Thursday, March 27, 2014

*8:30am – 9:00am

(*Indicates student sessions)

*Registration for the Pre-Conference Workshop:
ACES Preparatory Workshop for Taking the BOC Exam

*9:00am – 9:30pm

*ACES Workshop (lunch on own 12:30-1:30pm;
dinner provided 5:15-6:15pm)
Herb Amato, DA, ATC

12:00pm – 12:30pm

Registration for the Pre-Conference Workshop:
Maximizing Injury Rehabilitation Motivation

12:30pm – 5:00pm

Maximizing Injury Rehabilitation Motivation
Laura Kenow, MS, ATC & Windee Weiss, PhD, ATC
-This workshop is designed to help athletic trainers facilitate and enhance the motivation of their athletes/patients during the rehabilitation process. Two different theoretical frameworks (Self-Determination Theory; Sport Commitment Model) will be discussed and how these concepts apply to rehabilitation motivation. Through group activities, discussion of motivational theories and strategies, and hands-on “practice” participants will gain understanding about what drives motivation (and amotivation) as well as learn key intervention strategies that can be used with any clientele.

3:00pm – 5:00pm

MAATA Finance Committee Meeting

5:00pm – 6:00pm

Mexican Dinner Buffet - \$20

5:00pm – 8:00pm

Registration Desk Open

5:00pm – 9:00pm

MAATA Board of Director’s Meeting

Thursday, March 27, 2014 (continued)

(*Indicates student sessions)

6:00pm – 7:00pm
Essential

An update on the Professional Degree Discussion
Russ Richardson, EdD, ATC; Chair of the NATA Executive Committee on Education
- The results of the ECE's investigation on the appropriate entry-level degree for Athletic Trainers will be presented at this session. This information is of interest to all Athletic Trainers as well as Athletic Training Students.

7:00pm – 8:00pm
Essential

Preventing and Treating Eye Injuries in Sports
Dr. Curtis Broek, OD; Urbandale Eye Care
- This presentation will focus on current methods, tools, and ongoing projects that can be used to evaluate and show value in a collegiate athletic training program. Concepts discussed in this session may be applied to any athletic training setting.

7:30pm – 9:00pm
Advanced

Assuring and Enhancing Quality Education in Athletic Training
Mark Laursen, President of the Commission on Accreditation of Athletic Training Education (CAATE)

8:00pm – 9:00pm
Essential

Athletic Training in a Non-Traditional Setting
Danielle Hemingson, MA, LAT, ATC, CPT
Norm Waitt Sr. YMCA, South Sioux City, NE
- This presentation will inform attendees how an Athletic Trainer can use his/her knowledge and skills in non-traditional Athletic Training setting and when working with special populations.

*9:00pm – 11:00pm

*Student Welcome Reception
- ALL Students are Invited to Attend (Casual Attire)

9:00pm – midnight

Opening Reception for All Certified Attendees (including Certified Students) at the *Tavern II* across the street from the hotel (Casual Attired)

Friday, March 28, 2014

(*Indicates student sessions)

