COMMUNICATION BOUNDARIES AND SUCCESSES IN THE TEAM TREATMENT OF THE ATHLETE

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DECLARATION OF CONFLICTS

No Conflicts to Declare
OBJECTIVES

• Participants will discuss the importance of professional boundaries and limitations in the team treatment of athletes

• Participants will understand the importance of communication in the team treatment of athletes (verbal and written)

• Participants will discuss the most effective way to communicate interprofessionally to progress the athlete from the controlled clinical setting to athletic training room and into the weight room

• Participants will understand the importance of the team approach to treating the recovering athlete
WHY ME?

• Certified Athletic Trainer since 1992
• Certified Strength and Conditioning Specialist since 1994
• Licensed Physical Therapist since 1999
• Private practice owner on a Division I university campus from 2005-2015
• Assistant Professor in Department of Physical Therapy
• Assistant Professor and Program Director of Athletic Training
WHY ME?

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COMMUNICATION 101


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TYPES OF COMMUNICATION

Is there any other form of communication?
COMMUNICATION
INTER-PROFESSIONAL COMMUNICATION IS NOT A NEW CONCEPT


What role does each play in the team treatment approach?

Who communicates the needed messages?

Is one person in charge?

Who makes the final decision to return to participation?
“One individual with whom the conditioning coach must have a good rapport is the athletic trainer”

NSCA Journal October-November 1984
“the conditioning coach must realize that prior to his entrance on the athletic scene, the job of conditioning was done by coaches and trainers”

D.Wathen A.T.,C. NSCA Journal 1984
Areas of overlap:

Injury Prevention
Conditioning
Nutrition

The soccer team is concerned about hydration and the players feel that the high salt content of pizza makes it an ideal pre-game meal.

“Today’s” athlete is not transitioning well from the high school setting to college sports because they are not properly conditioning prior to entering college.

6 athletes on the football team have suffered grade I hamstring injuries in the last two weeks.
BOUNDARIES

Barriers?
Certifications
License
Specialties

C.S.C.S.: NSCA Cert
ATC: BOC
PT: Federation of State Boards

PT
Orthopedic
Neuro
Geriatric
Pediatric
Special Populations

ATC
Orthopedic
Sport
Non-Sport
Special Populations

CSCS
Sport
Non-Sport
Personal Training
Tactical Training
Special Populations

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“I WANT TO WORK WITH ATHLETES”

Education
Certification
License

Physical Therapist
- Rehabilitation
- Prevention
- Health and Wellness
- Hands-on Eval Skills
- Nutrition
- Physical / Functional Testing
- Licensed

Athletic Trainer
- Prevention
- Rehabilitation
- Hands-on Eval Skills
- Nutrition
- Physical / Functional Testing
- Licensed

Certified Strength and Conditioning Specialist
- Prevention
- Conditioning
- Nutrition
- Physical / Functional Testing
- Licensed

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TEAM “TREATMENT” APPROACH

Physical Therapist

Certified Strength and Conditioning Specialist

Injured Athlete

Athletic Trainer

Physician

Coach

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A BIT OF PERSONAL EXPERIENCE

Female basketball player who is 5 months post ACL reconstruction. The plan is to clear for full return at month 8.
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A BIT OF PERSONAL EXPERIENCE

Female basketball player who is 5 months post ACL reconstruction. The plan is to clear for full return at month 8.
HOW DID WE PREVENT THIS FROM HAPPENING WITH FUTURE ATHLETES

Physical Therapist
1. Provide Primary Care
2. Remove Athlete from Busy Training Room

Physician

Athletic Trainer became our “point person”

Coach

Strength and Conditioning Coach Involved Early in the Process
1. Contraindications
2. Safe Progression
3. Planes of Motion
4. Closed Chain vs. Open Chain
HOW DID WE PREVENT THIS FROM HAPPENING WITH FUTURE ATHLETES

- Physical Therapist
  - Communicate to AT that Athlete would be involved with Strength and Conditioning
- Athletic Trainer became our “point person”
  - Functional Testing for Return to Play Planning
- Physician
- Strength and Conditioning Coach Involved Early in the Process
  - Report progress and progression to AT and PT
- Coach

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Communication to the Strength Coach

- Direct Contact / Communication
- Written in Physical Therapy Note
- Meeting with the Rehabilitation Team
What started me thinking about the need to discuss inter-professional communication?
WHAT TO COMMUNICATE

Know what you know and know what you don’t know

Post-rehabilitation Exercise Considerations After Reverse Total Shoulder Arthroplasty

Salamh, P., Kolver, M., Cheatham, S., Hanney, W., Speer, K., Singh, H.

Strength and Conditioning Journal August 2014

https://www.researchgate.net/profile/Chris_Roche2/publication/309516593/figure/fig1/AS:6139349104335337@1523384897145/Drawings-showing-the-differences-among-3-different-types-of-reverse-total-shoulder_Q640.jpg

https://upload.wikimedia.org/wikipedia/commons/thumb/0/0d/Right_RSP_Monoblock.jpg/280px-Right_RSP_Monoblock.jpg
“The strength and conditioning coach professional should refer to the physical therapist and orthopedic surgeon regarding both the timing and type of certain activities appropriate for each patient after rTSA” Salamh et. al. (2014)
WHAT IF “THEY” FIND OUT I DO NOT KNOW SOMETHING?!!!!!
REVERSE TOTAL SHOULDER ARTHROPLASTY

Know what you know and know what you don’t know

“I need help putting together a safe program”

“What should I avoid”

“What are his/her goals?”

“Notable functional deficits? Can those be improved?”

Communication Creates Opportunity

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GET BACK ON TRACK

WHAT TO COMMUNICATE

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WHAT ARE THE TREATMENT GOALS FOR THE INJURED ATHLETE?

https://solopracticeuniversity.com/files/2017/01/Goal.jpg
WHAT TO COMMUNICATE

What should “I” stay away from or avoid?


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WHERE AND HOW OFTEN IS THE INJURED ATHLETE PARTICIPATING IN REHABILITATION?
WHAT ARE THE PRIMARY COMPONENTS OF THE INJURED ATHLETE’S PROGRAM?
- PT
- AT
- SC

Physical Therapist  Athletic Trainer  Strength and Conditioning Coach

Sport Coach

Athlete

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THERE ARE MORE QUESTIONS...

1. Do not be afraid to ask
2. Do not be afraid to show your value to the treatment team
3. COMMUNICATE
References


