



# WORLD CONGRESS XII

MAY 15 – 17, 2023

TEL AVIV, ISRAEL

HOSTED BY:

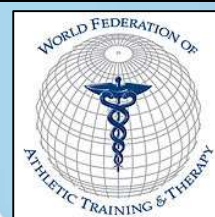


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# PROGRAM AT A GLANCE

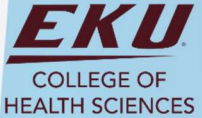

Monday, May 15, 2023 @ Ono Academic College	
1:00PM – 3:30PM	<b>Pre-Conference Workshop – Dry Needling</b> Sue Falsone, PT, DPT, MS, SCS, ATC, CSCS*D, COMT, RYT <i>Advanced Registration Required – Limit of 30 people</i> <i>Ono Academic College</i>
4:00PM – 5:00AM	<b>World Federation of Athletic Training &amp; Therapy Town Hall</b> Brian Zeller, PhD, LAT, ATC, WFATT President <i>Ono Academic College</i>
5:00 PM – 7:00AM	<b>Welcome Reception</b> Welcome to Israel! Network with athletic trainers and athletic therapists from around the world while enjoying delicious food from the region Guest speaker <b>Moshe Shino Zuaires</b> , Chairman of the Israel Football Association, will be joining us. Transportation back to the hotel will also be provided. <i>Ono Academic College</i>







Tuesday, May 16, 2023	
8:00AM	<b>Light breakfast will be provided</b>
9:00AM – 9:15AM	<b>Welcome &amp; Opening Remarks</b> Brian Zeller, PhD, LAT, ATC, WFATT President Shlomi Mordechai, ISRAT <i>Plenary Room</i>
9:15AM – 10:15AM	<b>KEYNOTE LECTURE</b> Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT, RYT <i>Plenary Room</i>
10:15AM – 10:45AM	<b>Science, Technology, and Innovation – the Israeli Olympic Committee's Approach</b> Muli Epstein, Chief Scientist, Olympic Committee of Israel <i>Plenary Room</i>







10:45AM – 11:00AM	<b>Break</b> <i>Please spend time with our sponsors &amp; browse the research posters</i>	
11:00AM – 1:00PM	<b>Workshop: Demystifying the Shoulder: A Manual Approach</b> Jonathan Maister, RMT, CAT(C), SF(CSMTA) <i>Advanced Registration Required – Limit of 30 people.</i> <i>Breakout Room #1</i>	
11:00AM – 12:00PM	<b>Ultrasound Imaging of Rotator Cuff Pathology</b> Stavros Daoukas, MSc, GSR, AT, PGCertUS <i>Plenary Room</i>	
12:00PM – 12:30PM	<b>Moving from Meniscectomy to Meniscal Repair</b> Dr. Ran Thein, MD <i>Plenary Room</i>	
12:30PM – 1:00PM	<b>The Maccabiah Games: Medical Planning</b> Mr. Ron Gertner <i>Plenary Room</i>	
1:00PM – 2:00PM	<b>Lunch - Provided</b> <i>Please spend time with our sponsors &amp; browse the research posters</i>	
2:00PM – 4:00PM	<b>Workshop: Hands-on Musculoskeletal Ultrasound Workshop</b> Stavros Daoukas, MSc, GSR, AT, PGCertUS <i>Advanced Registration Required – Limit of 20 people.</i> <i>Breakout Room #1</i>	
2:00PM – 3:00PM	<b>Trying to Stay aHEAD of the Curve: The Implications of Repetitive Head Impacts in Sport on Long-Term Neurological Outcomes – Especially in the Sport of Soccer</b> Thomas Kaminski, ATC, FNAK, FNATA, FACSM, RFSA <i>Plenary Room</i>	
3:00PM – 4:00PM	<b>Oral Research Presentations</b> <i>Plenary Room</i>  Allen, L. – <i>An Exploration of Athletic Therapists' Perceptions and Experiences of the Biopsychosocial Approach to Injury Rehabilitation</i> Allen, L. – <i>Active Learning Strategies used to aid Metacognitive Development in Athletic Therapy/Training.</i> Been, M. – <i>The Association Between Heading and Cognitive and Physical Measurements Among Female Soccer Players</i> O'Keeffe, S. – <i>Attitudes to Sport Psychology Services in Irish Gaelic Games Players</i> Wells, J. – <i>The Effect of Soft Tissue Interventions on Post Swimming Recovery</i>	
4:00PM – 4:15PM	<b>Break</b>	

	<i>Please spend time with our sponsors &amp; browse the research posters</i>	
4:15PM – 6:15PM	<b>Workshop: Are you in or out? ATs Reduction of Acute Dislocations Current Best Practice Evidence for On-Field and Sideline Management with Hands on Learning Lab</b> Eric Fuchs, FNAP, ATC, AEMT, SMTC, CIDN Advanced Registration Required – Limit of 40 people. <i>Breakout Room #1</i>	
4:15PM – 4:45PM	<b>Sports Therapy for Special Olympic Athletes</b> Sharon Levy <i>Plenary Room</i>	
4:45PM – 5:45PM	<b>Athletic Trainers as Health Care Providers in the Occupational/Industrial Setting</b> Keith Webster, MA, LAT, ATC, CEAS <i>Plenary Room</i>	
5:45PM – 6:15PM	<b>Special Topics in Israeli Sports Therapy</b> <i>Plenary Room</i>  Cohen, M. – <i>Implementing the Principles of Parkinson's Treatment in Group Water Therapy</i> Noa, R – <i>Future Generation Project</i> Putter-Katz, H. – <i>Hearing and Risk of Falling in Older Adults, Implications for the Sports Therapist</i> Tusk, H. – <i>"From Difficulty to Challenge" – Integrating Children with Special Needs into the Community Through an Accessible Swimming Model – A Survival Technique to a Competitive Technique</i> Tzvi, G. – <i>Ping Pong Parkinson: Emerging Physical Activity Therapy for Parkinson's Disease Patients</i>	

