

# Allyn Abadie, MA, LAT, ATC

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## **Education:**

### **Pre-Doctoral Student, August 2019-Present**

*The University of Alabama at Birmingham* (Birmingham, AL)

Major: Nutrition Sciences

Funding Source: National Center on Health, Physical Activity and Disability (NCHPAD) Graduate Assistantship

Primary Mentor: Dr. Eric P. Plaisance

NCHPAD Mentor: Dr. Amy Miskimon Goss

### **Dissertation Research Interest**

Establishing a non-invasive metabolic biomarker for prevention, diagnosis, and rehabilitation of sports-related concussion and other physical disabilities.

### **Master of Arts, May 2016- May 2018**

*The University of Alabama* (Tuscaloosa, AL)

Major: Health Studies

Concentration: Athletic Training

### **Bachelor of Science, August 2012- May 2016**

*Nova Southeastern University* (Fort Lauderdale, FL)

Major: Athletic Training

Minor: Leadership

## **Professional Experience:**

### **Certified PRN Athletic Trainer**

*Champion Sports Medicine- Alabama FC (September 2020-May 2022)*

- Local youth competitive soccer club
- Serve as the Head Athletic Trainer supervising covering Athletic Trainers
- Development of policies and procedures (site-specific EAPs, establishment of an EMR, concussion protocol)
- Analysis of injury reporting data from EMR

## **Certified Full-Time Athletic Trainer**

*The University of Alabama at Birmingham (May 2018- August 2020)*

- Intramural Sports and Club Sports: Rugby, Lacrosse, Ultimate Frisbee, Soccer
- Practice in management, prevention, evaluation, treatment, rehabilitation, and communication of athletic injuries.
- Physician's extender in Sports Medicine clinic within Student Health and Wellness
- Risk Management training and planning within University Recreation
- Development of policies and procedures (original and revised)
- Supervised and mentored prospective Athletic Training and Physical Therapy students

## **Certified Graduate Assistant Athletic Trainer**

*The University of Alabama (June 2016- May 2018)*

- Intramural Sports, Visiting Team Liaison- Football, Club: Rugby, Lacrosse, Ultimate Frisbee, Soccer, Coverage of: Adapted Tennis tournaments, Adapted Basketball camps, SGA tournaments, and Special Olympics matches
- Practice in emergency management, prevention, evaluation, treatment, rehabilitation, and communication of athletic injuries.
- Mentored the undergraduate Athletic Training students over 300 hours in their clinical skills lab as a clinical preceptor and substitute lecturer

## **Non-Certified Clinical Intern**

*University of North Florida (July 2015-December 2015)*

- Women's Soccer, Men's Soccer, Women's/Men's Basketball
- Expanded experience in prevention, evaluation, treatment, rehabilitation, and communication of athletic injuries.

## **Athletic Training Student**

*Nova Southeastern University (August 2012- May 2016)*

*Nova Southeastern University DII (Men's Soccer, Swim, Men's Basketball)*

*St. Thomas Aquinas High School (football)*

*Chaminade-Madonna High School (baseball, softball, track)*

*University School High School (football)*

*Florida Chiropractic and Sports Rehab (NFL combine prospects)*

Duties for these clinical sites included:

- Orthopedic evaluations including on-field, clinical, and rehabilitative
- Concussion evaluations including Impact, Sway, and King-Devick testing
- Modalities and techniques such as: Cupping Therapy, Graston Technique, Massage, Active Release Technique, Traction, Hydroworx aquatic treadmill, Game Ready, and Kinesio Taping
- Formulating and executing rehabilitation protocols, practice in prevention and treatment of injuries

## **Full Symposia Presentation:**

- Peterson, K., **Abadie, A.** “The New Landscape of Healthcare Providers in Collegiate Recreation.” National Intramural and Recreation Sports Association Region II Conference. November 2018. (Full Presentation)
- **Abadie, A.** “Insidious Onset of a Rectus Abdominis Tear in a Division I Women’s Volleyball Player.” Southeast Athletic Trainers’ Association Student Symposium. February 2016. (Full Presentation)

## **Invited Speaker**

- **Abadie, A.** “Personal Training and Sports Medicine Challenges.” Personal Training staff at The University of Alabama at Birmingham University Recreation. October 2018.
- **Abadie, A.** “Vestibular Rehabilitation in Concussion Management.” In-Service to Drayer Physical Therapy staff. November 2017.
- **Abadie, A.** “Testing the Fascia: The Bunkie Method.” In-Service to University of North Florida sports medicine staff. November 2015.

## **Writing and Composure:**

- **Abadie, A.** (2018). Combatting the Culture of Alcoholism in Rugby: A Theory-Based Intervention Program. Comprehensive Exam for Masters of Arts in Health Studies.
- **Abadie, A.** (2017). Therapeutic Interventions of Edema Reduction in Acute Ankle Sprains. University of Alabama ATR 557 Course.
- **Abadie, A.** (2017). Stress Levels of College Students: A Mindfulness Intervention Program. University of Alabama HHE 565 Course.

## **Awards:**

- Outstanding Graduating Student of the Year. *Nova Southeastern University* **May 2016**

## **Grants:**

- Breath Acetone Concussion Ketone Study (BrACKS) **Funded 2020**  
*Funded by the National Athletic Trainers’ Association Doctoral Grant*

## **Service to the University:**

- University Recreation Risk Management Team Member. *University of Alabama at Birmingham* **July 2018-Aug. 2020**
- Spring Research Expo Judge. *University of Alabama at Birmingham* **March 2019**

## **Service to the Profession:**

- *ALATA Secretary* February 2021-current
- *ALATA Scholarship and Awards Committee* February 2020- current
- *NATA Annual Meeting Research Abstract Reviewer.* August 2019
- *NATA Developing Clinical Leadership Focus Group Volunteer.* September 2019

## **Certifications:**

- Certified Athletic Trainer #2000024922
- Licensed Athletic Trainer- Alabama #1854
- American Heart Association CPR Certified
- ACE Massage Cupping Certified

## **Professional Involvement:**

- American College of Sports Medicine Member 2020-current
- National Athletic Trainers' Association Member #66334 2016-current
- Southeast Athletic Trainers' Association Member 2016-current
- Alabama Athletic Trainers' Association Member 2016-current
- Alabama Athletic Trainers' Association Annual Meeting 2021
- Alabama Athletic Trainer's Association Annual Meeting 2019
- National Athletic Trainers' Association National Convention 2018-2019
- National Intramural-Recreation and Sports Association Southeast Regional Conference 2018
- Concussion Summit at Children's of Alabama 2018
- Southeast Athletic Trainer's Association Student Symposium 2015-2016
- Athletic Trainers' Association of Florida Annual Meeting 2015