Pearls of Practice: Organization and Execution of On-site Health Care During a Mass Participation Event

Sports Medicine Digest: Current Evidence Does Not Support the Accuracy of Aural Thermometry for Core Body Temperature as Compared to Rectal Thermometry

The Immediate Effects of Self-administered Dynamic Warm-up, Proprioceptive Neuromuscular Facilitation, and Foam Rolling on Hamstring Tightness

Eating Behaviors and Nutrition Challenges of Collegiate Athletes: The Role of the Athletic Trainer in a Performance Nutrition Program

Validation of a Synthetic Model Knee in Mimicking an Intact and Compromised Anterior Cruciate Ligament

Ankle Degenerative Joint Disease in a 23-Year-Old Male Basketball Player

Abstracts from the Canadian Athletic Therapists Association National Conference
The mission of ATHLETIC TRAINING & SPORTS HEALTH CARE: THE JOURNAL FOR THE PRACTICING CLINICIAN is to provide a forum for the dissemination of contemporary athletic training and sports health care information and guidance to clinicians involved in a variety of allied health professions.

Primary emphasis is on the clinical relevance of information to the practicing sports health care professional. The Journal publishes peer-reviewed articles including original research, case reviews, evidence-based reports, clinical columns, systematic reviews, and literature reviews from a variety of sports health care disciplines.

Subscribers also benefit from our featured Online Advanced Release, which allows them to read articles before they appear in the print issue!
Put your message in the hands of high-interest paid subscribers

With 100% paid circulation, your message will be seen by high-interest readers — offering an efficient and effective way to communicate with your target audience.

Extend your reach with bonus distributions

At no additional cost, your advertising will reach Journal subscribers plus attendees of these major medical meetings in 2019:

<table>
<thead>
<tr>
<th>BONUS DISTRIBUTION</th>
<th>ISSUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Academy of Orthopaedic Surgeons (AAOS)</td>
<td>January/February</td>
</tr>
<tr>
<td>National Athletic Trainers Association (NATA)</td>
<td>May/June</td>
</tr>
<tr>
<td>American Orthopedic Society for Sports Medicine (AAOSM)</td>
<td>May/June</td>
</tr>
<tr>
<td>Orthopedics Today Hawaii 2020</td>
<td>November/December</td>
</tr>
</tbody>
</table>
Digital Advertising

Advertise on Healio.com/ATSHC

5,140 average monthly page views

Reach your target audience through any or all of our impactful ad placements.

Over 14,470 impressions available each month!

Banner ad campaigns priced on a CPM to accommodate any budget.

Exclusive email sponsorship opportunity:

4,560 opt-in recipients

17% average open rate

Your ad will display in one prominent location

Only $660 per email

Buy 3, Get 1 Free program available
RATES AND DISCOUNTS

1. Effective Rate Date: January 2019 for all advertisers.

2. Rates:
   a) **Earned Rates**: Are given to advertisers (parent company and its subsidiaries) based on the total number of pages placed within a 12-month period. The earned rate is determined by the number of insertions. Fractional pages count as single pages and each page of an insert counts as one page.
   b) **Agency Commission**: Fifteen percent gross billings on space, color, cover, and preferred position charges.
   c) **Cash Discount**: Two percent if paid within 10 days of invoice date. No discount allowed after this period.

3. Black-and-white rates:

<table>
<thead>
<tr>
<th>Frequency</th>
<th>One Page</th>
<th>1/2 Page</th>
<th>1/4 Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1x</td>
<td>5865</td>
<td>6600</td>
<td>405</td>
</tr>
<tr>
<td>6x</td>
<td>830</td>
<td>595</td>
<td>370</td>
</tr>
<tr>
<td>12x</td>
<td>790</td>
<td>555</td>
<td>330</td>
</tr>
<tr>
<td>24x</td>
<td>745</td>
<td>530</td>
<td>310</td>
</tr>
<tr>
<td>36x</td>
<td>730</td>
<td>515</td>
<td>295</td>
</tr>
<tr>
<td>48x</td>
<td>720</td>
<td>505</td>
<td>285</td>
</tr>
<tr>
<td>60x</td>
<td>705</td>
<td>490</td>
<td>270</td>
</tr>
<tr>
<td>72x</td>
<td>680</td>
<td>475</td>
<td>245</td>
</tr>
<tr>
<td>96x</td>
<td>665</td>
<td>460</td>
<td>235</td>
</tr>
<tr>
<td>120x</td>
<td>660</td>
<td>455</td>
<td>230</td>
</tr>
<tr>
<td>144x</td>
<td>645</td>
<td>445</td>
<td>225</td>
</tr>
<tr>
<td>196x</td>
<td>640</td>
<td>440</td>
<td>220</td>
</tr>
<tr>
<td>252x</td>
<td>625</td>
<td>430</td>
<td>215</td>
</tr>
</tbody>
</table>

Color: In addition to earned black-and-white rates.

