

# What is Athletic Training?



IT'S MORE THAN TAPING ANKLES

Most people witness only a fraction of what these dedicated professionals do, often mistaking them merely for first responders to injuries during games. However, their role is far more complex and integral to the health and performance of athletes. Athletic trainers specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses. They work tirelessly, not just during games or competitions, but behind the scenes, where the real magic happens.

## ATHLETIC TRAINING ICEBERG

### WHAT PEOPLE SEE:

- Taping
- Handing Out Water
- Standing On The Sidelines

PEOPLE SEE  
THE 10%

### WHAT HAPPENS BELOW:

- Emergency Action Planning
- Emergency Care
- Injury Evaluations
- Triage Specialist
- Injury Prevention
- Medical Record Management
- Injury Screening
- Concussion Management
- Injury & Rehab Documentation
- Parent & Coach Communication
- Injury Education
- Therapeutic Exercise
- Manual Therapy
- Counseling
- Modalities
- Inventory Supply Ordering
- Moral Support & Encouragement
- Nutrition & Wellness Education
- Manage DME & Equipment
- Medical Professional Collaboration
- Policies & Procedures Development
- Providing a Safe Space

AND MISS  
90% OF THE  
WORK

 **HEALTHY ROSTER**

