VOL. 3

TOWSON ATHLETIC TRAINING NEWSLETTER

Fall Semester 2019

Welcome to the 3rd edition of the Towson Athletic Training Newsletter.

Our intent is to inform alumni on current happenings in the athletic training program. We hope the content of these newsletters will keep the alumni involved, connected, and as excited as we are about the evolving program and profession. Have something you want to share - send us a message.

-Your Editors Brittany Kirk ('20) and Christiann McCoy ('21)

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Follow us on Instagram and Twitter: @tu_ATS
Like us on Facebook: Towson University Athletic Training Club

Email the club at ATCLUB.TOWSON@GMAIL.com

Email the Program Director at ehildebrand@towson.edu

A message from Dr. Emily Hildebrand

The faculty and students are involved as ever and will be gearing up to embrace changes that are on the horizon. Regardless of your personal views on these changes, here at Towson we will continue to promote our philosophy of developing entry-level clinicians through the combined support of didactic and clinical experiences along with providing opportunities for students to be involved in the profession and community.

As we look back on the 2018-2019 academic year, **Dr. Lisa Custer** finished her first year with TU ATP along with welcoming her first child, Alexander. She also was recently promoted to tenure and is excited to get her research endeavors into the data collection phase (read more on page 9). **Dr. Pete Lisman**, who teaches biomechanics and functional anatomy courses within the Kinesiology Department and has taught directly in the curriculum, was also recently appointed to tenure. He has been heavily involved in research endeavors that involve ATS since his start at Towson (read more on pages 10 & 11) and we are extremely proud of what he has accomplished to date. Finally, **Dr. Gail Parr** has retirement on the horizon as she embarks on her final year at Towson. She continues to teach in both the exercise science and athletic training programs - - **so I know many of you alum have stories involving Gail as an instructor, mentor, or colleague and I ask that you share those with me as I look to highlight her time here at Towson in the near future.**

You may all be curious what's in store for the professional undergraduate program with the nation wide mandate to transition to a professional graduate program. Well the answer is **YES WE ARE TRANSITIONING!** The ATP faculty have developed a curriculum based on accreditation standards and our current program's strengths and weaknesses. That curriculum was approved in house and now a full Maryland Higher Education Commission new academic program proposal is undergoing revisions. **It is our hope we will receive word sometime this academic year that the graduate program is approved and we will then seek accreditation from the CAATE.** Our plan is to phase in the graduate program while phasing out the undergraduate program. As we gain approval at various levels, I will be able to update the website and share clear dates with alum but **it is our hope to welcome a graduate class by the summer of 2021.**

Finally, I hope you will all consider sending us your current information as we look to establish an alumni network (see page 12). **It is my hope to keep you better informed and connected with our current ATS which can lead to alumni events for networking and mentoring opportunities!**

Athletic Training Club Updates

During the academic year 18-19, club members were involved in various community service events totaling about 700 hours. We volunteered at the Baltimore Running Festival, Healthy Kids Running Series, TU's Big Event, TU4U, and Towson's open houses. In addition, a group of students went to St. Francis Academy in Baltimore to perform FMS testing on the school's football team.

In March, the Maryland Athletic Trainers' Association hosted their annual 5k Run and Networking Social and Towson's ATS came to help. Thirteen students volunteered and helped guide the the runners through the course. Following the run, participants and volunteers got together and socialized, played games, and networked.

A few of our students have been getting involved in the professional athletic setting. Students have had the opportunity to work with Julie Beverage (head AT) of the NWSL Washington Spirit working on the "Stretcher Crew." In addition, some students have had the opportunity to assist Dr. Emily Hildebrand and Heather Kholbus (head AT) at home MASL Baltimore Blast games.

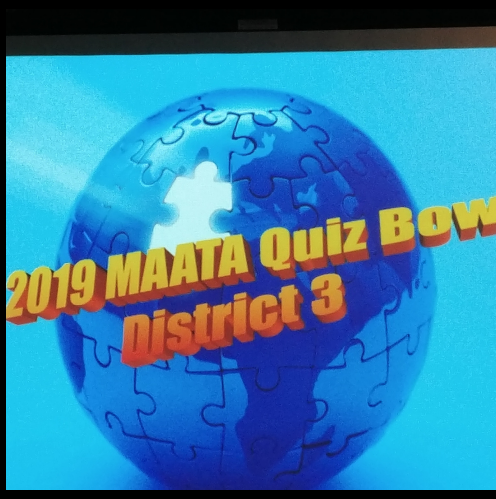
The club was able to raise just over $800 to help send people to the annual MAATA symposium, celebrate the senior class and raise money for Tyrone Turner.

