



Center for Sports Health
St. Thomas Hospital
Phone (330) 379-5356

**Sports Medicine
Physicians**

St. Thomas Hospital
20 Olive Street, Suite 201
Akron, Ohio 44310
Phone (330) 379-5051

Western Reserve
5655 Hudson Dr. #200
Hudson, OH 44236
Phone (330) 342-4612

Barberton
201 5th St. NE #14
Barberton, OH 44203
Phone (330) 374-8942

Streetsboro
9318 State Rt. 14
Streetsboro, OH 44241
Phone (330) 422-7820

Sports Rehab Sites

St. Thomas Hospital
444 North Main St Main 3
Akron, OH 44310
Phone (330) 379-5200

Green
3838 Massillon Rd.
Uniontown, OH 44685
Phone: (330)-899-5599

White Pond
750 White Pond Dr.
Akron, OH 44320
Phone: (330) 836-9023

**Natorium Rehab and
Wellness Center**
2345 4th St.
Cuyahoga Falls, OH 44221
Phone: (330) 926-0384

Western Reserve
5625 Hudson Dr.
Hudson, OH 44236
Phone: (330) 655-8070

Wadsworth-Rittman Hospital
195 Wadsworth Road
Wadsworth, Ohio 44281
Phone (330) 334-2838

**Summa Health Center/Anna
Dean**
28 Conservatory Drive #A
Barberton, OH 44203
(330) 615-5000

**Summa Health Center/Lake
Anna**
500 West Hopocan Ave.
Barberton, OH 44203
(330) 615-5020

5th Annual Sports Health Symposium Learner Objectives:

1. Attendees will be able to describe the most common causes of cramping in sports.
2. Attendees will be able to describe the treatment for cramping in sports.
3. Attendees will be able to describe role of NSAIDs in acute athletic injuries.
4. Attendees will be able to describe the present concept of the role of Vitamin D and musculoskeletal pain.
5. Attendees will be able to describe training flaws and common injuries seen in tri-athletes.
6. To obtain basic knowledge of the research that is being developed regarding sideline assessment and management tools
7. To obtain basic knowledge regarding functional MRI progress in identifying changes in the white matter after concussion
8. To learn the recommendations the UPMC Sports Medicine Concussion Program have for use of neuropsych testing in cases of prolonged recovery from concussion
9. To apply the information learned to be able to develop/implement a concussion plan.
10. Learn about the various settings that athletic trainers are involved in, their background and what special skills needed to develop to hold a position in these areas.
11. Discuss challenges to establishing rapport with patients and colleagues and the opportunities that can transpire when rapport is established.
12. Define exercise-associated Hyponatremia, how it is managed, and how it can be prevented.
13. Able to assign appropriate strength program volume based on training goal.
14. Able to assign appropriate strength program volume based on concept of periodization.
15. Discuss the physiological effects of BMS on body tissue
16. Discuss how BMS effects ROM and perceived stiffness in injured ankle and hamstring patients
17. Discuss the short-term benefits of BMS as a treatment protocol
18. Discuss future directions of study relative to BMS in athletic health care
19. Describe how vision affects athletic performance
20. Describe how concussions affect visual performance
21. To learn the common age-related injuries of throwing athletes through the life span and have a basic understanding of the pathophysiology of each injury.
22. To apply the information to develop and implement a treatment plan, including a return to throwing program for injured athletes.
23. To learn the common age-related injuries of runners through the life span and have a basic understanding of the pathophysiology of each injury.
24. To apply the information to develop and implement a treatment plan, including a return to running program for injured athletes.
25. Learn the return to running progression and cross-training techniques.
26. Learn important core strengthening exercises for runners to avoid injury.
27. Discuss the recommended mileage progression to avoid injury.
28. To learn the common age-related injuries of golfers through the life span.
29. Learn to identify the different rehabilitative needs of a high school golfer vs. the recreational golfer.
30. Identify restrictions in ROM/strength which affect golf swing.
31. Understand the basic principles of posture on the golf swing.
32. Identify criteria for appropriate bicycle fit to improve overall rider efficiency.
33. Identify how to recommend appropriate bike with rider's style ie hybrid, road bike, mountain bike
34. Participants will understand how static kettlebell walks activate pillar strength in preparation for kettlebell grinds and ballistic lifts.
35. Participants won't be afraid of ballistic kettlebell lifts.