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DIVISION OF ATHLETIC TRAINING
COLLEGE OF HEALTH SCIENCES
Alumni News



The Division of Athletic Training is growing. A new faculty position in the Division has been approved by Dean Gonzalez and a position announcement has been posted. We are seeking an energetic individual that cares as much as our faculty and staff about post-professional athletic training education. As you know, competition in health care is increasing. Therefore, now-as much as ever the addition of a doctorally prepared athletic trainer is welcomed as we continue our mission of educating critical consumers of research and accepted clinical practices, advanced health care providers, and leaders in the clinical, educational, and research endeavors of the profession.

UK is a special place to work and we will work hard to recruit someone who values and is committed to mentoring graduate athletic trainers and is committed to seeking an extramurally funded research agenda. If you know of anyone who might be interested or if you are interested please contact us in a timely manner.

We have a wonderful first year class and our recent graduates are all enjoying the challenges of a newly started career. Please keep us in your thoughts. It is quite obvious that many of our current students are here because of references from previous graduates. The UK alumni linkage is growing and I appreciate all that you do to improve our student base.

There is a lot of news in this issue. We have had a busy year. Dr. Uhl has been successful in securing several grants and Tracy Spigleman (PhD-07) recently was informed that she was successful in securing funding from USA Swimming to compare a Traditional and Multi-Planar Swim Bench. Likewise, Tad Turnquist (MS-06) and Tracy, Tim and Dr. Johnson secured a grant from DJ Orthopedics to support the study of bracing for individual with Osteoarthritis. Ann Livengood (PhD-06) and I have been

studying the effect of orthotics on postural stability in the elderly.

Those of you that have had Tim or I in class know that we stress the importance of evidence based sports medicine. Tim is working with the class of 2006 to create summaries of evidenced based rehabilitation. The summaries will be placed on the web site. If you haven't been in for awhile; visit the web site. We have a list of all current publications and listings of our alumni.

As many of you know I am the editor for a column in Athletic Therapy Today titled Clinical Evaluation and Testing. I am always looking for new authors to contribute to the column. If you have an idea or area of expertise you would like to highlight, please contact me and I will guide you thru the process.

I hope you all have a great Holiday!

Carl G. Mattacola, ATC



It is our hope that you all have a wonderful holiday season. Enjoy the rest of the year!! HAPPY HOLIDAYS from everyone here at UK!!

Newsworthy

Mary-Bec Gwyn (01) has taken on the task of being an independent Mary Kay Consultant and is currently living in Louisville, KY.

Bruce Rector (Athletic Training Class of '86) received the honor of having a book published this past spring. *Monday Morning Messages: Teaching, Inspiring and Motivating to Lead* was published in March and contains inspirational messages meant to be read and applied once each week for a year. It can be found in either Self-Help, Motivation or Business sections of bookstores.

Mario DiMattia (04), Head Athletic Trainer at West Geauga High School, was recognized as the Staff Member of the year at his school. This award was voted on by students and others in his school system outside of the teachers. Congratulations Mario!!

Ben Gecewich (03) became the Coordinator of Clinical Athletic Training for the Greenville Hospital System. His responsibilities will now include hiring and training the Athletic Trainers who work out of the Greenville Hospital. This position is the result of a new partnership between the wedding to Steadman Hawkins Clinic and the Greenville Hospital.

Ross Blackport (99) and his wife Megan have moved to Traverse City, Michigan due to a change in his territory through his position as a sales representative for Stryker medical.

Chris Clark (98) has taken on a position working at HealthSouth in Gadsden, Alabama. As a part of his position he also has outreach responsibilities at a high school.

Dave Brajuha (05) has accepted a position as the Head Athletic Trainer at Kentucky State University. Congratulations Dave!!

Kelly (Ramsdell) Harkins (01) has begun a position as the Clinical Coordinator for the Athletic Training Program at Charleston Southern University in Charleston, South Carolina.

Kyle Johnston (04) is now working as a Graduate Assistant at the University of Florida with Football and Men's Golf.



