

# The Arizona Athletic Training Times

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## FROM THE PRESIDENT'S DESK

### A NEW BEGINNING

Every August since 1970 I have enjoyed the feeling of a "new beginning" when approaching the start of a new school year. Here it is August 2004, thirty-four years later, and my juices are flowing again. Football season kicks it off for me. As I examine the yearly physicals, fit the shoulder pads and helmets, review the upcoming schedules, make jokes with the players and coaches, evaluate the players I think have dedicated themselves to off season conditioning and break out my fresh supplies, I can only feel lucky that I chose Athletic Training as a profession. I hope that each of you look with anticipation to the upcoming school/professional year as a "new beginning".

My "pitch", "message", "challenge" or whatever you want to call it, since I became AzATA president has been to try and encourage people to get involved and to step up and be counted as dedicated, active and committed members of the association. The Board of Directors has addressed a variety of concerns and we have tried to provide opportunity for member involvement. The program and events at the summer meeting in Flagstaff was another demonstration that our association's glass is half full and not half empty and we can look positively at a "new beginning" for the association.

First, the members who didn't attend the summer meeting really missed an outstanding educational experience. Those who attended went away with a new appreciation about the dynamics of dealing with the low back. Two nationally recognized professionals (Carl DeRosa, PT, PhD and James Porterfield, PT, MA, ATC) offered an in depth anatomical presentation followed by evaluation, treatment and rehabilitation of the low back. It was a very informative and helpful seminar. A "high five" goes to those who planned this program with a special thank you to Ian McLeod and Michelle Gonzalez and their committee members for being hosts for the event.

Second, I had to announce at the Membership Meeting that Casey Smith, AzATA Treasurer and assistant athletic trainer with the Phoenix Suns, resigned to accept the head position with the Dallas, Mavericks. I was concerned about how this would affect our leadership of the association's financial affairs. But, when the meeting was adjourned, Brandt McFarlin, from Push Ridge Christian Academy in Tucson came forward and said, "Jack, I want to serve as Treasurer for the remainder of Casey's term. I want to help the association any way I can." I said to myself, "Baynesie, the

## President's Message, Continued

AzATA's glass is half full. This is a sign of a "new beginning".

Third, at the same business meeting I announced that there was going to be a change in the position of Exhibits Coordinator for our winter and summer meetings. At the end of the business meeting Steve Johnson approached me and said, "Jack, I'd like to take the position of Exhibits Coordinator and I want you to meet my wife Lynette. She is also a certified athletic trainer and will help me do this job". Again, I said to myself, "Baynesie, the AzATA's glass is half full. This really is a sign of a "new beginning".

The famous medical doctor, philosopher and theologian Albert Schweitzer said, "I do not believe that we can put into anyone ideas which are not in him already. As a rule there is in everyone all sorts of good ideas, ready like tinder. But much of this tinder catches fire, or catches it successfully, only when it meets some flame or spark from outside, i.e. from some other person." When members of this association communicate their feelings/thoughts, when they take the time to participate in association activities, when they say, "I want to do something to help", that sparks the flame in my "innerds" and jump starts my "new beginning" on a very positive note.

It is my hope that as you each start the new school year with your own personal "new beginning" you will be able to feel like your glass is half full. My best wishes to everyone for a fun filled, injury free, educationally challenged fall season.

Jack

## CMS "INCIDENT TO" The NATA Needs You to Respond

We're making progress! Since we let you know two weeks ago about the CMS (Medicare) issue -- which has the potential to affect all athletic trainers - some of you have submitted letters to CMS.

**We need more letters -- now.** We need at least 3,000 letters submitted -- from athletic trainers, physicians and patients. Every letter makes a difference.

The NATA has continued to update the Web site with information for you. If you haven't done so already, please go to [www.nata.org](http://www.nata.org) <<http://www.nata.org>> and log into the Membership section. There you'll find all the tools you need to help with this.

**Write your letter TODAY!**

**If you need assistance, check the NATA website or contact Merl Miller of the Governmental Affairs Committee.**

If you have questions, concerns or need more information, you can call Paul Carter, NATA's reimbursement manager, at 1-800-879-6282, ext. 133.

Remember: Working together, we'll defend the athletic training profession to CMS. We appreciate your support of this extremely important effort.

## Why Get Involved?

Tamara Valovich McLeod, PhD, ATC  
Newsletter Editor

The definition of an association is, “a connection of persons, things, or ideas by some common factor; a union.” A member is defined as, “a distinct part of a whole.” As members of the AzATA, each of us is a distinct part of this connection of athletic trainers. The AzATA is YOUR association. YOU are a member of the AzATA. As certified athletic trainers we are all busy. But, we should all try and give back to the AzATA through our ideas to promote the organization and our profession or through volunteering our ideas or by serving on one of the many AzATA committees. Think about the following questions and see where you could get involved.

