

# THE ARIZONA ATHLETIC TRAINING TIMES

## New BOC CEU Changes

*Make sure you know the new EBP change*



Did you know that starting in January 2014, 10 of the 50 CEUs must be from pre approved evidenced based practice programs. These programs are a new requirement and according to the BOC, "intended to promote EBP within the

profession by enhancing a clinician's ability to find and evaluate evidence and apply it to their clinical practice."

For more information on the CEU changes, check out the BOC website at, <http://www.bocatc.org/ats/maintenance-certification>.

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## Professional Committee Update

The 2014 AzATA Winter Symposium was held January 25-26th at the ASU Memorial Union. Over 300 certified athletic trainers, college, and high school athletic training students were in attendance, contributing to the success of the event. Congratulations to all of the AzATA Award Winners who were recognized at the Awards Banquet held on Sunday afternoon. Special thanks to the Professional Education and Meeting and Events Committee members who helped with the planning, organizing, and smooth execution of the meeting.

The PEC is currently working on programming for the summer meeting, to be held in Flagstaff In July.

Bart Anderson  
Chair, Professional Education Committee

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## Arizona ATC Saves Student Athlete's Life

*By Wesley Wood*

All of us fear the moment when there is something we cannot diagnosis. An unknown illness, cardiac, or brain issue that could take the life of our student athletes in a heart beat. Though we are trained to handle these situations, when they present they allow us to take a moment to step back and appreciate what we are trained to do.

I am the Athletic Trainer at Buena High School in Sierra Vista, Arizona. It was the Monday after football season ended. Winter sports were in there first day of practices and I thought it was going to be a nice easy day. No games, and there was a small possibility that I might have made it home at a decent hour. I was just arriving to the athletic training room after classes when I noticed two softball players were running towards me, and both were out of breath. They said someone fell out at softball and needed my help. My first thought was, they aren't even in season, so, what the heck was

happening that could be so important?

I grabbed one of my students and we jumped in the gator. The softball players directed me towards the injured person out by the track.

As I approached the scene, I saw a girl motionless, lying on the dirt under the scoreboard at the end of the football field. When I saw the coach kneeling down next to her, I knew it was bad because he looked scared. As I approached my student athlete, her eyes were open, and her pupils were fixed and dilated. As I checked her carotid artery, and rubbed her sternum, there was nothing. No breathing, no pulse. I immediately began compressions.

As I continued to perform CPR, I began to hear the sirens approaching in the background. The coach had done his job and already activated EMS. He followed the EAP exactly as I had issued it, and the administrators were prepared to guide the

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## The Evolution of MLB's Concussion Policy

*By Brandie Peterson*

It's that time of year again! Time to experience the smell of fresh cut grass, sunflower seeds, and the joy of hamstring strains and UCL reconstructions. In the next couple years, spring training, and baseball in general, will begin to look a little different. In an effort to help better protect its athletes and coaching staff, baseball is making some changes; the first step was taken in 2008 when the major and minor leagues (MLB and MiLB) required base coaches to wear helmets while on the field. This was in response to an incident in 2007 when a line drive that struck and killed Tulsa Drillers (Colorado AA affiliate) coach Mike Coolbaugh as he stood in the first base coach's box.

The most recent safety measures was discussed at the 2013 Winter Meetings in Orlando, FL when New York Mets general manager, Sandy Alderson, announced that the Playing Rules Committee voted to outlaw home plate collisions between runners and catchers. As of late February, the final rule has not been written, however once the new rule is written and approved by the Rules Committee, it will go to the MLB Players Association for a vote.

**Baseball. Continued on Page 5**

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## President's Message



As the calendar moves toward spring, I want to reflect back on a great Winter Symposium. The AzATA went back to the ASU campus this year for our two-day event. We also worked in conjunction with Arizona HOSA to host an inaugural high school student regional symposium and competition. In addition, we held our Annual Board Meeting and discussed our visions for moving forward as an organization.

For those in the secondary school setting, the AzATA Task Force for Recommendations for AIA Event Care has completed their findings and hopes to present their recommendations to the AIA Sports Medicine Advisory Committee in March. Although the AzATA has no control in how the AIA chooses to run its organization, we felt that by having the information compiled by those that do provide the medical coverage, we could at least identify issues that could increase participant safety and thus decrease potential liability to the AIA and the ATs who work for them. The Task Force shared their findings with fellow RMATA states and with the NATA's Secondary Schools Committee, and received very positive feedback for their thoroughness. This document could serve as a template for other states to use; so a big thank you goes out to those committee members and their dedication to completing the job.

