



49th Annual Seminar

# Medical Aspects of Sports



**Saturday,  
February 24, 2018**

**John M. Clayton Hall  
University of Delaware  
Newark, Delaware**

Co-sponsored by the  
University of Delaware  
Intercollegiate Athletics and  
Recreation Services and the  
Department of Kinesiology  
and Applied Physiology



*Board of Certification  
CEU Provider #P458*

*A Continuing Professional Education  
Program of the University of Delaware*

## WHO SHOULD ATTEND

Athletic trainers, physical therapists, sports medicine physicians and chiropractors.

## PLANNING COMMITTEE

Brandon DeSantis, MS, ATC  
Lynn A. Fishlock, MEd  
Keith A. Handling, MS, ATC, PT  
Daniel J. Watson, MEd, ATC  
Melanee Johnson, MS, ATC  
Nikki Lounsberry, MS, ATC  
Paul Lowry, MEd, ATC  
Kelly Stafford, MS, ATC  
Leyla Kuz-Dworzak, MS, ATC

Successful prevention, evaluation and rehabilitation of sports injuries are crucial elements of any comprehensive athletic program. This one-day sports medicine conference covers topics related to the evaluation and rehabilitation of sports-related injuries to the upper and lower extremities. A special panel discussion will allow attendees to ask questions of our distinguished speakers.

## PROGRAM OBJECTIVES

The purpose of this sports medicine seminar is to assist athletic trainers, physical therapists, sports medicine physicians, chiropractors and other healthcare professionals in the evaluation, management/treatment and rehabilitation of sports-related injuries. At the end of this program, participants will be able to:

- Perform creative taping methods for various athletic injuries to help enable athletes to return to competition as soon as it is medically safe
- Target a throwing athlete's issues and provide appropriate treatment interventions
- Implement shoulder endurance programs for a wide variety of patient populations
- Demonstrate the Y Balance Test™ for upper extremity rehabilitation and return to play
- Utilize posture and muscle-length testing in upper and lower extremity evaluation
- Understand psychological factors that influence injury
- Familiarize participants with mental imagery techniques and their role in rehabilitation
- Evaluate and treat post-concussion dizziness
- Implement vestibular rehabilitation techniques for post-concussion patients
- Apply evidence-based reasoning for application of instrument-assisted soft tissue treatment choices
- Properly apply instrument-assisted soft tissue massage



## SCHEDULE

7 – 7:30 a.m.

### Registration and Continental Breakfast

7 – 7:45 a.m.

### Creative Solutions in Taping Methods to Prevent Injury

Caroline Howard, ATC, *University of Delaware*

Chantel Hunter, ATC, *University of Delaware*

7:45 – 8 a.m.

### Opening Remarks

Keith A. Handling, MS, ATC, PT, *University of Delaware*

Daniel J. Watson, MEd, ATC, *University of Delaware*

8 – 8:45 a.m.

### Simplifying the Throwing Athlete

Fred Breidenbach, PT, DPT, MS, *Optimum Physical Therapy*

8:45 – 9:30 a.m.

### Posture and Muscle Length Testing in the Upper and Lower Extremity

Bill Romani, PhD, PT, *AARP Foundation*

9:30 – 10:15 a.m.

### Minding Your Injury: The Use of Imagery in Injury Rehabilitation

Rachel Walker, PsyD, CMPC, *University of Delaware*

10:15 – 10:30 a.m. • **BREAK**

10:30 – 11:15 a.m.

### Psychosomatic Sports Medicine

Chaney Stewman, MD, *Christiana Care Health System*

11:15 a.m. – 12:15 p.m.

### Panel Discussion: Current Issues/ Topics in Sports Medicine

Daniel J. Watson, MEd, ATC, *Moderator*

Fred Breidenbach, PT, DPT, MS

Bill Romani, PhD, PT

Rachel Walker, PsyD, CMPC

Chaney Stewman, MD

12:15 – 1 p.m. • **LUNCH**

1 – 1:45 p.m.

### Assessment and Treatment of Dizziness Post-Concussion

Shane Reybold, PT, DPT, CSCS, *University of Delaware*

1:45 – 2:30 p.m.

### Instrument Assisted Soft Tissue Mobilization (IASTM): What's the Evidence?

Alison Gardiner-Shires, PhD, ATC, *West Chester University*

2:30 – 2:45 p.m. • **BREAK**

2:45 – 4:05 p.m. • **MINI-CLINICS**

Participants divide into groups and rotate to attend each of the following presentations:

(Station A) Post-Concussion Exercise Progression—Sam Arnold, PT, DPT, *University of Delaware*

(Station B) Upper Quarter Y Balance: Movement Screen, Outcome Measures and Guide to Return to Play—Leyla Kuz-Dworzak, MS, ATC, *University of Delaware*

(Station C) Evidence-Based Application Strategies of IASTM—Emily Bradley, MS, LAT, ATC, *West Chester University*

(Station D) Nine-Minute Shoulder Endurance Program—Brandon DeSantis, MS, ATC, *University of Delaware*

2:45 p.m. – 3:05 p.m.

Repeat Mini Clinics: groups rotate

3:05 p.m. – 3:25 p.m.

Repeat Mini Clinics: groups rotate

3:25 p.m. – 3:45 p.m.

Repeat Mini Clinics: groups rotate

3:45 p.m. – 4:05 p.m.

