



TALES OF THE TAPE

THE PROFESSIONAL BASEBALL ATHLETIC TRAINERS SOCIETY

ROLEX RAFFLE WINNERS

The Professional Baseball Athletic Trainers Society is proud to announce the winners of the 2013 PBATS ROLEX RAFFLE. The raffle this year had three tremendous prizes which included a third place prize of a gourmet cheese and wine basket, a second place prize of a diamond tennis bracelet, and a grand prize of a Rolex GMT Master II Black Index Dial Oyster with Stainless

Steel watch. Part of the proceeds from this annual raffle benefits the PBATS' Jimmy Warfield and Bill Buhler Educational Scholarships.



This year's winners are:

First Place

Ernesto Frieri

Los Angeles Angels of Anaheim

Second Place

Michael Saunders

Seattle Mariners

Third Place

Chris Denorfia

San Diego Padres

PBATS.COM

MAY 2013

Special points of interest:

- [What Time Is It? Rolex Raffle Winners](#)
- [One Day For Hope](#)
- [Presentation to a Legend](#)
- [Getting Better—CEU Info](#)
- [Behind the Scenes with TC](#)

ONE DAY FOR HOPE

One Day for Hope is an annual charity established by the Minor League Coordinators under the umbrella of PBATS during the 2012 Winter Meetings. This charity is based on the idea of all Minor League Athletic Trainers giving one day's meal money, during Spring Training, as an expression of Hope for that year's Charitable Organization.

This year's Charitable Organization recipient was the St. Jude's Children's Hospital in the amount of \$13,113!

A special thanks needs to be given to all of the Minor League Coordinators who were the point persons for their organizations, the Minor League Umpires for their donation, and Team Pharmacy Solutions for their contribution as well.

This would not have been a success without the hard work of **Steve Smith (Dodgers)**, **James Ready (Phillies)**, **Jeff Collins (Athletics)**, and **Mike Herbst (Mets)** who were the regional representatives for the charity and helped with the collection process from the various organizations close to their Spring Sites.

Lastly, PBATS would like to formally thank and congratulate **Jay Williams** of the World Series Champion San Francisco Giants for his tireless work,

dedication, and vision in making this project a success. Without Jay spearheading this project, it would not and could not have been the success it was.



L to R—Ben Fraser (Seattle), Jimmy Southard (Seattle), Jay Williams (San Francisco), Jeff Collins (Oakland)

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DAVID PURSLEY—PBATS HALL OF FAME

During the Holiday Season, David Pursley had a few visitors drop by to personally congratulate and honor him with his Professional Baseball Athletic Trainers Society Hall of Fame plaque. Atlanta Braves Head Athletic Trainer—Jeff Porter, Atlanta Braves Team Physician—Dr. Joseph Chandler, and PBATS General Counsel—Rollin Mallernee, presented David and his wife Ruth with the plaque acknowledging his enshrinement into the PBATS Hall of Fame. Thank you to Jeff Porter for supplying Tales of the Tape with pictures of this wonderful and historic moment for PBATS.



Dr. Joe Chandler, Hall of Famer David Pursley, and Jeff Porter



Rollin Mallernee, David Pursley, Jeff Porter



Teacher and Student—David Pursley and Jeff Porter



The Hall of Fame Plaque of a Living Legend—David Pursley



David and Ruth Pursley





UMPIRE INJURY REPORTING/TRACKING—MiLB

A Letter from the Desk of Mark Stubblefield...

I would like to start by thanking each of you who assisted in the evaluation, treatment and care of the umpires during the 2012 season. I would like to recognize how important your role is in keeping umpires not only injury-free but also the impact you have on their lifestyle off the field.

The standard of care will remain the same with the home team physician and athletic trainer being the primary point of contact for all medical services. I have encouraged all the umpires to reach out to you for medical care as well. If acting as a visiting ATC and approached by an umpire for care, please provide that care while making the home ATC's aware of any treatments. The injury/illness reporting protocol will remain the same as it was for the 2012 season using the directions below to access the online form.

When an injury or treatment occurs:

<http://www.pbuonline.com>

- 1) Below the log in information you will see the "Athletic Training Accident/Injury Report"
- 2) Fill out the form to the best of your ability.
- 3) Click to review the report; you will then have to click one additional time to send the report.
- 4) A copy of the report will be sent to your inbox for your records.



In an effort to maintain a high level of communication, I would ask that all ATC's post their contact information in the umpire room.

Feel free to contact me if you have any suggestions for improvement or issues with umpire related treatments or reports. Once again I realize your schedules are beyond full and I thank you for taking time to take care of the umpires.

OLD FACES, NEW PLACES (Cont. from April 2013)



The Tales of the Tape would like to apologize for the unintentional exclusion of one of our members in last month's "OLD FACES, NEW PLACES", who has recently been promoted to the Major League ranks. Jeremiah Randall, of the Pittsburgh Pirates, has assumed the role of Major League Rehabilitation Coordinator—Physical Therapist/Assistant Athletic Trainer for the parent club, moving from his former position of Minor League Rehabilitation Coordinator. Congratulations to Jeremiah on his promotion.



CEU CORNER—

CERTIFICATION IN APPLIED FUNCTIONAL SCIENCE

The Gray Institute has introduced a new certification for allied health professionals called the Certification In Applied Function Science® or the CAFS. This certification gives movement professionals the skills and knowledge to approach each individual according to their unique goals and daily function. The CAFS combines the principles of Applied Functional Science® with your existing skill sets and experience, and helps you learn how to take an individualized approach to program design and create truly function programs for your clients. Utilizing the local to global spectrum method, the CAFS teaches the practitioner how to identify common dysfunction, create mo-

bility and progress to stability and strength for any range of functional needs and for any population.

The CAFS includes over 20 hours of online video content along with supporting documents. The course is delivered 100% online and you will have access to the content for three years. This certification is approved by the NATABOC, ACSM, PTAglobal, and SCW. It has a pending CEU approval status for NSCA, ACE, NASM, and multiple APTA States.

Currently, the CAFS is offered through the Gray Institute Web-

site (www.grayinstitute.com) for \$549.00. But because of the Institute's relationships with many of our teams, they are offering you a **10% discount thru June 15th**. To take advantage of this discount just enter in the code, **PBATS22**, when checking out to receive your 10% off.

GrayInstitute



PBATS 20 YEAR SERVICE AWARD

The PBATS 20 Year Service Award is presented annually to any Major League ATC, Minor League ATC, Major League Team Physician, or Minor League Team Physician who has amassed 20 years of service in his or her role. If you or anyone within your organization meets this criteria, please contact Mike Kozak of the Miami Marlins or Dan Wright of the Milwaukee Brewers. A brief biography, a high quality digital photo, and the correct spelling of his or her name for the plaque is requested.

Minor League Coordinators that were asked to submit the 20 Year Service Award Minor League Tracking Sheets are still asked to do so. Please send all information to Carl Randolph of the Pittsburgh Pirates.





PRODUCT SPOTLIGHT—EVOSHIELD

Built with the base stealer in mind and designed to fit MLB athletes' preferences, the Sliding Wrist helps prevent breaks, jams and hyperextensions when risky slides are necessary. With stabilization on both the top and bottom of the wrist and an adjustable elastic band, the Sliding Wrist will fit snugly to any wrist and provides the necessary support to prevent wrist injuries. Made of neoprene material with further support inside the product, Sliding Wrists provide safety for the most reckless base runners without sacrificing comfort or speed.



If anyone has a lead or knowledge on a product, vendor, or company for the "Product Review", please contact Jim Lovell at jim.lovell@braves.com

RICHIE BANCELLS—PRESIDENTIAL ADDRESS

To all,

Hope everyone is doing well as we are in full swing of the 2013 season.

The Rolex raffle was a great success. Best numbers we have ever had. Congrats to everyone who made this possible.

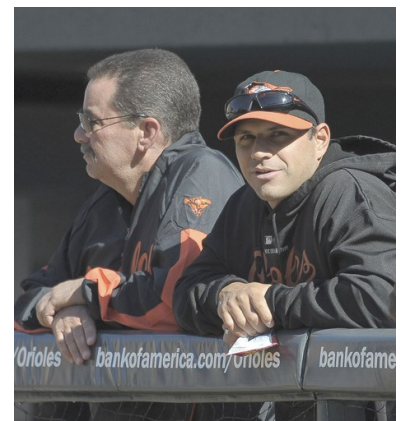
By now, everyone should have or be very close to having selected an intern and have a PLAY date. Get your PLAY dates to Zach Reed as soon as possible.

As we have seen in recent weeks the EMR committee has been working very hard to make the refinements to the Sutton program that has to be made. Should you have any concerns or suggestions please take them to an EMR committee member so that they may be discussed at their next conference call meeting.

The next MLB Medical Advisory Committee meeting will be held Monday, June 3rd in New York. Should you have anything you would like put on the agenda for this meeting please contact a MAC committee member or myself.

Take Care and hope your season continues in a healthy manner.

