

Why Maintain an Athletic Trainer

- **Reduction of injury rates (CDC 2006)**
Studies show that injury rates are lower with an Athletic Trainer present
- **Reduction in time lost due to injury**
An Athletic Trainer provides proper care of injuries so that minor injuries are not mismanaged into ones that increase time missed due to injury
- **Provide care for students at lower socio-economic levels that do not have insurance or resources for outside care**
The onsite presence of an Athletic Trainer in a school may be the only form of health care that millions of US children that live at or below the poverty line have access to
- **Improve patient functional and physical outcomes (Albohm et al 1999)**
Results from a nationwide Medical Outcomes Survey demonstrate that care provided by Athletic Trainers effects a significant change in all outcome variables measured, with the greatest change in functional and physical outcomes. Care provided by Athletic Trainers also generates a positive change in health-related quality of life patient outcomes.
- **Provide the same or better outcomes in clinical settings as other providers (Albohm et al 2001)**
Results of a comparative analysis of care provided by athletic trainers and physical therapists in a clinical setting indicated Athletic Trainers provide the same levels of outcomes, value and patient satisfaction as Physical Therapists. Patient satisfaction ratings are more than 96% when treatment is provided by Athletic Trainers.
- **Specialize in patient education to prevent injury and re-injury and reduce rehabilitative and other health care costs (NATA)**
Recent studies demonstrate how the services of Athletic Trainers save money for employers and improve quality of life for patients. For each \$1 invested in preventive care, employers gained up to a \$7 return on investment. With proper rehabilitation and evaluation, Athletic Trainers prevent re-injury.
- **Reduce insurance carrier costs (Popke 2001)**
53 high schools in one academic year saved insurance carriers \$13 million in healthcare claims by providing an onsite Athletic Trainer.
- **Protect institutions from liability where state laws require expert care**
With most states adopting concussion laws requiring qualified medical personnel to remove athletes from play with a suspected concussion, and with the presence of an AED becoming the standard of care for sudden cardiac emergencies, Institutions could be at risk for legal action if they are not thoroughly prepared. Athletic Trainers provide acceptable legal coverage of activity from athletic events to workplace safety.

References

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