

March is athletic training month! We take this month to promote the profession of athletic training. I will send out an eblast once a week for each week in March. These emails will highlight a different setting in athletic training, give you tips and advice to stay healthy and promote why Every BODY Needs an Athletic Trainer!



Why do YOU need an Athletic Trainer?

- Injury Prevention
 - By preventing an injury WE KEEP YOU IN THE GAME LONGER!
- Injury Management
 - Feel reassured that when an injury occurs WE KNOW WHAT TO DO!
- Return to Play
 - We can decrease recovery time through successful rehab exercise and treatment options so WE CAN GET YOU BACK IN THE GAME QUICKER!

HERE IS A LINK TO A FUNNY BUT HELPFUL VIDEO TO SHOW HOW WE CAN HELP YOU:
<http://www.youtube.com/watch?v=NYvMjoki4FE>



Athletic Training Career Setting Highlight



Certified Athletic Trainers already work with service members

- **US service academies**
- **Navy SEALs**
- **NASA**
- **Navy (and Marine) SMART centers**
- **some Army IET posts**

and various locations throughout the military.

Athletic trainers have *the ability to see their patients where they work*, in real time, and gain the perspective essential in making rehabilitation not only a return to daily living activities, but a practical ability to continue the job - especially those that require a lot of physical demands and experience frequent changes in the working environment. This is where service members can particularly benefit from athletic training services. Athletic trainers are NOT trying to become active duty service members - but they are trying to enhance the health care that is already established in the Armed Forces, and to provide further rehabilitative and on site care that when in harmony with physicians and physical therapists can create a more effective and efficient health care system.

For More info please visit: <http://afats.org/index1.htm>

