District 10
Annual Meeting and Clinical Symposium Programming
Portland, OR
March 31-April 3, 2022

Thursday, March 31

Educational Session	Abstract	
Graston Technique Course: *M1 Training + GT Instruments* Thursday 7:30-5:30 Gilson	This course introduces clinicians to the basics of Graston Technique therapy, its clinical applications, physiological effects / benefits, and potential contraindications. Learn how to apply GT therapy into the full spectrum of musculoskeletal treatment approaches and the proper use of GT instruments.	REGISTER DIRECTLY THROUGH GRASTON **https://nata.grastontechnique.com/nwata/**
Russ Richardson Student Symposium Thursday 8:00-5:00 Washington/Clark		

Friday, April 1

Educational Session	Abstract	Learning Objectives	Speakers
Graston Technique Course: GT Orthotics Training + GT Orthotics Heater Friday 8:00-12:00 Gilson	Learn how to use a revolutionary orthotic system backed by 35+ years of scientific research used to treat many common leg and foot conditions, posture-related pain, muscle fatigue, and more. These neurophysiological devices are heat-molded to create a custom fit in less than three minutes.	REGISTER DIRECTLY THROUGH GRASTON **https://nata.grastontechnique.com/nwata/**	TBD
Appearance and Performance Enhancing Substances: The Pressure to Perform Friday 8:00-9:00 Timberline	Anabolic androgenic steroid (AAS) use is rapidly becoming a public health problem for the United States as well as many Western countries. The British Medical Association Board of Science and Education revealed the prevalence in UK fitness centers to be around 13%, whereas in dedicated bodybuilding gyms, the prevalence rate peaks at almost half of all members. Adolescents are the most studied population for the prevalence of AAS abuse and research has indicated national AAS abuse rates were 4.3% and 2.2% for males and females, respectively (3.3% overall). While AAS have legal therapeutic use for specific medical disorders, healthy individuals use and abuse them to enhance physical performance or alter their physique. However, AAS are not the only consideration with athletes trying to obtain an edge on the competition. Dietary supplements are also an avenue athletes turn to in order to enhance performance and alter their physique. BOC Domains: I, II, V BOC Tasks: 0101, 0201, 0501 Level of Difficulty: Essential	Attendees will be able to: 1.Identify the signs and symptoms of anabolic androgenic steroid use 2.Identify dietary supplements that are 3rd party tested and free of banned substances 3.Describe how to educate others on the signs, symptoms, and potential side effects of anabolic androgenic steroid and dietary supplement use	Brian Parker Brian Parker serves as the Director of Education of the Taylor Hooton Foundation.
Lymphatic Balancing: Manual	Athletic Trainers are faced with the problem of how to get their injured athlete back to their sport	Attendees will be able to:	Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

Lymphatic Drainage for the Orthopedic Client: Technique for Improving Your Athlete's Recovery Time Friday 8:00-9:00 Grand Ballroom East	quicker. For injured tissues to heal they need tissue motion, inflow of vital structures (carrying oxygen and nutrition) and the removal of wastes products. Drainage precedes supply which mean that in order for injured tissue to heal you must first remove waste material to make room for the oxygen and nutrient. Lymphatic Balancing is a technique that integrates well with manual and exercise therapy and helps to get better clinical results. BOC Domains: IV BOC Tasks: 0401, 0402, 0403 Level of Difficulty: Essential	1. Describe the DAI philosophy, general concepts, and principles of practice 2. Understand what is Lymphatic Balancing? 3. Assess what a knee needs to heal 4. Describe barriers to healing both locally and along the pathway to healing 5. Identify the lymphatic drainage pathway to healing 6. Assess when to use the lymphatic balancing technique 7. Practice the Four Phase Lymphatic Balancing Treatment Sequence for the knee in their practice	Dr. D'Ambrogio is the owner of the D'Ambrogio Institute in Palm Beach Gardens, FL.
Total Body Screening Evaluation for the Athletic Trainer Friday 9:15-10:45 Grand Ballroom East	Athletic Trainers are faced with the daily clinical decision regarding treating the site of pain and dysfunction or somewhere else. The purpose of the TBSE for the Athletic Trainer class is to teach the Athletic Trainer how to perform a TBSE in a little as 5 minutes to help decide where and what to treat which are two key questions all Athletic Trainer face. This class will help the athletic Trainer make better clinical decisions. BOC Domains: II BOC Tasks: 0201, 0203, 0204 Level of Difficulty: Essential	Attendees will be able to: 1. Describe the DAI philosophy, general concepts, and principles of practice 2. Perform a Postural Scan of the occiput, sacrum, spine, upper and lower T lines and understand their meanings 3. Perform Lines of Fascial Tension & Congestion Evaluations of the lower extremities, upper extremities, head/neck, thorax, and abdomen 4. Perform a Transverse Diaphragm evaluation of the thoracic inlet, respiratory diaphragm, and pelvis floor 5. Effectively communicate the significance of the examination and decide where and what to treat with their patient 6. Effectively communicate the significance of the examination and decide where and what to treat with their patient	Kerry D'Ambrogio, DOM, AP, PT, DO-MTP Dr. D'Ambrogio is the owner of the D'Ambrogio Institute in Palm Beach Gardens, FL.
When EMS Isn't Right Around the Corner: Emergency Skills for the AT Friday 9:15-10:15 Timberline	Athletic trainers are adept in providing emergency care for injuries and illnesses and often rely on local emergency services for assistance and transport. However, challenges arise when the emergency response is outside the urban setting and may involve extended EMS response times. Combining geographical challenges with limited access to a coordinated emergency response and individuals	Attendees will be able to: 1. Identify challenges with emergency response outside of an urban setting 2. Identify the emergency skill set needed to be adequately prepared to work in rural and remote settings 3. Recognize situations that warrant emergent administration of medications and	Valerie Moody, PhD, LAT, ATC Mark Hoffman, PhD, LAT, ATC, EMT-B Dr. Moody is in her 16th year at the University of Montana where she serves as Program Director of the Athletic Training Program.

(Labs on Friday at 2:45-3:45 and Saturday at 4:00-5:00 in Timberline)	trained in emergency medicine creates a critical need for ATs to hone their emergency skill set. This scenario based learning lab will focus on practicing essential emergency skills needed to provide care in challenging work environments found in rural and remote work settings. BOC Domain: III BOC Tasks: 0301 Level of Difficulty: Essential	demonstrate appropriate delivery of medications 4. Demonstrate emergency medical care to control bleeding and prevent shock 5. Recognize respiratory and cardiac emergencies and demonstrate appropriate emergency management strategies	Dr. Hoffman is an Associate Professor in the School of Biological and Population Health Sciences at Oregon State University.
Championing the Cause: Becoming an AdvocATe for Your Patients and Your Profession Friday 10:30-12:00 Timberline	Awareness of the skills and attributes of athletic trainers by other professionals, policy makers, and the public is critical for the growth and sustainability of the profession. For there to be this awareness, athletic trainers must be able to advocate for the profession. In fact, the CAATE curricular standards includes advocacy for the profession as a core competency. Advocacy can take many forms, but at its core, it is the act of publicly supporting a cause or policy. Despite its importance, athletic trainers may be uncomfortable taking on this role. However, with some foundational knowledge and practice, athletic trainers can become skilled in advocating for the advancement of the profession and athlete safety. BOC Domains: V BOC Tasks: 0502 Level of Difficulty: Advanced	Attendees will be able to: 1. Identify key points to an effective advocacy message 2. Describe the different scenarios in which an AT may need to advocate for the profession (e.g., to the public, to policy makers, to other professionals) 3. Generate and practice a brief educational introduction about the profession 4. Practice advocating for the profession and athlete safety issues to a legislator and other policy makers	Sam Johnson, PhD, ATC, CSCS Lynne Young, MEd, LAT, ATC Dr. Johnson is the Coordinator of Clinical Education for the Athletic Training program at Oregon State University. Lynne is an athletic trainer and Director of Athletic Training at Orthopedic Physicians Alaska in Anchorage.
Your Hamstrings Probably Aren't Tight: Tactics for Identifying, Treating, and Preventing Apparent Hamstring Tightness Friday 10:30-12:00 Grand Ballroom East	The purpose of the presentation is to acquaint practicing athletic trainers with alternative approaches to evaluation and management of apparent hamstring tightness. There are many commonly known and traditional approaches to this (i.e., ROM assessment, stretching, and therapeutic exercise). However, the varying causes of apparent hamstring tightness necessitate varying approaches to management that extend beyond traditional therapies. By utilizing treatment-based evaluation and classification, ATs may be able to improve disease and patient-oriented outcomes as they will be able to provide a more targeted evaluation and treatment.	Attendees will be able to: 1. Classify and identify multiple causes of apparent hamstring tightness 2. Apply new apparent hamstring tightness evaluation strategies 3. Identify what patients may benefit from differing approaches to apparent hamstring tightness treatment 4. Evaluate the effectiveness of apparent hamstring tightness treatments	Matthew Smitley, DAT, LAT, ATC, SFMA Dr. Smitley is the Program Director for the University of Idaho MSAT program where he teaches multiple courses including orthopedic evaluation and neuroscience.

