

REACH NEW HEIGHTS

CATA National Conference

April 30 – May 2, 2026 | Calgary, AB



Conference Program



WELCOME TO THE CATA NATIONAL CONFERENCE

General Information

Internet Access

Access to high speed internet is complimentary in the meeting space.

Network: Westin_Conference

Password: CATA

Parking

Parking is available for \$15/day + tax, subject to availability and based on first come first basis.



Scan the QR code to register your license plate in advance, or when you arrive at the hotel. Use code CATA when registering using the code.

Underground Parkade - Lot 001

The garage code to enter the Westin underground parkade is **3256#**. Proceed to level C or D to park.

Westin Overflow - Lot 197

No garage code required.

The special parking rate offered is only available through the QR code and is not set at the till machines located at both parking lots.

Social Events & Activities

CATA Town Hall

CATA will host an in-person Member Town Hall on Thursday, April 30 from 5:00-6:00 PM. Members of the Board of Directors and staff will share updates on key initiatives and provide an opportunity for attendees to ask questions and engage in discussion.

President's Welcome Reception

Kick off the weekend on Thursday evening at the President's Welcome Reception from 7:00-9:00 PM. Enjoy a relaxed atmosphere and light refreshments while meeting new colleagues and reconnecting with familiar faces.

Exhibitor Happy Hour

Close out Friday in the Exhibit Hall at the CATA Exhibitor Happy Hour, held from 5:30-6:30 PM. With prize drawings and a lively setting, it's the perfect opportunity to continue conversations from the day and connect with exhibitors. Don't forget to complete your passport before it begins!

Guided 5K Run

Start your day with a guided 5K run on Saturday starting at 7:00 AM. Meet in the hotel lobby. Advanced sign-up is required at the registration desk, and space is limited.

CATA Awards Celebration

Join us Saturday morning at 11:00 AM-1:00 PM for the CATA Awards Celebration, a special plenary session recognizing outstanding contributions across the profession, offering an engaging and accessible way to celebrate excellence.



PRESIDENT'S MESSAGE

To all attendees of CATA's 2026 National Conference:

As President, it is my pleasure to welcome you to Calgary, Alberta, the host city for this year's conference. Set against the backdrop of the Canadian Rockies, Calgary is a dynamic city where urban energy meets natural beauty. You'll experience a genuine sense of western hospitality throughout your time here, whether you are visiting for the first time or know this region well. I encourage you to explore its culture, local cuisine, and the remarkable surroundings that make this part of Canada so distinctive.



Our profession continues to evolve, and this year's gathering reflects that momentum. This conference serves as a space to exchange ideas, challenge perspectives, and move athletic therapy forward together.

I want to acknowledge the commitment it takes to be here. Many of you have travelled from across the country while balancing responsibilities to your patients, teams, students, colleagues, and families. Your dedication to ongoing learning and to strengthening our profession is deeply appreciated.

During the conference, you will experience a comprehensive program designed to support both your immediate practice and long-term growth. We are proud to welcome keynote speaker Jon Cornish, Canadian Football Hall of Famer, CFA Charterholder, and Chancellor of the University of Calgary. His session, *Building Inclusive Excellence: Leadership and Diversity in Sport and Health*, highlights an important focus for our profession as we shape a more inclusive and impactful future. The program also features a wide range of workshops, research presentations, and sessions highlighting emerging approaches and delivering practical insights you can bring back to your work.

We have created opportunities for dialogue and connection throughout the conference. Join the Town Hall on Thursday for updates and discussion. That evening, we begin with the President's Welcome Reception, followed by the CATA Exhibitor Happy Hour on Friday. We'll close with the CATA Awards Celebration on Saturday, recognizing the outstanding contributions of our members.

I am optimistic about where athletic therapy is heading and the role each of you plays in shaping that future. I encourage you to fully engage in the days ahead and take advantage of all that has been planned.

I look forward to connecting with many of you in Calgary and wish you an inspiring and rewarding conference experience.

Schad Richea
President

PROGRAM AT A GLANCE

THURSDAY, APRIL 30

Time	Event	Room
8:00 AM - 11:00 AM	Workshop: Nervous System 911 <i>K. Hossack & J. Lefort</i>	Bonavista
11:30 AM - 1:30 PM	Workshop: Mastering the Sacro-Iliac Joint: Easy, Safe, and Effective Methods <i>J. Stark</i>	Bow Valley
2:00 PM - 3:00 PM	Workshop: Ergonomic Accommodation Strategies for Musculoskeletal Injuries <i>R. McKenzie & J. Nichol</i>	Bonavista
2:00 PM - 3:00 PM	Workshop: Shockwave Therapy - The Basics and The Pearls <i>B. Smith</i>	Bow Valley
3:30 PM - 4:30 PM	Workshop: Lived Experiences of Female Certified Athletic Therapists in Canada: Data, Dialogue, and Direction for Change <i>B. Swan & C. van Audenrode</i>	Bow Valley
5:00 PM - 6:00 PM	CATA Townhall - Open to all CATA members	Brittania
7:00 PM - 9:00 PM	President's Welcome Reception	Belaire/Mayfair