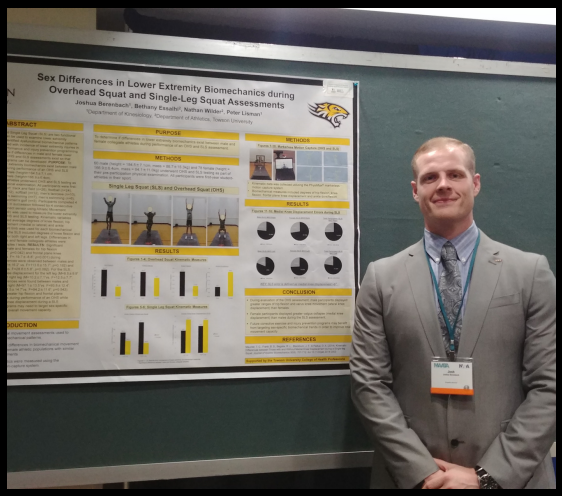
MARYLAND'S NOMINEE: TYRONE TURNER, LAT, ATC LOCH RAVEN HIGH SCHOOL - TOWSON, MD

- Outreach Athletic Trainer @ Towson Sports Medicine (TU Class of 2017)
- Currently in his 2nd year @ Loch Raven HS
- Serves over 600 student-athletes from the school's equipment room (pictured above)
- AT Budget varies based on county's fund allotment and concession sales
- Will use funds for: traveling team medical kits, small rehab equipment, new treatment table

MID-ATLANTIC ATHLETIC TRAINERS' ASSOCIATION

At the 2019 annual MAATA symposium, the Towson Athletic Training Program was successful in both the quiz bowl and AT Olympics placing 2nd and 3rd respectively. In addition, four of Towson's students presented at the conference.





Current junior **Devon Lyons** (second row, middle picture) presented on upper extremity injury risk in athletes with bilateral shoulder range of motion deficits. Current senior **Josh Berenbach** (left) presented on the differences between the biomechanics and lower extremity injury risk of men and women during two different types of squats. 2019 graduates **Mollie Swindell** and **Keely Parrish** (bottom left picture)presented on a patient who had an aortic coarctation.

ANNUAL SYMPOSIUM

HEY TOWSON ATHLETIC TRAINING ALUMNI!

WE WANT TO CELEBRATE YOU!

PLEASE TAKE OUR BRIEF SURVEY TO LET US KNOW WHEN YOU WOULD BE ABLE TO COME TO AN EVENT CELEBRATING YOU!

CLICK THIS LINK

SENIOR SPOTLIGHT: AHAVAH DAVIS

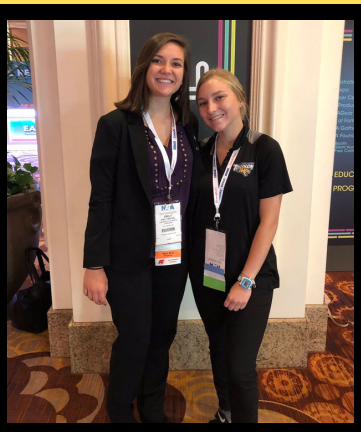
Ahavah recently completed her junior year and worked with the Towson's Gymnastics team. Ahavah believes that the most rewarding thing about athletic training is the relationships that she forms with the patients she works with. She enjoys being able to talk to her patients about things beyond rehabilitation, like their school and family life, and just about how their day is going. Ahavah would advise future and aspiring athletic training students to have a good balance between life and athletic training. She believes that it is important to be involved in things on campus, have friends outside of the major, and get a job (if you think you can handle it). Following graduation, Ahavah would like to go to graduate school for sports psychology.

