NATIONAL ATHLETIC TRAINERS' ASSOCIATION CLINICAL SYMPOSIA & AT EXPO 2026

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77th NATA Clinical Symposia

On-Demand

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View the most up-to-date program information and pricing at https://educate.nata.org/nata77

On-Demand access opens July 31, and all sessions must be completed by 11:59 p.m. CST on Dec. 31, 2026.

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3. Clinical Management of Pediatric Shoulder and Elbow Injuries: Tools for the Athletic Trainer
4. Current Status of UCL Injuries in Baseball Pitchers with Evidence Based Strategies for Prevention
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1. Beyond the Core: Pressure, Pelvic Floor, and the Conversations We're Not Having About Back Pain

Level	Mastery	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge
Keywords	Tactical Athlete; Diaphragm; Pressure Management	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Despite comprehensive rehabilitation and performance programs, tactical athletes and active populations often suffer from recurring back pain. Traditional approaches may overlook core contributors such as dysfunctional breathing, impaired intra-abdominal pressure regulation, and pelvic floor dysfunction. This session addresses these gaps and equips athletic trainers with the clinical insight and communication tools to identify, explain, and treat these complex cases, especially when symptoms cross into "awkward" or sensitive territory. Participants will learn to normalize difficult conversations and integrate holistic bracing strategies into their evaluation and intervention plans.

Learning Objectives
- Identify overlooked biomechanical and physiological contributors to persistent back pain, including the role of pressure regulation, diaphragmatic function, and pelvic floor coordination.
- Choose effective cueing strategies for breathing and bracing patterns that promote intra-abdominal pressure and lumbar stability.
- Recognize when red flags or "systems" symptoms (e.g., urinary leakage, GI distress, sexual dysfunction) warrant referral or modification of care.
- Apply strategies for navigating sensitive health discussions to improve patient compliance, outcomes, and long-term function.

2. Chronic Traumatic Encephalopathy: State-of-the-Science and Prioritizing Athlete Brain Health

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis	**Orthopedic Domains**	N/A
Keywords	Chronic traumatic encephalopathy; Concussion; Biomarker	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Contact and collision sport athletes who sustain repetitive head impacts (RHI) are at increased risk for neurodegenerative diseases, such as chronic traumatic encephalopathy (CTE) as they age. Athletic trainers increasingly are faced with questions from athletes, coaches, and parents concerned about sport-related head trauma and the ramifications for short- and long-term brain health. There remain significant gaps in understanding who is at greatest risk for diseases like CTE and our ability to diagnose CTE during life. Closing these gaps is essential for providing accurate education to athletes, implementing primary and secondary prevention strategies, and ultimately developing therapeutics. Athletic trainers play a unique role in communicating the state-of-the-science to their athletes and advocating for athlete health both during and after their playing careers.

Learning Objectives
- Identify the difference between neurodegenerative diseases (e.g., CTE, Alzheimer's disease) and changes in cognitive or behavioral function (mild cognitive impairment, dementia).
- Describe the current state of knowledge around CTE risk factors.
- Recognize opportunities for primary and secondary prevention of RHI-related brain health risks.
- Express education and awareness plans for at-risk athletes concerned about aging brain health.

3. Clinical Management of Pediatric Shoulder and Elbow Injuries: Tools for the Athletic Trainer

Level	Advanced	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge; Domain 2: Procedural Knowledge

Keywords	Rehabilitation; imaging; differential diagnoses	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Pediatric shoulder and elbow injuries present unique diagnostic and treatment challenges due to immature anatomy and injury patterns distinct from adults. With increased youth participation in overhead sports, this session will review common conditions such as physeal fractures, apophysitis, ligament injuries, osteochondritis dissecans, and instability. We will discuss both surgical and non-operative treatment options, using evidence-based research to guide clinical decision-making. Emphasis will be placed on pediatric-specific exam techniques, imaging interpretation, and management strategies. Attendees will enhance their ability to assess, treat, and rehabilitate these injuries, while improving patient and family education to support optimal outcomes in this population.

