

Iowa Athletic Trainers' Society Annual Meeting and Clinical Symposium 2021

This event will be held using a hybrid model. Thursday, June 3rd will be held virtually using Zoom. Friday, June 4th will be held live at the West Des Moines Marriott. The event Friday will also be available through Zoom. A link to the live, virtual meeting will be sent to you on June 2nd, 2021.

Thursday, June 3rd – Virtual via Zoom

- 8:00 – 9:30 AM **The Science and Application of Personalized Blood Flow Restriction Exercise in Rehab and Performance**
By Brett Nowotny PT, DPT, EP-C
1.5 Category A CEUs
- 9:30 – 11:00 AM **Understanding Patient Values: Making DEI a Priority**
By: Dr. Jamie Mansell PhD, LAT, ATC, and Dani Moffit PhD, LAT, ATC, and Destinee Grove MS, LAT, ATC
1.5 Category A CEUs
- 11:00 AM – 12:00 PM **Management of Femoroacetabular Impingement Syndrome: An Update**
By Adam Yoder DPT, ATC, OCS, FAAOMPT
1.0 Category A CEU
- 12:30 – 1:30 PM **Integrating the Proposed DEI and Social Justice CAATE Standards into the Curriculum**
By Christopher Viesselman EdD, LAT, ATC, Emma Nye DAT, LAT, ATC, and Jessica Edler Nye Ph.D, LAT, ATC
*Target audience is educators; **No CEUs available***
- 1:30 – 3:00 PM Student Poster Presentations

Friday June 4th – In-person/virtual

- 8:30 – 10:00 AM **Case Study: Low Back Pain in a Professional Baseball Player**
By Abby Gillard, PT, DPT, CSMT, CSCS
1.5 Category A CEU
- 10:00 AM – 11:00 AM **Patient Reported Outcomes: What are they?, Why should I use them?, and Where do I start?**
By Richelle M. Williams, Ph.D., ATC
1.0 Category A CEU
- 11:00 AM – 12:00 PM **Supporting an Athlete's Mental Health Needs**
By Kayla Bell-Consolver, TL-LMHC, MS
1.0 Category A CEU
- 12:00 PM – 1:00 PM Business meeting/Lunch/Awards
- 1:00 – 2:30 PM **Approach to Diagnosis and Treatment of the Sportsman Hernia**
By Audra Ramsey, DO
1.5 Category A CEU
- 2:30 – 3:30 PM **Current Topics in Athletic Training Education II**
By Nathan Newman, EdD, ATC, Kelli Synder, EdD, ATC, and Tricia L. Schrage, EdD, LAT, ATC
1.0 Category A CEU

3:30 – 5:30 PM

American Red Cross CPR for the Professional Rescuer Certification

*Requires separate registration

10.0 Category A CEUs offered

COVID Policy

Capacity for the in-person event is being limited to 62 participants in order to maintain proper social distancing for a classroom setting. Current CDC guidelines are being followed and will be updated as needed, as we move closer to the event date. Masks will be required at all times while you are attending the meeting. A live broadcast of the presenters on Friday will be held over Zoom if you are not comfortable attending in-person.

Cancellation Policy

The Iowa Athletic Trainer's Society will offer a full refund of the general conference registration fees for requests received up to 2 weeks prior to the event, less a processing fee taken by GetMeRegistered. In the 2 weeks leading up to the event, refunds will be granted less a \$15 administrative fee. No cancellations will be processed on or after the first day of the scheduled event. No refunds or cancellations will be processed for recorded events. All refund requests must be sent in writing (email) to and received by the IATS Annual Meeting Chair, Christine Black; iatsannualmeeting@gmail.com and will be processed no later than four weeks after the last day of the Annual Meeting. Refunds will be issued to the original payer in the same amount as the payment received. Requests to change from the in-person to virtual or virtual to in-person format must be sent in writing (email) to and received by the IATS Annual Meeting Chair by May 19, 2021. The link to access the virtual meeting on Friday will only be sent to those who registered for the virtual event, or those who have notified us of a change prior to May 19, 2021.



Iowa Athletic Trainer's Society Sponsors

- University of Iowa Sports Medicine
- Brain Injury Alliance of Iowa
- Henry Schein

Required Materials and Equipment

- Virtual attendance - a device with reliable internet access is required to attend the event
- In-person attendance (Friday) - there are no required materials or equipment

Learning Objectives

The Science and Application of Personalized Blood Flow Restriction Exercise in Rehab and Performance

- Explain and define Personalized Blood Flow Restriction exercise.
- Understand the physiology of how Personalized Blood Flow Restriction exercise improves strength, hypertrophy, performance, and rehab outcomes

- Understand the different areas and ways to utilize Personalized Blood Flow Restriction exercise in order to improve rehab outcomes and to improve performance.
- How to apply Personalized Blood Flow Restriction exercise safely and effectively for patient care in the clinic.

Understanding Patient Values: Making DEI a Priority

- Describe the relationship between diversity, equity, and inclusivity by defining the role of each in health care.
- Self-reflect on one's own current approach to patient-centered care.
- Identify resources to increase cultural literacy and application to practice.

Management of Femoroacetabular Impingement Syndrome: An Update

- Define femoroacetabular impingement syndrome (FAIS)
- Discuss evaluation and diagnosis strategies for FAIS
- Discuss differential diagnoses of FAIS
- Discuss effectiveness of conservative management strategies in FAIS
- Discuss Post-Operative Management of FAIS
- Discuss Post-operative rehabilitation strategies to return to sport

Case Study: Low Back Pain in a Professional Baseball Player

- To review factors affecting chronic performance-related LBP in a professional baseball pitcher
- To discuss manual and exercise-based treatment techniques for lumbar and lumbosacral pain
- To review clinical tests and measures and clinical decision making pathways based on patient presentation
- To demonstrate specific rehabilitation interventions used to promote return-to-play level of function

Patient Reported Outcomes: What are they?, Why should I use them?, and Where do I start?

- Advocate for the health needs of clients, patients, communities and populations.
- Use the International classification of functioning, disability and health as a framework for delivery of patient centered care and communication about patient care.
- Identify and implement the ICF into clinical practice. Standard
- Understand the use of Patient reported outcomes
- Identify barriers and implementation strategies for PROs in clinical practice

Supporting an Athlete's Mental Health Needs

- Participants will be able to help athletes identify areas where they may need more assistance with self-care practices.

- Participants will learn helpful coping and grounding strategies to help athletes self-soothe and manage their mental health symptoms.
- Participants will be able to practice strategies to respond to athletes with mental health concerns.

Approach to Diagnosis and Treatment of the Sportsman Hernia

- Define sportsman hernia
- Name three musculoskeletal diagnoses associated with sportsman hernia
- Perform structural exam and treat with muscle energy and strain counter strain.
- Review importance of rehabilitation programs focusing on hip, pelvis, and core stability.

Current Topics in Athletic Training Education II

- Review concepts associated with the International Classification of Functioning, Disability, and Health (ICF) for patient care and how to incorporate these as a clinician and as a preceptor into student education.
- Review concepts associated with social determinants of health for patient care and how to incorporate these as a clinician and as a preceptor into student education.
- Review concepts associated with the sensitivity, specificity, and likelihood ratios for patient care and how to incorporate these as a clinician and as a preceptor into student education.