Over winter break, Ahavah studied abroad in London for a week. It was sponsored by King's College (located in northeast Pennsylvania) and included both professional undergraduate and graduate level athletic training students. While there, she got the opportunity to tour all the sighs of London, attend a tennis match at Wimbledon, and enjoy a conference at a local college sponsored by the Professional Baseball Athletic Trainers' Association. In addition, she was able to compare Towson's ATP with similar areas of study in London where these clinicians are called "Physiotherapists."

In addition to her study abroad trip, Ahavah was busy at the local level by attending Under Armour's career combine. It was a 3-day event that highlighted attendees forming groups to create a "mock product" for Under Armour. Using her athletic training background, she helped her team create a knee and elbow sleeve geared toward preventing injuries and increasing the accuracy of the wearer's shooting arm; it was dubbed the "UA Transform".

JUNIOR SPOTLIGHT: SOPHIA LANASA

Sophia Lanasa (on right) recently completed her sophomore year and worked with the Towson Men's Lacrosse team. After completing her first year in the program, Sophia feels the most important thing she has learned is how imperative our role as athletic trainers are and how much of an impact we have on our patients. Echoing this, Sophia finds watching an athlete return to the sport they love, after all of the effort and time they've put into rebounding from injury, to be the most rewarding part of becoming an AT. Sophia is going above and beyond when it comes to getting involved in the profession. She is the new District III representative for the NATA Student Leadership Committee (SLC) and was appointed as the Chair. Most recently, she represented Towson University ATP at the NATA Convention in Las Vegas. Within her new role, Sophia will work to educate and bring awareness to the athletic training profession, get other students involved in things going on within the profession, and promote the athletic training community as a whole. To Sophia, getting involved in the profession is imperative because growing up constantly involved in athletics, she never had an athletic trainer and suffered through injuries that may have been prevented had she had access to an AT.



For Sophia, becoming an athletic trainer means making sure all athletes have an AT and promoting healthy lifestyle choices along with athletic performance. Sophia's current post grad plan is to continue her education by going to graduate school for orthotics and prosthetics. Her biggest piece of advice for incoming sophomores is to be ready to work hard and to study a lot but to not forget to have fun and remember why you choose this career path.

RECENT GRADUATE SPOTLIGHT: MEGHAN NEGRON

Meghan Negron is a recent graduate from the Towson University Athletic Training Program. She has returned to her home state to take a position as an AT at Manhattan College in New York City, working with their men's lacrosse and men's golf teams. Meghan will join forces with another TU ATP alumna, Jackie Rettig ('16), who has been at Manhattan for 3 years.

This past year, Meghan found many ways to get involved including serving as a program mentor to the sophomore students in lower extremity coursework and was involved in a research project. As a program mentor, Meghan enjoyed the impact that she was able to make on the sophomores on a daily basis. She helped them come up with creative ways to remember the content, and helped them through the situations they faced in the clinic. She admitted that this position was helpful when studying for her BOC exam. Meghan was able to figure out her strengths and weaknesses, which helped her focus her studying. She also had the opportunity to help Dr. Emily Hildebrand with her research on peer assisted learning. She helped with coding, finding themes between data, and finding articles to help support the findings for a manuscript they are currently finishing. Meghan stated that this experience was rewarding because it allowed her to see how other students learned and how it was different from the way she learned. In addition, it showed her how passionate she is for the things she is involved in.

Looking back at her time in the program, Meghan stated that her favorite clinical rotation was Towson spring football. She enjoyed the madness, daily challenges, and the many new experiences the rotation threw her into (like working with post surgical patients). The most rewarding part of athletic training for her is the bond that she has with her patients. Meghan believes that once a bond is created between her and her patients, the patients begin to "realize how hard we work … how much they can trust us and … they [begin to] look out for us." Meghan admitted that she had some struggles throughout her time in the program, but stated that she wouldn't change anything because those struggles have helped her grow into the person she is today. The one thing she wished she had done differently was to create more time for herself to help balance all of her stress. Moving forward as an alumna, Meghan hopes to stay connected with the program by keeping in contact with current students and staff, and reading the Towson Athletic Training Newsletter so that she can keep up with the changes being made to the major and check out all the interesting things the students are getting involved in. Meghan wants all current, future, and aspiring athletic training students to remember, "Don't give up!" She emphasized that these students should "lean on each other" because

> "We are a certain breed of students… we are the only ones who understand what we are going through, so… lean on each other and don't be afraid to reach out to upperclassman that graduated because they love hearing from you."

