

## **Practice of Athletic Training Overview**

Athletic Trainers are board certified health care practitioners specializing in the prevention, care and management of injuries and medical conditions related to physical activity. The Certified Athletic Trainer works under the direction of a physician, and most often operates under standing orders or from a referral without direct supervision.

### **Athletic Training Scope of Practice**

#### **Prevention**

Through pre-activity screenings and evaluation, educational programs, physical conditioning programs, application of commercial products, use of protective equipment, reduction of environmental risks.

#### **Clinical Evaluation and Diagnosis**

By obtaining a history of the injury/medical condition, individual inspection and palpation of the injured part and associated structures, and perform specific testing techniques related to stability and function with proper referral to physician or appropriate health care professional.

#### **Immediate Care**

Utilize first-aid and emergency procedures and techniques, and provide recognition, assessment, stabilization, and referral for non-life threatening or life-threatening injuries/conditions.

#### **Treatment, Rehabilitation, Reconditioning**

To facilitate recovery, function and/or activity through administration and application of therapeutic and conditioning activities and exercises, use of therapeutic agents, apply standard reassessment techniques and procedures for modification, continuation or discontinuation of care, application of functional criteria for return to activity, application of commercial products and guidance and educational programs.

#### **Organization and Administration**

Establish and implement policies and procedures for the delivery of healthcare services, management of healthcare facilities, complying with governmental and institutional standards and maintaining records to document services rendered.

#### **Professional Responsibility**

Demonstrating appropriate professional conduct, adhere to statutory and regulatory provisions and educate appropriate individuals about the roles and standards of the practice of athletic training.

### **Distinguishable Practice**

Functions of the Certified Athletic Trainer that are distinguishable between other allied health care professions are that of the practice of prevention of injury and illness, immediate care, early intervention and oversight, direction and making return to activity decisions.