	BOC Domains: I, II, IV BOC Tasks: 0101, 0202, 0404 Level of Difficulty: Essential/Advanced		
Updates on Recognition and Surgical Treatment of Cartilage Injuries of the Knee Friday 1:30-2:30 Grand Ballroom East	Knee articular cartilage lesions are common, with a prevalence of 36% in competitive athletes, and when symptomatic can cause significant knee pain and dysfunction. However, perhaps because don't always have a distinct clinical presentation, knee articular cartilage lesions may be missed entirely or misdiagnosed. To avoid misdiagnosing cartilage pathology, clinicians should be familiar with both the typical clinical presentation and advanced imaging necessary for definitive diagnosis. Once identified, clinicians should also understand joint preserving treatment options that decrease pain and increase function while delaying arthroplasty. As surgical trends evolve rapidly, many athletic trainers may not have a current understanding of the surgical treatment options for knee articular cartilage injury. To address this gap, current trends in surgical treatment of knee articular cartilage injury will be defined and contrasted, including techniques such as arthroscopic debridement, osteochondral autograft transfer system (OATS), autologous chondrocyte implantation (ACI), osteochondral allografts, osteotomy, and microfracture. BOC Domains: II BOC Tasks: 0201, 0202, 0203 Level of Difficulty: Advanced	Attendees will be able to: 1. Identify typical clinical presentation of knee cartilage injury 2. Recognize signs of cartilage injury on imaging (e.g., x-ray, MRI) 3. Define surgical options for knee cartilage injury 4. Compare/contract the indications and outcomes for cartilage preserving surgical options for knee cartilage injury	Cynthia Wright, PhD, ATC Dr. Wright is the Athletic Training Program Director and an associate professor at Whitworth University. She recently completed an AT residency program at the Steadman Clinic in Vail, CO.
Genetics and Concussions: Is There a Link? Comparing the Research and Personal Family Stories Friday 1:30-2:30	Being able to identify if our athletes could be at risk for prolonged symptoms from sports related concussions due to family history can improve our management of their concussion. Having knowledge that there could be a link to post concussion syndrome and genetics also will help us to educate our patients and allow them to make informed decisions about their health and participation. BOC Domains: I, II, IV	Attendees will be able to: 1. Review basic genealogy terms and concepts 2. Understand the specific genes that contribute to sports related concussion 3. Identify whether family history of post-concussion syndrome, psychiatric disorders, or neurodenerative disease can be passed to other family members and affect their recovery from sports related concussion	Cari Wood, LAT, ATC Cari is an athletic trainer at Redmond High School, where she has served since 1994. She has served as the President/Director and Secretary of D10, as well is a former President of the Oregon Athletic Trainers' Society.

Timberline	BOC Tasks: 0101, 0201, 0401 Level of Difficulty: Essential		
The Role of Race in Clinical Presentation: A Critical Examination of Race-Based Practice Friday 2:45-3:45 Grand Ballroom East	The purpose of this program is to present the concept of race-based medicine/practice beginning with its history and development. Along the way, I hope to demonstrate how its foundations are rooted in the constructs of structural racism. I will then present examples of how race-based medicine/practice continues to be a part of present day healthcare. Finally, I hope to present a compelling argument to discontinue its use in the profession of athletic training. Domains: II, V BOC Tasks: 0201, 0202, 0501, 0502, 0503 Level of Difficulty: Advanced	Attendees will be able to: 1. Define and describe the term race-based practice 2. Give examples of race-based practice in health care professions 3. Identify and eliminate any inappropriate use of race in their own practice	Jeffrey Kawaguchi, PT, PhD, ATC Dr. Kawaguchi is the Program Director for the Athletic Training program at Pacific University and the chair of the NWATA Ethnic Diversity Advisory Committee.

