



Volume 19/ May 2009

DIVISION OF ATHLETIC TRAINING COLLEGE OF HEALTH SCIENCES



Greetings and Awards to ya all! It has been a tremendous year. Can you say UK accolades. "UK Accolades"

Dr. Tim Butterfield has recently been notified that he will be funded for research in collaboration with Ohio State University. The primary and co-investigators include Dr.'s Thomas Best, Denis Guttridge, Butterfield, and Sudha Agarwal. They will study 'The Effectiveness of Massage Therapy In Eccentric Exercise Induced Muscle Weakness And Inflammation'. The total amount of funding from the National Institute of Health (NIH) is \$1, 558, 842.00. This is a significant accomplishment on many levels. It provides funding to support the Muscle Mechanics Laboratory that Dr. Butterfield has built from scratch and it provides funding for additional laboratory and student personnel. It also establishes Dr. Butterfield as a NIH funded researcher which will give him a leg-up as he submits grants as a PI. There are very few athletic trainers performing basic science research and very few funded by the NIH. We are lucky to have his expertise and are excited to watch his laboratory and research agenda grow. Please join me in congratulating him!!!

The Southeast Athletic Trainers' Association (SEATA) inducted Keith Webster, into its Hall of Fame on Saturday, March 21, 2009 in Panama City Beach, Fl. Kudos for his years of dedication and service

Dr. Darren Johnson, Chief of Orthopedics, was recently honored. The NATA has created the Darren L. Johnson Postdoctoral Fellowship Endowment as part of their capital campaign. The honor recognizes Dr. Johnson's commitment to athletic trainers and research.

Dr. Patrick McKeon has been awarded the National Athletic Trainer's Association Research & Education Foundation (NATAREF) Doctoral Dissertation Award. He will be presented with the honor in June at the Athletic Training National Convention in San Antonio, Texas. The NATAREF Doctoral Dissertation Award recognizes doctoral students who advance the athletic training profession through research and education. McKeon was nominated for the honor by other athletic training professors, researchers, and professionals.



Dr. Tim Uhl was recently awarded a Service Award for his leadership and contribution to the NATA REF. Dr. Uhl was the Chairperson of the NATA Free Communications Committee.

Dr. Jennifer Medina McKeon has recently published several papers including one interdisciplinary Critically Appraised Topic paper with an OT in the Rehabilitation Sciences Doctoral Program. Critically Appraised Papers are clinician friendly reviews of the literature addressing a specific question. Her expertise- and that of Dr. Pat McKeon are being highlighted as a workshop in San Antonio.

Matt Hoch (RHB doctoral student) and Ashley Reed (MS 2009) are finalists for NATA Free Communication awards for their research studies.

There are several significant milestones. It has been 8 years since our first master's class graduated. On May 9th, the Class of 2009 graduated from the College of Health Sciences with a Masters degree in Athletic Training. Jim and Keith's vision of a Masters degree in the College of Health Sciences has come to fruition.

Likewise, the first athletic training doctoral student graduated from the interdisciplinary Rehabilitation Sciences Doctoral Program also housed in the College of Health Sci-

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ences. Maureen Dwyer was awarded a PhD and also was awarded the College Research Award for her dissertation.

As I said- it has been a tremendous year!!

Oh yea- we got a new basketball coach but hard to fit any information about him in this issue with all the great things happening with our faculty, staff, students, and alumni.

I hope to see many of you in San Antonio.
CGM

From the Desk of Jim Madaleno, Director of Sports Medicine

As another successful year comes to an end, we get ready to confer degrees on one group and welcome in another. It is hard to believe that the Class of '09 will be the TENTH graduating class of Masters' students since the program officially started in 2000. Kudos to our academic faculty who constantly remind me to not overwork these young professionals....but you know me, I don't listen very well. Each graduate, both undergrad and grad, leave here with a great work ethic and for that I am very proud. The new class of Graduate Assistants come from Universities from coast to coast. It still amazes me how many applications we get for our 7-10 slots each year. Our program continues to attract the very best.

