



UNIVERSITY OF
ARKANSAS

18th Annual Razorback Sports Medicine Symposium

Theme: An Interprofessional Approach to Sports-Related Concussion Rehabilitation

Saturday, February 10, 2024 (7 BOC and AR APTA CEs Available)

Time	Topic
8:00-8:30	Onsite Registration
8:30-8:45	Conference Welcome and Introduction
8:45-10:00 (1 hr 15 minutes)	<p>Multimodal Approach to Clinical Rehabilitation in the Patient with Sport Related Concussion (Lecture) Melissa Womble, PhD, Director of INOVA Sports Medicine Concussion Program Sheri Fedor, PT, DPT, NCS, INOVA Vestibular Physical Therapist and Vestibular Concussion PT Program Director</p>
10:00-10:45 (45 minutes)	<p>Behavioral and Mood Regulation in SRC Rehabilitation: Research Implications for Clinical Practice (Lecture) RJ Elbin, PhD, University of Arkansas Associate Professor in Exercise Science and Director of the Office for Sports Concussion Research</p>
10:45-11:00	Break
11:00-12:00 (1 hr)	<p>Concussion Assessment, Management, and Treatment: Bridging the Gap Between the Sideline and the Specialty Clinic (Lecture) Brett Gustman, MA, LAT, ATC, ITAT, Athletic Trainer at INOVA Sports Medicine</p>
12:00-1:00	Lunch - Poster Presentations (12:20-12:50)
1:15-3:00 (1 hr 45 minutes)	<p>Breakout Sessions (demonstration sessions switch after 45 minutes and are repeated)</p> <ol style="list-style-type: none"> Vestibular Assessment and Rehabilitation Breakout A–Sheri Fedor, PT, DPT, NCS, Sean Stone, PT, DPT, NCS, University of Arkansas for Medical Sciences Cervicogenic Treatment Breakout B– Luke Winslow, PT, DPT, OCS, COMT, ATC, UAMS Train, Recover, Move
3:00-3:15	Break
3:15-4:15 (1 hr)	<p>Mental Health Considerations for Treatment of Mood Disorders in Patients with Sport Related Concussion (Lecture) Sabrina Jennings, PhD, INOVA Sports Medicine Neuropsychologist</p>
4:15-5:30 (1 hr 15 minutes)	<p>Case-Based Roundtable – Managing Sport-Related Concussion as an Interprofessional Team Melissa Womble, PhD, Director of INOVA Sports Medicine Concussion Program Sabrina Jennings, PhD, INOVA Sports Medicine Neuropsychologist Brett Gustman, MA, LAT, ATC, ITAT, Athletic Trainer at INOVA Sports Medicine Sheri Fedor, PT, DPT, NCS, INOVA Vestibular Physical Therapist and Vestibular Concussion PT Program Director Scott Bruce, EdD, LAT, ATC, Associate Professor and Associate Dean of Research, Arkansas State University Jessica Danley, MS, CCC-SLP, BCS-S, CBIS, University of Arkansas Clinical Education Coordinator, Communication Sciences and Disorders and Clinic Director, University of Arkansas Speech and Hearing Clinic</p>

Symposium Objectives

- Understand the value of a multi-faceted assessment battery and comprehensive interview to identify concussion clinical profiles.
- Identify co-occurring symptoms and impairments and their role for prioritizing treatment approaches for concussion.
- Summarize the targeted treatments for concussion and increase awareness of barriers to adherence.
- State the roles and interactions for multiple medical specialties working together to provide comprehensive clinical care for concussion.
- Describe the components of behavioral regulation.
- State the benefits of behavioral regulation as a first line approach to the management of concussion and its associated clinical profiles.
- Identify the role of athletic trainers in concussion assessment and management including building an athletic environment that allows for proper care and management of concussion and using appropriate assessment tools to complete a comprehensive concussion assessment.
- Identify and interpret cervical presentations and movement dysfunctions following a concussion.
- Recognize test findings to construct treatment programs for patients suffering from cervicogenic dysfunctions.
- Identify how to administer and evaluate results from a screening tool (VOMS) that is reflective of the vestibular and ocular profiles.
- Describe basic ocular and vestibular exercises for concussion rehabilitation.
- Identify the presentation of mood symptoms as it relates to mild traumatic brain injuries.
- Describe methods of evaluation and treatment of the anxiety/mood profile after mild traumatic brain injury
- Describe how an interprofessional practice approach to care for sport-related concussion can improve transitions of care, care quality and patient outcomes.