The AzATA is hosting a Golf Tournament this coming June 6<sup>th</sup>, at the Orange Tree Golf Club in Scottsdale. Money raised from this event will help offset continuing education costs for our members. This is a great opportunity to get your fellow ATs, administrators, physicians, physical therapists, and other members of your health care team out to enjoy a round of golf and participate in some staff camaraderie. Information will go out shortly, but fees will be \$85/person, which includes cart/greens fees, range balls, post-play buffet, and prize opportunities. In addition to the golf outing, there will also be an on-site raffle for various autographed sports memorabilia and gift packages. Information on this event will be sent out shortly so do take the time to share it with your health care support staff.

March is Athletic Training Month and the AzATA is going to the Phoenix Coyotes game on Sunday March 2nd, to kick it off. The Coyotes are going to acknowledge ATs, the profession and all that we do for athletic health care. Our activities continue with the Governmental Affairs Committee hosting a Day at the Capitol for Athletic Training Education Program students studying at our local universities. It will be a great civics lesson for the young members of our association. Finally, in Southern Arizona, ATs are working with a local clinic to hold a free half-day CEU opportunity on April 5<sup>th</sup> (just missed March!). If you know of any other local celebrations of Athletic Training Month, please let our Communications Committee know so that those events may be publicized.

As we look forward, our summer symposium is set for July 19-20, on the beautiful and cool NAU campus. Details and registration information will be forthcoming. In addition, next year's Winter Meeting will be tentatively held on January 24-25, 2015. Please mark those dates in your calendar.

Finally I want to acknowledge our recent award recipients which were announced during the Business Meeting and luncheon. This year's Lanny Williams Scholarship winners were Mariah Desmarais, Kaytlin

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Hubbert, and Megha Patel. The Michael E. Nesbitt Scholarship winner was Shelli Herseth. The Warren H. Lee Athletic Trainer of the year recipient was Michael Suman, and the AzATA Service Award recipient was John Valencia. The President's Award recipient, John Parsons, could not attend, however we hope to present this award to him in Indianapolis at the RMATA Semi-Annual Meeting during the NATA Convention. Also, the AzATA wants to acknowledge Ben Carbajal, who will be inducted into the RMATA Hall of Fame this April in Provo. Ben, who is also an AzATA Hall of Fame member, has worked tirelessly at the state, district and national level for his entire career, and is quite worthy of this recognition. Thank you to those members who took the time to nominate and honor our own.

Sincerely,

**Michelle**

Michelle Gonzalez, MS AT  
President, AzATA

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ambulance in. I instructed my student to get the AED, as I continued compressions. We applied the pads and defibrillated twice, continuing compressions through the two minutes it took for the AED to recharge. When EMS arrived on scene they put her in the ambulance and away she went.

As the Coach and I watched her leave the parking lot, both of us were unsure, worried, and shaking a little. EMS finally got a rhythm while in the ambulance, and when she arrived at the hospital they air lifted her to Tucson's medical center. Her mother and father hugged and thanked me after they knew she was alive.

After many tests, she was diagnosed with Long QT syndrome. The doctors said it is hereditary, but no one in their family had ever experienced any symptoms. The effective compressions and early defibrillation was what saved her. There was no oxygen deprivation to the brain and no broken ribs.

I have been an athletic trainer for 15 years and this has never happened to one of my athletes. To be honest, I have never been more scared in my entire life. I will never forget her face and the way she looked that day. Her pupils were so big, that I had no idea she had blue eyes. She is doing well in school and she has had no other problems. I've seen her in the hallways, and she will wave. I thank God for my training, our preparedness, AED's, the Sierra Vista Fire Department, and for the miracle that happened that day.

## DATES TO MARK ON YOUR CALENDAR



March 10-13<sup>th</sup>:

RMATA will hold its regional symposium in Provo, Utah. For more information or to register visit [www.rmata.org](http://www.rmata.org).

March 22:

The Third Annual Current Topics in Sports Medicine meeting, located at the Scottsdale Plaza Hotel. Registration is free and this year's topic is concussions. Visit [www.cactis.org](http://www.cactis.org).

June 25-28:

This year's NATA convention in Indianapolis. Make your hotel and convention reservations today! Visit <http://convention.nata.org>

July 19-20<sup>th</sup>:

Azata summer symposium, check [azata.net](http://azata.net) for updates!