Learning Objectives
- Identify common pediatric shoulder and elbow injuries, including physeal fractures, apophysitis, ligamentous disruptions, and instability, and differentiate them from adult presentations.
- Apply pediatric-specific examination techniques and interpret relevant imaging findings to support accurate diagnosis and treatment planning.
- Evaluate evidence-based conservative and surgical management strategies tailored to the pediatric upper extremity population.
- Develop individualized rehabilitation plans in collaboration with multidisciplinary teams, while enhancing patient and family education to improve adherence and outcomes.

4. Current Status of UCL Injuries in Baseball Pitchers with Evidence Based Strategies for Prevention

Level	Mastery	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 3: Critical Incident Management; Domain 4: Therapeutic Intervention; Domain 5: Health Care Administration and Professional Responsibility	**Orthopedic Domains**	Domain 1: Medical Knowledge; Domain 2: Procedural Knowledge
Keywords	Elbow; Sports Medicine	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
The number of elbow UCL injuries in baseball pitchers continues to rise leading to more surgeries and more playing time lost for this specific athlete population. Despite advances in surgical procedures and rehabilitation, the best management strategy is prevention. This specific athlete population often has a unique baseline clinical presentation. Understanding the risk factors and being able to create an individualized care plan can lead to decreased injury, but also improved performance. Combining available growing evidence as well as clinician experience and expertise can lead to improved player availability adding value to the role of the athletic trainer.

Learning Objectives
- Analyze the clinical presentation unique to baseball pitchers.
- Identify contributing factors that lead to elbow injuries in baseball pitchers.
- Analyze multiple factors that can lead to injury based on the unique individual athlete presentation.
- Recommend plan of care to prevent UCL elbow injury based on available researched factors.

5. Empowering Early Professionals: Building Leadership Capacity in Athletic Training

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 5: Health Care Administration and Professional Responsibility	**Orthopedic Domains**	N/A
Keywords	Mentorship, Transformational Leadership, Professional Growth	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract

Despite the growing demands on athletic trainers to be effective leaders, the literature highlights a gap in leadership development among early professionals. Many face barriers such as fear, lack of mentorship, and low leadership self-efficacy. This session addresses these gaps by exploring key findings from a literature review that demonstrates the importance of early leadership engagement, transformational leadership theory, and mentorship. Participants will learn actionable strategies to enhance leadership development and contribute to the advancement of the profession.

Learning Objectives
- Identify common barriers early professionals face when pursuing leadership roles in athletic training.

- Differentiate between transformational and transactional leadership styles and their effects on professional satisfaction and team dynamics.
- Develop strategies to incorporate mentorship and leadership skill-building within early professional development and academic programs.

6. Evaluating Dietary Supplements for Athlete Health, Safety, and Performance: Evidence-Based Tools and Strategies for Athletic Trainers

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention; Domain 5: Health Care Administration and Professional Responsibility	**Orthopedic Domains**	Domain 3: Professional Practice
Keywords	anti-doping; third-party certification; sports nutrition	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Despite frequent questions from athletes, many athletic trainers report uncertainty when navigating dietary supplement safety, efficacy, and legality. Poor supplement regulation, risk of contamination, and evolving anti-doping rules increase the complexity of this role. This session addresses the urgent need for evidence-based tools and clinical decision-making strategies to help ATs evaluate supplements and guide athletes. Presenters will deliver practical approaches aligned with current regulations, third-party testing, and interdisciplinary collaboration - empowering ATs to reduce risk, support performance, and know when to refer to a sports dietitian.

Learning Objectives
- Evaluate the safety, efficacy, and legality of dietary supplements using evidence-based frameworks and resources.
- Identify supplement-related health and eligibility risks, including contamination, mislabeling, and banned substances.
- Apply a structured supplement screening process during pre-participation exams and athlete consultations.
- Differentiate between high-risk and lower-risk supplements using third-party testing and regulatory tools.
- Consider effective collaboration with sports dietitians and other professionals to support safe and strategic supplement use.