Additionally, our sports teams continue to do well in the SEC and in national competition. Even though our men's basketball team did not do as well as you alums think we should, we have started a new course with the hiring of John Calipari. If you ever wonder how big Kentucky basketball is all you have to do is look at this hiring: The final four was about to start and that was not even heard about during the search process and hiring of THE KENTUCKY BASKETBALL COACH.

(Continued at the top of the next column)

WOW!!! I continue to remind myself and our staff how lucky we are to be in such a great place.

Lastly, our student's research continues to be accepted for national presentations and scholarly journals. Each year the class seems to outdo its predecessor.....What a great compliment to those of you who started it all. Each day I remind our faculty and staff that we must continue to make each of your degrees worth more and more. That can only be accomplished with hard work and continued improvement.

Here is hoping each of you have a great summer.

Wedding Bells....

Katie Naftzinger (2009) became engaged to Brian Palmer of Wyoming, Delaware on March 10, 2009.

Robert Jackson (UK Alum) became engaged to Rebecca Williams of Mt. Dora, FL on March 19, 2009.

Christopher Melton (2009) became engaged to Kate Turner of Burbank, Washington on May 13, 2009.

and Baby Carriages:

John and Jenn Ostrowski (2005) are expecting their first child in July 2009!

Charmaine Cannon-Winfrey (UK Alum) and husband, **Jerome**, welcomed Nashya Sky to the world on February 3, 2009. Nashya was 6 lbs. 14 oz and 19 inches long.

Dave Brajuha (2003) and wife, **Mandy**, welcomed Luca Anthony on April 13, 2009. Luca weighed in at 7 lbs. 13 oz. and was 18.5 inches. *(pictures on page 6)*

Kelly Ramsdell Harkins (2001) and husband, **Toby**, welcomed Sullivan on April 25, 2009. He weighed in at 7 lbs. 2 oz. and was 18.5 inches. *(pictures on page 6)*

Tyler Schlosser (2006) and wife, **Emily**, welcomed Alexander Drew on May 14, 2009. Weighing in at 10 lbs. 6 oz. and measuring 21.5 inches.

Chico "Eugene" Dupas (2004) and wife, **Renita**, welcomed Quincy, on May 14, 2009. He weighed in at 8 lbs. 9 oz. *(picture on page 6)*

Crystal Lanning (2004) and husband, **Shane**, are expecting their second child in September 2009!

Going Hi-Tech!!



Dr. Jen McKeon has created a 5-minute online survey of your most CURRENT ACCOMPLISHMENTS as an athletic trainer and Alumnus of the University of Kentucky. We want to know about your achievements that have impacted the profession. **Please take the time to answer these questions in regards to your accomplishments since June 2008.** If you have already completed this survey that was sent from Kristie Bruner, do NOT take it again.

http://www.surveymonkey.com/s.aspx?sm=dVdnJa_2bO8m1b6JQE6xMJhA_3d_3d

Patrick Watterson recently started a UK Alumni Facebook group for student athletic trainers and graduate students:

<http://www.facebook.com/topic.php?topic=6034&uid=60564646880#/group.php?gid=60564646880>

AWARDS!!

Dr. Patrick McKeon was honored with Dissertation of the Year from NATA REF and the Kenneth L. Knight Award for Outstanding Research Manuscript in 2008 from the Journal of Athletic Training. *(story on page 5)*

Doctoral student **Matt Hoch** received the NATA doctoral scholarship and, while working with **Dr. Patrick McKeon**, received a SEATA research grant.

Keith Webster was inducted to the SEATA Hall of Fame and will be inducted to the NATA Hall of Fame in 2010. *(story on page 4)*

Recent doctoral graduate, **Maureen Dwyer**, received the Robinson Graduate Award for Research Creativity, this award is presented annually to a student closely affiliated with the College of Health Sciences that is engaged in productive and successful scientific research.

Maureen has also been awarded a \$20,000 grant from the University of Kentucky Department of Orthopedics to study gluteus medius muscle activation before and following Total Hip Arthroplasty or Birmingham Hip Resurfacing in patients with unilateral hip osteoarthritis less than 65 years of age. The co-principle investigators are Mauro Giordani, MD and Maureen Dwyer, PhD, ATC; the co-investigators are Kelly Stafford, ATC, and Carl Mattacola, PhD, ATC, FNATA.

