

Iowa Athletic Trainers' Society Annual Meeting and Clinical Symposium 2023

This event will be held virtual via Zoom on Thursday and in-person at the West Des Moines Marriott at 1250 Jordan Creek Pkwy, West Des Moines, IA 50266 on Friday.

Thursday, May 25th: Virtual

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| 8:30 – 9:30 AM | Sidelined: Helping Athletes Adapt and Thrive After Medically-Forced Exit From Sport
By Jordan Anderson MS, LAT, ATC
1.0 Category A CEUs |
| 9:30 – 10:30 AM | Clinical Athletic Trainers as integral part of Orthopedic Hand Team
By Rachel Reimann MS, LAT, ATC & Allison Barloon MS, LAT, ATC, BCS-O
1.0 Category A CEUs |
| 10:45 – 11:45 AM | Mental Health and Resiliency for Health Care Providers
By Melissa Graham, PhD
1.0 Category A CEU |
| 11:45 AM – 12:45 PM | Dermatologic Conditions in Skin of Color
By Allison Goldenstein
1.0 Category A CEU |

Friday May 26th: In-Person

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| 8:00 AM – 9:00 AM | State Meeting |
| 9:00 AM – 10:30 AM | Concussion: What's New Wince the 6th International Concussion in Sport Conference
By Richelle Williams PhD, ATC & Shannon Bauman MD
1.5 Category A CEU |
| 10:30 AM – 10:40 AM | Break |
| 10:40 AM – 11:40 PM | The Role of the Buffalo Concussion Treadmill Test in Concussion Management
By Megan Kushner, PT, DPT, LAT, ATC
1.0 Category A CEU |
| 11:40 AM – 12:40 PM | Honors and Awards Luncheon |
| 12:40 PM – 2:10 PM | Throwing Biomechanics and Management of Overhead Athletes
By Carter Trager, DPT
1.5 Category A CEU |
| 2:20 PM – 3:20 PM | Rehabilitation of the Overhead Athlete: “Underneath” Factors Relevant to Overhead Function
By Lauren Mach, PT, DPT, ATC, CMPT
1.0 Category A CEU |
| 3:25 PM – 4:25 PM | ACL Reconstruction Surgery in a Professional Ice Hockey Player
By Dan Barker, LAT, ATC
1.0 Category A CEU |

10.0 Category A CEUs offered.

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 for the same amount as the payment received.



Iowa Athletic Trainer's Society Sponsors

- Iowa Ortho
- Kinetic Edge
- University of Iowa Sports Medicine
- Humpal Chiropractic
- Rock Valley Physical Therapy

Required Materials and Equipment

- Virtual attendance – computer and internet access
- In-person attendance - there are no required materials or equipment

Learning Objectives

Sidelined: Helping Athletes Adapt and Thrive After Medically-Forced Exit From Sport

- Identify common psychological struggles of permanently-sidelined athletes coping with the transition out of competition.
- Explain the Stages of Grief & Transition as they relate to the permanently-sidelined athlete.
- Summarize Brown & Hogg's Model of Healthy Adjustment Following Career-Ending Athletic Injury.
- Differentiate how they can support the permanently-sidelined athlete in the six key areas of: grief and loss, identity crisis, mental health concerns, maintaining motivation, support network, and resources.

Mental Health and Resiliency for Health Care Providers

- Analyze the stressors that affect health care providers.
- Recognize skills that may improve mental resiliency.
- Develop skills to improve physical and mental resiliency.
- Develop understanding of how physical and mental resiliency are related.

Clinical Athletic Trainers as integral part of Orthopedic Hand Team

- Emphasize value of AT in hand clinic.
- Review skills ATs bring to hand clinic.
- Interprofessional team and where we fit in/our role.

Dermatologic Conditions in Skin of Color

- Participants will be able to identify common dermatologic conditions in patients with skin of color.
- Participants will become familiar with the best treatment modalities available for common skin disorders.
- Participants will be able to identify when further workup or referral is needed for a dermatologic complaint.

Concussion: what's new since the 6th international concussion in sport conference

- Understand current best practices for the management of sport-related concussions.
- Describe clinician management practice.
- Introduce early rehabilitation and exercise following a sport-related concussion.

The Role of the Buffalo Concussion Treadmill Test in Concussion Management

- Identify the clinical procedure of the BCTT.
- Understand how to interpret results obtained from a completed BCTT.
- Integrate data from the BCTT into rehabilitation programs following a concussion.

Throwing Biomechanics and Management of Overhead Athletes

- Understand and breakdown an athlete's throwing mechanics.
- Perform a quick UE assessment to rule out any dysfunctions or asymmetries.
- Correctly prescribe rotator cuff and scapular strengthening interventions for overhead athletes.

Rehabilitation of the Overhead Athlete: "Underneath" Factors Relevant to Overhead Function

- Identify factors associated with throwing-related injuries.
- Understand the mechanics of the lower half relative to the thrower.
- Describe common rehabilitation strategies for the overhead athlete.

ACL Reconstruction Surgery in a Professional Ice Hockey Player

- Identify and discuss the important points of an Athletic Trainer after ACL Reconstruction.
- Identify the positions of the lower extremities during biomechanical failure.
- Discussion of the referral process and insurance responsibilities with Worker's Compensation.
- Discuss early onset "prehab" and rehabilitation.
- Discuss decision making leading to permission of athlete to return to skating.
- Early Skating ques and advancement/summer programming.