7:30am – 9:00am	Exhibit Hall Open for Certified Athletic Trainers <u>Only</u> (Continental Breakfast provided during this time)
7:30am – 2:00pm	Registration Desk Open (in the Exhibit Hall) - Students who pre-registered for the MAATA Symposium may pick up their materials in the meeting room foyer from 7:30am-9:00am. Any student needing to register on-site may do so starting at 9:00am in the Exhibit Hall.
*7:30am – 9:00am	*Student Session: <i>ATs in Non-Traditional Settings</i> - Panel Discussion featuring: Tona Hetzler EdD, ATC (Adaptive Athletics), Greg Gardner EdD, ATC (Athletic Training Education, CAATE and Site Visits), Megan Probasco MA, ATC and Matthew Doyle MS, ATC (Physician Extender Component)
8:00am – 9:00am Essential	<i>Free Communications Presentations</i>
8:00am – 8:20am	<i>A Cross-Section Analysis of Vitamin D Status on Muscle Strength and Power in NCAA Athletes</i> Rachel Hildebrand, Southern Nazarene University; Aric Warren, Bridget Miller, Deana Hildebrand, and Brenda Smith, Oklahoma State University
8:20am – 8:40am	<i>Evidence Based Medicine Use of Low-Level Laser Therapy</i> ; Nathan Newman, Loras College
8:40am – 9:00am	<i>A Longitudinal Examination of Depressive Symptomology in Concussed and Injured, Non-Concussed Division I Student-Athletes</i> Trevor Roiger, Lee Weidauer, Bryce Kern, South Dakota State University
9:00am – 10:00am Advanced	<i>Dermatological Issues in Athletics</i> Dr. Marc Molis, MD, FAAFP, Unity Point Sports Medicine - Urbandale - This presentation will include the diagnosis, treatment, and return to play issues related to dermatological conditions and participation in athletic activities.

Friday, March 28, 2014 (continued)

(*Indicates student sessions)

9:00am – 10:00am
Essential*411 or 911? Evaluating the Significance of Drug Interactions*Kristin Meyer, PharmD, CGP, CACP, FASCP,
Drake University School of Pharmacy and Health Sciences

- Some drugs, foods, and beverages interact negatively, inhibit, and/or increase the effects of other medications. This session will discuss the most common, as well as the lesser known, drug interactions and the significance of these interactions as they relate to the athletic population.

*9:00am – 1:00pm

*Conclusion of the ACES Workshop
(began on Thursday - - separate registration required)

9:00am – 2:00pm

Exhibit Hall Open for **ALL** Attendees**10:00am – 10:30am****Exhibit Hall Break – ALL Attendees**10:30am – 11:30am
Essential*Diagnostic Ultrasound – Clinical Applications in Sports Medicine*

Dr. Mederic Hall, MD, University of Iowa Sports Medicine Center

- This session will introduce diagnostic ultrasound and its clinical applications. It will include a discussion of injuries and conditions that can benefit from the use of diagnostic ultrasound along with procedures that are aided by diagnostic ultrasound.

10:30am – 12:30pm
Advanced*The Globalization of Athletic Training*Denise Fandel, MBA, CAE, Board of Certification
Greg Gardner, EdD, ATC, The University of Tulsa;
John Roslien, MS, LAT, ATC, Central College

- This session will provide a history on the global development of the Athletic Training Profession and explain the current initiatives of the BOC and the World Federation of Athletic Training and Therapy. In addition, theories, concepts, issues and practical applications for an athletic trainer traveling with athletes internationally will be discussed.

Friday, March 28, 2014 (continued)

(*Indicates student sessions)

11:30am – 12:30pm
Essential

Exertional Rhabdomyolysis
 Dr. Kyle Smoot, MD, University of Iowa
 Department of Medicine
 - Attendees will learn what Rhabdomyolysis is, what they need to know about it, how it is diagnosed, and how it can be prevented.

11:30am – 1:00pm

Young Professionals Boxed Luncheon
 - All Young Professionals are Invited
 (Certified Athletic Trainers Age 35 and lower)
 Order lunches when registering for the Symposium

12:30pm – 1:00pm

Exhibit Hall Break – ALL Attendees
 Lunch Break (order lunches when registering for the Symposium)

1:00pm – 2:00pm

District V Athletic Training Student Leadership Council Executive Board Meeting

1:00pm – 4:00pm **Mastery**
Rehabilitation of the Upper Extremity
 Sponsored by the NATA Research & Education Foundation

University of Iowa Sports Medicine
 Jeff Fleming, DPT, ATC
 Paul Pursley, PT, SCS, CSCS
 Mike Shaffer, PT, ATC, OCS

- Topics: Prevention and Evaluation of Upper Extremity Injuries, Management of Instability, Scapulothoracic Disorders, and Return to Activity

