

OPTIMIZING CARE IN THE ATHLETIC TRAINING FACILITY

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1

CONFLICT OF INTEREST

*I HAVE NO FINANCIAL OR OTHER CONFLICTS
OF INTEREST TO DISCLOSE*



2

CHALLENGES IN OPTIMIZING CARE



- NEW TYPE OF ATHLETE &/OR PATIENT
- HIGHLY EDUCATED
- OFTEN MISINFORMED

3

CHALLENGES IN PROVIDING CARE



PLEASE DON'T
CONFUSE YOUR
GOOGLE SEARCH
WITH MY
MEDICAL DEGREE



4

CHALLENGES TO PROVIDING CARE



Everyone expects to feel good, or has been told feeling 100% is achievable.

Always fighting this concept

Constantly working to temper expectations

I always tell athletes we can't make it feel good, but we can make it so you can safely play or compete.

5

INFLUENCES FOR OPTIMIZING CARE

- RESOURCES
- PHILOSOPHY



6

THEN & NOW



- Newer facilities provide more variety
- Increased expectations

7

ATHLETIC TRAINING ROOM DESIGN & SET-UP



- CAN DICTATE OR INFLUENCE CARE
- TX & REHAB OFTEN REFLECT YOUR SET-UP
- ALWAYS LOOK FOR A BETTER WAY
- CREATE MULTI-PURPOSE ZONES
- DON'T NEED EVERYTHING

8

FUNCTIONAL & SHARED ZONES



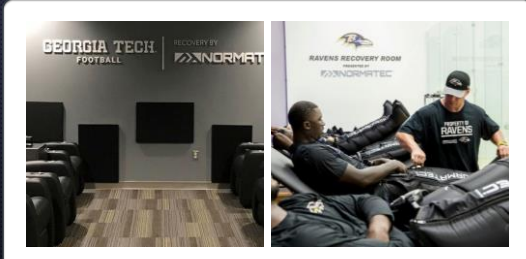
- TREATMENT AREA
- RECOVERY AREA
- MANUAL THERAPY
- REHAB AREA
- SELF-TREATMENT AREA
- AQUATIC THERAPY
- TAPE & FIRST AID

9

FUNCTIONAL & SHARED ZONES



10



GEORGIA TECH FOOTBALL RECOVERY BY NORMAT

RAVENS RECOVERY ROOM RECOVERY BY NORMAT

11

FACILITIES DON'T DEFINE THE CARE YOU PROVIDE



12

PHILOSOPHY



*Sports Medicine Policy and Procedures
Mission Statement*

The mission of the Department of Sports Medicine is to provide the student-athlete with access to the highest quality patient care and the most current health and injury prevention information. Further, the Sports Medicine Staff serves as advocates for the student-athlete when individual health issues arise. Since the student-athlete's physical well-being is essential to their success as a student, and as a student-athlete, the Department of Sports Medicine strives to ensure student-athletes reach and maintain their optimum health.

Athletic Training Service

Central Connecticut State University is committed to the development of a safe intercollegiate athletics program by protecting the health and well-being of its student-athletes, as well as by providing a safe sport environment. The NCAA Sports Medicine Handbook developed by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports and the National Athletic Trainers Association's Policy Statements are used as a guide in establishing recommendations and procedures for preventing and managing athletic related injuries at CCSU.

13



NCAA • STUDENT-ATHLETES • DIVISION I • DIVISION II

ATHLETE CENTERED MEDICINE

SPORT SCIENCE INSTITUTE

Athletics Health Care Administration Best Practices

Independent Medical Care for College Student-Athletes Guidelines

Diagnosis, management and return-to-play determinations for the college student-athlete are the responsibility of the institution's primary athletics healthcare providers (team physicians and athletic trainers). Even though some have cited a potential tension between health and safety in athletics, collegiate athletics endeavor to conduct programs in a manner designed to address the physical well-being of college student-athletes (i.e., to balance health and performance). In the interest of the health and welfare of collegiate student-athletes, a student-athlete's healthcare providers must have clear authority for student-athlete care. The foundational approach for independent medical care is to assume an "athlete-centered care" approach which is similar to the more general "patient centered care," which refers to the delivery of health care services that are focused only on the individual patient's needs and concerns. The following 10 guiding principles, listed in the Inter-Association Consensus Statement on Best Practices for Sports Medicine Management for Secondary Schools and Colleges, are paraphrased below to provide an example of policies that can be adopted that help to assure independent, objective medical care for college student-athletes:

14

ATHLETE CENTERED MEDICINE




- ALWAYS DO WHAT IS BEST FOR THE ATHLETE
- ATHLETE IS A PARTNER AND MUST HAVE ACTIVE ROLL
- EDUCATIONAL
- CARE CENTERED ON BOTH LONG-TERM HEALTH & SHORT TERM
- ELIMINATE CONFLICT OF INTEREST
- TRUST !!!!!

