Eastern Athletic Trainers’ Association
58th Annual Meeting and Clinical Symposium
January 7-10, 2006
Philadelphia, PA
Workshops

Saturday, January 7th

8:00 AM 5:00 PM  Workshop I  Live Knee Surgery and Knee Discussions, presented and sponsored by Pennsylvania Hospital (America’s Oldest Hospital).

8:00- Transport To Penn Hospital from Wyndham.

8:30- Tour of Hospital, Stacy Peeples, Penn Hospital Archivist
This tour which will be given by an expert on Pennsylvania Hospital will include the moat where psychiatric patients were kept for public display and the surgery center on the top floor which had no electricity and utilized no anesthesia.

9:15- Discussion of Surgery- Cliff Fawcett, RN, ATC, Penn Hospital
This will be a brief description of the upcoming surgery.

A nationally recognized orthopedic surgeon will perform an ACL reconstruction while discussing the procedure and answering questions.

10:45-11:00- Break

11:00-12:15- Evaluation Techniques for the Knee- Joe Godek, ATC, West Chester University
Evaluation techniques for the knee will be discussed, critiqued, demonstrated, and practiced.

12:15-1:00- Lunch (sponsored by 3B Orthopaedics)

1:00-2:00- Rehabilitation of the Knee, Justin Shaginaw, MPT, ATC Pennsylvania Hospital
The latest rehabilitation techniques following ACL reconstruction will be discussed.

2:00-3:00- Taping for Knee- Charles Whedon, M.S., ATC, Rowan University
This will be a hands-on segment with demonstration and practice of the most common taping procedures for the knee.
3:00-4:00- Bracing for Knee Injuries, Bob Bryan, Orthotist
Rehabilitative and prophylactic bracing will be discussed as well as proper fit of knee braces.

4:00-5:00- Prevention of ACL Injuries- Ned Lenny, PT, Lenny Physical Therapy
Various theories and programs for preventing ACL injuries will be explored.

5:00- Transport Back to Hotel

8 CEU’s, Cost $120.00
Limit: 40

1:00 PM 4:00 PM Workshop II CPR/AED Initial or Re-Certification
Frank Pollafico, RN, Executive Director, AED Instructors Foundation
Sponsored by the AED Instructors Foundation
This unique workshop will provide members with their CPR for the Professional Rescuer/AED initial or re-certification plus unique ideas on methods of obtaining AED units where needed at your school or facility.

3 CEU’s, Cost $60.00
Limit: 30

1:00 PM 4:00 PM Workshop III General Medical Evaluation for the Athletic Trainer
Gary Dorsheimer, M.D., Delancey Medical Center
This workshop will give the athletic trainer the skills necessary to perform a head to toe general medical evaluation. This is a must for every athletic trainer. Athletic Trainers are very skilled in evaluating orthopedic injuries, however athletic trainers deal with general medical conditions on a daily basis and need the expertise to evaluate and treat general medical conditions. This speaker is a nationally recognized professional sports team physician. The speaker will show the athletic trainer how to evaluate general medical conditions utilizing the otoscope, opthalmoscope, stethoscope and other general medical resources. After attending this workshop the athletic trainer will have the basic principles of a physical examination, triage, and evaluation of common sports related medical problems outside of the musculoskeletal system. This is one of the most important topics and is given by a great presenter.

3 CEU’s, Cost $45.00
Limit: 30
**Workshop IV** Corrective Exercise Solutions for Movement Dysfunction  
NASM Speaker  

This presentation sponsored by the National Academy of Sportsmedicine will be a hands-on workshop that will allow attendees the opportunity to create exercise programs that correct pathological movements. The NASM has a long history of quality workshops given by quality presenters and this will be no exception.

3 CEU’s, Cost $45.00  
Limit: 50

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**Sunday, January 8th**

8:00 AM  10:00 AM  **Workshop V** Sports Massage  
Kate Decker, BS, CSCS, MMP, NCTMB, Velocity Sports Performance  

This workshop will offer attendees massage techniques for pre-participation (warm-up) as well as massage techniques for rehabilitation programs. **This will be a hands-on workshop** with tables provided by OakWorks. Participants will be able to purchase massage tables at a substantial discount.

2 CEU’s, Cost $30.00  
Limit: 40

8:30 AM  10:00 AM  **Workshop VI** Interviewing and Hiring from the Employer’s Perspective  
Eve Becker Doyle, CAE, Executive Director NATA  

This workshop given by the NATA’s Executive Director is a must for employers and prospective employees. Valuable information on interviewing and hiring techniques will be discussed.