	<b>Wednesday, May 17</b>	
8:00AM	<b>Light breakfast will be provided</b>	
9:00AM – 10:00AM	<b>International Opportunities and Differences in Athletic Therapy</b> The International Arrangement Partners: <ul style="list-style-type: none"> <li>- Athletic Rehabilitation Therapy Ireland</li> <li>- British Association of Sport Rehabilitators</li> <li>- Board of Certification, USA</li> <li>- Canadian Athletic Therapists Association</li> </ul> <i>Breakout Room #3</i>	
9:00AM – 10:00AM	<b>Oral Research Presentations</b> <i>Breakout Room #2</i>  Devereux, F. – <i>An Investigation into the Requirements for Games-based Injury Prevention Exercise Programme for Post-Primary PE Class</i>	

	<p>Navon, Y. – <i>Differences in Motivation Factors and Self Perception Among Women in Mixed Gender Running Groups vs Women Only Groups</i></p> <p>Postawa, A. – <i>Self-Efficacy in Concussion Assessment and Management Among Irish Healthcare Professionals and Students</i></p> <p>Zmore, G. – <i>Differences in Sports Efficacy and Sports Readiness within Competitive Wheelchair Basketball Athletes</i></p>	
10:00AM – 10:15AM	<p><b>Break</b></p> <p><i>Please spend time with our sponsors &amp; browse the research posters</i></p>	
10:15AM – 12:15PM	<p><b>Workshop: Hands-on Musculoskeletal Ultrasound Workshop</b></p> <p>Stavros Daoukas, MSc, GSR, AT, PGCertUS</p> <p>Advanced Registration Required – Limit of 20 people.</p> <p><i>Breakout Room #1</i></p>	
10:15AM – 11:15AM	<p><b>Athletic Training/Therapy &amp; Sports Science: Why ATs and Sports Therapists should embrace Technology and Data Science Advances in Health &amp; Performance</b></p> <p>Adam Annaccone, EdD, LAT, ATC, PES, CES</p> <p><i>Breakout Room #2</i></p>	
11:15AM – 12:15PM	<p><b>Global Perspectives on Interprofessional Education and Collaborative Practice: Considerations for Healthcare Professionals Working with Active Populations</b></p> <p>Laura Kunkel, EdD, LAT, ATC, PES, FNAP</p> <p>Sarah Manspeaker, PhD, LAT, ATC, FNAP</p> <p><i>Breakout Room #2</i></p>	
12:15PM – 1:15PM	<p><b>Lunch - Provided</b></p> <p><i>Please spend time with our sponsors &amp; browse the research posters</i></p>	
1:15PM – 1:45PM	<p><b>Live Poster Presentations</b></p> <p><i>An opportunity to ask questions to the authors</i></p>	
1:45PM – 3:45PM	<p><b>Workshop: Are you in or out? ATs Reduction of Acute Dislocations Current Best Practice Evidence for On-Field and Sideline Management with Hands on Learning Lab</b></p> <p>Eric Fuchs, FNAP, ATC, AEMT, SMT, CIDN</p> <p>Advanced Registration Required – Limit of 40 people.</p> <p><i>Breakout Room #1</i></p>	
1:45PM – 2:15PM	<p><b>Exercise Induced Muscle Damage: Mechanisms, Assessment, and Nutritional Factors to Accelerate Recovery</b></p> <p>Prof. Jay Hoffman</p> <p><i>Breakout Room #2</i></p>	
2:15PM – 2:45PM	<p><b>Sports-Related Concussion: Time to Take the Head Out of the Sand</b></p> <p>Prof. Gal Dubnov-Raz, MD, MSc</p>	



	<i>Breakout Room #2</i>	
2:45PM – 3:45PM	<b>Health Beyond the Medical AT is more than just Musculoskeletal</b> Glen Bergeron, PhD, CAT(C) <i>Breakout Room #2</i>	
3:45PM – 4:00PM	<b>Break</b> <i>Please spend time with our sponsors &amp; browse the research posters</i>	
4:00PM – 6:00PM	<b>Workshop: Demystifying the Shoulder: A Manual Approach</b> Jonathan Maister, RMT, CAT(C), SF(CSMTA) <i>Advanced Registration Required – Limit of 30 people.</i> <i>Breakout Room #1</i>	 <p>ATHLETIC THERAPY ONTARIO • CANADA</p>
4:00PM – 5:00PM	<b>Technology Enhanced Teaching in Athletic Training &amp; Therapy</b> Colin King, PhD, CAT(C) <i>Breakout Room #2</i>	 <p>CANADIAN ATHLETIC THERAPISTS ASSOCIATION</p>  <p>ASSOCIATION CANADIENNE DES THÉRAPEUTES DU SPORT</p>
5:00PM – 6:00PM	<b>Why all the Shaking? Vibration Therapy and its Clinical Effects</b> Cindy Trowbridge, PhD, LAT, ATC, CSCS	 <p>THE UNIVERSITY OF TEXAS AT ARLINGTON</p>



## **WELCOME SOCIAL**

Welcome to Israel! Network with athletic trainers and athletic therapists from around the world while enjoying delicious food from the region. Moshe Shino Zuares, Chairman of the Israel Football Association, will also be joining us to say a few words.

## **PRE-CONFERENCE WORKSHOP**

### **Dry Needling with Sue Falsone**

More information to come.

