

The Arizona Athletic Training Times

FROM THE PRESIDENT'S DESK

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To the AzATA Membership:

Greetings! After attending the RMATA Annual Symposium in Salt Lake City, from April 20-23, I felt a renewed sense of enthusiasm and purpose. The program was outstanding and I was especially moved by the Hall of Fame induction of Dr. Ken Knight and George Curtis, from Utah. These men are truly pioneers in Athletic Training education and clinical practice. Dr. Earlene Durrant gave an inspirational keynote address on the definition and significance of "mentoring". It helped me to focus my energy and attention to what is truly vital in what we do as Athletic Trainers. I am continually impressed by the zeal and passion of so many of my colleagues in our association.



In an effort to promote our profession and be constant, active learners, I think it's important for us to attend meetings when we are able, and have access to pertinent information and resources. I invite you all to take advantage of the following:

Attend our AzATA Annual Summer Symposium, from July 21-23, at NAU: the topic is Lower Extremity, and it will be led by Dr. Tom McPoil, a renowned researcher and educator. Get out of the heat, earn some precious CEU's and bring the family to a worthy getaway! Stay tuned for more information.

Obtain a copy of: **Athletic Training Educational Competencies (4th Edition)** and **Role Delineation Study (5th Edition)**, available at:

http://www.nata.org/forms/competencies_orderform.htm(competencies) <https://pos.brightdoc.com/store/entrance.asp?CompanyID=4352> (role delineation)

No documents better describe and define what we do and what we should know.

These are essential references and guides.

Attend our Government Affairs Committee's Legislative Seminar, on June 3rd, at Brophy Prep. Learn more about the legislative process, especially as it relates to our state's Athletic Training statute. This event is free of charge, is worth 4 CEU's, but is limited to the first 50 registrants. Contact John Parsons at jparsons@atsu.edu for more information.

Get involved!! We have committee position vacancies, lots of amazing things to accomplish, and great people with whom to work.

Together, let's make a collective, concerted effort to: carefully and purposely nurture our precious professional and personal relationships; more fully appreciate the amazing athletes we serve and the noble profession to which we belong; and strive for and always be open to, self-improvement through learning. Have a restful, healthy summer!

Respectfully,

Christopher A. White MS ATC L-AT

AzATA President

Special points of interest:

- Concussions and Cognition
- NATA Month Recap
- Events in Atlanta
- Student Corner

Summer Meeting Info

Annual Summer Symposium
Friday, July 21st – Sunday July, 23rd

“The Foot: Examination and Management” Presented by Tom McPoil, PhD, PT, ATC

Friday, July 21st

- 1:00 – 2:00 Registration
- 2:00 – 2:15 Welcome and Faculty Introduction
- 2:15 – 3:15 Is Lower Extremity / Foot Alignment a Significant Risk Factor for Injury?
- 3:15 – 3:30 Break
- 3:30 – 5:00 Current Evidence to Support Foot and Examination Protocols

Friday evening AzATA Social - A social event is being planned for Friday July 21st as a time for the AzATA membership to interact and network in a relaxed environment. More information will be available as the meeting approaches.

Saturday, July 22nd

- 8:00 – 8:30 Secondary Registration
- 8:30 – 10:00 Physical Examination of the Foot and Ankle
- 10:00 – 10:15 Break
- 10:15 – 11:45 Physical Examination of the Foot and Ankle (con't)
 Assessment and Treatment Planning (Outcome Assessment Tools and Adhesive Taping)
- 11:45 – 12:00 Break
- 12:00 – 1:00 Footwear: Design and Selection Criteria
- 1:00 – 1:30 AzATA Business Meeting

Free Afternoon to Enjoy Flagstaff

Sunday, July 23rd

- 8:30 – 10:00 Foot Orthoses: Design, Prescription, and Effectiveness
- 10:00 – 10:15 Break
- 10:15 – 12:00 Use of Pre-Molded Orthoses
- 12:00 – 12:15 Conference Wrap Up – Final Q&A



A total of 10 CEUs will be provided for those attending the entire duration of the meeting.