Class of 2007

Our new class of Master's students are falling into place in our program as they continue to learn the ways of UK. Here is a review of their background and current sport assignments. They are currently fine-tuning their research topics, which will be included in the spring issue of the newsletter.

Nakiesha Brooks came to us from Pennsylvania State University, upon recommendation from an alumnus of the UK program. She is working with the Track & Field teams.

Paul Graves graduated from Canisius College and was referred to us by an alumnus of our program. He is working with our Women's Volleyball team.

Catherine Hill completed her undergraduate program in the spring of 2004 after which she began a year long internship at Northwestern University. She is coming to us now upon recommendation from an alumnus. She is working with the Swimming & Diving teams.

Matt Lewis is a graduate of Asbury College who was working at a local high school when he was welcomed to our program. He has since accepted a position as the head athletic trainer at Asbury College. Unlike the other Master's students Matt does not have a clinical position through UK.

Amanda Makii was an athletic training student at The Ohio State University when she was offered a position in our Master's degree program. She is now working with the Softball team.

Will Rogers completed his undergraduate education at Pennsylvania State University. He was also recommended by an alumnus of the program. He is working with the UK football team.

Continue to work hard and represent UK the way it should be represented. Thank you to all the alumni for their recommendations of these fine students!!

From the Desk of Jim Madaleno, Director of Sports Medicine

Another fall sports season has passed and "boy, how time flies!!" We have welcomed a new class of graduate assistants along with 8 new student athletic trainers. How lucky we are to still be attracting undergraduate student athletic trainers who are majoring in variety of fields, but just interested in being a part of the "Big Blue". They are mostly from the state of Kentucky and administration recognizes their importance, thus still funds the athletic training budget with scholarship dollars to award to these "keys" to our program. All too often they go unnoticed and under appreciated. Not at the University of Kentucky. Thanks undergrads for all you do to make this machine work.

We are in the process of recruiting potential graduate assistant applicants for NEXT academic year. If you have a bright, shining star undergraduate in your curriculum program OR know of one at another institution, please recommend them to us. Our alumni network has been the best marketing tool the graduate program has. This year's class has, once again, attracted the very best. We have students from Penn State, Canisius, Northwestern (by way of North Central College), and The Ohio State University. Four of the five have come from recommendations by alums. Each is doing a great job.

Even though football has struggled in the win-loss column, the headlines have been the number of surgeries we have experienced-15 during the season to significant players. We will have our hands full in the off-season with rehabs. This is a great learning opportunity for all of our graduate assistants in the area of rehabilitation protocols.

In the injury area, the most recent addition to our program is the purchasing of an injury software program that is linked throughout all of the athletic training rooms – SPORTSWARE. It was implemented at the beginning of this academic year and will allow each sport to run a season ending report in less than 15

minutes. This data will assist our head coaches, athletic training staff, AND graduate research with regard to injury trends.

Lastly, former UK graduate assistant Paul Silvestri ('03) has joined the full-time staff replacing Ross Blackport as assistant athletic trainer for football while supervising baseball. Paul comes to us from Florida Atlantic University where he served as an assistant athletic trainer for two years. Welcome aboard Paul.



NATA CONVENTION

The NATA National Convention dates and location have been set for June 14th to the 16th in Atlanta, GA. Please look in the spring issue of the newsletter for information on alumni events to be scheduled during this time.

New Grants

Title: Dryland Freestyle Swimming: Comparison of a Traditional and Multi-Planar Swim Bench
Agency: USA Swimming Science and Technology Grant
Amount: \$14,462,
Investigators: PI: **Tim Uhl**, PhD, ATC, PT
Co-PI: **Tracy Spigelman**, Med, ATC (doctoral student)

Title: "Gender, Structure, and Activity: Variables Affecting Knee Kinematics"
Agency: National Athletic Trainers Association Research and Education Foundation, Osternig Master's Grant
Amount: \$1000.00
Investigators: PI's: **Melissa Fazio Jennifer Sebert**. Co-Investigators: **Carl Mattacola, Tim Uhl, Cale Jacobs, Robert Shapiro**