<table>
<thead>
<tr>
<th>Charge per color per page or fraction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard color: ........................... $560</td>
</tr>
<tr>
<td>Matched color: ............................ $765</td>
</tr>
<tr>
<td>Metallic color: ........................... $1,020</td>
</tr>
<tr>
<td>Four color: ................................. $1,530</td>
</tr>
<tr>
<td>Four color + PMS: .......................... $2,040</td>
</tr>
<tr>
<td>Four color + Metallic: ..................... $2,550</td>
</tr>
</tbody>
</table>

4. **Bleed**: No charge.

5. **Covers, Positions**:
   a) **Covers**:
      - Second cover: Earned b/w rate plus 25%. Color additional.
      - Third cover: Earned b/w rate plus 15%. Color additional.
      - Fourth cover: Earned b/w rate plus 50%. Color additional.
   b) **Special positions**:
      - Facing table of contents: Earned b/w rate plus 15%. Color additional.
      - Facing first text: Earned b/w rate plus 15%. Color additional.

6. **Discount Programs**:
   a) **Combined Frequency Discount**: All insertions of a parent company and its subsidiaries are combined to determine the earned frequency rate. Advertisers may combine advertisements run in all SLACK publications to achieve maximum frequency.
   b) **FREE Ad Program**: Buy 2, Get 1 Free. Purchase two ads any time during 2019 and receive an additional ad of equal size and color in the same publication at no cost. May not be combined with Clinical Trial Ad Program.
   c) **Clinical Trial Ad Buy One, Get One Free**: Clinical trial advertisements may run a second insertion of the same ad unit in any issue for no charge. Ad creative must promote participation in a current clinical trial. Corporate and/or disease state advertisements are not eligible. May not be combined with Free Ad Program.
   d) **Corporate Discount**: Total net spend achieved in the year 2019 will set a Corporate Discount to be taken off 2020 advertising.
   e) **When taking advantage of more than one Discount Program, discounts must be taken in the following order**:
      - **Gross cost**:
        1) Less FREE Ad Program
        2) Less SLACK Corporate Discount
        3) Less 15% Agency Discount
      - **Equals net cost**

7. **Online Advertising Rates**: Please contact your sales representative for more information.

8. **Classified/Recruitment Advertising**: Please contact your sales representative at slack@kerhgroup.com. Toll Free: 855-233-8100. Phone: 484-362-2365

ISSUANCE AND CLOSING

9. **First Issue**: January/February 2009

10. **Frequency**: Bi-monthly

11. **Issue Dates**: Third week of odd months

12. **Mailing Class**: Periodical Class

13. **Closing Dates**:

<table>
<thead>
<tr>
<th>Issue</th>
<th>Ads Closing</th>
<th>Materials Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>January/February</td>
<td>12/3/18</td>
<td>12/19/18</td>
</tr>
<tr>
<td>March/April</td>
<td>2/1/19</td>
<td>2/20/19</td>
</tr>
<tr>
<td>May/June</td>
<td>4/1/19</td>
<td>4/22/19</td>
</tr>
<tr>
<td>July/August</td>
<td>6/3/19</td>
<td>6/20/19</td>
</tr>
<tr>
<td>September/October</td>
<td>8/1/19</td>
<td>8/21/19</td>
</tr>
<tr>
<td>November/December</td>
<td>10/1/19</td>
<td>10/21/19</td>
</tr>
</tbody>
</table>

a) **Extensions**: If an extension date for material is agreed upon and material is not received by the Publisher on the agreed date, the advertiser will be charged for the space reserved. If the advertiser has not previously run an ad, the advertiser will be charged for the cost of space reserved. Neither the advertiser nor its agency may cancel advertising after the closing date.