Summer Meeting Information

Location

Northern Arizona University
Health Professions: Building 66
Flagstaff, AZ

Hotel Information – Deadline for Reservations is Friday, June 30th

****To receive the reduced rate make the reservation under the AzATA Summer Meeting room block****

La Quinta

2015 S. Beulah Blvd.
Flagstaff, AZ 86001
(928) 556 – 8666

\$59 to \$69 / night plus tax

** Includes a continental breakfast

Quality Inn

2000 S. Milton Road
Flagstaff, AZ 86001
(928) 774-8771

\$94 / night plus tax

** Includes a continental breakfast

Hampton Inn & Suites

2400 S. Beulah Blvd.
Flagstaff, AZ 86001
(928) 913 – 0900

\$109 - \$139 / night plus tax

** Includes a continental breakfast

Radisson Woodlands

1175 W. Rt. 66
Flagstaff, AZ 86001
(928) 773-888

\$119 / night plus tax

** Questions can be directed towards Ian McLeod, Chair of the AzATA Professional Education Committee**

Email: swimatc@hotmail.com

(480) 518-5802

Summer Meeting Registration

2006 AzATA Summer Symposium Registration

NAME: _____

PROFESSION: _____

PLACE OF EMPLOYMENT: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

NATABOC CERT. #: _____

Certified AzATA Member.....	\$65.00	<input type="checkbox"/>
Certified Non-AzATA Member.....	\$80.00	<input type="checkbox"/>
Allied Health Professional	\$80.00	<input type="checkbox"/>
Student Member.....	\$50.00	<input type="checkbox"/>
Student Non-member.....	\$65.00	<input type="checkbox"/>
Associate Member.....	\$65.00	<input type="checkbox"/>
Certified - Sat. / Sun. session (7.5 CEU's).....	\$50.00	<input type="checkbox"/>
Student - Sat. / Sun. session (7.5 CEU's).....	\$40.00	<input type="checkbox"/>
Late Fee (After July 7 th).....	\$25.00	<input type="checkbox"/>

I would like a receipt.....

Available only at the registration desk during registration hours.

TOTAL

ENCLOSED:.....\$ _____

Please make checks and PO's payable to AzATA.

Mail completed form and payment to:

Ed Orr
785 E. Blueridge Way
Chandler, AZ 85249

*Please check the category for which you are registering

Refunds will be given before July 7th with a written request\$25.00 Late Fee after July 7th, 2006

*Full payment must accompany the registration form

*Registration will not be processed until all fees are paid in full

The Summer Meeting Brochure and Registration forms are also available on the AzATA website.

www.rmata.org/azata

Patellofemoral Rehabilitation

Physical Therapy for Patellofemoral Pain: A Randomized, Double-Blinded, Placebo-Controlled Trial

Aaron Fried, ATC
Graduate Student, Athletic Training Program,
Arizona School of Health Sciences, A. T. Still University

The patellofemoral joint is often a site of pain in athletes and some treatments can be marginal at best. Studies show that patellofemoral pain is present in as high as 30% of sports medicine patients. Athletic trainers, especially those dealing with pre-adolescent athletes deal with it almost on a daily basis. Pathology of patellofemoral pain is not clearly understood and many discrepancies lie in treatment of the disorder. The purpose of this study was to complete a randomized, double-blinded, placebo-controlled clinical trail on patients dealing with patellofemoral pain. This article uses patient-oriented evidence measures (i.e. quality of life), so use of its conclusions will help move athletic training toward evidence-based practice.

Seventy-one patients were collected with a clinical presentation of patellofemoral pain with no underlying pathology. The subjects were randomly placed into groups where the data was collected by statisticians that were unaware of the treatment protocols. Weekly sessions were given by physiotherapists for both groups with the treatment group experiencing a standardized clinical protocol of exercises including VMO retraining using EMG, gluteal muscle strengthening, stretching of soft tissue, and patella taping. The placebo group was subjected to false ultrasound, false taping, and application of a non-therapeutic gel. The outcomes measures of this study were tested via a visual analogue scale, two pain questionnaires regarding the anterior knee, perceived response to treatment, a quality of life survey, functional testing measurement and amount of activity. Baseline testing before intervention was equal between the treatment and control groups. The researchers hypothesize that with a 6 week physical therapy routine patellofemoral pain will decrease as opposed to placebo-controlled treatment.

The results of this study showed that patients that were in the treatment group had significantly less average pain, worst pain and better functional outcomes then the placebo group. The physical therapy group increased significantly the number of reps of squats and step-ups completed while decreasing pain by double what the decrease was for the placebo group (7 to 3 vs. 7 to 5 on a worst pain scale).

