

President's Message

Hello again ATABC members!

It's that time of year again; busy season for intercollegiate sport as well as hockey and rugby leagues. Good luck to all of you in the play-offs!

It's also time to put the ATABC AGM on your calendar. This year the meeting will be held in Victoria. Camosun College will be hosting the ATABC for this event on Sunday, April 29.

In the morning of AGM will be a CPR course. Red Cross changed their standards as of January 1 of this year. There is now a 'lay person' CPR as well as a 'health care practitioner' CPR (CPR-HCP). Please see the article in this newsletter for the summary of differences. The CATA will require all members to have CPR-HCP certification as of December 31, 2007. The ATABC is offering this course in order to allow you easy access to this new standard.

I am pleased host our AGM guests. CATA president Andrea Prieur and Vice President, Richard Demont will be in attendance. Chief Therapist from Vancouver 2010, Rick Celebrini, will also be making the

trip to Victoria for the meeting. These guests will be presenting to the membership.

Last year we intended to present a new Constitution at the AGM. Due to the enormity of this task, we were unable to complete the document last year. We have been working very hard this year and are pleased to present the new Constitution. This is extremely important to our association and we will be voting on this Constitution at the AGM. Please review the document that is included in the mail out. I would like to thank Sandy Zinkowski and Colleen Creighton, in particular, for their work on the Constitution in the past months.

As always, the AGM will be a forum for many important topics. In addition to the Constitution we will be discussing new regional chapter criteria from the CATA, 2010 Games, Sport BC membership, board liability insurance, etc. Of course, the AGM day offers a great chance to catch up with colleagues and network with like minds.

If that isn't enough to draw you to the AGM day, we will also be providing lunch and door prizes! Be

sure to put April 29 on your calendar. I look forward to seeing all of you!

It is with a bit of regret that I inform you that this will be my last President's message. I have finished my second term and will be stepping down from the President's position at the AGM. I would like to thank all of the board members that I have worked with over the past years. Your wisdom, guidance and hard work is appreciated by myself and the membership. Although this position has not been without challenges, it has also been extremely rewarding. One of the most exciting things for me has been seeing the increasing number of athletic therapists, athletic therapy practices, and job postings in our province. I am pleased with the progress the ATABC has made in the past years and I am excited about the future. Sincerely,

Deanna Schick,
MSc, ATC, CAT(C), PhD Can

Health Care Provider CPR Course

Sunday, April 29 8:30am—noon (prior to the AGM)
Camosun College, Interurban Campus
\$40

Taught by Dr. Natasha Montroy

To register email: clinic@islandnaturopathic.com



Profile of a Member: Jonathan Sun



Certified Since? June 2004.

Occupation/Employment/Team:
Co-director and Head Athletic
Therapist of Coast Sport Therapy.

**Are you, or were you an athlete
yourself?** Swim club until 15.

Favorite sport(s) to work with: Tae
Kwon do Athletes.

**Least favorite sport(s) to work
with:** Softball.

Highlight of your AT career: Going
to Australia with Canadian Tae
Kwon Do team for Commonwealth
Championship.

Lowlight of your AT career: Work-
ing for Performance Orthotics.

Why did you become an AT? I love
Sports and I love fixing people. The

profession is a good mix of both, it
allows be to be on the field yet still
work in the clinic.

**Favorite thing(s) about being an
AT:** To be able to treat the active
population.

**Least favorite thing(s) about being
an AT:** The fact that I am always
more than willing to be underpaid
for the work that I do.

Keys to being a good AT: Confi-
dence, Willingness to think outside
of the box, strong assessment skills
and manual techniques.

Favorite food: tenderloin grilled
medium rare

Favorite movie(s): Talladega
Nights, the ballad of Ricky Bobby,
Nacho Libre is a close second.

**Where are you from/where
did you grow up?**
Richmond, BC.

Where did you go to school?
Kwantlen College for one se-
mester, than U of A/Mount
Royal AT program.

As a member (in good standing) of the ATABC you will automatically receive the ATABC newsletters. If you would like additional copies of the newsletter you can:

- Download and print them from www.athletictherapybc.ca
- Send an e-mail to mail@athletictherapybc.ca requesting copies and you will receive an electronic copy.

(the newsletter is published in Adobe read-only format only)

CPR STANDARDS HAVE CHANGED!!

