

BE GRE^{AT}

STRATEGIES, SOLUTIONS, AND SOLID ADVICE TO BE THE BEST AT YOU CAN BE!

An interactive newsletter created by the ATSNJ Secondary School Committee



Phil Hossler contributed to the success of the ATSNJ in many ways. He served as our Society president twice and helped secondary school ATs obtain tenure by leading efforts for certification by the Department of Education.

REMEMBERING PHIL "HOSS" HOSSLER

BY: STEVEN BARANDICA, M.ED., ATC, LAT, EMT

The world of athletic training lost one of its legends recently with the passing of Phil Hossler. Phil served as an athletic trainer for an amazing 42 years, 32 of which were at East Brunswick High School. Phil retired in 2016.

A charter member of the ATSNJ, Phil was also the president of both state and regional athletic training associations for over 18 years. He was an author of five books, 40 professional articles and a two-year weekly newspaper column on health and exercise. He also holds a US patent on a modular first aid splint as well as 8 copyrights on educational and instructional ideas. "If you

were a secondary school AT and had a situation, Phil was your first call," said Mike Goldenberg, MS, ATC. "He was a man before his time and his brain never stopped working to improve things at the secondary school level. He was a friend to all and will be greatly missed."

Phil received recognition for his contributions with numerous awards and was inducted into four halls of fame which include the Athletic Trainers' Society of New Jersey, National Athletic Trainers' Association, NJ State Coaches Association, and NJ State Interscholastic Athletic Association.

Phil enjoyed golf, football, teaching, mentoring student athletes, and spending time with family and friends. He was a huge advocate for the field of athletic training and will be missed not only by the East Brunswick High School community, but also ATSNJ members and everyone who had the honor of working with him throughout his illustrious career.

"If you were a secondary school AT and had a situation, Phil was your first call."



In this Issue

[Remembering a Legend](#)

[The Best SLAP Tear Special Tests](#)

[Budget Worthy Buys](#)

[Tips on Promoting the Profession](#)

[The Secret to Wrestling First Aid](#)

[Seasoned Advice](#)

[Balancing Work and Home Life](#)

[Secondary School Member Spotlight](#)

Welcome to the first edition of Be Gre^{AT}! This publication is a team effort provided by the ATSNJ secondary school committee. We hope you enjoy the information and if you have suggestions for future issues please contact us!

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EDITOR

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EVIDENCE-BASED BITES



Combination of Tests is Best to Diagnose SLAP Lesion

BY: PETE KOENIGES, DAT, LAT, ATC

Clinical examination of the shoulder for a SLAP tear can be difficult. Studies indicate the methods by which SLAP lesions are evaluated are inconsistent. Discrepancies exist between what tests are recommended in the literature vs used clinically (1). For instance, the active compression test is one of the most clinically used SLAP tests, yet the NATA position statement does not support its use (2).

To improve the clinical utility of SLAP lesion tests, researchers recommend test clusters to enhance the likelihood ratios of singular tests:

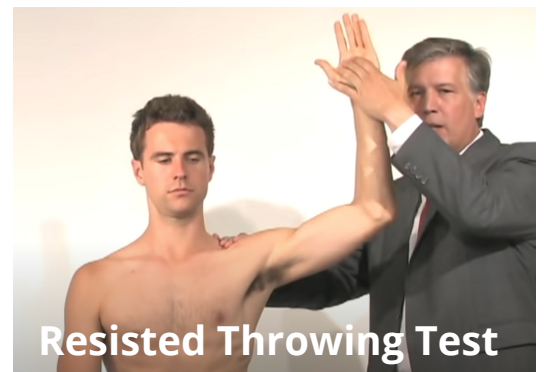
- The combination of the Jobe relocation test, apprehension test and the active compression test, produce favorable statistics with a 92% positive predictive value and 91% specificity. Sensitivity and negative predictive value are less favorable at 34% and 32% respectively (3,4). Using the evidence-based [SpPin principle](#), these numbers indicate that when all 3 tests are positive, a SLAP tear can be effectively ruled in. However, the low sensitivity raises concern for some false negative findings.
- Another study found the combination of the Biceps I, Biceps II, and active compression cluster have a sensitivity of 99%, while The Biceps I, passive compression, and active compression have a specificity of 99% (5).

