



DIVISION OF ATHLETIC TRAINING
COLLEGE OF ALLIED HEALTH PROFESSIONS
Alumni News



The events of September 11th 2001 occupy much of our thoughts and conversations. Our hearts, prayers, and support go out to the families and friends of those affected by these tragic events. While the events have raised the awareness and joined Americans like never before, the feeling of unity and working for a common cause is a familiar feeling at UK. The same excitement and determination that I see in Americans is similar to the excitement and commitment I see in our faculty, medical staff, and students. The tragic events of September 11, 2001 provide a realization that the relationships we have carved and the mission of our lives are ever-so important; I am grateful that I have worked- and get to work with such great students and colleagues.

At the Lexington level, the "State of our Program is strong". The current students continue to build on the foundation of last year's class and our faculty and staff strive to be their best. The construction of the new Allied Health & Aging Building is on track. We anticipate moving-in next summer. While our current facilities aren't lacking, the new building will place our program in a facility that will be second-to-none. We invite ya'all to stop by and see our new facilities and laboratory.

Your support of your program is always appreciated. Your verbal support has paid off! We have had a number of potential students mention that they heard about the University of Kentucky from former graduates. Please continue promoting our efforts. We are only as good as our graduates and your success will speak volumes of our effort.

We have established an Alumni Fund. We ask that if you are inclined to make a contribution to your alma mater, that you consider targeting it for the Division of Athletic Training. Please make checks payable to the Division of Athletic Training Alumni Fund, c/o our address. All donations are tax-deductible.

As you know, many of our benchmark institutions have been in the graduate athletic training business for many years, and many have strong alumni and financial support. Every contribution helps, and we appreciate your support. All money will go to support costs associated with student needs, e.g., helping with costs for research presentations, poster preparation, equipment needs etc.

In this issue, we have insights from Jim Madaleno, and Keith Webster, a research update from Dr. Tim Uhl and a student's tribute to Dr. John Perrine, written by Courtney Mulvihill. Dr. Perrine has announced his retirement and will be sorely missed. I had the pleasure of sitting with Dr. Perrine last year at a conference dinner. It was one of the more enjoyable evenings I have had in years. Dr. Perrine is a gentleman and a scholar. I was impressed with his knowledge and genuine interest in all that life has to offer. He is an avid reader and athlete. He has led by example and his methodology is sound. Keith Webster has placed a call to alumni to share their favorite Dr. Perrine story. Mine involves a football player who had a headache that wouldn't subside, and feelings of anxiety. While Dr. Perrine examined this homesick and "camp tired" youth, he dryly confided to the student-athlete that he shouldn't be so concerned with the demise of the stock market; "it certainly will bounce back, as you are too young to have such stress over market fluctuations". While the humor of the statement might have been lost; Dr. Perrine placed this lad at ease and taught me a lesson in bed side manner.

Carl Mattacola

Newsorthy

Misty Driscoll & Keith Conrad were married in Lexington, KY on October 27th.

Jaclyn (Kaylor) Baker (2002) was married June 9th to Carey Baker in Leesburg, Georgia.

Ann (Suter) Livengood (2003) was married July 7th to Larry Livengood in Philadelphia, PA.

Eric Buckman has left Stanford University and is now an assistant athletic trainer with the Cleveland Browns

Dr. David Caborn has decided to pursue new opportunities. He has accepted a position at the University of Louisville. We will miss him, and wish him luck.

Patricia McGinn is a new doctoral student at UK. Patricia completed her masters' degree at Auburn University and is working in the Kentucky Sports Medicine Clinic with Dr. Darren Johnson via a collaborative agreement with Dj Orthopedics.

Dr. Tim Uhl(1985) & Jim Madaleno recently had a chapter published in Clinics in Sports Medicine. The title of the chapter is Rehabilitation Concepts and Supportive Devices for Overuse Injuries of the Upper Extremities.

Carey-Beth James (2000) & Dr. Tim Uhl, have an article soon to be published in the Journal of Athletic Training. The title of the article is: Glucosamine Sulfate: A Review of Literature and Use.

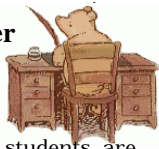
Recent Accomplishments

Albert & Sue Stanley-Green were awarded the Most Distinguished Athletic Trainer Award at the 2001 NATA Awards Luncheon.

Dr. Tim Uhl was recognized by the Journal of Athletic Training (JAT) at the June Editorial Meeting for his work as a guest editor for the JAT Special Issue related to the shoulder.

