

vCATA Annual Clinical Symposium

Presenter Information



Alli Powell
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Loren Landow
Dr. Trent Nessler
Kyle Kimbrell
Dr. Josh Metzl
Paul Burant
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Dr. Jeremy Hawkins
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Dr. Michael Reeder
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Ali Powell DAT, LAT, ATC

Associate Professor and Coordinator of Clinical Education for the Master of Science in Athletic Training Program at Colorado Mesa University. She has presented at a few regional conferences specifically speaking about various novel manual therapies and outcomes measures. Her research interests lie in novel manual therapies. Ali graduated with her Doctor of Athletic Training degree from the University of Idaho and helped to develop and gain accreditation for the MSAT program at Colorado Mesa University.

The Base of it All: Pelvic Girdle Evaluation and Treatment Tools

Athletes and physically active individuals of all types participate in weight bearing asymmetric activities. These weight bearing activities produce forces up through the entire lower extremity, through the pelvis and into the spine. When the anatomy of the pelvis is altered, the forces throughout the body adapt and change causing additional problems throughout. In the general population alone, 80-90% of people's pelvis is not in alignment. With athlete's demanding more of their musculoskeletal system, the repercussions of a misaligned pelvis can be significant and cause injury and pain both up and down the chain, such as back pain, IT Band syndrome, shin splints, and plantar fasciitis. The challenge, however, is this is often not assessed and may be the missing link in evaluations and ultimately treatment plans to improve patient outcomes. Therefore, the purpose of this lecture is to revisit the anatomy of the pelvis, discuss various examination techniques to assess the most common malalignments within the pelvis and explain treatment options for those malalignments.

Learning Objectives:

- Participants will be able to identify malalignments within the pelvic girdle with evaluation tools.
- Participants will be able to select the appropriate testing to evaluate the pelvic girdle.
- Participants will be able to choose a treatment intervention to correct the associated pelvic malalignment.

Patrick Karns MA, LAT, ATC, CCISM

Founder of ProAdvocates which provides medical advocacy for retired athletes including professional, collegiate and Olympians. Prior to founding ProAdvocates Patrick was the Head Athletic Trainer with Colorado Avalanche winning two Stanley Cups. He was also a member for the USOC Medical Staff for 2002 Winter Olympics with the men's ice hockey team.

Cannabis and Athletic Performance

Explaining the role (if any) cannabis has in the world of sports including history, dosage, indications and contraindications of this plant-based medicine.

Learning Objectives:

- The participant will be able to describe the effects of CBD and THC on the human body as it relates to CB1 and CB2 receptors.
- The participant will recognize the signs and symptoms of a THC overdose and the proper channels for referring the patient.
- The participant will be able to summarize the role of CBD and THC as it pertains to performance enhancement.

ATs Care

Explanation of ATs Care including skills from ICISF that are designed for Critical Incident Stress Management events.

Learning Objectives:

- The participant will be able to describe the effects of traumatic events and critical incidents on athletic trainers and other caregivers.
- The participant will recognize the signs and behavioral changes that may take place after being exposed to a traumatic event and the need for intervention
- The participant will be able to summarize the role of a peer-to-peer support intervention and how to activate a peer-to-peer/CISM team if needed.

Loren Landow BA, CSCS, USAW level 1, MAT

Loren serves as the Head Strength and Conditioning Coach for the Denver Broncos and has served as a consultant for the USA women's soccer team for the 2016 Olympics and World Cup. He has trained over 1,000 professional athletes including multiple gold medalists and world-record holding swimmers.

Teaching of Sprint Mechanics as a Strategy to Best Decrease the Likelihood of Injury

During this presentation attendees will hear Coach Landow's philosophy on speed development as it relates to motor learning and specific mechanics of acceleration, transition, maximum velocity and deceleration.

Learning Objectives:

- The participant will be able to identify the difference between acceleration and maximum velocity mechanics
- The participant will be able to define what is necessary for super compensation in the Hans Seyles GAS model.

Dr. Trent Nessler PT, MPT, DPT

Founder and developer of ViPerform AMI, ACL Play It Safe, Run Safe and ACL Safe & Strong. Co-founder of Combat Athlete Science Institute and Team PT for Zenith Worlds and Pan Am Competition team. 25 years of experience in physical therapy with a focus in biomechanics and motor learning.

RTSport following ACLR- Using Research & Technology to Make More Informed Decisions

There are over 250,000 ACL injuries every year in US athletics resulting in a \$5B annual health care cost. Despite decades of research, re-injury rates remain high, long-term performance is impacted and 79% develop OA in 12 years. Dynamic valgus is one of the most predictive movements for ACL injury and reinjury and studies show these movement patterns can persist at 9 months and at 2 years post op ACLR despite return to play and sports rehabilitation.

