Objective:

This lecture/discussion will provide the Secondary School certified athletic trainer with some basic principals along with ideas necessary in providing the rehabilitation and reconditioning of athletes in the high school setting. Limitations in available space, equipment, and fundamental knowledge, along with prioritizing time management, and importance of documentation in the provision of care will all be discussed.

Background:

We all have difficulties with some of the basic essentials necessary in providing basic comprehensive programs of rehabilitation in our Secondary school settings. In some instances we have little or no space dedicated to the needs of our athletes’ rehabilitation. Lack of available equipment and funds to purchase specific necessary to provide adequate care may also be a barrier in providing a comprehensive program. Another limiting factor may be our own knowledge and comfort in providing a comprehensive program to our athletes that really meets all their needs. Probably the most limiting factor is prioritizing the time necessary in providing the appropriate medical care for our athletes in the Secondary School setting. The importance of the need for comprehensive and accurate documentation as it relates to the ongoing treatment and care of the athlete will also be discussed.

Key Points:

- Assessment and re-assessment of available areas for rehabilitation and reconditioning to occur
- Analysis of the available equipment and/or necessary tools to enhance your rehabilitation programs
- Competency based evaluation of your own rehabilitation skills and practices
- Identifying time or resources available to assist you in the provision of rehabilitation services
- Importance of documentation in keeping your rehabilitation programs progressive and functional
- Incorporating evidence based practices to best meet your rehabilitative needs
Clinical Application:

Creativity is one’s ability to show imagination, combine concepts or specific tasks, and find new and innovative ways to accomplish those tasks. Sometimes discussed as thinking “outside the box”, our ability to be creative and forward thinking is sometimes limited by our own perceptions or habits. In the provision of rehabilitative care for the high school athlete, ATC’s need to be creative in their planning, educating, administration and finally the provision of their care. The incorporation of solid evidence based practices to help us formulate and shape our creativity will only lead us to deliver more efficient and higher quality services. The development of rehabilitation programs that overcome the common barriers we face in the secondary school will allow us to enhance the quality of care delivered to the athlete, improve our own work environment, and allow us to strive to be innovative in our approach to the healthcare of the student athlete. In combining sound evidence base practices with a creative plan, and approach to the rehabilitation needs of our student athletes we can only be limited by our own imaginations.

References:


Board of Certification (BOC). Professional Standards of Practice. 2004


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