



Annual Meeting Program

Friday May 31st, 2024

Registration 12:00pm – 1:00pm

Welcome 1:00pm – 1:15pm

Emergency Action Plan for baseball/softball activities 1:15pm – 3:00pm

Nicolette Marinello, MS, ATC Cypress College

Andy Paulin, MS, ATC Retired Mt SAC

As athletic trainers, we have a professional responsibility to learn about the equipment for baseball and softball to provide care for athletes and support staff in any emergent situation. In many institutions, both softball and baseball could amount to 75 athletes annually. Athletic trainers stress emergency management and equipment removal for football, while softball and baseball have no equipment guidelines for adequate pre-hospital care. ATCs should be proactive in creating standardized emergency protocols and procedures for all sports, designed to be practiced regularly. Overall, more research is needed to understand the accuracy of equipment removal procedures to improve universal life-saving care.

Learning Objectives:

- Recognize the current research on equipment removal for baseball/softball activity (ie. Catchers, baserunners, umpires) as it relates to best practice in emergency care.
- Identify essential skills and criteria for creating equipment-specific and injury-specific Emergency Action Plans (EAPs).
- Provide an opportunity to athletic trainers, students, and health care staff to learn and practice baseball and softball equipment removal for cervical spine or other medical emergencies.

The Role Nutrition & Supplements plays in Optimizing Recovery 3:00pm – 3:45pm

Nick Padula MS Sports Nutrition, Registered Dietician

Adequate nutrition plays a crucial role in supporting injury prevention and facilitating recovery by providing essential nutrients needed for tissue repair and inflammation control. Clinical recommendation: Emphasize the importance of consuming a balanced diet rich in carbohydrates, proteins, healthy fats, vitamins, and minerals to optimize healing processes and enhance rehabilitation outcomes. Dietary strategies focused on whole foods, including fruits, vegetables, lean proteins, and healthy fats, are integral in supporting immune function, reducing inflammation, and promoting tissue regeneration during injury recovery. Clinical recommendation: Encourage individuals undergoing rehabilitation to prioritize nutrient-dense foods to provide the necessary building blocks for optimal recovery and to aid in injury prevention. While certain dietary supplements such as glucosamine, chondroitin, and collagen peptides may hold promise in supporting joint health and tissue repair, their efficacy and safety profiles vary, and evidence supporting their use is mixed. Clinical recommendation: Exercise caution when recommending dietary supplements, considering individual patient needs and preferences, and emphasize the importance of obtaining essential nutrients from a well-balanced diet whenever possible. Encourage patients to consult with healthcare professionals before initiating supplementation.

Learning Objectives:

- Understanding the role of nutrition in injury prevention and recovery
- Identifying key strategies to optimize recovery from injury
- Assessing the efficacy and safety of nutrition supplements in injury and rehabilitation

Exhibit Break

3:45pm – 4:15pm

Role of team physicians in the Sports Medicine Clinic and Physicals

4:15pm – 5:00pm

Dr. Brahmhatt, MD / Dr. Patel DO

Team physicians play a crucial role in sports medicine clinics and physicals, serving as the primary healthcare providers for student athletes and teams. Here are some key aspects of their role: Team physicians work closely with athletes to prevent injuries through education, training techniques, proper equipment fitting, and monitoring of overall health and fitness. They assess and diagnose injuries or medical conditions affecting athletes. This involves thorough physical examinations, medical histories, and sometimes diagnostic tests such as X-rays, MRI scans, or blood tests. Once an injury or condition is diagnosed, team physicians develop individualized treatment plans tailored to the athlete's needs and goals. This may involve medication, physical therapy, rehabilitation exercises, or surgical intervention. Team physicians oversee the rehabilitation process, guiding athletes through exercises and therapies aimed at restoring function, mobility, and strength following an injury or surgery. They play a crucial role in determining when it's safe for an athlete to return to competition after an injury. This decision is based on the athlete's recovery progress, functional abilities, and risk of re-injury. In the event of a medical emergency during training or competition, team physicians are trained to provide immediate medical care, including stabilizing injuries and coordinating further treatment. Team physicians often collaborate with other healthcare professionals such as physical therapists, athletic trainers, orthopedic surgeons, nutritionists, and sports psychologists to provide comprehensive care for athletes. Team physicians conduct pre-participation physical examinations (PPEs) or sports physicals to assess an athlete's overall health and fitness before they participate in sports.

Learning Objectives:

- Understanding the role of the team physicians in the Sports Medicine Clinic.
- Discuss the importance of pre-participation physical examinations.
- Assist with identifying at-risk factors that could affect performance.

