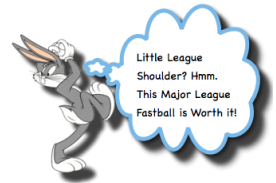


Mansfield Health Education Center  
Billings, MT



# 27th Annual Sideline Help Coaches' Clinic: Health and Sports Medicine Education for Teachers & Coaches

Thursday, October 19, 2023



7:30-7:35	Welcome	
7:35-8:05	Shoulder "Separations" and "Tommy John" Injuries	Steve Klepps, MD
8:05-8:35	Burnout in Athletes	Michael Heck, LCPC, LPC
8:35-9:00	What's New with Concussions	Marietta Meuli, ATC
9:00-9:30	Patellar Dislocations	Josh Bowler, MD
9:30-9:45	Break	
9:45-11:00	Character Building through Coaching	Derek Waddoups
11:00-11:30	Continuum of Physically Active Lifestyle to Early Sport Specialization	Don Gleason, ATC
11:30-12:00	Knee Meniscal Injuries: What's the Difference between "stitch" & "trim"	Jim Elliott, MD
12:00-12:15	Break to get lunch (provided), eat during roundtable	
12:15-1:00	Roundtable Discussion – "What are my athletes taking"	AMP ATs
1:00-2:00	What is Cupping? With hands on practice	Stacy Molt, ATC, CSCS



6 OPI Renewal Units Available  
Cost \$30 if Register by October 15, 2023  
\$45 for all registrations October 16-19, 2023  
No Refunds for Cancellations after October 15, 2023

To Register go to: <https://forms.gle/icHia1v6MQthNNex7>



# 27th Annual Sideline Help Coaches' Clinic: Health and Sports Medicine Education for Teachers & Coaches



Thursday, October 19, 2023

**Description:** The AMP Sideline Help Coaches' Clinic provides knowledge, resources, and tools for coaches and educators in the areas of health and sports medicine. We believe that partnerships between medical providers and those working directly with students and athletes provides better care and ideally prevents injuries and improves performance. Recognizing that most schools in the area do not have direct access to athletic trainers, we try to bridge the gap and work as a team to care for these student athletes, while remaining within the scope of each individual's training.

**Objectives:** Following this clinic coaches and teachers will be able to:

1. Recall the basic anatomy of knee, shoulders, and elbows
2. Describe the different treatment options for injuries
3. Identify the signs and symptoms of burnout & referral options
4. Implement character building activities for teams/students
5. Differentiate between physical activity and sports participation
6. Summarize the latest concussion recommendations
7. Describe cupping and why it is used
8. Distinguish between the different supplements athletes are taking and refer athletes to the proper resources to evaluate what they are taking

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