



REMINDER:
Fall 2016 Preceptor
get together is
Wednesday
September 7, from
7:30 - 8:30 pm
at Dr. Harriell's on
campus Apartment
located in Stanford
Residential
College;
Food and Drinks
will be provided



Upcoming Home Games:

Women's Soccer: Vs. FGCU Thursday September 8 at 7 pm - Cobb Stadium

Football: Vs. FAU Saturday September 10 at 6 pm - Hard Rock Stadium



Happy Labor Day, Athletic Trainers!

Labor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. Athletic Trainers are a collective group that daily display professional strength, increase prosperity in the allied health community and an obvious impact of the well-being of our patients and the country as a whole. Everyday is a good day to celebrate our Athletic Trainers!

Pre-Wrap: Announcements: GOALS Sheets and Self-Evaluations:

All students have been assigned their Goals sheet and Self-Evaluation through Qualtrics Electronic Survey System. All Students' Goals are due by Friday September 9. Senior Students have varying due dates for their self-evaluations 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.

Weekly Clinical Pearl:

“Injury Prevention Programs (IPPs) versus control or normative practice significantly reduced the Injury Rate Ratio in adolescent team sport athletes by an estimated 40%. Structured IPPs reduce injury rates and thereby help to reduce the subsequent individual, economic, and social costs associated with immobility, treatment, and rehabilitation. The underlying explanations for IPP benefits remain to be accurately identified, but viable explanations relate to muscular strength, proprioceptive balance, and flexibility improvement, which overall improve physical preparedness for sport participation.”

Clinical Relevance: Clinical practitioners (eg, orthopaedics, athletic trainers, physical therapists) and sports practitioners (eg, strength and conditioners, coaches) can respectively recommend and implement IPPs to help reduce injury rates in adolescent team sports contexts. Evaluation of the sport specific and cohort-specific IPP should be comprehensive and include all the contributing parties (athletic trainer, physician, coach, etc).

Soomro N, Sanders R, Hackett D, Hubka T, Ebrahimi S, Freeston J, Cogley S. **The Efficacy of Injury Prevention Programs in Adolescent Team Sports: A Meta-analysis.** *Am J Sports Med.* 2016 Sep;44(9):2415-24.



New Preceptor Profile: [Hannah Arndt, MS, LAT, ATC](#)

The University of Miami Athletic Training staff and AT Program are happy to welcome Women's Tennis Athletic Trainer Hannah Arndt to the team. Hannah joins UM from nearby Florida International University, where she was the Athletic Trainer responsible for Swim & Dive, Tennis, and Soccer during her time at FIU. Hannah completed her undergraduate Athletic Training degree at Troy University in Alabama and her graduate degree at FIU. Hannah was asked to share some wisdom and fun facts about herself to help us all get to know our new staff member. Here's what she had to say:

Advice for Students: "Fake it 'till you make it." Confidence is everything in our line of work. If your going to do something do it at 100%, even if it's not correct give it everything you got.

Hobbies: I love FOOD! Me and my husband, Brandon (pictured at their wedding to the right), try to go to a new restaurant every week and try their food. I also love the beach, and (just like most Athletic Trainers) I'm a coffee fanatic!

A word of wisdom to students striving for AT success: Really evaluate yourself and your skills. If you are wanting to work at a big time D1 school they want the whole package. For example, when I was looking for internships for my last semester of undergrad everyone kept telling me to go to a big school so that you can make connections, but I knew I needed to get better at my rehab skills and thinking on my own. So my professor suggested that a high school with limited resources would be best for me. Was it glamorous? No, but I got the experience that I needed to help me succeed and be where I am today.

Parting Words: I am so excited to be here at UM and start my career here. I'm even more excited to be able to help mold the students of our program! Athletic training is my passion and I can't wait to make my stamp here with UM sports medicine.



Class Topics for this week: Juniors - Foot/toe evaluations, thermal modalities, NSAIDs and anti-inflammatories, and Non-heat related environmental conditions



AT Student Profile: Adrienne Mendel, Senior

Senior AT Student Adrienne Mendel (pictured with the baseball team during the NCAA regionals game one national anthem) was asked to reflect on this past summer. Adrienne was granted two exceptional opportunities: completing the baseball season alongside her preceptor including hosting the NCAA regional and super-regional tournaments; and returning to campus early to work exclusively with the woman's soccer team during pre-season camp. She displayed a terrific work ethic and dedication to UM AT and Athletics. Here's what she took away:

"Getting to see the baseball team win regionals and super regionals was incredible; most of the games were really good games to watch and it was great to experience the team accomplish such incredible things. I would say the most important thing that was reinforced during the tournaments as an AT was that it's important to pack your kit according to where you're traveling to and consider the changes compared to what your team is accustomed to (such as weather)

Seeing the soccer team go from the first day of practice to the first scrimmage and then into season has been really interesting because I've gotten to see the team grow together. Pre-season was a good insight into the types of injuries seen in soccer, which seemed to be more from the sudden increase in activity and intensity rather than traumatic events, especially during the early onset of camp.

For super regionals, regionals, and pre-season camp, it was good to be able to focus more of my time on being in the athletic training facility without having to worry about other commitments. The extended time with both the baseball team and the soccer team allowed me to form better relationships with the team and my preceptors and to become more comfortable with the routines at each sport and the daily profession of Athletic Training.

AT Weekly Trivia:

For Senior Students:

Ideal posture is represented when the _____ line passes through the auditory opening, greater trochanter, knee and midline of lateral malleolus; as seen from a lateral view

For Junior Students:

This three word term is the amount of energy expended while in a naturally temperament environment.

For the inquisitive preceptor:

Aspirin, ibuprofen, and naproxen are all specifically classified as this type of NSAID because of their action, which can reduce inflammation, but they may also decrease the natural protective mucus lining of the stomach.

Last Week's Answers:

The phrenic nerve (c3-5) divides into right and left branches which innervate the diaphragm; - The femoral triangle is bordered by the adductor longus medially, the sartorius laterally and the inguinal ligament superiorly; - The triceps surae (gastroc and soleus complex) contracts to create plantar flexion at the ankle which creates a second class lever.