



*St. Francis*  
**Physical Therapy**

Physical Therapy  
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## **Occupational Athletic Training**

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Certified athletic trainers are health care professionals who specialize in preventing, recognizing, managing and rehabilitating injuries that result from physical activity. Athletic Trainers are an integral member of the athletic health care team in secondary schools, colleges and universities, sports medicine clinics, professional sports programs and other health care settings. More recently athletic trainers have found a role within the healthcare and safety teams of occupational/industrial settings. The employees of manufacturing plants, light industrial facilities and offices are susceptible to many types of overuse and acute injuries. Many physicians agree that occupational injuries are surprisingly similar to those incurred by athletes on professional and amateur sports teams. Because of this, athletic trainers are a natural fit for companies looking to improve production and safety while reducing health care and insurance costs.

Athletic trainers are employed by many recognizable companies including Nike, DuPont, NASA, Johnson & Johnson and Frito-Lay (where I have worked as the on-site athletic trainer the past 3 years). Athletic trainers in the occupational setting assess and treat employee discomfort, provide on-site rehabilitation, identify and teach proper ergonomics, lead physical readiness and conditioning programs, and facilitate on-going communication between the employer, physician, outsourced rehabilitation providers, insurance company and the employee.

A recent survey was conducted with companies that utilize the services of an athletic trainer. Fifty percent of the companies reported a reduction in the number of injuries by at least 50%. Eighty percent of companies reported a return on investment of at least \$3 for every dollar spent.

For more information on athletic trainers in the occupational/industrial setting, please visit [www.nata.org](http://www.nata.org).  
For more information about St. Francis Physical Therapy please visit [www.physicaltherapyptc.com](http://www.physicaltherapyptc.com).