PROGRAM AT A GLANCE

FRIDAY, MAY 1

Time	Event	Room
8:00 AM	Breakfast – Exhibit Hall Open	Mayfair/Belaire Rooms
9:00 AM - 10:00 AM	Keynote: Building Inclusive Excellence: Leadership and Diversity in Sport and Health <i>J. Cornish</i>	Britannia
10:00 AM - 11:00 AM	Lecture: On-Field Treatment of Sport Related Dental Injuries- Help Athletes Return to Play Quickly <i>H. Stasiuk</i>	Britannia
11:00 AM - 11:30 AM	Break – Exhibit Hall Open	Mayfair/Belaire Rooms
11:30 AM - 12:30 PM	Lecture: Beyond the Bone: Using the Biopsychosocial Model to Elevate Clinical Reasoning and Leadership <i>M. Kutz</i>	Britannia
12:30 PM - 1:30 PM	Lunch – Exhibit Hall Open	Mayfair/Belaire Rooms
1:30 PM - 2:30 PM	Research Podiums	Britannia
2:30 PM - 3:00 PM	Lecture: Recognition and Treatment of Exertional Collapse Associated with Sickle Cell Trait (ECAST) <i>K. Henderson</i>	Britannia
3:00 PM - 3:30 PM	Break – Exhibit Hall Open	Mayfair/Belaire Rooms
3:30 PM - 4:30 PM	Lecture: Beyond the Cycle: Hormonal Considerations in Female Athlete Health and Performance <i>T. Reside</i>	Britannia
4:30 PM - 5:30 PM	Lecture: Whole-Person Health Care: Transformative Strategies for Improving Patient-Centered Outcomes in Athletic Therapy <i>N. Harris</i>	Britannia
5:30 PM - 6:30 PM	Exhibitor Happy Hour	Mayfair/Belaire Rooms

PROGRAM AT A GLANCE

SATURDAY, MAY 2

Time	Event	Room
8:00 AM	Breakfast	Mayfair/Belaire Rooms
9:00 AM - 10:00 AM	Lecture: Adapt to Innovate: Health & Performance Considerations for All Athletes to Reach the Podium <i>K. Mitchell & B. Yu & A. Mah & A. Kingsmill</i>	Britannia
10:00 AM - 10:30 AM	Lecture: Beyond the Thermometer: A Canadian Perspective on WBGT and Heat Illness Management <i>M. Robinson</i>	Britannia
10:30 AM - 11:00 AM	Break	Mayfair/Belaire Rooms
11:00 AM - 1:00 PM	Celebrating Excellence: CATA Awards Luncheon	Britannia/Mayfair/Belaire Rooms
1:00 PM - 2:00 PM	Lecture: Navigating Life As A New Athletic Therapist: A Panel Discussion <i>M. Miller & S. Munroe & J. Lamoureux & C. Salvo & B. Swan</i>	Britannia
2:00 PM - 3:00 PM	Lecture: The Athletic Therapist as Project Manager: Lessons from planning Medical Services for Canada's largest multi-sport event in one of the smallest provinces <i>A. Hurley</i>	Britannia
3:00 PM - 3:30 PM	Break - Research Posters	Mayfair/Belaire Rooms
3:30 PM - 4:30 PM	Lecture: Integrating Cognitive-Motor Principles in Athletic Therapy: From Perception-Action Coupling to Dual Task Training <i>J. Hurtubise & K. Mitchell</i>	Britannia
4:30 PM - 5:00 PM	Lecture: Bridging Prevention and Rehabilitation: Evidence-Informed Approaches to Concussion Care <i>A. Black & K. Schneider</i>	Britannia



KEYNOTE SPEAKER

Jon Cornish

Canadian Football Hall of Famer and CFA Charterholder

Calgary, Alberta



Jon Cornish is a former Canadian Football League (CFL) running back who spent his entire nine-year career with the Calgary Stampeders. Cornish is a three-time recipient of the CFL Most Outstanding Canadian Award and was named the league's Most Outstanding Player in 2013. He finished his career as the fourth-leading rusher in Stampeders history with 6,844 yards and holds several CFL records. After retiring from football, Cornish entered the finance industry and is currently an investment advisor and CFA Charterholder at RBC Dominion Securities. He is also involved in various non-profit organizations and charities, including the Black Chambers of Commerce and the You Can Play Project.