Title: "Effects of Foot Orthotics on Dynamic Postural Control Tasks in Subjects with Chronic Ankle Instabilities"
Agency: National Athletic Trainers Association Research and Education Foundation, Osternig Master's Grant
Amount: \$1000.00
Investigators: PI: **Amelia Sesma** Co-Investigators: **Carl Mattacola, Ann Livengood, Tim Uhl, Tyler Schlosser**

Feature Spotlight

2005 Master's Student Placement

In May, five students completed their education at the University of Kentucky and graduated with a Master's degree. Here is an update on what they are doing now.

Dustin Briggs is an Athletic Trainer for the Des Moines Buccaneers, a USHL Junior A team, through the Work Systems Rehab & Fitness Clinic, in Pella (IA).

John Ostrowski is currently working as an assistant athletic trainer at the College of the Holy Cross in Worcester, Massachusetts. His coverage responsibilities include Football and Men's Ice Hockey.

Jennifer Stiller is currently at Michigan State University working toward a Doctoral degree in Sports Psychology.

Jennifer LaFalce accepted a position at West Chester University in Pennsylvania where she will be working as an Instructor of Sports Medicine and Assistant Athletic Trainer. She is responsible for coverage of Women's Rugby and Baseball teams at West Chester.

Owen Stanley is now working as the Head Athletic Trainer for the football team at the University of Northern Iowa in Cedar Rapids. He is also serving as an Assistant Director of Athletic Training Services.

Congratulations to you all and good luck with everything!



Paul Silvestri, a graduate of the Master's degree program class of 2003, has worked with the Miami Dolphins, Ole Miss football and NFL Europe in Tampa. Originally from

Boca Raton (FL) Paul completed his undergraduate education at the University of Florida before coming to the University of Kentucky for his graduate studies. Toward the end of his second year at UK, Keith Webster recommended Paul for a position at Florida Atlantic University. Paul accepted and became the Head Athletic Trainer for football at the university, which is in his hometown. Although Paul was happy to be back home he always thought about the possibility of returning to the University of Kentucky.

After two years at Florida Atlantic University, a position became available at UK with the departure of Ross Blackport. When Paul learned of this position he decided it would be a good opportunity for him to return to the SEC. In April, Paul returned to UK where he became the assistant athletic trainer for football as well as the supervising ATC for the graduate assistant covering baseball. Although none of the current graduate assistants were at UK during Paul's years of attendance, a "sort of" connection remains.

During the orientation for the new class of Master's and Doctoral students in August, Paul came in to listen and give his input based on his experiences when he was here as a student. His presence at the meeting that day was very helpful to a lot of us because he had previously gone through the same program and really understood how everything worked. This allowed him to give quality advice that could be directly applied to our program. I also think he was able to clearly illustrate the importance of managing our time and for us to stay on top of our thesis instead of doing all the work in the spring of our second year. Paul's knowledge of the

system in the athletic training room and with football also allowed for a smoother transition.

Paul is content with his current position at the University of Kentucky but he has not reached all of his career goals yet. He stated that he would like to continue on to become a Head Athletic Trainer at the collegiate level after gaining some necessary experience. He believes that a couple of the best aspects of his position at UK is working with Jim, and the opportunity to learn from him as well as the other staff members.

Paul's advice to the current classes of graduate assistants was to make the most of the situation you are in and the time you have here at UK. The experiences and relationships you build now will stay with you and be useful for the rest of your life. The effort you put in while you are at UK will help you when it is time to move on to another position whether you are continuing your education or seeking a job.

Paul's interest in returning to the program speaks volumes about the quality experience that students have while here at UK. For a student to graduate, take a job elsewhere and then excitedly return to the program when an opportunity arises shows that the time here is enjoyed and cherished by the students that come through the program. Thank you to Paul for his time and willingness to help. We're glad to have you back!