15


CROSSROADS OF TREATMENT

- BEST PRACTICES
- PATHOPHYSIOLOGY
- WE ALL KNOW WHAT WORKS
- COMMON SENSE
- TIME HEALS ALL WOUNDS



16

ALTERNATIVE "VOODOO" MEDICINE



- INSTANT RESULTS
- ALWAYS UP AGAINST INTERNET MEDICINE
- WHAT ARE SAFE TREATMENTS
- ATHLETES & TRUST
- HOW MUCH WILL YOU DABBLE IN

17

MAINTAINING TRUST

- HAVE TO STAY CURRENT WITH ALL TECHNOLOGY
- NEED SOME SALESMANSHIP
- ABSOLUTE CONFIDENCE
- BALANCE EVIDENCE BASED
- DO NO HARM
- NOT BEING UNETHICAL



18

NEW TECHNOLOGY

19

PURCHASE ON THEIR OWN

- TENS
- MASSAGE GUN
- VIBRATING ROLLER
- INSTRUMENTED MASSAGE TOOLS
- CUPS

20

OPTIMIZING CARE FOR THE ATHLETE

BASICS OF ATHLETIC TRAINING

- CARE
- PREVENTION
- TREATMENT
- REHABILITATION
- RECOVERY

21

OPTIMIZING TISSUE MANAGEMENT

- COMPRESS
- STRETCH
- MASH
- MOBILIZE
- DISTRACT
- HEAT & COOL
- ELECTRICITY
- IRRITATE
- MASSAGE

22

CAN BE AS SIMPLE AS PROVIDING ROLLERS

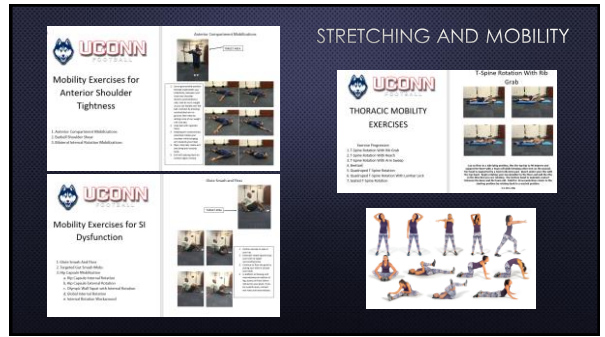
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VIBRATING ROLLERS AND BALLS

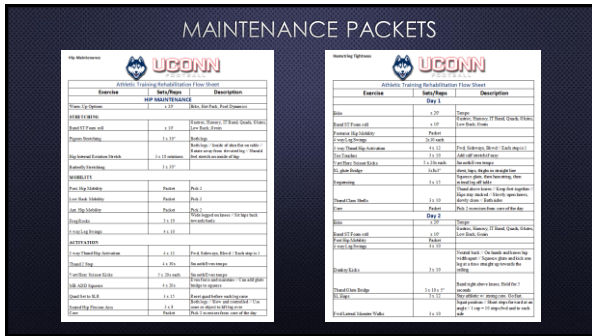
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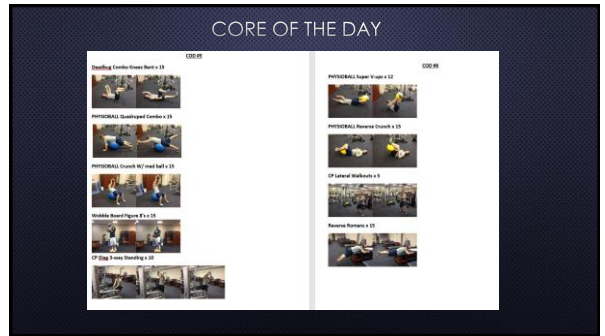
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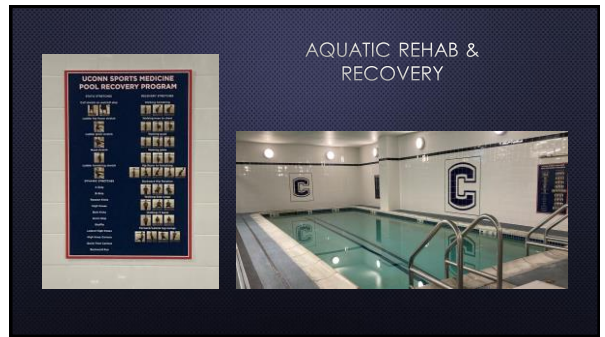
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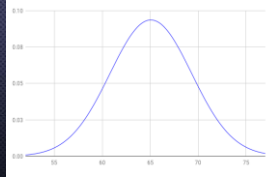
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30

CREATING AN ENVIRONMENT

- YOUR ENVIRONMENT WILL OPTIMIZE CARE INDEPENDENT OF FACILITIES
- TIME HEALS ALL WOUNDS
- DON'T DIG HEELS IN
- HAVE FUN
- CHALLENGE ATHLETES
- EMPOWER ATHLETES
- TRUST !!!!!
- DO NO HARM



31

QUESTIONS



32

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33