7. Exertional Rhabdomyolysis: An Evidence-Based Update

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention; Domain 5: Health Care Administration and Professional Responsibility	**Orthopedic Domains**	Domain 1: Medical Knowledge; Domain 2: Procedural Knowledge
Keywords	damage; exercise; muscle	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Exertional Rhabdomyolysis (ER) is a serious medical condition resulting from the damage and breakdown of skeletal muscle fibers with leakage of muscle contents into the bloodstream. ER can be caused by various conditions such as exercise or sport overtraining and injury. The healthcare professional must be able to understand the medical condition, the clinical presentation, potential risk factors, and management strategies for patients who may be suffering with ER. This presentation is for the healthcare professional who desires an evidence-based update on this topic.

Learning Objectives
- Recognize the causes and negative physiological effects of exertional rhabdomyolysis.
- Identify exertional rhabdomyolysis risk factors for different types of individuals and situations.
- Apply management and exercise programming strategies to prevent overtraining and exertional rhabdomyolysis for individuals of all fitness levels.
- Distinguish the role of the healthcare professional and their scope of practice for prevention, recognition, and management of exertional rhabdomyolysis.

8. Fueling Recovery: Priming the Muscle for Rehabilitation After ACL Injury

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge
Keywords	Muscle atrophy; Oxidative stress; Exercise prescription	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
The goal of this lecture is to reach clinicians and update the field with the latest understanding of the biological drivers of poor muscle recovery after ACL injury - evidence suggesting that persistent atrophy is not merely a consequence of reduced loading or neural inhibition, but rather the result of a dysfunctional metabolic environment within the muscle. This impaired environment appears to diminish the muscle's capacity to respond to hypertrophic adaptive stimuli that would typically drive repair and growth.

Learning Objectives
- Describe the known barriers to quadriceps muscle atrophy after ACL injury, including disuse and neural inhibition.
- Explain how mitochondrial dysfunction and oxidative stress are present after ACL injury, and how they likely contribute to anabolic resistance and limit muscle adaptation.
- Consider endurance-like exercise not as a secondary add-on, but as a primary, biologically targeted strategy to restore muscle health and enhance responsiveness to strength training during ACL rehabilitation.

9. Innovating Care: Telehealth and Entrepreneurial Pathways in Athletic Training

Level	Advanced	**CEUs**	1.0 Category A
Domains	Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge
Keywords	Access to care; Service delivery models; Healthcare innovation	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
As healthcare delivery evolves, athletic trainers (ATs) must explore innovative models to meet patient needs and expand access. Despite increasing relevance, many ATs lack exposure to telehealth strategies and entrepreneurial pathways, limiting their ability to adapt and lead in emerging markets. This session aims to bridge that gap by fostering dialogue around nontraditional care models, business innovation, and regulatory considerations. Through facilitated discussion, participants will examine real-world applications and challenges, empowering them to reimagine their practice and career potential.

Learning Objectives
- Describe current and emerging applications of telehealth in athletic training.
- Analyze entrepreneurial opportunities within and beyond traditional AT settings.
- Evaluate the challenges and benefits of integrating nontraditional care models into clinical practice.

10. Leveraging Sleep for Optimal Athletic Performance and Injury Prevention

Level	Advanced	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge
Keywords	Wellness; Risk-mitigation; Performance enhancement	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Recent literature highlights advances in sleep medicine that promise better physical and mental health outcomes stemming from enhanced sleep health techniques, including behavior modification, monitoring through wearables and other objective sleep health markers, and physiologic biomarkers. Additionally, consensus statements by the NCAA, IOC, and other sport governing bodies underscore the emphasis on sleep health for performance and injury prevention, yet gaps exist on how to properly integrate insights into athlete and patient care. The session will bridge the gap between emerging research and clinical application, emphasizing recent advances in research and technology on both physical and mental health.

Learning Objectives
- Describe the physiologic basis of sleep, its importance for overall wellness, and implications for clinical practice.
- Recognize strengths and weaknesses of modern sleep monitoring technology.
- Describe the capacity of sleep modification to improve performance and prevent sports injuries.

