



## Dodger's Hire FIRST FEMALE Head Athletic Trainer in Pro Sports!

Sue Falsone has been hired as “the first female head athletic trainer in any of the United States four major pro sports. Her hiring crashes down a gender barrier and potentially opens the door for more women to being hired as pro sports athletic trainers in the future.” Falsone has received national news spotlight including ESPN and Sports Illustrated. Fifty Percent of athletic trainers are female and “when you’re looking for good medical people, to exclude half the population doesn’t make sense to me,” Stan Conte, the Dodger’s former head ATC, announced.

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## WE ARE QUALIFIED HEALTH CARE PROFESSIONALS

- Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities.
- Our scope of practice is defined by the Athletic Training Education Commission and the Role Delineation Study.
- To become Certified:
  - We must receive a bachelor’s degree from a CAATE accredited university.
  - Pass certification exam.
  - Participate in continuing education to keep skills current
  - Adhere to the NATA Code of Ethics.
- More than 70 percent of certified athletic trainers hold at least a master’s degree.  
[www.nata.org](http://www.nata.org)

# Athletic Trainers Save Lives!

## **AT Saves Life in South Carolina**

Joni Canter, ATC, was in the midst of helping two injured players during football practice when another player was tackled and went down. Ther Tee Vang started to shake as if he was having a seiure and stopped breathing. Canter, resuscitated him with the use od an AED and two cycles of CPR. Vang made a full recovery.

## **East Stroudsburg ATs Save a Life**

A student collapsed during basketball class on Dec 7. Colleen Shotwell, MS, ATC, Used the AED and CPR to revive the student before EMS arrived.

## **AT Saves Football Player's Life in Tennessee**

Robbie Stewart, ATC, recognized symptoms shane Blissard was experiencing after being sandwiched between two players during a spring scrimmage. Blissard vomited, felt dizzy, and then had a sudden change in blood pressure tipping Stewart off that he may have injured his spleen. It turned out Blissard had ruptured his spleen, fractured his rib, bruised his kidney, and developd a pneumothorax. Stewart got Blissard to the hospital where he underwent surgery and is now recovering at home.

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# Athletic Trainers Save Lives!

## **AT Saves Life of SC High School Athlete**

On Aug 5, 17 year old football player Brennan Barber collided with an opposing player. Barber played for two more plays before he was too dizzy to go on. Caleb Lott, ATC quickly came to his aid. Barber was slurring speech, his pupils were unresponsive and he was not following verbal commands. He was rushed to the hospital where he underwent surgery for a subdural hematoma. Barber has made a full recovery.

## **ATs Save Life of Senior Athlete**

Kenneth Ritchey, ATC, and Maureen Thompson, MS, ATC, administered CPR and used an AED to revive an athlete in the Eastern Shore Senior Games. The man passed out and stopped breathing on the sidelines during a timeout during his volleyball match.

## **AT Helps Save Referee's Life**

When a referee for a junior basketball game suffered a heart attack during the game, Mike Thompson, ATC, rushed to his aid. He performed CPR and then used an AED to revive the fallen referee.

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## **Life Saved in New York**

Cyndi Kelder, ATC, was called to the field when a high school lacrosse player collapsed during tryouts. The player had been struck in the chest with a shot from the goalie. He took two steps and tried to yell before collapsing. Kelder restarted his heart with an AED. The player was released from the hospital the next day.

## **AT Saves Life in Pennsylvania**

About 20 minutes before kickoff, a 70 year old man collapsed and went into cardiac arrest. Tibor Bodi, MS, ATC, and three women in the stands rushed to help the stricken spectator. They administered CPR and used an AED to restart his heart. The man has recovered and is doing well.

## **A Life Saved in Arkansas**

Todd Ross, ATC, saved a life of a spectator while covering the regional basketball tournament. A 40 year old man collapsed in the stands and Ross performed CPR and used the AED to help save his life.

## **AT Saves Coaches Life in Tennessee**

Chris Snoddy, ATC, reacted quickly when Joey Spann, the basketball coach, collapsed during halftime. Snoddy used the AED in the gym within 90 seconds after collapse to revive the basketball coach.

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# Athletic Trainers Save Lives!

## **AT Saves a Life in Washington**

Chris Walker, MS, ATC, helped save a heart attack victim after a hockey game on Feb 4. Walker was leaving the arena when he heard a commotion on the adjacent rink. While playing in an adult rec game, Barry Sarles had suffered a heart attack. Walter called for an AED and administered a shock. He continued to perform CPR until EMS arrived. Sarles is now recovering at home.

## **ATs Save Players Life**

Major League Football player Larry Branch was attempting to clear the path for the ball carrier on a kickoff return when he made helmet to helmet contact with an opposing player. He lost consciousness and stopped breathing. Andy Wagenheim, ATC, and Chris Murtha, ATC, Joe Koncewitz, ATC, and Lindsay Weller, ATC stabilized him and got him breathing again. He was treated for a severe concussion.

## **AT Saves Life in Alabama**

On a Monday night during intramurals, Ashly Goins, MS, ATC, was the first person on the scene when an intramurals contestant was knocked unconscious. She immediately immobilized his neck and wouldn't allow him to stand. He was spine boarded and transported to the hospital. X-rays showed he had a fractured his C4 vertebrae.

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# Injury Prevention:

Ask An



Certified Athletic Trainer

## Injury Prevention tips!

- Eat a healthy diet.
- Hydrate Hydrate, Hydrate!
- Perform a proper warm-up
  - 10-30 min depending on the temperature
  - Incorporates dynamic stretching and gradually builds heart rate
- Use proper technique
- Do not ignore sharp pain!
  - Pain is your body's signal that something is wrong.
- Perform a proper cool down.
  - Incorporates static stretching and gradually decreases heart rate
- Wear quality footwear
- Ice, Ice, Ice!
- As ALWAYS see your athletic trainer if pain persists or increases!

# Injury Management

Ask An

Certified Athletic Trainer



## Ouch! I think I'm Injured!

- What to do immediately after injury
  - **R**est: stop activity that is causing injury. Pushing through sharp pain will only set you back further.
  - **I**ce: relieves pain and stops edema from increasing. Ice for 20 min on 40min off as needed
  - **C**ompression: wrap injured area with ace bandage. This gives support, protection, and decreases inflammation.
  - **E**levation: elevate as much as possible. Fluid follows gravity so elevation helps get excess fluid away from injured area to promote proper healing.
- CHECK IN with your athletic trainer ASAP!