

Iowa Athletic Trainer's Society Clinical Symposium and Annual Meeting

This event will be held virtually using Zoom. Click the registration link below to sign up and a link to the live meeting will be sent to you on May 27, 2020.

Schedule of Events

Thursday May 28

- 12:00 - 1:00 PM Business Meeting
- 1:30 - 3:00 PM Student Poster Presentations

Friday 5/29

- 8:30 – 9:30 AM **Current Topics in Athletic Training Education**
By Nathan Newman, EdD, ATC., Megan Lundstrom, EdD, LAT, ATC, Christopher Viesselman, EdD, LAT, ATC (1 Category A CEU)
- 9:30 – 11:00 AM **Cervical and Thoracic Spine Pain: Evaluation and Treatment**
By Steve Mather, MA, PT, LAT, OCS (1.5 Category A CEU)
- 11:00 – 12:00 PM **Applying Pain Neuroscience Principles to the Sports Medicine Population**
By Abby Gillard, PT, DPT, CSMT, CSCS (1 Category A CEU)
- 12:00 – 1:00 PM **What's New with Patella-Femoral Syndrome?**
By Steve Mather, MA, PT, LAT, OCS (1 CEU- EBP Pending)
- BREAK
- 1:30 – 3:00 PM **Concussions 2020: Brains, Behavior, Learning and Common Sense.**
By Marla Shapiro, PhD, HSP, NCSP (1.5 Category A CEU)
- 3:00 – 4:00 PM **The Iowa Concussion Law – Discussion and Scenario Reviews**
By Troy Kleese, LAT, ATC (1 Category A CEU)
- 4:00 – 5:00 PM **Financial Wellness**
By Lisa Grefe

Total: 6 Category A/ 1 EBP- Pending CEUs available
Program Fees - \$43.48 with processing fees included

*Online Registrations may cancel by May 26th with full refund of registration fee (\$40). Online processing fees will not be refunded. Cancellations after this date will forfeit registration fees. No partial day registrations or refunds will be allowed. To cancel registration by May 26th, 2020, email ckblack20@gmail.com.



The Iowa Athletic Trainers' Society is approved by the Board of Certification, Inc to offer continuing education to Certified Athletic Trainers.

Sponsors

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Rock Valley Physical Therapy
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Learning Objectives

Current Topics in Athletic Training Education

- Provide context for and a definitive of contemporary expertise within the CAATE 2020 Professional Standards.
- Identify methods for demonstrating contemporary expertise.
- Provide examples of contemporary expertise for faculty and clinical preceptors.
- Identify changes with implications for preceptors and clinical education.
- Identify changes in the CAATE standards regarding curricular content embedded within professional level athletic training programs.

Cervical and Thoracic Spine Pain: Evaluation and Treatment

- Attendees will be able to identify pertinent anatomical landmarks in treating these patients.
- Attendees will be aware of underlying medical conditions and visceral complications which could affect their treatment of these patients.
- Attendees will be aware of clinical prediction rules which can aid their decision-making with these diagnoses.
- Attendees will be aware of evidence-based therapeutic exercises which can be of assistance to those who have cervical and thoracic pain.

Applying Pain Neuroscience Principles to the Sport Medicine Population

- To provide athletic trainers with a review of pain models and an update of current pain neuroscience principles
- To provide a framework for applying this knowledge to the sports medicine population
- To review available objective and subjective assessment tools that can assist athletic trainers in working with an athlete dealing with chronic pain

What's New with Patella-Femoral Syndrome?

- Describe therapeutic exercise of quadricep and gluteal muscle groups that show most efficacy in treating patellafemoral syndrome (PFS) and anterior knee pain.
- Demonstrate proper techniques of patellar mobilization, taping, and myofascial release techniques that will help correct musculoskeletal impairments consistent with PFS.
- Identify therapeutic modalities that may be of use in selected cases of PFS.
- Demonstrate proper evaluation techniques to identify impairments characteristic of PFS.

Concussions 2020: Brains, Behavior, Learning and Common Sense.

- Review current definitions of concussion and primary practice guidelines
- Discuss the role of sports neuropsychology and multidisciplinary clinics in the management of pediatric concussion
- Provide evidence-based recommendations to guide assessment, management, and clearance practices
- Debunk common myths and obsolete practice recommendations
- Discuss effective pre-season assessment strategies to mitigate injury risk and for comparison with post-injury symptoms
- Highlight considerations for general RTL/RTP protocols

The Iowa Concussion Law – Discussion and Scenario Reviews

- Overview of state law update effective July 1, 2019
- Discuss and evaluate scenarios using the law and best-practice
- Need for continued education when it comes to defining concussion and improving care of concussion