

SPEAKERS

Shirley BREUER, MA, RPT, OCS, CSCS, CEAS is presently involved in orthopedic manual therapy at Windsor Physical Therapy in Windsor, CT. She received her BS in Physical Therapy and a MA in Education with an emphasis in Sports Medicine from the University of Connecticut where she graduated as a University Scholar and Honors Scholar. Ms. Breuer is one of 75 Board Certified Specialists by the American Physical Therapy Association in Connecticut in the specialty of Orthopaedics. She has a diverse background in the rehabilitation of neurological and orthopedic patients and has extensive postgraduate education in manual therapy including Muscle Energy Techniques, Myofascial Release Techniques, Mulligan Techniques, TMJ Dysfunction, Jones Strain/Counterstrain, Neural Tension Testing, Visceral Releases and Craniosacral Therapy.

Melissa HOUSER, M.D. is currently a chief resident of Family Medicine at Middlesex Hospital in Middletown, CT and has been accepted to the Medical Student Educators Development Institute Fellowship by the Society of Teachers of Family Medicine. Dr. Houser graduated from George Washington University in 2004 with a BA in psychology. She later completed a Post-Baccalaureate premedical program at Hunter College in 2007 before earning her Doctorate of Medicine from the University of Vermont in 2012. While at Middlesex, Dr. Houser has been an organizer of their monthly conference series titled "Teaching & Leadership" as well as acting as a preceptor and small group facilitator for residents and medical students.

Chee-Hoi LEONG, PhD is currently an assistant professor at Central Connecticut State University in New Britain, CT. Dr. Leong graduated in 1999 from Nanyang Technological University with a B.Eng. (Hons) in Engineering. He earned a postgraduate diploma in physical education at the National Institute of Education in Singapore and completed a MS in exercise science at California State University, Long Beach in 2009. He has since then also received his Ph.D. at the University of Utah in 2014. Dr. Leong received the Outstanding Exercise Physiology Graduate Student Award at the University of Utah in 2014, the Hutchinshop Scholarship in 2013 and a scholarship in 2010 from CSULB. He also has an extensive amount peer reviewed publications in relation to sport biomechanics.

Robert HOWARD Jr., MS, ATC is currently the Assistant Director of Athletics and the Head Athletic Trainer at the University of Connecticut. He also serves as the Head Football Athletic trainer. Howard graduated from the University of Connecticut in 1988 with a BS in Sport Medicine and Athletic Training. He later earned his MS in Exercise Physiology from UConn in 1991. Howard also serves as a clinical site coordinator and instructor of UConn's undergraduate athletic training program. He has served as president for both The BIG EAST Sports Medicine Society and The Connecticut Athletic Trainers Association. In 2004, Howard received the Outstanding Kinesiology Award from UConn's Neag School of Education, and in 2006, he received the Athletic Trainer of the Year Award from the Connecticut Athletic Trainers Association.

Mike RYAN, PT, ATC, CES, PES is currently a sports medicine expert for Spartan Race, Inc., sports medicine analyst for NBC Sports and Sunday Night Football. He graduated from Central Connecticut State University in 1985 with a BS in Athletic Training and then graduated The University of Connecticut in 1988 with a BS in physical therapy. Mike Ryan is a sports medicine expert with 26 years NFL experience as an Athletic Trainer and Physical Therapist with the Jacksonville Jaguars and New York Giants. Mike volunteered as a physical therapist at the US Olympic training center in 2008. He is a trusted practitioner and noted speaker throughout the country on sports injury prevention and treatment. A decorated athletic trainer, his awards include the Joseph E. Bourdon Sports Medicine Achievement Award (2014), the Professional Athletic Trainer of the Year 2013 (ATAF), the Professional Athletic Trainer of

the Year 2008 (SEATA), the Athletic Trainer of the Year 2007 (ATAF), and the NFL Athletic Training Staff of the Year 2003 (PFATS).

Brook SEELEY, M.D. is certified by the American Board of Facial Plastic and Reconstructive Surgery, as well as by the American Board of Otolaryngology-Head and Neck Surgery. He is a Fellow of the International Society of Hair Restoration Surgery. Dr. Seeley received his medical school diploma from the University Of Rochester School Of Medicine, where he was President of the Alpha Omega Alpha Medical Honor Society. Prior to founding the Connecticut Facial Plastic Surgery Center, he was a Clinical Instructor in Facial Plastic and Reconstructive Surgery at UCSF. He continues to serve as an Assistant Clinical Professor of Facial Plastic Surgery in the Division of Otolaryngology-Head and Neck Surgery at the University Of Connecticut School Of Medicine, and is on the Associate Staff at Hartford Hospital and Active Staff at Connecticut Children's Medical Center.