Clinical Application: Tests that replicate the peel-back mechanism, stress the biceps attachment to the superior labrum and/or provide compression with simultaneous rotation of the humerus into the glenoid are best (2,6) It's important to note some of these studies had significant limitations. Research with larger participant populations is required for further validation.

[References on page 5](#)



Dynamic Shear Test



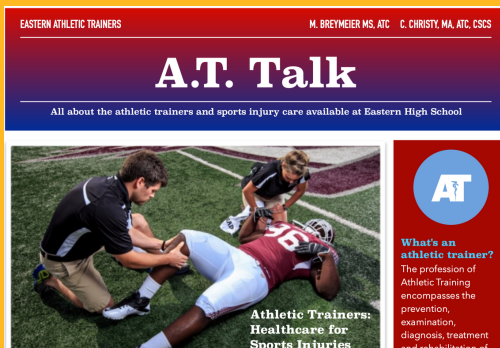
Resisted Throwing Test

Click [HERE](#) to watch the full video on SLAP tear exams!

PR PROS

Ways to promote the profession within your community

BY: CHRISTINA EMRICH, MS, ATC



1. **Provide an educational handout** to parents and students on your role, credentials, services and contact info. Check out an example '[AT Talk.](#)'
2. **Meet with your local EMS** before pre-season to discuss and rehearse your EAP protocols. Review on-field spine management and heat illness procedures. This can establish a respected relationship and provide for better rapport and collaboration in the event of an emergency.
3. **Speak with parents and community members** by attending Back to School Night, participating in a "Meet the Athletic Department" event, or providing a presentation to the Board of Education about your role.



FACILITY FAVS

ATs share some of their prized purchases

BY: KEVIN BRILES, ATC

"I would say my favorite facility item that I've purchased thus far has been the **anatomy posters** I have hanging in the room. I know it's not a modality or anything fancy, but I'm able to educate my athletes on their injuries, allowing them to ask questions and engage. I currently have five posters (Anatomy and Injuries of the Knee, Hip, Foot/Ankle, and Shoulder & The Muscular System). In total, all the posters were about \$70, and I was able to purchase them off Amazon, and I know you can also buy them on the athletic training catalogs."

Gabrielle Prendergast MS, ATC

West Deptford High School Athletic Trainer

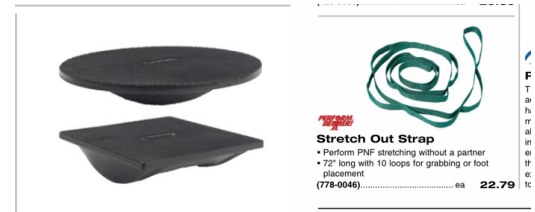


"So honestly, my favorite facility item is the **green stretch-out strap**. The stretch strap is used for stretching as well as heel slides. Works great, and the kids can push themselves! It is pretty durable as well. School Health has them, but this picture is from Henry Schein.

I also really like the **rockers and wobble boards**. Great balance work and the kids enjoy the challenge. I am always trying to find new things to keep them interested in rehab."

Jen Zepp, ATC

Egg Harbor Twp. High School



"The Woodstown High School Athletic Department invested this year in a taping station. This unit is an **Aluma Elite 2 seat taping station** produced by The Athletic Edge. It has outperformed all expectations and increased the efficiency of services provided. The unit is built of sturdy components and will last well into the future. It also allows for supply storage and increased organization. This taping station was purchased for approximately \$3000.00 and can be ordered from any sports medicine supply vendor. The quality of this product has exceeded my expectations."