1:00pm – 4:00pm
Advanced

CAATE Program Director's Workshop
 (There is a Cost for this Workshop and Pre-Registration is Required)

Using Outcomes to Drive Change in Your Program
 Doug Horton, MS, ATC, CAATE Annual Report Committee Member and Robert Sipes, EdD, ATC, CSCS, Chair, CAATE Annual Report Committee

Friday, March 28, 2014 (continued)

(*Indicates student sessions)

1:00pm – 4:00pm Continued

CAATE Program Director's Workshop (Continued)
Standards Review
 LesLee Taylor, PhD, ATC, CAATE Commissioner

Open Forum
 Mark Laursen, MS, ATC, President, CAATE
 Micki Cuppett, EdD, ATC, Executive Director,
 CAATE

*2:00pm – 3:00pm

*Student District Meeting
ALL Students Should Attend this Important Meeting

*3:00pm – 4:00pm

*Student Session: *Concussions*
 Rusty McKune, MS, LAT, ATC
 University of Nebraska Medical Center

3:30pm – 5:00pm
 (Authors Present 4:00pm-5:00pm)
 Essential

Free Communications Poster Presentations

*The Impact of a Postsecondary Fitness and
 Wellness Course on Physical Activity Behaviors*
 J Ellis, Walden University

*Parents' Perspectives: Youth Participation and
 Concussions in High-Risk Sports*
 Amanda Teter, ATC, LAT and Jessie Daw, PhD,
 Northern State University

*4:00pm – 5:00pm

*Student Session: *Taping Techniques*
 Jennifer Volberding, PhD, ATC, LAT
 Oklahoma State University

4:00pm – 5:00pm
 Mastery

Movement Assessments
 Mark Coberley, MS, ATC, LAT, CSCS, NASM,
 PES, CES; Iowa State University
 - This session will present information on the use of
 advanced movement analysis techniques to develop
 specific corrective exercise programs for injury
 prevention and rehabilitation utilizing mobile
 technology.

Friday, March 28, 2014 (continued)

(*Indicates student sessions)

4:00pm – 5:00pm

Essential

4:00pm – 4:30pm

*Free Communications Presentations**Undergraduate and Graduate Professional Athletic Training Students Demonstrate Metacognitive Awareness and Self-Determination*

Michael Hudson, PhD, ATC, Missouri State University; LesLee Taylor, Texas Tech University, William Pitney, Northern Illinois University

4:30pm – 5:00pm

*Flipping the Athletic Training Classroom*Robin Ploeger, EdD, ATC, LAT
The University of Tulsa

5:00pm – 6:30pm

State Meetings

Iowa

Kansas

Missouri

Nebraska

North Dakota

Oklahoma

South Dakota

6:30pm – 8:30pm

Hall of Fame and Awards Dinner

8:30pm – 9:30pm

MAATA Quiz Bowl

8:30pm – 11:00pm

MAATA Reception – All Attendees and Registered Guests are Invited

Saturday, March 29, 2014

(*Indicates student sessions)

7:30am – 8:30am

Continental Breakfast Open to ALL Attendees

7:15am – 7:45am

Check-in for the Evidence –Based Educational Session: *Critical Appraisal to Clinical Recommendation*

Saturday, March 29, 2014 (continued)

(*Indicates student sessions)

7:45am – 11:00am
Essential

Critical Appraisal to Clinical Recommendation
Mary Beth Zwart, EdD, ATC and Bernadette Olson, EdD, AT, ATC; South Dakota State University
- Time is a precious commodity to a practicing clinician. In between event coverage, documentation, patient care and treatment; reading scientific literature may not even enter into the picture. This presentation will provide a practicing clinician with two strategies from which to read scientific literature, and then from that appraisal, assist the clinician to develop a clinical recommendation.

- Pre-registration for this session is required as this is an Evidence-Based Session where attendance must be kept. Participants are responsible for reporting the amount of EB CEUs earned (up to 3 EB CEUs are possible).