In this presentation, Dr. Nessler will present the latest research on movement assessment and how 3D motion technology and big data are allowing us to make better, more informed and safer return to play decisions.

Learning Objectives

- At the conclusion of this presentation, participants will be able to explain the latest research related to ACL injuries and re-injury.
- At the conclusion of this presentation, participants will be able to recognize common movement patterns associated with ACL injuries
- At the conclusion of this presentation, participants will be able to identify kinesiophobia via PROs and the impact on athlete movement.

Kyle Kimbrell, PT, MPT

Fifteen years of clinical practice as a physical therapist along with credential clinical instructor with APTA. He is currently working with Owens Recovery Science teaching and creating content which specializes in Personalized Blood Flow Restriction Rehabilitation. Kyle previously ran an injury management program for a local Sheriff's department.

From Prehab to Rehab: Utilizing BFR After ACL Tear & Reconstruction

This talk will address the implementation of blood flow restriction exercise (BFR) into a rehab program following ACL tear and reconstruction. How to use BFR prior to and after surgery will be covered and rationale provided for its use in both pre- and post-operative phases of care.

Learning Objectives:

- Participants will be able to describe the current literature identifying uses of BFR following ACL reconstruction.
- Participants will be able to describe how to implement BFR into a rehab plan based upon the totality of the evidence and provide physiologic targets.

Dr. Josh Metzl MD

Dr. Metzl serves as head Orthopaedic physician for the Colorado Ballet. He is also the assistant team physician for the Denver Broncos and Colorado Rockies. He specializes in the diagnosis and treatment of foot and ankle disorders. His specific interests include forefoot disorders (bunions, hammertoes, hallux rigidus), ankle instability, sports injuries, Achilles ruptures, fractures, arthritis, ankle replacement, flatfoot and posterior tibial tendon disorders.

Minimally Invasive Achilles Repair

In this talk we will discuss the historical treatment of Achilles injuries, review the current literature and cover in depth the current trends in minimally invasive repair and rehabilitation.

Learning Objectives:

- The participant will be able to summarize the current literature on operative vs. non operative treatment of Achilles tendon ruptures.
- The participant will be able to identify the advantages of minimally invasive Achilles tendon repair
- The participant will be able to summarize current minimally invasive techniques for Achilles tendon repair

Paul Burant PT, DPT, SCS, LAT, ATC

Paul is a certified Athletic Trainer and Physical therapist with the Denver Broncos Football Club. He has worked with many different levels of athletes ranging from middle school through professional athletes as well as military athletes during my time at the US Coast Guard Academy. In 2020, Paul became a Certified Specialist in Sports through the American Physical Therapy Association and currently is part of the Professional Football Athletic Trainers Society External Education Committee

Physiology of Manual Therapy

Physiology of manual therapy is a deep and complex topic that is necessary so clinicians can understand why they are having positive effects. There are 3 proposed mechanisms of manual therapy consisting of the biomechanical model, neurophysiologic model, and Placebo effect, with the neurophysiological model haven the most support. This presentation dives deeper into these mechanisms to give clinicians the 'why' behind manual therapy's positive effects

Learning Objectives:

- Participants will be able to describe the effects of manual therapy.
- Participants will be able to explain the three proposed mechanisms that create the effects of manual therapy.
- Participants will be able to explain the neurophysiological effects of manual therapy on the local, spinal, and supraspinal level.

Dr. Alex Ebinger MD, CAQ-SM

Dr. Ebinger is dual board certified in Emergency Medicine and Sports Medicine and is an Associate Professor of Clinical Emergency Medicine at the University of Colorado. In addition to his roles within the hospital, Dr. Ebinger provides care and coverage for local sports teams. He is Assistant Team Physician for the Colorado Rockies of Major League Baseball (MLB). He is the Head Emergency Physician for the Colorado Avalanche of the National Hockey League (NHL). He serves as a consultant and the lead VTML for the Denver Broncos of the National Football League (NFL). He is the Emergency Medicine-Sports Medicine fellowship director.

Sideline Emergencies: Head to Toe in 30 Minutes

This lecture focuses on non-orthopedic emergencies that, while rare, every sideline provider must be able to recognize. We will go over different case presentations with immediate and downstream care considerations.

Learning Objectives:

- Participants will be able to identify appropriate evaluation steps for life threatening medical conditions.
- Participants will be able to identify presentations requiring immediate action and/or transfer to definitive care

Dr. Jeremy Hawkins PhD, LAT, ATC

Dr. Hawkins served as the program director at Colorado Mesa University since 2013, having held the same position at Illinois State University for the three years prior. His area of scholarship is therapeutic modalities. Career highlights included taking an undergraduate through reaccreditation and developing a graduate program that has been accredited.

