



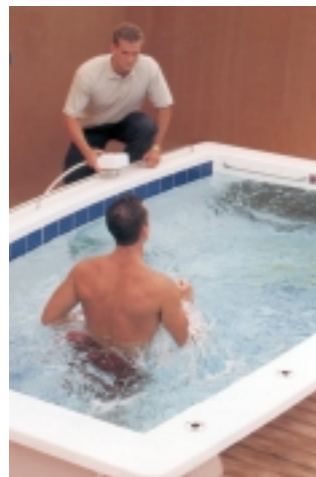
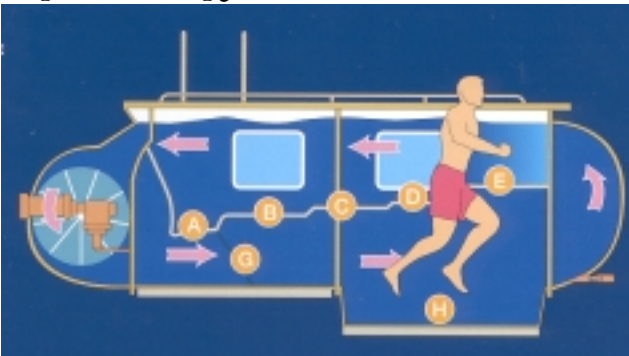
DIVISION OF ATHLETIC TRAINING COLLEGE OF ALLIED HEALTH PROFESSIONS *Alumni News*



While the arrival of autumn often signifies a slowing down period in preparation of winter...such is not the case for Athletic Training. It has been an exciting fall at the University of Kentucky. We have welcomed to the University our second class of Master's students. Six new students have been enrolled, and in addition to their course work they provide athletic training services to the University and the Lexington community. Two of the six students are currently working through the Department of Athletics (Mari Haggerty & Jaclyn Kaylor), while we have one student at each of the following sites: Centre College (Aaron Sciascia), Transylvania College (Maureen Dwyer), McDowell Wellness Center/East Jessamine High School (Eric Gahan), Asbury College (Chad Rankin) and Lexington Christian Academy (Ann Suter). Please note that Ann Suter is a doctoral student. Joining the UK family are the following clinical supervisors: Jamey Gay (Centre College), Steve Zimmerman (Transylvania University), Greg Rose (McDowell Wellness Center), Christine Uhl (Asbury College), and Roger Newton (Lexington Christian Academy), please join me in welcoming and thanking them for their support.

As promised we have a web site that is now accessible. Please feel free to check-it-out and send suggestions and comments. We look forward to your suggestions.

The acquisition of the new SwimEx (below) provides the ability to perform resistive aquatic therapy.



You may access our website at the following address: http://www.mccs.uky.edu/athletic_training/. Note that this a different address than was reported in the Spring Newsletter.

We would like to welcome Ross Blackport back to UK. He is the Assistant Athletic Trainer for Football. We have a great group of clinical athletic trainers/supervisors at the University. They include: Ross Blackport, David Kindy, Jim Madaleno, Amy Plas-Marlin, Walt McCombs & Keith Webster. They are energetic, engaging, and supportive. Tim & I have appreciated their cooperation and help as the Program continues to grow and develop. As such, we will try to keep you updated with what is happening in their "Worlds". In this issue, we have insights from Jim Madaleno, a research update from Dr. Tim Uhl and a student's perspective from Matt Summers.

Carl Mattacola

Wow has time flown by! In what seems a short time ago, I was hired at the University of Kentucky with a charge from then athletic director, C.M. Newton, to start an athletic training education program. Three and one-half years later all the pieces of the puzzle are complete: (1) The Athletic Training Program is a well-respected entity of the College of Allied Health and the College of Education's Department of Kinesiology and Health Promotion; (2) The two faculty slots have been filled by "nationally respected academic professionals" in Drs. Carl Mattacola and Tim Uhl; (3) 13 graduate students are enrolled in the program's OFFICIAL inaugural class; and most of all (4) athletic training research is being conducted. Additionally, the Chancellor for Research and Graduate Studies in the Medical Center appropriated funding for a Neuro-Com System & EMG System to "kick start" the program's research efforts. The Athletic Association has also stepped to the plate with additional funding to support the graduate assistantships. In a short time, the athletic training education program is ready to compete on a national level for the country's best graduates from CAHEP Approved Undergraduate Curriculums. Look out Virginia and North Carolina; there's a new kid on the block.

In the athletic training facility picture, a "SwimEx" Aquatic Therapy Unit is being installed in what was the track locker room in Shively Sports Center. In fact, that entire room has been given to athletic training and is now being created into a storeroom and data collection lab for our athletic training students to conduct research on our athletes at their convenience. The SwimEx should be fully operational by December 1st along with the construction of the storeroom and lab. We invite any of our alumni, who happen to be in the Lexington area, to stop by and visit this new addition.

*Jim Madaleno, ATC
Head Athletic Trainer, Football*

Tim's Research Corner



The second year graduate students are all furiously collecting data on their respective research. Jamey Carver and Brian Wise have been studying closed chain shoulder exercises using surface and indwelling EMG. Pat Sawyer is examining the effectiveness of moist heat packs on increasing muscle temperature and improving flexibility. Kelly Ramsdell is investigating the postural deficits that occur following ankle fatigue. Amy Miller is longitudinally evaluating the effectiveness of orthotics on postural stability and foot mechanics. Mark Rund has been bringing back Dr. Johnson's ACL subjects and evaluating their ligamentous and functional stability. All of these projects look to be concluded by the end of the semester in hopes to be presented at the 2001 NATA meeting in Los Angeles, CA. We are extremely proud that all the students have undertaken a master's thesis project and are progressing nicely to finishing their projects in time for 2001 graduation.

