



INJURY PREVENTION & WELLNESS PROMOTION

ATHLETIC TRAINERS (ATs) ARE HEALTH CARE PROFESSIONALS WHO PROMOTE HEALTHY LIFESTYLE BEHAVIORS THROUGH PATIENT EDUCATION WITH THE GOAL OF ENHANCING WELLNESS AND MINIMIZING THE RISK OF INJURY AND ILLNESS. PREVENTION IS **ONE** OF THE MANY WAYS THAT ATs IMPACT HEALTH CARE THROUGH ACTION.

NEARLY 50% OF AT SERVICES ARE PREVENTATIVE IN NATURE.

TO PREVENT INJURIES & PROMOTE WELLNESS, ATs:

- Identify injury trends using injury surveillance data.
- Understand modifiable risk factors for injury and illnesses.
- Implement modifications to reduce the risk of injury.
- Educate stakeholders on risk factors of physical activity in patients with health care concerns like diabetes, sickle cell trait or asthma.
- Monitor glucose levels and asthma symptoms, determine participation status and make necessary referrals.
- Educate stakeholders on the risk of injury and illness associated with physical activity.
- Develop policies and procedures to reduce the spread of infectious disease among patients.
- Ensure facilities and equipment are cleaned and sanitized appropriately.
- Inspect practice and game facilities before use to ensure they are clear of hazards or unsafe conditions.
- Help ensure the appropriate and safe use of protective equipment and orthotics.
- Apply preventative taping and wrapping, braces and splints.
- Educate stakeholders on the importance of a pre-participation physical examination (PPE); ensure all patients have received thorough PPEs and are cleared for physical activity.
- Educate stakeholders on environmental concerns, hydration, nutrition, hygiene, sleep, general wellness, risks of performing enhancing and recreational drugs, signs and symptoms of injury or illness, and leading causes of death in sport.
- Monitor the environment and make necessary changes to the scheduling, type or duration of practices or games.