*8:00am – 10:30am

*Student Abstract Presentations

8:00am – 8:20am

The Relationship of Q-Angle to ACL injuries in Female Athletes
Albert, J, Helfer, M, & Zwart, MB
South Dakota State University

8:20am – 8:40am

Patella Versus Hamstring Tendon Autografts for Anterior Cruciate Ligament Reconstruction
Schroenpfer, H.J., Blackwell, M.S., & Zwart, M.B.

8:40am – 9:00am

Assessment of Emergency Readiness and Delivery of Athletic Healthcare at Nebraska High Schools
Schwaderer, C.A. & Unruh, S.A.
University of Nebraska Kearney

9:00am – 9:20am

Effect of Spinal Manipulation Therapy and Therapeutic Exercise on Patients with Chronic Neck Pain
Morrison, C. & Zwart, M.B.
South Dakota State University

Saturday, March 29, 2014 (continued)

(*Indicates student sessions)

***Student Abstract Presentations (Continued)**

9:20am – 9:40am

Fibular Fracture and Bimalleolar Dislocation of a College Football Player: A Case Report
Hart, R.S, Nickell, S.M., & Schneider, K.R.
Southeast Missouri State University

9:40am – 10:00am

Kinesio Taping Effects on Muscle Strength of the Scapula
Meyer, C.M., Truman State University

10:00am-10:20am

The Effects of Early Passive Range of Motion Exercises on Increasing Range of Motion to the Shoulder
Thyren, D., Wolf, T., & Zwart, M.B.
South Dakota State University

8:00am – 10:30am

MAATA Mentoring Workshop
This session is by invitation only

*9:00am – 10:30am

Free Communications Poster Presentations

(Authors Present 9:30am-10:30am)

Author Names	Title
Erickson, C., Goodwill, C., & Zwart, M.B. South Dakota State University	The Effect of Joint Mobilization on Increasing Dorsiflexion Range of Motion
Paul, K.R. Central College	Frozen Shoulder Syndrome: Conservative Treatment vs. Surgery
Helfer, M., Olson, B.L., & Weidauer, L. South Dakota State University	Frequency Recommendations for Concussion Baseline Testing: Results from One and Two-Year Baseline Concussion Testing Visits in Adolescent Athletes
Plake, S.E. & Schneider, K.R. Southeast Missouri State University	Bacterial Infection of the Sacroiliac Joint of a High School Level Female Athlete: A Case Report
Forsythe, A.J., Nickell, S.M., & Schneider, K.R. Southeast Missouri State University.	Alternative Conservative Treatment of Tuft Toe in a Collegiate Gymnast
Johnson, J.K. Central College	Effect of Balance Training on Reduction of Ankle Sprains in Athletes
Nordgren, M., Ruppelt, M. & Zwart, M.B. South Dakota State University	Difference in PNF and Static Stretching in Gaining Hamstring Flexibility
Mathis, A.N. & Schneider, K.R. Southeast Missouri State University	Cavernoma in a Female Soccer Player: A Case Report
Wunder, J.A. Central College	The Benefits of Arthroscopic Repair for Patients Suffering a Rotator Cuff Tear
Jongeling, R.M., Duinink, L.J., & Briggs, D.J. Central College	Treatment Options for Neurogenic Thoracic Outlet Syndrome (NTOS)
Hamman, K. & Zwart, M.B. South Dakota State University	Effects of Concentric and Eccentric Strengthening for Rotator Cuff Tendinopathy

Saturday, March 29, 2014 (continued)

(*Indicates student sessions)

9:00am – 10:30am
Advanced

Liability & Risk Management

Chad Kinart, ATC, Board of Certification

- This session will discuss current areas of liability that are of concern for Athletic Trainers along with ways to lower the liability risk. In addition, the concept of risk management will be discussed along with several practical examples.