Cornish was recently named the chancellor of the University of Calgary, where he will help to build relationships in the community and promote the school's goals and priorities. He is known for his advocacy work and has been a champion for LGBTQ2S+ communities and at-risk youth. Cornish brings a unique approach to his presentations, drawing on his experiences as a CFL football player and his work in leadership roles in business and the community to inspire and empower solutions that help individuals manage challenges within themselves, their peers, and their workplace.

KEYNOTE:

**Building Inclusive Excellence:
Leadership and Diversity in Sport and Health**

Friday, May 1 | 9:00 AM - 10:00 AM



WORKSHOP DESCRIPTIONS

Nervous System 911

Kathlyn Hossack

Certified Athletic Therapist and Head Instructor & Practitioner at The Woven Path and Evoke Body + Mind

Judy Lefort

Instructor & Practitioner at The Woven Path and Evoke Body + Mind

In this workshop, we will present a basic understanding of the neurobiological impact of stress and performance as it occurs in the first responder and practitioner's body and mind during high pressure situations.

Thursday, April 30 | 8:00 AM - 11:00 AM

Mastering the Sacro-Iliac Joint: Easy, Safe, and Effective Methods

Jane Eliza Stark

Certified Athletic Therapist, MS, OMP

The sacro-iliac joints are notoriously difficult to assess and treat. Their intricate topography and complex arthrokinematics often require greater finesse than conventional approaches.

This workshop introduces an alternative way to address this challenging articulation. Participants will learn a precise standing evaluation of the sacro-iliac joint, followed by treatment in the same position.

Thursday, April 30 | 11:30 AM - 1:30 PM

Ergonomic Accommodation Strategies for Musculoskeletal Injuries

Rachel McKenzie

Certified Athletic Therapist and Vice President at MoveSafe

Jenna Nichol

Certified Athletic Therapist and Lead Consultant at MoveSafe

This session will explore different ergonomics and workplace accommodation strategies for common musculoskeletal injuries seen in the clinic (knee injuries, spine pathologies, shoulder injuries, concussions, etc.).

Thursday, April 30 | 2:00 PM - 3:00 PM

WORKSHOP DESCRIPTIONS

Shockwave Therapy - The Basics and The Pearls

Brent Smith

Certified Athletic Therapist and Director of Educational Strategies at Enovis Canada

This workshop will offer participants a review of both radial pressure and focused shockwave therapies as well as the opportunity explore treatment/application techniques and objectives in a small group format.

Thursday, April 30 | 2:00 PM - 3:00 PM

Lived Experiences of Female Certified Athletic Therapists in Canada: Data, Dialogue, and Direction for Change

Becky Swan

Certified Athletic Therapist with the West Vancouver Police Department

Charlotte van Audenrode

Certified Athletic Therapist and Therapist at The Edge School for Athletes & Youth Sports Injury Clinic

This session presents the findings from a national survey conducted by the Canadian Athletic Therapists Association Board of Directors exploring the lived experiences of female Certified ATs across diverse practice settings. The survey examined perceptions of respect, gender-based treatment, and safety within their working environments.

Thursday, April 30 | 3:30 PM - 4:30 PM



Share Your #CATAConference Moments

Post your photos using #CATAConference and tag us on Instagram (@cata_canada) or Facebook (CATA.ACTS). We'd love to see and share your highlights from the conference!

LECTURE DESCRIPTIONS

Adapt to Innovate: Health & Performance Considerations for All Athletes to Reach the Podium

Dr. Katelyn Mitchell, Bryan Yu, Alanna Mah, Adam Kingsmill

Saturday, May 2 | 9:00 AM - 10:00 AM

Para sport is growing in Canada and worldwide with para swimming, para cycling, and para athletics included at the 2025 Canada Summer Games and over 4000 para athletes competing at the 2024 Paralympic Games. Certified ATs may find themselves working with para athletes on the sideline or in clinical settings, therefore, it is imperative to understand key considerations to best support health and performance.

The panel will include an expert group of multidisciplinary practitioners (athletic therapy, strength and conditioning) and para athletes to discuss key considerations for medical care and adaptive strategies for rehab and training to optimize high performance. The session will begin with an overview of the diverse heterogeneity in para sport and athlete classifications, followed by an introduction to each panelist. The discussion will focus on key objectives that will enhance learning for participants in three topic areas:

1. Medical and Injury Management: Understanding the impacts of common injuries; access to care; rehabilitation and return to sport, and conditioning for optimal care of para athletes.
2. Adaptive Training and High Performance: Approaches to strength and conditioning, including adapted training and environments for para athletes.
3. Education and Knowledge Translation to Practice: Identify key strategies for Certified ATs and other practitioners to optimize rehab and performance with para athletes.

