



16 - 18 October 2025

13th World Congress Maynooth, Ireland

HOSTED BY



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Program Flow

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WFATT President's Welcome

On behalf of the World Federation of Athletic Training and Therapy (WFATT) Executive Committee and the World Congress Planning Committee, it is my distinct pleasure to welcome you to Ireland for the 13th WFATT World Congress.

We are delighted to offer three days of exceptional programming designed to enhance your clinical practice and broaden your professional network. This year's Congress brings together athletic trainers, athletic therapists, and sport rehabilitators from around the world, fostering collaboration and the exchange of global best practices.

With the theme "Elevating and Uniting Sports Medicine," this Congress is poised to be the largest and most diverse in WFATT's history. We are proud to present a distinguished lineup of expert speakers who will share global perspectives on the care and recovery of the active patient. In addition to the main conference sessions, attendees will benefit from a variety of engaging opportunities, including:

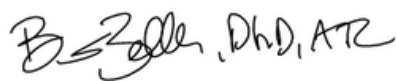
- Multiple pre-congress workshops (Thursday)
- Dedicated student sessions (Friday)
- Dedicated educator sessions (Saturday)
- Over 70 poster presentations
- A total of 23 hours of continuing education

Our presenters represent a truly international roster, including experts from Ireland, the United Kingdom, the United States, Canada, Greece, and Hong Kong. With attendees joining us from across the globe, this Congress is a powerful celebration of the evidence-based care provided every day by athletic trainers and athletic therapists worldwide.

We would also like to express our sincere gratitude to Athletic Rehabilitation Therapy Ireland (ARTI) for graciously hosting this year's Congress. Their dedication and hard work over the past two years have been instrumental in bringing this event to life, and we deeply value their partnership.

Once again, welcome to Ireland and to the 13th WFATT World Congress. We look forward to an inspiring and enriching experience together.

Warm regards,



Brian Zeller, PhD, LAT, ATC
President – WFATT



ARTI President's Welcome

Failte, a chairde;

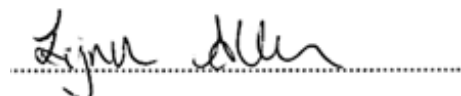
On behalf of Athletic Rehabilitation Therapy Ireland (ARTI) Executive Board and members, I would like to welcome you to the World Federation of Athletic Training and Therapy (WFATT) World Congress, in Maynooth, Ireland this October 16-18th.

We are very excited to welcome you to this 3-day international conference where we have a diverse schedule with over 100 speakers coming to present keynote lectures, workshops, panel discussions, research disseminations and hands-on practical classes to suit everyone working within sports medicine and athletic training and therapy. For the first time, we will have a dedicated student symposium on the Friday, followed by an educator's symposium on the Saturday, in addition to the clinical and professional programming.

This year's theme is Elevating and Uniting Sports Medicine where we truly believe in the unity of medical and allied healthcare professionals, educators and students in optimising patient care. This year's conference will be a great way to reconnect, network and collaborate with fellow healthcare professionals from across globe, in the tranquil setting of Maynooth village. Our dedicated members of the WFATT planning committee will be at hand to help make the most of your time with us.

We look forward to welcoming you all to Maynooth in October.

Best Wishes,



Lynn Allen, MSc, PGDip, CAT
ARTI President



Schedule Overview



Thursday 16 October

Hands-on Workshops

0900 - 1530

Supplemental registration required

WFATT Townhall

1530 - 1700

Open to all attendees

Welcome Social

1900 - 2100

Open to all attendees

Friday 17 October

Professional Education

0900 - 1830

Student Programming

1050 - 1830

Saturday 18 October

Professional Education

0900 - 1830

Educator Programming

1005 - 1800

Research Poster Q&A

1550 - 1620

The Final Craic

1900 - 2100

Open to all attendees

Organizing Committee

World Congress Committee

Pete Dewar, Chair

Chris Schommer

ARTI Organizing Committee

Lynn Allen, President

Frank Devereux, Vice President

John Corrigan, Treasurer

Sinead O'Keeffe, WFATT Liaison

Continuing Education Units

A maximum of 23 contact hours is available. Please only claim the hours in which you attended. A Certificate of Attendance will be circulated to all attendees following the event.