## **GENERAL SESSION DESCRIPTIONS**

### **Athletic Trainers as Health Care Providers in the Occupational/Industrial Setting**

Keith will explore the role athletic trainers play in the occupational work setting. Attendees will learn about the application of the overall skill set to this setting. A definition of “Industrial Athlete” will be provided with athletic trainers’ impact on their overall health and well-being. Athletic trainers typically see workers soon after they report symptoms of Muscular Skeletal Disorders (MSD). Data shows that early reporting, leading to Early Symptom Investigation (ESI), results in improved outcomes. Statistical data supports the impact ATs can have in this setting. For example: according to the US Bureau of Labor Statistics, in 2020, 66% of all non-fatal injuries or illnesses involving days away from work were due to overexertion with another 22% due to soreness and pain. Return on investment (ROI) values of athletic training services will be discussed.

The lineside medical team typically consists of the athletic trainer, ergonomist, exercise physiologist, and shop safety team members. Other members of the medical support team include, Physicians, Nurses, PTs, OTs, Pharmacists, Counselors, and others depending on the needs of the employer. The typical activities that athletic trainers perform daily will be explored. In addition to providing OSHA first aid level care athletic trainers are also members of the employer’s health and safety team. Athletic trainers in an increasing number of states can also provide treatment and rehabilitation, including return-to-work conditioning to their patient population. What this means and the value of this intervention will also be discussed.

### **Athletic Training/Therapy & Sports Science: Why ATs and Sports Therapists should embrace Technology and Data Science Advances in Health & Performance**

Sports Science has become common practice in professional and major collegiate sports settings. Most programs are looking for a performance edge, and sports science is widely accepted as the information pipeline to assist in this endeavor. Sports science literature, while still in its infancy, has shown that performance and medicine can no longer rely on subjectivity. Objective measures must be the guiding principle. Based on work conducted by the NATA



Taskforce on Sports Science, Health and Data Analytics, many ATs are unaware of their role in relation to sports science, while also acknowledging ATs must recognize and embrace the impact outcomes data has on return to play decisions, rehabilitative program design, player availability, and limiting injury incidence and severity. Therefore, the purpose of this presentation is to provide an overview and update on the work of the NATA Taskforce for Sports Science, Health, and Data Analytics, and to provide an overview of current sports science strategies utilized within professional and collegiate sport environment. The science behind various assessments and clinical application of the findings will be discussed.

### **Are you in or out? AT's Reduction of Acute Dislocations Current Best Practice Evidence for On-Field and Sideline management with Hands on Learning Lab**

Joint reductions by Athletic Trainers and sports medicine staff on the field or sideline can be critical to patient care and outcomes. This is recognized skill to be taught as part of the CAATE 2020 Curricular Content Standards and there are programs within the US and Internationally. Specifically found in "Standard 70 Evaluate and Manage patients with acute conditions, including triaging conditions that are life threatening or otherwise emergent. These include (but are not limited to the following conditions: [...] Fractures and dislocations (including reduction of dislocations)." The CAATE educational standards provide the foundation for entry-level professional skills and knowledge for the athletic training profession, while state practice acts in the US regulate scope of practice, which may or may not allow an athletic trainer to practice to their full education. The NATA in 2018 published a Position Statement on the Immediate Management of Appendicular Joint Dislocations, which provided recommendations and guidelines for athletic trainers to consider when developing protocols and making clinical decisions in consultation with their supervising physician on performing joint re-educations.

Wright, et. Al (2020) identified multiple closed joint reduction techniques from the literature including review of joint reduction procedures, success rates and mean reductions times across variety of techniques. Wright, et. Al (2020) stated "Athletic Trainers should be equipped to select the best closed joint-reduction technique for a patients particular presenting dislocation and setting. The current changes in athletic training education and recent evidence presented in the current literature provide supporting evidence for current practicing athletic trainers a to gain education in joint reductions consistent with the new entry-level athletic training education. The ability to know how to effectively reduce joint dislocations on the field or sideline is a vital skill for sports medicine practitioners of all levels to have and acquire.

There is a practice gap between athletic trainers who have graduate prior to CAATE 2020 standards in education and training on joint reductions. Additionally, athletic trainers or other sports medicine staff often lack the training in joint reduction techniques and without this training and knowledge likely package and refer the patient which could impact patient



outcome or expose patient to further risks for example having to have general anesthesia to reduce a joint.

### **Demystifying the Shoulder: A Manual Approach**

Particular patterns are evident in certain common & concurrent Shoulder conditions i.e. Impingement, Bursitis, Tendonitis. These often limit the athlete's activity level or simply prevent their ability to participate. This hands-on workshop serves to explore the fascial component, & in particular, its role with scapula positioning and mechanics. We will review the applied anatomy of the region, relate this directly to injury etiology, then explore dynamic practical soft tissue strategies to make that quantum difference to the athlete's status.

### **Exercise Induced Muscle Damage: Mechanisms, Assessment and Nutritional Factors to Accelerate Recovery**

Appropriately designed training programs utilize principles of overload and progression that require the athlete to train at levels above what they are normally accustomed to. This is critical for physiological adaptation to occur, but results in temporary soreness, which is accompanied by microdamage at the cellular level and is associated with an inflammatory response. This type of inflammatory response is different from trauma-induced inflammation and occurs due to the mechanical and metabolic stress of the training program. Enhancing the recovery from exercise is critical in maximizing performance adaptation. However, exercise recovery is a complex process, as a multitude of factors such as age, sex, training experience, muscle fiber type and type of activity performed (i.e., endurance versus resistance exercise) can influence recovery. Investigations of recovery have ranged from performance outcomes to molecular examination of cellular signaling systems describing potential mechanisms of recovery. This talk will focus on processes used to monitor the recovery process using validated tools for performance measurement. This will provide the practitioner a background in understanding recovery of different components of performance. In addition, the talk will focus on both diet and nutritional supplementation and the potential role for enhancing the recovery processes. To date, there does not appear to be any consensus on a specific diet being advantageous with regards to recovery compared to others. However, there is evidence to suggest that the use of several dietary supplements (e.g., protein, creatine, and polyphenols) are efficacious in enhancing recovery from both endurance and strength/power exercise. There is some interesting evidence in animal studies regarding elevated carnosine levels resulting from  $\beta$ -alanine supplementation and enhanced antioxidant status that has been reported to coincide with an attenuated inflammatory response. This talk will examine the efficacy of these supplements and provide some insight on potential nutrients that may be of interest in enhancing the recovery process of athletes.



