

DIVISION OF ATHLETIC TRAINING

COLLEGE OF HEALTH SCIENCES

Alumni News



Keep on Dreaming! This phrase was the theme of a video that Jim Madaleno and the Video Production team @ Nutter Training Facility developed. The video was a tribute to our graduating masters' students. It highlighted their clinical and academic accomplishments. Appreciation of the development and growth of our students is evident at this juncture. Our students are well prepared and committed life-long learners. They have the dedication and clinical framework to be successful. It is our hope that they Keep on Dreaming as creative and productive members of our profession.

It has been another exciting year at the University. The quantity of the scholarship has remained steady and the recognition of our students and faculty is evident throughout this newsletter.

Please mark your calendars for Thursday June 27th, 2003. We will hold an alumni gathering @ Morgan Street Brewery in St. Louis. Please join us and Thank our Sponsor DJ Ortho for their generous support.

Each spring I have made a request for Alumnus to support the athletic training educational program when giving back to the UK. To date, not one alumnus has contributed to the Division of Athletic Training Alumni Fund. I encourage you to improve our contribution percentage and I look forward to seeing you in St. Louis.

Carl Mattacola



Newsworthy

Keith Webster was recently honored with the Administrative/Education Award of the KATS meeting.

Walt McCombs is a recent recipient of the Backbone Award, for being an outstanding assistant athletic trainer.

Former UK student, **Shaun Flora** can be seen on the cover of the March 2003 issue of JOSPT. This photo was taken during the data collection for Jamey Carver's thesis.

SEATA's Research & Education Foundation has recently awarded **Lori Bolgla, & Dr's. Mattacola, Malone, Uhl, & Mair**, a research grant to investigate the effect of a simulated effusion on quad performance.

Stacy Downar, a first year GA, has been awarded a scholarship from the Carolinas Credit Union Foundation.

Courtney Mulvihill was recently inducted into the Alpha Eta Society.

Amy Waugh received the McLellan scholarship for being an outstanding athletic training student.

Newsworthy

Aaron Sciascia has recently joined the staff at the Lexington Clinic.

Dr's. Tim Uhl, Carl Mattacola & Professor Tony English, have received approval of a proposal submitted to Baltimore Therapeutic Equipment Company. They will investigate the company's latest strengthening device, the Primus. The research will be done in collaboration with the Divisions of Athletic Training and Physical Therapy.

Brian Wise was inducted into the College of Health Sciences Hall of Fame February 21st, 2003.

Three of our athletic training graduate students have been awarded a National Athletic Trainers Association Graduate Scholarship. **Cale Jacobs, Nina Kushinsky, & Stacy Downar** will all be recognized at the NATA Awards Luncheon in St. Louis.

Drs. Tim Uhl & Robert Shapiro appeared on local television on April 1st to discuss the USTA-funded tennis study they are conducting.

Patti McGinn has been awarded a product donation of Theraband from Hygenic Corp. for her research investigating the effect of a 12-week strength training program on ham:quad ratio, peak torque, and time to peak torque in recreationally active females.

Jeremy Burson received the Mary Lloyd Ireland scholarship for being an outstanding athletic training student.



The Research Corner

Our mission at UK is not only to educate, but also increase the body of knowledge of our profession. This is accomplished primarily by our hard working students through their thesis projects. We would like to share with you some "take-home" points from the five completed theses, as well as the progress of the ongoing nine theses.

David Brajuha described the muscular activation of the erector spinae, abdominals, multifidus & gluteus medius during common back exercises. The novel method of reporting coactivation demonstrated that a functional activity like skiing resulted in greater coactivation than isolated exercise.

Ben Gecewich reports that assessment of the scapula can be accomplished using an electromagnetic tracking system, but comparison of classifying scapular dyskinesis with human interpretation was not easily accomplished and reliable.

Courtney Mulvihill found that while orthotics may improve balance over time, they do not significantly change the way the muscles work.

Stacey Roller reports that lace-up ankle braces alters balance, but do not affect the way the muscles work.

Paul Silvestri found that there was not a direct correlation between static foot measures and balance.

Michelle Boling is preparing to collect data for her study investigating the effects of a rehab protocol on patellofemoral pain syndrome.