Eligible for ARTI Continuing Education.

Eligible for BASRaT Continuing Education.

BOC Approved Provider status has been applied for.

Eligible for CATA Approved Provider Category B submission.

Conference Events

Don't miss the chance to connect with your sports medicine colleagues from around the globe during some of our social events.

Welcome Social



Thursday 16 October



1900 - 2100

Help us kick off the event with finger food and drink in the conference lobby while meeting our exhibitors!

Ticket included with registration
Extra tickets €25

5K Fun Run



Saturday 18 October



0700

Get the blood flowing and explore historical Maynooth on foot with a 5K jog around the area!

Research Posters Q&A



Saturday 18 October



1550 - 1620

Authors will be present for questions related to their research. All research will be published in a future edition of the *Journal of Athletic Training*.

The Final Craic

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Saturday 18 October



1900 - 2100

Celebrate the conclusion of the 13th World Congress with Irish entertainment, food, and drink!

Ticket included with registration
Extra tickets €50



Garden County Tour

Add-on for only €60



Sunday 19 October



0900 - 1800

Hop aboard a luxury coach with a professional driver and qualified tour guide for a day exploring Wicklow - the Garden County of Ireland!

Glendalough is one of Ireland's most iconic regions, renowned for its beauty and landscape, rich history, archaeology and abundant wildlife. Your guide will provide a walking tour of the 6th-century monastic settlement and round tower. This will be followed by a short walk from the settlement to the stunning Glendalough Lake.

Avoca Handweavers mill has been in operation since 1723 and a great opportunity to see first hand his traditional craft, with the opportunity to explore their shops and products.

Powerscourt Gardens boasts a blend of perfectly manicured formal gardens, sweeping terraces, striking statues, charming ornamental lakes, secret hollows, and rambling walks. Take in the wonder of nature, curated by world-class gardeners. Voted 3rd Best Garden in the World.

Price Excludes lunch.

Itinerary (Times are approximate)

0900 Depart Maynooth

1000 **Arrive Glendalough National Park**

Monastic Settlement Guided Tour (included)

Upper Lake walk at your leisure

1200 Depart

1230 **Arrive Avoca Handweavers Mill**

Browse the mill, shops, & cafe (included)

Lunch on your own

1430 Depart

1515 **Arrive Powerscourt Garden**

Visit their gardens (included)

1700 Depart

1800 Return to Maynooth



Preconference Workshops

Add-on starting at only €5

Thursday 16 October 2025

Register for a variety of preconference workshop opportunities throughout the day on Thursday 16 October. All workshops are priced at **€5 per hour** and spots are limited.

– [CLICK HERE FOR A FULL LIST OF WORKSHOP DESCRIPTIONS](#) –

Workshop for Students & New Graduates

1200 – 1400 (Classroom) | 1400 – 1500 (Fitness Room)

Using Sports Related Concussion Assessments to Inform Rehabilitation Planning

Enda Whyte, CAT & Martin Sweeney, CAT

Workshops for Educators

1100 – 1200

Elevating Minds and United Hearts: Empowering Educators to Teach Behavioral Health in Sports Medicine

Jessica Huett, EdD, LAT, ATC & Alyssa Anderson, PhD, LAT, ATC

1200 – 1300

Self-coaching Through Challenges Utilising the SOAP Healthcare Excellence Coaching Model

Anna Postawa, MSc, PT

1400 – 1500

Embracing 'Structural Humility' in Athletic Training and Therapy Education

Michael Cole

Tyrone Cassius

Workshops for Professionals

900 – 1000

Optimizing Squat Mechanics for Rehabilitation Success

Michael Higgins, PhD, ATC, PT, CSCS

930 – 1030

The Spectrum of Concussion Prevention

Erica Beidler, PhD, ATC & Patricia Kelshaw, PhD, ATC

1000 – 1100

Make the Adjustment: Risky Pitching Mechanics in Youth Baseball

Dennis Coonan, MSE, LAT, ATC & Matthew Brewer, MS, LAT, ATC

1000 – 1200

MSK Ultrasound Workshop: Shoulder Girdle

Stavros Daoukas, MSc, GSR, PgCertUS

1030 – 1130

Thoracic Manual Therapy for Neck and Shoulder Pain

Michael Higgins, PhD, ATC, PT, CSCS

1200 – 1300 - Classroom | 1300 – 1400 - Pool

Aquatic Therapy for Injury Prevention, Rehabilitation, and Sport Performance

Valerie Herzog, EdD, LAT, ATC & Hannah Stedje, PhD, LAT, ATC

1230 – 1330

A Growing issue? Understanding Adolescent Development for Injury Prevention – Practical Applications