The interactive discussion format will allow panelists to share lived experiences and for participants to engage directly with questions. Participants will gain key insights and develop an understanding of how to adapt core principles of athletic therapy and strength and conditioning for optimal care of para athletes.

Beyond the Bone: Using the Biopsychosocial Model to Elevate Clinical Reasoning and Leadership

Dr. Matthew Kutz

Friday, May 1 | 11:30 AM - 12:30 PM

Athletic therapy is evolving—and so must our approach to clinical leadership and clinical reasoning. This session invites participants to move “beyond the

bone” by integrating the Biopsychosocial (BPS) model with leadership practices rooted in Contextual Intelligence (CI) to improve patient interactions. By layering BPS insights with CI principles like 3D Thinking™—the ability to draw from hindsight, insight, and foresight—clinicians will gain tools to navigate complex patient cases, lead diverse teams, and adapt to changing clinical roles. The BPS model acknowledges that optimal patient care emerges when biological, psychological, and social factors are considered together, rather than in isolation. Participants will learn how easily the BPS model can be applied to leadership capacity and contextually intelligent leadership. Patients and clinicians thrive when care is delivered through a BPS lens, whether that person is a patient, colleague, or team member.

This session will explore how psychological and social contexts influence biological outcomes, and how situational awareness, adaptability, and perspective-taking can elevate both patient care and professional influence. Certified ATs will leave equipped to think critically, navigate complexity and uncertainty, and deliver whole-person care in a rapidly changing clinical world.

Beyond the Cycle: Hormonal Considerations in Female Athlete Health and Performance

Dr. Tracy-Lynn Reside

Friday, May 1 | 3:30 PM - 4:30 PM

Hormones play a critical role in training adaptation, injury risk, and recovery, yet remain under-discussed in athlete health. Female athletes face unique challenges across the lifespan — from puberty and menstrual cycle fluctuations to contraceptive use, pregnancy, and the transition through perimenopause and menopause. This session will highlight the latest evidence and research on how hormones influence performance, with a focus on practical applications for Certified ATs. Special attention will be given to the impact of hormonal contraception on performance variables and injury risk, alongside strategies for integrating menstrual cycle tracking and hormonal health into care plans. By applying this knowledge, Certified ATs can not only improve health and performance outcomes but also support athlete retention by reducing injury downtime, enhancing communication, and fostering long-term engagement in sport.

By the end of this session, participants will be able to: Summarize current evidence on hormonal influences on performance, injury, and recovery across female athlete life stages.

LECTURE DESCRIPTIONS

Beyond the Thermometer: A Canadian Perspective on WBGT and Heat Illness Management

Dr. Michael Robinson

Saturday, May 2 | 10:00 AM - 10:30 AM

This session delivers an essential, evidence-based update on managing exertional heat illness. It will present novel findings from a recent Canadian Wet Bulb Globe Temperature (WBGT) monitoring project, using this data to justify the necessary expansion of heat illness action plans across the country. Participants will learn to apply WBGT principles to make informed, data-driven decisions on activity modification and cancellation to protect athletes.

The lecture will then transition to on-field clinical management, focusing on the rapid recognition and differential diagnosis of the full spectrum of heat illnesses, from heat cramps to life-threatening exertional heat stroke.

While this session won't detail rigid, step-by-step protocols, it will equip participants with actionable intervention plans for heat illness, grounded in the established scope of practice for a Certified AT. Participants will leave with enhanced confidence in implementing the most effective on-site cooling strategies and activating a robust emergency action plan, ensuring they are prepared to safeguard athlete health in any high-risk thermal environment.

Bridging Prevention and Rehabilitation: Evidence-Informed Approaches to Concussion Care

Dr. Amanda Black, Dr. Kathryn Schneider

Saturday, May 2 | 4:30 PM - 5:00 PM

Concussion prevention and rehabilitation approaches are constantly evolving. Evidence-based prevention strategies, such as policy changes, training modifications, and educational interventions, have demonstrated potential to reduce concussion risk, yet they remain variably and unevenly implemented. To maximize adoption, Certified ATs can play a key role by addressing psychological and sociocultural barriers that arise for athletes, coaches, parents, administrators, and through interactions across levels of sport.

More recently, sensor-based technologies have been introduced to monitor head impacts, offering new insights but also raising important questions about validity, feasibility, and implementation. At the same time, rehabilitation has shifted from prolonged rest to active, individualized care. Targeted interventions addressing vestibular, visual, cervical, and

psychological domains have demonstrated efficacy in supporting timely and safe return-to-play as well as in the prevention of persisting symptoms.

