

# Athletic Training Club Updates

- The Towson Athletic Training Students' Club hosted a **senior panel** at the final meeting in the spring of 2018. The panel has been implemented to provide information to the underclassmen on job searching, graduate school applications, and interview preparation.
- The Club was once again **actively involved in service projects** this past Spring. Key projects included: volunteering at the **Baltimore soup kitchens**, speaking to interested high school students at **TU Open House events**, and participating in **the Big Event**; Towson University's largest day of community service. Towson students, staff, alumni, and faculty get together and give back to the Towson community, whether it is cleaning up waste on the streets or planting flowers in home owner's yards.
- For the entire 2017-2018 semester, the Club has logged **370 service hours!**

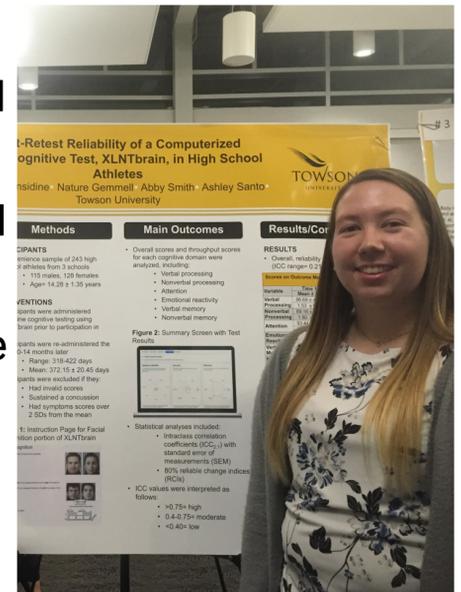


- The 2018 MAATA Student Program in May was held in Ocean City, MD where **31 students** from Towson's Athletic Training program were present.
- Students at the conference participated in the Athletic Training Olympics event and also participated (**and won!**) the District Quiz Bowl.
- Winners of the quiz bowl were students **Kurrel Fabian, Jay Dillon and Sean Nelson, Jr.**. These students further represented District 3 at the NATA conference's quiz bowl in New Orleans, LA
- Additionally, the program fund-raised **over \$100** in the **District wide penny wars** to support the NATA Education and Research Foundation.
- The 2018 graduating class submitted original research and case study abstracts to the student Free Communications portion of the program.
- Lastly, Towson's own **Dr. Ashley Santo** presented at the Student Program on "An Individualized Approach to Managing Sport Related Concussions" which is related to her overall research agenda at Towson.