- Does it bother you when you have to constantly explain who a certified athletic trainer is and what we do? If so, consider volunteering for the publicity committee and help spread the word about our profession to the public.
- Do you have ideas about topics for the AzATA winter or summer meetings? If so, share your ideas with the professional education committee or the meetings and events committee. Join either of these committees and help develop the professional education opportunities in the state.
- Do you hear about a lot of openings for positions for athletic trainers? If so, share these job opportunities with the placement committee to help spread the word to the membership.
- Are you interested in reviewing a book or article? In writing a news piece about your place of employment? Do you know of news items that could benefit the entire association? If so, write a piece and submit it to the Newsletter Committee for publication in the newsletter. The committee is always looking to add to the newsletter.
- Are you concerned with how the profession will be affected by what is going on in Washington? Do you want to know more about how licensure benefits all ATC's? If so, consider joining the governmental affairs committee.
- Do you have many contacts who could sponsor the AzATA? If so, join the fundraising committee and help the AzATA create sponsor relations and funds for the association.
- Do you know of a deserving ATC or student? Take a couple of minutes and nominate him or her for one of the AzATA, RMATA, or NATA awards.

The opportunity to volunteer and help the AzATA is not for certified athletic trainers alone. Student members should also consider what they can do to help the association. We now have both a high school student committee and a college athletic training student committee. Contact the committee chairs to see what you can do. Service to your association is an important component of your resume and is looked at by many undergraduate and graduate programs for admission to their program.

Remember that an association is only as strong as its members. Please consider what your role can be in strengthening the AzATA. In each issue of the Arizona Athletic Training Times is a listing of the Board and Committee Chairs. I hope you take the time to see what committees make up the AzATA and contact one of the chairs to volunteer some of your time for the association.

## AzATA Well Represented in Baltimore

The AzATA was well represented at the NATA Annual Meeting and Clinical Symposium in Baltimore, Maryland last June. The following AzATA members contributed to the meeting as speakers and moderators. We would like to thank them for their work.

**Sharon Baltmanis, MS, ATC, CSCS**

Grand Canyon University  
Moderator

**Scott Crawford, MS, ATC**

Arizona School of Health Sciences  
Free Communication Presenter

**Denise Gabaldon, ATC**

Arizona School of Health Sciences  
Advanced Track Presenter / Workshop Presenter

**Jackie Kingma, PA-C, ATC, PT**

Arizona School of Health Sciences  
Session Speaker / Workshop Presenter

**Ian McLeod, MEd, ATC, LMT**

Arizona State University  
Minicourse Presenter / Workshop Presenter

**Matt Radelet, MS, ATC**

University of Arizona  
Workshop Presenter / Moderator

**Eric Sauers, PhD, ATC**

Arizona School of Health Sciences  
Session Speaker / Free Communication Presenter  
Shoulder Special Interest Group Leader

**Tim Thompson, MS, ATC**

Arizona School of Health Sciences  
Advanced Track Presenter / Moderator

**Beth Voellinger, ATC**

Arizona School of Health Sciences  
Advanced Track Presenter

**Debbie Craig, PhD, ATC**

Northern Arizona University  
Workshop Presenter

**Andy Dybala, MS, ATC, CSCS**

Arizona School of Health Sciences  
Moderator

**Theresa Hummel, MS, ATC**

Arizona School of Health Sciences  
Moderator

**Wes McGaugh, MS, ATC**

Arizona School of Health Sciences  
Moderator

**Bart Peterson, MS, ATC**

Palo Verde Magnet High School  
Moderator

**Keenan Robinson, ATC**

Arizona School of Health Sciences  
Free Communication Presenter / Moderator

**Jay Tharpe, ATC**

Arizona School of Health Sciences  
Advanced Track Presenter

**Tamara Valovich McLeod, PhD, ATC**

Arizona School of Health Sciences  
Session Speaker / Free Communication Presenter  
Mild Brain Injury Special Interest Group Leader

**Chris White, ATC**

Brophy Preparatory Academy  
Workshop Presenter

## AzATA Summer Meeting Shines

Arizona athletic trainers were treated to an exceptional summer meeting in Flagstaff in July. Two nationally recognized presenters, Carl DeRosa, PhD, PT and James Porterfield, PT, MA, ATC presented, “The Conflicting Demands of Sport and Lumbopelvic Biomechanics: Applications of Clinical Anatomy to Conditions of the Low Back.”

Dr. DeRosa is Professor and Chair of the Physical Therapy Program at Northern Arizona University and co-owner of DeRosa Physical Therapy in Flagstaff. Mr. Porterfield is president of Rehabilitation and Health Center at the Crystal Clinic and CEO of Venture Practice Services in Akron, Ohio. Both speakers completed their physical therapy education at the Mayo Clinic and have co-authored several textbooks, book chapters, and journal articles on many topics, including mechanical shoulder pain, neck pain, low back pain.



PEC Chair Ian McLeod with James Porterfield (left) and Carl DeRosa (right).

Attendees heard lectures on the principles of mechanical pain, applications in clinical anatomy, lumbosacral spine examination, asymmetric overload syndrome, and treatment of mechanical disorders of the spine. Overall, attendees were impressed with the knowledge of the speakers, applicability of the materials, and quality of the presentation. One participant commented that “this is probably the most informative and practical symposium I have attended in years. Very good presenters.” Others commented on the ability of the speakers to simplify material that is often taught in a more complex manner and the use of visual materials in the presentation. “I enjoyed the visual aspect, it helped me create the exact image rather than just lecture. I also enjoyed the more relaxed setting to incorporate audience feedback,” said another athletic trainer.