## **Global Perspectives on Interprofessional Education and Collaborative Practice: Considerations for Healthcare Professionals Working with Active Populations**

Athletic trainers, athletic therapists, and similar professionals across the globe are often the main liaison within the sports medicine team and must be proficient at interprofessional collaborative practice (IPCP). IPCP is achieved when multiple healthcare professionals from various disciplines work together to provide the highest quality of patient care. To develop the skills necessary for successful IPCP, students studying to be healthcare providers with active populations need interprofessional education (IPE) to learn how to engage in this collaborative process. Additionally, current professionals should be educated on strategies to enhance their collaborative practice skills to engage with other healthcare professionals. In support of this collaboration, the World Health Organization (WHO) encourages IPCP and IPE while an expanding body of literature has established that successful IPCP leads to better patient outcomes. The purpose of this session will be threefold: 1) provide an overview, including similarities and differences, of IPCP and IPE, 2) provide attendees with strategies for successful engagement in IPCP with other health care professionals, and 3) identify mechanisms to incorporate IPE into the preparation of students in athletic training, athletic therapy, and similar programs across the globe.

### **Hands-on Musculoskeletal Ultrasound Workshop**

This intensive hands-on MSK ultrasound workshop is designed for medical and allied health professionals and aims to introduce practitioners to the fundamental practical skills of diagnostic ultrasound in clinical practice.

The course includes scanning techniques and protocols of the main peripheral joints and an overview of pathology case studies.

### **Health Beyond the Medical - AT is more than just Musculoskeletal**

This presentation will look at Health from the five (plus one) domains of Health Mental, emotional, social, physical, spiritual, plus occupational. It will challenge the AT to consider their patient/athlete as more than an individual with a physical ailment.

### **Moving from Meniscectomy to Meniscal Repair**

On the last 15-20 years, a significant amount of work has been done to provide a more scientific approach to the treatment of the injured meniscus. Today we understand that degenerative meniscal lesions and traumatic meniscal tears differ in terms of aetiology and pathology and require differentiated diagnostic algorithms and treatments.

While magnetic resonance imaging (MRI) should be performed early in traumatic tears for a satisfactory assessment of the pathology, there is no need for an immediate MRI when a

degenerative meniscal lesion is suspected. An MRI will not only provide information about the location, type, and size of the meniscal tear but also about the cartilage and ligament integrity, which is important for correct surgical planning.

In the past meniscal tear was usually treated by resection. However, today we are aware of the importance of the meniscus in knee stability, load distribution, shock absorption, proprioception, lubrication, and neuromuscular function. Studies have shown that the preservation of traumatic meniscal tears reduce the risk of early osteoarthritis.

Acute meniscal tears, often associated with ligament injuries, are more frequent than previously thought. These tears are mainly longitudinal in nature, including bucket handle tears or radial and some types of root tear.

Two important tears configurations which have a high incidence are the ramp lesions and root tears both considered relatively rare in the past. It has been reported that ramp lesions occur in up to 25% of ACL ruptures, with a higher incidence in contact injuries when compared with non-contact injuries. Increased anterior translation or delay in anterior cruciate ligament surgery are the main factors causing ramp lesions. Likewise, lateral posterior root tears are common in ACL injuries. Unfortunately, they were mostly overlooked in the past.

Meniscal repair is a clinically successful procedure in > 85% of patients; nevertheless, not all the repaired menisci heal completely. These data show that there is still a need for a further understanding of meniscal anatomy, biology, and healing. This will remain an important field of research over the coming years. (Including platelet-rich plasma (PRP) or more specific combinations of growth factors or stem cells)

Today the patients' biological age is more important in the decision-making process of repair versus resection and not the chronological age. For example, a specific injury in middle-aged patients is the posterior root tear of the medial meniscus. Interestingly, a decrease in the incidence of osteoarthritis when medial meniscus root tears were repaired was reported.

The question if we need to repair meniscal lesions of a degenerative nature is still a matter of debate.

### **Science, Technology, and Innovation – The Israeli Olympic Committee's Approach**

Science and technology have become increasingly important in the world of elite sports in recent years. In particular, several key areas have seen significant advancements and improvement, including sleep, innovation, climate change, biological clock, and biomechanics.

Sleep is a critical factor in athletic performance, as it affects the body's ability to recover and perform optimally. With the help of technology and data analysis, athletes are now better



equipped to track and monitor their sleep patterns, allowing them to make informed decisions about their sleep habits and optimize their performance.

Innovation has also played a crucial role in the world of elite sports, bringing new and improved equipment and training methods to athletes. This has allowed for increased precision, accuracy, and safety in sports, leading to better performance and outcomes.

Climate change is also a growing concern for elite athletes, as extreme temperatures and conditions can impact performance and health. However, with the help of technology and data analysis, athletes are now better equipped to prepare for and adapt to changing climates, ensuring that they remain healthy and perform at their best.

The biological clock also plays a crucial role in athletic performance, with certain times of day being optimal for performance. Through the use of technology, athletes are now able to better understand and track their internal biological clocks, allowing them to optimize their performance at the right time.

Finally, biomechanics is a critical aspect of athletic performance, and technology has allowed for a deeper understanding of how the body moves and performs. This has led to improved training methods and equipment, allowing athletes to better understand their own bodies and perform at their best.