11. Motion as Medicine: Using Exercise as a Pain Management Modality

Level	Advanced	**CEUs**	1.0 Category A
Domains	Domain 4: Therapeutic Intervention	**Orthopedic Domains**	N/A
Keywords	Exercise-induced hypoalgesia, therapeutic exercise, exercise prescription	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Exercise-induced hypoalgesia (EIH) is a reduction in pain sensitivity that occurs during or after exercise. Typically, high-intensity, long-duration, or other variations of exercise are associated with this analgesic effect. Although this concept has been researched for over 40 years, it is not commonly taught in healthcare curricula. Furthermore, the mechanisms, variability, and types of exercise that elicit EIH are often not considered when selecting exercise order or intensity. This presentation will provide a stronger understanding of how to elicit an EIH response, its magnitude and duration, and help athletic trainers optimize exercise selection to improve treatment efficiency and patient outcomes.

Learning Objectives
- Summarize the physiological and psychological mechanisms associated with exercise-induced hypoalgesia.
- Distinguish the exercise intensity and duration required to elicit an exercise-induced hypoalgesia response.
- Describe the duration and magnitude of an exercise-induced hypoalgesia response.
- Design rehabilitation sessions that maximize the potential and effectiveness of exercise-induced hypoalgesia.

12. Negotiating From Within: Making the Case for a Raise by Demonstrating Your Value to Your Current Employer

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 5: Health Care Administration and Professional Responsibility	**Orthopedic Domains**	Domain 3: Professional Practice
Keywords	compensation; professional retention; documentation	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Athletic trainers often lack clear strategies to negotiate their salaries within their current employment, contributing to professional dissatisfaction and attrition. Employers typically expect prospective employees to provide salary benchmarks with peer organizations or similar roles in the organization. However, new evidence suggests that when discussing salary with existing employees, employers respond more positively to personalized, internally focused data such as cost savings, patient outcomes, patient feedback, and job performance. This session explores these findings and provides attendees with tangible strategies to gather and present such data effectively. Attendees will leave with actionable insights to support compensation discussions within their organization.

Learning Objectives
- Describe the types of internal data that can be used by an athletic trainer to support salary negotiations within their current place of employment.
- Analyze how patient care metrics and organizational impact contribute to employer decision-making regarding compensation.
- Construct a customized data portfolio that highlights individual contributions beyond standard job expectations.

13. New trends in Football (Soccer) Medicine: Integrating Biomechanics and Neuroscience in RTP

Level	Mastery	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 3: Professional Practice
Keywords	ACL injury mechanisms; return to performance; neurocognition	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
The lecture addresses key gaps in understanding the cause of injury in football (soccer), with emphasis on ACL and hamstring injuries. Despite progress in identifying injury mechanisms through video analysis and biomechanical research, challenges remain in applying knowledge clinically. Specific gaps include translating biomechanics into individualized rehabilitation strategies, integrating neurocognitive training during late-stage recovery, and implementing structured on-field rehabilitation to support complete return to competition. By highlighting these gaps, this session aims to guide clinicians in applying evidence-based, context-specific approaches that bridge theory

and practice, ultimately improving functional outcomes and reducing reinjury risk in football players.

Learning Objectives

- Explain the mechanisms by which severe injuries (like ACL injuries) happen in football (soccer)players.
- Analyze the role of biomechanics and neurocognition during ACL rehabilitation.
- Describe a structured rehabilitation path aimed for full return to performance.

14. Performance-Based Rehabilitation and Implementing Early Deceleration Strategies

Level	Advanced	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge; Domain 3: Professional Practice
Keywords	Performance-Rehabilitation; Deceleration; Reconditioning	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract

Traditional rehabilitation models emphasize time-based progression rather than criteria-based objective performance-driven metrics. Many clinicians lack structured frameworks to integrate early loading and deceleration mechanics into rehabilitation safely. This presentation will explore a performance-based rehabilitation model that blends traditional healing with reconditioning strategies, using the Braking Performance Framework to guide load tolerance, rehabilitation progressions, and readiness. Practical tools, force testing data, and deceleration drills will be introduced to promote resilient, performance-ready individuals.

Learning Objectives

- Differentiate between the traditional medical model and the performance-based rehabilitation model.
- Apply the Braking Performance Framework to structure early-phase rehabilitation progressions.
- Select objective performance testing (e.g., force plates, HHD, hop tests) in return-to-sport decision-making.
- Identify safe and progressive ways to reintroduce deceleration mechanics post-injury and enhance athlete sustainability.