**“This was one of the most informative and practical presentations I have attended in years”**

Information on the AzATA winter meeting will be coming your way soon. Watch for AzATA e-blasts and the December Newsletter!

## Thank You Summer Meeting Sponsors & Exhibitors

The AzATA would like to recognize the following sponsors whose donations helped to support the summer meeting in Flagstaff in July. Without these sponsors' support and generous donations, the continuing education opportunities would not be available for Arizona athletic trainers. Their contribution allowed our organization to acquire top quality presenters for our symposia. *It is with great appreciation that we thank them for their donations.*

### **Kempton Physical Therapy**

6960 E. Broadway Rd  
Mesa, AZ 85208

### **Peterson Physical Therapy**

1320 Iron Springs Rd.  
Prescott, AZ 86305

### **U.S.A. Sports Therapy**

2451 E. Baseline Rd.  
Gilbert, AZ 85234

### **Continuum Wellness Physical Therapy and Sports Rehab**

3921 E. Baseline Rd, Suite 112  
Gilbert, AZ 85234

### **S.O.S. Physical Therapy**

20715 E. Ocotillo  
Queen Creek, AZ 85242

The AzATA would also like to thank the following exhibitors for taking the time to come to Flagstaff for the weekend and support the AzATA.

Alan Stotts

### **Arizona Therapy Source**

4015-A N. 16<sup>th</sup> St.  
Phoenix, AZ  
602-252-5891  
1-800-996-3006  
aztherapysource.com

Dennis Wahlstrom

### **Diversa Products Group**

1615 W. University Drive,  
Suite 135  
Tempe, AZ 85281-3257  
480-527-4923 x 108  
[lstrom@bushwalkerbags.com](mailto:lstrom@bushwalkerbags.com)

Paul DiNapoli

### **Centennial Sales**

P.O. Box 1437  
Englewood, CO 80150  
877-350-2500  
303-789-3655  
[centennial@mho.net](mailto:centennial@mho.net)



## ASHS Sports Health Care Welcomes New Faculty

The Department of Sports Health Care at the Arizona School of Health Sciences is pleased to welcome Ms. Alison Snyder, MS, ATC to their faculty and to the Arizona athletic training community. "As our new Clinical Education Coordinator she will be the face of our program in the community interacting with certified athletic trainers and other health care professionals and athletic administrators to manage our clinical rotations and graduate assistantships. In addition, she brings research expertise in athletic training to support the research mission of our accredited post-certification graduate athletic training education program," said Department Chair, Eric Sauers, PhD, ATC. Ms. Snyder, will serve as an assistant professor and Clinical Education Coordinator in the Department of Sports Health Care. In addition, she holds an appointment as an assistant professor in the Department of Anatomy. She received her Bachelor of Arts in Psychology and Physical Education from Whitman College in Washington and her Master of Science degree in Exercise Physiology at the University of Toledo in Ohio where she is currently completing her Ph.D. in Exercise Science majoring in applied physiology with a minor in anatomy. Ms. Snyder has served as an athletic trainer with Health South, and out-reached to Whiteford (MI) and Summerfield (MI) High Schools.



Alison Snyder, MS, ATC

## News from Grand Canyon University

The Grand Canyon University Athletic Training Education Program has undergone many changes for this upcoming year. Please visit our website at [www.gcu.edu/cos/atep](http://www.gcu.edu/cos/atep) for up to date information. Carrie Meyer, our former Clinical Coordinator, has moved on to a Program Director position in Colorado and we wish her the best. We are very excited about our recent hire of our new Clinical Coordinator, Sharon Baltmanis, MS, ATC. Sharon is originally from Michigan and received her Bachelors in Kinesiology from Indiana University. She recently completed her Masters of Science in Sports Health Care at the Arizona School of Health Sciences where she presented her thesis on the acute effects of pitching in high school baseball pitchers. Sharon plans to continue to be active in the community while working at Grand Canyon University. She just completed her first marathon this last June, while raising money for the Leukemia and Lymphoma Society with Team in Training. Her next big project is helping to establish the Maricopa County chapter of Girls on the Run, an after school program designed to increase physical activity and emotional health in young girls. In addition to her work at GCU, Sharon is a faculty member at Arizona School of Massage Therapy, teaching Anatomy and Physiology courses. A former graduate assistant at Grand Canyon University she is excited to re-join our staff and help our young program grow.



Sharon Baltmanis, MS, ATC

## Arizona ATC's Abundant in Athens

While numerous Arizona athletes have been going for the gold in Athens, a trio of AzATA members have been working just as hard behind the scenes providing sports medicine services to American and International athletes. Former Phoenix Suns athletic trainer, Casey Smith, ATC, traveled with USA Boxing, Arizona State University assistant athletic trainer, Ian McLeod, MEd, ATC, traveled with the Egyptian Swim Team, and Andrew Panagopoulos, ATC, athletic trainer at Shadow Mountain High School, was a volunteer athletic trainer in the aquatics venue.

