

## Sports Medicine/Rehabilitation SIG Meeting

Sports Medicine/Rehabilitation Annual Meeting  
2009 NSCA National Conference  
Thursday July 9, 2009 ~ 12:00-1:00pm  
Chablis, Paris Hotel, Las Vegas, Nevada

### Meeting Agenda

- Introduction
  - Sports Medicine/Rehabilitation SIG
    - Purpose
  - Executive Council Members
    - Terry Grindstaff
    - David Potach
    - Joe Hewgley
    - Lisa Limper
- SIG Sports Medicine/Rehabilitation Guidelines
  - Online here: [http://www.nscalift.org/SIG\\_Admin/SIG\\_PDF/Sports%20Med-Rehab%20Guidelines.pdf](http://www.nscalift.org/SIG_Admin/SIG_PDF/Sports%20Med-Rehab%20Guidelines.pdf)
  - Approval
- Election
  - Based on guidelines approval
- SIG Goals and Projects
  - Conference symposium (conjunction with another SIG?)
    - Pre
    - General Session
  - Strength and Conditioning Journal- Request for articles
    - Rehab Tips
  - SIG Sponsorship
    - Ideas from current members
  - Other ideas from general membership
- Continue to develop website and forum within the NSCA
  - Attract interested members
  - Convey information regarding SIG
  - SIG Forum activity- Lisa Limper forum moderator
- Continue to build membership
- Open floor for other ideas

### Sport Medicine/Rehabilitation Purpose Statement

To promote this specialty area to NSCA members who are involved in Sports Medicine/Rehabilitation or individuals interested in related issues. Membership may include, but not limited to, physical therapists, athletic trainers, students of related fields, and other health related professionals (e.g., sports trained physicians and chiropractors). The Sports Medicine/Rehabilitation SIG will serve its members and members of the NSCA, as well as the public and consumers by working within the mission of the NSCA to bridge the gap not

only between research and practice, but between traditional rehabilitation concepts and strategies that take advantage of strength and conditioning principles.

**Sport Medicine/Rehabilitation Executive Council**

Chair: Terry Grindstaff ~ [tlg6q@virginia.edu](mailto:tlg6q@virginia.edu)

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