



### Attention Preceptors:

Junior AT Students are currently completing their knee evaluation lesson. As such, they must complete a check-off sheet for knee special tests. Please help facilitate these tests and provide constructive feedback to increase the students' clinical diagnostic skills.



### AT Reminder:

The deadline to participate in the 2016 NATA Salary Survey is just one week away, so please take a few minutes to complete the survey. It provides NATA members with the data they need to negotiate with current and prospective employers. Also, an executive summary of the salary findings will be available to all companies posting jobs in the career center in order to ensure that they are offering fair compensation for the AT services they are seeking. The survey closes Nov. 14

## Pre-Wrap - Announcements:

Students: Apply for iLead Conference Scholarship at <https://www.nata.org/professional-interests/diversity/resources/ilead-diversity-grant-program>



## Patient-Centered Care in Athletic Training

Adopted from [NATA.org](http://www.nata.org) :

Athletic trainers (ATs) have a unique perspective to lend to patient-centered care efforts. ATs often face conflicting pressures from patients, coaches, family members and others when it comes to care decisions. However, if the modern emphasis on patient centeredness continues to grow, ATs and their supervising physicians may be able to leverage increased public appreciation for the concept to negotiate better care decisions with the patient's best interest in mind.

<http://www.nata.org/blog/todd-christman/patient-centered-care>



## Weekly Clinical Pearl:

### Association between concussion and lower extremity injuries in collegiate athletes.:



Adopted from Sportsmedres.org:

<http://www.sportsmedres.org/2016/11/concussions-lower-extremity-injury.html>

Gilbert and colleagues, completed a cross-sectional study to examine the relationship between concussion and lower extremity musculoskeletal injury rates. A total of 335 athletes who completed their athletic participation were recruited for the study. Overall, a history of concussions was significantly associated with elevated risk of sustaining lower extremity musculoskeletal injuries. Analysis revealed that athletes who had a concussion were 1.6 to 2.9 times more likely to sustain a musculoskeletal injury. The specific injuries significantly associated with a history of concussions were lateral ankle sprains, knee injury, lower extremity muscle strain, and knee injury. This date supports previous work by Brooks et al (AJSM 2016) that indicated athletes with a recent concussion are approximately 2.5 times more likely to sustain a lower extremity injury within 90 days after return to play compared with athletes without a concussion.

**Take home point:** All athletes who sustain a concussion should be mandated a post-concussion “balance school” or LE preventative exercise program with a focus on proprioception and strength.

**Citations -** Gilbert FC, Burdette GT, Joyner AB, Llewellyn TA, Buckley TA. Association Between Concussion and Lower Extremity Injuries in Collegiate Athletes. *Sports Health*. 2016 Sep 1. pii: 1941738116666509. [Epub ahead of print].

- Brooks MA, Peterson K, Biese K, Sanfilippo J, Heiderscheid BC, Bell DR. Concussion Increases Odds of Sustaining a Lower Extremity Musculoskeletal Injury After Return to Play Among Collegiate Athletes. *Am J Sports Med*. 2016 Mar;44(3):742-7.

### **AT Weekly Trivia:**

**For Senior Students:** The teeth are numbered 1 through 32, with the \_\_\_\_\_ (wisdom tooth) representing tooth 1 and the \_\_\_\_\_ representing tooth 32 (wisdom tooth).

**For Junior Students:** At what degree of knee flexion is the proximal posterior patella in contact with the distal femur just prior to where the trochlear notch divides the femur into medial and lateral condyles?

**For the inquisitive preceptor:** What documents are scientifically based, peer reviewed research with a team of authors who are experts on the subject (NATA Pronouncements Committee has oversight over these)? In addition, what documents are the product of inter-association task forces spearheaded by NATA?

#### Last Week's Answers:

The angle of inclination at the hip is a relationship between the femoral head and femoral shaft. **Coxa Vara describes a decreased angle**, while **Coxa Valga describes an increased angle**. ; **Methyl Salicylate (oil of wintergreen found in Bengay or some mouthwashes)** is a member of the aspirin family that is extremely toxic drug commonly found in combination medication products and in low concentrations in gum candy, and toothpaste; **Adenosine Triphosphate (ATP)** is the major contributor to energy in a human cell. ATP's primary location in skeletal muscle is the sarcomere.



## Preceptor Profile: Lesley Anne King

The University of Miami AT Program relies heavily upon the clinical experience to enhance student learning. Clinical sites on campus provide unique opportunities to see challenging and diverse patient encounters. One site and preceptor that has consistently offered this experience is the Woman's soccer team and preceptor Lesley King. Lesley began working at the UM in the Summer of 2010. Previous to that, she completed her BS in Athletic Training at Boston University in 2007 and her MS in Physical Education, Sport & Fitness at FIU in 2010. Lesley's commitment to the AT Program was rewarded last spring when the students voted her Preceptor of the Year. A lot has changed in the short time Lesley has worked at UM. We asked her about her experiences here, and this is what she had to say:

### **What is the greatest advantage of the new Hecht AT Facility over the old space?**

The best part of the new facility is the amount of space we have now. Our current facility is probably 3 times larger than the old one, so now we actually have the space to properly do rehab. There were times in the old facility that we would have multiple student-athletes on 1 table because there just wasn't enough room. It is also a lot nicer to have our own offices and the privacy to do our own work and be able to have meetings. We used to share 1 office as a staff, so there was never any privacy or quiet time.

**What are your pet peeves?** Laziness and lack of sense of urgency. I think it's important to work to the best of your ability in any professional environment, and there always something you can do to make yourself and your situation better. Make the most of your time here.

**How do you adapt and progress your knowledge in the always evolving AT field?** I always try to keep up to date with current trends and topics in the AT field, whether it is with conferences or courses. I try and do a few things every year. I also try and keep up to date with research and position statements, so I have a pulse on what is going on outside of our little bubble. I think it helps to work at an institution with an undergraduate program, because working with students keeps you on your toes and keeps you from getting "stale". One of the best things about this profession is that no one ever really knows 'everything'- it's a constant learning experience.

### **What are major benefits of attending CEU events including local, regional and national meetings?**

There is definitely the social aspect of going to meetings. A huge part of our profession is networking, so meetings are a chance to catch up with people who you haven't seen in a while. At the same time, these meetings are a great educational opportunity- a chance to get up to date with current topics and trends. At meetings like the NATA symposium, there is a diverse selection of courses and topics, so there is always something that you can learn from.

### **What is your advice to students who want to work in the D1 setting?**

Work hard. Putting in the time now will reward you later. Don't be afraid to do extra and offer help to whomever needs it because in the end it's a team environment. Don't be afraid to work your way up. In 10 years you might picture yourself working football, but don't be afraid of the soccer or tennis jobs out there, they might help you get to where you want to go.

**Any parting words or wisdom for the students?** Don't forget to have fun! Make the most of your college experience because it only happens once. Take every opportunity you have to learn- you have all different people with all different backgrounds to learn from- don't be afraid to ask questions. Even if we aren't your preceptor, we aren't going to hesitate to help you out.



## Weekly Topics for AT Student Education Discussion:

**Seniors:** Agility and Coordination in rehabilitation, spinal rehabilitation; Insurance and revenue in AT; EBP and clinical decision making

**Juniors:** Knee special testing and evaluation; Massage and traction modalities; Gastrointestinal and diabetes medications.