Tips for Students

In over a decade of serving as a program director, I have learned a few things that I have found are very helpful for students. Using humorous stories, I will address topics such as ethics, resiliency, positive self-talk, appropriate relationships, and making the most of your clinical time.

Learning Objectives:

- The participant will be able to describe how resiliency can help you be a better athletic training student.
- The participant will be able to identify the benefits from positive self-talk

Sleep as it relates to Injury

Sleep and its role in recovery is a growing area of research. Scientists purport that proper recovery after training and competition enables athletes to return to their pre-workout conditions quickly.¹⁻³ The benefits of sleep with respect to injury recovery is less well known.⁴ The purpose of this presentation is to provide background concerning the role that sleep plays in normal physiological process, as well as recovery from training and competition. Additionally, what is known about sleep and injury healing will be presented, giving attendees clear guidelines to follow with their patients.

Learning Objectives:

- The participant will be able to explain the role of sleep as it relates to recovery from training and competition.
- The participant will be able to identify the benefits from positive self-talk

Laurie Griffin PT, DPT, OCS

Laurie has worked at the outpatient orthopedic clinic Howard Head Sports Medicine in Vail, CO since 2006. At this facility, she has enjoyed serving as lead faculty for the Howard Head Sports Residency Program. Furthermore, it has been a pleasure working previously as the team lead PT for Dr. Robert LaPrade and currently for Dr. Tom Hackett, Dr. Jon Godin, Dr. Armando Vidal and Dr. Leslie Vidal.

Return to Sport Criteria for the Knee: The Golden Ticket

Defining return to sport criteria in the knee is a popular topic in orthopedics. Re-injuries and low numbers of athletes returning to pre-injury level is concerning and denotes the necessity to further understand how to do better for our patients. This lecture will review re-injury rates, probable causes, criterion popular in the literature, and considerations to develop criteria that may be accessible at your clinic or training room.

Learning Objectives:

- The audience will be able to recognize concerns with current management of returning athletes to sport after ACL reconstruction.
- The audience will be able to identify gaps in the current literature in regards to return to sport criteria.
- The audience will be able to develop return to play criteria that can be immediately put to use in their current facility.

Dr. Kent Doan MD

Dr. Doan graduated from an accelerated BA/MD program at the University of Missouri, Kansas City. At the age of 24, Dr. Doan finished undergraduate and medical school training and pursued his dream of becoming an orthopedic surgeon. During college and medical school, he was active in both D1 collegiate and club level rugby, as well as volunteerism for adaptive sports. He then moved to Colorado to attend the University of Colorado Orthopedic Surgery Residency. During his time at CU, he was able to be involved in the care of athletes from the high school level all the way to the collegiate and professional level in Boulder and Denver. Dr. Doan is currently completed his sports fellowship at The Steadman Clinic.

Success After ACL Reconstruction

This is how to work up the unfortunate patient after their ACL reconstruction has failed ure, from the surgeon's perspective

Learning Objectives:

- Provider will be able to identify most common causes for failure following ACL Reconstruction
- Provider will be able to identify causes for ACL reconstruction Graft Failure
- Providers will be able to identify global prevention strategies for ACL re-injury.

Dr. Stephan Yu

Dr. Yu graduated from the University of Michigan where he double majored in mechanical engineering and biochemistry. During his time there, he played hockey as a goaltender on the university team. A two-time Olympic athlete, Stephen was also selected to play for Team USA in the Winter World University Games in 2007 in Turin, Italy, and in 2009 in Harbin, China. After that, he hung up his skates and went to medical school, at the Wayne State University – School of Medicine. There he found his calling in sports medicine and orthopaedics and went on to complete a residency in orthopaedic surgery at the NYU – Hospital for Joint Disease. Dr. Yu is currently completing his sports fellowship at The Steadman Clinic.

Clinical Diagnosis and Work-up for Femoro-acetabular Impingement

Although hip arthroscopy has been around for many years, recent developments in the understanding of hip pathology and surgical technique have led to the evolution of how femoroacetabular impingement FAI is addressed. FAI is the primary hip condition that is described as the mechanical conflict between the femoral neck and acetabulum due to bone morphology. As a result, the labrum endures increased stress and is subject to disruption of its biomechanical properties, which leads to tearing, destabilization of the chondral-labral junction, and loss of the suction seal effect of the hip joint. This presentation will broadly review the clinical diagnosis and work up of FAI, from presentation to the operating room.

Learning Objectives:

- Participants will be able to identify risk factors for the development of FAI
- Participants will be able to evaluate for symptoms related to FAI
- Participants will be able to apply prevention and treatment strategies for FAI.

