14th World Congress Themes & Case Studies

Introduction

Across the world, Athletic Trainers, Therapists and Sport Rehabilitators work in different systems, settings and cultures, and may use different language to describe what they do. Yet we share a common goal: helping people live healthier, more active and fulfilling lives. For this reason, the themes for the 14th World Congress are built around case studies. Our cases are our common language.

Our cases are intended as starting points rather than boundaries, providing a person-centred framework through which delegates can apply their research, clinical practice, education and innovation to the challenges faced by those in our care.

Theme I: Readiness

Athletic Trainers, Therapists and Sport Rehabilitators play an important role in preparing individuals for participation, performance and long-term health. Whether working with young athletes, active communities or emerging talent; readiness requires the integration of physical, psychological, educational and social factors to support safe and sustainable development.

Case 1: Meet Ken.

Ken is a 15-year-old academy athlete who has recently entered a regional talent pathway. Over the past year, he has experienced rapid growth, increasing training demands and growing academic pressures.

Following a concussion during competition, Ken's symptoms improve quickly, but questions remain around his return to learning, training and performance. At the same

time, he is managing recurrent musculoskeletal issues associated with growth and development. Parents, coaches, teachers, healthcare professionals and performance staff all want the best outcome, but not everyone agrees on the best way forward.

Challenge: How can we best support young athletes like Ken to remain healthy, safe, engaged and successful during adolescence?

We invite submissions that address any aspect of youth athlete health, development, performance and wellbeing.

Perspectives on this theme might include:

- Youth athlete health, development and wellbeing
- Injury and illness prevention
- Safe participation, return to learn and return to sport
- Performance development across adolescence

Theme II: Resilience

Supporting health and performance across the lifespan is a growing focus of Athletic Trainers, Therapists and Sport Rehabilitators. As individuals navigate changing physiological, personal and environmental demands, resilience requires a holistic approach that promotes wellbeing, participation, recovery and long-term health.

Case 2: Meet Ama.

Ama is a highly active 40-year-old recreational athlete balancing competitive sport with family, professional and personal commitments and a long-term health condition. Despite years of successful participation, she has recently experienced increasing shoulder pain, changes in recovery, performance, sleep, confidence and overall wellbeing.

As training and life demands continue to increase, Ama is seeking advice on how to optimise both health and performance for the years ahead. Questions arise around training, nutrition, recovery, hormonal health and long-term participation in sport alongside management of long-term health.

Challenge: How can we better support women to maintain health, participation and performance through the changing demands of life, sport and work?

We invite submissions that explore female health, performance, participation and healthy ageing across the lifespan.

Perspectives on this theme might include:

- Female athlete health across the lifespan
- Exercise, health promotion and active living
- Recovery, adaptation and performance
- Nutrition, energy availability and bone health
- Healthy ageing and lifelong participation in sport
- Management of long-term health.

Theme III: Rehabilitation

Returning individuals to activity, work and sport is a defining aspect of Athletic Trainers, Therapists and Sport Rehabilitators. Whether recovering from injury, illness or an unexpected change in circumstances, rehabilitation requires the integration of clinical expertise, performance science and person-centred care.

Case 3: Meet Liam.

Liam is a 27-year-old international athlete preparing for a major championship. Like many high performers, he is managing recurrent injuries while striving to compete at the highest level.

Following overseas travel, Liam develops calf pain that initially appears to have a musculoskeletal cause. However, further assessment reveals a deep vein thrombosis. For Liam and his medical team, what first appeared to be a routine sporting injury becomes a very different clinical challenge.

As recovery progresses, Liam and his team must balance medical management, rehabilitation, conditioning, psychological wellbeing and preparation for return to competition. Questions emerge not only about returning to participation, but also about returning to performance.

Challenge: How do we support safe and effective rehabilitation when injury, illness and performance priorities intersect?

We invite submissions that explore rehabilitation, clinical decision making, differential diagnosis, athlete health, return to participation and return to performance.

Perspectives on this theme might include:

- Clinical reasoning and differential diagnosis
- Managing complexity in athlete and patient care
- Performance rehabilitation and return to sport
- Psychological, social and behavioural aspects of recovery
- Optimising outcomes across the rehabilitation continuum

These themes and case studies are intended to inspire discussion and exploration, not restrict submissions. Research, clinical insights and educational perspectives beyond the identified themes are equally welcome.