

# 2022 Minnesota Athletic Trainers' Association Annual Meeting & Clinical Symposium



***April 7<sup>th</sup>-9<sup>th</sup>, 2022***  
***Crown Plaza Minneapolis West***  
***3131 Campus Drive***  
***Plymouth, MN***

Thursday: Online Sessions  
Friday: Online & Live Stream Sessions  
Saturday: Online & Live Stream Sessions

## *Care for the Patient Beyond the Sidelines*

This conference is designed to provide Essential and Advanced knowledge to Certified Athletic Trainers.

Topics to include: Sleep for Athletic Performance, Cannabis Considerations for Sports Medicine, Nutrition for the High School Athletic Trainer, Updates on the Management of Asthma, plus breakouts featuring Musculoskeletal Ultrasound Evaluation, Blow Flow Restriction and Acute Fracture & Dislocation Management!!!

Total Continuing Education Available: 8.75 Category A

Online Registration is open! [www.mnata.com](http://www.mnata.com)



### **Conference Learning Objectives:**

- Discuss current concepts in the care of patient for musculoskeletal conditions, orthopedic conditions, and other medical conditions across the lifespan.
- Summarize the role of athletic trainer in patient health promotion, including appropriate information for patient education.
- Recognize current challenges and best practice solutions in athletic patient population including health care administration, acute care, rehabilitation, and surgical interventions.

### **Conference Faculty:**

- **Edward Smith, DO**; Assistant Professor - Sports Medicine: University of Minnesota
- **Elizabeth Klodas, MD**; Cardiologist: Preventative Cardiology Clinic
- **Michael Steiner PT, DPT**; Physical Therapist: Twin Cities Orthopedics
- **Athena Cannon, PharmD**; Clinical Pharmacist: University of Minnesota – Indian Health Board Medical Clinic
- **Jason Ricco, MD**; Family Medicine Physician: University of Minnesota –Broadway Family Medicine Clinic
- **Kaela Colvard MS, RDN, LD, CSSD**; Sports Dietitian - Performance Nutrition Coordinator: Training HAUS
- **Anna Farrington MS, ATC, OTC**; Clinical Athletic Trainer: Allina Health
- **Ryan Fader MD**; Orthopedic Surgeon: Allina Health Orthopedics
- **Maggie Henjum PT, DPT, OCS, FAAOMPT**; Physical Therapist: Motion
- **Sam Fedo MAM, ATC, LAT, OTC**; Athletic Trainer-Orthopedic Technologist: Summit Orthopedics
- **Liz Drake EdD, LAT, ATC**; Assistant Professor - Clinical Education Coordinator: Minnesota State University
- **Ryan Hess, MD**; Orthopedic Surgeon: Twin Cities Orthopedics
- **Brian Sutterer, MD**; Sports Medicine Fellow Physician: Mayo Clinic
- **Chad Krawiec MS, LAT, ATC**; Athletic Trainer: Training HAUS
- **Micha Gerhart LAT, ATC**; Athletic Trainer: Training HAUS

# Tentative Educational Program

## Thursday, April 7<sup>th</sup>

*Virtual Only*

|             |  |
|-------------|--|
| 6:30-7:15pm | <b><i>Asthma &amp; Our Athletes</i></b><br>Edward Smith, DO                              |
| 7:15-8:00   | <b><i>Sudden Cardiac Arrest</i></b><br>Elizabeth Klodas, MD                              |
| 8:15-9:00   | <b><i>Sleep: The Missing Link to Athletic Performance</i></b><br>Michael Steiner PT, DPT |

**Total Available CE-Thursday: 2.25**

## Friday, April 8<sup>th</sup>

*Virtual & In-Person*

|           |   |
|-----------|---|
| 4:00 pm   | <b>Registration Opens</b>   |
| 5:00-5:45 | <b><i>A Closer Look at Cannabis-Considerations for Sports Medicine</i></b><br>Athena Cannon PharmD & Jason Ricco MD |
| 5:45-6:30 | <b><i>Nutrition for the High School Athletic Trainer</i></b><br>Kaela Colvard MS, RDN, LD, CSSD                     |
| 6:45-7:45 | <b>MATA Honors &amp; Awards Dinner</b>  |
| 7:45-8:45 | <b><i>Osteoarthritis of the Knee &amp; Hip</i></b><br>Anna Farrington MS, ATC, OTC                                  |
| 8:45-9:45 | <b>MATA Social</b>  |