Saturday, April 2

Safe Space Ally Training for the AT Saturday 8:00-10:15 Overton	The purpose of this presentation is to provide Safe Space Ally Training (SSAT) to the membership of the NWATA. This is an opportunity to learn about the lesbian, gay, bisexual, transgender, queer and other gender identities (LGBTQ+) community. SSAT gives our members the knowledge, attitudes, behaviors and the skills necessary to achieve optimal health outcomes for this diverse patient populations. This presentation will provide participants with the tools to practice effective cross-cultural communication and be prepared to work respectfully and effectively in diverse work environments as it relates to LGBTQ+ athletic trainers and patients. The result of completing the session will be a certificate and an *identifier* that ATs can post on their office door or clinic. BOC Domain: I, II, III, IV BOC Tasks: 0101, 0201, 0302, 0401 Level of Difficulty: Essential	Attendees will be able to: 1. Explore terminology linked to the LGBTQ+ community 2. Describe the potential sociocultural environments experienced by persons in the LGBTQ+ community 3. Create an environment of inclusivity and respect in your AT clinic or classroom for those in the LGBTQ+ community 4. Integrate best practices in providing equitable healthcare to LGBTQ+ patients, including proper referrals related to this population 5. Review the healthcare disparities of LGBTQ+ persons	Sean Rogers, DAT, ATC Dr. Rogers is a faculty member within the Athletic Training Program at Drake University. Sean is an active member of the NATA and is a founding member of the LGBTQ+ Advisory Committee.

The "Why Should I and How Do I"? Answer to Outcome Collection in Clinical Practice Saturday 8:00-9:00 Timberline	Outcome measures have been used in the practice of athletic training since the beginning of the profession. Primarily clinician-centered outcomes that deal with signs and symptoms of the injury have not included any input from the patient. More recently, the incorporation of patient-centered outcomes has come to the forefront to help provide information about how the particular injury is impacting the patients' quality of life. While clinician-centered outcomes are part of every injury assessment, specific questions regarding wellbeing is not as common. Giving your patient a voice about how the illness/injury is impacting their life outside the sport can go a long way to providing a complete recovery and return to play. Organization and planning strategies will help make the collection of patient-centered outcomes part of your practice. BOC Domain: IV, V BOC Tasks: 0401, 0405, 0502, 0503 Level of Difficulty: Essential	Attendees will be able to: 1. Describe the importance of outcome measures in clinical practice 2. Assess how clinician-centered and patient-centered outcomes can be utilized 3. Plan how to make patient-centered outcomes part of their practice	Karla Judge, DAT, LAT, ATC Dr. Judge is the Coordinator of the Master of Science in Athletic Training program at Idaho State University.
Naseby Rhinehart DEIA Lecture – DEIA: A Roadmap for Athletic Trainers Saturday 9:15-10:15 Grand Ballroom East	With the NATA's recent commitment to DEIA, it is imperative for athletic trainers to be knowledgeable about ways to directly engage their current practice in an equitable way. The purpose of this presentation is to provide athletic trainers with background, knowledge, and action steps regarding ways to implement DEIA initiatives in their professional, social, and personal lives. This presentation will include historical perspectives regarding DEIA in the athletic training profession, current national initiatives and future action steps to challenge athletic trainers to take the next steps. BOC Domain: I, V BOC Tasks: 0101, 0102, 0503 Level of Difficulty: Advanced	Attendees will be able to: 1. Recognize the NATA's commitments to DEIA 2. Identify and explain the need for inclusive practices in the athletic training profession 3. Identify barriers to implementing DEIA commitments to their current setting 4. Develop and apply DEIA initiatives and strategies to their current work setting	Trevor Bates, DHsc, LAT, ATC Rebecca Lopez, PhD, ATC, CSCS, ASCM-EP In 2021, Dr. Bates become the 19th President of Wilmington College (OH) with academic rank of Professor of Sport Sciences. Dr. Bates currently volunteers in the profession of AT through servicing as a Co-Chair of the NATA DEIA Task Force, a founding member of the OHIO Athletic Trainers' Association's Diversity and Inclusion Committee, and Chair of the AT section of the OTPTAT Licensure Board in the State of Ohio.