15. POTS in an Adolescent Athlete: A Case Study in Diagnosis and Management of Postural Orthostatic Tachycardia

Level	Advanced	**CEUs**	1.0 Category A
Domains	Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge
Keywords	Autonomic; dysautonomia; orthostatic intolerance	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract

Postural orthostatic tachycardia syndrome is a condition that affects nearly 500,000 people. It is more prevalent among adolescents, many of whom are athletes. This condition poses health and safety challenges for those that it affects, particularly in sport. Timely diagnosis and optimal management of this condition among physically active patients can be aided by athletic trainers who have knowledge about its symptomology, diagnosis, and management strategies. Successful return to sport with this condition is possible, assisted by management by an athletic trainer with knowledge about this condition.

Learning Objectives

- Relate the etiology of POTS to concussion and viral infection.
- Recognize characteristic signs and symptoms of POTS in an adolescent population to facilitate data collection, enabling early diagnosis.
- Select evidence-based treatment strategies to improve health-related quality of life for POTS patients.
- Apply the ICF Framework to the lived experience of a patient with POTS.

16. Practical Strategies for Healthcare Innovation and Entrepreneurship

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 5: Health Care Administration and Professional Responsibility	**Orthopedic Domains**	N/A
Keywords	Quality Improvement; Clinical Leadership; Professional Empowerment	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract

Innovation and entrepreneurship are often connected but distinct as entrepreneurship involves taking risks to pursue opportunities, while innovation focuses on solving problems and improving systems. For athletic trainers, innovation can be a powerful entry point into entrepreneurship. By using feedback-driven strategies to refine care protocols, implement new technologies, or streamline operations, athletic trainers can transform everyday challenges into scalable solutions. Research shows that real-time feedback and leadership support enhance success in continuous improvement efforts. When grounded in individual strengths, innovation empowers athletic trainers to lead change, elevate their impact, and explore entrepreneurial ventures that advance the profession.

Learning Objectives

- Differentiate between entrepreneurship and innovation by identifying key traits and processes unique to each.
- Describe how continuous feedback and iterative problem-solving can drive meaningful innovation in healthcare implementation.
- Consider a personalized approach to innovation and entrepreneurship that leverages individual strengths, regardless of job title or setting.

17. Profit From Your Practice: Leveraging Experience for Innovative Career Growth

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 5: Health Care Administration and Professional Responsibility	**Orthopedic Domains**	N/A
Keywords	Entrepreneurship; Professional Development; Career Sustainability	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract

There is a growing body of evidence supporting diverse career pathways for athletic trainers (ATs), including consulting, content creation, and education-based entrepreneurship. However, a gap exists between this evidence and current professional practice, as many ATs lack the knowledge and confidence to translate their expertise into innovative, non-traditional opportunities. This gap in competency and performance limits professional growth, job satisfaction, and long-term sustainability in the field. Closing this gap is essential to empower ATs to expand their impact, create new revenue streams, and foster professional resilience in an evolving healthcare and sports performance landscape.

Learning Objectives

- Identify at least 3 non-traditional career pathways available to athletic trainers that leverage clinical expertise outside of traditional settings.
- Evaluate personal strengths, interests, and areas of expertise to determine alignment with potential alternative streams of revenue.
- Consider practical steps to get started with sharing your expertise in new ways - whether through consulting, teaching, or creative projects.

18. Reimagining the Preparticipation Physical Evaluation: A Call for Updated Screening Practices

Level	Advanced	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy	**Orthopedic Domains**	Domain 1: Medical Knowledge
Keywords	Mental health; musculoskeletal Injury risk; collaboration	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract

This session will present an updated best-practice framework for conducting preparticipation physical evaluations (PPEs) that emphasizes the critical need for increased interdisciplinary collaboration. Despite their widespread use, the PPE process lacks evidence to support their effectiveness in identifying risk factors for mental health challenges and musculoskeletal injuries. Athletic trainers serve on the front lines in managing routine and catastrophic events specific to sudden death, mental health, and orthopedics. However, the approach to these conditions remains largely reactive. Given the rising physical and psychological demands placed on student-athletes, athletic trainers have a responsibility to implement evidence-informed changes that align PPE standards with current best practices.

