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Professional Soccer Athletic Trainers' Society

Present:

Soccer Injury Prevention Strategies

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This Issue: PSATS Annual Educational Seminar and meeting 2009

Skylar Richards is in his third season as the Crew's Assistant Athletic Trainer. Richards came to Columbus after gaining experience with various organizations, including the Evansville Otters (Frontier League baseball), Indianapolis Pacers High School Student AT Camp, Indiana Athletic Training Association, Washington Nationals (MLB) and D.C. United (MLS).

Richards received his B.S. in Athletic Training from the University of Evansville, where he also served as the interim strength coach for a semester before going to the University of Akron, where he earned his Masters in Exercise Physiology.

A certified strength and conditioning professional, Richards enjoys running sports performance programs focusing on injury prevention and functional movements.



Skylar Richards



University of South Florida (USF) and MLS officials. The SIMS lectures covered current issues medically relevant to soccer. Speakers included team chiropractors, optometrists, orthopedic surgeons, and research specialists. PSATS president and Columbus Crew Head Athletic Trainer, Jason Mathews, presented the injury prevention strategies and implementation results implemented and recorded by his staff. The lecture series Keynote speaker, Jan Ekstrand, talked about injury rates in the UEFA Champions League and Injury prevention methods.

The following two days events were focused and organized by PSATS officials as an opportunity to contribute to society support our

professions. The following are short summaries of the PSATS educational seminar presentations.

Rodney Cross - HRH insurance representative to the MLS: Filing Claims

Mr. Cross covered the basic protocols for filing a workers compensation claim (the process for most MLS injury claims), the changes for 2009, and processes applicable for teams traveling internationally.

Phil Plisky, PhD, PT, ATC - EBT Partners: Implementation of FMS & YBT

In addition to presenting at the SIMS conference, Mr. Plisky described the basics of the Functional Movement screen and the Y-Balance Test (YBT) for the educational seminar. His discussion included a review of validation studies using the two tests to establish baseline measurements and to create return

In conjunction with the MLS Combine, the Professional Soccer Athletic Trainers Society (PSATS) conducted its annual meeting in Fort Lauderdale, Florida. The MLS athletic trainers and team physicians joined on Friday January 9th for MLS combine player physicals. The two groups united once again the next day for the Soccer Industry Medical Symposium (SIMS), a continuing education opportunity made possible by the



to play criteria how the use of the movement screen as a measurement system for movement dysfunction has evolved from the original Gary Grey system in an effort to find “functional symmetry.”

Jason Wander - Cerner: New Electronic Record System

Over the past year the Cerner Company has worked very closely with MLS. This collaboration included MLS teams that were part of a pilot study designed to refine and create an electronic, web based player medical history. Mr. Wander presented the results of the 2008 pilot, the over of the newly created system, and the goals thereof. Additionally, Bert Mandelbaum commented on how to move forward with development of the program and how to correlate the data with similar FIFA studies.

Dr. Christine Lawless, PHD: Cardiac screening

Dr. Lawless is working very closely with the MLS develop a cardiac screening process that honors the suggested FIFA sudden cardiac arrest prevention initiative. Both EKG and echocardiograms were recommended for use league wide. For 2009 each team will be required to perform EKG's with the option of echocardiograms. Furthermore, Dr. Lawless also discussed the development of the cardiac screening process on the MLS Pre-Competition Medical Testing form.

Dr. Jeff Konin, PhD, PT, ATC – USF:

As follow-up to the previous day's SIMS lectures, Mr. Konin provided a hands-on demonstration of a diagnostic ultrasound machine, focusing on the high learning curve involved with identifying anatomical structures and injuries.

Dr. Edward Glazer - Sole Supports Orthotics:

Day two of the PSATS educational symposium began with a five hour orthotics certification session by Dr. Glazer who was recently named one of the top four biomechanics in the world by the American Medical Podiatric Association. Dr. Glazer, whose orthotics perspective is related to his engineering background, reviewed classic podiatric theories. He quickly emphasized the importance of using orthotics to lower the first metatarsal head, his biomechanic keystone for the foot. He also detailed procedures and the process for proper design for the orthotics. All PSATS members received the certification required to design and order the Sole Supports orthotics.

Dan Cronin and Colleges- - Drug Testing:

Another staple presentation of the PSATS educational session is the review of illegal drug testing policy and procedures. Random drug screens have and will be utilized in the MLS and US Soccer nationwide. Mr. Cronin reviewed the policy and procedures for this coming year in light of the recent infractions highlighted in the news. The discussion reinforced the need for both team staff members and players to maintain the quality of products used by looking for the NSA quality control seal. This ensures that all ingredients are controlled and fully disclosed.

PSATS Business meeting:

The lectures were concluded with the PSATS business meeting. The minutes of the meeting are the property of PSATS and its dues paying members only. If you would like more information on the educational portion of the PSATS meeting or about PSATS in general, please email me at Srichards@thecrew.com ●