The first year graduate students are starting to hone in on their projects. They are all working hard on getting their questions focused to contribute to the athletic training professions ever growing knowledge base. We hope to have their projects started in the spring of 2001.

Along with these projects Dr.'s Mattacola and Uhl have been collaborating on some other projects. Dr. Mattacola has been working with UKSM family practice physician Dr. Rob Hosey on 2 sliding studies. One looking at the incidence of injuries in high school athletics and a biomechanical analysis to determine if head-first vs. feet-first sliding is faster. Carl has also spearheaded UK's participation in the Lexington ACL prospective outcome study. This is a joint effort between the 3 sports medicine centers in Lexington, University of Kentucky Sports Medicine, Kentucky Sports Medicine, and Lexington Sports Medicine Center. This project has tremendous potential in answering many of questions regarding ACL injuries. Carl and Bryon Ballentyne of KSM have put many man hours into writing the IRB and coordinating communication between the centers.

Carl and Tim have been collaborating with Dr. Geza Bruckner and Jon Lenn of UK's Division of Clinical Nutrition on a nutritional supplement cocktail to reduce muscle soreness. Data collection is ongoing with an expected completion in early December. Carl and Tim have also been guiding 8 of the UK physical therapy students with their master projects. These students are investigating the effectiveness of taping alone and taping combined with spatting on postural stability.

Dr. Uhl has also been guiding two other groups of PT students. One group is examining the effectiveness of EMU oil on reducing knee arthritis pain and improving mobility. The other group is performing a retrospective inspection of rotator cuff surgeries performed in 1996 and 1999 to compare outcome differences. Dr. Scott Mair and Tim have received a \$13,000.00 research grant from the University of Kentucky to study radiographic changes in youth baseball athletes. This project has received a lot of media attention from the local newspaper, television, and radio stations; thanks to our excellent PR coordinator Tammy Gay. Data collection should be completed in early November. Dr. Uhl has also been finishing up some of his previous research projects with Dr. Ben Kibler on scapular firing patterns and a new scapular dyskinetic classification system. This research is being presented at the American Shoulder and Elbow Surgeons National meeting in October and at The American American Association of Physical Medicine and Rehabilitation in November. Tim and Carl are very pleased with the progression of all our research projects. In basically a little over one year we have had approximately 8 abstracts published and 6 articles published in peer-reviewed journals. The University of Kentucky Athletic Training Program is starting to make an impact in the world of sports medicine research.

Tim Uhl

Alumni Update

Class of 2000

Carey-Beth James, MS, ATC
Assistant Athletic Trainer
University of Hartford

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Newsworthy

Please go the following site to find information related to Alumni & past issues of the newsletter- http://www.mccs.uky.edu/athletic_training/alumni.htm Please submit any news that you would like posted to the website or included in the next newsletter to the following address: carlmat@pop.uky.edu

Amy Plas & Ryan Marlin were married in Lexington, KY this summer.

David & Jill Kindy are the proud parents of a baby boy (Andrew-Glen).

Jeff & Mary Allen are the proud parents of a baby girl (Mary-Makannah). Jeff recently left UK to advance his career by becoming the Head Athletic Trainer at the University of Tennessee at Chattanooga. We miss Jeff & Mary! and wish them all the best.

Ross Blackport and Megan Spohn were recently engaged.

Recent Accomplishments

Dr. Tim Uhl recently attended a reception in Ann Arbor and received the "Alumni Achievement within 10 Years Award" from the Department of Kinesiology at the University of Michigan. The award recognizes an alumnus who has demonstrated outstanding professional achievements within 10 years from the time they graduated.

Mari Haggerty was recently awarded a Sears Scholarship from the Pennsylvania State University. The scholarship is awarded to a post-baccalaureate student who has demonstrated outstanding academic achievement.

Kelly Ramsdell was recently inducted into Alpha Eta, which is an Allied Health Honorary.

Student News

The Student Perspective by Matthew Summers

A major step in becoming a successful athletic trainer is the wide variety of experiences, roles and responsibilities that we receive while being a student athletic trainer at The University of Kentucky. A primary source of learning is being assigned to an individual sport as the student athletic trainer. This position requires the student to take a leadership role in providing care for student athletes.

The following student athletic trainers have been assigned a sport they cover primarily on their own:

NAME	HOMETOWN	SPORT
Tim Pike	Harrodsburg, Kentucky	Men's Soccer
Mary-Bec Gwyn	Duluth, Georgia	Women's Soccer
Matthew Summers	Bardstown, Kentucky	Men's Tennis
Amy Waugh	Paris, Kentucky	Women's Tennis
Jessica Hamilton	Pikeville, Kentucky	Pom Squad
Amanda Masten	Dublin, Ohio	Cheerleading

This, being my third year as a student athletic trainer at The University of Kentucky, I was fortunate to receive the assignment of men's tennis. This assignment has allowed me the opportunity to develop my clinical, decision-making and communication skills in many different areas of athletic training. I have the responsibility of making "the call" on athletes' injuries. Based upon the type of injury the athletes have, I use my decision-making skills to determine the athletes playing status. Some of my other responsibilities include: completing daily injury reports, communication with head coach on a regular basis and daily communication with a graduate assistant.

Mary-Bec Gwyn is also a third year student athletic trainer. She is assigned to the women's soccer team. Mary-Bec listed her top priorities of responsibilities as being accountable for rehabilitation programs, making travel plans, covering practice times and games. In the future, Mary-Bec feels that being able to handle responsibilities she has now will improve her candidacy as a graduate assistant and full-time athletic trainer.

As a student athletic trainer, it is important that we realize the roles and responsibilities of being assigned a specific sport. This assignment allows us the opportunity to develop our skills and have better understanding of what it takes to, be successful in athletic training professions.