Learning Objectives

- Compare current preparticipation physical evaluation practices with updated best-practice models to assess gaps in effectiveness.
- Differentiate between reactive and proactive approaches to athlete health and safety to illustrate how revised PPE practices can align with contemporary standards of care.
- Recognize the role of athletic trainers in addressing sudden cardiac events, mental health emergencies, and catastrophic injuries during the PPE process.
- Identify key mental health and musculoskeletal injury risk factors and screening practices that are often overlooked in the traditional PPE.
- Apply evidence-informed strategies to enhance interdisciplinary collaboration in the development and implementation of PPE protocols.

19. Return-to-Learn: What to do for University and College Student-Athletes

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge; Domain 2: Procedural Knowledge; Domain 3: Professional Practice
Keywords	RTL; Concussion	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Current practice for Return-to-Learn following concussion utilizes a stepwise progression and has been promoted by the Concussion in Sport Group Consensus Guidelines for years; however, surmounting evidence contests the applicability and efficacy of such guidelines for university/college student-athletes and settings. Specifically, legal, professional, and logistical barriers exist that neutralize the utility of consensus recommendations, raising tangible concerns for students and healthcare professionals within higher education. This presentation details the primary reasons for why current guidelines are insufficient, covers the data specific to higher education, and ushers attendees through an evidence-based approach to supporting university/college student-athletes as they return-to-learn.

Learning Objectives
- Name key players within a Return-to-Learn team for university and college student-athletes.
- Summarize why current recommendations will not translate to higher education.
- Evaluate the proposed evidence-based approach for fit to their institution's specific resources and infrastructure.

20. Ronnie Barnes PFATS Educational Series: Return to Sport After Glenohumeral Instability: A Functional Rehabilitation Approach

Level	Advanced	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 3: Professional Practice
Keywords	Functional Tests; Professional Sports; Shoulder Dislocations	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
The purpose of this presentation is to provide athletic trainers and other sports medicine professionals with evidence-based strategies for safely and effectively guiding athletes back to play after glenohumeral instability with a focus on injury mechanisms, rehabilitation progressions, functional testing and return-to-sport decision making criteria.

Learning Objectives
- Describe the common mechanisms, risk factors, and clinical presentations of glenohumeral instability in athletes.
- Identify key phases of rehabilitation and implement interventions to restore strength, stability, and function.
- Explain strategies for reducing re-injury risk and optimizing long-term shoulder health in athletes.

21. The Effectiveness of Football Helmet Add-Ons and Soft-Shell Headgear to Reduce Head Kinematics and Concussion

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy	**Orthopedic Domains**	N/A
Keywords	Protective equipment; Head kinematics; Injury prevention	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Despite increasing use across professional, collegiate, and high school football, the effectiveness of helmet add-ons, such as Guardian Caps, in reducing the risk of concussion and impact forces remains widely misunderstood, due to limited available evidence and varying test procedures. Of the evidence that exists, there remains disparities between laboratory testing and on-field measures, leading to confounding results. Athletic Trainers are often asked by coaches and administrators to make recommendations and implement policy regarding the use of these helmet add-ons. It is imperative that Athletic Trainers remain up to date on the evidence for these injury prevention products, along with the evidence for non-helmeted headgear, such as scrum caps, in sports such as rugby, flag football, and soccer.

Learning Objectives
- Explain the methodology of laboratory testing for head kinematics and on-field measures via instrumented helmet and mouthguard

technology.
- Compare the recent findings of football helmet add-ons to reduce head kinematics and concussion rates.
- Analyze the evidence of soft-padded headgear for non-helmeted contact and collision sports to reduce head kinematics and injury risk.

22. The Pain Puzzle: Understanding and Treating What Hurts

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	Domain 1: Medical Knowledge
Keywords	Neuroscience; Neuroplasticity; Phychophysiology	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Pain is the most common reason patients seek care. However, it is also extremely complex, and many athletic trainers lack a thorough understanding of pain processing and perception. As a result, patient encounters and treatment decisions can be challenging to navigate. In this lecture, we will cover a variety of pain principles including nociception, pain perception, central and peripheral sensitization, and a systematic approach to evaluating and quantifying musculoskeletal pain (quantitative sensory testing, patient-reported outcome measures). We will also summarize the best-evidence to guide non-pharmacologic pain treatments to enhance clinical outcomes and performance recovery following musculoskeletal injury.