Gemma Parry, BASRaT-reg and HCPC Registered Physiotherapist & Dave Hartley BASRaT-reg

1300 – 1500

MSK Ultrasound Workshop: Knee and Thigh

Stavros Daoukas, MSc, GSR, PgCertUS

1300 – 1400 (Fitness Room)

Lost in Transition: Leveraging the VOMS as a Throughline from Assessment to Clearance

Julie MacDonald, MSc, CAT(C), RKIN, RMT

1330 – 1430

Leveraging Mobile Applications for Personalized Injury Prevention Program Delivery

Hayley Root, PhD, MPH, ATC & Lindsay DiStefano, PhD, ATC, FNATA

Keynote Speakers

Friday 17 October 2025 | 0900 - 1000

Professor Brian M Devitt

Consultant Orthopaedic Surgeon

Full Professor and Chair of Orthopaedics and Surgical Biomechanics at Dublin City University



Professor Brian Devitt is an internationally trained orthopaedic surgeon with subspecialty expertise in knee surgery. He has a particular interest in sporting injuries including anterior cruciate ligament (ACL) reconstruction, meniscal repair, cartilage restoration procedures, multi-ligamentous knee reconstruction and hamstring repair. In addition, he cares for patients with degenerative conditions, such as knee arthritis, and performs both knee replacements and osteotomies.

Brian completed his medical school training at University College Dublin, Ireland, and carried out his specialist training in Trauma & Orthopaedics at the Royal College of Surgeons in Ireland. He also achieved a Masters in Sports and Exercise Medicine. Brian chose to pursue a career in academic orthopaedic sports surgery, and carried out three years of fellowship training. The first year was a research fellowship at the Steadman Philippon Research Institute. He then carried out a clinical fellowship at the University of Toronto in sports surgery. Finally, he completed two clinical fellowships in Melbourne; the first was a knee reconstruction fellowship at OrthoSport Victoria and the second a fellowship at Hip Arthroscopy Australia. He stayed on in Melbourne for 8 years, where worked at OrthoSport Victoria as a knee surgeon and Director of Research.

Brian returned to Dublin, Ireland, in 2022 to take up a position as Full Chair and Professor of Orthopaedics and Surgical Biomechanics at Dublin City University. His specific research interests are ACL reconstruction, lateral extra-articular reconstruction, posterior cruciate ligament (PCL) and posterolateral corner reconstruction, and hamstring repair.

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Ryan Alexander

Clinical Specialist Athletic Therapist

Ryan Alexander is a Certified Athletic Therapist that works as a Clinical Specialist Athletic Therapist for Professor Brian Devitt in the UPMC Sports Surgery Clinic in Dublin, Ireland. As part of his role, he is involved in pre and post-operative rehabilitation for Professor Devitt's surgical patients across an array of injuries and surgical procedures. These include ACL reconstructions, joint replacements at the knee and hip joints, hamstring, quadriceps and adductor repairs and knee arthroscopies. He completed his undergraduate degree in Athletic Therapy and Training in Dublin City University, before completing his Master's degree in Strength and Conditioning in SETU Carlow. He is currently undertaking his PhD through Dublin City University in the topic of, "Arthrogenic Muscle Inhibition in ACL injury". As a keen sportsman himself, he has worked in numerous team settings in his career and studies, including Purdue University Football, Dublin Minor Hurling and Suttonians Rugby in the Women's AIL.

Keynote Speakers

Saturday 18 October 2025 | 0900 - 1000

Dr Ciaran Cosgrave

Director of UPMC Sports Medicine & UPMC Institute for Health
Consultant Sports & Exercise Medicine Physician,
UPMC-Sports Surgery Clinic.



