

Journal of Athletic Training

Official Publication of the National Athletic Trainers' Association, Inc

Volume 50, Number 1, January 2015

Original Research

Clinical Studies

Foam Rolling for Delayed-Onset Muscle Soreness and Recovery of Dynamic Performance Measures
Gregory E. P. Pearcey, MSc; David J. Bradbury-Squires, MSc; Jon-Erik Kawamoto, MSc; Eric J. Drinkwater, PhD;
David G. Behm, PhD; Duane C. Button, PhD 5

Measures of Functional Performance and Their Association With Hip and Thigh Strength
Roger Kollock, PhD, ATC, CSCS; Bonnie L. Van Lunen, PhD, ATC, FNATA; Stacie I. Ringleb, PhD; James A.
Oñate, PhD, ATC, FNATA 14

Neuromuscular Fatigue and Tibiofemoral Joint Biomechanics When Transitioning From Non-Weight Bearing to Weight Bearing
Randy J. Schmitz, PhD, ATC; Hyunsoo Kim, MS, ATC; Sandra J. Shultz, PhD, ATC, FNATA, FACSM 23

Weight-Bearing Ankle Dorsiflexion Range of Motion—Can Side-to-Side Symmetry Be Assumed?
Alon Rabin, PhD, DPT; Zvi Kozol, PhD, PT; Elad Spitzer, MD; Aharon S. Finestone, MD 30

Strength-Training Protocols to Improve Deficits in Participants With Chronic Ankle Instability: A Randomized Controlled Trial
Emily A. Hall, MS, LAT, ATC; Carrie L. Docherty, PhD, ATC, FNATA; Janet Simon, PhD, ATC; Jackie J. Kingma,
DPT, ATC, PA-C; Joanne C. Klossner, PhD, LAT, ATC 36

Near-Infrared Light Therapy to Attenuate Strength Loss After Strenuous Resistance Exercise
Kelly A. Larkin-Kaiser, PhD, CAT(C); Evangelos Christou, PhD; Mark Tillman, PhD; Steven George, PhD, PT; Paul
A. Borsa, PhD, ATC, FACSM 45

Ad Libitum Fluid Consumption via Self- or External Administration
Susan W. Yeargin, PhD, ATC; Megan E. Finn, MS, ATC; Lindsey E. Eberman, PhD, ATC; Matthew J. Gage, PhD,
ATC; Brendon P. McDermott, PhD, ATC; Andrew Niemann, MS, ATC 51

Observational Studies

Agreement of Urine Specific Gravity Measurements Between Manual and Digital Refractometers
Dawn M. Minton, MS, ATC; Eric Kyle O'Neal, PhD; Toni Marie Torres-McGehee, PhD, ATC 59

Evidence of Validity for the Japanese Version of the Foot and Ankle Ability Measure
Daisuke Uematsu, MS, ATC; Hidetomo Suzuki, MEd, ATC, CSCS; Shogo Sasaki, PhD; Yasuharu Nagano, PhD, PT,
JASA-AT; Nobuyuki Shinozuka, MS, JASA-AT; Norihiko Sunagawa, MS, JASA-AT; Toru Fukubayashi, MD, PhD ... 65

The Experiences of Female Athletic Trainers in the Role of the Head Athletic Trainer
Stephanie M. Mazerolle, PhD, LAT, ATC; Laura Burton, PhD; Raymond J. Cotrufo, PhD 71

Achieving Work-Life Balance in the National Collegiate Athletic Association Division I Setting, Part I: The Role of the Head Athletic Trainer
Stephanie M. Mazerolle, PhD, LAT, ATC; Ashley Goodman, PhD, LAT, ATC; William A. Pitney, EdD, ATC,
FNATA 82

Achieving Work-Life Balance in the National Collegiate Athletic Association Division I Setting, Part II: Perspectives From Head Athletic Trainers
Ashley Goodman, PhD, LAT, ATC; Stephanie M. Mazerolle, PhD, LAT, ATC; William A. Pitney, EdD, ATC,
FNATA 89

Psychosocial Responses During Different Phases of Sport-Injury Rehabilitation: A Qualitative Study
Damien Clement, PhD, ATC; Monna Arvinen-Barrow, PhD; Tera Fetty, MS 95

Downloaded from http://meridian.allenpress.com/jat/article-pdf/50/1/3/2276565/1062-6050-50_1_3.pdf by guest on 16 January 2022

Systematic Review

Arthroscopic Treatment of Shoulder Instability: A Systematic Review of Capsular Plication Versus Thermal Capsulorrhaphy

Kasey Rolfes, DHA, ATC 105

Evidence-Based Practice

Five-Year Clinical Outcomes of a Randomized Trial of Anterior Cruciate Ligament Treatment Strategies: An Evidence-Based Practice Paper

Kyle Harris, MS, ATC; Jeffrey Bradford Driban, PhD, ATC, CSCS; Michael R. Sitler, EdD, ATC, FNATA; Nicole M. Cattano, MPH; Jennifer M. Hootman, PhD, ATC, FNATA, FACSM 110

CEU Quiz

The CEU quiz for the January 2015 issue
(Volume 50, Number 1) of the
Journal of Athletic Training will be located
online at www.nata.org/quiz-center

36th Annual Student Writing Contest

All materials must be received on or before March 1, 2015

The electronic file is to be submitted to LLDewald@gmail.com and
hard copy materials mailed to

NATA Undergraduate Student Writing Contest

Attention: Angela Deleon

1620 Valwood Parkway, Suite 115

Carrollton, TX 75006

Details of the contest are located at

<http://www.nata.org/undergraduate-student-writing-contest>

For questions about the contest, contact

Dr. Lori Dewald, EdD, ATC, MCHES, F-AAHE

LLDewald@gmail.com