



# Private Practice Athletic Trainers PROVIDE HEALTH CARE WITH IMPACT

## Athletic Trainers in Private & Emerging Practice

### REDUCING RISK AND IMPROVING HEALTH CARE

Athletic trainers enhance wellness and minimize the risk of injury and illness among many different patient populations. Athletic trainers in private and emerging practice provide health care to recreational athletes, performing artists, professional athletes, industrial athletes, police officers, firefighters and other individuals who are physically active due to their profession or lifestyle.

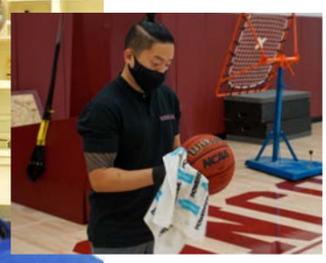
As the medical specialist in injury assessment, treatment and prevention, athletic trainers in private and emerging practice have access to the "weekend warrior" and can intervene and aid in the healing of sport specific injuries. Public access to athletic trainers allows for evidence based examinations and assessments, education, rehabilitation and the return to activity process, which is an important aspect of healing.

Athletic trainers in private and emerging practice improve health care by specializing in creating relationships with the patient and customizing care to allow them to heal, modify activity while healing, return to full activity and to prevent a recurrence.

### About Athletic Trainers

- ✓ Must graduate from an accredited educational program and pass a comprehensive, national certification exam.
- ✓ Are licensed and otherwise regulated in 49 states and the District of Columbia. Efforts continue to gain regulation in California.
- ✓ Must keep their knowledge and skills current by participating in continuing education.
- ✓ In conjunction with the state practice act, the athletic trainer's individual education, training and skill set determines their unique scope of practice.

*"Working with athletic trainers has allowed me to offer my patients additional forms of health care that were previously unavailable. The wide knowledge base of athletic trainers allows me to focus on my own specialty, knowing my patients are in good hands." -Brian Jackson, DC, Chiropractor/Owner of Plainfield Family Chiropractic*



### Injury and Illness Prevention and Wellness Promotion

Athletic trainers promote healthy lifestyle behaviors through education and communication to enhance wellness and minimize the risk of injury and illness among many different patient populations. During the 2019-2020 school year, an athletic trainer owned company that placed athletic trainers in 33 high schools demonstrated the following savings and return on investment for their client:

- Total treatments administered= 15,199
- Total physician/ER trips avoided due to athletic training intervention= 692
- Total cost savings= \$4,573,342.85

### Examination, Assessment and Diagnosis

Athletic trainers provide on-site and evidence based examinations and assessments to formulate valid clinical diagnoses and determine patients' plan of care. This immediate access to health care improves patient outcomes, reduces time away from school or work and minimizes unnecessary trips to the emergency department.



### Immediate and Emergency Care

Athletic trainers integrate best practices in immediate and emergency care for optimal outcomes. Athletic trainers in private practice must be prepared to respond to many types of emergency situations, depending on the patients they are caring for. Some of the types of emergencies that athletic trainers are skilled to respond to include heat illness, fractures and dislocations, cervical spine injuries, and sudden cardiac arrest.



### Therapeutic Intervention

Athletic trainers rehabilitate and recondition injuries, illnesses and general medical conditions with the goal of achieving optimal activity level using the applications of therapeutic exercise, modality devices and manual techniques. The provision of on-site rehabilitation minimizes time away from work or school for the patient.



### Health Care Administration

Athletic trainers integrate best practices in policy construction and implementation, documentation and basic business practices to promote optimal patient care and employee well-being. In addition to the policy development, athletic trainers help manage referrals and play a valuable role as a care coordinator for their patients. In administrative roles, athletic trainers must manage a team of health care providers as well as the contracts and legal requirements for the provision of care across their community.



For more information, visit [AtYourOwnRisk.org](http://AtYourOwnRisk.org)