Dr Cosgrave is the Director of UPMC Sports Medicine & Institute for Health and is one of Ireland's most prominent consultants in Sports & Exercise Medicine. He specialises in the management of pain and injury in patients of all ages and all levels of activity. Currently, he has recently been appointed to Head of Medical for the upcoming British & Irish Lions Tour in Australia.

He was the doctor for the Irish Senior Rugby Team from 2016-2024 and has held similar positions with the British & Irish Lions, Liverpool Football Club and Leinster Rugby. He joined the UPMC Sports Surgery Clinic in 2013 having completed his consultancy training in Liverpool.

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Dr Cosgrave graduated in medicine from [Queen's University Belfast](#) in 2004 and has an MSc in Sports & exercise medicine from [Trinity College Dublin](#). He also has qualifications in Sports psychology and Medical education.

Dr Cosgrave has a wealth of experience in elite sport. In addition to his experience in rugby and soccer, he has also worked in basketball, karate, judo, athletics and at the [Olympic Games](#). At UPMC Sports Surgery Clinic he works closely with athletes and coaches on injury prevention and performance enhancement.

He has a particular interest in managing concussion and in ultrasound-guided injections of joints, muscles, tendons, ligaments and the spine.

Keynote Speakers

Saturday 18 October 2025 | 1345 - 1445 (*Virtual presentation*)

Sue Falsone



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- President & Founder: Structure & Function Education
 - Owner: Falsone Consulting
 - Current consultant to professional athletes and pro sport organizations
 - Senior Advisor, Los Angeles Dodgers
 - Associate Professor, Athletic Training Programs: Arizona School of Health Sciences, A.T. Still University
 - Author: Bridging the Gap from Rehab to Performance
 - Doctor of Physical Therapy: Daemen College
 - Master of Science in Human Movement with concentration in Sports Medicine: UNC-Chapel Hill
 - Bachelor of Science in Physical Therapy: 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 via the IAOM-US
 - Registered Yoga Teacher through Yoga Alliance, 200- Hour teacher training
-

Professional Program

Friday 17 October & Saturday 18 October

Access to all sessions on Friday and Saturday is included with conference registration.
Times TBA.

Athletic Training and Public Health Practice: Bridging Individual Care and Population Health

Katie Sniffen, PhD, ATC

Breaking Barriers: Navigating a Career in Sport and Exercise Medicine as a Woman

Siobhán O'Connor, MSc, PhD, CAT, FFSEM (Hon.)

Debunking exertional heatstroke myths to better save lives

Kevin Miller, PhD, LAT, ATC, FNATA

Developing Interdisciplinary Teams with Sports Medicine

Brian Smith, DHSc, LAT, ATC

Kelley Henderson, EdD, LAT, ATC

Development and Implementation of Mental Health Policy in Collegiate Athletics

Jessica Johns, MEd, LAT, ATC

Differential diagnoses of dorsal forearm and hand pain: anatomy, imaging, and clinical insights

Stavros Daoukas, MSc, GSR, PgCertUS

Diversifying Concussion Management in Para Sport: Updates and Clinical Innovations for Athletic Trainers & Therapists

Katelyn Mitchell, PhD, PT, CAT(C)

Dr. Tamerah Hunt, PhD, LAT, ATC, FACSM

Examining Achilles Tendon Loading Forces in Runners, and the Impact of Those Forces on Achilles Tendon Biomechanics Properties

Joshua Sponbeck, PhD, LAT, ATC, CSCS

Exertional Collapse Associated with Sickle Cell Trait: Global Prevalence, Prevention Policies, and Educational Standards

Dawn Emerson, PhD, ATC

Rachel Dipeolu, ATC

Helping Patients Thrive: Enhancing Involvement After Return to Activity in ACL Rehab

Meredith Decker, PhD, LAT, ATC, PES

Implementing rehabilitation and patient reported outcome measures into plans of care for patients with concussions

Thomas Bowman, PhD, ATC

Janet Simon, PhD, ATC

Implementing Simulations in the Workplace

Matthew Donahue, PhD, ATC, LAT

Hannah Stedje, PhD, ATC, LAT

Professional Program

Friday 17 October & Saturday 18 October

Access to all sessions on Friday and Saturday is included with conference registration.
Times TBA.

