

## **2022 Washington State Athletic Trainers' Association Annual Meeting and Clinical Symposium**

### **Learning Objectives**

#### **New Standards: An Update For Practicing ATs On Skills Being Taught In MSAT Programs (1 CEU) -**

Cynthia Wright, PhD, ATC, OTC - Whitworth University

- Identify new CAATE 2020 Standards that change entry-level standards
- Summarize which AT knowledge, skills, and abilities are now taught at the entry-level
- Recognize professional development needs in relation to new CAATE 202 Standards

#### **Take a Deep Breath: Diaphragm Training In The Intervention Of Musculoskeletal Dysfunction (1 CEU) -**

Shirley Chandler, MS, LAT, ATC - Seattle Pacific University

- Recognize the extensive nature of the diaphragm beyond respiratory function and identify other key roles that the muscle plays in the body.
- Define the relationship between the diaphragm and injury risk and management.
- Analyze the function of an individual's diaphragm and recognize signs of dysfunction.
- Identify situations where diaphragmatic training is appropriate and select appropriate parameters.

#### **You're Getting On My Nerves: Case Studies In Nerve Pain Treatments (1 CEU) -**

Chandra Lovejoy, LAT, ATC - MultiCare Orthopedics and Sports Medicine

- Describe differences of sensory and motor nerves.
- Identify the use of hydro-dissections and nerve blocks outside of surgery.
- Summarize case studies of chronic pain patients.

#### **Take Action and AdvocATe (1 CEU) -**

Ciara Ashworth, LAT, ATC - Kamiakin High School, Tom Bair, LAT, ATC - Work-Fit

- Identify key points to an effective advocacy message.
- Describe the different scenarios in which an AT may need to advocate for the profession
- Construct an educational introduction about the profession of Athletic Training
- Apply techniques to advocate for the profession and athlete safety to legislators and policy makers

#### **Lower Extremity Joint Mobilizations Like A Kiwi (2 CEUs) -**

Smokey Fermin DAT, LAT, ATC - Whitworth University

- Distinguish the difference between joint mobilization with movement techniques and more traditional joint mobilizations.
- Identify which joint mobilization with movement techniques will be appropriate for which joint.
- Apply treatment techniques to decrease pain and improve ROM asymmetries