March is National Athletic Training Month

Bloomington, Ind. (March 5, 2010) – Athletic trainers, those certified professionals who work with athletes from little leaguer to professional, are seeing demand for their services increase, especially in the health care industry. According to the U.S. Bureau of Labor Statistics, the athletic training profession is forecasted to grow 24 percent between 2006 and 2016.

In health care, athletic trainers work in a variety of settings, including hospitals and outpatient rehabilitation facilities.

“Athletic trainers who work in health care are often focused on using exercise for both injury prevention and rehabilitation,” says Judy Landrey, MS, LAT, ATC, a certified athletic trainer from Bloomington Hospital’s Rebound. “At Rebound, we have the opportunity to work with athletes of all ages and serve as a resource to students of all levels as we provide athletic training services for area schools.”

Landrey explains that athletic training is based on sports medicine principles and that an athletic trainer’s background and education make all the difference. In Indiana, an athletic trainer must have a Bachelors degree, hold national certification and a state license, and participate in continuing education.

“Athletic trainers are held to high standards, which helps advance the profession and raise the bar for the services we provide,” she says. “The education, training and experience required of athletic trainers helps us better care for the athletes and teams we serve.”

According to the National Athletic Trainers’ Association, only 42 percent of public high schools have access to athletic trainers. With more than seven million kids suiting up to represent their schools on the playing field, this means that four million high school athletes do not have the opportunity to work with someone who is professionally trained in the prevention, assessment, treatment and rehabilitation of injuries.

Fortunately, for several high schools and middle schools in our region, this is not the case. At Bloomington North, Bloomington South, Edgewood, Brown County and Mitchell high schools, Bloomington Hospital’s Rebound serve as athletic trainers and/or mentors to provide care to local athletes. In addition, Rebound offers their athletic training services to Monroe County Community School Corporation (MCCSC) middle schools for football and wrestling event coverage and injury checks. And, this year, Rebound is expanding services to area youth sports organizations.

“Our athletic trainers serve as experts to the schools, their athletic departments, and the young athletes, for the prevention, assessment, treatment and rehabilitation of their injuries,” says Landrey.

Bloomington Hospital’s Rebound not only provides athletic trainers to area schools’ sports teams, but also provides several programs that can help athletes of all abilities move up to the next level. Programs such as Body in Balance™ provide clients with a customized program tailored to meet their needs. In the Body in Balance™ program, clients’ functional strength and flexibility are assessed using a seven point screen. These screening tools give Rebound’s athletic trainers all the information they need to develop an exercise routine to improve the athletes’ performance and reduce their risk of injury.
“To an athlete, sport is a part of their every day life, just as it is for an athletic trainer. We strive to ensure the athletes we work with are taken care of, educated on how to prevent injury, and are able to participate in the sport or sports they love,” she says.

To learn more about athletic training and Rebound’s athletic enhancement programs, please visit bloomingtonhospital.org/rebound.

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