



2017 ALATA State Meeting and Symposium



Samford University
College of Health Sciences Building
800 Lakeshore Drive
Birmingham, AL 35229

Learning Objectives:

- Describe the methods that have been used in the published literature that produced a desired therapeutic outcome.
- Evaluate the success of current practices of foam rolling interventions and determine their effectiveness.
- Apply strategies for effective evidence-based practices to improve patient outcomes following treatment.
- Practice using the foam rolling for specific therapeutic outcomes.
- Identify the anatomy of the abdomen.
- Describe the general signs and symptoms of common abdomen injuries/illnesses.
- Describe common abdominal disorders / injuries seen in an active population.
- Explain the physical assessment procedures for evaluating injuries and illnesses of the abdomen.
- Perform a physical examination of the abdomen including inspection, auscultation, percussion and palpation.
- Relate sacroiliac joint (SIJ) biomechanics to special tests in general terms.
- Identify indications for performing SIJ special tests.
- Categorize SIJ special tests as motion palpation or provocative tests.
- Perform and describe special tests for the sacroiliac joint, including normal and abnormal findings.
- Identify current practices related to arm care in the overhead athlete.
- Identify and review common arm care exercises for both performance and injury prevention.
- Identify and review current practices of timing of arm care activities in the overhead athlete.
- Identify, review and discuss the various aspect of arm care by overhead athlete position and respective sport demands.
- Practice and implement current practices of arm care in the overhead athlete.
- Discuss the components of an emergency action plan.
- Summarize and apply the concepts of procedures versus policy relative to administration of athletic healthcare and how this relates to the EAP.
- Identify and Breakdown components of pre-activity screening models.
- Identify different types of orthopaedic evaluations.
- Identify different types of body/movement screenings.
- Identify different cardiac testing methods.
- Identify different methods for gait assessment.
- Identify different methods for balance assessment.
- Identify commonly used Kinesiology tape applications and evaluate their merit.

- Identify commonly used protective braces and evaluate their merit.
- Identify commonly used taping applications and evaluate their merit.
- Identify different helmet models and evaluate their effectiveness.
- Identify changes to shoulder pads models and evaluate their effectiveness.
- Identify different types of mouthpieces and rate their effectiveness.

Expected Outcomes

Following this event, the athletic trainer will be able to:

- Evaluate the success of current practices of foam rolling interventions and determine their effectiveness.
- Summarize and apply the concepts of procedures versus policy relative to administration of athletic healthcare and how this relates to the EAP.
- Practice and implement current practices of arm care in the overhead athlete.
- Identify and Breakdown components of pre-activity screening models.
- Explain the physical assessment procedures for evaluating injuries and illnesses of the abdomen.
- Perform and describe special tests for the sacroiliac joint, including normal and abnormal findings.

Powerpoint slides will be made available at the event via website or digital storage. Email the ALATA Vice President at Michael.stevenson@hhsys.org to request an email file of materials.

2017 Scheduled Agenda

Friday, June 2

830am-1130am Evidence-Based Concussion Prevention and Management in Athletics

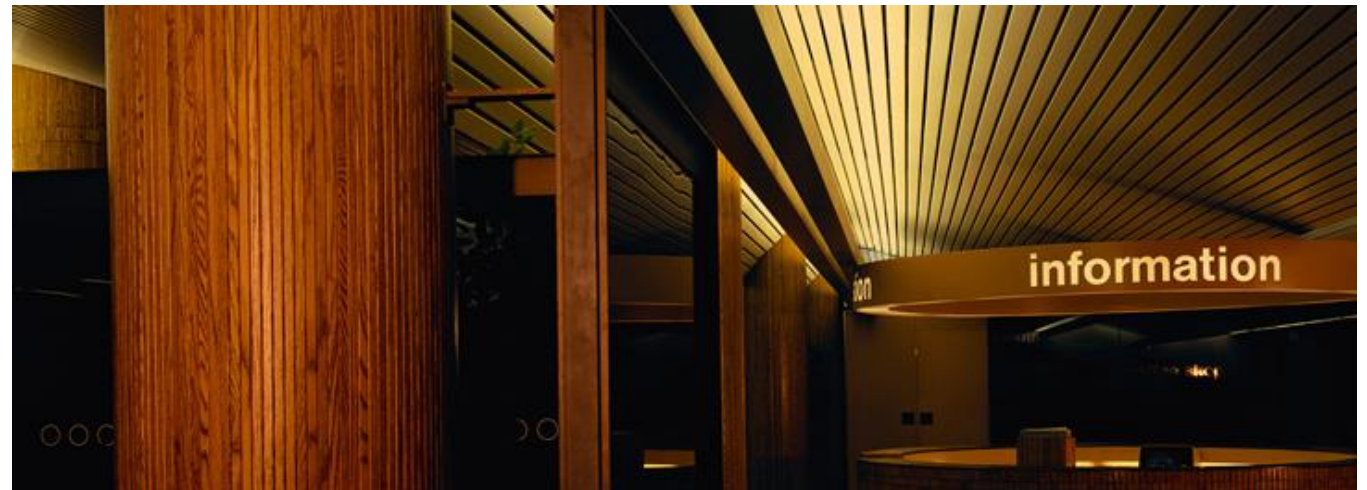
Rod Walters, DA, ATC

This lecture is approved for 3.0 hours of EBP credit.

1130am-1230pm Lunch (provided on-site)



**Register online:
www.alata.org**



Friday, June 2 --

1230pm-430pm Lab Session Rotation, 1 hour each lab session (We will make group assignments once on-site, each lab can hold approximately 50 people. Labs will last one hour each session, and each attendee will be able to attend all labs presented!)

Arm Care for the Overhead Athlete

Kyle Southall, MS, ATC, PES

Foam Rolling: Evidence and Application

Nick B Washmuth, DPT, DMT, OCS

Sacroiliac Joint Special Tests

Dr. Lydia A. Thurston, PT, DSc, ATC

Assessment of the Abdomen

Robert W. Hensarling, EdD, ATC



ALATA is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers

430pm-6pm ALATA Town Hall Meeting (ALATA/NATA Members)

6pm-9pm ALATA Social Event – Cantina Laredo

Saturday, June 3

8am-12pm New Advances and Techniques for Injury/Illness Prevention and Wellness Protection

Andy J. Grubbs Jr., M.Ed., ATC

This lecture is approved for 4.0 hours of EBP credit.

Total of 11.0 CEUs – 4 Category A, 7 EBP

Taco Dinner will be provided at the social event – COME JOIN US THERE IS NO COST FOR THIS EVENT!!



Registration information can be found online at www.alata.org/education.htm

Registration will be accepted online until May 19, checks mailed MUST be postmarked by May 19th and mailed to:

Scott Lochridge, ALATA Treasurer
PO Box 2193
Cullman, AL 35056



Early Registration is \$130 for ALATA members, \$165 for non-members, \$100 for Certified Student Members of ALATA, and \$50 for non-certified athletic training students. ALATA Hall of Fame members are asked to register, but will have no registration charge for the event.

One-day registration is available on a space-limited basis. Contact the ALATA Vice President with questions regarding this option.