



Reminder:

Steps to complete Florida
Athletic Training
License Renewal,
Due September 30:



1. Completed renewal application online floridasathletictraining.gov
2. Pay \$130 Fee
3. Be BOC Certified
4. Complete CEU requirement and log hours in CEU Broker (different website, following links). Valid CEUs must include the following:
 - 22 General CEUs, 2 Medical Errors CEUs for 24 CEUs total over the 2 year period.
 - At least 14 of the 24 CEUs MUST be Live, not home study
 - Current ECC (CPR & AED) certification

Pre-Wrap: Announcements:

Upcoming EBP CEU Event: Incorporating Cultural Competence in the EBP Framework

Visit the link below to enroll for our 3 hour EBP Category live CEU event Saturday September 24, from 9:30 am - 12:30 pm at the Schwartz Athletics Building on UM's campus. All preceptors get free entrance to this CEU event.

<https://www.eventbrite.com/e/incorporating-cultural-competence-in-the-evidence-based-framework-foundations-of-ebp-with-a-closer-tickets-27399692217>



Orange Shirts Are Coming!

Sophomore students will begin clinical observations this week.

Sophomore Pre-AT students can begin their fall semester requirements as of today, Tuesday 9/13. The students must have submitted a complete observation packet to Dr. Harriell and received an orange shirt. Students should reach out to their preceptors to begin scheduling times. The observation hours are major recruiting tool for future AT students and ATCs. Please engage the students in all the amazing things the profession of AT has to offer while they complete these hours this fall!



NATA Launches AT Your Own Risk

NATA strives to advocate for athletic trainers by influencing public opinion and policy. NATA has developed a public awareness campaign, At Your Own Risk, aimed specifically at educating parents, student athletes, school administrators, legislators and employers on the athletic trainers' role as an expert in prevention and safety. Learn more about how you can support this initiative at your local, state and district levels. www.atyourownrisk.org/



Preceptor Profile: Manny Penton, ATC, LAT, CSCS - Florida Christian High School



The University of Miami Athletic Training Program relies heavily on the experiences our students receive in the clinical setting, both inside the University's Athletic Departments as well as at off-campus locations including local high schools. One of the local Miami area schools where students complete their experience is Florida Christian High School. At FCHS, students learn under the tutelage of Manny Penton. Manny has been the head Athletic Trainer at FCHS for 8 years. In that capacity, Manny is the AT students from 6th through 12th grade. In addition to FCHS, Manny works for Cora Rehabilitation where he sees a wide range of patients in the clinic setting including elderly with arthritic or overuse injuries as well as post op surgical cases ranging from fractures, repairs, and joint replacements. Manny's positive influence over the past 8 years has led numerous athletes and athletic training students to UM. Manny was asked to share some wisdom and fun facts about himself to help us all get to know our program's contributors a little better.. Here's what he had to say:

Work Motto: If you want something done right... do it yourself!! Stress the importance of quality care!

Hobbies: Weight lifting, mountain biking, family time, and Netflix

A word of wisdom to students striving for AT success: Stay humble and learn from everyone. You are never too old to learn. For example, I spent my summer off taking courses to advance my manual skills, including Graston and Instrument Assisted Soft Tissue Mobilization (IASTM) techniques

Parting Words: Don't be afraid to fail. Our greatest glory is not in never failing but in **Rising** every time we time we fall.

Student Topics for this week: Topics to stimulate conversation to support classroom lessons

Juniors - Toe, Foot and Ankle evaluations and bracing, Thermal Modalities, Corticosteroids, and Crutch & Cane fitting/instruction.

Seniors - MMT and PNF stretches/patterns, Upper Extremity Kinesiology, and Injuries, Ethics in Sports Medicine



Wofford Football Player credits Athletic Trainers for Saving Life

Story adopted from
athletictrainingtoday.com



During the 3rd quarter of a game on Thursday Sept. 1st at Tennessee Tech, Wofford University (South Carolina) Linebacker Michael Roach collapsed on the sidelines, causing the Athletic Training staff to jump into action and begin performing CPR on him. Michael was in cardiac arrest on the field; however,

he was revived on the sideline with the use of CPR and an AED. He was transported to the hospital and was released from the hospital on Sept. 3rd. The cause of his cardiac arrest was a previously undiagnosed Hypertrophic Cardiomyopathy (HCM). Michael received an implantable cardioverter defibrillator on Friday September 9. .

Michael released the following statement: *“I would like to thank everyone for their support and prayers,”* Roach said. *“I am thankful for the athletic training staffs and doctors at Wofford and Tennessee Tech for everything they did for me. Wofford athletic trainer Zach Lapinski and Dr. Eric Cole stayed with me at the hospital, which was greatly appreciated. Coach Mike Ayers and his wife Julie, along with Coach Nate Fuqua came by immediately after the game. Dr. Stacy Brewington, Dr. Mark Wathen and the nurses and staff at Cookeville Regional Medical Center have been very helpful. I would like to thank the entire Tennessee Tech community – I was visited by head coach Marcus Satterfield, athletic director Mark Wilson, athletic trainer Joe Erdeljac, and mayor Ricky Shelton. Their support helped me and my family get through this.”*

AT Weekly Trivia:

For Senior Students:

What does the “C” in PICO, the format used to develop relevant clinical questions in EBP, stand for?

For Junior Students:

The .body of what muscle houses the two sesamoids on the plantar aspect of the foot?

For the inquisitive preceptor:

What is the name of the condition that is characterized by ischemic necrosis of the forearm musculature resulting in forced wrist flexion, MCP hyperextension, and IP flexion after distal humeral fracture?

Last Week's Answers:

Ideal posture is represented when the plum line passes through the auditory opening, greater trochanter, knee and midline of lateral malleolus; -Basal Metabolic Rate (BMR) is the amount of energy expended while in a naturally temperament - Aspirin, ibuprofen, and naproxen are all specifically classified as COX-1 inhibitors which can reduce inflammation, but may also decrease the natural protective mucus lining of the stomach