Alumni Spotlight: Kristen Herbst, DO

Dr. Kristen Herbst is a 2002 graduate of the Towson Athletic Training Program. She is currently an orthopaedic surgeon at Bassett Healthcare Network and the team physician for Hartwick College and SUNY Oneonta in New York. Although her career path started in athletic training, an opportunity given to her through the program redirected her career path to orthopaedic surgery. While working with the Towson lacrosse team, Herbst had a patient who tore his ACL and needed surgery. The team physician at the time allowed her to observe the patient's surgery, and from that point forward she knew that she wanted to be an orthopaedic surgeon.

After graduating with a degree in athletic training, she began working for Towson Sports Medicine. She worked at their physical therapy clinic in the mornings and as the athletic trainer for CCBC Essex in the afternoons. One year later, she became a physician extender under an orthopaedic surgeon at the University of Maryland, while continuing as the athletic trainer for CCBC in the afternoons. Eventually, she completed four years of medical school at Touro University in California. Then, she completed five years of orthopaedic surgeon residency at the University of Cincinnati - Wellington Orthopaedics, and finally a year of fellowship at the University of Medicine and Dentistry of New Jersey. Her ultimate goal was to specialize in sports medicine so that she could "get back on the sideline".

Herbst was able to use her experience in athletic training to her benefit as a physician extender. She was able to take a patient's medical history and present it to her mentor, come up with treatment plans for patients, and show patients how to perform exercises included in their home exercise program. In addition, she was able to research and publish a meta-analysis review on PCL reconstructions with her mentor (Bennett & Herbst, 2004). Herbst believes that her background in athletic training gave her a huge advantage over her colleagues going into residency. She believes she had a more in depth knowledge of anatomy and physiology going into medical school, as well as a better knowledge of post-operative rehabilitation from a surgeon's perspective. Even now, she admitted that her athletic training background allows her to have a better understanding of her duties as a surgeon on the sideline, her patients' needs, and the athletic trainers' needs.

Herbst's advice for current students is to make sure they have a **strong work ethic**. She believes that work ethic goes a long way, and that students will go far if their strong work ethic is noticed by the people around them. She says to **"focus on what you want, do everything you need to do to get there, and things will fall into place for you."** In addition, she recommends that students **be open and teachable**, and **allow others to impact** you. For those that are thinking about going into orthopaedic surgery, Herbst encourages them to take the extra science classes, reach out to potential mentors, and **"pick a lot of brains"** to make sure that orthopaedic surgery is right for them. If anyone is thinking about orthopaedic surgery and needs help getting there, Herbst states she would be more than happy to help get them pointed in the right direction.

Dr. Lisa Custer, PhD, LAT, ATC and Her Research

Dr. Custer didn't necessarily start off as an athletic training major since accredited programs were lacking and therefore enrolled in a degree program in kinesiology. She got into athletic training after an advisor of hers at the University of Wisconsin-Madison, recommended she take an Intro to Athletic training course as an elective and she never looked back!

Dr.Custer grew up outside of Chicago, Illinois and moved to Florida when she was in middle school. After her time at the University of Wisconsin-Madison, she received her Master of Science in Sports Administration from Valparaiso University in Indiana. It was here where Dr. Custer held an athletic training GA position and worked primarily with Men's soccer and track and field, but she also assisted with Volleyball and Men's basketball for a short time. Following her time at Valparaiso, she became the head AT at Schreiner University in the heart of Texas - Kerrville. Dr. Custer worked with all 13 teams and she remained there for 3 years.

In deciding to pursue a terminal degree, she went to UVA to get her Doctorate in Sports Medicine. During her first 2 years at Virginia she worked as the AT for track and field as well as cross country. The last 2 years is when she focused on research involving movement strategies in individuals with chronic ankle instability. After graduating with her PhD, Dr. Custer went to Kent State in Ohio where she performed research and taught in the ATP for 6 years. Taking the recent position at Towson allowed her to be closer to family and work at a place with a very strong reputation.

