

What is an Athletic Trainer?

Athletic trainers (AT's/ATC's) are licensed health care professionals who specialize in the management, prevention, and recovery of injured patients. Athletic trainers collaborate with the treatment team and provide guidance and communication between the injured athlete, physician, coach, athletic trainer, and family to determine when patient is ready to return to activity/play.

What is the role of the Athletic Trainer at the Complex Concussion Clinic?

At the Complex Concussion Clinic (CCC), the Athletic Trainer will:

- Provide concussion injury prevention and outreach education
- Discuss treatment options and provide concussion education
- Complete concussion testing
- Educate and discuss return-to-play guidelines
- Communicate with external athletic trainers, coaches, and school personnel
- Serve as point-of-contact with providers
- Coordinate with the therapists and physicians to provide the best goal-centered care
- Assist with exercise/wellness plan and education

What might an appointment with the Athletic Trainer look like at CCC?

- Assess current symptoms, medication side effects, and physical activity level
- Conduct concussion testing
- Educate and progress return to play
- Coordinate care with providers
- Answer and address questions

Additional Comments: