

The Athletic Trainers of Massachusetts Presents the Spring Symposium



Thursday, May 26, 2022
Lasell University
The Science and Technology Center
9:00 a.m. - 4:00 p.m.
Registration Begins at 8:00 a.m.
Registration Fee: \$75 per member

<p style="text-align: center;">Lecture #1</p> <p style="text-align: center;">Running Biomechanics “In The Wild”: Implications for Injury Assessment and Risk Reduction</p> <p style="text-align: center;">Presenter: Alexandra F. DeJong Lempke, PhD, ATC</p> <p style="text-align: center;">CEU: 1.25 Category A</p> <p style="text-align: center;">Learning Objectives:</p> <ul style="list-style-type: none"> -Interpret biomechanical outcomes that can be measured from instrumented treadmills and wearable technology as they relate to running adaptations -Compare running biomechanics between injured and uninjured runner examples -Contextualize biomechanical changes to injury cases through a prospective athlete monitoring framework -Consider how biomechanical changes identified among injured runners can be addressed clinically 	<p style="text-align: center;">Lecture #2</p> <p style="text-align: center;">Accelerating Healing with Medical Shockwave</p> <p style="text-align: center;">Presenter: Dr. David Cunningham, MD</p> <p style="text-align: center;">CEU: 1.25 Category A</p> <p style="text-align: center;">Learning Objectives:</p> <ul style="list-style-type: none"> -Discuss the mechanisms of medical shockwave -Discuss the two primary types of medical shockwave used for injury rehabilitation -Describe the primary biological effects on injured tissue -Review the literature supporting the use of medical shockwave for injury recovery -Integrate medical shockwave into a comprehensive rehabilitation protocol 	<p style="text-align: center;">Lecture #3</p> <p style="text-align: center;">Engaging the Mind’s Eye for Healing and Performance</p> <p style="text-align: center;">Presenter: Adam H. Naylor, EdD, CMPC</p> <p style="text-align: center;">CEU: 2 Category A</p> <p style="text-align: center;">Learning Objectives:</p> <ul style="list-style-type: none"> -Discuss methods to foster positive emotional engagement with athletes -Review principles of mental imagery and how they can be applied in sport medicine practice -Develop skills for incorporating evidence-based aspects of mental imagery into the rehabilitation process with athletes
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Light morning refreshments and lunch will be provided.

Visit our website (<https://www.athletictrainersofmass.com/events>) to register for the event.

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*Full refunds will be provided through May 19, 2022. No refunds for cancellations will be provided after this date. All refund requests need to be in writing via email to the program coordinator or ATOM President.