"My experiences were unbelievable," said Ian McLeod. "It was an amazing opportunity to interact and learn with people from all over the world."



The swim venue at the Olympic Summer Games in Athens, Greece.

ATC's interested in becoming involved with the United States Olympic Committee must complete a USOC volunteer rotation at one of the Olympic Training Centers. Information on the USOC Sports Medicine Volunteer Program and Certified Athletic Trainer application forms can be found at: [www.olumpic-usa.org/sportsmed/apps.html](http://www.olumpic-usa.org/sportsmed/apps.html) To qualify for a volunteer rotation, ATC's must be certified for 5 years and be practicing athletic trainers. The process is often long and takes approximately 2-3 years from submission of the application to the volunteer experience. Following the 2-week volunteer rotation, ATC's are chosen to travel based on their professional experiences. Although the process can take up to 5 years, it is an experience that an athletic trainer will never forget.

## ASU Welcomes New Staff

Arizona State University Head Athletic Trainer Ed Orr would like to introduce ASU's four new athletic training staff members to the AZATA. We welcome them to the AzATA and hope to see them at upcoming AzATA functions.

**Jessica Rennells** joined the ASU program on August 9th, 2004. She was previously an Assistant Athletic Trainer at Oklahoma State University from 2002-2004, where she primarily worked with the Women's Basketball program and oversaw the Women's Soccer, Tennis, Men's and Women's Cross Country, Track and Field programs. Jessica also taught in the OSU Athletic Training Education Program. Prior to that Jessica attended Northwest Missouri State University from 2000-2002, where she was a Graduate Assistant Athletic Trainer and received Master of Science in Education and Administration. Jessica previously was a member of the Arizona State University student athletic training program from 1998-2000. During this time Jessica was an athletic training student for the Cross Country, Track and Field, and Football programs. Jessica received a Bachelor of Science in Exercise Science.

**Farren Nixon** joined the Arizona State University program on August 2nd, 2004 from Purdue University in West Lafayette, Indiana where she had been a graduate assistant athletic trainer for Women's Soccer. In May, 2004, Farren received a Master of Science in Sport Pedagogy and Administration from Purdue University. Prior to that Farren earned a Bachelor of Science degree in Mathematics/Secondary Education from Northern Arizona University in 2002.

**Jonathan Willey** joined the ASU from Bowling Green State University in Bowling Green, Ohio, where he had been an assistant athletic trainer for Men's Hockey and Baseball from fall 2002 to summer 2004. During this time Willey also worked with the Women's Tennis Team at BGSU and developed a BGSU Athletic Training Program Website. Prior to that Willey was at Washington State University where he had been from 1999 until 2002. In his time in Pullman, Willey had been the head athletic trainer for the Cougar track and field and cross-country teams. As the G.A., he assisted with the WSU football program, supervised athletic training students and developed and maintained a web site for the WSU Athletic Medicine program. Additionally, he is currently the webmaster of the Washington State Athletic Trainers' Association and the Ohio Athletic Trainers' Association and currently serves the National Athletic Trainers' Association as the District 7 representative to the NATA Webmaster Advisory Group. Willey earned a Bachelor of Science degree in athletic training from Taylor (Ind.) University in 1999. In May of 2002, he received a Masters of Education degree in Athletic Administration from Washington State University.

**Shana Thielman** joined the ASU staff after working with the women's soccer program at Southern Methodist University for the past 2 seasons. She completed her Bachelor's Degree at the University of Iowa where she double-majored in athletic training and health promotion. Shana served as a graduate assistant with women's basketball and soccer at the University of Arizona, where she received her Masters of Arts in Educational Psychology in 2003.

## Do You Have Ideas for NATA Workshop Presentations?

Have you attended the NATA Annual Meeting and said to yourself, "I'd like to present someday." Well, get your topic ready. Each year, the NATA Convention Committee solicits presentation ideas for the Annual Meeting workshops. If you have a presentation topic and would like to submit it for consideration, please visit the NATA webpage and keep the following dates in mind.

- October 1, 2004: Call for Workshop Abstracts for 2006 Meeting
- November 19, 2004: Proposal Packets Posted to NATA Website (online submission)
- January 10, 2005: Submission Deadline for 2006 Proposals
- March 1, 2005: 2006 Workshop Acceptance Letters Mailed

## Athletic Trainer Regulation in the 21<sup>st</sup> Century: A Summit

Merl Miller ATC/L Chair Governmental Affairs Committee

A first ever-national summit held in Salt Lake City, Utah focused on issues related to how state regulation impacts the practice of athletic training.

Leaders from all 50 states were invited to participate in this meeting and exchange ideas and hear from others involved in the responsibility of protecting the public. In attendance were representatives from state regulatory board, presidents of state associations, governmental affairs, the Board of Certification and others who have an interest in regulation.