Kristen Bretz will begin data collection evaluating the strength characteristics and landing kinetics between girls and boys basketball players in the Lexington area.

Mario DiMattia is also ready to start collecting data to validate a scoring system for using a single-leg squat for return to play decisions.

Stacy Downar will start collecting data this summer to compare strength testings from a HHD by gender, sport, and age.

Eugen Dupas, Jr. is going to see how a six-week exercise program affects static and dynamic scapular position.

John Kelly will also begin to collect data this summer to investigate lower extremity strength and the relationship with ankle injuries.

Nina Kuschinsky has already started data collection for the investigation of the difference in muscle onset activation in commonly used shoulder exercises in subjects with stable and unstable shoulders.

Crystal Pearson will study the relationship between core strength and the incidence of lower extremity and low back injuries in collegiate athletes.

Jen Tymkew will be comparing the difference between the effects of functional and isokinetic knee-fatigue protocol on balance.

The UK Class Of 2005

Owen Stanley

John Ostrowski

Jennifer LaFalce

Jennifer Stiller

Dustin Briggs

They will be a great class, and we would like to welcome them to the UK Athletic Training Program.



It is hard to believe that another year has passed. So many things have happened both nationally and in Big Blue Country in a 12-month span it is hard to fathom. Everything from the successful football season to the War in Iraq has seemed like a whirlwind. More specifically, in the athletic training program, five (5) graduate assistants will be leaving and five (5) new ones are coming on board. Courtney, Stacey, Ben, Paul, and Dave have completed their degree requirements and officially became University of Kentucky Alumni on May 10th. After graduation ceremonies, a huge dinner party is scheduled at a local restaurant for family and friends to say good-bye. Boy will this group be missed.

I recently had the opportunity to tour the new Health Sciences Building and was amazed. The academic program has come so far under the direction of Drs. Mattacola and Uhl. Athletic Training has its own suite of offices and is an important component of the Musculoskeletal Research Lab in that building. If you get a chance, you need to see it for yourself. It is not only impressive to us, but to the graduate assistant candidates we bring in for interviews. This year's group was selected from over 80 applicants. Our program is drawing from all over the nation. That, in turn, makes your degree worth more each year. We continue to create ambassadors to YOUR program.

Lastly, I'd like to say how proud we are of one of our own finally reaching the "Golden Years". Former UK athletic trainer, Dr. Bobby Barton, is retiring from his athletic appointment at the end of this year at Eastern Kentucky University. As all of you know, he has always represented the profession with class and dignity. If you get a chance, he'd love to hear from each of you.

Hope to see you in St. Louis and Go Big Blue.

*Jim Madaleno ATC
Head Football Athletic Trainer*

Feature Spotlight



Our feature spotlight this semester is on someone very special to the athletic training profession. This individual has served our profession well for many years, and he is planning on starting his retirement at the end of this year. Bobby Barton is a former assistant athletic trainer for UK, and holds many other ties to Kentucky. To highlight some of his many accomplishments, he was not only an athletic trainer at UK, but also at the University of Florida and Florida International University. He then went on to become the head athletic trainer at Eastern Kentucky University in 1976, and has remained there for the past 27 years. He has also served as the head athletic trainer for USA Basketball's World Championship Team at the 1995 World University Games. He has been very active in the NATA and served as the director of our district, the NATA vice president, and then the NATA president from 1982-1986.

He has also been on numerous committees, such as the NATA Placement Committee, the Public Relations Committee, and the Research Education Foundation Board of Directors.

He also co-authored Kentucky's athletic training certification law. He holds the rank of Professor at Eastern Kentucky University, while performing all of his responsibilities as the head athletic trainer.

Bobby Barton is currently the Chair of the Research and Education Foundation's nominating committee. Bobby Barton has served his athletes and his profession well. It takes an individual with strong beliefs in our profession and its purpose to dedicate that much time and work to improve it for everyone. By looking at all he took part in, you can see that he really cared for the greater good of athletic training. We would like to take this time to recognize him for his outstanding career, and his leadership in the profession. This newsletter is dedicated to Bobby Barton, for all that he has given to the athletic training profession.

Courtney Mulvihill

UK ALUMNI PARTY

The official time and place of the annual UK alumni party has been set. We will be meeting at the Morgan Street Brewery, in the Lager Room at 8:00pm, on June 26th. The brewery is located at 721 N. 2nd street, and the phone number is (314) 231-9970, www.morganstreetbrewery.com We hope to see all you former UK grads there.

