

## CLINICAL PRECEPTOR HIGHLIGHT

### Division I Athletic Personnel, Facilities Give Arkansas Students Firm Foundation

**M**att Summers is in his second year as director of athletic training for the Arkansas athletic department and his sixth as head athletic trainer for football. He and his staff work to ensure Arkansas athletes are healthy and strong for competition, but Summers and his staff also help make sure athletic training education students at the U of A get the hands-on experience, guidance and instruction they need in the training room and on the field.

Between four and eight students working on a master's degree in athletic training education in the College of Education and Health Professions rotate through the football program each year, Summers said.

"Our goal as a staff is to make this a great learning environment for them," he said. "We want these aspiring athletic trainers to have a well-rounded experience, not just dealing with injuries, but also to understand the administrative tasks that are necessary and the attention to detail required to be sure they are ready every day for practice and games. They have to know not only the techniques required to treat and rehab athletes' injuries but also the importance of making sure any equipment and supplies that could be needed are available."

Their coursework gives the students knowledge of theories, best practices for diagnosing injuries, evaluating treatment and rehabilitation methods, while the clinical rotation with sports programs gives them real-world experience necessary to prepare them for the profession. The master's students complete several rotations, working with several Razorback teams and area high school teams as well as at physicians' offices and clinics.

Summers played three sports in high school and, as the son of a nurse, was also interested in health care. He earned his bachelor's degree in education from the University of Kentucky in 2002 and his master's in education and health and physical education from the University of Louisville in 2005. As a student at Kentucky, he worked two years with football, one with men's basketball and one with men's tennis. His professional career includes years with the athletic training



Matt Summers joined the U of A athletic training staff in 2009.  
Photo courtesy of the Arkansas Athletic Department

staffs at both Kentucky, Louisville and the San Diego Chargers. He also taught at Kentucky.

"We are fortunate to have resources and an athletic department that give us the opportunity to have the best facilities in the country at Arkansas," Summers said. "The facilities allow us to do the job of managing the health care of athletes at the highest level. From a facilities standpoint, our students are not going to find anything better."

Athletic training can't be learned by what Summers called a cookbook method.

"I tell the students, if you don't know something, ask," he said. "The staff is always around. We don't always have a ton of time to sit down and explain everything we're doing,

*story continued on page 3*



## Program Director's Corner

By Jeff Bonacci, D.A., A.T.C., L.A.T.



Bonacci

Hello Razorback alumni, prospective students, and friends of the athletic training education program.

This past fall semester concluded another banner year for the athletic training education program. Dr. Brendon McDermott and I are investigating possible changes to the curriculum in terms of being more interdisciplinary with other academic

programs at the university and off campus.

Our first collaborative venture in terms of pathophysiology and pharmacology is the Eleanor Mann School of Nursing, which like our program is in the College of Education and Health Professions at the U of A. Also, the nursing program is interested in how the athletic training education program can provide content to nursing students concerning musculoskeletal assessment.

In addition, the University of Arkansas for Medical Sciences is starting a physical therapy program in Fayetteville at the UAMS Northwest regional campus with the first class of 24 students starting this fall. We developed a very good

relationship with the new director, John Jefferson, and I served on a faculty search committee for the physical therapy department.

Also, we have had many positive discussions about how our athletic training education program and the UAMS physical therapy program can interact academically. Initial plans are for athletic training students to have access to and be taught in the new cadaver lab. Anatomy instruction from this perspective will strengthen our students' understanding of musculoskeletal assessment.

The 2015 ninth annual Razorback Winter Symposium had record enrollment of 135 registrants, and the Graduate Education Building was utilized once again. The keynote speaker, Dr. Gary Wilkerson, Ed.D., A.T.C. from the University of Tennessee at Chattanooga, presented an evidence based-medicine BOC two-hour sanctioned lecture on "Reduction of Risk for Progressive Ankle Dysfunction." Five second-year students and two first-year students presented their research in poster format.

Are you going to St. Louis for the NATA 2015? We will have our alumni party at the Morgan Street Brewery on Wednesday, June 24 at 7 p.m. Hope to see you there!!!

All the Best  
GO HOGS

## Students Conducting Research, Presenting at Conferences

By Brendon McDermott, Ph.D., A.T.C.



McDermott

Our program has a goal of representation at state, regional and national meetings in terms of presenting research each year. This spring and summer, we will reach that accomplishment with ease. Many students will present their research projects at the Arkansas Athletic Trainers' Association meeting. We will have two student research presentations this year

at the National Athletic Trainers' Association annual meeting and two students presenting at the American College of Sports Medicine meeting as well.

This summer at NATA in St. Louis, Niki Engler and Katie Luhning will present data from their research projects. Engler's study found that the SCAT 3 concussion test demonstrates moderate reliability over the course of a competitive season in high school football players.

Luhning will present on the effectiveness of a tarp-assisted cooling modality. The method involves cold-water immersion of a hyperthermic patient using a tarp as the tub. Her study found that this method provided adequate cooling

when using 40 gallons of water for immersion.