Speaker Bios and Credentials

[Melissa Womble, PhD](#), Director of INOVA Sports Medicine Concussion Program

Dr. Melissa Womble is a fellowship-trained neuropsychologist with a specialization in sport concussion management. She serves as director of the Inova Sports Medicine Concussion Program and co-director of the Inova Concussion Program. Dr. Womble joined Inova Medical Group after completing a neuropsychology post-doctoral fellowship within the University of Pittsburgh Medical Center's Sports Medicine Concussion Program. Dr. Womble obtained her doctorate in combined-integrated clinical and counseling psychology from the University of South Alabama in Mobile after completing a predoctoral internship at Henry Ford Medical Center in Detroit.

Her research focuses on individual differences and risk factors influencing recovery following sport-related concussion, the influence of specific treatment factors and behavioral management strategies on concussion outcomes, test-retest reliability, and the influence/presentation of anxiety following concussion. Dr. Womble has authored or coauthored more than 30 peer-reviewed publications and delivered more than 60 professional presentations on sport-related concussion at national and international conferences. Dr. Womble was the 2014 recipient of the National Academy of Neuropsychology's Outstanding Dissertation Award for her work in concussion research.

[Sheri Fedor, PT, DPT, NCS, INOVA](#) Vestibular Physical Therapist and Vestibular Concussion PT Program Director

Dr. Sheri Fedor is a vestibular physical therapist who is a neurological clinical specialist. Dr. Fedor joined Inova in 2017 and she serves as director of the Inova Vestibular Concussion Physical Therapy Program. Dr. Fedor has exclusively treated vestibular concussion patients for over 10 years and has worked with athletes ranging from



novice to professional. Prior to coming to Inova, Dr. Fedor completed a neurological physical therapy residency at the University of Pittsburgh Medical Center in 2012. She completed the vestibular competency course at Emory University in 2014 and is currently enrolled in the Advanced Vestibular Physical Therapy Certificate (AVPT) program. Dr. Fedor has been published in educational books, peer reviewed journal articles, and has presented at national conferences on concussion. Dr. Fedor also serves as adjunct professor in the University of Pittsburgh Hybrid DPT program.

[RJ Elbin, PhD](#), University of Arkansas Associate Professor in Exercise Science and Director of the Office for Sports Concussion Research

Dr. R.J. Elbin is an Associate Professor in Exercise Science at the University of Arkansas and is director of the Office for Sport Concussion Research. Dr. Elbin received a doctorate in Kinesiology from Michigan State University in 2010 and completed a two-year post-doctoral research fellowship at the University of Pittsburgh Medical Center Sports Medicine Concussion Program. Dr. Elbin's research focuses on identifying factors that contribute to concussion risk and prolonged recovery and best practices for management and treatment in concussed youth and adolescent athletes. Dr. Elbin has authored/co-authored more than 100 peer-reviewed publications and 250 professional presentations on sport-related concussion. Dr. Elbin was a 2018 recipient of an Early Career Award from the Sport Neuropsychological Society for his work in concussion research.

[Brett Gustman, MS, LAT, ATC, ITAT](#), Athletic Trainer at INOVA Sports Medicine

Brett Gustman is a state-licensed and nationally-certified athletic trainer who joined Inova Sports Medicine in 2016. With over 20 years of athletic training experience at the high school, college and professional level. His current responsibilities include working as part of the clinical team for comprehensive post-injury concussion care and providing community services such as concussion baseline testing and education to athletes, parents coaches and educators. Brett graduated from West Virginia University in 2000 with a Bachelor of Science degree in athletic training. He earned a Master of Science degree in health education from Middle Tennessee State University in 2002 while serving as a graduate assistant athletic trainer for the football program. He also worked as the head athletic trainer at Fairfax High School in Virginia for 13 years, where he established concussion treatment guidelines, baseline testing standards and an extensive concussion education program utilized across Fairfax County, VA.