**Baseball (continued from Page 3)**

The other change baseball is making is to design protective headgear for pitchers to prevent a potentially catastrophic injury from a line drive hit back at them. In late February, protective headgear was made optional for pitchers. An internet search reveals most pitchers who have been questioned about the protective headgear have stated that they will most likely not wear it based on the comfort factor. The most difficult part about this new safety measure is maintaining comfort while providing safety. Easton-Bell Sports developed a “helmet” that fits over the pitchers’ hat while Unequal Technologies designed a military grade DuPont Kevlar and rubber synthetic pad that is an eighth of an inch thick made to fit under a normal hat. Will one or both of these designs make their big league debut in 2014?

Along the same lines of both of these potential new rules is the new concussion MLB policy. In 2011, a 7-day and 15-day Disabled List was established for athletes who have sustained a concussion. All athletes are required to have a baseline ImPACT test on file with MLB. In order to be cleared to return to play, their ImPACT scores must meet baseline score, their SCAT2 scores must be within normal limits, they must have no returning symptoms with exertion or baseball activity and the athlete must be cleared by the team physician. The team ATC must send copies of ImPACT and SCAT2 scores, written clearance by the team physician and written certification that all symptoms have resolved (at rest and with activity) to the MLB Medical Director for final approval to return to play. Through this rigorous and thorough process for return to play, MLB hopes to prevent the premature return of athletes with ongoing concussion symptoms.

Baseball has a long history of head injuries. Most recently, the death of Ryan Freel was attributed to sustaining multiple concussions throughout his baseball career. In addition many players have displayed personality changes that may be the result of multiple concussions. In 2010, researchers at Boston University discovered a connection between brain injuries and amyotrophic lateral sclerosis (ALS) and have posed the possibility that Lou Gehrig may have suffered from chronic traumatic encephalopathy (CTE), rather than the disease that bears his name. In light of these tragedies, Major League Baseball has taken a giant leap of faith and dared to step on the toes of America’s pastime by making some changes to the 168 year-old tradition.

## AzATA Teams up with Arizona HOSA

*By Michelle Gonzalez*

Annually, the AzATA holds a special seminar for high school students interested in the career of athletic training during the Annual Winter Meeting. This year, however, we teamed up with Arizona HOSA to expand our content. HOSA is a national career and technical education student organization that represents those who wish to pursue careers in the health care field. The goal of HOSA is to help students build leadership qualities through education and competition-type activities, and most high schools that offer a Sports Medicine class must offer HOSA to their students. In fact, the NATA currently has a liaison position with the National HOSA Organization.

Prior to this January, high school students in Arizona have been limited to a HOSA-sanctioned Fall Leadership Conference and a Spring Leadership Conference/State Competition. Students have the ability to compete and place in health care related events through on-line testing in early January. If they place high in the testing, they have the opportunity to perform the physical skills at the Spring HOSA Conference. The top finalists there are then invited to compete against other states' finalists at the National HOSA Competition in June. What the AzATA set out to do was incorporate our current level of high school student educational opportunities with the Sports Medicine-related competition that would be open to every HOSA student who wanted to perform the physical skills in front of a panel of judges. This event increases participation opportunities, and helps students prepare for future competitive events.

Leah Oliver, of Marana's Mountain View High School, stepped up to work with Jane Shovlin, who heads AzHOSA and also serves as the National HOSA Board of Directors Chairman. Assisting Leah was Ashley Dickey of Marana High School and Kayla Marchello of Mountain View. Students from AT Still University and NAU presented educational topics and helped with the competition judging.

Jane was incredibly pleased with the student turnout, and the level of educational content provided. She laughed and shared that she personally enjoyed the hands-on lessons and even learned a bit herself! Jane, along with the AzATA, hopes to grow this relationship and increase the number of student participants in the future. This event is the first combined effort between a professional organization and HOSA; and Jane hopes to find other health care professional organizations that would be willing to step up for high school student education and related competitions as the AzATA has prototyped.

If you would like to get involved in planning for next year's high school student session, please contact Leah Oliver at [l.h.oliver@maranausd.org](mailto:l.h.oliver@maranausd.org).

## AzATA Winter Award Winners

Please take time to congratulate this years award and scholarship winners!



Warren H. Lee Athletic Trainer of the year recipient was Michael Suman.



AzATA Service Award recipient was John Valencia.



Michael E. Nesbitt Scholarship winner was Shelli Herseth



Lanny Williams Scholarship winners were Mariah Desmarais, Kaytlin Hubbert, and Megha Patel.



