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**SPECIAL  
POINTS OF  
INTEREST:**

- Welcome to ATSO
- Meet the Freshmen!!
- Summer Excursions
- Outstanding Student Research
- Upcoming Events

# Inside the Kit

VOLUME 1, ISSUE 1

FALL 2009

## Taking inventory

Melissa Scholes

This fall semester has been characterized in our program by new and exciting experiences. Our clinical rotations gained a new intensity, with more students heading to sites off-campus and entering a wider variety of settings. The underclassmen got new and improved rotations as well, helping them get more involved with the athletes and ACIs than in the past. The upperclassmen were confronted for the first time ever with the monstrous task of doing a case study, and despite frustrations and fears, conquered this beast of a project with ease. We all welcomed the freshmen with open arms and sly smiles, plotting pranks we

never carried out. We also welcomed Leyna Hebert, our new assistant Athletic Trainer in charge of women's soccer and track and field.



### 2009-2010 Athletic Training Education Program

This semester also presented new challenges as ATSO was founded in the spring of this year, finally getting underway this fall. We've planned great things for the com-

ing year, and we're excited to put our plans into action and lay a foundation for future students and ATSO members.

This new newsletter serves as a showcase for the things we are doing within the Athletic Training Education Program and ATSO. By presenting our experiences, research, activities, and opportunities, we strive to advance ourselves—academically, professionally, and personally—as well as the Athletic Training profession.

I am excited to be able to use this space to share what I and my classmates are learning and experiencing, and am proud to play a small part in the beginning of this new Athletic Training Student Organization.

## Letter from the President

Julia Mattson

This all started last fall with several students who were excited about leaving a legacy in our program. We wanted to leave something behind that would help to better equip students for leadership and a profession in athletic training. The product is the Athletic Training Student Organization, and this is our first

official publication.

We exist to challenge ourselves to achieve great things as students. Our goal is to showcase our work and have the opportunity to network with other students and professionals.

Over the next semester and years we hope to promote excel-

lence, leadership and ministry. We have plans to invite students from our area to our facilities, promote our profession on campus and reach out to our community to start to set the tone for our professional lives. We are excited for you to follow our progress as we embark on our careers as athletic trainers.

# FCA

## Sam Michael



Niles, Sam, and Donna enjoy California

*“It was awesome not only to get some great athletic training experience but also be challenged and encouraged in Christ”*  
**Sam Michael**

Every summer Fellowship of Christian Athletes (FCA) holds summer sports camps across the nation, sometimes specific to a sport, other times including many sports. In July we (Sam Michael, Donna Kashat, and Niles Rosner) had the chance to serve as athletic trainer students at the FCA camp held at UCLA. This camp was the largest camp that FCA put on all summer; over 600 student athletes ranging in age from 14-18 attended, participating in sports such as basketball, football, soccer, baseball and even surfing. When we arrived at UCLA, we were at first overwhelmed with all the responsibilities that we had. Being the only un-certified athletic trainers there we felt a little intimidated, especially when it came to checking in athletes and all the paper work that had

to be done. Each morning began with all the athletes that needed treatment arriving at the training area, which was a big shed with tape and such next to 4 or 5 treatment tables under big tent awnings. We taped and taped and taped and for a change of pace taped some more. After the initial mass chaos, we went to our respective practices. Each of us was assigned a sport prior to the campers arriving. Niles was assigned women’s soccer and track and field, Donna covered men’s soccer, and Sam worked with men’s basketball. We each had about 50 or so athletes that we were responsible for at one time. Practice and game play took place all day. During these times the huddle leaders (the college athletes serving as counselors) would share their

testimonies, telling how God has used their sport and His grace in their lives. We had the opportunity to use all of the UCLA campus for everything. From Pauley Pavilion for basketball to the student center for worship and the buffet-like cafeteria for meals, the facilities were AWESOME!!! To end each day all of the athletes and staff came together to participate in a chapel time. This hour was filled with worship and sharing the gospel through testimonies from elite athletes. We were really able to see God use us and work in us as we participated in the camp this summer. It was awesome not only to get some great athletic training experience, but also to be challenged and encouraged in Christ by people in the same profession.

Bryce B. experiences the delight of freshman initiation



## HERE COME THE Freshmen!

### Bryce Benefield

**Why did you choose athletic training?**  
 I chose AT because I love sports, but I also love figuring out what went wrong and why when it comes to injuries.

### Hollywood, MD

**What is your favorite part of AT so far?**  
 My favorite part so far is just working with the athletes.

**What do you plan to do with your major?**  
 I plan to work at the collegiate level as an AT.

# Melissa Cinnamon

# Lynchburg, OH



**Bryce D. tapes a wrist to complete his initiation**

**Why did you choose athletic training?**

I loved what my AT in high school did and was always in her office helping her.

**What is your favorite part of AT so far?**

Learning everything and meeting everyone... and picking on Chris. We have such a great friendship. ha

**What do you plan to do with your major?**

Hopefully I'll graduate and work at Lexington Catholic, a prep high school in Kentucky. Then after some experience there work at the University of Kentucky.