Margaret Hunt MS, LAT, ATC Shannon Courtney MA, LAT, ATC

Margie Hunt has over 30 years experience as an athletic trainer. She has worked in a variety of settings including collegiate, clinic, recreational, high school, Olympic & Paralympic movement, and academic. She currently serves as a senior instructor and clinical education coordinator in the UCCS MSAT program. In 2020 she was inducted into the CATA Hall of Fame, and last summer served as the AT for the gold medal winning USA Women's Basketball 3x3 team at the 2020ne Olympic Games.

Shannon Courtney is a certified athletic trainer with 30 years of experience at the collegiate and high school setting and has also served as an athletic training educator at the University of Northern Colorado for 30 years as a program director and currently clinical education coordinator. Shannon is also a CATA and RMATA Hall of Fame member.

Strategies to Improve the Preceptor Experience

The athletic training clinical education setting is fundamentally a mobile classroom. Athletic Training preceptors serve as the essential link between the didactic and clinical athletic training education settings, yet preceptors often feel ill prepared to guide the AT student from the novice level to autonomous practice. The research supports the concept that student perception of a good clinical instructor is directly correlated with a good clinical site and good clinical experience. Therefore, efforts are needed to get information from the research into the hands of the preceptor regarding effective strategies and tools that will foster an excellent experience for both the student and the preceptor. The goal is to impact not only the student experience but also improve preceptor satisfaction.

Learning Objectives:

- Participants will be able to identify fundamental changes to the CAATE standards related to clinical education.
- Participants will be able to identify effective strategies to mentor students.
- Participants will be able to demonstrate knowledge in effective student supervision, questioning & feedback strategies.

Brian Parker

Brian Parker is a member of the most sought after Foundation in North America on the subject of appearance and performance enhancing substances, the Taylor Hooton Foundation. Brian serves as the Director of Education for the Foundation which was founded in 2004, the year following the loss of the Hooton Family's youngest son Taylor. After studying at Elon University and working in Baseball, Brian has spent the past 8 years with the organization speaking directly to thousands of people raising awareness about the widespread use of these substances. Brian has spoken at all 30 MLB stadiums, at state and regional ATC Meetings across the country, at many different NFL events, at American Sports Medicine Institute Meetings, and more. By spreading this education, the Foundation hopes to shine a light on the dangers of these drugs and help eliminate their use across the continent

The Taylor Hooton Foundation is the nation's leading organization dedicated to educating our youth and their adult influencers on the dangers of Appearance and Performance Enhancing Substances including high risk dietary supplements, energy drinks, Human Grown Hormone and Anabolic Steroids. This substance usage has reached epidemic proportions. This session will provide a pragmatic view of these substances – What are they? Who is using? What are the social issues and pressures driving their usage? This program will provide factual information about the world of Appearance and Performance Enhancing Substances, and will expose the depth and breadth of the scope of the problem. Upon witnessing our program, attendees will be able to further understand the dangers associated with these substances and the social issues/pressures that are leading to our current usage trends. Attendees, particularly adult influencers, will be able to be aware of potential steroid users/ problems, therefore being able to safely intervene and help our youth face these drugs together. Overall attitudes and opinions of Appearance and Performance Enhancing Substances will assuredly change after seeing our presentation, and we will be one step closer to achieving our vision of eliminating their use across the continent.

Learning Objectives:

- The participant will be able to identify the signs and symptoms of anabolic androgenic steroid use
- The participant will be able to identify dietary supplements that are 3rd party tested and free of banned substances
- The participant will be able to educate others on the signs, symptoms, and potential side effects of anabolic androgenic steroid and dietary supplement use and be able to safely intervene if needed.

Bryan Snyder

Bryan is beginning his 14th year as the Director of Team Nutrition with the Denver Broncos, currently the longest full-time dietitian in the NFL. He also has past experiences as a consultant for the Colorado Rockies, Denver Nuggets and Colorado Avalanche. He also has presented at over 60 high schools explaining the importance of nutrition, recovery and hydration.

CATA Clinical Symposium Sports Nutrition Presentation

This presentation is designed to educate ATC's and students on the most important and impactful areas of nutrition that young high school athletes oftentimes neglect or don't do consistently. Areas of education covered include assessing the nutrition status of high school athletes, finding the extra calories that many of them need, having a great pregame meal, proper fueling before practices and games, reducing inflammation, recovery nutrition, and hydration. Being able to educate on these topics while also making sure that the information is budget friendly, sustainable, and practical was the goal of this presentation.

Learning Objectives:

- Participants will be able to identify anti-inflammatory foods and compose a list for young athletes.
- Participants will be able to select the macronutrients associated with recovery nutrition.