In conclusion, science and technology have had a profound impact on the world of elite sports, allowing athletes to improve their performance, recover more quickly, and adapt to changing conditions. As technology continues to evolve and advance, it is likely that we will see even more significant changes and advancements in the future, further improving the performance and outcomes of elite athletes.

### **Technology Enhanced Teaching in Athletic Training & Therapy**

As athletic trainers/therapists and sports medicine providers we are all educators. No matter if we teach in a formal academic setting or act as clinicians educating our patients, we are all responsible for educating and guiding our students, athletes, and patients. This presentation will introduce you to important educational technology theories and philosophies that can help guide effective teaching practices while in the classroom, supervising students, and/or educating patients on the field or in the clinic.

### **The Maccabiah Games: Medical Planning**

The 21st' Maccabiah games, where one of the biggest sports events in the world. Hosting 10,000 athletes, 150 elite athletes, divided to 4 ages categories. They participated in 44 sports, 78 tournaments in 150 sports venues.





The Medical division in the Maccabiah operations department, took the responsibility for the safety and security of the participants, including all the medical issues. We established the medical management team with professional experts from leading medical institutions dealing with critical subjects such as:

Choosing the relevant suppliers for medical services at the sports venues, hotels, tours, and other events. Planning the medical response wisely according to the law, scenarios, and past experience. Providing appropriate medical treatment, first aid and ambulance evacuation to Maccabiah participants. Preparation of medical documents to the village / court administrator, under the responsibility of the regional safety managers, in accordance with the Operations Department. Perform preventive measures as much as possible to maintain the health of Maccabiah participants. Medical warning document to all Maccabiah participants, including - heat waves, insect bites, jellyfish burns, etc. through the village administrators (English).

The presentation will show the process and the results of the medical team, and the summary of saving lives and giving the best medical services in the Maccabiah.

### **Sports-Related Concussion: Time to Take the Head Out of The Sand**

Sports-related concussion (SRC) is common in numerous sport types and has both immediate and future clinical consequences. The identification of SRC and immediate removal of an athlete from practice/competition are of paramount importance, as are the subsequent formal evaluation and gradual return to sport activities.

Most research in this field emanates from a limited number of countries, mainly the USA. We conducted a study that compared knowledge regarding SRC among parents of youth soccer players from three different countries, where it was found that parents from the USA were more knowledgeable than those in Israel or Italy. The success of concussion education, programming, and legislation in the USA may account for the greater knowledge of American parents and is reason to advocate for similar resources for youth athletes internationally.

There is also concern that many athletes in various countries are not managed adequately following SRC, as is evident from large international sport events, such as the FIFA world cup. Local practices of various medical teams are clearly shown during the widely broadcasted matches.

The Sport Concussion Assessment Tool (SCAT) series of documents are a comprehensive set designed to assist in the evaluation of SRC. The translation and cultural adaptation of the original English-language version has been encouraged to allow for worldwide applicability. Such local adaptations are expected to increase SRC knowledge and management.

To facilitate SRC care in Israel, we translated and adapted the SCAT5 for use in Hebrew communities. The process included mainly the translation to Hebrew with cultural adaptation



by a professional translator, with modifications of the Immediate Memory word lists based on word frequency, complexity, and developmental considerations by an expert pediatric neuropsychologist. This translation/adaptation of the SCAT5 to Hebrew is based on rigorous psychometric properties and provides a framework for translation to other languages as well.

### **Trying to Stay aHEAD of the Curve: The Implications of Repetitive Head Impacts in Sport on Long-Term Neurological Outcomes – Especially in the Sport of Soccer**

The prevalence of concussion in soccer is well-documented. Recently an increased focus on repetitive head impacts (RHI) in the sport of soccer has gained momentum by the sports medicine community worldwide. Soccer is unique in that RHI occur as part of the tactical and technical portion of the game, whereby the use of the head to move the ball is allowed. Purposeful heading in soccer is a learned skill that needs to be practiced and refined in order to limit potential damage to the player. The evidence thus far is mixed regarding the short-term effects of RHI in soccer from heading, however the long-term effects remain elusive. The primary aim of this presentation is to discuss RHI in soccer, examine measurement of RHI in the sport, and bring to light ongoing concerns over the long-term implications for players and the sport moving into the future.

### **Ultrasound Imaging of Rotator Cuff Pathology**

Rotator cuff disease is the most common cause of shoulder pain and dysfunction in adults. Knowledge of the complex rotator cuff anatomy is an essential prerequisite for a comprehensive physical assessment; ultrasound examination; and interpretation of findings.

The purpose of this lecture is to provide an in-depth analysis of the complexity of the rotator cuff and shoulder girdle structures, and an overview of common and rare pathologies that are encountered in MSK clinical settings, with the use of ultrasound imaging. The lecture aims at clinical practitioners, with or without MSK Ultrasound experience, who want to improve their everyday clinical practice and diagnostic skills when dealing with patients suffering from shoulder pain.

### **Why all the Shaking? Vibration Therapy and its Clinical Effects**

There are a variety of practical applications for vibration therapy in rehabilitation and exercise performance/recovery. The therapeutic modality market is now flooded with different types of vibration tools including joint wraps, gloves, balls, foam rollers, massage guns, and whole-body plates. It is a common site to see athletes wearing or using vibration devices as a part of their recovery plan or as an adjunct to rehabilitation. Although these tools are popular, there seems to be a lack of specific protocols regarding their clinical use especially for pain relief and local muscle activation. Therefore, the purpose of this presentation is to present several common



vibration tools and to review the literature regarding their purported physiological benefits and tested clinical effectiveness in rehabilitation and post-exercise recovery.

## **SPEAKER BIOS**

### **Adam Annaccone, EdD, LAT, ATC, PES, CES**



Dr. Adam Annaccone joined the UT Arlington Athletic Training Program faculty as an Assistant Clinical Professor in January 2020 and directs the program's Standardized Patient Lab.

