



Football Opens at Home Against FAMU Saturday

After a long yet productive August, Associate AD for Sports Medicine and Head Athletic Trainer Vinny Scavo, his staff, the AT students and team Physicians look forward to trading their overused practice T-Shirts for crisp game-day Adidas Polos.

First Monthly Meeting Complete

UM Athletic Training Program Gathered in Max Orovitx today to kick-off the school year.

As the AT students begin to entrench themselves in the opportunities of a new semester, all of the students, faculty, and Preceptors Naoki Negishi and Natalie Fontela came together to discuss the upcoming year in the Athletic Training Program. Dr. Kysha Harriell navigated the students through a resume development presentation. All seniors students are currently fine tuning their resumes for their KIN 470 Administrative Aspects of Athletic Training course. The students have been asked to evaluate their resumes with multiple parties throughout the next few weeks. Please feel free as a preceptor or supporter of our program to schedule a time or informally take the opportunity to critique and discuss these documents as they look towards graduate school applications this fall.

Pre-Wrap: Announcements:

- GOALS Sheets and Self-Evaluations:

All students have been assigned their Goals sheet and Self-Evaluation through Qualtrics Electronic Survey System. Junior Students Self-Evals are due by Friday September 2, while their Goals are due by Friday September 9. Senior Students have varying due dates due to the overlap in summer internships. If you are a preceptor for a senior student, please speak with them about their respective due dates.



Fall 2016 Preceptor get together is Wednesday September 7, from 7:30 - 8:30 pm at Dr. Harriell's on campus Apartment, after the Medical Errors CEU course; E-Vite will be distributed Wednesday August 31st.



Create S.M.A.R.T. Goals



Clinical Pearl:

“Numerous determinants positively or negatively affect return to play after a hamstring injury in athletes. In clinical practice, key aspects to look for that may foreshadow a *longer* recovery time are stretching-type injuries, recreational-level sports, structural injuries (macroscopic evidence of muscle fiber damage on imaging), greater than 20 to 25 degrees of active ROM deficit of the knee, time to first consultation of greater than 1 week, increased maximal pain score on the Visual Analog Scale (VAS) of greater than 5, and greater than 1 day to be able to walk pain free after the injury.”

Fournier-Farley C, Lamontagne M, Gendron P, Gagnon DH. **Determinants of Return to Play After the Nonoperative Management of Hamstring Injuries in Athletes: A Systematic Review.** *Am J Sports Med.* 2016 Aug;44(8):2166-72

New Preceptor Profile: Javier Jimenez, MA, ATC

The University of Miami Athletic Training staff and AT Program are happy to welcome Men's Basketball Athletic Trainer Javier Jimenez to the team. Javier joins UM from Wagner College in Long Island, NY, where he was the Associate Athletic Director of Sports Medicine and Head Athletic Trainer responsible for Men's Basketball, Football, and Golf. Javier complete his undergraduate Athletic Training degree at Temple University and his graduate degree at California State University of Fresno. Javier was asked to share some wisdom and fun facts about himself to help us all get to know our new staff member. Here's what he had to say:



Advice for Students: Always be ready for the worst case scenario. Preparation is the key to providing the appropriate care for all student-athletes. Ranging from emergency equipment for moderate injuries to catastrophic injuries all the way to first aid for day-to-day situations.



Hobbies: Golf, Tennis, Mountain Biking, Weight lifting, hanging out with my dog (Bane).
Staffordshire bull terrier american bully.

Pet Peeve: Being Late. Throughout life it is extremely important to understand the concept of time. (Time is money). We hold our student-athletes accountable to certain timetables in order to make things go smoothly on a daily basis there is no reason way the same standard should not be met on the side of the ATC or ATS.

Parting Words: There is no job too small. It is always important to stay humble and remember where you started.

AT Weekly Trivia:

For Senior Students:

What muscle is innervated by the phrenic nerve?

For Junior Students:

What muscle makes up the medial border of the femoral triangle? Bonus: what are the other two borders?

For the inquisitive preceptor:

Contraction of the triceps surae muscle group in a weight bearing position creates what type of lever system at the ankle?

Last Week's Answers:

Kienbock's disease is avascular necrosis of the Lunate; National Operating Committee on Standards for Athletic Equipment (NOCSAE); Plasticity is the ability of soft tissue to achieve new greater lengths