Repeat Mini Clinics: groups rotate

4:05 – 4:15 p.m.

### Question and Answer Session Evaluation and Adjournment



## GENERAL INFORMATION

### Time and Location

The program will be held Saturday, February 24, 2018, at the University of Delaware's John M. Clayton Hall, located on Route 896, three miles north of the I-95 interchange. The University of Delaware is approximately 60 minutes' driving time from Philadelphia or Baltimore and 90 minutes north of Washington, D.C.

Registration and continental breakfast begin at 7 a.m.

### Continuing Education Credit

As a measurable evidence of continuing professional development, each participant will be awarded:

8.0 Continuing Education Units (CEUs) for the Board of Certification, Inc. (BOC) for certified athletic trainers.

Application has been made to the following physical therapy boards. Approval is pending.

- 0.8 CEUs for the State of Delaware Examining Board of Physical Therapy
- 0.8 CEUs for the Maryland State Board of Physical Therapy Examiners
- 8.0 CEUs for the Pennsylvania State Board of Physical Therapy

If you practice outside of Delaware, Pennsylvania or Maryland, please contact your state examining board to verify whether this seminar is approved for credit.

The University of Delaware is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers.

### Level of Difficulty

According to the education levels described by the Professional Development Committee (PDC) for athletic trainers, this continuing education course is considered to be Essential/Advanced/Mastery Level.

### Online Conference Materials

Handouts from presenters will be available through the Professional and Continuing Studies website during the seminar. **Please bring a fully charged laptop or tablet to view the handouts online.**

*Handouts will not be available in paper form.*

### Registration

Advance registration is encouraged by February 16, 2018. All registrations received by this date will be confirmed in writing. Walk-in registration will be accepted.

**Mail:** Please return your completed registration form with full payment using check, MasterCard, Visa, Discover, American Express or company purchase order to Sports Medicine Conference, University of Delaware, 501 South College Ave., Newark, DE 19716-7410, Attention: Registrar.

**Fax:** If paying by MasterCard, Visa, Discover, American Express or company purchase order, you can register by faxing your completed registration form to 302-831-0701.



**Phone:** If paying by MasterCard, Visa, Discover or American Express, you can register by phone. Have your credit card and course information ready, then dial 302-831-7600.

**Online:** If you are paying with credit card or online check, please visit [www.pcs.udel.edu/sports](http://www.pcs.udel.edu/sports).

You can also access the registration form and brochure at [www.pcs.udel.edu/sports](http://www.pcs.udel.edu/sports).

### Cost

Program fee: \$215. Full-time student rate is \$80 (full-time matriculated students only). Fee includes course materials, continental breakfast and lunch. Checks should be made payable to University of Delaware.

### Cancellation and Refund Policy

A full refund will be given for written cancellation received by February 16, 2018. No refund will be given after this date. In the event that this program is rescheduled or canceled, the University of Delaware is not responsible for any penalties or fees assessed as a result of cancellation or modification of travel arrangements or hotel accommodations.

### Extreme Weather

In the event of extreme weather conditions, visit [pcs.udel.edu/sports](http://pcs.udel.edu/sports) for course session cancellations. The University of Delaware will, if possible, reschedule any session(s) affected by extreme weather.

### Disability Accommodations

Students who are requesting accommodations must self-identify by contacting the University of Delaware's Office of Disabilities Support Services (DSS) at [DSSoffice@udel.edu](mailto:DSSoffice@udel.edu) or 302-831-4643 or by visiting UD's Office of Disabilities Support Services (DSS) in person.

### For More Information

General: Marguerite Mahoney, University of Delaware, 501 S. College Ave., Newark, DE 19716-7410, 302-831-3474, email: [mahoneym@udel.edu](mailto:mahoneym@udel.edu).

Program: Daniel J. Watson, University of Delaware, 302-831-7228, email: [dwatson@udel.edu](mailto:dwatson@udel.edu).

# Medical Aspects of Sports

February 24, 2018

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Return to: Attention: Registrar  
Medical Aspects of Sports Seminar  
University of Delaware, Professional & Continuing Studies  
501 South College Avenue  
Newark, DE 19716-7410  
Phone: 302-831-7600 Fax: 302-831-0701

Name \_\_\_\_\_

Credential \_\_\_\_\_

Email Address \_\_\_\_\_

Home/Work Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Place of Employment \_\_\_\_\_

Job Title \_\_\_\_\_

## HOW DID YOU HEAR ABOUT THIS SEMINAR?

Brochure                       NATA calendar online                       Maryland PTA newsletter  
 Email                               Delaware PTA website                       Word of mouth  
 BOC website                       NJ PTA website                       Other \_\_\_\_\_

## FEE: (price includes conference materials, continental breakfast and lunch):

\$215 registration  
 \$80 student rate (full-time matriculated)

## METHOD OF PAYMENT:

Check enclosed payable to the University of Delaware  
 Company purchase order enclosed  
 Charge my:     MasterCard     Visa     Discover     American Express  
Account number \_\_\_\_\_  
Expiration date \_\_\_\_\_ Security Code (on back of card) \_\_\_\_\_  
Cardholder's signature \_\_\_\_\_

*Please duplicate this form for additional registrations.*

# Medical Aspects of Sports

University of Delaware, PCS  
501 South College Ave.  
Newark, DE 19716-7410

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Distinguished, expert  
speakers.

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