



# Athletic Trainers & Unique Health Care Providers the Performing Arts

## PERFORMING ARTISTS & ATHLETIC TRAINERS

Some of the world's greatest athletes perform every night – not just every Sunday – and receive standing ovations from throngs of delighted fans. These athletes excite and amaze audiences in a much different arena than a football field, baseball diamond or basketball court. These finely tuned athletic bodies belong to those working in the performing arts. And just like with their professional sports counterparts, extreme stress and performance expectations can sometimes cause injuries.

Treating those injuries – and avoiding others – takes the same care that's been provided to professional and collegiate athletes for decades. Certified athletic trainers, the health care provider of choice in sports, are the perfect match for performing arts companies as well.

World-renowned entertainment venues and performing arts groups such as Cirque du Soleil, Disney World and Disneyland, Radio City Music Hall Rockettes, Pittsburgh Ballet Theater, Cincinnati Ballet and Blue Man Group, utilize an athletic training program to keep their performers in peak condition.



## CERTIFIED ATHLETIC TRAINERS

### WHAT IS AN ATHLETIC TRAINER?

Not to be confused with personal trainers, certified athletic trainers are highly trained and educated allied health care professionals who specialize in prevention, assessment, treatment and rehabilitation of injuries and illnesses. Athletic trainers are on-site emergency medical care experts.

Although a bachelor's degree is the minimum educational degree required, nearly 70 percent of athletic trainers have a master's or doctoral degree.

Athletic trainers are best known for their work in the high school, collegiate and professional athletic settings. Their unique education and are an exact match for anyone with musculoskeletal issues. Athletic trainers work in hospitals, clinics, physicians' offices, medical fitness facilities, corporate facilities, the performing arts and the military.

**Athletic Trainers have been working with performing artists for more than 25 years. Athletic trainers' advanced knowledge of musculoskeletal injury and prevention strategies is critical for a healthy performing arts company.**

# Unique Health Care Providers PERFORMING ARTS & THE NATA

## **NATIONAL ATHLETIC TRAINERS' ASSOCIATION**

The National Athletic Trainers' Association (NATA) is the professional membership association for certified athletic trainers and others who support the athletic training profession. The association has 30,000 members from all over the globe. Some quick facts:

- **Athletic trainers must have a bachelor's or master's degree from an accredited college or university to practice**
- **Two-thirds of athletic trainers have a master's or doctorate degree**
- **Athletic trainers are regulated health care workers in 46 states**
- **An independent national board certifies athletic trainers**
- **For more information visit [www.nata.org](http://www.nata.org)**

## **NATA PERFORMING ARTS WORK GROUP**

The Performing Arts Work Group, a part of the Council on Employment, was created for the ever-growing population of athletic trainers working with performing artists. If you feel you have knowledge, resources or insights to share with the Work Group, write to [russl@nata.org](mailto:russl@nata.org).

## **NATA PERFORMING ARTS LISTSERV**

The Performing Arts Listserv is an interactive forum individuals interested in athletic training and the performing arts. Participants ask questions, share ideas and keep up with trends in the unique performing arts setting.

### **TO SUBSCRIBE:**

[AthleticTrainer\\_PerformingArts-subscribe@yahoogroups.com](mailto:AthleticTrainer_PerformingArts-subscribe@yahoogroups.com)

## **PERFORMERS SUSCEPTIBLE TO OVERUSE INJURIES**

- One in two musicians will incur a musculoskeletal injury during his or her career.
- Three out of four symphony & opera performers will experience a time loss injury in a given year.
- Injury surveillance figures indicate that dance ranks at the top of the list, with football, as one of the most demanding physical activities.
- Approximately 80% of dancers experience disabling injuries during the course of their professional careers.
- Repetitive use or strains comprise the majority of performers' injuries.

\*References available upon request

## **ATHLETIC TRAINERS PROVIDE SOLUTIONS**

- Performing Arts athletic trainers provide specialized injury prevention and rehabilitative care to dancers, musicians and vocalists.
- Early identification and care of injuries provided by certified athletic trainers specializing in the Performing Arts significantly reduces the development of musculoskeletal conditions frequently associated with professional and pre-professional performing artists.
- On-site medical care at professional ballet and Broadway companies dramatically reduces both the frequency and severity of injuries as well as reducing operating and production costs.\*

\*References available upon request

## **National Athletic Trainers' Association**

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