



FREE
Students & CCCATA
Members

All Others \$25
CCCATA membership
included with fee!

2019 SOUTHERN CALIFORNIA MEETING

Friday August 9th, 8:30AM – 2:00PM

Earn up to **3 CEUs** (CCCATA P3410)



Cerritos College
11110 Alondra Ave, Norwalk, CA 90650



Group 1 (ATCs)

SCHEDULE

Group 2 (students)

8:30AM	Check in / Breakfast <i>sponsored by Med Spec/ASO</i>		8:30AM	Check in / Breakfast <i>sponsored by Med Spec/ASO</i>	
9:00AM	Myofascial Release <i>(Dr. Roni Y Negro, DC, DACBSP)</i>	Weight Room Rehab <i>(Rudy Aguilar, MS ATC)</i>	9:00AM	Interview Skills and Demonstration <i>(Brian Cable, MS, ATC)</i>	
9:45AM	Weight Room Rehab <i>(Rudy Aguilar, MS ATC)</i>	Myofascial Release <i>(Dr. Roni Y Negro, DC, DACBSP)</i>	10:30AM	Exhibit Break	
10:30AM	Exhibit Break		10:45AM	Myofascial Release <i>(Dr. Roni Y Negro, DC, DACBSP)</i>	Weight Room Rehab <i>(Rudy Aguilar, MS ATC)</i>
10:45AM	Strategies to Increase Staffing <i>(Panel)</i> <i>Rory Natividad, Ed.D., ATC</i> <i>Andy Paulin, MS, ATC</i> <i>Junior Domingo, MS, ATC</i> <i>Vance Manakas, MS, ATC</i>		11:30AM	Weight Room Rehab <i>(Rudy Aguilar, MS ATC)</i>	Myofascial Release <i>(Dr. Roni Y Negro, DC, DACBSP)</i>
12:15PM	Lunch <i>sponsored by Henry Schein</i>		12:15PM	Lunch <i>sponsored by Henry Schein</i>	
12:45PM	CCCATA Business Meeting (Conference Center)		12:45PM	CCCATA Business Meeting (Conference Center)	

Learning Objectives:

At the conclusion of the presentations the participant will be able to:

“Using Your Weight Room as Part of Your Rehabilitation Center.”

- Understand how to use simple weight room equipment as part of a rehabilitation program.
- Determine which weight room equipment best fits your population.
- Understand movement patterns to prescribe appropriate exercises.
- Understand how to create new exercises from your weight room.
- Apply the exercises into your student-athletes daily routine with little supervision.

“Using Muscle Testing to Guide Manual Therapy Techniques and Rehabilitation”

- Understanding the concept of myofascial release and the reason it is used. Using a different paradigm in decision making when it comes to soft tissue/manual therapy techniques
- Understanding and using biomechanics (or a weaknesses in the athletes’ biomechanics) to guide treatment vs using subjective complaints.
- Finding root problems, causing decreased ability of the brain to properly utilize the body in motion, leading to injury.

“Strategies to Increase Staffing”

- Understanding what is considered appropriate medical coverage at the community college level.
- Recognizing the importance of communication with administrators to educate them of the care needs of the athletes.
- Understanding of the documentation needed to prove necessity of increase staffing.

RSVP

by July 26th

mvcastro@cerritos.edu

****please include total number including ATC
& students and school affiliation****

Parking: Park in Lot 1 in front of gymnasium. Parking is free in Lot 2

Cancellation Policy: The California Community College Athletic Trainers’ Association (CCCATA) offers various continuing education activities to its members free of charge. The CCCATA reserves the right to cancel these continuing education activities due to an insufficient number of registrants. Please note that the CCCATA is not responsible for any hotel, airline or other expenses incurred. The CCCATA reserves the right to change a course date, location or instructor.