The results of the study supported the hypothesis that physical therapy would show better effectiveness in management of patella-femoral pain then a placebo group with the same clinical presentation. Athletic trainers need to be aware of outcomes that improve patient well-being so to implement forms of rehabilitation that best suit improvement of patient disability.

Crossley K, Bennell K, Green S, Cowan S, McConnell J. Physical Therapy for Patellofemoral Pain: A Randomized, Double-Blinded, Placebo-Controlled Trial. *Am. J. Sports Med.* 30, 857-865.

Governmental Affairs Update

“What is there to know about the legislative / lobbying process that I don't know?”

John Neel AT/L, CSCS
Governmental Affairs Committee

This article is the third of its kind in a series that is designed to help the membership become more familiar with the legislative process. As we grow as professionals we have become more exposed to the legislative world which for most is outside the traditional knowledge that we have as Athletic Trainers. Dealing with athletes, physicians, coaches and parents is something we are all accustomed to doing. Writing a State Senator, calling a lobbyist for strategy or monitoring legislative activity is something we are not. If we want to protect ourselves, see our profession grow and have more opportunities in the future we must become very familiar with the legislative process.

How did we get here? That is a very good question. On April 3rd of 2000 Senate Bill 1202 was signed by Governor Jane Hull giving certified athletic trainers in the State of Arizona the ability to become a licensed health care professional. This was accomplished by having a task force assembled to draft a bill. This task force included athletic trainers, an attorney familiar with the profession of athletic training, key legislators who were sympathetic to our profession and a professional lobbyist who was familiar with special interest groups that would both assist and oppose our efforts. Once the bill was drafted in proper form, a Member in the House of Representative was found that would sponsor the bill sending us on our way. The bill was first introduced in the House, debated and passed on to the Senate. The Senate then debated and passed the bill on. From there it was sent to the Governor who signed it and it became a law. It sounds simple and easy but for those who poured their heart and soul into the project it wasn't. The reality is that we achieved a monumental task and should be proud and protective of it.

What happened next? Prior to April of 2000 athletic trainers practiced in the state of Arizona under an exemption act of the Physical Therapy practice act. Since Senate bill 1202 dealt with the licensure of a health care professional we were required to enter into the Sunrise Process. This is in place specifically to provide a mechanism for health professionals to regulate a currently unregulated profession or request an expansion of the scope of practice of a regulated profession. A report is then presented to the Joint Legislative Audit Committee and the Committee of References detailing the profession and how the general public will be protected and benefit from this regulation. Once the bill was signed by the Governor, the Arizona Board of Athletic Training was put into place in order for our profession to police it and continue to assure protection of the general public.

Are we in the clear? No, we are not. Not by a long shot. As health care providers we have been granted licensure. With our medical license comes responsibility both professionally and politically. Making sure that we are aware of our own practice act, keeping an ear to the ground regarding issues relative to our profession and becoming active in lobbying for the continuation of our profession is all of our responsibilities.

In 2010 we will enter into the Sunset process. Sunset review is the process by which the Legislature reviews the purpose and functions of state agencies and programs on a scheduled basis to determine whether the agency or program should be retained and continued or revised, consolidated or terminated. We need to be prepared for this process.

What can we do as AzATA members? Start thinking politically. Find out who your representatives are and try and determine if you have any connections to them. Contact the GAC and let them know you are interested in assisting in lobbying efforts. Do some research on your own to become more knowledgeable regarding legislative procedure. Being prepared means being proactive!

Continued on the next page

From Page 5: Legislative Process

Finally, what is a lobbyist and what do they do? Lobbyists range from part-time volunteers and grass roots coordinators to attorneys and full-time corporate executives. Lobbyists attempt to convince legislators to sponsor, support or oppose legislation, and they monitor pending legislation on behalf of their clients.

Do we have one? Yes her name is Susan Cannata and she has been with the AzATA almost since the beginning of our legislative activities. She is a very important person to know and is working closely with the Governmental Affairs Committee to come up with strategies that will familiarize state Legislators with the profession of athletic training and also educating our members on what needs to be done for the Sunset process. Susan is a registered lobbyist with the state of Arizona and will continue to present information to the members of the AzATA.

What do we do next? Be informed! Get involved!

Important web sites:

<http://www.users.qwest.net/~azat> – Board of Athletic Training

<http://www.azleg.state.az.us/> - Arizona State Legislature

<http://capwiz.com/nata/home/> - NATA's Legislative Action Center

Foundation Events in Atlanta

If you are heading to Atlanta for the NATA Annual Meeting please be sure to register for the great events put on by the NATA Research and Education Foundation.