Clearly, progress is being made toward obtaining regulation in all 50 states (1). Over the past 10 years tremendous strides have been made in passing legislation reflective of the diverse settings ATCs now practice in. However, each state law differs and there is not uniformity between the 50 states. One trend has been to include the term “physically active” in the definition of those we treat. One challenge issued by the speakers was to examine each states law and determine how to best craft language that will protect the public and yet establish a “scope of practice” consistent with the current practice of athletic training across the nation.

Some state laws are very limiting and are incompatible with the professional preparation of allied health care providers. Other states have laws allowing athletic trainers the liberty to practice athletic training regardless of their employment setting. Another momentous challenge issued is to obtain the legal authority to position ATCs to have an impact on the future healthcare marketplace.

Although great strides have been made over the past seven to ten years to advance to profession with efforts like education reform, the reality is that **nothing** is more significant to the future of athletic training than obtaining meaningful regulation.

In summary the summit provided a valuable forum for presenting topics of discussion and inspiration for future planning. Many other positive steps were suggested to prepare for the uphill effort of moving our profession forward in the 21<sup>st</sup> Century. One of the more insightful presentations was from a Utah State Senator who described his viewpoint of the political process and the most effective strategies to gain success.

I believe we need to consider the future and examine what the strategic plan should be for Arizona in the next one, three and five years.

### Footnote

- (1) States without any regulation-7 (California, West Virginia, Michigan, Maryland, Alaska, Washington, Montana)
- (2) States with no athletic training regulation-only exemption from the physical therapy practice act-4 (Colorado, Utah, Wyoming, Hawaii)

## College Student Committee Notes

Welcome! This is the introduction of a new committee formed to foster the personal and professional development of collegiate Athletic Training Students in our beautiful state of Arizona. The state has a long tradition of producing some of the most proficient ATCs in the nation. This committee is formed in an effort to continue that long-standing tradition. This is a committee formed by students. Any and all college-level Athletic Training Students are welcome on the committee. Once interest is established, a governing structure will be implemented and the fun will begin! The objectives of the committee are to foster: leadership development, professionalism, a commitment to the national goals of our profession, collegiality among all Athletic Training Students in the state, and to promote a deeper understanding of current health care issues.

To get the committee up and running, I am asking for ATCs who work in the collegiate setting with these potential student committee members to be mentors involved with the committee. I am seeking input from all ATCs in the state as to what goals you would like this new committee to strive toward. To these ends, any students and any ATCs who are interested in the committee, please contact me. I hope to have our first full committee meeting at the winter AzATA meeting in February 2005. Thank you! - Debbie

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 Athletic Training Education Program  
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**This is a great opportunity for college students to get involved with the AzATA**

## ASHS Sports Health Care Fall Conference

The Department of Sports Health Care, Arizona School of Health Sciences is proud to present the Fall, 2004 Continuing Education Conference.

**Topic:** "Evaluating & Managing Thoracic Trauma and Disease in the Athlete"  
**Date:** Sunday, November 7<sup>th</sup>, 2004  
**Location:** Campus of Arizona School of Health Sciences  
**Cost:** \$75 (\$10/CEU)  
**Speakers:** Paul Spear, MS, ATC, RN, Linda Knutson, MS, M.Ed, PA-C, Carmen Meredith, D.H.Sc., PA-C

Please look for detailed registration materials via email and at our website: [http://www.ashs.edu/discipl\\_sh.html](http://www.ashs.edu/discipl_sh.html) in mid-September.

## West Nile Virus: What Should the ATC Know?

Jackie J. Kingma, MS, ATC, PA-C, PT

Recent newspaper headlines read: Arizona leads the way in West Nile Virus infections. What implications does the prevalence of this disease pose to the many athletic teams that are now practicing in the state? Understanding a little bit about the virus, knowing how it is contracted, being able to recognize the signs and symptoms associated with infection, and initiating preventative measures, should enable the athletic training staff to protect their athletes and staff by reducing the risk of West Nile Virus (WNV) infection.

West Nile Virus has infected more people in Arizona than all of the other states in the U.S. combined this year. Most of the cases have been in Maricopa County. According to the Arizona Department of Health Services, a total of 303 cases of WNV have been reported in Arizona with 4 deaths attributed to the disease as of August 23, 2004.

West Nile Virus is transmitted to humans and animals by mosquitos which have become infected when feeding on infected birds. Health officials emphasize that the risk of contracting WNV is very low. According to the Centers for Disease Control (CDC) and the Arizona Department of Health Services (DHS), the majority (about 80%) of those individuals that have become infected with the virus will have no symptoms at all. The remaining 20% may develop mild to moderate flu-like symptoms such as fever, nausea, headaches, body aches, swollen glands, muscle weakness, and sometimes a rash. Less than 1% of those individuals that contract the virus will become seriously ill and develop life-threatening complications such as meningitis or encephalitis. Those at the highest risk are the elderly and those with a weakened immune system. It must be stressed, though, that ALL individuals should protect themselves in order to minimize the risk of infection.

