

Learning Objectives

Athletic Pubalgia: Prevention, Recognition, Treatment, and Rehabilitation

- Define athletic pubalgia and understand contributors to injury
- Identify methods for evaluating and diagnosing athletic pubalgia
- Discuss treatment and rehabilitation techniques
- Gain an advanced understanding of how to implement injury prevention initiatives

Current Research in Dynamic, Static, and PNF Stretching

- Understand research supporting history of various types of flexibility and mobility modalities
- Understand research supporting type of stretching specific to a clinician's setting
- Understand practical applications for pre-practice/game and post practice/game cool down and flexibility

Adaptive Sports: Caring for athletes with disabilities - Where do healthcare providers fit in?

- Describe the conceptual framework of disability
- Discuss the level of disability and functional consequence of illness, along with the social and physical environments of athletes with disability
- Review considerations for treatment and management of athletes with disability
- Understand interdisciplinary clinical care teams, the different roles and functions of various team members, and other disability-specific resources in both the health care system and the community
- Recognize the legal requirements of the Americans with Disabilities Act in health care

Psychological Aspects in the 21st Century

- Participants will be able to identify and define critical areas of psychosocial conditions within a patient population
- Participants will learn how to implement psychosocial strategies for treatment and rehabilitation of patients
- Participants will establish a professional referral network for psychosocial conditions

Modern Concepts of Sports Nutrition

- Describe the role of dietary supplements to enhance performance
- Identify pre- and post-training nutrition strategies for athletes
- Evaluate common fad diets used by athletes

Registration information can be found online at www.alata.org/education.htm

Early Registration is \$150 for ALATA members (ends on 5/18), On-Site Registration for ALATA members is \$160, \$185 for non-members, \$100 for Certified Student Members of ALATA, and \$50 for non-certified athletic training students. ALATA Hall of Fame members are asked to register, but will have no registration charge for the event.

ALATA REFUND POLICY

Refunds for registration fees will be granted under the guidelines listed below. All requests for refunds must be made in writing to the Treasurer (emails will be accepted as written documentation).

- Four weeks prior to the start of the scheduled meeting – full refund minus \$10.00 processing fee.
- Two weeks prior to the start of the scheduled meeting – 75% refund.
- One week prior to the start of the scheduled meeting – 50% refund.
- Less than one week prior to the start of the meeting – 0% refund.

ALATA understands that emergent circumstances arise (family emergencies, employment requirements/ changes). An ALATA member may request review of circumstances in writing to the President within 15 days of the scheduled meeting for full refund under these conditions. This is a request; not automatic guarantee. Please provide any supporting documentation with such a request.



Alabama Athletic Trainers' Association Annual Meeting and Symposium

June 1-2, 2018

Samford University

Birmingham, AL

Learning Objectives

Airway Management Lab

- Participants will be able to differentiate the various Airway adjuncts available for use in emergency situations
- Participants will recognize the indications and contraindications for utilizing various Airway adjuncts
- Participants will engage in selecting, applying, and using various Airway adjuncts

Interprofessional Health Care Administration

- Understand the importance of compliance and risk management, and the role that healthcare administrators can play in supporting the Athletic Trainer's practice
- Identify specific areas of heightened risk in the Athletic Trainer's practice, as well as ways to mitigate these risks
- Discuss ways to better educate healthcare administrators on the role expectations and particularities of the practice of Athletic Trainers

Management Techniques for Athletic Hand Injuries

- Review hand injury anatomy
- Understand the mechanism of common hand injuries
- Identify management techniques for the treatment of common hand pathologies

Dynamic, Static, and PNF Stretching Lab

- Demonstrate dynamic, static, and proprioceptive neuromuscular facilitation flexibility exercises
- Understand eccentric and deceleration training to reduce the chances of injuries
- Understand teaching points for prehab and rehab protocols

Surgical Considerations for an ACL Tear Using a Quadriceps Tendon Graft

- Review relevant anatomy for ACL recon and graft harvest
- Understand graft choices for ACL recon
- Recognize advantages of quad tendon as ACL graft choice

New Advances and Techniques in Therapeutic Modalities and Rehabilitation Protocols

- Understand the rationale and recommended parameters for low level laser therapy, cupping therapy, dry needling therapy, ultrasound therapy, phonophoresis, iontophoresis, electrical muscle stimulation, cryotherapy, thermotherapy, and Graston technique
- Review advances in rehabilitation for Anterior Cruciate Ligament Injuries
- Review advances in manual therapy techniques and evaluate their effectiveness
- Review and discuss recent literature on recommend number of therapy visits

FRIDAY, JUNE 1, 2018

7:30 am	Registration	
8:00 am	Welcome/Opening Remarks	
8:15 am	Athletic Pubalgia: Prevention, Recognition, Treatment, and Rehabilitation	Jeremy Gsell, MS, ATC *EBP course
10:15 am	Networking and Vendor Break	
10:30 am	Current Research in Dynamic, Static, and PNF Stretching	Michael Ryan, ATC
11:30 am	Lunch	
1:00 pm	Adaptive Sports: Caring for athletes with disabilities - Where do healthcare providers fit in?	Betsy Melcher, ATC, PA-C
2:00 pm	Breakout 1: Psychological Aspects in the 21 st Century	DJ Gilliland, Jr., EdD, ATC
	Breakout 2: Modern Concepts of Sports Nutrition	Tyler Williams, PhD, CSCS
	Breakout 3: Airway Management Lab	Lisa Herbinger, DNP, MSN, CRNA
	Breakout 4: Interprofessional Health Care Administration	Ashley Robertson, PhD, JD
4:00 pm	Management Techniques for Athletic Hand Injuries	Dr. Kathleen McKeon
5:00 pm	Town Hall Meeting	
6:00 pm	Social at Cantina Laredo	

SATURDAY, JUNE 2, 2018

8:00 am	Dynamic, Static, and PNF Stretching Lab	Michael Ryan, ATC
9:00 am	Surgical Considerations for an ACL Tear Using a Quadriceps Tendon Graft	Dr. Lee Murphy
10:00 am	New Advances and Techniques in Therapeutic Modalities and Rehabilitation Protocols	Andy Grubbs, M.Ed, ATC *EBP Course
12:00 pm	Hall of Fame Luncheon	Please RSVP in the registration for this event
1:30 - 3:30 pm	New Advances and Techniques in Therapeutic Modalities and Rehabilitation Protocols	Andy Grubbs, M.Ed, ATC

Thank you to our sponsors...



ALATA is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This course is approved for 7 Category A and 6 EBP continuing education units for Certified Athletic Trainers.