Robert WASKOWITZ, M.D. is presently serving as senior team physician for Central Connecticut State University Athletics and medical director for the Athletic Training Education Program. Dr. Waskowitz graduated from the University of Vermont College of Medicine in 1990 and completed his General Surgery Internship and Orthopedic Residency at the University of Pittsburgh Medical Center. He then completed a Sports Medicine Fellowship at the prestigious Steadman-Hawkins Clinic in Vail, Colorado. Dr. Waskowitz is one of the primary physicians covering the Summer and Winter X-Games for ESPN. He was awarded the Moyer Award from the Eastern Athletic Trainers Association in 2012 for his work as a team physician. Dr. Waskowitz continues to serve as an elected board member of the Connecticut State Medical Society (CSMS) Committee on the Medical Aspect of Sport (CMAS). He is a member of numerous societies including the American Academy of Orthopedic Surgeons, Connecticut State Medical Society, and the Connecticut Orthopedic Society.

Dave ZUFFELATO, M.ED, ATC, LAT, PES, CES is the Assistant Athletic Trainer of the NFL New York Jets. Prior to working at the Jets, Zuffelato served as the Head Athletic Trainer at St. Joseph's Preparatory School, Berlin Thunder-NFL Europe, and Florida Atlantic University Football, respectively. Before these experiences he spent a season with Scottish Claymores as their assistant athletic trainer. He originally joined the Claymores after spending the 2002 NFL season as an assistant trainer with the New York Jets.

Zuffelato earned his B.S in Physical Education/Athletic Training from Central Connecticut State in 1999 and 2003 a M.Ed. from Temple University in Athletic Training/Sports Medicine. He is a member of the National Athletic Trainers Association, and is certified by the BOC. He is also certified as an American Red Cross Professional Rescuer, and a member of the Connecticut Athletic Trainers Association.

Meghan GALLAGHER, MA, CCC-SLP is a licensed speech pathologist at the Hospital of Special Care in New Britain, Connecticut. Meghan's area of focus is vocal cord dysfunction and the speech and language needs of pediatric inpatients with long term feeding tubes. She collaborates with Connecticut Asthma and Allergy physicians to help manage patients with paradoxical vocal fold motion.

Meghan graduated from the University of Maryland in 2002 with a BA in Hearing and Speech Sciences. She later earned her MA in Communication Disorders and her MBA in Health Care Management from the University of Connecticut. She has lectured on vocal cord dysfunction to medical residents and Nurses Grand Rounds at Connecticut Children's Medical Center in Hartford. She is a member of American Speech-Language Hearing Association and the Connecticut Speech-Language Hearing Association, where she serves as the Vice President for Governmental Affairs. She currently serves as a mentor to various graduate students in the area of speech pathology.



Central Connecticut State University
ATHLETIC TRAINING PROGRAM

presents the **31st SPORTS MEDICINE SYMPOSIUM**



Tuesday MARCH 1, 2016

PROGRAM LOCATION:

Central Connecticut State University
Student Center Alumni Hall,
New Britain, Connecticut

DIRECTIONS

From the EAST • Take I-84 West to Exit 39A to Rt. 9 South. Take Exit 29 off of Rt. 9 to Ella Grasso Boulevard and take a right turn to the University. Alternate Route: Take I-84 West to Exit 40, (Corbins Corner), take a left turn at end of exit ramp, and a right turn at the next traffic light onto Rt. 71 South. Follow Rt. 71 South 3 miles to the University.

From the WEST • Take I-84 East to Exit 39A, to Rt. 9 South. Take Exit 29 off of Rt. 9 South to Ella Grasso Boulevard and take a right turn to the University. Alternate Route: Take I-84 East to Exit 35, Rt. 72 East (New Britain Exit). Follow Rt. 72 East to Rt. 9 North and take Exit 29 to Cedar Street (Rt. 175). At the traffic light at the end of the ramp, take a left turn to the second traffic light, and take a right turn onto Paul Manafort Drive to the University

From the SOUTH (New York area) • Take I-95 North to I-91 North to Exit 22 North to Rt. 9 North. Follow Rt. 9 to Exit 29, Cedar Street (Rt. 175). At the traffic light at the end of the ramp, take a

left turn to the second traffic light, and take a right turn onto Paul Manafort Drive to the University.

From the SOUTH (Rhode Island area) • Take I-95 South to Rt. 9 (Old Saybrook). Take Rt. 9 North to Exit 29, Cedar Street (Rt. 175). At the traffic light at the end of the ramp, take a left turn to the second traffic light, and take a right turn onto Paul Manafort Drive to the University.

From the NORTH • Take I-91 South to I-84 West to Exit 39A, to Rt. 9 South. Take Exit 29 off Rt. 9 South to Ella Grasso Boulevard and take a right turn to the University. Alternate Route: Take I-91 South to I-84 West to Exit 40 (Corbins Corner), take a left turn at the end of the exit ramp, and a right turn at the next traffic light onto Rt. 71 South, 3 miles to the University.

Please park in the Student Center or Copernicus Parking Garage. CCSU Campus MAP: www.ccsu.edu

NON-DISCRIMINATORY POLICY

Central Connecticut State University's Athletic Training Department does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Central Connecticut State University's Athletic Training Department is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate their needs can be made.