Catherine Hill, ATC

As the number of graduates from the Athletic Training program at UK continues to grow, it is becoming increasingly difficult to keep tabs on our alumni. Please help us to stay in touch!! Please send correspondence to:

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Publications

Please take a look at the following publications from your fellow UK alumni when you get a chance.

Journal of Sport Rehabilitation

Jacobs,C., Mattacola, C.G. [Gender Comparison of Eccentric Hip Abductor Strength and Knee Joint Kinematics when Landing from a Jump.](#) Journal of Sport Rehabilitation. 14:346-355, 2005.

DiMattia MA, Livengood AL, Uhl TL, Mattacola CG, Malone TR. What are the validity of the Single-Leg Squat Test and its Relationship to Hip Abduction Strength. Journal of Sport Rehabilitation, 14:2; 108 - 123, 2005.

Journal of Athletic Training

Harkins, K.M., Mattacola, C.G., Uhl, T.L., McCrory, J.L., Malone, T.R. [Effects of Two Ankle Fatigue Models on the Duration of Postural Stability Dysfunction.](#) Journal of Athletic Training. 40:3, 191 – 196, 2005

Jacobs, C., Uhl, T.L., Seeley, M., Goodrich, L. [Strength and Fatigability of the Dominant and Nondominant Hip Adductors.](#) Journal of Athletic Training. 40:3, 203 -206, 2005.

Journal of Orthopaedic Physical Therapy

Bolgia LA, Uhl TL. El [Analysis of Hip Rehabil](#) a Group of Healthy Su Orthopaedics and Sp Therapy. 35(8):487-49

Athletic Therapy Today

Harrison , AD., Mattacola, CG. Neuromechanical Approach to Patellofemoral Pain Syndrome, Part 2: Young Athletes. Athletic Therapy Today, 10:5, 65-66, 2005.

Kelly, J.J., Johnson, D.L., Uhl, T.L., Madaleno, J.A., Blackport, R.M. Intramedullary Nailing of an Anterior Tibial Stress Fracture in a Football Player. Athletic Therapy Today. 10(6), 42-45, 2005.

Stiller, J, Uhl, TL. [Outcomes Measurement of Upper Extremity Function.](#) Athletic Therapy Today, 10(3), 34-36, 2005.

These are wonderful representations of the hardwork that is put in at the University of Kentucky in the Athletic Training Program.



Special Delivery

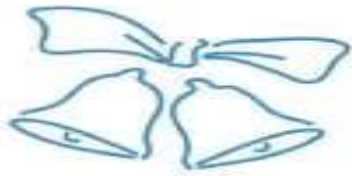
Amy Marlin and husband Ryan welcomed their daughter Megan Elizabeth to the family on the 23rd of November.

Congratulations to **Ross (99)** and Megan **Blackport** on the birth of their second son Carter (picture below). He was born on July 8th at 6 pounds 4 ounces.



Congratulations to Amy and **Cale Jacobs (05)** who are expecting their second child in the spring.

Congratulations to **Clark (94)** and Nancy **Pearson** on the birth of their son. Bradley was born on the 11th of September measuring 20 ½ inches and weighing 8 pounds 12 ounces.



The following are announcements of engagements and weddings that have occurred recently. Congratulations to everyone in this column!!

Congratulations to **Dustin Briggs (05)** who married his wife, Alisha, formerly Landstrom, this summer on July 9th.

Congratulations to **Matt Summers (02)** and fiancée Kim Ahr on their engagement. The wedding is scheduled for the 10th of June in 2006.

Ben Gecewich (03) and wife Karen, formerly Potter, were married on the 26th of November.

Jen Sebert (06) and fiancé Alex Howard are set to be married this summer on June 3rd.

Tony Hill & Mandy Bausman, two members of the class of '06, are engaged and have their wedding planned for June 26th this summer.

Good luck and Congratulations again!!

Next Issue

- More alumni updates
- Alumni meeting time and date at Convention
- Interview with another alumnus
- Research Review
- Information on the program's Class of 2008