[Sean Stone, PT, DPT, NCS](#), UAMS

Sean Stone is a graduate of the UAMS Doctor of Physical Therapy program and has been working in an outpatient setting now for 5 years, primarily focused in assessing and treating neurologic conditions. He has vestibular rehabilitation and concussion certifications through the American Institute of Balance and is a board certified clinical specialist in neurologic physical therapy.

[Luke Winslow, PT, DPT, OCS, COMT, ATC](#), UAMS Train, Recover, Move

Luke Winslow is a Physical Therapist for Train Recover Move (UAMS), where he treats a variety of patients with a goal of changing how healthcare is delivered in Northwest Arkansas. Luke has a Bachelor of Athletic Training from Fort Hays State University and Doctorate of Physical Therapy from the University of Saint Mary. He also is a Certified Orthopaedic Specialist and has his Certification in Orthopaedic Manual Therapy. Prior to joining the TRM crew, he worked in numerous outpatient settings, and previously served as Director of an outpatient clinic in the Washington D.C. area.

[Sabrina Jennings, PhD](#), INOVA Sports Medicine Neuropsychologist

Dr. Sabrina Jennings is a fellowship-trained clinical neuropsychologist with specialization in sport concussion management. She joined Inova Health System in 2020 and has been practicing since 2018. She serves as Fellowship Director in the Inova Sports Medicine Concussion Program. Dr. Jennings obtained her doctoral degree in clinical psychology from Fairleigh Dickinson University. Prior to obtaining her degree, she completed a predoctoral internship in the neuropsychology track at the James J. Peters VA Medical Center in the Bronx. Following her internship, she completed a two-year postdoctoral fellowship in sports neuropsychology at the University of Pittsburgh Medical Center's Sports Medicine Concussion Program



[Scott Bruce, EdD, LAT, ATC](#), Associate Professor and Associate Dean of Research, Arkansas State University
Dr. Scott Bruce has been involved in the athletic training profession for over 30 years. Dr. Bruce spent the first two-thirds of his career involved predominately in clinical athletic training working with athletes in a variety of setting from youth-aged athletes to elite level athletes. The past several years, Dr. Bruce has worked predominately in athletic training education and research. Dr. Bruce earned his doctoral degree from the University of Tennessee at Chattanooga in Learning and Leadership. His dissertation was entitled Prediction Modeling for Graduate Athletic Training Education Programs where he successfully created prediction models to predict first-time success on the BOC exam and student success in a Professional Master's Athletic Training Program.

[Jessica Danley, MS, CCC-SLP, BCS-S, CBIS](#), University of Arkansas Clinical Education Coordinator, Communication Sciences and Disorders and Clinic Director, University of Arkansas Speech and Hearing Clinic
Jessica Danley is a clinical instructor for the program in Communication Sciences and Disorders. She also serves as the program's Clinical Education Coordinator and Clinic Director for the University of Arkansas Speech and Hearing Clinic. Jessica is a certified speech-language pathologist with over 10 years of clinical experience in acute care, skilled nursing and inpatient rehabilitation settings. She is a Board Certified Specialist in Swallowing Disorders through the American Board of Swallowing and Swallowing Disorders, and also a Certified Brain Injury Specialist through the Brain Injury Association of America. Jessica has also completed multiple advanced certifications and training in areas of brain injury, voice and swallowing rehabilitation. Jessica's professional interests include clinical education in swallowing and swallowing disorders, vocal function treatment for the aging voice, and management of cognitive-communication challenges caused by brain injury.

Tyler Goswick, OTD, ITOT, PCBIS, Tyler is a recent graduate of the University of Arkansas/UAMS occupational therapy doctoral program. She completed her capstone with Dr. Ylanan, a physician at UAMS orthopedics and sports medicine on the impacts of perceived environmental factors on occupational participation post-acute concussion with University of Arkansas athletes. She was awarded the "Change Agent" award from her program for challenging the boundaries of current OT practice through the exploration of how OT can work alongside sports medicine professionals in the care of athletes. Tyler is currently studying for the NBCOT exam.