Dr. Tim Butterfield, in collaboration with Ohio State University has applied for the NH RO1 grant and has received word that he is in the top 7 percentile of candidates; he will find out in July if he will get the grant. *(story on page 4)*

Dr. Uhl received the NATA REF Service award for his duties as Free Communications Chair from 2007 to 2009. *(story on page 5)*



BREAKING NEWS:

New Jobs and Promotions for our UK Alum!

Abbie Wonnell (2008) took a position in April at IMG Academy in Bradenton, FL. She will be covering tennis at the Nick Bollittieri Tennis Academy; such greats as Andre Agassi, Pete Sampras, Venus and Serena Williams among many others have graduated from this academy.

Carey-Beth James (2000) passed her RN boards and took a position in March at the Children's Hospital of Philadelphia, in the Progressive Care Unit working with medically and developmentally complex patients.

John Ostrowski (2005) took the position of Head Athletic Trainer at Curry College in Milton, MA.

Michelle Boling (2004) is now an assistant professor of the Athletic Training and Physical Therapy Department at the University of North Florida.

Crystal Lanning (2004) will be starting at the University of Wisconsin at River Falls on July 1 as Assistant Athletic Director/Senior Woman Administrator, while maintaining her athletic training position.

Welcome!

Class of 2011:

Jonathan Boone is from the University of Delaware and will be working with UK Football.

Ashley Dee is from the University of Michigan and will be working with UK Volleyball.

Corey Gildea is from Lock Haven University and will be working with UK Swimming and Diving.

Cassie Kavanaugh is from the University of Northern Iowa and will be working at Madison Central High School.

Meghan Quinlevan is from University of Wisconsin- Milwaukee and will be working with the Fayette County Middle Schools

Rebekah Reichard is from Indiana Wesleyan University and will be working with UK Softball.

Kerry Ronan is from Neumann College and will be working at Madison Southern High School.

Zack Sanchez is from the University of Florida and will be working with UK Track and Field.

Jae Hwan Song is from Ball State University and will be working at Berea College.

Angela Whittington is from Ohio University and will be working with the Fayette County Middle Schools.

Webster is inducted into the SEATA Hall of Fame



The Southeast Athletic Trainers' Association (SEATA) inducted Keith Webster, UK Head Athletic Trainer and Assistant Professor in the College of Health Sciences, into its Hall of Fame on Saturday, March 21, 2009 in Panama City Beach, FL.

“To be recognized has been a humbling experience,” said Webster. “Even being considered in a hall with the others before me is quite an honor.”

In 2007, the SEATA Hall of Fame was established to award professionals who dedicate their service to the Athletic Training profession. This induction is the highest honor that a SEATA member can receive.

To be considered for the hall of fame, the athletic trainer must also show enhanced qualities of leadership, service, dedication, scholarly activities, promotion and professionalism.

Webster serves the profession in many ways and has spent more than 30 years as a certified member of the National Athletic Trainers Association (NATA).

Webster filled both the vice president and president roles for the Kentucky Athletic Trainers' Society (KATS) and Georgia Athletic Trainers' Association (GATA). He also served as chair and as a member of various committees for KATS and GATA including: legislative, reimbursement, scholarship, and student membership.

“I became known for the work I have done in regards to athletic training legislation and have tried to convince legislators to recognize the profession's importance,” said Webster.

Not only has Webster worked on the regional level, but he has influenced the government on a national level as well.

One of Webster's most memorable experiences was when he led a task force to Washington to meet with officials in Washington, D.C. to discuss HIPAA patient privacy implications for athletic trainers.

Students are now Webster's main focus. He believes it is important for young professionals to start making an impact.

For the next generation of hall of famers, Webster gave some insight on how to succeed in the profession.

“I got to this point because of mentorship and I could not have done this without people guiding me along the way,” said Webster. “I always tell my students, ‘this is your profession, so get involved and make an impact.’”