National Award Winner

David Brajuha, a second-year master's student, was recently named the winner of the National Athletic Trainers Association's Multi-Media Award. He received this award for a CD that he created under the direction of Dr. Tim Uhl for his independent study requirement. The CD deals with the topic of core stabilization. It walks the user through a progressive comprehensive core stability program. It includes background information, definitions of certain terminology, and descriptions of all of the exercises included in the program. Besides the written information, video clips are included of athletes performing all of the exercises. All of the exercises and progressions are divided into three levels, so that one can easily determine how to progress the program. This CD is useful not only for the athletic trainer, but can be used as an instructional tool for the athlete. Dave will be honored for his achievement at the Awards Luncheon at the NATA convention in St. Louis. We are all proud of David's accomplishment, and the hard work it took for him to create such a clinically useful tool.

Courtney Mulvihill





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Two of our senior undergraduate students were recognized this semester for their accomplishments as student athletic trainers. Amy Waugh received the McLellan scholarship, and Jeremy Burson received the Mary Lloyd Ireland scholarship. These awards are given to those students who have demonstrated a true interest in the profession of athletic training, and have put forth the effort to continually learn and expand in their knowledge of athletic trainers. Both of these students will be graduating in May. Amy is continuing on to earn her master's degree at the University of Florida, where she will be responsible for the men's and women's swimming and diving teams. Jeremy plans to work as an intern with the hockey team in Ohio. We thank both of these seniors for their hard work and dedication to the program, and wish them the best of luck in their future endeavors.

Courtney Malvihill

NATA MINI-COURSE SESSIONS AND DISCUSSION GROUPS

Mattacola, CG. Rehabilitation of Lateral Ankle Sprains

Brajuha, DB. Core Stability Protocol

Webster, K. HIPAA- An Overview for the ATC

Uhl, TL, Michner, L. Special Interest Group - Shoulder Discussants

NATA ACCEPTED ORAL AND POSTER PRESENTATIONS

Roller SJ, Livengood AL, Mattacola CG, Uhl TL, Malone TR. Effect Of Prophylactic Ankle Bracing On Postural Control And EMG Of Lower Extremity And Trunk Muscles. *Journal of Athletic Training*, 38:2, S-89, 2003.

Silvestri PG, Mattacola CG, Madaleno JA, Johnson DL, Uhl TL. Relationship Between Mechanical Foot Position and Postural Sway. *Journal of Athletic Training*, 38:2, S-52, 2003.

Haggerty MC, Uhl TL, Mattacola CG, Shapiro R. Neuromuscular Control Patterns And Strength Of Overhead Athletes And Control Subjects. *Journal of Athletic Training*, 38:2, S-71, 2003.

Gecewich BD, Uhl TL, Tripp BL, Shapiro R, Mattacola CG, Kibler WB. Reliability Of Bilateral Scapular Motion Using A Three-Dimensional Electromagnetic Device. *Journal of Athletic Training*, 38:2, S-10, 2003.

Mattocks H, Uhl TL, Mattacola CG, Shapiro R, Dome D, Kibler WB. Inter- And Intratester Reliability For A Qualitative Dynamic Observation Method For Scapular Dyskinesis. *Journal of Athletic Training*, 38:2, S-9, 2003.

Sciascia AD, Uhl TL, Mattacola CG, McCrory JL, Nitz AJ, Mair SD. Muscle Activity Comparison Of Four Common Shoulder Exercises In Unstable And Stable Shoulders. *Journal of Athletic Training*, 38:2, S-9, 2003.

Boling, MC, Padua, DA, Blackburn, JT, Petschauer, MA. Active Hip Adduction Does Not Affect VM Amplitude Or VM:VL Ratios During a Dynamic Squat Exercise. *Journal of Athletic Training*, 38:2, S-92, 2003.

Tripp, BL, Boswell, LL, Gansneder, BM, Shultz, SJ. Functional Fatigue Decreases Three Dimensional Multi-Joint Position Reproduction Acuity In the Overhead Throwing Athlete. *Journal of Athletic Training*, 38:2, S-71, 2003.