## Importance of Recovery in Track and Field Athletes

*By Dustin Williams*

I am currently in my 10<sup>th</sup> year working with track and field at the collegiate level. I have also had the opportunity to work with some of the top Olympic athletes in the world as well. During this time period, I have worked with athletes that have experienced a variety of acute and overuse injuries. Track and field is a unique sport in which you have many different events, so the mechanism for the injuries can be very different. The common denominator is they all push themselves to the limit to improve and achieve their top performance. In doing this most of them experience a time in their athletic career where they have pushed too hard and had an overuse injury. Acute injuries are difficult to prevent, but some will say that they can be prevented to a certain point. Restoration is the one thing that I have found that can help prevent overuse injuries and may help prevent some acute injuries as well.

Recovery and restoration have been very hot topics the past few years in athletics. The most important factor is having an educated coach that understands the importance of restoration and they work it into the athletes training regimen. Educating the athletes and coaches and helping them understand that recovery is just as important as their training regimen is the key to staying healthy.

Training plans for athletes utilize the Principle of Adaptation that states when we undergo the stress of physical exercise; our body adapts and becomes more efficient. By utilizing positive adaptation we help achieve improved performance. There are limits to how much stress the body can tolerate before it breaks down and risks injury. Doing too much work too quickly will result in injury or muscle damage, but doing too little, too slowly will not result in any improvement. Restoration is creating an ideal environment to all the cells to regenerate and replenish energy stores.

The key to recovery is avoiding overtraining and some of the signs are decreased performance with increased training, frequent illness or upper respiratory infections, and frequent injuries. The challenging part to training and recovery is that every athlete is different, some athletes are able to tolerate more than others. Communication between the athlete, coach, and sports medicine team becomes very important in helping the athlete stay healthy and achieve optimal performance.

The two most important aspects to recovery are healthy nutrition and sleep. Both of these can be challenging for athletes especially with traveling. One of the busiest places in the Olympic village is the McDonald's restaurant. At first glance someone would wonder why there would be a fast food restaurant in the Olympic village for the athletes. For some of the athletes it seems to be a little taste of home. There are healthy choices on the menu, so athletes have to be smart and diligent about choosing the proper foods no matter where they end up eating. Then choosing to get a sports drink or water instead of soda can also be important decisions in helping them refuel. Getting appropriate sleep can be a challenge when traveling and competing. They have to learn to adapt to different time zones and different sleeping environments. I also encourage athletes to stick to the schedule their body is use to the best they can. If they feel tired, take a 45 minute -1 hour nap, but my recommendation is don't sleep more than an hour during the day or it can be difficult to fall asleep at bed time. Hydration is another key factor that is very important that they must be aware of when traveling. During my time in athletic training I have seen a lot of new devices come on the market that claim that they help with recovery. I will review a few of the devices that I have experience with that in my opinion can help with recovery. Some of these have some research on them, but it is never clear cut.

External compression devices have become very popular in track and field the past few years. The two most common devices are NormaTec MVP, and RecoveryPump. NormaTec MVP uses sequential pulse technology which mimics the muscle pump of the legs and arms, greatly enhancing the movement of fluid and

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metabolites out of the limbs after an intense workout. RecoveryPump utilizes sequential intermittent pneumatic compression that increases venous return, that helps accelerate the body's reabsorption of the elements causing soreness and fatigue in the muscle. In my opinion the research is similar for both devices, so it comes down to personal preference. I am most familiar with NormaTec unit, I travel to most track meets with a NormaTec MVP device. When I was in London for the Olympics the athletes utilized them very regularly and reported that it helped their legs feel recovered after workouts and walking around the village and city.

Vibration therapy or biomechanical muscle stimulation utilizes low frequency mechanical stimulation to exercise musculoskeletal structures for the improvement of muscle strength, power, and flexibility. I currently utilize two types of vibration therapy to assist the athletes I work with. The Swisswing is a large cylindrical Drum that you can place in athletic training room or weight room. It can be utilized before a workout to assist with warm up of soft tissues or post workout to help release soft tissue tightness. Swisswing is a stationary device that is utilized by the athlete without hands on by medical staff. The other modality that I utilize is DMS (Deep muscle stimulation) which uses percussion, or mechanical vibrations that reach deep into the muscle tissue to stimulate proprioceptive functions. DMS is a portable device that is the size of a large hammer; it is utilized most appropriately by medical staff to help with myofascial tightness. Vibration therapy can help stimulate blood flow to the muscles and tendons and increase lymphatic flow that will help the body recover.