			Dr. Rebecca M. Lopez is an Associate Professor in the School of Physical Therapy & Rehabilitation Sciences within USF's Morsani College of Medicine. Dr. Lopez is the Program Director of the Post-Professional Advanced Athletic Training Program at the University of South Florida and is a member of the Korey Stringer Institute's Medicine & Science Advisory Board. She is currently serving as Chair of the NATA LGBTQ+ Advisory Committee as well as a Co-Chair of the NATA's DEIA Task Force.
Oral Free Communication Presentations Saturday 1:30-2:30 Timberline	The NWATA Free Communication Research program provides a forum for dissemination of research and clinical case studies in oral formats. All submissions are peer reviewed for content as well as mechanically. All presentations are original works. This year topics include: • Instrument Assisted Soft Tissue Mobilization and Possible Effects on Recovery Time from Delayed Onset Muscle Soreness: A Pilot Study (Martonick) • Assessing Sports Health and Safety Policies to Prevent Sudden Death and Catastrophic Injury in Montana Schools: A Descriptive Analysis (Moody) • Efficacy of Instrument-Assisted Soft Tissue Mobilization for the Treatment of Ankle Pathology: A Systematic Review with Meta-Analysis (Wright) • Student Award Presentation (TBA) BOC Domains: I, II, III, IV BOC Tasks: 0101, 0201, 0301, 0401 Level of Difficulty: Essential	Attendees will be able to: 1. Explain research reports for recent experimental and/or clinical research in athletic training 2. Identify current research questions in athletic training 3. Critically evaluate and question current research in athletic training	Nickolai Joel Paul Martonick Valerie Moody Cynthia Wright
Go Safely Into the Woods –	Not all athletic injuries occur in the musculoskeletal system, and not all happen in the context of sport.	Attendees will be able to:	Katie Walsh Flanagan

Preventing and Treating Injuries From Stinging/Biting Vermin Saturday 1:30-2:30 Overton	Stings and bites from bees, fire ants, mosquitoes, spiders, ticks and venomous snakes often display as a dermatological presentation from the injury. This talk will assist the AT in recognizing signs and symptoms of these types of insults, as well as geographic and habitat areas where these vermin reside. Treatment of stings and bites will be discussed, in addition to evidence-based methods of preventing BOC Domains: I BOC Tasks: 0101, 0102, 0103 Level of Difficulty: Essential	1. Identify biological classes and geographical areas of stinging/biting vermin 2. Recognize signs, symptoms, and treatment for specific vermin to the Pacific Northwest territories 3. Determine if referral is warranted for a sting or bite 4. Appraise possible sequela of non-recognition or treatment of stings/bites 5. Apply evidence-based prevention techniques mitigating the chance for a bite or sting	Katie Walsh Flanagan, EdD, LAT, ATC, is coDirector of the MSAT & professor at East Carolina University in Greenville, NC. She obtained her BS from Oregon State University, MS in Athletic Training at Illinois State University, and EdD in Educational Leadership from the University of Southern California. She currently works as an athletic trainer and medical observer for ECU football.
Blood Flow Restriction Therapy for Sports Injuries Saturday 2:45-3:45 Timberline	This presentation will be of benefit to all athletic trainers regardless of experience. The purpose of this presentation is to briefly review the physiologic benefits associated with BFR training (i.e., increase size and muscular strength), highlight proximal and distal benefits associated with training, illustrate current evidence supporting the use of BFR with athletic populations, and to identify gaps in knowledge regarding the use of this treatment. BOC: Domain IV BOC Tasks: 0402, 0403 Level of Difficulty: Essential	Attendee will be able to: 1. List physiologic mechanisms associated with blood flow restriction training 2. Identify current gaps in the literature related to treatment variables (e.g., number of treatment sessions, number of exercises performed under occlusion, proximal strength gains) 3. Describe patient populations that will benefit from blood flow restriction training 4. Describe current treatment parameters when applying blood flow restriction to the upper and lower extremities	Jason Brummitt, PhD, ATC, PT, CSCS Dr. Jason Brumitt is a certified athletic trainer and a physical therapist. His primary position is as an associate professor of physical therapy at George Fox University.
Lessons Learned Implementing VERT Sensors to Monitor a Collegiate Volleyball Team Saturday 2:45-3:45 Overton	The goal of this presentation will be to recognize the nuances of implementing VERT sensors daily, with anecdotes and trends from the 2020-2021 volleyball season. Additional goals include discussing the validity and applicability of VERT sensors to volleyball. Finally, determine the feasibility of implementing VERT sensors into clinical practice at the collegiate and secondary school setting. This presentation will pull from multiple ongoing studies to exemplify the challenges and rewards of utilizing the VERT sensors throughout the previous collegiate season. Overall,	Attendees will be able to: 1. Discuss the validity of VERT sensors to monitor volleyball athletes 2. Identify the abilities and limits of applying the sensors into daily monitoring 3. Determine the feasibility of implementing wearable sensors into practice	Shane Murphy, PhD, LAT, ATC Dr. Murphy is an assistant professor in the School of Integrative Physiology & Athletic Training at the University of Montana. As the director of the Clinical Biomechanics & Athletic Training (CBAT) Research Lab, Dr. Murphy aims to improve athletic performance while