This session will provide Certified ATs with practical updates on concussion prevention and rehabilitation strategies, delivered through a lecture format with opportunities for questions and discussion. By the end of the session, participants will be able to:

- List examples of evidence-based concussion prevention strategies and identify psychological and sociocultural influences on their adoption.
- Explain the potential benefits of and limitations of sensor technology in prevention.
- Describe evidence-based active rehabilitation strategies for concussion recovery.
- Apply integrated prevention and rehabilitation approaches to practice.

Integrating Cognitive-Motor Principles in Athletic Therapy: From Perception-Action Coupling to Dual Task Training

Dr. Johanna Hurtubise, Dr. Katie Mitchell

Saturday, May 2 | 3:30 PM - 4:30 PM

This lecture will provide Certified ATs with a deeper understanding of key cognitive-motor terms and their application in rehabilitation. Concepts such as perception-action coupling, dual tasking, cognitive-motor integration, and visuomotor integration are increasingly relevant in evidence-based practice, yet their terminology is often used interchangeably or misunderstood. We will explore the neuroscience behind these concepts, highlighting how the brain integrates sensory input, attention, and motor output to produce efficient, adaptable movement.

Participants will gain insight into the similarities and differences between these terms and how to translate their theoretical understanding into clinical relevance, outlining practical strategies to integrate these principles into progressive rehabilitation plans. Attendees will leave with an improved ability to critically apply these concepts and select appropriate interventions based on patient needs for improved outcomes. This session is designed to bridge the gap between neuroscience and clinical practice, empowering Certified ATs to create rehabilitation programs that target not only physical recovery but also the cognitive processes essential for safe and effective return to activity.

LECTURE DESCRIPTIONS

Navigating Life As a New Athletic Therapist: A Panel Discussion *Dr. Matt Miller, Stewart Munroe, Julie Lamoureux, Cathy Salvo, Becky Swan*
Saturday, May 2 | 1:00 PM - 2:00 PM

Transitioning from student to Certified AT is a pivotal and often challenging step in your professional journey. While it's an exciting milestone, it can also feel overwhelming as you move from the structured environment of school into the dynamic world of professional practice. This panel discussion brings together a diverse group of newly certified and experienced Certified ATs from across Canada to share their insights, lessons learned, and real-world advice.

The session will cover a wide range of topics that are essential for early-career Certified ATs. Panelists will discuss how to manage your first contracts, set realistic expectations, and build strong relationships with clients and employers. You'll gain insight into how to develop a professional presence, communicate your value, and build lasting connections that support long-term success. In addition to clinical work, the conversation will explore how to handle the practical, everyday challenges of working as an Certified AT. From juggling multiple roles and setting boundaries, to marketing your services and understanding your worth, these are the skills that aren't always taught in the classroom but are critical to thriving in your career. Mental wellness and maintaining a healthy work-life balance will also be key themes, with a question period at the end.

Whether you're approaching certification or already in your first years of practice, this session offers support, perspective, and practical tools to help you start strong and grow with confidence.

On-Field Treatment of Sport-Related Dental Injuries: Help Athletes Return to Play Quickly *Dr. Hans Stasiuk*
Friday, May 1 | 10:00 AM - 11:00 AM

This presentation will discuss the types of dental injuries that you might see and how to initiate treatment if a team dentist isn't present. Recommendations for first aid supplies to keep in your trauma bag to treat dental injuries will be discussed. You will also learn the importance of having an ASD Certified Sports Team Dentist as part of your Sports Medicine Team and how to choose the right one.

Recognition and Treatment of Exertional Collapse Associated with Sickle Cell Trait (ECAST) *Dr. Kelley Henderson*
Friday, May 1 | 2:30 PM - 3:00 PM

Sickle cell trait (SCT) is a hereditary condition in which the red blood cells of the body are not uniform and can decrease the ability to carry oxygen throughout the body. During exercise or exertion, the abnormal hemoglobin may change from a round to a quarter-moon shape known as "sickling". This poses significant risk to athletes as it is a medical emergency and may result in sudden death. Athletes who carry the SCT may be at risk of developing ECAST based on environment, hydration level, and presence of asthma. High heat and humidity may impact the maintenance of hydration levels. High altitude may decrease the body's ability to circulate oxygen which may become even further impaired during a sickling event. Patients typically present following a period of at or near maximal exertion and may complain of muscle pain, cramping, and weakness. Differential diagnosis may be heat stroke or cardiac-related conditions. There is not a specific clinical test or lab value to confirm an on-field sickling event. Recognition of symptoms should prompt removal from activity. Treatment should consist of early administration of high flow oxygen at a rate of 15 L/min and hydration strategies. Activation of the EAP and referral to the emergency department should follow. Patients may return to activity when symptoms have resolved and have normal organ function and physician clearance. A graded approach to activity should be developed and education about intensity levels and the role of hydration, heat, and altitude should be provided.