- **NATA Foundation Golf Classic at Stone Mountain Golf Club**
Wednesday, June 14, 2006
- **NATA Foundation Run at Piedmont Park, Atlanta**
Friday, June 16, 2006
- **NATA Foundation Night with the Atlanta Braves & Boston Red Sox at Turner Field**
Friday, June 16, 2006



Athletic Trainers Making a Difference: Girls on the Run

Sharon Baltmanis, MS, ATC

In the spring of 2004 I helped to found the Arizona chapter of Girls on the Run (GOTR). GOTR is a running/character building program for girls in 3rd-5th grade. The program, which is led by volunteer coaches, is held two days a week after school at schools throughout the valley. Each session includes fun activities and workouts centered on character building themes. Lessons include: developing healthy eating habits, body appreciation, building self-esteem, the importance of teamwork and effective leadership. The program concludes with every girl participating in a 5K Fun Run attended by all the GOTR teams around the valley, as well as the local community. Our recent event, the Diva Dash, was a huge success and we are already looking forward to next year. Although our organization started out small offering the program to just two groups of girls, it has been steadily growing every semester.

The program targets pre-teen girls as it has been shown this is the age where girls start to develop self-esteem and body image issues. Girls who participate in physical activity have higher levels of self-esteem and are less likely to engage in high risk behavior as a teen. The program does not emphasize the need to be the best, or the fastest but to learn how to be comfortable with yourself and explore your emotions, values and abilities. Having coached the program for multiple seasons, I've gotten to watch a group of girls grow and evolve showing a keen understanding of themselves and what they believe. As these girls enter middle school I am confident that they will continue to be proud of who they are and not give in to the negative behaviors and attitudes that effect so many girls at that age.

As athletic trainers, we are accustomed to helping athletes excel and perform. Competitive athletics puts so much emphasis on being the best that a lot of time we often lose focus on what is truly important in life. My involvement with these girls has given me the chance to help empower girls at a young age to be proud of themselves even if they aren't always the "best". So often, societal pressures and negative self-concepts negatively impact a person's performance or drive. I hope that by offering this program in the valley we can see a generation of girls grow up strong and confident so that they can be the best that they can be at everything from athletics, to school, to life in general.

For more information please visit: www.girlsontherunofmc.org



Cognition and Concussions

Katie Strasser, ATC

Graduate Student, Athletic Training Program, Arizona School of Health Sciences

Concussions are the most common brain injuries that occur in contact and collision sports. When thinking in terms of the shoulder or ankle, injuries predominately affect structure, which in turn affects the athletes functioning; however, through metabolic imbalances concussions initially affect brain function, which further affects the athlete's overall function. Through the use of neuropsychological testing, it is shown that cognitive function, specifically visual-motor reaction time, memory, and attention show the greatest declines post-concussion. The common practice among athletic trainers is to allow an athlete to return to play when he or she is asymptomatic, but how do we know when cognitive function is no longer affected? The purpose of this study was to compare non-injured with symptomatic and asymptomatic concussed athletes using cognitive test performances.

The study was conducted using 615 Australian Rules football players. The researchers chose to administer the computerized neuropsychological test CogSport, which has previously shown sensitivity to cognitive alterations. Symptoms were assessed by number, not severity, using a check list from the Vienna conference. All participants were administered a baseline assessment prior to each football season and re-tested when a concussion occurred.

Concussions were diagnosed by the medical staff of each team and were defined as a decrease in cognitive function or onset of clinical symptoms. The athletes who sustained a concussion were re-assessed using CogSport within 11 days of initial injury. Concussed athletes were divided into symptomatic (having symptoms at follow-up) and asymptomatic (had been diagnosed with a concussion, but reported no symptoms at follow-up). Control athletes were demographically matched and tested on a similar timeline as to those who sustained a concussion during the season.

Of the 615 athletes, 61 concussions occurred, 15 patients lost consciousness, and 22 reported post-traumatic amnesia. Ten players missed a game after injury, which on average occurred six to eight days after the diagnosed concussion. Of the concussed athletes, those who were symptomatic at follow up reported a greater number of symptoms at initial evaluation and took a longer amount of time to return to play. However, the presence of loss of consciousness and amnesia did not differ among the symptomatic and asymptomatic concussed groups. Overall, when comparing symptomatic, asymptomatic, and non-injured athletes, those who were symptomatic showed a statistically significant decline in cognitive function, specifically the simple motor and attention domains. Asymptomatic athletes showed a decline in only divided attention scores, and uninjured athletes showed no change in cognitive function when comparing baseline scores.