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Tim's Research Corner



I am happy to report that our second year graduate athletic training students are all hard at work collecting data in pursuit of their thesis project. We have several very interesting research projects this year. Maureen Dwyer is doing a longitudinal training study to determine how strength and balance is improved over a period of 6 weeks. Chad Rankin and Jaclyn Baker are evaluating landing performance with and without ankle braces to determine their effectiveness in helping control ankle stability. Eric Gahan is examining the relationship between leg strength and functional tests. Heather Mattocks is investigating the reliability of a scapular dyskinesis classification system. Aaron Sciascia is evaluating EMG activity during standard shoulder strengthening exercises in athletes with hyperlaxity and multidirectional shoulder instability to determine if it is similar to normal healthy shoulders. Mari Haggerty is investigating the reliability of a dynamic assessment of neuromuscular control of the shoulder with the biodex. We all look forward to hearing their conclusions, as they all look forward to the conclusion of their studies.

We have updated our webpage recently to include a research section. This section has a list of UK's Division of Athletic Training publications, abstracts, and links to our research laboratories. We hope you take a quick moment to see what your alma mater is contributing to the profession of athletic training and the field of sports medicine. We are becoming scientific contributors not only in the field of athletic training but also have had our research accepted at the national meeting(s) of the Academy of Orthopaedic Society for Sports Medicine (AOSSM), the American Shoulder and Elbow Society, and Experimental Biology.

I would like to share with you some of the results of last year's graduate student projects. Perhaps you will find this information helpful in your practice. Amy Miller evaluated individuals with and without biomechanical foot abnormalities. She provided each subject with a pair of foot orthoses, compliments of Foot Management. She discovered that after 6 weeks of wearing the orthotics standing balance improved in both groups, particularly in the individual with biomechanical foot abnormalities. This suggests that orthotics may enhance stability of individuals along with improving their foot biomechanics.

Pat Sawyer sought to determine if the application of a hot pack increases flexibility without any concurrent treatment. The results were not encouraging; there was an approximate 4% increase in flexibility compared to the pre hot pack length.

However, we discovered a very interesting phenomenon which occurred as a result of the hot pack application. Applying a hot pack over the hamstring produced an average of .2°C drop in intramuscular temperature for the first 15 minutes of the hot pack. We concluded that if you are going to use a hot pack to increase muscle flexibility you need to stretch with the hot pack on, and you need to keep the hot pack on 20-25 minutes to increase intramuscular temperature.

Brian Wise and Jamey Carver initiated what we hope to be a series of studies examining open and closed chain exercises focusing on the upper extremity. The use of closed chain exercises is becoming integrated into many shoulder rehabilitation protocols with minimal understanding of what muscular demands are being placed on the shoulder. Jamey determined that as you increase the compressive load across the shoulder by supporting a greater percentage of body weight with your arm, that there is increased muscular activity, particularly in the infraspinatus and posterior deltoid. He also demonstrated that two-handed exercises such as a push-up bias anterior musculature while one-handed exercises bias the posterior musculature. Brian's study revealed that demand placed on the rotator cuff musculature was less when performing AROM exercises with the arm supported (closed chain) vs. unsupported (open chain). We hope to follow up with further studies investigating the natural progression of shoulder exercises so not to place excessive demands on the shoulder musculature during rehabilitation.

We hope that our projects interest and help you in your clinical practice. If you have a research idea or question that you think we might be able to help you out with, please feel free to contact us.

Tim Uhl



Well, another group of graduate and undergraduate athletic training students have come and gone. It seems like it gets faster every two years. I am proud to say, though, that the graduate program is progressing like a "fine wine...it is getting better with age." We are so proud to be working each and every day to make your degree more respected in the profession. The University of Kentucky Athletic Training Program has been respected for years, but as you all realize, each day you are either PROgressing or REgressing. There is no such term as "staying the same."

A few of the improvements, like the Swim-Ex and the off-campus affiliations for our graduate program were mentioned in last year's newsletters. Additionally, our athletic director Larry Ivy has allocated further space to our program. For you OLD people, the track locker room in Shively has been converted into an additional storeroom for our program along with a "Data Collection Lab". This area will assist our graduate students, who are compiling research data for their theses, to be able to bring their subjects "next door or across the hall" to measure/record/evaluate without inconveniencing either the GA or the athlete. We ask our GA's to put in a lot of time clinically in coverage of their sport, so anything we can do that allows them to more efficiently collect their data continues to be a goal of this athletic training staff. As I am sure you all realize, RESEARCH is our future in this profession.

Whether it is formal or informal discussion, published case studies or projects, or formal presentations we are sharing our knowledge. When we cease to share both the successes and failures, that is when we "stop growing professionally." The more we can have our athletic training faculty, students, and staff published the more respected your degree becomes along with your alma mater.

Finally, I'd like to extend my sincere congratulations to former UK Athletic Trainers Al Green and Sue Stanley-Green who were honored with the "Most Distinguished Athletic Trainer" award, along with 2001 UK Graduate Mark Rund who received an NATA National Scholarship Award. Both were presented at the NATA National Symposium in Los Angeles this past summer. All of us should be proud that the UK name continues to be honored in our profession.

Thanks to all of you for continuing to speak positively about YOUR program. We will continue to keep PROgressing with the program we are lucky to be a part of.