LECTURE DESCRIPTIONS

The Athletic Therapist as Project Manager: Lessons from Planning Medical Services for Canada's Largest Multi-Sport Event in One of the Smallest Provinces *Angie Hurley*

Saturday, May 2 | 2:00 PM - 3:00 PM

A look behind the scenes. Breaking down the preparation and planning of the Medical Services functional area for the 2025 Canada Games in St. John's NL from the perspectives of an Certified AT, a previous Sponsored Medical Personnel, and a Project Manager.

- Overview of Involved Parties: Host Society, Canada Games Council, NSOs, Major Games Canada, etc.
- Overview of CGC Standards and Functional Area
- KPIs and Stats
- Roadmaps and Timelines
- Role of Sponsored Medical Personnel
- Challenges
- Innovations
- Successes
- Role of Project Management and transferability to other aspects of Sport Medicine Reflection; what I would do differently
- Future of Medical Services at Canada Games
- Future of athletic therapy at the Canada Games
- Canada Games as a development pathway for the future of CATA Major Games candidates

Whole-Person Health Care: Transformative Strategies for Improving Patient-Centered Outcomes in Athletic Therapy *Dr. Nicolette Harris*

Friday, May 1 | 4:30 PM - 5:30 PM

Evidence increasingly demonstrates that factors such as mental health, social determinants, and patient education profoundly influence adherence to treatment, recovery timelines, and readiness to return to work, sport, or daily function. Thus, the evolving landscape of athletic therapy calls for a shift away from treating isolated symptoms of injury or disease toward holistic, patient-centered models that address the interconnected psychological, social, and emotional determinants of recovery. Whole-person health care offers a multidimensional approach that emphasizes treating patients as integrated individuals rather than focusing narrowly on their musculoskeletal health or pathology. This session seeks to define and contextualize whole-person health care in athletic therapy.

Through the biopsychosocial approach, this presentation will illustrate how to identify and respond to barriers that complicate a patient's

rehabilitation. Practical strategies will be shared to help clinicians integrate psychosocial considerations into their practice, including validated screening tools, motivational interviewing, and collaborative goal-setting techniques. Participants will also explore methods for leveraging social support and community resources to promote successful reintegration into school, work, or sport. By embedding principles of whole-person health care, attendees will be able to implement strategies immediately to deliver more comprehensive, patient-centered care and improve long-term outcomes.



RESEARCH ABSTRACTS

ORAL PRESENTATIONS

These authors will present from the podium on Friday, May 1, 1:30 – 2:30 PM in the Britannia Room. Their posters will be on display in the Mayfair and Belaire Rooms throughout the event, with authors available for a question-and-answer session on Saturday, May 2, 3:00 – 3:30 PM.

Listed by author alphabetically.

ABSTRACT TITLE

A Comparison of Baseline and Acute Concussion Postural Sway in University Male Hockey Players

Reliability of a Cervical Motor Control Assessment and a Combined Ocular and Postural Control Assessment in Male and Female University Contact Sport Athletes

Sex Differences in Peak Torque, Limb Symmetry Index, and Hamstring-Quadriceps Ratio at Six-Months Post-Anterior Cruciate Ligament Reconstruction

Interdisciplinary Collaboration as Perceived by Health Care Practitioners During the Summer Finals of the 2025 Quebec Games

Effects of Aquatic Therapy Compared to Standard Care on Pain, Disability and Psychological Factors of Chronic Low Back Pain: A Randomized Controlled Trial

PRESENTED BY

Erin Dupuis, BKin, CAT (C), Acadia University

Whitney Gallant, CAT(C), RMT, MAK(Student), Acadia University

Stephanie Nathanail, MA(Kin), CAT(C), University of Alberta

Reka Sivasubramaniyam, BSc., CAT(C), Université du Québec à Trois-Rivières

Nicolas Vaillancourt, MSc. CAT(C), Concordia University

POSTER PRESENTATIONS

These authors will present their research as posters in the Mayfair and Belaire Rooms throughout the event, with a question-and-answer session on Saturday, May 2, 3:00 – 3:30 PM.

Listed by author alphabetically.