For over 16 years, he has worked in educational and clinical settings, serving as a Licensed Athletic Trainer, a Corrective Exercise Specialist, and a Performance Enhancement Specialist. Additionally, he has extensive experience working as an independent contractor for several professional athletes, providing movement assessments and targeted neuromuscular manual therapy and corrective/performance exercise programs. In December 2020, he was named to the Scientific Advisor Board for the National Academy of Sports Medicine. In 2018, he served as a consultant for the newly formed Sports Therapy Academic Program at Ono Academic College in Tel Aviv, Israel. Prior to moving to Texas in 2016, Dr. Annaccone spent three seasons with the NBA Phoenix Suns organization on their highly regarded sports medicine staff, serving as Performance & Recovery Specialist/ Assistant Athletic Trainer.

As a distinguished presenter, he has provided over 60 presentations, both nationally and internationally. In 2018 he served as Keynote Presenter for the first Sports Therapy Conference in Tel Aviv, Israel.

He is an active member of the profession of athletic training, serving on various local, regional and national athletic training committees; most recently as District 6 Representative for Texas and Arkansas for the NATA Government Affairs Committee, a member of the District 6 ATs Care Team and the Chair of the Workgroup for Sports Science, Health and Data Analytics for the NATA. In 2013, he was recognized by the National Athletic Trainers' Association (NATA) with the NATA Young Professionals' Committee National Distinction Award.

He received his doctoral degree from Indiana University of PA in 2017 in Administration and Leadership Studies, a Master's degree from Clarion University in 2006 and completed his Bachelor of Science degree in Athletic Training at Duquesne University in Pittsburgh, PA.

### **Glen Bergeron, PhD, CAT(C)**

Glen is the current the Past - President of the World Federation of Athletic Training and Therapy. He is a faculty member and Director of the Athletic Therapy program in the Gupta Faculty of Kinesiology and Applied Health at the University of Winnipeg in Manitoba Canada. He certified as an Athletic Therapist with the Canadian Athletic Therapists Association (CATA) in 1975. He was a founding member of the Manitoba Athletic Therapists Association and served as President of the Canadian Athletic Therapists for five years. He has worked at many national and international events including five Olympic games; two World university games, one Pan Am Games, and a variety of world championships. He was inducted into the CATA Hall of Fame in 1997 and received the WFATT Achievement Award in 2022.



### **Stavros Daoukas, MSc, GSR, AT, PGCertUS**



Stavros is a Senior Lecturer and Lead Tutor for the MSK Ultrasound courses in the Institute of Health and Social Care at London South Bank University, in the UK.

He also works as MSK Sonographer in the radiology department at Queen's Hospital NHS Trust in London.

He serves as Deputy Editor at Ultrasound Journal of the British Medical Ultrasound Society; Accreditor at the Consortium for the Accreditation of Sonographic Education; External Examiner for the Medical Ultrasound courses at Birmingham City University; Committee Chair in the Research and Education Committee at WFATT; and Chairman of the Greek Athletic Therapy Association.

### **Sue Falsone, PT, DPT, MS, SCS, ATC, CSCS\*D, COMT, RYT**

Sue is the owner and founder of Structure and Function Education and Falsone Consulting. Author of Bridging the Gap from Rehab to Performance she has also serves as the Associate Professor in the Athletic Training Programs at Arizona School of Health.

- Sue serves as Nike Performance Council Member
- Previous Head of Athletic Training and Sports Performance, US Soccer Men's National Team
- Previous Head Athletic Trainer and Physical Therapist for the Los Angeles Dodgers





- Previous Vice President of Performance Physical Therapy and Team Sports at Athletes' Performance (now EXOS)
- Current consultant to professional athletes and professional sport organizations
- Master of Science in Human Movement with a concentration in Sports Medicine from UNC-Chapel Hill
- Bachelor of Science in Physical Therapy from Daemen College
- Board Certified Specialist in Sports Physical Therapy through the APTA
- Certified Athletic Trainer through the NATBOC
- Certified Strength and Conditioning Specialist through the NSCA
- Certified Orthopedic Manual Physical Therapist in the Spine through the IAOMUS
- Registered Yoga Teacher through Yoga Alliance, 200- Hour teacher training

#### **Eric Fuchs, FNAP, ATC, AEMT, SMT, CIDN**

Dr. Eric J. Fuchs is the Dept. Chair of Exercise & Sport Science at Eastern Kentucky University, and he serves as a Professor in the ATEP. Prior to Chair, he served as the ATEP Program Director for 10 years and oversaw the programs transition from BS in AT to a CAATE accredited MS in AT Program. Dr. Fuchs has authored a textbook chapter on Emergency Medication Administration. He clinically practices as an AT, assisting with football coverage at ECU additionally, Dr. Fuchs, serves as the Director of Sports Medicine for Festival Sports Inc. where he directs the medical care and services for the Volleyball Festival, a 600 team girls juniors AAU West Coast Nationals event. Dr. Fuchs serves as a member of the Kentucky Board of Emergency Medical Services Taskforce developing the written protocols and educational requirement for the new Wilderness Paramedic certification in the state, specifically writing section on Joint Reduction and Fracture re-alignment, covering all joints and fractures. Dr. Fuchs is the National Athletic Trainers' Association 2022 Most Distinguished Athletic Trainer Awardee and Dr. Fuchs has been recently recognized Distinguished Fellow of the National Academies of Practice (NAP) in Athletic Training and will be formally awarded this at the NAP forum in March of 2023.