	this presentation will be supported extensively by a critical review of published research with clinically meaningful measures. BOC Domains: I BOC Tasks: 0101 Level of Difficulty: Advanced		mitigating the risk of injury in traditional and tactical athletes.
NATA Strategic Issues in Athletic Training Lecture - Sexual Harassment: Protect Yourself, Protect Your Patients Saturday 4:00-5:00 Overton	Sexual harassment is a growing concern in all settings. Athletic trainers should feel safe in their jobs. Athletic training students should feel safe in their programs, in both didactic or clinical settings. Furthermore, patients should experience a safe space while under the care of an athletic trainer. While the CAATE, BOC, and NATA have standards and a Code of Ethics to keep the student, patients, and practitioners safe, recent developments demonstrate that there is something missing from education and/or understanding what constitutes sexual harassment. Additionally, it is imperative that practitioners and students understand how to protect themselves as well as where to report issues that may occur. BOC Domains: V BOC Tasks: 0502, 0503 Level of Difficulty: Essential	Attendees will be able to: 1. Describe the continuum of sexual exploitation 2. Explain the steps to take if faced with a sexual harassment situation 3. Describe whistleblower protections 4. Create an inclusive environment to prevent unwanted outcomes	Dani Moffit, PhD, LAT, ATC Dr. Moffit is the Program Director of the Master of Science in Athletic Training program at Idaho State University.

Sunday, April 3

Screening for Sudden Cardiac Arrest/Death: Does it Have a Role in the Secondary Schools? Sunday 8:00-11:00 Multnomah	Sudden Cardiac Arrest/Death are highly preventable events in young athletes. Screening through the use of resting electrocardiograms (ECG) is one of the key methods to detecting electrical abnormalities in the heart. Screening is pain free and can be administered by an athletic trainer. In this session you will learn about common conditions that are found on ECG screening, a model program being administered in a Washington high school, how to administer and ECG, and basic ECG interpretation skills. BOC Domains: I BOC Tasks: 0101, 0103 Level of Difficulty: Advanced	Attendees will be able to: 1. Describe the role of ECG screening in the secondary schools 2. Describe common conditions found on ECG screening 3. Establish a program for secondary school ECG screening	Jennifer Carrol, PA-C, ATC, MA, MMS Mike Fine, ATC Kim Stevens, MA, ATC Jennifer is a Certified Athletic Trainer and Physician Assistant working for the USOPC in Colorado Springs. Mike currently works as the Middle School Athletic Director at The Overlake School and has been a consistent volunteer with Nick of

			Time Foundation for over 6 years. He has worked at many of their SCA screenings across Washington state and hosted an event at his school. Kim Stevens is the Athletic Trainer at The Overlake School in Redmond, WA.

Online Only

Mental Health in Sports Medicine	This talk is intended to discuss the notable mental health conditions that arise in association with mechanical injury and illness such as infection with corona virus or an ACL tear. The sidelined athlete will respond better to treatment if there mental health is improved or at the very least depression is avoided. This talk discusses ways to present news to patients and athletes, and ways to provide positive influence during treatment course. BOC Domains: I BOC Tasks: 0101, 0103 Level of Difficulty: Essential	Attendees will be able to: 1. Identify and understand mental health concerns related to injury and illness 2. Discuss role of AT in the multidisciplinary team for diagnosing and treating mental health conditions for athletes 3. Provide suggestions for evaluation and treatment of such conditions	Dr. Kaleb Redden DO, ABFP, CAQSM, CRP Dr. Redden is a fellowship-trained sports medicine physician specializing in non-operative management of orthopedic injury in pediatric and adult patients including shoulder, hip, knee, elbow, wrist, ankle, neck and back injuries. He also has special training in the use of ultrasound for diagnostic and interventional purposes, including minimally invasive procedures and targeted injections. Along with treatment of both acute and chronic injury, Dr. Redden is highly trained in sports performance and sports nutrition with a special interest in fitness. He is also a certified ring-side physician and combat sports medicine specialist currently serving as the deputy commissioner and chief medical officer for the Idaho Athletic Commission.