The CDC and other health organizations have suggested that various preventative steps be taken to protect against mosquito bites. One important recommendation is that individuals apply an insect repellent to all exposed skin and clothing whenever they are going to be outside, especially during the dawn, dusk, or early evening hours. The most effective repellents are those containing the ingredient DEET. Different products contain different percentages of DEET. The higher percentage does not mean that particular product will protect better, but that it will protect *longer*. For example, a repellent containing about 6% DEET provides almost 2 hours of protection from mosquito bites, whereas, a product containing about 24% DEET provides almost 5 hours of protection. Repellents that do not contain DEET are less likely to provide the same degree of protection. Sweating or getting wet may warrant that the repellent be re-applied more frequently. It should be noted that individuals can use sunscreen and insect repellents containing DEET concurrently with the sunscreen being applied first.

There is no specific treatment for those individuals that have been infected by the virus. Individuals usually recover on their own, although symptoms can be relieved through supportive means such as getting plenty of rest, ingestion of fluids, and medications for headaches, body aches and fever. Additional care, such as hospitalization, may be necessary in those that become more seriously ill. Anyone having concerns about their health and think that they might be experiencing symptoms of WNV should contact their health care provider.

### Helpful Online Resources:

<http://www.cdc.gov/ncidod/dvbid/westnile/q&a.htm>

<http://www.hs.state.az.us/phs/oids/westnile/>

## Pain Management with Topical Medications

Contributed by Dr. John Musil

One of the most interesting developments in sports medicine these days is also one of the most interesting in pharmaceuticals. Lately, innovative, topical preparations to treat all types of soft tissue injuries have quickly become the standard of practice among leading sports medicine physicians and trainers. These unique transdermal medications and dosage forms go far beyond traditional pain-relief and anti-inflammatory drugs.

There are several major differences between oral and topical medications. First, oral meds can create a tremendous amount of gastrointestinal upset, including esophageal erosion, gastric ulcer, and diarrhea. Topical drugs can eliminate this uncomfortable and disruptive side-effect completely. When a medication is taken by mouth, it is digested and metabolized, usually through the liver. This can create complications when dealing with compromised patients, lifestyle issues, or patients who require frequent doses to remain out of pain. In contrast, topical medications can be used as needed, in most cases, allowing patients to treat pain as it arises, without the risks of overdose or liver damage since only a small amount (approximately 2%-7%) is taken up by the body. Also, topical therapies allow a convenient way for patients to treat their discomfort by applying a dose as soon as they notice pain, during a game or practice, not having to search for a glass of water or eat a meal. A faster onset and more directed action are two additional and important features of transdermal therapies. Topical medications have proven themselves to be safer, easier to use, and more effective than their oral equivalents.

Popularity of topical treatments for pain and injuries has grown in large part due to the development of new dosage forms. Pluronic-lecithin orangigels (PLOs), emulsions that are both water and oil soluble, have become popular, demonstrating up to 2 centimeters of subdermal penetration into soft tissues. This makes PLOs ideal for treating muscle strains, sprains, and even deep contusions. Another new option is the penetrating solid gel, which looks like and is applied similar to a stick of deodorant. These solids are similar to PLOs, but are less sticky and easier to apply, especially for a physician or trainer treating a player seeking quick relief and a speedy return to activity.

Of course, what would topical medications be without the medications themselves? Recent developments in pharmaceutical science allow for a wider variety of medicines to be available transdermally. Common in European and South American countries, diclofenac (Cataflam/Voltaren-XR) gels have been used for years, although its popularity has been steadily growing in the United States. Probably the most popular topical NSAID is ketoprofen (Orudis). It functions well as both an anti-inflammatory and as a pain reliever and is relatively inexpensive considering its potency. Ibuprofen (Advil/Motrin), cyclobenzaprine (Flexeril), and piroxicam (Feldene) have all come into favor as anti-inflammatory/pain relief options, as has ketamine (Ketalar) as a straight pain reliever. The best part about topical treatments is that almost any combination of medications can be used. Lidocaine (Xylocaine) or benzocaine (Hurricane) can be added for local anesthesia, gabapentin (Neurontin) for neuropathic pain, as well as a host of other medications to do everything from increasing blood flow and circulation to speeding wound healing and preventing infection. Topical medications allow the physician or trainer to deliver an exact and creative combination directly to the site of pain or injury that specifically treats each patient's unique needs.

As the newest trend in sports medicine, topical therapies are gaining popularity. This is due to their effectiveness, flexibility, and convenience. Please research these medications further, or discuss them with a pharmacist, should they be of interest.

*Dr. John Musil has been practicing clinical community pharmacy since his graduation from the University of Arizona - College of Pharmacy in 1994. He has been named Pharmacist of the Year, and his sites have won Pharmacy of the Year honors, as well as twice achieving the prestigious Innovative Practice Award. Dr. Musil is the founder of The Apothecary Shops specialty pharmacies and also of the SmartScript medication management and prescribing system. His practice in Scottsdale, Arizona can be reached at (888) 276-8353.*

## PR Committee Update

Michelle Poppen, ATC/L

The PR committee will be a part of the Arizona Athletic Directors conference in Prescott in Sept. We are working on the speakers bureau brochure along with a variety of topics that can be presented. We are also looking for ideas to represent ATC's in March 2005 any ideas are welcome. We are corresponding with a youth soccer league in the Phoenix area to incorporate safer game day procedures for athletes. Committee members: Anna Anderson, Sean Eakin, Rob Clary, and Michelle Poppen.