Thanks to Gina Ehrhard for conducting this interview with Keith Webster, ATC.

Dr. Butterfield in 7th percentile for NIH R01 Grant

Dr. Butterfield is studying “Massage Therapy in Eccentric Exercise Induced Muscle Weakness and Inflammation” on New Zealand White rabbits in collaboration with Ohio State University.

The investigators for the study are: Dr. Thomas Best, MD, PhD (department of Family Medicine OSU); Dr. Denis Guttridge (Dept of Molecular Virology, Immunology and Medical Genetics, OSU); Dr. Sudha Agarwal (Dept of Dentistry, OSU) and Dr. Yi Zhao (Dept of Biomedical Engineering, OSU). With Dr. Best as the PI (principle investigator) and Dr. Butterfield as the CO-I (co-investigator and sole rep of UK).



Although the effectiveness of massage for overcoming muscle weakness following exercise is limited to mostly anecdotal evidence, Americans make more than 160 mil-

lion visits annually to seek relief of musculoskeletal weakness and pain by manipulative or body-based practices. However, neither the mechanisms of actions nor the effectiveness or optimal strategies for massage therapies have been conclusively demonstrated. A systematic understanding of the mechanism of action of massage therapies is essential to understand the basis of their effectiveness and to develop innovative approaches to maximize their clinical effectiveness.

The purpose of this study is to assess the link between mechanical, compressive loads applied to muscle and the subsequent cellular responses. In essence, this is a “bench to bedside” translational study to measure the efficacy of mechanical perturbation applied to muscle, through the quantification of the reparative, regenerative and inflammatory responses at the cellular level. The goal is to uncover some mechanotransduction pathways that provide the link between the clinical application of massage therapy, and the underlying response at the tissue level.

Dr. Patrick McKeon receives two distinguished honors



Dr. Patrick McKeon, a [UK College of Health Sciences](#) professor, has been awarded the National Athletic Trainer's Association Research & Education Foundation (NATAREF) Doctoral Dissertation Award. He will be presented with the honor in June at the Athletic Training National Convention in San Antonio, Texas.

The NATAREF Doctoral Dissertation Award recognizes doctoral students who advance the athletic training profession through research and education. McKeon was nominated for the honor by other athletic training professors, researchers and professionals.

"I am honored to be recognized by my peers and to know that my work has been well received," said McKeon. "My dissertation combines aspects of lab, clinical practice and patient values in one study."

Recipients for the NATAREF Dissertation Award are selected based on the following criteria: quality of study and dissertation, impact and relevance to athletic training and health care of the physically active and potential for future research.

McKeon's doctoral research set out to determine if a four-week period of balance training would improve function in adults with chronic ankle instability (CAI).

McKeon conducted his study on 31 young adults and concluded that four weeks of balance training does, in fact, improve "self-reported function, static postural control and dynamic postural control."

McKeon's main focus is to advance the future of the athletic training profession, stating that what means the most to him is that "the development of a new idea based on motor control theory and clinical experience can give a brand new approach to clinical research and, as a result, clinical practice."

Dr. Uhl receives NATA REF Service Award

Dr. Uhl served as the Free Communication Chair from 2007 to 2009; this is a sub-committee of the NATA Foundation Research Committee which he has been on since 2003. This job requires him to oversee the abstract submission review process. In his time in this position he coordinated a yearly face to face meeting in January for 12 other professionals who all came together to score abstracts, discuss acceptance or rejection of abstracts, and organize the abstracts into topics that have similar interest. The committee manages between 350 and 400 abstracts a year.



In his three years, the following have been established:

- Devised a scoring system to help reviewers when evaluating abstracts.
- Provided examples of abstracts and the scoring system

for oral and poster presentations online.

- Established an electronic submission and reviewing process to increase the committees development and efficiency
- Established a student exchange program for undergraduate and masters level students to allow for more presentations at the national level and exchange of ideas

While holding this position, Dr. Uhl has learned a lot personally as well. Realizing he is a detailed worker and is much better at solving problems one at a time, which is why, he believes, that he and Dr. Mattacola work so well together. Dr. Uhl is the detail person and Dr. Mattacola is the "big picture guy." He has also learned how to write more clearly himself by reading others' work.