In San Diego this summer, two students will present clinical case reports at the ACSM annual meeting. Alyssa Plantz will present on a college football player with accelerated return to play following a radial fracture. Megan Smith will present a case on hereditary hemochromatosis in a female soccer player.

We are also proud to report that Tristan Rodik, class of '14, has published a critically appraised paper in the *Journal of Sport Rehabilitation* on the effectiveness of platelet-rich plasma in the treatment of chronic lateral epicondylitis. We plan to have many more publications in future years with our program's name on them.

Some of the research occurring in our lab currently involves testing a phase-change cooling prototype vest for its effectiveness in preventing a rise in body temperature during industrial work in the heat. Another study about to begin involves testing the effect hydration status has on current concussion baseline testing protocols. Lastly, we will be collecting sweat from local athletes in attempts to identify a link between sweat rate or sweat-electrolyte concentrations and muscle cramp risk.

Our students are achieving an abundance of successes in the classroom and beyond.

## Spring Sports Medicine Workshop Focuses on Soft Tissue Injury

The University of Arkansas athletic training education program, along with Physicians' Specialty Hospital, featured the Graston Technique at the fifth annual Razorback Spring Sports Medicine Workshop on March 7 and 8.

Mike Dillon, a certified athletic trainer from the University of Washington, presented the training technique that uses specially designed stainless steel instruments, along with appropriate therapeutic exercise, to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation. The technique is utilized at 2,400 outpatient

facilities and 66 industrial sites, by more than 360 professional and amateur sports organizations, and is part of the curriculum at more than 50 colleges and universities. Dillon has 12 years of experience as an instructor of the Graston Technique

The course offered 12 continuing education units and was considered by the National Athletic Trainers' Association to be at an advanced level. It was offered at the Health, Physical Education and Recreation Building on the U of A campus in Fayetteville.

## Division I Athletic Personnel continued...



Summers and his staff work closely with student-athletes.

but I tell the students, be open to what's going on around you. I encourage them, if they see something they want to get involved in, go for it. Soak it all in; be observant and take initiative."

Summers interned with the San Diego Chargers during the summers of 2000 and 2001 and the 2002 NFL season, and all of his athletic training staff have experience at the professional level.

"We help students get other positions and internships," he said. "Relationships and communication are very important. We have a high level of expectations for these students, and we can help those who want to go on."



## Textbook Author Urges Students to Reconsider the Usual Ways of Doing Things



**C**had Starkey wants students studying to be athletic trainers to question the long-standing treatment approach of using cold on injuries.

Athletic training education students at the University of Arkansas had the opportunity to interact with the author of one of their textbooks when Starkey made a presentation via web

conferencing March 4. He suggested they think carefully and consider each case separately when deciding whether to use a standard treatment such as an ice pack.

The Razorback Athletic Training Association presented Starkey's talk on "The Efficacy of Ice Therapy in the Athletic Training Clinical Setting."

Starkey coordinates the athletic training education program at Ohio University and has written several textbooks. The U of A master's level program uses his book *Therapeutic Modalities*, which is in its fourth edition.

"I want to get the students off autopilot," Starkey said. "We tend to use the same techniques we were taught in school, then we teach those to someone else, then they teach someone ... Evidence-based practice is the art of incorporating scholarly inquiry into patient care."

He also wants to increase the emphasis on putting the patient first.

"Patient-first care is something that ATs historically have not been very good at," Starkey said. "We need to recognize that each person – and each injury – is different. The same treatment 'template' does not apply across the board."

Students should interact with the patient, perform repeated examinations to determine the patient's stage in the healing process and use patient-centered functional outcome measures as benchmarks for recovery, he continued.

His underlying message is that the field of athletic training is at a pivotal point in its evolution, Starkey said.

"If we're going to be a health-care profession, then we need to start acting like one," he said. "Otherwise, we're going to go backward and 'just' be the practice/game 'coverage' people."

## Class of 2017 Hail from 10 States

**NOEL BELCHER** Roundhill, Kentucky,  
Western Kentucky University

**RYAN DAWSON** Lebanon Junction, Kentucky,  
Western Kentucky University

**PATRICK EBKE** Corte Madera, California,  
UC Davis

**MATT FREDRICK** Columbus, Ohio, Hope College

**ALANA HARDEMAN** Newberry, Florida,  
University of Florida

**JANICE LEE** Renton, Washington,  
University of Washington

**SKYLER MABIE** Heber Springs, Arkansas,  
University of Arkansas

**BECCA MORGAN** Conway, Arkansas, Hendrix College  
**CARLAINE MYERS** Newport News, Virginia,

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**SARAH PALMER** Gansevort, New York,  
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**AIRIKA PHILLIPS** Arlington Texas,  
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**CHRISTOPHER REED** Oak Forest, Illinois,  
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**TEDDI REESE** Brewster, Washington, Corban University

**EVELYN TANDY** Crittendon, Kentucky, Earlham College

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