



**MOTION *IS*
MEDICINE**
SPORTS MEDICINE

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Athletic Training Services

What is an athletic trainer?

An athletic trainer is a highly qualified healthcare professional who is a key member of the interdisciplinary medical team for sports. Athletic trainers are trained to prevent, evaluate, treat, and rehabilitate musculoskeletal injuries; as well as manage emergencies by creating emergency action plans, and providing emergency care such as First Aid & CPR.

**ATHLETIC
TRAINER**



How can our athletic trainer benefit you & your injury?

At Motion is Medicine our athletic trainer can help create a rehabilitation plan specialized for you and your injury, as well as work with you on your exercise program ensuring you are getting it done, as well as ensuring you are performing the exercises correctly. Not only can athletic trainers provide rehabilitation exercises, but they are also qualified and trained to be able to perform other skills and techniques that can help you on your road to recovery!

Services our athletic trainer is currently offering to our patients include:

- **Rehabilitation Exercises, including Home Exercise Programs**
- Heat with electrical stimulation (e-stim/tens)
- **Cupping Therapy**
- Instrument-Assisted Soft Tissue Mobilization (IASTM)
- **Concussion Return to Play Protocol**
- Concussion Hardening Program for Prevention
- **Kinesiotape Application**

Benefit of AT Rehab v Physical Therapy

- **Scheduling freedom** - easily accessible with scheduling than many PT clinics.
- **More affordable** (depending on insurance) - **\$75 for an hour of 1-on-1 rehabilitation therapy**
 - Save even more by signing up for a package of **6 sessions for \$390 (total savings of \$60!)**
- **Personalized rehabilitation plans** - geared towards you, your injury, and your needs!
- **Minimal equipment needed** - realistic rehab programs made for you to easily replicate at home, at the gym, or on the road!
- **All care remains in house** - so if there is a question or concern with your injury, Dr. Clearfield and your Athletic Trainer easily communicate to make sure you are receiving the best care possible!