Incorporating Short-Foot Exercise for Running Biomechanics Changes and Injury Rehabilitation

Naoko Giblin, PhD, LAT, ATC

Kari Emineth, PhD, LAT, ATC, CSCS

Increasing Inclusiveness in the Athletic Training Facility

Aubre True, MS, LAT, ATC

International Cultural Competence in Health Care

Elicia Leal, MEd, ATC, LAT

Leveling the Playing Field: Advancing Sports Medicine with Female-Focused Innovations

Amanda Jagielo, DAT, ATC

Making Waves: Exploring Opportunities with Aquatic Rehabilitation

Connie Peterson, PhD, LAT, ATC

Navigating Mental Health Screening and Support in Sports Medicine

Zachary Winkelmann, PhD, ATC

Prioritizing the Patient Perspective

Tamara Valovich McLeod, PhD, ATC, FNATA, FNAK, FNAP

Putting Emergency Action Planning into Practice: A Team Approach

Meghan McKay, MEd, LAT, ATC

Quad Blue: Reviving the Quadriceps in Early ACL Rehabilitation

Conrad Gabler, PhD, LAT, ATC

Recognizing exertional sickling across clinical settings

Susan Yeargin, PhD, ATC

Resilience a Key to Preventing Burnout among Athletic Trainers and Therapists

Stephanie Singe, PhD, ATC, FNATA

Rethinking the Cause of Muscle Cramping using the Multifactorial Theory

Kevin Miller, PhD, LAT, ATC, FNATA

Sports Therapy in Hong Kong - History, Current Development and Challenges

Yok Yuen Siu

Staying Cool: The Impact of Mental Health Medications on Heat Tolerance and Safety

Dawn Emerson, PhD, ATC

Melani Kelly, PhD, ATC

Professional Program

Friday 17 October & Saturday 18 October

Access to all sessions on Friday and Saturday is included with conference registration.
Times TBA.

Tactical Care: The positive impact of Athletic Training on those who protect and serve

Becky Swan, MRSc, CAT(C), CSCS, TSAC-F, MCTP

Anna August, MS, LAT, ATC

Traci Tauferner, LAT, ATC, CSCS, PES, MCTP, CS1

The Booby Traps of Breast Weight Management and its Impact on the Biopsychosocial Health and Wellbeing of Women and Girls Throughout their Lifespan

Siobhán O'Donovan, MS, Dip Orth Med

The EPIC™ Clinician: A Remedy for the Complexity of Sports Medicine & Athletic Therapy

Matthew Kutz, PhD, ATC

The Importance of Connection: to the process, to the therapy, to the material, to the human

James Gardiner, MSc, CAT(C), CSCS

To Tech or Not to Tech: Balancing Technology and Global Collaboration in Clinical Practice

Adam Annaccone

Unlocking Better Outcomes: Leveraging the ICF Model for Patient-Centered Healthcare

Amy Fraley, PhD, LAT, ATC, CSCS

Unlocking the Myofascial Matrix: Advanced Palpation and Practical Applications for Athletic Trainers

Patrick St Louis, EdD, LAT, ATC, CKTI, CCT, GTS, CPT, PES

Why does the sports medicine provider need to know about CBD?

Jeff Konin, PhD, ATC, PT, FACSM, FNTAA, FNAP

Educator Program

Friday 17 October

Access to all sessions on Friday and Saturday is included with conference registration.
Times TBA.

Passport to Learning: Building Impactful Short-Term, Faculty Facilitated Study Abroad Programs

Nicole Wilkins, EdD, LAT, ATC

Jeff Konin, PhD, ATC, PT, FACSM, FNATA, FNAP

Ron Walker, EdD, LAT, ATC, CSCS

Learning to Learn – How Metacognition Promotes Clinical Reasoning Skills to Empower Students

Lynn Allen, MSc, PGDip, BSc, CAT

Emma J. O'Neill, BSc, BVSc, PhD, DSAM, ECVIM-CA, PGDipUTL, PGDipEE, FRCVS

Kate Acton, BSc, VN, RVN, MSc, AFHEA, PGDipUTL, UCD

Saturday 18 October

Many Titles, One Purpose: Uniting and Advancing AT Globally

Anthony Breitbach, PhD, ATC, FASAHP, FNAP, Chair, CAATE International Committee

Alvaro Garcia Romero, PhD, PT, Past Chair, CAATE International Committee

Kysha Harriell, PhD, LAT, ATC, FNAP, Vice President, CAATE International Committee

