CONFLICT OF INTEREST

I HAVE NO FINANCIAL OR OTHER CONFLICTS OF INTEREST TO DISCLOSE

CHALLENGES IN OPTIMIZING CARE

- New type of athlete &/or patient
- Highly educated
- Often misinformed

CHALLENGES TO PROVIDING CARE

- Constantly working to temper expectations
- Always fighting for compliance
- Consistent need to adjust expectations
- Always thinking of what’s next

INFLUENCES FOR OPTIMIZING CARE

- Resources
- Philosophy
• Newer facilities provide more variety
• Increased expectations

• CAN SHAPE OR INFLUENCE CARE
• TE & REHAB OFTEN REFLECT YOUR SETUP
• ALWASY LOOK FOR A METER WAY
• CREATE MULTIPURPOSE ZONES
• DON'T NEED EVERYTHING
PHILOSOPHY

Athletic Training Service

The mission of the Department of Sports Medicine is to provide the student-athletes 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 athletes when individual health issues arise. Ensuring the student-athlete’s physical and mental wellbeing is essential to their success as a student, athlete and academic person. To meet these responsibilities, the Sports Medicine staff ensure student-athlete health and medical care is provided.

ARTICLE CENTERED MEDICINE

- Always do what is best for the athlete
- Athlete is a partner and must have active role
- Educational
- Care centered on both long-term health & short-term
- Eliminate conflict of interest
- Trust !!!!
NEW TECHNOLOGY

PURCHASE ON THEIR OWN

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

OPTIMIZING CARE FOR THE ATHLETE

BASICS OF ATHLETIC TRAINING
• Care
• Prevention
• Treatment
• Rehabilitation
• Recovery

OPTIMIZING TISSUE MANAGEMENT

• Compress
• Stretch
• Mash
• Mobilize
• Decompress
• Heat & Cool
• Electricity
• Irritate
• Massage

CAN BE AS SIMPLE AS PROVIDING ROLLERS

VIBRATING ROLLERS AND BALLS
CREATING AN ENVIRONMENT

- Your environment will optimize care independent of players
- Take real all volume
- Don’t test athletes
- Never run
- Challenge athletes
- Empower athletes
- Don’t HITS
- Do no harm

BIBLIOGRAPHY


QUESTIONS