

Allyn Abadie, MA, LAT, ATC

805 Elm St, Birmingham, AL 35206

aabadie@uab.edu

(951) 691-9591(C)

Education:

Pre-Doctoral Student, August 2019-Present

The University of Alabama at Birmingham (Birmingham, AL)

Major: Nutrition Sciences

Research Focus: Ketones in Sports Related Concussions

Primary Mentor: Dr. Eric P. Plaisance

Dissertation Research Interest

Establishing a non-invasive metabolic biomarker for prevention, diagnosis, and rehabilitation of sports-related concussions.

Masters 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 Athletic Trainer

The University of Alabama at Birmingham (May 2018- present)

- Intramural Sports, Men's Club: Rugby, Lacrosse, Ultimate Frisbee, Soccer
- Practice in emergency 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
- Supervised and mentored prospective Athletic Training and Physical Therapy students

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 independent 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- College of Health Care Sciences. Nova Southeastern University. May 2016.

Service to the University:

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

Service to the Profession:

- *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
- American Red Cross CPR/AED Instructor Certified
- ACE Massage Cupping Certified

Professional Involvement:

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| ▪ 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 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 |