Foam Rolling is a self myofascial technique to help inhibit overactive muscles and release muscle spasm. The foam roller if utilized correctly can help athletes recover because it helps stimulate blood flow, and relax the muscle tissue fibers. They have become very popular over the past few years, because they are cost effective and easy to travel with. I encourage all my athletes to have their own foam roller and use it after every workout and occasionally in the evenings as well.

Ice baths is one of the most popular treatments used for recovery, but the research has been controversial. The theory behind ice baths is that it constricts the blood vessels and flushes waste products out of the affected tissues. Reduces swelling in the muscles and helps repair the micro-tears that are within the soft tissues. It is generally recommended that ice baths be utilized for 10-15min at temperature range of 50-58 degrees Fahrenheit after hard workouts. Ice baths can sometimes be difficult to do when traveling, but I have utilized small portable swimming pools, or bath tubs, or large garbage cans to allow the athletes to ice bath.

Contrast therapy is also very popular with athletes, and again the research is controversial on whether it helps with recovery. The theory behind contrast bath therapy is that the warm water causes vasodilation of the blood flow in the limb or body followed by the cold water which causes vasoconstriction, increasing local blood circulation. Additionally, the lymph vessels contract when exposed to cold, and relax in response to heat. I usually recommend for an athlete to utilize contrast therapy on their recovery day, which is usually the day after a hard workout or competition. You can use many different time parameters, but I utilize 5 sets of 3 minutes of each and usually encourage them to end on cold if they are doing it post workout.

Massage therapy is a popular treatment utilized by athletes to aid in recovery, like ice baths the research is controversial on the effects it has on recovery as well. Research does show it has a positive psychological effect by enhancing mood and increasing a perceived relaxation of the athlete. Challenge with massage in a sports medicine setting can be regulated how often and when they receive it. It is important to educate athletes that they can do too much of one particular treatment and cause damage to the soft tissue, so it is important to have recovery from certain treatments as well. I often tell my athlete that the massage and myofascial release we do is a feel better treatment not a feel good. They may have some immediate soreness associated with the treatment, but that should diminish within a day.

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There are still many other effective recovery modalities available that I haven't covered. The key element is being open to new ideas and treatments and trying them in the off season before you implement them into your recovery regimen. Each athlete is different, we have to be careful to not take the cookie cutter approach and make sure we communicate with each athlete and help them design the best plan for recovery. When it comes to recovery if we fail to prepare it is preparing for failure, athletic trainers play a crucial role in assisting athletes to prepare for success.

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## NATA Issues Official Statement on 'Friday Night Tykes'

Football is one of the nation's most popular sports and a rite of passage for millions of young players, helping them grow physically, socially and mentally. As the founder of the Youth Sports Safety Alliance, the National Athletic Trainers' Association (NATA) is concerned and disappointed that the Esquire Network is providing a platform for the blatant disregard for player safety displayed in its new program "Friday Night Tykes."

When youth leagues do not have proper medical personnel such as an athletic trainer available at practices or games, it is incumbent that responsible adults assure the safety of these young athletes. There is no shortage of valuable information available; the NATA has guidelines on topics such as hydration, heat acclimatization, concussion and head down contact in football. The association also endorses USA Football's Heads Up program as a top resource for parents and coaches to ensure our youngest athletes remain on the field, enjoying competition at its best.



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[www.centennialsales.com](http://www.centennialsales.com)

## Student Associations Encouraged to Join the BU-SHU Challenge

Actively Supporting The NATA Research & Education Foundation

**PURPOSE:** Boston University and Sacred Heart University challenge all athletic training student groups to compete in raising money for the NATA Research & Education Foundation. The purposes of this challenge are to generate funds supporting research that lead to the best practice of athletic training, and to expose athletic training students to the world of research and the value of supporting research.

**WHAT:** All athletic training student groups at individual institutions are invited to compete. Initial contact will be made with program directors, who will issue the challenge to their respective student leaders. Student groups will then organize and implement fund-raising campaigns during the academic year. The money raised from this initiative will go to the unrestricted accounts of the NATA Foundation.



<http://www.natafoundation.org>



Please visit us on the web:

[www.azata.net](http://www.azata.net)

### Editor's Notes

Please send any stories, information, and/or pictures to include in the quarterly addition of the AZ Athletic Training Times to [communications@azata.net](mailto:communications@azata.net).

In addition, I encourage you to please send me comments, suggestions, and submissions.

Thanks for reading,

*Jacqueline*

Jacqueline Heeman, AT

AzATA Newsletter Editor

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