Dr. Fuchs has had extensive experience in emergency care of the critically injured athlete and published a chapter on Emergency Medications & Administration. He has been an invited speaker on IV, wound care, emergency care of critically injured patients, and airway management both regionally and nationally within the AT and EMS profession. Dr. Fuchs currently serves as a member of the Kentucky Athletic Trainers Advisor Council Taskforce drafting the medication formulary and regulations and invasive procedure regulations for the newly enacted state practice act. Dr. Fuchs is an Associate Member of the RehbergKonin Group, a firm specializing in sports medicine expert services and risk management. Dr. Fuchs



has provided expert witness and consulting services for legal cases. Dr Fuchs has also co-authored two book chapters one titled Reimbursement and Legal Considerations and second titled Management Strategies in Athletic Training. Dr. Fuchs has also authored a book chapter on Emergency Medication Administration for athletic trainers. Dr. Fuchs served as the CAATE representative to and member of the BOC Maintenance of Competence Task Force. Dr. Fuchs currently serves as a peer reviewer for the CAATE. He serves as an active volunteer medical staff member for the USOC and has worked two UCI Supercross BMX Americas World Cup events in addition to providing volunteer coverage at USOPTC to a variety of sports. Dr. Fuchs completed his Doctor of Arts at MTSU, his Master of Art's in Athletic Training at San Jose State University and his BS in Athletic Training & Health Education from Ohio University.

### **Ron Gertner**

Mr Ron Gertner was the Chief Administrative Medical Director of the 21st Maccabiya Games in 2022. He is a security consultant and project management for safe cities in Israel and other countries abroad. He is the Founder and CEO at More than Security Ltd., a security consulting and project management company



### **Thomas Kaminski, ATC, FNAK, FNATA, FACSM, RFSA**



Thomas W. Kaminski, PhD, ATC is currently Professor and Director of the Athletic Training Research Laboratory at the University of Delaware. He graduated from Marietta (Ohio) College with a BS degree in Sports Medicine in 1984, completed his MS degree in Exercise & Sport Science from the University of Arizona in 1985, and earned his PhD in Sports Medicine from the University of Virginia in 1996. Tom has the distinct honor of holding fellowship status in the National Academy of Kinesiology (NAK), American College of Sports Medicine (FACSM), National Athletic Trainers' Association (FNATA), and the Research Consortium of the Society of Health and Physical Educators' (SHAPE America) (RFSA). Most recently he was inducted into the Eastern Athletic Trainers' Association (EATA) prestigious 49' Club (Hall of Fame). In addition, he was selected as the National Athletic Trainers Association (NATA) Education Council Sayers "Bud" Miller Distinguished Educator Award, June 2010; National Athletic Trainers Association (NATA) Most Distinguished Athletic Trainer Award, June 2014; and most recently National Athletic Trainers Association (NATA) Research and Education Foundation 2016 NATA Foundation Medal for Distinguished Athletic Training Research. In 2018 he was named Most Distinguished Alumnus by the Marietta College Alumni Association. Dr. Kaminski has served the NATA, EATA, DATA, SEATA, ACSM, SHAPE America and other professional organizations in many capacities during his 35+ year career as an athletic training administrator, clinician, researcher, and educator. His peer-reviewed journal publications





(150+) have appeared in many discipline specific journals including the American Journal of Sports Medicine, Journal of Athletic Training, Journal of Orthopedic and Sports Physical Therapy, Medicine & Science in Sports and Exercise, and the Archives of Physical Medicine and Rehabilitation. He was the founding editor of the SLACK, Inc. journal titled Athletic Training & Sports Health Care (13-year rein) and currently serves on many editorial boards. He is a member of the Professional Development Committee of the NATA and serves on the Medical Advisory Board for Footbeat/Avex LLC. He is a co-founder of the International Ankle Consortium (IAC) and serves to plan the triennial International Ankle Symposium. In addition to his research interest with ankle instability, Dr. Kaminski is a leading expert on issues related to purposeful heading in soccer and maintains a database established in 1998 examining purposeful headers in interscholastic and intercollegiate soccer during this time. He and his colleague Dr. Thomas Buckley (University of Delaware) were co-PI's on the landmark NCAA/DoD CARE Consortium project examining the natural history of concussion in intercollegiate sports at the University of Delaware from 2015-2021. Dr. Kaminski has also partnered with the United States Soccer Federation (US Soccer) and the United Soccer Coaches association to ensure that youth soccer participants are safe, especially during purposeful heading of a soccer ball. His on-line educational and diploma course titled "Get aHEAD Safely in Soccer" is a foundational course for youth soccer coaches in the United States and abroad.

#### **Colin King, PhD, CAT(C)**



Colin King, PhD, CAT(C) is an Associate Professor and Athletic Therapist in the School of Kinesiology at Acadia University. He also sits on the Board of Directors for the World Federation of Athletic Training and Therapy and acts as the Program Director of the newly CATA-accredited athletic therapy program at Acadia. Colin's main research interests include exploring the impact of innovative pedagogies and multimedia technology in athletic therapy education, as well as concussion education and knowledge mobilization.

#### **Laura Kunkel, EdD, LAT, ATC, PES, FNAP**

Dr. Laura Kunkel is the Program Director for the Master of Science in Athletic Training at the University of Texas at Arlington in Arlington TX, USA. She received her bachelor's degree in athletic training and exercise science from Augustana University in Sioux Falls, SD, her master's degree in Athletic Training/Sports Medicine from the University of Florida, and her Doctorate in Education with a focus on Curriculum and Instruction from Texas Wesleyan University. A Certified Athletic Trainer for 18 years, Dr. Kunkel has served as a volunteer with the National Athletic Trainers' Association, Southwest Athletic Trainers' Association, the Commission on Accreditation of





Athletic Training Education, and the Athletic Training Education Journal. She has served as an interprofessional education facilitator since 2014, chaired an interprofessional education work group and later led it to become a committee at University of Texas at Arlington from 2017 to 2020, continues to serve as a member on the interprofessional education committee, and is a TeamSTEPPS Master Trainer. Dr. Kunkel was awarded the University of North Texas Health Science Center, Office of Interprofessional Education Certificate of Distinction in 2020, and was recently inducted as a Distinguished Fellow in the Athletic Training Academy of the National Academies of Practice.