ABSTRACT TITLE

Effects of repeated head impacts in Canadian university varsity level American football players on clinical presentation of Vestibular Ocular Motor Screening

Feasibility of Using ActiGraph Devices and Activity Diaries to Measure Physical Activity in Young Children

Disconnect between Subjective and Objective Balance Measures in Individuals with Persistent Post-Concussion Symptoms and Acute Concussion during the Clinical Test of Sensory Integration on Balance

Opinions of Canadian Healthcare Providers on the Adequacy of the Concussion Return to Sport Guidelines for Artistic Athletes

The Evolution of Concussion Symptoms Over Time in Children with and Without Persisting Symptoms After Concussion

Performance of Evidence-Based Practice Competence on Athletic Therapy Students using the S-EBPQ

Reliability of Menstrual Cycle Literacy Questionnaire Among Canadian Varsity Athletes and Coaches

Menstrual Cycle Literacy Among Canadian Varsity Athletes and Coaches

Trait Mindfulness and Injury Acceptance in Japanese University Athletes: An Exploratory Analysis of Subscale Relationships

A Longitudinal Observation of Postural Control during Clinical Recovery of Anterior Cruciate Ligament Reconstruction

Risk Visualization of Wet Bulb Globe Temperature (WBGT) Exposure for Environmental Monitoring and Heat Safety Assessment

PRESENTED BY

Maée Camara, BSc, Université du Québec à Trois-Rivières

Julie Coupal, B.Sc, CAT(C), Concordia University

Norman Dang, CAT(C), York University

Ashley Hiscock, CAT(C), ATC, CSCS, Memorial University

Sofia Iuliano, MSc, CAT(C), RMT, Concordia University

Dr. Mark Lafave, PhD, CAT(C), Mount Royal University

Kelsey Marshall, MSc, CATC, RMT, H.BA Kin, Brock University

Kelsey Marshall, MSc, CATC, RMT, H.BA Kin, Brock University

Yuki Matsunaga, CAT(C), Teikyo University Institute of Sports Science and Medicine

Matilda Microys, BKin, Acadia University

Dr. Michael Robinson, PhD CAT(C) ATC, York University

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2026 CONFERENCE EXHIBITORS



Booth: 1

Website: cata.bmsgroup.com

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Booth: 2

Website: enovis.com

Enovis™ is a global medical technology innovator dedicated to improving lives by developing clinically differentiated solutions that enhance patient outcomes and restore motion for life. With thousands of employees worldwide and an extensive range of products, services, and integrated technologies, we strive to make each day better by partnering with the brightest minds to advance smarter, personalized, and more effective care that impacts patients wherever they are on their pathway to health.



Booth: 6

Website: inlinemedical.ca

Inline Medical is a Canadian distributor of advanced musculoskeletal and pain management solutions. For over 20 years, we've partnered with leading manufacturers to provide innovative products in bracing, bone health, cold therapy, regenerative medicine, prosthetics, and surgical implants. We're committed to clinical support, education, and empowering providers to improve patients' lives.



Booth: 12

Website: diamondathletic.com

At Diamond Athletic we pride ourselves on carrying the best products and having the most knowledgeable staff. Since starting our family run business in 1946 we have grown to offer more than 60,000 products. We thank you for your past support and look forward to working with you in the future.



Booth: 3

Website: kinemedics.com

KineMedics is a leading provider of tape, taping supplies, medical kits, first aid equipment, and consumables for professional use. Our goal is to connect you with the right solutions - and ensure you know how to use them with confidence - and to support our customers through hands-on education and training.



Booth: 11

Website: kinvent.com

Kinvent is a French international company helping sports and rehabilitation professionals track progress and engage patients. Through connected sensors and an app, it delivers precise, real-time scientific data to improve strength, balance, and mobility.

2026 CONFERENCE EXHIBITORS



Booth: 13

Website: medwest.ca

MedWest Inc. is a premier Canadian supplier specializing in premium Sport Medicine, Emergency Medicine, and First Aid products. We support healthcare professionals, Certified Athletic Therapists, and first responders with high-quality injury prevention, treatment, and rehabilitation solutions. Renowned for excellence, MedWest ensures fast, reliable, and secure distribution across Canada.



Booth: 9 + 10

Website: pinnaclehealthproducts.com

With 20+ years of experience in the rehabilitation community, Pinnacle Health Products recognizes the numerous healthcare specialties. We believe in bringing the best product innovations and quality services through continual investigation of our consumers' changing needs. We have become known as the "Professionals Choice" providing quality products supported by prompt service to meet the needs in this demanding market place. Together we can provide the outstanding care your patients expect.



Booth: 5

Website: thepersonal.com/cata

The Personal Insurance Company provides exclusive home and auto insurance programs for membership based organizations and professional associations. We partner directly with associations to offer members preferred pricing, tailored coverage, and dedicated support unavailable elsewhere. Our relationship driven approach enhances member value and builds long term partnerships, backed by Desjardins Insurance, trusted partner.