Jim Madaleno, ATC
Head Athletic Trainer, Football



Feature Spotlight

A dear and respected friend is leaving the UK sports medicine team. Dr. John Perrine has announced his retirement for January 2002. He was recognized at the October 8th home football game against Ball State for the many years that he has worked with UK athletics. The ceremony consisted of a 5- minute long speech and a huge ovation of over 60,000 people, which included his three adult children and five grandchildren.

Originally from Maysville, KY, Dr. Perrine received his bachelor's degree at UK. Following that, he did his medical training at Vanderbilt. His medical career started in 1965 at UK. He was only here for a year before he moved to private practice, but in that time he had already started consistently seeing athletes. After he left UK, Dr. Perrine states that, " they kept sending players to me." It is clear to see that even in that short year, Dr. Perrine had an effect on the athletes. Some may ask how someone could make such an impression in such a short time. According to Jim Madaleno, head football athletic trainer, "What makes Dr. Perrine tick is what's best for the patient...He doesn't say 'What's best for the player?' He asks, 'What's best for the patient medically and mentally?' He's taught me that the No. 1 component in treating athletes is, 'Never let an athlete's emotion dictate medical care. Let the signs and symptoms dictate care.' Because of that, the kids really trust him. Talking to Dr. Perrine is like talking to your dad or your grandfather. There are several instances when kids have had personal issues and they've asked specifically for him. He has a comforting tone of voice and he never loses his temper. He's a level head in a role in which that trait is greatly needed."

It is that kind of caring and compassion that has made Dr. Perrine a trusted caregiver and friend for the past 37 seasons. Dr. Darren Johnson, Chairman of Orthopedics at UK and team orthopedist, states, " It's hard to find someone who has the passion for kids that Dr. Perrine has...He doesn't do it for the money or for the glory of being associated with the team. He just cares about the kids. That's the bottom line with him."

It would be quite a task to count the number of athletes Dr. Perrine has seen over the years. More importantly though, I am sure that he has affected an immeasurable amount of lives by listening and caring for not only student-athletes, but also for all of those working around him. His calm, quiet, caring attitude will be missed in seasons to come. He will however, stay close to home. He plans to remain in Lexington and spend time with his three adult children and five grandchildren.

by Courtney Mulvihill



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As the fall semester unfolds, there have been many changes on our staff. The obvious ones include the new class of graduate assistants who replace the six that graduated last May. Each class has raised the bar of excellence from the previous one thus adding pressure to the new group! There is little doubt that the program is moving in the right direction. I am very proud of all of the past GA's for the way they represent our program. They demonstrate the professionalism and skills that we all strive for. I also want to recognize the fact that their undergraduate experiences have prepared them very well for their future successes.

Other changes occurred in the athletic medicine staff. David Caborn, MD left in October to take a position in Louisville. His dedication and hard work over the years is much appreciated. David's expertise and teaching skills will be sorely missed as the search is on for another sports medicine orthopaedic surgeon.

The sports event coverage and medical care of our athletes have been greatly enhanced by the increased involvement of our sports medicine/family practice physicians and their Fellows. Drs. Tom Armsey and Rob Hosey direct this program which includes this year's Fellows George Phillips and Todd Grime. Besides covering our Olympic sports contests, they come to the athletic training rooms to evaluate and treat our athletes in coordination with UHS and UK Sports Medicine.

The biggest change for me is the forthcoming retirement of Dr. John Perrine at the end of the year. I am sure that each of you has a favorite story to tell about John, in fact I would encourage you to send it in for us to compile with others and present to him before he leaves. We've all recognized the support and contributions John has made for athletic trainers, but I am one who is fortunate enough to know him both as an undergraduate student and now as a full time staff member. Besides having vast knowledge (from 37 years on the job) and exceptional medical skills, John's most outstanding attribute is the caring and compassion he has for UK student athletes. In case you missed it, Larry Ivy presented John with a plaque during the Ball State football game in appreciation for his many years of service.

We are pleased to announce that Jim Jagger, MD has been named the new Medical Director of UHS and UK team physician. Jim began his new job in August and is working with Dr. Perrine to make the transition a smooth one.

*Keith Webster, ATC (1978)
Head Athletic Trainer, Administration*

PLACEMENT OF 2001 GRADUATES

<u>NAME</u>	<u>POSITION</u>	<u>LOCATION</u>
Jamey Carver, MS, ATC	Assistant Athletic Trainer	Morehead State University, Morehead, KY
Amy Miller, MS, ATC	Instructor/Assistant Athletic Trainer	Canisius College, Buffalo, NY
Kelly Ramsdell, MS, ATC	Instructor/Assistant Athletic Trainer	Erskine College, Due West, SC
Mark Rund, MS, ATC	Assistant Athletic Trainer/Graduate Student	University of Georgia, Athens, GA
Patrick Sawyer, MS, ATC	Head Athletic Trainer	Spain Park High School, Hoover, AL
Brian Wise, MS, ATC	Sales Associate	Dj Orthopedics, Cincinnati, OH