Dr. Custer hopes to use her diverse work background to bring a new perspective to a program that is already so strong thanks to faculty members such as Dr. Higgins, Dr. Hildebrand, Professor Nadelen and Dr. Parr. Dr. Custer is also looking forward to using her experience in research and lower body expertise in order to contribute to the professional graduate program transition here at Towson.

Currently Dr. Custer is working on a research project which focuses on the sensory-motor neuromuscular control of lower extremities post injury, more specifically the ankle, but she has also looked at the knee and the low back. Dr. Custer is examining the decrease in motor control and balance on both sides of the body following a lower extremity injury with the intention of improving rehabilitation treatments. This research is exciting to her because there is a specific focus on higher level neuromuscular control; meaning what's going on with the patient at the injured joint as well as the spinal reflexes. Since there is a change on both sides of the body after an injury, it is believed that something in the brain also affects the uninjured side. Therefore, hopefully this current endeavor will further explain why there are poor afferent and efferent signals coming to and from the brain post injury.

Dr. Peter Lisman, PhD, ATC and His Research

Dr. Peter Lisman has been a professor in TU's Kinesiology Department for 7 years, teaching biomechanics and functional anatomy. Prior to becoming an educator, Dr. Lisman worked as an athletic trainer because he loved sports growing up and wanted to continue to be involved in the, "medical side of things." He completed his undergraduate degree in athletic training at King's College in Wilkes-Barre, Pennsylvania and then did his graduate degree in Athletic Training at California University of Pennsylvania (Cal PA) with the dream of one day working in the collegiate setting. While getting his master's degree, he was also a graduate assistant working at a local high school with all the sports the school had to offer. Towards the end of his time at Cal PA, he began to think about ways that he could get involved in other areas of sports medicine, as well as begin applying for jobs following the completion of his degree.

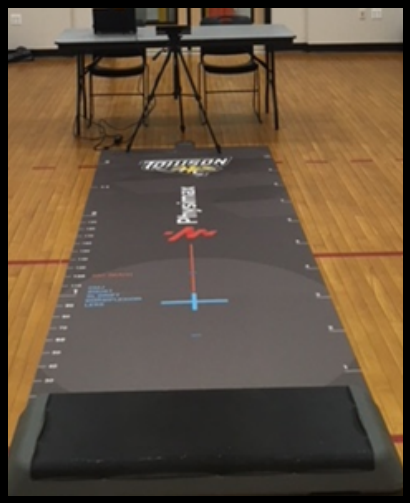
In his search for a job, he met someone who worked in the industrial setting. He worked for a small company called Injury Prevention Services, which is a company that sends ATs into industrial sites to educate their workers on, "health and wellness and injury prevention in the workplace." Dr. Lisman tried the non-traditional athletic training setting with this company because the daily schedule was more regimented. "I stayed with this company for 3 years working as an industrial athletic trainer … going out to sites, whether it be trucking, waste management, or various manufacturing, construction, [and] a lot of different industrial settings and giving short talks to 10, 15, 20 employees at a time and working one on one with their employees with the ultimate goal of promoting health and decreasing injury risk." He educated the employees on topics such as, "blood pressure, cholesterol, healthy eating, exercise, safe lifting techniques, low back training, core stability, stretching, [and] things that they could do on a regular basis to hopefully decrease injury risk." While working for Industrial Prevention Services, Dr. Lisman was able to watch the small company, which started out with about 5 full time athletic trainers, grow into a large company now known as Wellness Coaches USA which now has "upward of 100-150 full time athletic trainers that go out to different sites."

Dr. Peter Lisman, PhD, ATC and His Research Continued

Dr. Lisman began to realize that he missed the collegiate setting and the educational aspect of the profession, so he began looking for positions that would allow him to participate in research while continuing as an AT at the collegiate level. This led him to the University of Miami in Florida, where he spent 5 years as a teaching assistant, research assistant, and a graduate assistant. While there, he completed his PhD in exercise physiology and taught a few classes at the local community college. Again wanting more research experience, he looked for a position that would allow him to do 100% research. The Uniformed Services University of the Health Sciences (USUHS) in Bethesda allowed him to do just that.

"I WAS PART OF THEIR HUMAN PERFORMANCE LABORATORY AND THEIR INJURY PREVENTION LABORATORY ASSISTING WITH A NUMBER OF DIFFERENT STUDIES WITH THE ULTIMATE GOAL OF PROMOTING HEALTH AND WELLNESS AND PREVENTING INJURIES IN TODAY'S WAR FIGHTERS."