**Jonathan Maister, RMT, CAT(C), SF(CSMTA)**

Jonathan is a Canadian Certified Athletic Therapist and Registered Massage Therapist with a further specialty in Sport Massage. In addition to private practice, he has taught at numerous educational institutions. His articles on Athletic Therapy, Sport Medicine and Massage have appeared in various Canadian journals. Jonathan's unique and energetic presentations have been featured at conventions across Canada, and also in South Africa (Uni of the Western Cape 2019), the USA (EATA convention, 2019) and Israel (Uni of Tel Aviv, July 2022). He chairs the Education Committee of the Canadian Sport Massage Therapists Association.



**Sarah Manspeaker, PhD, LAT, ATC, FNAP**

Dr. Sarah Manspeaker is an Associate Professor in the Athletic Training Program within the Rangos School of Health Sciences at Duquesne University in Pittsburgh, Pennsylvania. She earned degrees from Duquesne University (BS, 2001) and Old Dominion University (MSEd, 2003; PhD, 2010). She has been a Certified Athletic Trainer since 2001 and involved in higher education since 2003. She serves as an Associate Editor for the Journal of Interprofessional Care, on the Editorial Board for the Athletic Training Education Journal, and is a Fellow in the National Academies of

Practice. Sarah is an active volunteer with the Board of Certification, Inc., the Commission on Accreditation of Athletic Training Education, and the National Athletic Trainers' Association. Locally, she serves as the co-chair of the Duquesne University Interprofessional Education Committee and as the medical coordinator for the Special Olympics Pennsylvania Winter Games which features an interprofessional healthcare team providing care to athletes with intellectual disabilities.

### **Prof. Gal Raz-Dubnov, MD, MSc**

Prof. Gal Dubnov-Raz is a certified pediatrician and sport medicine specialist, with an MSc in clinical nutrition. He is the founder and current director of the Israeli National Institute for Sports Medicine at Sheba Medical Center, an associate professor of pediatrics at Tel Aviv University, and the chairman of the Medical Commission of the Israeli Olympic Committee.



### **Cindy Trowbridge, PhD, LAT, ATC, CSCS**



Cindy Trowbridge PhD, ATC, LAT, CSCS has been a certified athletic trainer since 1993 and has worked in clinical, educational, and research settings. She came to UT-Arlington in August 2004 and now serves as an Associate professor for the Professional Masters Athletic Training Program (ATP). Cindy served as a Clinical Coordinator for over 12 years and teaches a variety of classes within the ATP. Currently, Cindy is actively engaged in mentoring research for undergraduates and graduate students. She investigates the clinical effectiveness of therapeutic modalities including diathermy, electrical stimulation, and cryotherapy and has received industry support

for the investigation of several modality applications. She has also collaborated with other professionals to focus on improving the awareness of youth sport concussions among caregivers and the role of forward head and rounded shoulder posture in mental health. She speaks locally, nationally, and internationally and has presented many abstracts at national conferences.

Cindy received her Bachelor of Science degree in Kinesiology from the University of Colorado at Boulder and her Masters of Science in Physical Education/Athletic Training from Indiana State University. She then served as an assistant clinical instructor and clinical athletic trainer at Ithaca College in Ithaca, NY for 7 years before returning to complete her PhD in Exercise Science with a specialization in Physical Medicine and Rehabilitation at Brigham Young University in Provo, UT.

Cindy recently served as Executive Vice President of District Relations for the NATA Foundation. Her involvement with the NATA Foundation board has encompassed 20 years and she was recently awarded the NATA Foundation Lifetime Achievement Award in June 2022. She currently serves as program co-chair for Southwest Athletic Trainers' Association annual meetings and is the Texas state licensure exam development coordinator.

Cindy has also had the opportunity to be involved with the United States Olympic Committee and has traveled internationally with the Bobsled and Skeleton teams plus serving on the sport medicine teams for the Winter World University Games (2003) and the Beijing Paralympics (2008). She also has recently become involved with USA Basketball by working with the under-



18 3x3 program. She traveled to the 2012 (Madrid, Spain) and 2013 (Jakarta, Indonesia) 3x3 Basketball World Championships. She also remains active locally by serving as the sports medicine coordinator for the Dallas/Fort Worth Breast Cancer 3-Day walk. She was recently recognized for her service and mentoring to the profession of athletic training by receiving the Most Distinguished Athletic Trainer Award at the annual symposium in June 2014, the SWATA 2016 Eddie Wojecki Award, and the 2021 Christine M. Bonci Award for Excellence in Athletic Training Scholarship.

### **Keith Webster, MA, LAT, ATC, CEAS**



Keith currently works for Premise Health providing athletic training services to the team members of Toyota Motor Manufacturing of Kentucky. Prior to joining Premise, Keith was the University of Kentucky's Administrative Head Athletic Trainer and Assistant Professor in the College of Health Sciences, Division of Athletic Training for the Post Professional Education Program. Keith helped develop and taught Occupational Health for Allied Health Professionals in UK's Doctorate in Rehabilitation Sciences program in the College of Health Sciences. Keith is currently a member of the Medical Science and Advisory Board of the National Heat Safety Coalition of the Korey Stringer Institute addressing heat safety for the industrial worker.

Keith has served in numerous leadership roles including President of Kentucky and Georgia state AT associations.

He served as member, then Chair, of the NATA Governmental Affairs Committee for 19 years. He is currently the Chair of the NATA COPA Occupational Health Committee.

Keith has been inducted into the Kentucky, NATA District 9 (SEATA), and NATA Halls of Fame.





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