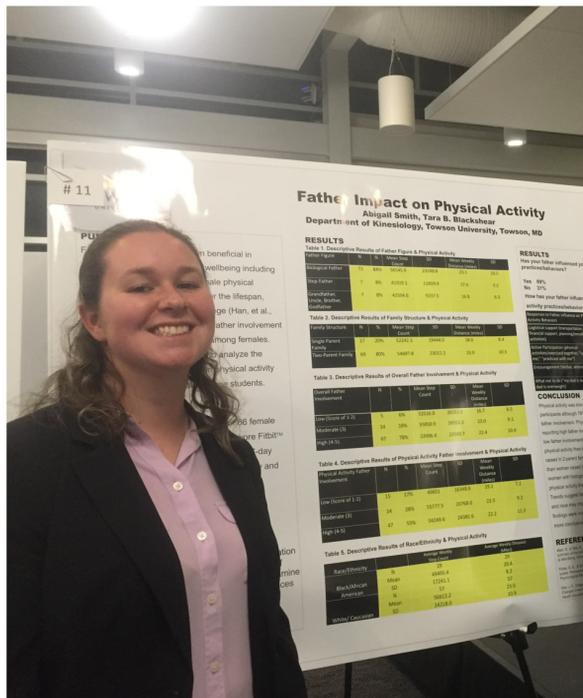


# Undergraduate Research

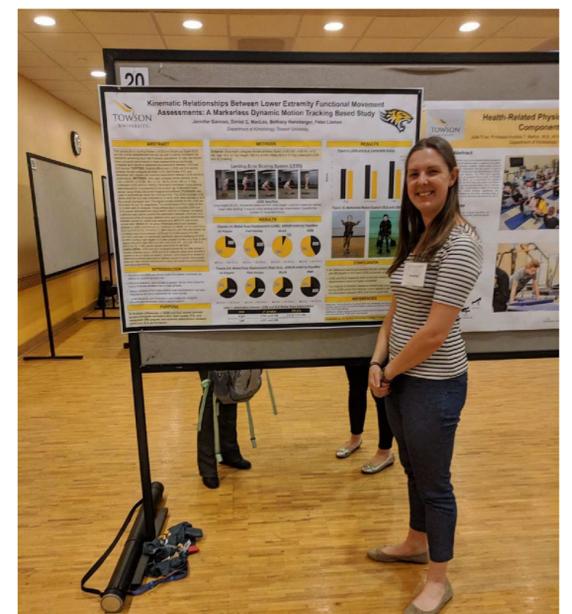
Jordan Considine performed research at Towson University with Dr. Ashley Santo. The purpose of her research was to examine the test-retest reliability and reliable change indices (RCI) over the course of approximately 1 year, for XLNTbrain in the healthy high school population. The research process included a retrospective analysis of scores in XLNTbrain of 243 high school athletes. Participants were recruited from 3 different high schools. The participants were administered the test as a baseline and then again 10-14 months later. Scores examined the reliability of each outcome measure and calculated RCI's to determine how much change should be expected over approximately a year.



Abby Smith performed a research study with Dr. Tara Blackshear collecting data at Towson University. Her research question was "Does the father figures involvement at a young age impact the physical activity levels of college age females?" The process of this study involved physically active females to wear a Fitbit pedometer for 7 consecutive days. The Fitbit was used to collect data on steps, distance in miles and calories burned. The participants also filled out a nightly physical activity recall sheet for each of the 7 days, a father involvement questionnaire and a demographic questionnaire. Results showed physical activity among the majority of the participants as low to moderate, although 78% reported high father involvement. More data is being collected and trends suggest father involvement, father type, family structure and race may impact physical activity levels.



Jen Gannon performed a research study with professor Dr. Peter Lisman and Towson University athletic training staff, Daniel MacLea and Bethany Hansberger. Their research title was the Kinematic Relationships between Lower Extremity Functional Movement A Markerless Dynamic Motion Tracking Based Study. The research process took several months working with female basketball, field hockey and lacrosse athletes. Their findings were as followed: No difference between female lacrosse, field hockey and basketball athletes in single leg squat (SLS) and landing error scoring system (LESS) composite scores. LESS and SLS measures were not highly correlated. Majority of athletes tested displayed medial knee displacement during LESS and SLS testing.



# Student Spotlights

## Jen Gannon

Jen Gannon, the 2018 recipient of the Outstanding Athletic Training Senior Award, did not have much knowledge about the athletic training profession prior to coming to Towson; however, she has since taken every opportunity over her 4 years at Towson to expand her knowledge and develop into a clinician. Along with her strong academic and clinical requirements, Jen completed research endeavors with professors and preceptors associated with Towson's Program and served as a teaching assistant to Professor Mary Nadelen. Jen attended the MAATA Student Program last May as well as the most recent conference in Ocean City, MD. She stated that having the opportunity to network and meet clinicians and students from around the District was her most rewarding experience in the TU AT Program. Following graduation this May, Jen continued her athletic training education at the University of Alabama. She will be studying to obtain her graduate degree in Health Sciences with a concentration in athletic training, working as an athletic training graduate assistant for the Campus Recreation Department, and exploring her research interests. Jen hopes to make an impression for athletic training as a clinician in non-traditional settings such as the military or police forces. Her biggest piece of advice to future TU athletic training students would be to: "Trust the process and get involved as much as possible. It will be worth it."