Professionally he feels that the Free Communication Committee has raised the bar for research abstract standards and our profession has responded positively to this.



Photo Gallery



The Brajuha's with newborn, Luca Anthony; April 13, 2009



Alexander Drew Schlosser



Kelly Ramsdell Harkins with baby Sullivan



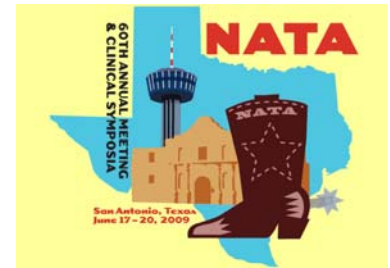
Chico Dupas with newborn son Quincy

BLAST FROM THE PAST: The first class of graduate students started 10 years ago!!

Left to Right: Carl Mattacola, Jim Madaleno, Mark Rund, Kelly Ramsdell Harkins, Brian Wise, Amy Miller, Pat Sawyer, Jamey Carver, Tim Uhl, Keith Webster

Be sure to stop by the UK Alumni Party (details on page 8)...look at who came last year!





Thursday, June 18th

Michael Booi	Lateral Ankle Ligament Anesthesia Impairs Single Limb Postural Control	Session Title: Student Award Finalists	11-12:00pm
Bart Branam	A Division I football player with recurrent debilitating hip pain	Session Title: Case Report Posters	11-12:00pm
Katie Naftzinger	A comparison between bone density of the distal tibia in swimmers with and without MTSS following dry-land, weight-bearing training	Session Title: Physiological Response to Physical Activity—Poster	11-12:00pm
Ashley Reed	Estimated Survival Probabilities for Return to Play Outcomes from Ankle Sprains, Knee Sprains, and Concussion in High School Athletes	Session Title: Masters Student Award Finalist—Oral	8:45-9:00am
David Jacobs	Knee Pain in a High School Football Player	Poster	8-12:00pm
Erica Dhuy	Radiographic Error when Diagnosing ACL Deficient Knee 1 year Post Acute Trauma.	Poster	8-12:00pm

Friday, June 19th

Jennifer Wallace	Great toe injury in a collegiate soccer player	Session Title: Case Report Posters	10:30-11:30am
Corey Wingen	Anteromedial Thigh Pain in a Collegiate Cross Country Runner	Session Title: Lower Extremity Case Reports	5-5:15pm
Melissa Leake	Reliability of Tibial Bone Mineral Density Measures Using a Novel Manual Regional Analysis of Dual-Energy X-Ray Absorptiometry Scans	Session Title: Psychometrics in Athletic Training	10:30-11:30am
Amy Waugh	Degenerative Disc Disease with Subsequent Discectomy in a 15 y/o athlete	Oral	8:45am

Saturday, June 20th

Dr. Jen McKeon with Dr. Pat McKeon, Dr. Tim Butterfield, and Dr. Hosey	A Novel Clinical Agility Test to Discriminate Between Law Enforcement Officers Who Are Obese and Who Are Not	Session Title: Muscle Function & Performance Testing	11-12:00pm
Ashley Reed	Estimated Survival Probabilities for Return to Play Outcomes from Ankle Sprains, Knee Sprains, and Concussion in High School Athletes	Session Title: Injury Epidemiology — Oral	10:45-11:00am
Michael Booi	Lateral Ankle Ligament Anesthesia Impairs Single Limb Postural Control	Session Title: Ankle & Foot Research —Poster	11-12:00pm
Jenni Williams	Near Syncope in a High School Basketball Player	Oral	2:30pm
Kara Frey	Abdominal Injury in a 16 y/o Football Player	Oral	3:30pm



The **University of Kentucky** will be hosting its annual alumni party at the NATA convention at:



HOWL AT THE MOON CAFE

FRIDAY JUNE 19TH

5:00-8:00pm

Home to the world's best greatest rock n' roll dueling piano show!!

111 West Crocket St.
Suite 201

Alumni Party