As athletic trainers, we should consider that athletes who sustained a concussion were tested up to 11 days post injury. Even those athletes who were asymptomatic at follow-up testing showed a decline in divided attention. Therefore, are we returning athletes to play too soon? While this study is beneficial further research needs to be conducted assessing cognitive function from initial injury over a specified time, or until cognition has returned to normal.

Collie, A, Makdissi, M, Maruff P, Bennell K, McCrory, P. Cognition in the days following concussion: comparison of symptomatic versus asymptomatic athletes. *J Neurol Neurosurg Psychiatry*. 2006;77:241-245.

WATC Presents Helping Hands in Atlanta

Are you thinking of going to the NATA, but need assistance with childcare? The Women in Athletic Training Committee would like to assist you. **Helping Hands** is a program sponsored by the Women in Athletic Training Committee to assist students and parents in attending the NATA convention. Some of the goals of the WATC committee are to assist in life balancing for both students and parents, facilitate child care and support of students, offering a connection between students and parents.

The Helping Hands Project is designed to match interested parents with 'helpers.' Do you have older children coming with you that want to make some extra money? They can sign up to be a 'helper.' For more information and to complete the required forms visit the WATC Committee page in the member's only section of www.nata.org

Helping Hands is an attempt to help you balance work and family. We make no guarantees, but hope to match up interested parties.



Student Corner

Donna Farrell, ATC

My Farewell...

Well friends the time has come for me to move on from my duties as editorial assistant for the AzATA newsletter. It has been a great two years and I've enjoyed being a part of this publication. I've learned a lot and look forward to becoming involved in other aspects of the organization. As I bid you a fond farewell, I would like to leave a final message to the students I have served. It is a similar message carried throughout our profession- get involved! As students (high school, college, graduate), there sometimes feels like a million things that need to get done and they are all due today or last week or right now. And we are left feeling as if we have no time for anything other than accomplishing that which is due soonest. But let's be honest, with a little time management we would discover a true pot of gold- FREE TIME! This valuable free time can be used for involvement in your athletic training organization. Does your high school have a student association? College? Graduate school? Be a pioneer and initiate the club! Perhaps there is one in existence but it has been stagnant for awhile? Be the catalyst that puts it back in action! The point is, don't be a spectator in your future profession. Step up and get involved! Once you start the ball rolling it becomes easier and easier to keep it moving onward and upward. Good luck!

I would now like to thank Tamara for giving me this opportunity to serve the membership. Seeing this process encourages and inspires me to stay involved with not only the AzATA but RMATA and NATA as well. Thank you!

Donna

ATSU Celebrates Athletic Training Month



For National Athletic Training Month 2006 the Sports Health Care Student Association of the Arizona School of Health Sciences was busy promoting the profession of Athletic Training. The students hung a banner in the entry way of A.T. Still University, where their program is housed, to let the entire university know March is Athletic Training Month. They also welcomed high school students into the school for a day of athletic training education, teaching them the many aspects of our profession from anatomy to evidence based medicine.

Later during the month, the students held a health basket raffle to raise money that will help fund trips to the state, regional and national meetings. The basket included items such as sunscreen, healthy snacks, and gift certificates.

To finish National Athletic Training Month 2006, the students welcomed high school and community college students to a hands-on anatomy lab. The lab covered everything from the phalanges to the spine and allowed students to ask questions and touch the cadavers.

ARIZONA ATHLETIC TRAINERS' ASSOCIATION

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Safe in Sports

Visit us on the web
www.rmata.org/azata

Printed copies of the Athletic Training Times are available by request. Please contact the newsletter editor.

Editor's Notes

As you probably noticed, the newsletter has taken on a little design change at the request of the board. We have also added the student corner and encourage submission by high school and college student members. We've added a member profile section and if you would like to suggest an ATC for us to profile, please contact Tamara.

The newsletter will continue to be published 4 times throughout the year (June, September, December, and March) with the deadlines for submission for each issue listed below.

<u>Issue</u>	<u>Submission Deadline</u>
September	August 15
December	November 15
March	February
June	May 15

Safe in sports,

Tamara