1.5 CEU’s, Cost $25.00  
Limit: 40
8:00 AM  10:00 AM  **Workshop VII  Theory and Application of Bone Stimulators**
James Sullivan, DPM, ATC, North Smithfield Podiatry

This very exciting hands-on workshop will review the physiology of bone healing, stages of bone healing and potential ramifications of delayed healing. The mechanism of action and benefits of bone stimulators will be introduced along with the history and development of this technology. The possible benefits associated with the application to athletes will be discussed.

2 CEU’s, Cost $30.00
Limit: 30

8:00 AM  10:00 AM  **Workshop VIII  Clinical Education of Athletic Training Students**
Mary Barnum, ATC, EdD, Springfield College

The design of this workshop is intended to provide maximal opportunity for clinical instructors in athletic training to practice application of current educational theories associated with enhancing the clinical learning environment for athletic training students. Participants will be provided with an opportunity to practice situational leadership strategies, strategic questioning and giving meaningful feedback to students.

2 CEU’s, Cost $30.00
Limit: 40

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**Monday, January 9th**

7:30 AM  9:00 AM  **Workshop IX  TENS and Pain Management**
Craig Denegar, PhD, ATC, Penn State University

The management of pain is a substantial clinical challenge. The true source of pain can be difficult to identify. This workshop will introduce the differences between acute, persistent and chronic pain. Next, the process of pain sensitization through peripheral, dorsal horn and central alterations in the nociceptive system will be presented. The issues of patient and parameter selection for pain management with Tens will be covered in a laboratory format.

1.5 CEU’s, Cost $25.00
Limit: 30
7:30 AM 9:00 AM  **Workshop X**  Starting a Non-Traditional Athletic Training Program  Elaine Winslow Redmond, M.S., ATC, NYC Rockettes  
This workshop is designed to assist the athletic trainer in starting an athletic training program in a unique setting. The speaker is a former Rockette who initiated an athletic training program in a situation where there was no organized athletic training program. This workshop is a must for those considering working or who are working in a non-traditional setting.

1.5 CEU’s, Cost $25.00  
Limit: 40

7:30 AM 9:00 AM  **Workshop XI**  Risk Management for the Athletic Trainer  Richard LaRue, PhD, University of New England  
This workshop is essential for all practicing athletic trainers. Risk management issues facing the certified athletic trainer will be discussed. Various problem solving techniques and innovative ideas will be shared during this presentation.

1.5 CEU’s, Cost $25.00  
Limit: 40

7:30 AM 9:00 AM  **Workshop XII**  Pre-Adolescent Strength Training, Myths and Truths  Gregory Biren, PhD, CSCS, Rowan University  
This workshop will examine the myths and truths associated with pre-adolescent strength training. The pros and cons of different exercises as well as proper technique will be demonstrated and discussed. The speaker will discuss important considerations for the athletic trainer involved with pre-adolescent strength and conditioning and will give the participant the tools necessary to design a safe and effective strength and conditioning program for pre-adolescents.

1.5 CEU’s, Cost $25.00  
Limit: 50

7:30 AM 9:00 AM  **Workshop XIII**  Os Trigonum Evaluation and Treatment  Charles Whedon, M.S. ATC, Rowan University  
This workshop will discuss the pathology of Os Trigonum and the frequency with which it occurs. This pathology is commonly missed and many athletes are diagnosed incorrectly with a chronic ankle sprain. The presenter has also developed a new taping technique and participants will learn and practice this new technique.

1.5 CEU’s, Cost $25.00  
Limit: 30
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Workshop Registration

- Place an X next to the workshop you wish to attend.
- Registration is on a first received basis.
- Cancellations must be received by December 20, 2005. There will be no refunds after this date.
- On-site registration will be available for sessions with space on a first come basis.

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  Cost $120.00
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- Workshop IV  Corrective Exercise Solutions for Movement Dysfunction
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- Workshop VI  Interviewing and Hiring from the Employer’s Perspective
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Cost $25.00

Workshop Total $__________

PLEASE PRINT CLEARLY

NAME: ______________________________________________________

MAILING ADDRESS: ______________________________________________________

WORK TELEPHONE: _______________________ Email: _________________________

RETURN THIS REGISTRATION FORM AND A CHECK (NO MONEY ORDERS OR PO #’S)
MADE PAYABLE TO THE EATA, INC. TO:

Bob Ward, ATC
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