EDITORIAL

14. **General Editorial Direction**: ATHLETIC TRAINING & SPORTS HEALTH CARE is a forum for the dissemination of contemporary athletic training and sports health care information and guidance to clinicians involved in a variety of allied health professions. The Journal publishes peer-reviewed articles including original research, case reviews, evidence-based reports, clinical columns, systematic reviews, and literature reviews from a variety of sports health care disciplines.

15. **Average Issue Information**:
   a) Average number of articles per issue: 5
   b) Average article length: 7 pages
   c) **Editorial departments and features**:
      - PEARLS of Practice
      - Clinical Roundtable
      - Team Physician
      - CATA Abstracts
      - Professional Practice

16. **Origin of Editorial**:
   a) Articles or abstracts from meetings or other publications: Yes
   b) Staff written: N/A
   c) Solicited: 25%
   d) Submitted: 75%
   e) Peer review: Classic peer review

CIRCULATION

17. **Circulation Distribution**:
   a) Paid: 100%
   b) Controlled: 0%

18. **Demographic Selection Criteria**:
   a) **Circulation parameters**: Athletic training, orthopedic and physical therapy professionals
   b) **Circulation breakdown**: U.S. & Canada: 70
   Other international: 5
   c) Paid information:
      - Paid: 100%
      - Association members: N/A
      - Subscriptions: 100%
   d) **Subscription rates**: U.S.: $598/yr
      Outside the U.S.: add $61/yr
19. Circulation Verification:
   a) SRDS Sworn Statement: July/August 2018
   b) Printer + Mailing House: Sheridan Press
   c) Estimated total circulation for 2019: 105

GENERAL INFORMATION
20. Requirements for Advertising Acceptance: Advertisements for professional and non-professional products or services are accepted provided they are in harmony with the policy of service to the health care profession and subject to Publisher's approval. Non-professional product and service advertisers must submit ad copy two weeks prior to closing date.

21. New Product Releases: Yes
22. Editorial Research: Once a year
23. Ad Format and Placement Policy:
   a) Format:
      1. between articles ___X___
      2. welled _______
      3. stacked _______
      4. within articles _______
   b) Are ads rotated?: Yes
24. Ad/Edit Information: 30/70 Ad/Edit Ratio
25. Value-Added Services: Bonus distribution
26. Full-Text Online: ATHLETIC TRAINING & SPORTS HEALTH CARE offers full-text articles online at its Web site, Healio.com/ATSHC. This valuable tool allows subscribers unlimited access to every article in each issue, providing them with an online reference for current articles, as well as archived articles. In addition, non-subscribers may obtain full-text articles on a pay-per-view basis.
27. Reprint Availability: Yes; email reprints@slackinc.com.
28. Publisher's Liability: The Publisher shall not be liable for any failure to print, publish, or circulate all or any portion of any issue in which an advertisement accepted by the Publisher is contained if such failure is due to acts of God, strikes, war, accidents, or other circumstances beyond the Publisher's control.
29. Indemnification of Publisher: In consideration of publication of an advertisement, the advertiser and the agency, jointly and separately, will indemnify, defend, and hold harmless the publication, its officers, agents, and employees against expenses (including legal fees) and losses resulting from the publication of the contents of the advertisement, including without limitation, claims or suits for libel, violation of right of privacy, copyright infringements, or plagiarism.
30. Competitor Information: ATHLETIC TRAINING & SPORTS HEALTH CARE does not accept advertisements that contain competitor(s) names, publication covers, logos or other content.
31. Advertisements: In order to be considered for acceptance, advertisements or inserts which contain text or copy describing a product or surgical technique, must be substantially different in text and font of the receiving publication and the word “ADVERTORIAL” or “ADVERTISEMENT” will be prominently displayed in 10 point black type in ALL CAPS at the center top of the ad.
32. Billing Policy: Billing to the advertising agency is based on acceptance by the advertiser of “dual responsibility” for payment if the agency does not remit within 90 days. The Publisher will not be bound by any conditions, printed or otherwise, appearing on any insertion order or contract when they conflict with the terms and conditions of this rate card.