CANCELLATION & REFUND POLICY There will be no refund for cancellations. Registration refund will only be provided in the event of program cancellation. If participants register and do not attend, they are still responsible for full payment. Program postponement or cancellation due to inclement weather will be posted at: www.ccsu.edu/cancellation Phone #: 860-832-3062

STATEMENT of CREDIT

Central Connecticut State University's Athletic Training Department is recognized by the Board of Certification Inc. to offer CEUs for Certified Athletic Trainers. This program has been approved for a maximum of 6.00 hours of Category A CEUs. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

PROGRAM LOCATION:

Central Connecticut State University
Student Center Alumni Hall,
New Britain, Connecticut



BOC Approved Provider Number: P517
According to the education levels described by the CEC Committee of the NATA this continuing education course is considered to be at the Essential Level.

PROGRAM COST

PRE-REGISTRATION FEE prior to 2/19/2016
\$100.00 lunch included
On Site Registration Fee after 2/20/2016
\$115.00 lunch included

ON-LINE REGISTRATION:

Credit Card or e-Check
<http://www.ccsu.edu/athletictraining/>

MAIL IN-REGISTRATION:

Mail completed Registration **FORM** with **CHECK** to:

Kathy Pirog, ATC
Head Athletic Trainer, Kaiser Hall
Central Connecticut State University
1615 Stanley Street,
New Britain, CT 06050

Check payable to
"Central Connecticut State University"

7:15 – 7:40	Registration ... Exhibitors will be open	
7:40 – 7:50	WELCOME	
8:00 – 8:35	Itis versus Osis: Can You Get There From Here?	Robert Waskowitz, MD
8:35 – 9:10	Turning Negatives Into Positives: A New Approach to Eccentric Training	Chee-Hoi Leong, PhD
9:10 – 9:40	Take Down the Wall: Breaking Barriers in Tendon Rehabilitation	Shirley Breuer, PT
9:40 – 10:00	Panel Discussion	Moderator Mike Ryan ATC, PT
10:00 – 10:15	BREAK & VISIT EXHIBITS	
10:15 - 10:50	Risk and Rewards of Competition: Stemming the Tide of Injury	Robert Howard, ATC
10:50 – 11:25	House of Cards: The Pillars of Wellness	Dave Zuffelato, ATC
11:25 - 11:55	Beyond the Checkbox: Key Elements of a Professional Sports Medicine Evaluation	Mike Ryan, ATC, PT
11:55 - 12:15	Panel Discussion	Moderator Robert Waskowitz, MD
12:15 - 12:45	LUNCH & Exhibits	
12:45 – 1:20	Drop the Inhaler: Vocal Cord Dysfunction	Brook Seeley, MD
1:20 - 1:55	Relieve the Wheeze: The Secret of the Sports Whisperer	Meghan Gallagher, MA, CCC-SLP
1:55 – 2:25	See Something, Say Something: Identifying Mental Health Concerns	Melissa Houser, MD
2:25 – 2:45	Panel Discussion	Moderator Jeff Brown, MD

COURSE OBJECTIVES

[Itis versus Osis: Can You Get There From Here?](#)

- Differentiate between types of tendinopathies.
- Distinguish the pathophysiology of tendonitis versus tendinosis.

[Turning Negatives into Positives: A New Approach to Eccentric Training](#)

- Integrate eccentric exercises with tendinopathies.
- Demonstrate techniques for the use of eccentric training.

[Take Down the Wall: Breaking Barriers in Tendon Rehabilitation](#)

- Describe history of tendinopathies and identify risk factors.
- Illustrate techniques that can be incorporated into the treatment plan for tendinopathies.

[Risk and Rewards of Competition: Stemming the Tide of Injury](#)

- Recognize the long-term health consequences generated from competition.
- Incorporate counseling strategies with athletes regarding the effects of injuries on their short and long term health.

[House of Cards: The Pillars of Wellness](#)

- Differentiate the athlete as person and identify the

requirements to treat their body as a whole; including proper nutrition/hydration, adequate rest, sleep and recovery.

- Utilize the information provided to educate athletes on how to enhance wellness.

[Beyond the Checkbox: Key Elements of a Professional Sports Medicine Evaluation](#)

- Develop thorough history, listening, and assessment skills.
- Investigate the patient's complaints in global vs focal manner.

[Drop the Inhaler: Vocal Cord Dysfunction](#)

- Identify signs and symptoms of vocal cord dysfunction.
- Discern the differences between vocal cord dysfunction and asthma.

[Relieve the Wheeze: The Secret of the Sports Whisperer](#)

- Design a management plan for vocal cord dysfunction.
- Demonstrate exercises to be incorporated into a rehabilitation program for VCD.

[See Something, Say Something: Identifying Mental Health Concerns](#)

- Identify signs and symptoms of mental health illnesses.
- Outline methods for referral for mental health disease(s).

31st Annual CCSU Athletic Training Program SPORTS MEDICINE SYMPOSIUM

REGISTRATION FORM

Name _____

Street _____

City _____ State _____ Zip _____

E-Mail Address _____

Employer or School _____

Position _____

TOTAL Amount Enclosed \$ _____