Dan Evans, MEd, ATC

Woodstown High School



TIP FROM THE FIELD

BY: CALI WHEDON, M.Ed., ATC

Wound Care Made Easy

A rapid response to a bleeding injury is necessary in all sports, but especially in wrestling. Having the right supplies at your fingertips on the mat is essential to quickly treating an injury. Grab and go, and look like a pro with a [Craftsman tool bag](#), and minimize blood time with [these tips](#).



Having the right supplies at your fingertips is essential to treating an injury.



SECONDARY SCHOOL MEMBER SPOTLIGHT

Kelli Hudson, MA, ATC

Keansburg High School

BY: JACOB MCCARTNEY, ATC



Kelli, accompanied by her daughter, Kylie, named Keansburg HS Educational Services Professional of the Year as the AT and District Educator of the Year!

Kelli Hudson is a certified athletic trainer for the Keansburg School District in the Shore Conference and has served in that role since the spring of 2009. Kelli graduated from Long Branch High School in the late 90's where she participated in many sports and occasionally visited her high school athletic trainer, Jonathan Friedman for a barrage of athletic injuries! In that unique adolescent time, she developed a basic understanding of the profession and decided to commit to athletic training at Springfield College where she continued to balance athletic training and participation in intercollegiate lacrosse. After graduation, she took a staff position at Monmouth University and obtained a Masters in Corporate and Public Communication. Later, she took part in an alternate route teaching program and continued to study Educational Leadership at NJCU where she received a Supervisor certificate.

Kelli was the first full time athletic trainer for Keansburg and has been making a difference in the school and community since then. Besides being an athletic trainer, she teaches a health elective, Introduction to Athletic Training and Peer Leadership. Kelli's peer leadership classes have made an impact on the community through service learning and charitable efforts including highlighting and diving head first into areas that are current and meaningful to her students. Keansburg School District recently honored Kelli by naming her **Keansburg High School Educational Services Professional of the Year** as the athletic trainer and was selected prestigiously as the **Keansburg School District Educator of the Year**! Kelli's husband, Michael, and their daughter Kylie are two of her biggest supporters. Kylie loves seeing her mom in action and aspires to be a teacher herself one day. Kelli has made an impact in the athletic training community during her 20 years as a certified athletic trainer and hopes to continue to mentor and inspire all those in her charge. The secondary school committee would like to applaud Kelli Hudson for her efforts in the Keansburg School District!

ATSNJ

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Steve Barandica, M.Ed, ATC, EMT
Westfield High School

Dave Csillan, MS, ATC (Ret)

QUALITY QUOTE

"You don't have to take care of everyone, just make sure everyone is taken care of"

Make arrangements for a team leaving early on a Saturday to be taped at the host school, and steer patients to the right healthcare providers to help with treatment and rehabilitation.

SEASONED ADVICE



Experienced ATs share tips for success

BY: DAVE CSILLAN, MS, ATC

The NATA consensus statement [Appropriate Care for the Secondary School-Age Athlete](#) provides numerous recommendations, and if you're working as a solo AT it can be especially challenging to manage a high patient load. We asked three highly experienced, retired ATs to share how they were able to provide appropriate care in their facility.

"It's important to prioritize how you see your athletes. If you are able to treat them during their lunch or study hall, I found that to be a good time to do rehab. Injured athletes who were not participating in physical education were also welcome. The end of the school day always creates a mad rush in the athletic training room. I always tried to attend to those teams playing away or off campus and had busses to catch first, followed by home teams with games and then practices. Posting a daily schedule outside your facility door helps to minimize any confusion."

Karen Manista, ATC All 40 years in Karen's career were in the secondary school setting. Enjoying retirement since 2019.

"The biggest benefit to care for athletes at my level was the size of my school. A Group 1 school in a small town lent an easier setting to manage. I've always had excellent contact and a working relationship with my school nurse which was invaluable. Issues began to arise when the middle school across town obtained the first district turf field and pressure was raised to have the high school kids practice there. It was at that point I had to raise safety concerns in terms of location as I was the after-school delegate for two Type 1 diabetics. Reasonable communication and making the issue about 'the kids and safety' worked best for resolutions."

Bill McLaughlin, MA, ATC 31 years as an AT with 28 in the secondary school setting, Enjoying retirement since 2021. Currently working as a physician extender.

"When I started the AT program at Hunterdon Central Regional High School, I realized gaining the trust of my coaching staff and team physicians was paramount to my success. I did this by being consistently available to them and following through when something needed to be done. I held pre-season meetings with every coach and team so they knew who I was, my role, and expectations. I also attended the Board of Education meetings, and got involved with our local hospital staff; especially the PT department and EMS team, to smooth communication. I had regular contact with our team doctors and the best I could, I got to know them personally. That improved the trust we had with each other. A well-trained, organized athletic trainer can get a program going, but without the trust of individuals you work with and for, a program will not succeed."

Karen Manfre, MA, ATC 38 years as an AT with 33 of them in the secondary school setting. Enjoying retirement since 2012.

SLAP REFERENCES

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PRO TIP

Use lunchtime treatments to provide rehabilitation to reduce the mad rush after school.



PRO TIP

Communication and keeping students' safety as a top priority works best for resolutions.



PRO TIP

Without the trust of the people you work with, a program will not succeed.

"I've always had excellent contact and a working relationship with my school nurse which was invaluable."

BILL MCLAUGHLIN, MA, ATC

TAKE CARE OF YOU

Life balance lessons to keep you healthy and happy

BY: LEAH FRANZA, ATC

Dan Trinh, ATC at Overbrook High School shares how he achieves work-life balance.

What do you do for self-care and wellness?

I try to exercise at least 4 days a week, get 8 hours of sleep every night, and spend time with friends and family as often as I can. I do my best to eat healthy, but at the same time treating myself every so often. Working out every morning before work not only helps wake me up and stay healthy, but then I am able to fully relax after work as well.

What boundaries have you set for work/life balance (keeping work and home separate)?

My coaches and colleagues know that time away from work should be free from work, so except for emergencies, anything that can wait until I am at work is usually handled then.

Are your employer or coworkers supportive of personal time and creating a strong work/life balance?

Yes, and everyone being on the same page with that makes it much easier to create a good work/life balance.

Do you feel valued by your school community?

Yes. It affects everything positively knowing that your work is appreciated and not being overlooked.

What tips can you provide to other AT's regarding leaving work at work and personal matters at home?

Setting those professional boundaries and getting everyone on the same page (coaches, AD, etc) makes obtaining the balance much easier. Emergencies happen of course, but having the smaller stuff wait until work hours allows time away from work to be free from work.

What advice would you give to a new AT on building a rapport with your coaching staff and administrators, in regards to scheduling of events or respecting personal time?

I would advise a new AT to let your expectations be known and to be clear in those expectations. If there is any grey area, then you are probably not being clear enough.

Describe an eye-opening event that has occurred in your career that led to a stronger work /life balance. How did this modify your life?

After starting to feel the effects of burnout after a long year, this was brought up to my AD, including ways I feel would lessen the impact. She was very receptive and worked with me in adjusting certain aspects of the job that led to a much better balance. She had no idea that I was beginning to feel burnt out, so clear communication was key.

NATA RESOURCES

DID YOU KNOW?

The NATA provides numerous documents and resources for secondary school athletic trainers including:

- Secondary School Value Model
- Program Assessment for Safety in Sports
- Guidelines for Developing a Team Physician Agreement
- Secondary School Position Proposal Guide
- Time Outs
- Secondary School Sports Medicine Course Outline
- Secondary School Sports Medicine Course Outline
- Secondary School Value Handout
- Secondary School Case Studies Workbook

Click [HERE](#) to access these documents

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