# Bryce Donaldson

# Mohnton, PA

**Why did you choose athletic training?**

I love sports and helping people.

**What is your favorite part of AT so far?**

Being in the athletic training room is a lot of fun and I am learning a lot.

**What do you plan to do with your major?**

I would like to be an AT for a pro or division I basketball team.

*Also welcoming*

*in the spring*

*semester:*

*Jillian Crabtree*

*Kendra Kassonie*

*Jasmine Lee*

# Caitlynn Hellwig

# Denver, CO

**Why did you choose athletic training?**

I have always loved sports and missions; with athletic training I am able to continue with both.

**What is your favorite part of AT so far?**

I would say getting to know the athletic trainers and the athletes in the athletic training facility and learning in a hands-on environment.

**What do you plan to do with your major?**

I plan to use athletic training with a sports ministry in missions

# Erika Spudie

# Perrysburg, OH

**Why did you choose athletic training?**

I've always been interested in medicine, the human body, and sports. I was injured a few times playing soccer in high school and was introduced to AT. It seems like a really good fit for

**What is your favorite part of AT so far?**

Hanging out and learning new things about injuries and treatments in the training room. The people here are really cool too!

**What do you plan to do with your major?**

I'm not quite sure yet, but I'm thinking I want to work for a college.. luckily, I have a few more years to decide!

# Ann Seaton

# Harrisburg, PA

**Why did you choose athletic training?**

I have always been interested in the way the human body works and functions, plus I love sports.

**What is your favorite part of AT so far?**

I really enjoyed being on the rotation with the volleyball team.

**What do you plan to do with your major?**

My dream job is to work with the Virginia Tech's baseball team.



**Erika wraps ice on unsuspecting Chuck's diners**

## Rotational Dislocation of the Lunate: A Case Report

by John Bright

**Objective:** To present the case of a collegiate football player who suffered a rotational dislocation of his left wrist. This case presents the opportunity to observe and discuss the diagnosis, surgical treatment and uniqueness of a junior linebacker with an injury to his left wrist.

**Background:** Carpal dislocations are rare. The lunate is the most commonly dislocated carpal bone. Most reported cases are seen in football and other contact sports where direct trauma coupled with forced hyperextension dislocate the Lunate. In this case a collegiate athlete sustained the injury by engaging in a block. No forced hyperextension was noted by player or seen in video replay. The athlete reported feeling se-

vere pain and decreased ROM. There was pain upon palpation in the general carpal area. ROM was diminished but not completely absent. There was no obvious deformity upon observation and palpation. After x-rays were taken a diagnosis concluded that there was no fracture, but the Lunate appeared triangular.

**Differential Diagnosis:** Scaphoid Fracture, Sprained TFCC, Wrist contusion, Colle's Fracture, Hamate Fracture, Wrist Sprain

**Treatment:** After the initial injury patient was treated with cryotherapy and E-stim. After X-rays showed a dislocated lunate surgery was performed, 10 days after initial injury.

**Uniqueness:** Carpal dislocations are rare. The lunate is the most commonly dislocated carpal bone, with anterior dislocation being the most

common form. To our knowledge no other reports of rotational dislocation of the lunate exist.

**Conclusion:** It is important for Athletic Trainers to consider lunate dislocations when evaluating any wrist injury dealing with forced hyperextension. Palpation is usually key in identifying this injury because typically the lunate is displaced to the anterior aspect of the wrist. This displacement is usually visible and is easily palpated. In light of this unique injury one must be cautious even though the normal signs and symptoms are not present. Because of the dangers of avascular necrosis, it is always prudent to refer an athlete with severe pain in the wrist from trauma.

*"Because of the dangers of avascular necrosis, it is always prudent to refer an athlete with severe pain in the wrist from trauma"*

## Chondroblastic Osteosarcoma of the Maxilla: A Case Report

by Julia Mattson

**Objective:** The purpose of this case report is to investigate the effects of cancer treatment on continued athletic performance. As a growing number of children and adolescents are being diagnosed and treated for cancer the demand for knowledge concerning the specific effects is increasing. There has been significant progress in researching cancer treatments which has increased the rate of survival. As athletic trainers we will most likely face at least one such case in our careers and need at least a basic understanding of the implications of these aggressive treatments on our athletes' ability to function competitively.

**Background:** The occurrence of chondroblastic osteosarcoma in pediatric patients is rare; among these the cases of incidence in facial bones are also rare, making our case extremely unusual. Chondroblastic osteosarcoma is most common in the third and

fourth decades of life and most commonly presents itself in long bones, primarily around the knee. The risk factors for this cancer are not correlated with the athlete's gender or sport. The athlete presented with swelling and pain around one of his molars in September 2008 which resulted in referral to a dentist. After further investigation by the dentist he was referred to Nationwide Children's Hospital in Columbus, Ohio for surgery. It was not till after the biopsy was done of the surgery that he was referred to a pediatric oncologist.