As of January 1, 2007 Red Cross CPR has two separate classification of providers; lay person and Health Care Professionals (HCP). There are also two different levels of certification. To briefly summarize the major differences:

- * Lay people do 30 compressions and 2 breaths for any victim (infant through to adult).
- * Lay people no longer do rescue breathing.
- * Lay people no longer do pulse checks.
- * HCP still does 15 compressions to 2 breaths and also used bag-valve masks.
- * HCP still does pulse counts.
- * AED certification is included in HCP level certification.

Other practitioners including physicians, nurses, paramedics, physiotherapists and occupational therapists are listed in the HCP list. As of Dec 31, 2007 (the next time you renew membership) the CATA will require CPR-HCP.


Recent Courses:

Several ATABC members attended a course January 20 on “RECENT ADVANCES IN THE FUNCTIONAL TREATMENT OF PELVIC & GROIN INJURIES.” Thanks to Greg Bay for a great, practical learning experience. Thanks also to Kevin Brechin and Rob Joseph for organizing the course and to Jamie Rempel for use of his clinic, The Training Room.



Above: Jamie Rempel and Kevin Whitmer work on Kevin Brechin.
 Below: Greg Bay instructs Kevin Whitmer on exercises with Natalie Ghobrial and Rob Joseph looking on.








"Exercise IS Therapy"

Winnipeg plays host to the 41st Annual Canadian Athletic Therapists Association's National Conference. Hosted at The University of Winnipeg from May 23-26, 2007, the theme of the conference is "Exercise IS Therapy". The conference will address the athletic continuum from the child athlete to adulthood. Individual topics include "Kids in the Weight Room", "Reconditioning the Elite Athlete", "Strength & Conditioning of the Artistic Athlete" and "Industrial Therapy: *Rapid Return to Work and Play*." The conference speakers represent such organizations as Cirque du Soleil and the Montreal Canadians. All speakers are experts in their fields with years of experience.

For more information, please contact Connie Klassen at mail@mata.mb.ca, or visit the conference website at www.cata2007.com.







On March 10 some of us attended First Responder recertification. This was the first time we have worked with this course provider and look forward to continuing this relationship in the future. Keep posted for more First Responder offerings in the future.



Kim Oslund and Traci Burchall at First Responder learning about bloodborne pathogens.

ATABC EXECUTIVE

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Annual General Meeting

1:00pm

Sunday, April 29, 2007

Camosun College, Victoria

Interurban Campus; 4461 Interurban Road

Presentations from:

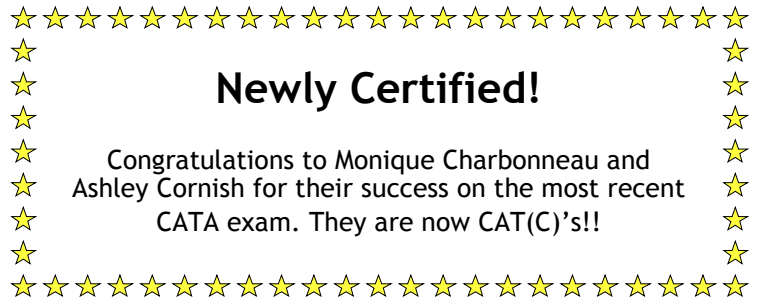
CATA President Andrea Prieur and
Vice President, Richard Demont
Camosun College
Vancouver 2010 Chief Therapist, Rick Celebrini

Lunch and door prizes provided as well!

MOVERS AND SHAKERS!

Natalie Randall will be moving into the Cook St. Health Centre providing Osteopathy for athletes.

Christy Nichol moved from Switzerland via Ontario to Nelson and is setting up a clinic! Congratulations and Welcome!



Newly Certified!

Congratulations to Monique Charbonneau and Ashley Cornish for their success on the most recent CATA exam. They are now CAT(C)'s!!

Clinical Tid-Bits

Golfers, Low Back Pain & the Transversus

→ As the game of golf is gaining popularity, reports of low back pain related to it are also becoming more common.

→ This study looked at 20 male golfers (10 with low back pain and 10 without) and compared the total time each subject could

maintain contraction of the Transversus Abdominis

Conclusion

Golfers with a history of low back pain had significant less endurance of their transversus abdominis muscle when compared to golfers without a history of low back pain ($p < 0.025$)

Clinical Relevance

Golfers with low back pain may benefit from intervention that includes endurance retraining of

the transversus abdominis muscle. This can then be followed by re-training of the internal and external obliques.

REFERENCE: Evans C., Oldreive W. A study to investigate weather golfers with a history of low back pain show a reduced endurance of transversus abdominis. The Journal of Manual and Manipulative Therapy. 2000, 8(4):162-174

Submitted by
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