## Abnormal Scapular Kinematics in Swimmers with Impingement

Aaron Witwer, MS, ATC/L

Reference: Su KPE, Johnson MP, Gracely EJ, Karduna AR. Scapular Rotation in Swimmers with and without Impingement Syndrome: Practice Effects. *Med Sci Sports Exerc.* 2004;36(7):1117-1123.

Considering that shoulder impingement syndrome is the most common injury in competitive swimmers; the purpose of this study was to examine the effects of a normal swim practice on the scapular kinematics of swimmers with and without shoulder impingement. A proposed mechanism for impingement in swimmers is fatigue due to repetitive high-intensity swim training. This fatigue may lead to alterations in shoulder kinematics.

Su et al. hypothesized that swimmers with shoulder impingement syndrome would be more susceptible to fatigue than healthy swimmers. Twenty healthy swimmers with no shoulder pathology and 20 swimmers with shoulder impingement syndrome. Participated in the study A hand held dynamometer was used to asses shoulder strength. Static scapular upward rotation was measured with an inclinometer during rest, at 45°, 90°, and 135° of humeral elevation. Both strength and scapular upward rotation measurements were taken before and after swim practice.

They found that there were no differences in kinematics between the normal and impingement group. However, after swimming, a significant reduction in force generation was noted. Results after swimming also demonstrated a significant decrease in scapular upward rotation in subjects with shoulder impingement. No significant differences were seen in scapular upward rotation in the healthy group.

**Abnormal scapular mechanics were observed in swimmers with impingement following a swim session.**

The findings from this study imply that abnormal scapular kinematics in swimmers with impingement syndrome may *only* be observed after an intense swim practice. Such findings suggest that orthopedic physical examinations of swimmers *immediately* after practice may provide more information in terms of their scapular kinematics and the finding of impingement syndrome.

## E-Mentor Program for Students

As a student it is often intimidating to venture outside of their athletic training program to look for advice and network with certified athletic trainers. To help facilitate the networking process, the Women in Athletic Training Committee has launched an e-mentoring program. The WATC solicited certified athletic trainers in a variety of practice settings to serve as mentors. Interested students can view the list of mentors on the WATC web page (insert website here). Students choose a mentor based on the practice setting of interest, geographical location, or any other criteria that suits the student's need. The student e-mails the prospective mentor and they can begin communicating. The WATC hopes students will take advantage of this opportunity.

**The E-Mentor Program is a great networking opportunity  
for all students**

## Serna Honored for Work with Grand Canyon Games

Veronica Serna, AzATA Committee Chair for the Grand Canyon Games received a citation for 10 years of service to the Games. The AzATA is proud of the work that she has done for the games and the AzATA

## Rock and Roll 2005 Needs Medical Volunteers

The 2004 Inaugural P.F.Chang's Arizona Rock 'n' Roll Marathon was a huge success. Millions of dollars was raised for charities and participants filled Phoenix, Scottsdale and Tempe hotels. It will be the place to be in 2005. On Wednesday, September 22, 2004 from 6-8pm at the Millennium Hotel in Scottsdale, Elite Racing will be holding a meeting of all those interested medical volunteers. Those able to make the meeting should contact Elizabeth Hallock at [ehallock@eliteracing.com](mailto:ehallock@eliteracing.com). If you are unable to attend, but are interested in volunteering, please also send a message to Elizabeth. Information for medical volunteers can also be found on the race website [www.rnraz.com](http://www.rnraz.com).

Location: Millennium Resort, 7401 N Scottsdale Rd. Scottsdale, AZ 85252, 480-948-5050

## Awards & Scholarships

We are getting to that point in the year again. Nominations for AzATA Award and Scholarship recipients can now be made. Please check the AzATA website ([www.rmata.org/azata](http://www.rmata.org/azata)) for a complete listing of available awards and scholarships. The application deadline is December 20, 2004. Please take the time and nominate a deserving ATC or student. Any questions regarding scholarships and awards can be directed to Committee Chair Eric Freas.

Students should also note that the deadline for NATA Scholarships is February 10, 2005. Applications for the Undergraduate, Master's and Doctoral Scholarships are available online at [www.natafoundation.org/scholarship](http://www.natafoundation.org/scholarship).

## Do You Need Policies, Procedures, or Forms?

Creating new policies, procedures, and athletic training room forms can be a daunting task. That is why the College and University Athletic Trainers Committee has created a Repository for Policies, Procedures, Administrative Forms, and Positions Statements/Standards. There are over 120 documents available on the site. All certified athletic trainers and athletic training students can visit the website at <http://atc.uwa.edu/admin> to view forms for the college and high school setting. Materials may be submitted for inclusion on this site by emailing the documents to [rtf@uwa.edu](mailto:rtf@uwa.edu) or by housing the documents on your site and providing [rtf@uwa.edu](mailto:rtf@uwa.edu) with the exact web address to the document. Additionally, documents may be mailed on CD or diskette to the address listed below. When submitting materials please identify the purpose (medical history form, emergency action plan, lightening policy, etc.) of the document and the name of the institution providing the materials. Annotations and email contact information will also be added adjacent to your link if you desire to include this. Electronic files may be submitted in Word, Excel, PowerPoint & pdf formats. Please feel free to submit suggestions for additions, changes, etc. regarding this site by contacting R.T. Floyd, EdD, ATC, Station #14, The University of West Alabama, Livingston, AL 35470 (205) 652-3714.