Booth: 8

Website: rehabpros.ca

Get discovered. Get chosen. Grow your practice. Join the only Canada-wide directory built exclusively for rehabilitation professionals and turn your expertise into a powerful patient magnet. Dominate local Google searches, showcase your unique skills, and convert online visibility into a steady stream of real bookings.

2026 CONFERENCE EXHIBITORS



Booth: 14

Website: sportintegrity.ca

Sport Integrity Canada (formerly the CCES) is an independent, national, not-for-profit organization that works to protect and promote the integrity of sport in Canada. Through the administration of the Canadian Anti-Doping Program and the Canadian Safe Sport Program, we strive to ensure sport is safe, clean, and fair.



Booth: 7

Website: trainerschoice.ca

Trainer's Choice is a Canadian, family-owned sports medicine brace and training supply company with over 30 years of innovation. The company combines clinical expertise and advanced, sustainable materials with performance-driven technology. Products are designed to relieve pain, support recovery, and help people stay active and perform at their best.

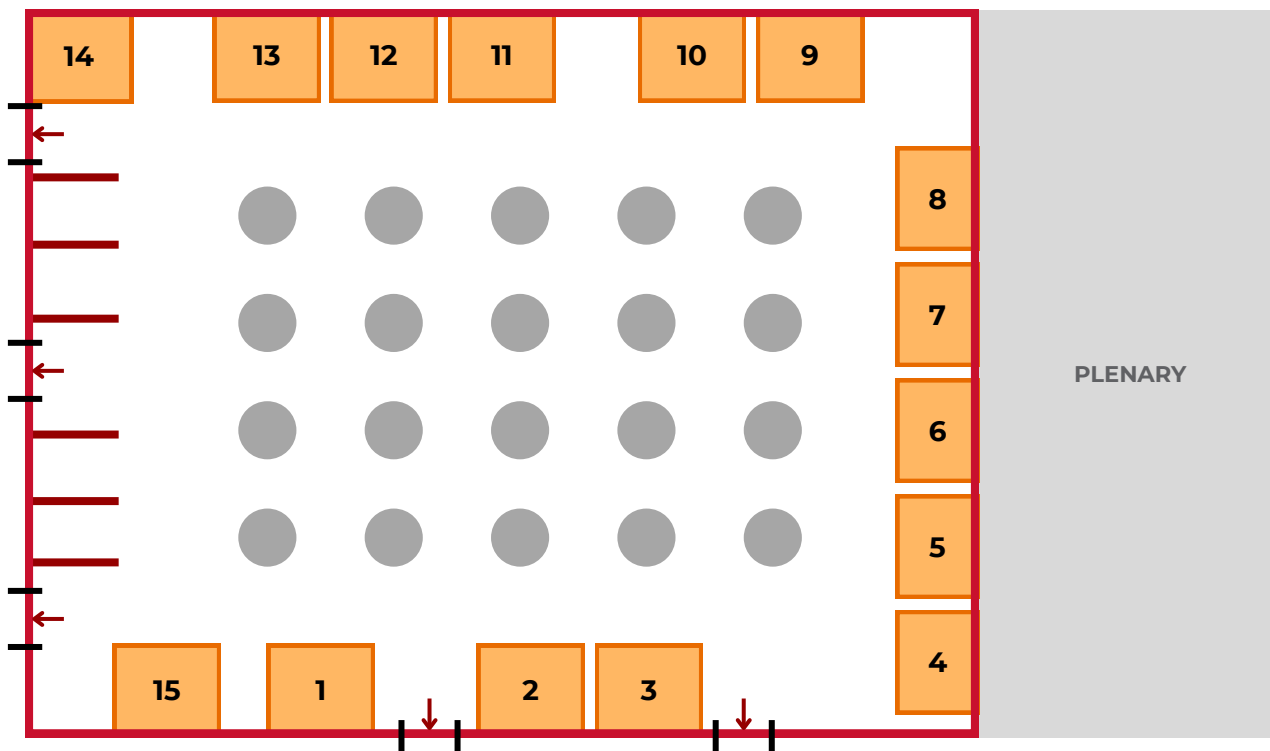


Booth: 4

Website: vereburn.com

Vereburn Medical Supply is a Canadian-owned distributor providing sports medicine, medical, and emergency supplies nationwide. We support athletic therapists, clinics, and institutions with reliable product access, competitive pricing, and responsive service—helping ensure athletes are prepared, protected, and performing at their best across every level of sport.

Floor Plan



Exhibitor	Booth Number
BMS	1
Enovis	2
KineMedics	3
Vereburn	4
The Personal Insurance	5
Inline Medical	6
Trainers Choice	7

Exhibitor	Booth Number
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Pinnacle	9+10
Kinvent	11
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Sport Integrity	14
VALD Health	15