**Differential Diagnosis:** In our case the athlete was referred to a dentist for a seemingly innocent condition. We suspected an abscessed tooth or an infection of the surrounding tissue.

**Treatment:** Athlete complained of uncharacteristic difficulty breathing which continued sporadically for

several weeks. One the first day of full contact the athlete subluxed shoulder tackling. The only treatment received was ice following workouts and limited contact for following days. A tumor on the right lung cut three weeks out of his season.

**Uniqueness:** The occurrence of chondroblastic osteosarcoma in the first and second decade of life is rare. The information concerning the treatment and primarily the return to play experience of the athlete is very helpful for the athletic training community. This data is helpful knowledge for athletic trainers to be aware of as they face the return to play of any cancer patient.

**Conclusions:** In summary there are no limitations placed on the athlete by a doctor. However, the athlete will need to be more conscious of his body and know to self-limit himself.

### Schedule of Events

- } January 16—11th annual OATA quiz bowl
- } February 4-7—SEATA Conference
- } March 2010—National Athletic Training Month
- } March 13—ATSO Athletic Training Olympics
- } May 1—Graduation

JANUARY 2010						
Su	M	Tu	We	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

FEBRUARY 2010						
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28						

MARCH 2010						
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28	29	30	31			

APRIL 2010						
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## Armenia

*This past summer Lisa Martin, Jeremiah Fraser, Justin Seligman, and John Niemeyer traveled to Armenia with Athletes in Action to share the gospel and teach clinics on sports medicine.*

We left on Sunday, May 10 and had three flights before arriving at our final destination. None of us could possibly have known how wonderfully this trip was going to turn out. Neither could we have suspected how much we would fall in love with both the people and the country of Armenia. During part of our time in Armenia, we traveled to various gyms and gave a simple demonstration to wrestling, karate, and aikido athletes and coaches. We taught them about strength training, core strength, and agility. We repeated this demonstration at the conference we held later.

## John Niemeyer

At the conference, we gave lectures and provided hands-on experience and practice to the attendees. Each day we held a four-hour session which was divided in half. For the first two hours we spoke on various prepared topics including concussions, leg and arm injury evaluations, the sports medicine team, hydration, and energy pathways. During the second two hours we led the participants in some hands-on experiences related to the lecture. We thought that we went to Armenia to teach people about sports medicine as well as Christ. They had other ideas. We taught them, but they also taught us and showed us what it means to live together in Christ. When we were with our brothers and sisters in Christ, we found

ourselves loving each other, laughing, crying, and having a blast despite the language barrier. We left there after just nine days leaving behind friends that we will never forget. Throughout our visit to Armenia we were able to share Christ with those that came to our clinics as well as those that we met with in their respective clubs. We were able to see 17 kids raise their hands and enter into the family of Christ. Compared with this, the least of all the things that we were able to do was to impart some our knowledge of the human body and sports medicine. Throughout the nine days we saw the hand of God constantly. During this short visit all of us understood that Christ was pointing us in directions that we might not have been open to if we had not seen His power and love in the lives of those we met in Armenia.



**Justin teaches Armenian students how to tape an elbow**



## Athletic Training Student Organization

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Vice-President: Justin Seligman

Secretary/Treasurer: Julie Brandt

Editor: Melissa Scholes

Ministry Coordinator: John Bright

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**A special thanks to Steve Patterson, our advisor, for the work he has done to help us found this organization. His passion for the profession and love for students make him an inspiration to us all. We look forward to the great things that we can accomplish together at Cedarville and for the profession at large.**

## Welcome Leyna Hebert

Justin Seligman

Leyna Hebert was born and raised in Rochester, New York. Her family has a Catholic background and she attended Catholic church and school until the seventh grade. From that point, Leyna began attending public junior high and continued into public high school. In high school, Leyna played soccer and ran indoor track, outdoor track, and cross country. Throughout high school and college, she worked as a lifeguard at different facilities.

Leyna attended The Ohio State University for her undergraduate education. As an athletic training student, she worked various sports including football, swimming, rowing, and baseball. She was the president of the OSU Athletic Training Club. On top of the rigors of athletic training, Leyna

was a manager at the Outdoor Adventure Center, running the climbing wall and equipment areas. For her graduate education, she attended the University of Kentucky and received her master's degree in athletic training. There, she worked primarily with



**Leyna and Justin with some of the women's soccer players**

the women's volleyball team but helped with the basketball teams as well. She participated in athletics throughout her college career, playing ultimate frisbee and indoor soccer.

Leyna still enjoys running and ab workouts in her spare time. Church has always been a large part of her life as well. She was active in her church back home in New York as well the churches she attended in college, volunteering and helping out wherever and whenever she could. After college, she decided to return to the Buckeye State and remain close to both of her alma maters. Leyna is now a Yellow Jacket and the Certified Athletic Trainer in charge of women's soccer and track and field at Cedarville University.