**Become Involved in YOUR organization.**

**Volunteer for one of the Committee Openings.**

## AzATA Committee Openings

The AzATA is looking for individuals interested in serving on the following committees. If you are interested, please contact Jack Baynes, MS, ATC or the Committee Chair.

### Women in Athletic Training

The WATC is looking for a new Arizona representative to serve on the District 7 WATC. Interested ATC's can contact Tamara Valovich McLeod.

[tmcleod@atsu.edu](mailto:tmcleod@atsu.edu)

### Professional Education

The PEC is looking for ATC's to help plan the AzATA winter and summer meetings. Contact committee chair, Ian McLeod.

[swimatc@hotmail.com](mailto:swimatc@hotmail.com)

### Public Relations

Help promote the athletic training profession by becoming a member of the Public Relations Committee. Contact Michelle Poppen for more information.

[M.L.Poppen@maranausd.org](mailto:M.L.Poppen@maranausd.org)

## **RMATA Makes Changes to Annual District Meeting**

The RMATA announced last spring that several changes are taking place regarding District 7 dues and the RMATA Annual Meeting. Beginning in 2005 the annual dues to the RMATA will increase by \$25. This increase has been made to offset some of the meeting expenses the RMATA has incurred. In addition to the increase in dues, the RMATA has drastically changed the format for the annual district meeting. Beginning with the 2005 meeting in Phoenix, the meeting will run for four days (Thursday to Sunday) and will allow members to gain 25 CEU's. Another important change is the registration fee. The entire district meeting will only cost participants \$20. This will allow members of the AzATA and the RMATA the ability to attend 3 district meetings within a 3-year reporting period and almost fulfill all the CUE requirements. Additionally, the meeting will now rotate between Denver, Salt Lake City, and Phoenix / Tucson. Visit the RMATA website for more information.

## **Musculoskeletal Trauma: Implications for Sports Injury Management**

Susan Falsone, PT, MS, SCS, ATC/L, CSCS  
Athletes' Performance, Tempe, AZ

Author: Gary Delforge  
Year: 2002  
Price: \$42

Publisher: Human Kinetics  
# of pages: 238

City: Champaign, IL  
ISBN: 0-7360-3879-5

Gary Delforges' Musculoskeletal Trauma would be an excellent primary resource for any undergraduate or graduate athletic training or physical therapy curriculum. This book would also be a great resource in any class where tissue healing would be a primary objective for the student to master, as well as serve as a foundation to any therapeutic exercise or soft tissue course. A basic understanding of physiology is needed simply for better understanding terminology in the book, however Dr. Delforge does a great job of reviewing basic definitions and concepts. I believe a student at any level would be able to grasp valuable information from this book, and not be lost in interpretation of the text.

In addition to this book being an excellent supplement to the classroom, it would also serve as an excellent review and reference for the more experienced clinician. Dr. Delforge gives an excellent overview and details regarding tissue repair and therapeutic implications, which can be directly applied to the clinic. I believe tissue healing and its response is the basis for all therapeutic interventions and this book gives a solid foundation to allow clinicians to directly apply the material in the book to day-to-day life in the clinic. The flow of the book is very smooth, allowing readers to build on concepts discussed in earlier chapters. Illustrations and graphs are utilized to drive home important concepts and often supplement the text. Visual learners will find the graphs and pictures helpful to give further clarification to the content.

Overall, Musculoskeletal Trauma would provide students with the groundwork necessary to establish a solid treatment plan. It would also serve as a great reference for the more experienced clinician, allowing them to utilize the information on a daily basis, providing an excellent foundation to current treatment progressions.

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**Visit us on the web  
[www.rmata.org/azata](http://www.rmata.org/azata)**

Printed copies of the Athletic Training Times are available by request. Please contact the newsletter editor.

## Editor's Notes

You'll notice some new items in this issue of the AzATA Athletic Training Times. We have begun a series of pharmacology related topics, written by the staff of the Apothecary Shops. The goal of the column is to address the issues of pharmaceuticals, supplements, and other related topics in a way meaningful to the certified athletic trainer. If you have suggestions or questions on this topic that you would like to see addressed, please contact me and I will pass them along.

We also have another review of a

research article regarding swimmers and abnormal scapular kinematics. Additionally, we have a book review that should be of interest to all students and clinicians.

I would encourage all college students to consider reading and reviewing an article or book and submitting it to the newsletter.

The newsletter will continue to be published 4 times throughout the year (June, September, December, and March) with the deadlines for submission for each issue listed below.

<u>Issue</u>	<u>Submission Deadline</u>
September	August 15
December	November 15
March	February
June	May 15

Have a safe fall sports season.

*Tamara*