Toni M. Torres-McGehee, PhD, LAT, ATC, FACSM, President, CAATE

Courage to Question: Cultivating Psychological Safety in the Modern Classroom

Rachel Hildebrand, PhD, LAT, ATC, CBIS, AIB-VRC

Nicole Wilkins, EdD, LAT, ATC

Evidence-Based Practice Across 7 Programs and 4 Countries: A Panel Presentation and Discussion

Mark Lafave, PhD, CAT(C)

Colin King, PhD, CAT(C)

Sarah Manspeaker, PhD, ATC

Jim Mensch, PhD, ATC

Allan Monro, PhD, BASRaT-Reg

Richard Moss, MSc, BASRaT-Reg

Lynn Allen, MSc, PGDip, BSc, CAT

Anna Postawa, MSc, PT

Development of a Digital Decision Support Tool for Shoulder Assessment and Management (MAP SHOULDER)

Breda Eubank, PhD, CAT(C)

Leveraging AI-Generated Scenarios to Improve Understanding of the Emergency Assessment Process

Daniel Cobble Sr,

Lindsey Schroeder, EdD, LAT, ATC

Educator Program

Access to all sessions on Friday and Saturday is included with conference registration.
Times TBA.

Beyond the Classroom: Socializing Sports Medicine Faculty into Administrative Roles

Laura Kunkel, EdD, ATC, PES, FNAP
Ashley Thrasher, EdD, LAT, ATC, CSCS
Nicole Wilkins, EdD, ATC
Shannon David, PhD, LAT, ATC, ROT, PES
Kelly Pagnotta, PhD, ATC

Conquer the Conversation: Strategies for Teaching How to Navigate Difficult Conversations in Athletic Training/Therapy Education

Ashley Thrasher, EdD, LAT, ATC, CSCS

Education the Educators: Empowering Clinical Instructors to Incorporate Andragogical Methods into Clinical Education for Athletic Training and Therapy Students

Joshua Wooldridge, PhD, LAT, ATC, CSCS
Shannon David, PhD, LAT, ATC, ROT, PES
Matt Drescher, PhD, DAT, LAT, ATC

Healthcare Utilization to Musculoskeletal Disorders in Alberta, Canada – 7 Year Trend

Breda Eubank, PhD, CAT(C)

Perceptions of Emergency Management in Members of Reciprocal Organizations

Jaclyn Arduini, MS, LAT, ATC, CAT(C), NREMT, CES

Mitigating Social Déterminants and Leveraging Cultural Wealth to Advance Equity in Athletic Training and Therapy Education

Nicolette Harris, EdS, DAT, LAT, ATC, CSCS

Student Program

The student program will be held on Friday 17 October. Access to all sessions is included with conference registration.

Times TBA.

Friday 17 October 2025

2025 World Congress Student Quiz Bowl

Moderated by Jim Mensch, PhD, ATC

Students who wish to participate in the Quiz Bowl should indicate their interest when registering for the World Congress. Teams will be randomly assigned!

Emergency Preparedness: Pearls and Perils – A Boston Marathon Story

Joseph Murphy, PhD, LAT, ATC

Global Mobility of Athletic Therapy for Students

Lynn Allen, MSc, PgDip, BSc, CAT

Rick Griffin, BS, MS, ATC-L-PBATS

AJ Duffy III, MS, ATC, PT-NATA President

Oliver Blenkinsop, ATC, GSR, FHEA

Staying Grounded: Tools and Techniques for Vestibular Recovery

Rachel Hildebrand, PhD, LAT, ATC, CBIS, AIB-VRC

Meredith Wasson, MS, LAT, ATC

Students are the Professionals of Tomorrow: What you need to know about cannabis and athletic education

Jeff Konin, PhD, ARC, PH, FACSM, FNATA, FNAP

The Words We Avoid: Mastering the Art of Difficult Dialogues

Nicole Wilkins, EdD, LAT, ATC

Your Playbook for Success: Resumes, Salary Negotiation, & Demonstrating Your Value

Jim Mensch, PhD, ATC