## Claire Adkinson

Our next spotlight student is Claire Adkinson who most recently completed a clinical rotation with Towson's Mens lacrosse team. One of Claire's most rewarding experiences in the program so far is the relationships she has been able to build with her peers, professors, and preceptors. Claire expressed how "the professors and preceptors go out of their way for you to understand the material and succeed in the athletic training field". Upon graduation, Claire wishes to apply to graduate school to further her education. She plans to receive a master's degree in either athletic training or health care administration. During graduate school, Claire wishes to have a graduate assistant position practicing in athletic training. Prior to Towson, Claire shadowed an athletic trainer at her high school for four years, working with all athletic teams and helping cover games and practices. Growing up, Claire has always been taught to leave something better than what it was. Claire hopes to leave the athletic training profession that way. Claire feels the profession has come such a far way with evidence based practice research, scope of practice, and educating the general population. As a student senator for district three, Claire says, "I hope to grow the profession starting with the students, as we will soon be certified athletic trainers".



# Student Spotlights

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## Zachary Kelly

Zachary Kelly most recently completed a clinical rotation with Towson University's men's lacrosse team. One of Zach's most rewarding experiences in the program so far is overall being able to rehab an athlete back to full health. He enjoys being involved in the process of helping an athlete get back on the field, being able to do what they love again. Zach plans on pursuing a graduate's degree after graduating in the field of sports medicine with an end goal of becoming an ATC for a Division 1 team. Before coming to college, Zach attended a sports medicine vocational high school where he worked with the school's athletic trainer. He was also involved with his local Boy Scout troop (where he obtained an Eagle Scout rank) and was a varsity soccer player. Another long-term goal for Zach is to be able to inspire other athletic trainers like his mentors have inspired him. Without his mentors, he feels he would not be the athletic training student that he is today.



# Alumni Spotlight:

Jim Crawley M.Ed., ATC, PT



Jim Crawley grew up in Frostburg, Maryland with his parents who taught and coached at Frostburg State. Jim has been exposed to athletics all throughout his childhood. He knew that he wanted to pursue a career working in the athletic setting, so decided to be a physical education (PE) major at Towson University in 1981. During Jim's sophomore year, the curriculum required him to take a care and prevention of athletic injuries class. His first mentor, Terry O'Brian, was one of the individuals who lead him down the road of athletic training. Terry saw how well he was doing in the care and prevention class and recognized that Jim was the only student who got an A. Jim said, **"a light bulb just went off"**, and that is when he decided to change directions and pursue a career in athletic training. At the time, the "athletic training program" was completed via the internship route which Jim started his junior year. The internship only required around 7 classes with clinical hours ranging from 20-40 per week. Jim gained experience with Towson football, women's volleyball, men's lacrosse, and was the head student AT for Towson Basketball. The preceptor guidance was nothing like it is today. He had no direct supervision when practicing as an intern. Jim said, **"You were on your own. Any unanswered questions were given to the head athletic trainer at the time. There weren't any cell phones, you had to make sure you had quarters in your pocket for the pay phone in case of an emergency"**.

After graduating in 1985, Jim attended graduate school for 1 year at the University of Virginia and obtained his Master's in Education with an emphasis in Athletic Training/Sports Medicine. Jim then became a Graduate Assistant at Washington and Lee University, working with whatever sports team the program needed assistance with. Jim's first job was an Assistant Athletic Trainer at Monmouth University from 1986-1991. There he worked with multiple women's sports which was actually the first time he worked with female patients. After that, Jim migrated over to West Point for a year where he worked with football and men's and women's indoor track. In 1992, Jim left West Point to work for a Physical Therapy outreach program for 6 years. That job lead him to where he is today, an Athletic Training Program Director for Dominican College in Orangeburg, NY. When asked about his most rewarding experience as an athletic trainer, Jim said **"It isn't a specific experience, but the relationships I have been able to build with the student athletes"**. Jim's greatest challenge as an athletic trainer was the first time he had to perform CPR on a 5-year-old. An individual approached Jim asking for his help to save this child. Although a very scary situation, he was prepared to do his job. Jim said, **"everything just came rushing to the surface and I knew what I had to do"**. When asked about one piece of advice for future certified athletic trainers, Jim said, **"Give it 2-3 years, don't be in such a hurry. You've invested a lot of time in this, give yourself a few years to see if it was all worth it. It will be a challenge but be patient with it"**.