While at the USUHS, Dr. Lisman was focused on minimizing the military's musculoskeletal injuries that occurred during training and recreational activities. Such injuries could lead to war heroes missing time in the field or worse - ending careers.

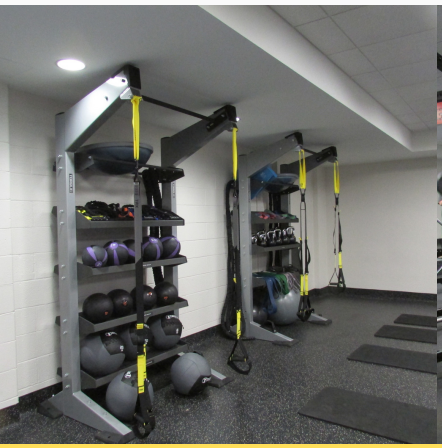


Dr. Lisman took the knowledge and experiences after 2 years at USUHS and used it to begin his own research line at TU. At TU, the sports medicine team had the same goal: keep athletes healthy, keep them on the field, optimize their performance, and prevent injuries from happening. He has been exploring the association between lower extremity biomechanical movement patterns and injury risk. He is using a markerless motion capture system, known as the Physimax, to examine athletes' biomechanical movement patterns during several movement assessments, such as squats, single leg squats, and jump landing tasks. In addition, he is looking at how these biomechanical patterns are different between males and females. Dr. Lisman is working alongside TU's sports medicine staff to look at all the factors that contribute to musculoskeletal injuries (such as gender, medical history, age, sport, and fitness levels). The main question Dr. Lisman is currently trying to answer is, "which movements and checkpoints are the most telling when it comes to overall movement and specifically how it relates to one's injury risk?" In the future, Dr. Lisman hopes the research results will help athletic trainers develop interventions to improve biomechanical movement impairments.

Professor Kyle Leppert, M.A., CSCS and The New Kinesiology Room

Professor Leppert first received his undergraduate degree from Gettysburg College in Pennsylvania. While at Gettysburg, he earned his Bachelor of Science degree in Health and Exercise Science. Following this, he continued his graduate education at UNC-Chapel Hill where he earned his Master of Science in Exercise Physiology. It was at UNC-Chapel Hill where Professor Leppert began to get involved in research and explored how healthy populations respond to exercise and environmental stress. One of the more impactful research projects he was a part of involved developing strength/fitness programs for patients suffering from chronic diseases. He loved being jable to see the positive impact that exercise had on patients, and the significant increase in their quality of life. After grad school, while completing clinical exercise physiology work at Johns Hopkins University, engaging in research, and coaching secondary school lacrosse, Professor Leppert focused on the connection between performance enhancement and team training. His goal was to make athletes' time more efficient and effective during training. Now at Towson University, he has been an integral member of the Kinesiology faculty in developing course work and a new strength and conditioning facility.

Former Department Chair Michael Higgins wanted to offer more for the TU students when it came to strength and conditioning. Higgins, along with Dr. Gail Parr, developed performance enhancement coursework. The current Chair, Dr. Jaime DeLuca and Dean Plowfield supported resources that were necessary for the classroom space to be created. This allowed the space to be outfitted in a way that would provide students the opportunity to be more hands on, in order to gain a practical approach in their education. One hope for this space is to allow for increased collaboration among majors at TU. Additional opportunities for students include: interactions with professionals in their fields, use current technologies and equipment found in the real world; and learn from strength and conditioning coaches who offer approaches that will expand students' views of performance enhancement. Another major goal is to produce more interprofessional research projects leading to an increase in interprofessional relations because according to Professor Leppert, "success comes to those who create a unique combination of skills, and this space will allow for that and so much more."



CALLING ALL TOWSON ATS ALUMNI

WE'RE CREATING AN ALUMNI NETWORK AND WE WANT YOU TO BE A PART OF IT.

SEND US YOUR:
NAME
EMAIL
GRADUATION YEAR
PHONE NUMBER

DM us on instagram or twitter: @tu_ATS
Email us at: ATCLUB.TOWSON@GMAIL.COM