**Total Available CE-Friday: 2.25**

Required Materials & Equipment: Virtual sessions will require access to a computer, tablet, or smart phone with internet access. *Attending in-person sessions will not have any required materials or equipment.*

## Saturday, April 9<sup>th</sup>

*Virtual & In-Person*

|             |  |
|-------------|--|
| 7:15 am     | <b>Registration Opens</b> (Continental Breakfast)  |
| 7:50-8:00   | <b>Welcome &amp; Opening Remarks</b>   |
| 8:00-8:45   | <b><i>Updates on ACL Reconstruction &amp; Graft Choices</i></b><br>Ryan Fader, MD  |
| 8:45-9:30   | <b><i>A Perspective on Program ACLR</i></b><br>Maggie Henjum PT, DPT, OCS, FAAOMPT   |
| 9:30-10:15  | <b><i>Benefits of the AT in the Orthopedic OR</i></b><br>Sam Fedo MAM, LAT, ATC, OTC   |
| 10:45-12:45 | <b>MATA Annual Business Meeting</b> (Brunch)   |
| 1:00 – 1:30 | <b><i>Student Research Panel</i></b><br>Liz Drake EdD, LAT, ATC – Moderator  |
| 1:45-2:30   | <b><u>Concurrent Sessions – Option 1</u></b><br><b><i>Acute Fracture &amp; Dislocation Management</i></b><br>Ryan Hess MD<br><b><i>MSK Ultrasound for the Athletic Trainer</i></b><br>Brian Sutterer MD<br><b><i>Introduction to Blood Flow Restriction Therapy</i></b><br>Chad Krawiec MS, LAT, ATC &<br>Micah Gerhart LAT, ATC |
| 2:40-3:25   | <b><u>Concurrent Sessions – Option 2</u></b>   |
| 3:25        | <b><i>Closing Remarks</i></b>  |

**\*\* Please note if attending the Virtual option during concurrent sessions, Acute Fracture & Dislocation Management will air from 1:45-2:30 and Introduction to Blood Flow Restriction will air from 2:40-3:25. \*\***

**Total Available CE-Saturday: 4.25**

**Total Available CE: 8.75 Category A**



# Registration Fees

| Cost of Attendance             | Early Bird Ends 03/25 | Regular Rate Ends 04/06 | Same Day Rate 04/07-04/09 | Virtual Attendance Only |
|--------------------------------|-----------------------|-------------------------|---------------------------|-------------------------|
| Thursday Only (Virtual Only)   | \$30                  | \$40                    | \$50                      | \$30                    |
| Friday Only (Live & Virtual)   | \$50                  | \$60                    | \$70                      | \$50                    |
| Saturday Only (Live & Virtual) | \$100                 | \$110                   | \$120                     | \$100                   |
| All Session (Live & Virtual)   | \$125                 | \$135                   | \$145                     | \$125                   |
| Student (No CE Credit)         | \$75                  | \$75                    | \$75                      | \$75                    |
| H&A Dinner only (No CE Credit) | \$65                  | \$65                    | \$65                      | \$65                    |

## **IMPORTANT NOTES**

- Thursday will only be online via Zoom. Friday & Saturday Sessions will be held in-person at the Crowne Plaza Minneapolis West in Plymouth, Minnesota and live streamed via Zoom.
- Friday, Saturday, & All Session Registration include access to Thursday Virtual Sessions.
- All sessions will be live streamed via Zoom. Attendees will only be able to receive CE credit for sessions which they have registered and attended.
- If registered for virtual attendance only, attendees will not be able to participate in-person at the Crowne Plaza.

**Required Materials & Equipment:** Virtual sessions will require access to a computer, tablet, or smart phone with internet access. *Attending in-person sessions will not have any required materials or equipment.*

**MATA Cancellation Policy:** *A participant who is registered for this CE activity and cancels their attendance prior to 5:00 PM on Wednesday, April 6<sup>th</sup> 2022 will be given a full tuition refund excluding a \$10 administrative fee. A participant who has registered for this CE activity and cancels their attendance after 5:00 PM on Wednesday, April 6<sup>th</sup> 2022 and prior to 12:00 PM on Saturday, April 9<sup>th</sup> 2022 will be provided a 50% refund. Any participant who has registered for this CE activity but fails to cancel their attendance prior to 12:00 PM on Saturday April 9<sup>th</sup>, 2022 will not be provided a refund.*

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