# 2018 MAATA Case Study Submissions

At the 2018 MAATA Student Symposium, Towson had 3 case studies presented by many of our recent graduates.

## **PROXIMAL TIBIOFIBULAR JOINT SPRAIN IN A COLLEGIATE FOOTBALL PLAYER: A CASE REPORT**

Malebranche B, Keegan J, Dorley S, Gannon J, Wilder J, Hildebrand E,  
Nadelen M, Lisman P: Towson University, Towson, MD

The case of a Collegiate Athletic Association Division I football player was studied with a proximal tibiofibular joint sprain without an associated dislocation or torn ligaments. The group found that PTFJ sprains are rare and typically present with violent twisting of the knee and dramatic dislocation/subluxation of the tibiofibular joint. In this case the subject reported a mechanism commonly associated with ACL tears, planting and cutting. The initial complaint was immediate pain in the knee with an audible pop. Pain was experienced when bearing weight and when placed into dorsiflexion, eversion, and knee flexion. The following special tests were performed and reported as negative: Anterior and Posterior Lachman's, Drawer Tests, and Valgus and Varus Stress Tests. PTFJ was the final diagnosis due to all diagnostic imaging returning as negative. Rehabilitation focused on a protocol centered around strengthening the foot and ankle musculature, proprioception, and agility training. The subject was able to return to play in roughly two weeks without re-injury.

## **MOBILIZATION WITH MOVEMENT MANUAL THERAPY FOR TREATMENT OF THORACIC OUTLET SYNDROME IN A COLLEGIATE FIELD HOCKEY PLAYER: A CASE REPORT**

Fabian K, Dillon J, Whitlow G, Ludlow D, Hansberger B, Nadelen M, Hildebrand E,  
Lisman P: Towson University, Towson, MD.



A case was studied on how to manage treating an individual with thoracic outlet syndrome (TOS). Their subject was a National Collegiate Division I field hockey player, diagnosed with TOS but was treated conservatively rather than surgically. Their subject experienced pain in the left shoulder with numbness and tingling radiating down to the 4th and 5th fingers. The subject experienced symptoms at night when sleeping prone with 90 degrees of arm abduction and the head rotated to the left, as well as active shoulder abduction above 90 degrees; pain was relieved with inactivity of symptoms. Allen's, Painful Arc, and the Upper Limb Tension Test were all positive for provocation of neurological symptoms related to TOS. The methods used to manage TOS conservatively consisted of mobilization with movement technique, manual therapy, and neurodynamic sliders to reduce neurological symptoms. The group found that these techniques did decrease neurological symptoms, reduce muscular tension, and correct positional faults. The athlete was able to return to play with no limitations for the remainder of the season.

## **BILATERAL POPLITEAL ARTERY ENTRAPMENT: A CASE REPORT**

Ruggiero A, Heath K, Goff J, Smith A, Considine J, Martin C, Lisman P: Towson University

A case of bilateral popliteal artery entrapment syndrome (PAES) was researched in a National Collegiate Division I gymnast. This case focused on treatment, rehabilitation, and return to play protocol used to manage the injury throughout the gymnastics season. The subject presented with symptoms of bilateral gastroc/soleus tightness, cramping, and weakness for a few months before being diagnosed with bilateral PAES. Initial treatment consisted of surgical repair to relieve arterial compression due to gastroc/soleus hypertrophy. The subject was placed through a strict rehabilitation protocol to relieve neurological symptoms, increase mobility, decrease muscular tension, and increase strength. The subject was able to return to play with the presence of mild bilateral calf cramping occurring on days when activity was extreme and included a lot of jumping. This condition is usually rare and is not typically seen on a regular basis in the clinic. Although it is rare, the surgical procedure is reliable and frequently allows the athlete to return to play without any symptoms.

# Thank you for reading Issue 2 of the Towson University Athletic Training Program Newsletter

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- Make sure to stay tuned for the Spring 2019 Issue coming soon!!

- And another reminder to make sure alumni relations has all your updated information so you can stay fully informed on all things Towson Athletic Training!!

Finally, a huge congratulations to the Class of 2018 for a **100% BOC Pass Rate**



**See you  
again soon!**