Role of the Physical Therapist in the Athletic Training Room

5:00pm – 5:45pm

Chris Ingstad, PT, DPT, OCS, MTC, ATC, FAAOMPT, Cerritos College

While there are differences in the scope of practice between a physical therapist and athletic trainer, education, and clinical focus, both play an important role in the care and rehab of athletes at the collegiate level. By recognizing and having an understanding of these differences, effective interdisciplinary collaboration can occur. Bridging the gap between ATC and PT through clear communication, mutual respect and shared decision making, we can create a cohesive approach to treating athletes that leverages the strengths and expertise of both professions. Collectively, the collaborative model allows for more comprehensive assessments and treatments, ultimately improving the quality of care for the athletes at the community college level.

Learning Objectives:

- Promote shared value in collaboration between physical therapists and certified athletic trainers in the athletic training room setting at the community college level.
- Develop an understanding of the distinct roles each practitioner plays to benefit the athletes.
- Discuss effective strategies for interdisciplinary treatment plans.
- Discuss ethical and legal considerations for athletic trainers and physical therapists.

Saturday June 1st, 2024

Exercise Your Pain Away: Relax the Body and Alter Pain Perception

8:00am – 9:45pm

Diane Stankevitz DAT, ATC, CSCS, EMT East LA College

The body is equipped with various self-regulating mechanisms that help decrease perceived and actual stress. Such mechanisms include musculoskeletal tremors, which is natural neurophysiological response to stressful or traumatic events. Due to traumatic events, the body stays in a heightened sympathetic or fight or flight response, perpetuating pain and chronic dysfunction. These musculoskeletal tremors allow the body to self-regulate and move out of a constant sympathetic state by fatiguing various muscles and into a parasympathetic state. Trauma Releasing Exercises (TREs) can be used to safely recreate natural musculoskeletal tremors releasing deep chronic tension and decreasing pain.

Learning Objectives:

- Attendees will be able to explain the effects of a heightened sympathetic nervous system as it relates to chronic pain.
- Attendees will be able to explain the effects of the parasympathetic nervous system and how it can be activated to induce relaxation and decrease pain.
- Attendees will be able to apply TREs in a safe and controlled environment.

Exhibit Break

9:45am – 10:15am

Common Collegiate Sports Injuries and Treatment Options

10:15am – 11:00am

Dr. Diltz, MD

Collegiate athletics provide an opportunity for students to compete at an advanced level in sport. They also potentiate injuries that can lead to damage to soft tissues, including ligaments and cartilage. The goal of this lecture is to discuss some of the common injuries that require surgical intervention. We will present modalities that facilitate preoperative diagnosis. We will evaluate injuries and the surgical intervention that can improve long-term results. Using case examples, we will look at the mechanism of injury, the preoperative work-up, arthroscopic videos of surgery, and discuss the road to recovery for common injuries in the knee, shoulder, ankle, and hip. Discuss common injuries in the knee, including Anterior Cruciate Ligament tears and associated injuries to the cartilage and meniscus.

Learning Objectives:

- Evaluate patella dislocations with potential damage to the cartilage and treatment options.
- Assess common injuries in the ankle, including ligamentous injuries and Achilles tendon rupture.
- Review shoulder dislocations and sequel of injured soft tissue.
- And if time permits discuss Hip impingement and labral tears.

Rehab for Pre-Existing Injuries (shoulder, spondy, sacroiliities)

11:00am – 11:45am

D'Arcy Hlavin DPT, OCS

Athletics is a combination of strength, speed, and coordination of movement. Special tests and strength testing can provide athletic trainers with much information regarding pain and injuries, however, movement analysis is a key component to athletic assessment and can give greater insight into the complexity of a condition. Athletic Trainers who can utilize movement analysis to diagnose impairments in an athlete can theoretically improve upon their ability to prescribe an individualized rehabilitation program which can potentially lead to quicker recovery times, decreased rates of re-injury, and reduced injury risk.

Learning Objectives:

- Recognize abnormal posture and movement patterns of the shoulder and lumbar spine.
- Diagnose impairments of common shoulder and lumbar conditions
- Implement effective treatments to the shoulder and lumbar spine based on common impairments.

Evidence Based Blood Flow Restriction

12:00pm – 12:45pm

Fumi Isshiki, Pt, DPT, DOMP, MS, MSc, PhDc

Blood flow restriction training has gained significant attention in exercise and rehabilitation due to its potential to enhance muscle strength, size gains, endurance, and functional performance. This innovative technique involves applying a specialized tourniquet system to the proximal portion of a limb, effectively reducing venous return while maintaining arterial inflow. BFR training has been the subject of numerous studies, and the evidence supporting its effectiveness continues to grow. In this course, we will delve into the basic science and evidence-based applications of blood flow restriction, exploring its impact on various physical performances and rehabilitation in athletic training.

Learning Objectives:

- Understand the basic science of blood flow restriction.
- Able to evaluate and apply blood flow restriction in a safe manner to the athletes.
- Understand the clinical application of blood flow restriction.
- Deliver blood flow restriction rehabilitation following evidence-based practice.

3CATA Awards Luncheon

1:00PM – 3:00pm