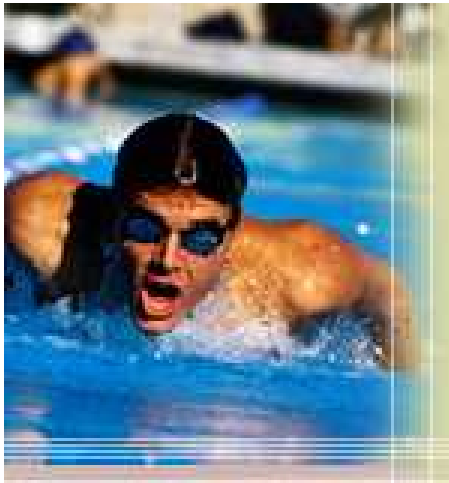






Synergy Between Athletic Training and Physical Therapy

Bryan C. Matson, M.Ed., ATC/L
Kala Flagg MPT, ATC, CSCS
University of Maryland



PT's in the Training Room: Day One





This Can(‘t) Work!

- Setting
- Perspectives
- Anticipation
- Asset & Detriment Identification……EARLY
- Purpose
- Goals



The Cast

- Athletic Trainers
- Physical Therapists
- OT's, Work Hardening
- Assistants & Techs
- Patients and Athletes
  - Are they different?



The Set

- High School
- Clinic
  - Corporate, “Mom & Pop”
- College/University
- Corporate



Getting Started

- Needs Assessment
  - Do we really need to do this?
- State/Local Law review
  - Are we allowed to do this?
- Facilities Inspection
  - Can we physically handle this
- Administration/Leadership Assessment
  - When it all goes bad who will support us?
  - When it all goes good who will pay us?



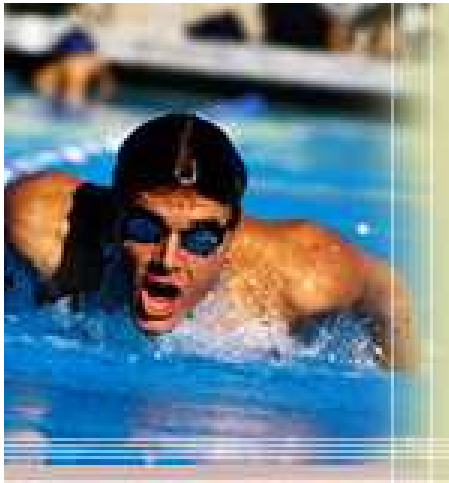
How we make it work

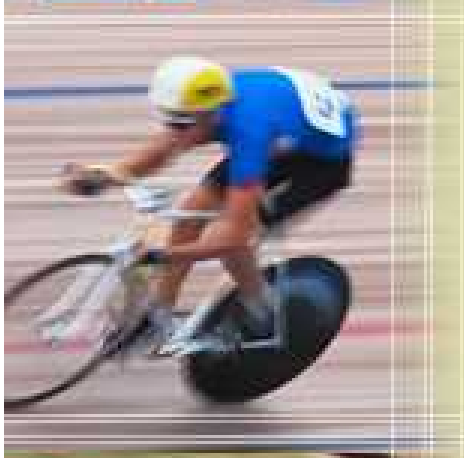
- ATC's follow the Domains of Athletic Training:
  - Prevention
  - Recognition, Evaluation and Assessment
  - Immediate Care
  - Treatment, Rehabilitation and Reconditioning
  - Organization and Administration
  - Professional Development and Responsibility



Making it Work

- Define Injury
- Establish written protocols and review physician's Standing Orders
- Be willing to adapt
- Identify challenges early, and go the extra mile to calm fears







Making it work

- ATC's evaluate initial injury and make initial referral
- ATC & PT involved w/ physician's diagnosis and plan of care
- ATC co-ordinates f/u care, procedures, alternative referrals



Making it work

- PT's assume post-operative care, or chronic care when athlete is removed from competition
- ATC's stay involved and work with PT team to handle the volume
  - Depending on your state ATC's may be able to treat and note for a determined period of time alone



Making it work

- Increased ATC involvement in return to play phase
- Communication is paramount in this phase
- It can make or break the rehab
- If unfamiliar, get PT’s out to practices and drills as soon as possible to understand sport demands
- Discuss treatment theories and preferences before conflict arises



Making it work

CHECK

YOUR

EGO

AT THE DOOR



Making it work

- Transition care back into ATC's hands during sport specific rehabilitation and sport re-conditioning
- Team approach to re-evaluate post therapeutic performance
  - Work together to assess performance and address remaining deficits



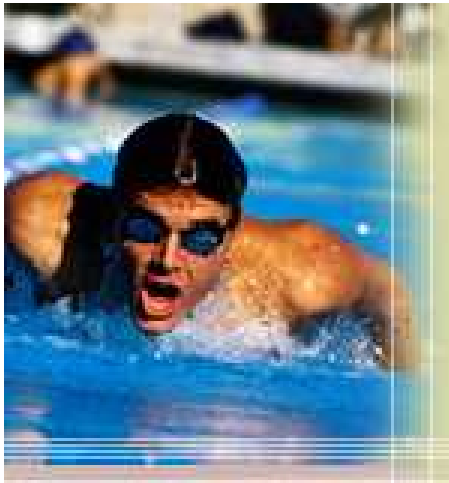
Keys to Success

- Planning
- Facility assessment
- Personnel evaluation
- Communication
- Be willing to Share
- Be willing to Learn
- Be willing to Teach



Danger! Will Robinson!

- One Clear Message
- Be professional
- Respect for each other
- One contact for coaching staff
- Address concerns/issues immediately and directly







Thank You