Richie





TAPE FROM THE PAST—TOMMY CRAIG

Very few members of the baseball world have had the opportunity to work all of the various positions an athletic trainer can hold. From Minor League ATC, to Assistant ATC, to Head ATC, to Minor League Coordinator, Tommy “TC” Craig has brought his energy and passion to which ever post he has been asked to serve. The two time World Series Champion and 2012 Florida State League Athletic Trainer of the Year was kind enough to take a moment to sit down with the Tales of the Tape for an in-depth interview on his career and where he sees his path going.

TotT: What got you started in the athletic training profession and how did you get your start in Baseball?

TC: When I was a baseball player as a sophomore in HS back in Wilmington, N.C. a hot-bed for star athletes, I realized I was not going to make any money playing; and so did Coach Heyward Younger, a gentleman who handled the equipment and communications for the coaching staff. I could run and throw, but could not hit...and being a tall skinny kid, my chances of getting injured were good. Coach Younger knew I had a love for sports and especially the game of baseball. So, one day he pulled me aside and told me about this new field called athletic training or sports medicine. I went on to work as an athletic training student for the high school football and baseball teams. Later I was selected to attend the Piedmont Trainers Camp and was one of the high school athletic training students chosen for the North-South All-Star game, there I met Rod Compton the Head Athletic Trainer at East Carolina University and Director of Sports Medicine. I received a small stipend to attend ECU and their Sports Medicine program which was one of the only accredited programs recognized by the NATA at that

time. Now I am dating myself. Back before the Tobacco Road was paved, Larry Starr then the Head Athletic Trainer of the Cincinnati Reds and a former classmate of Rod Compton’s at Ohio University; offered me a full season position in the Western Carolina League in Shelby, N.C., so that was the beginning of what is now a 34 year career. I finished out that first season, and then returned to ECU to student teach, complete my degree and get certified. I then applied for a position with the Toronto Blue Jays with Kinston (N.C.) in the Carolina League, this lead to 25 years of service with the Blue Jays organization.

TotT: What is your most memorable professional moment as an athletic trainer?

TC: Being announced during introductions for the Major League All-Star game in 1991 and celebrating the first of two World Championships in Atlanta in 1992 as the Head Athletic Trainer for the Blue Jays. I also can’t forget walking into the clubhouse of the Big Red Machine to work an exhibition game in 1978 with Larry Starr; I was only 22 at the time. The names of the players on the team read like a Hall of Fame Ballot. Names like Seaver, Rose, Morgan, Bench, Perez, and Foster. This took place in my first spring training after being there all of two weeks!

TotT: What struggles, if any, did you find along your journey as an athletic trainer?

TC: I would have to say that starting in an era where athletic training was somewhat new to pro baseball and having to carve a niche and prove to the pioneers in the game that I was educated and was bringing new and innovative ideas to the game, then proving it worked over time. I was young and implementing



different methods of doing strengthening and training to prevent injuries to coaches who were set in their ways. I had to change their way of thinking ...gently. It was tough to get many of the ideas we use today across to “old school people” and have them accept it.

TotT: Who was the most influential person in your professional career and why?

TC: Well, this is not an easy question to answer, because there were several people along the way for different reasons and at different stages of my career that were influential. So having said that, I would say Mel Queen our Farm Director and Gord Ash, our Assistant G.M. and Pat Gillick, G.M. for believing in our athletic training staff’s ways and letting us carry them out. And last but not least, Dr. James Andrews and Dr. Steve Mirabello for reinforcing what we were doing at a time that





TAPE FROM THE PAST—TOMMY CRAIG (CONT.)

it was new and unproven. From the baseball side of things, Cito Gaston and Jimy Williams, my managers, were also great when I came up to the Major Leagues at a young age to be the Head Athletic Trainer. They helped make it a smooth transition.

TotT: *What is the most rewarding part of the job?*

TC: Having a hand in getting a young player back playing or pitching, influencing his way of thinking about an injury in the future. Watch that same guy return quickly from an injury in the minors and then change the way he goes about conditioning and recovering from that injury...and make it to the Major Leagues shortly thereafter.

TotT: *What advice would you give to a minor league athletic trainer who is aspiring to one day have the opportunity to work in the major leagues?*

TC: Don't worry about the level you are working at in the system, just do your best to communicate well, do your job to educate and prevent injuries to the best of your ability and then if something does happen... get that player back to playing as quickly and safely as possible. Move players along in their rehab or therapy progression and don't be afraid to make an aggressive mistake.

TotT: *What do you hope your former players and staffs would say about you?*

TC: He was one of the best athletic trainers I had in my career. He could get guys back on the field and keep'em there and he did it all with a smile on his face.

TotT: *What is your favorite or most useful "trick of the trade"?*

TC: Oh a couple of things, 1. Drilling sub-ungual hematomas (blood under a nail) with a vasector cautery to release the pressure. 2. Popping a blister with a tuberculin syringe and injecting a small amount of cortisporin under the dead skin for healing, then take the dead skin off a few days later.

TotT: *What do you think was your greatest achievement in the game?*

TC: Making it to the Major Leagues at age 29 and being the Head Athletic Trainer of a team that won back to back World Championships in 1992 and 1993. Plus having a team that had the least amount of man hours lost due to injury for the consecutive years that we were a first division team.

TotT: *Having occupied virtually every job possible for an athletic trainer in this game, what are some of the changes, for good and bad, you have seen over the years in our game? What would be the final chapter in your inspiring career?*

TC: Our injury tracking system has improved from the days of paper and handwritten notes to an almost paperless system with Sutton, plus all teams are close to being on the same page when exchanging medical information due to the

efforts of MLB. Having been in the minor leagues, a major league assistant, a Coordinator and Head Athletic Trainer who is fortunate enough to have had 15 years in the Major Leagues... and one who is still working in the minor leagues I can say... Finally, in some ways, athletic trainers are being recognized for their "behind the scenes work," countless hours and hard work when others have gone home or to an off season. However, this still could be improved upon in the minor leagues and I would like to be a Senior Medical advisor to a G.M. someday, and help carry this out. One who could help improve upon this from top to bottom, but remain in the trenches, roving through the minor leagues troubleshooting injuries, evaluating athletic trainers and doing the actual hands on work, rather than be in an office.





2013 CONCUSSION POLICY UPDATE

The following is a Memorandum from Dr. Gary Green regarding the 2013 Concussion Policy Updates.

There have been several developments in the field of mild traumatic brain injury (concussions) since the 2012 Winter Meetings. Below is a summary of these developments, as well as a few updates to Major League Baseball's policy on concussions.

I. On-Field Assessment

In the event of any serious injury on the field, including a potential concussion, umpires will create a clear area for the athletic trainers to operate. All players and nonplaying personnel should stay clear of the downed player to allow the medical team to assess the situation and determine whether the player can be safely transported or remain in the game. Non-medical personnel should never attempt to move an injured player. All venues should have emergency care plans and the team physician should have access to the field if necessary. Umpires are aware of these procedures, and they should also be communicated to all on-field personnel and players. On-field assessment of players for concussion should include an assessment of orientation, consciousness and symptoms. The Maddocks Score questions of the SCAT assessment are useful starting points for an immediate on-field evaluation. Players who are suspected of having a concussion should be removed from the game and more fully evaluated in the clubhouse.

II. Fourth International Conference on Concussion in Sport

A summary of the 2012 conference was recently published as a Consensus Statement, and includes recommendations regarding on-field evaluation, delayed onset of symptoms, computerized neuropsychologic testing, the sports concussion assessment tool, and return to play procedures that Club medical staffs should be aware of. It is emphasized that this document is not a standard of care, but is intended as a guide. Clubs should feel free to contact me or Dr. Alex Valadka if they would like to discuss any of these recommendations.

III. Retroactive Placement on 7-Day Disabled List

As it is stated in the March 18, 2013 memorandum from the Office of the Commissioner's Baseball Operations Department, Clubs will now be permitted to retroactively place a concussed player on the 7-day Disabled List. The maximum period for retroactive placement on the 7-day DL is limited to 2 days, provided that all necessary information is submitted before 5 P.M. (ET) on the second day following the event that resulted in the concussion, and the player has not participated in any games during this time. This is consistent with the Consensus Statement that symptoms of a concussion are frequently delayed.

IV. SCAT3 Assessment

The new SCAT3 is an improved version of the SCAT2 sports concussion assessment tool. The SCAT3 can be scored more easily, includes a section on neck pain, and has a section for serial results. We will be adapting this assessment tool and coordinating an educational campaign with the Players Association during the next off-season before moving to the SCAT3 in the 2014 season. For now, the SCAT2 will continue to be accepted, but Clubs will also have the option of using the SCAT3 right away. Please note that the SCAT3 requires the Maddocks Score questions to be used immediately after an injury, but the remainder of the SCAT3 can be given at any time. Clubs should also be aware that there is a smart phone app for the SCAT2, but not yet for the SCAT3. Please feel free to contact me if you have any questions.