Learning Objectives
- Recognize the differences and relationship between nociception and pain perception.
- Evaluate subjective (patient-reported outcome measures) and objective (quantitative sensory testing) measures to quantify a patient's pain experience.
- Choose appropriate non-pharmacologic evidence-based interventions to treat acute and chronic pain musculoskeletal pain.

23. UCL Injuries: From the OR to the Mound

Level	Mastery	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis	**Orthopedic Domains**	Domain 3: Professional Practice
Keywords	UCL injuries; Tommy John surgery; Elbow rehabilitation	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Performance of ulnar collateral ligament (UCL) reconstruction surgery recently increased 193% over a 10 year span. However, these injuries impact a small percentage of athletes including baseball players, gymnasts, javelin throwers, and wrestlers. Being that UCL injuries occurs in a small subset of the athletic populations, not every athletic trainer has the ability to see this injury with significant volume. Given the rarity in most occupational settings for ATs, it is worthwhile to know the path from diagnosis to treatment options and from the operating room back to the playing field.

Learning Objectives
- Identify types of UCL injuries that may be treated non-operatively vs surgically.
- Define the 3 types surgical variations for UCLs. Describe various rehabilitation protocols and timelines.
- Identify appropriate return to play (RTP) progressions for position players and pitchers vs non-baseball players.

24. Vital Information for Athletic Trainers from the NATA Updated Inter-Association Consensus Statement on Psychological Concerns in Collegiate Student-Athletes: Antecedents of Risk to Mental Health

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis; Domain 4: Therapeutic Intervention	**Orthopedic Domains**	N/A
Keywords	Social Determinants of Health; Adverse Childhood Experiences; Psychological Trauma	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Student-athletes are not immune from mental health disorders and other psychological concerns. Athletic trainers should understand the role of antecedents of risk to the mental health and wellness of the student-athlete. The updated NATA Inter-Association Consensus Statement on Psychological Concerns in Collegiate Student-Athletes provides evidence on antecedents of risk to mental health. The antecedents of risk that the athletic trainer should be aware of in the student-athletes are: Social Determinants of Health challenges, Adverse Childhood Experiences (ACEs), and traumatic events. This presentation will provide data, and practical information on these antecedents of risk in developing a psychological concern in student-athletes.

Learning Objectives
- Describe the effects faced by an individual who experiences challenging social determinants of health.
- Recognize Adverse Childhood Experiences (ACEs) and the effect ACEs have on the mental health of a student-athlete.
- Analyze the effect psychological trauma has on the student-athlete that makes them at risk for mental health disorders.
- Consider effective approaches in discussing antecedents of risk to mental health with student-athletes.

25. When One Size Doesn't Fit All: Regional Adaptation of WBGT Monitoring for School Athletics

Level	Essential	**CEUs**	1.0 Category A
Domains	Domain 1: Risk Reduction Wellness and Health Literacy; Domain 2: Assessment Evaluation and Diagnosis	**Orthopedic Domains**	N/A
Keywords	wbgt; ehi; activity guidelines	**Expiration**	Dec. 31, 2026, 11:59 p.m. CST

Abstract
Despite growing awareness of exertional heat illness (EHI) risks, state-level adoption and implementation of Wet Bulb Globe Temperature (WBGT) policies for high school athletics remain inconsistent. While organizations like CIF (California), GHSAA (Georgia), and VHSL (Virginia) have rolled out mandates, variations in climate, resource availability, and enforcement have led to differing outcomes. This review explores the clinical and operational impact of WBGT policy adoption, highlights disparities in execution - especially in geographies with significant microclimate variability - and identifies best practices to guide future state-level implementations.

Learning Objectives
- Evaluate policies and procedures to determine the effectiveness of heat safety interventions.
- Apply evidence-based guidelines to develop or modify environmental monitoring protocols for secondary school settings.
- Analyze the practicality and feasibility of implementing heat safety protocols in diverse environmental and institutional settings.