INSERT AND BRC INFORMATION
33. Availability and Acceptance:
   a) Availability: Two- to eight-page inserts are available full run. Demographic and/or geographic inserts are limited to three per issue. Short-cut or gatefold inserts are accepted.
   b) Acceptance: A sample of the insert must be submitted to the Publisher for approval.
34. Insert Charges: Furnished inserts billed at black-and-white space rate at frequency earned. Commissionable.
35. Insert Sizes and Specifications:

<table>
<thead>
<tr>
<th>No. of Pages</th>
<th>Paper Stock</th>
<th>Minimum</th>
<th>Max Micrometer Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Maximum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 page (one leaf)</td>
<td>80# coated text</td>
<td>70# coated text</td>
<td>.004&quot;</td>
</tr>
<tr>
<td>4, 6, 8 page</td>
<td>70# coated text</td>
<td>60# coated text</td>
<td>.004&quot;</td>
</tr>
</tbody>
</table>

All inserts to be full size, supplied untrimmed, printed, folded (except single leaf), and ready for binding. Varished inserts are accepted at the Publisher's discretion. Inserts are jogged to head.

36. Trimming: Ship folded. Supply size: 8 1/2" x 11 1/8". Trim size: 8 1/4" x 10 3/8". Trimming of oversized inserts will be charged at cost. Keep live matter 1/4" from trim edges and 1/8" from gutter trim. Book is jogged to head. Head, foot, and outside edge trim 1/8".

37. BRCs:
   a) Pricing: Contact your sales representative for pricing.
   b) BRC Specifications: 3 1/4" x 5" minimum to 4 1/4" x 6 1/4" maximum, perforated with 1/2" lip (from perforation) for binding. Add 1/4" for foot trim. Cardstock minimum: 75# bulk or higher.

38. Quantity: Full run – 1,000 (estimated). Exact quantity will be given upon Publisher's approval of insert, or call Publisher prior to closing date.
39. Shipping: Inserts must be shipped in cartons and have publication name, issue date, and insert quantity clearly marked. Inserts shipped in e-containers cannot be verified and SLACK will not be responsible for shortages on press.

AD REQUIREMENTS
40. Available Advertising Unit Sizes:

<table>
<thead>
<tr>
<th>Width</th>
<th>Height</th>
<th>Width</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Page Spread</td>
<td>15 3/4&quot; x 10 3/4&quot;</td>
<td>16 1/2&quot; x 11 1/8&quot;</td>
<td></td>
</tr>
<tr>
<td>Full Page</td>
<td>7 1/4&quot; x 10 1/2&quot;</td>
<td>8&quot; x 11 1/4&quot;</td>
<td></td>
</tr>
<tr>
<td>1/2 Page (Horizontal)</td>
<td>7 1/8&quot; x 4 1/4&quot;</td>
<td>8 1/4&quot; x 5 1/4&quot;</td>
<td></td>
</tr>
<tr>
<td>1/2 Page (Vertical)</td>
<td>3 1/8&quot; x 10 1/4&quot;</td>
<td>4 1/4&quot; x 11 1/4&quot;</td>
<td></td>
</tr>
<tr>
<td>1/4 Page</td>
<td>3 1/4&quot; x 5&quot;</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Trim size of Journal: 8 1/4" x 10 3/8".

*Bleeds use non-bleed sizes for live area. If in doubt about size, contact the SLACK office.

To view thumbnails of ad spaces, visit Healio.com/slackadspecs.

41. Paper Stock:
   a) Inside pages: 70 lb. Gloss
   b) Covers: 80 lb. Gloss

42. Type of Binding: Saddle-stitched

43. Digital Ad Requirements: For specifications, go to Healio.com/slackadspecs.

Color Proofs: One proof made from supplied files and meeting SWOP specifications, must be provided with data file. Proof must be at 100% of the print size. Publisher accepts Kodak approvals, Matchprints, Chromalins, High-end Epson Quality or Iris Digital proofs.

If only color lasers are furnished, color match on press cannot be guaranteed.

Note: Spread ads should be sent as a one-page file.

Ad File Submission: Electronic files must be submitted as a high-resolution, print ready PDF. Minimum 300 dpi. Ads are accepted on CD/DVD, via email or uploaded to the SLACK ftp site. Contact the sales administrator for ftp instructions.

44. Disposition of Materials: Digital files will be held one year from date of last insertion and then destroyed.

CONTACT INFORMATION

Insertion Orders and Ad Materials:
Joyce Seville
ATHLETIC TRAINING & SPORTS HEALTH CARE
6900 Grove Road
Thorofare, NJ 08086 USA
856-848-1000 x475
jseville@healio.com

Send inserts and BRCs to:
Lisa Harrold
ATHLETIC TRAINING & SPORTS HEALTH CARE
Sheridan Press
450 Fame Avenue
Hanover, PA 17331