10:30am – 12:00pm
 Essential

Panel Discussion Sponsored by the MAATA Young Professionals Committee

Rick Burkholder, MS, ATC, LAT

Kansas City Chiefs

Mark Coberley, MS, ATC, LAT, CSCS, NASM, PES, CES; Iowa State University

Shawna Jordan, PhD, LAT, ATC; Kansas State University

Dan Newman, MS, ATC, LAT; Union High School

10:30am-12:00pm
 Essential

Emergency Procedures Sponsored by the District Athletic Training Student Leadership Council (DV-ATSLC)

Dustin Briggs, MS, ATC, LAT, CSCS, NREMT Central College

David Fitzhugh, PhD, ATC, AEMT, I/C Fort Hays State University

- This presentation and lab will focus on how Athletic Trainers should manage the airway in emergency situations. Information to be covered will be centered on how to use oxygen administration devices, airway adjuncts, pulse oximeters, and albuterol nebulizers. This will include how these devices work, indications and contraindications for use, and dosages for medication (oxygen and albuterol). A lab opportunity will be made available for those individuals wishing to practice the psychomotor skills associated with using these devices. There will also be a discussion and demonstration of advanced airways (supraglottic airways and endotracheal intubation) if time allows.

Saturday, March 29, 2014 (continued)

(*Indicates student sessions)

11:00am – 12:00pm
Advanced*Food-Dependent Exercise-Induced Anaphylaxis: An under-recognized condition*Katherine “Kitty” Newsham, PhD, ATC
Saint Louis University

- Food-Dependent Exercise-Induced Anaphylaxis (FDEIA) will be explained, including symptoms associated with FDEIA and evidence-based testing protocols for individuals suspected of having FDEIA. Management strategies for FDEIA will also be discussed.

12:00pm – 1:30pm

MAATA Business Meeting and Lunch
(Box lunch must be ordered when registering)

- All Certified and Student Attendees are highly encouraged to stay for the Business Meeting.

**THANK YOU FOR ATTENDING THE 2014 MAATA MEETING & SYMPOSIUM!
SEE YOU AT THE 36th ANNUAL MAATA MEETING & SYMPOSIUM MARCH 2015
AT THE RAMADA PLAZA OMAHA HOTEL!**

MAATA – DISTRICT V BOARD OF DIRECTORS

Eric McDonnell, MEd, ATC, LAT	District Director
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MAATA ANNUAL MEETING COMMITTEE

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Annual Meeting Contracts	Doug West, PhD, ATC, LAT, CSCS
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Exhibit Hall Coordinator	Scott Winslow, MS, ATC, LAT
Free Communications Chair	Phillip Vardiman, PhD, ATC, LAT
Registration Committee Chair	Barb Rademacher
Student Session Coordinator	Jennifer Volberding, PhD, ATC, LAT
Student Quiz Bowl Coordinator	Lana Loken, EdD, ATC

Additional Committee Members

Education Committee

Dustin Briggs, MS, ATC, LAT, CSCS, NREMT (Iowa Liaison)
 Karen Fennell, MS, ATC, LAT
 David Fitzhugh, PhD, ATC, NRP, I/C
 Katherine “Kitty” Newsham, PhD, ATC, LAT
 Michelle Padgett, MS, ATC, LAT, CSCS

Free Communications Abstract Review Committee

Michael Hudson, PhD, ATC
 Trevor Roiger, EdD, ATC
 Jennifer Volberding, PhD, ATC, LAT
 Mary Beth Zwart, EdD, ATC

Members of Other Committees

Karla Bruntzel, PhD, ATC, LAT	Registration Committee
Lindsey Clemensen	Student Program Committee
Tona Hetzler, EdD, LAT, ATC	Student Program Committee
Melanie McGrath, PhD, ATC	Student Quiz Bowl

The Annual Meeting Committee would like to give special recognition to the following individuals for assisting in obtaining local healthcare professionals as speakers for the 2014 Meeting in Des Moines:

Troy Kleese, ATC, LAT	Steve Mather, ATC, PT, OCS
Eric Knudson, MS, ATC, LAT	Terry Noonan, MS, ATC, LAT, ART