



MEDSPORT ATHLETIC TRAINING PROGRAM



EXPERTISE –

to tackle the range of injuries, wounds, illnesses and life stressors that can spell trouble for an athlete

CONFIDENCE –

to take quick, decisive action when an athlete sustains an injury

KNOWLEDGE –

to help an athlete reach peak performance, and regain it after an injury

COMPOSURE –

to offer information and reassurance to athletes, parents, coaches and teammates

This is the skill set the athletic trainer brings to the field of sport.

University of Michigan Health has long recognized that the value added by these uniquely prepared, highly motivated professionals extends far beyond the sidelines. For more than 30 years, athletic trainers have played pivotal roles in our clinics and our community –

- Advocating for athletes immediately following an injury – when every hour counts – delivering care on the spot, and getting them to the right specialists, right away
- Assisting orthopaedic surgeons, sports medicine physicians, sports neurologists and physical therapists in providing coordinated multidisciplinary care that meets the specific needs of the patient
- Collaborating with athletic directors, coaches, school leaders and the community to improve safety in sports programs
- Helping prepare the next generation of athletic trainers





Leaders and Best in Sports Medicine MedSport

Since 1973, MedSport, University of Michigan Health's multidisciplinary sports medicine enterprise, has offered comprehensive, evidence-based care for the full breadth of sports-related injuries impacting adults and youth at all levels of competitiveness.

MedSport brings together nationally recognized orthopaedic surgeons, and specialists in adult and pediatric sports medicine and neurologic-related sports injuries. These providers collaborate with physician assistants, physical therapists, physical therapy assistants and athletic trainers, to provide comprehensive patient care under one roof – often in one coordinated visit.



Athletic trainers: The secret to our success

From the start, MedSport has relied on a deep bench of experienced certified athletic trainers to help coordinate and deliver exceptional care in the clinic and in the community.

The athletic trainer (AT) is an allied health professional qualified to diagnose and treat front-line sports injuries and medical concerns, provide athletes with strategies and guidance to help improve performance, and assist sports medicine physicians.

An AT's best known role is that of first responder, providing medical care to injured athletes on the sidelines during a sporting event or practice. In addition to fulfilling that role for 14 area sports programs, MedSport's 40+ athletic trainers also work side-by-side

with sports medicine providers and physical therapists in clinical settings, provide community education, and help train the next generation of ATs.

Each MedSport athletic trainer is licensed as a healthcare practitioner in the state of Michigan. Each has met the requirements for the certified athletic trainer (ATC) credential from Board of Certification of the National Athletic Trainers Association (NATA), and has completed the necessary training in combatting physical, emotional and sexual misconduct in sports to earn Safe Sport certification.

Read more about the education and training our athletic trainers attain, and our program for preparing the next generation of athletic trainers, on page 14.

The Athletic Trainer (AT) Outreach Program

Launched in 1986, the MedSport AT Outreach Program provides a one-of-a-kind bridge between the providers and clinics of University of Michigan Health and the organized sports activities and athletic teams of Michigan schools and communities. The Program embeds ATs within school athletic programs and sports organizations, and in U-M Health's sports medicine and physical therapy clinics, achieving the superior communication and coordination that drives exceptional patient care.

Outstanding in Our Field – And On Yours

The mission of MedSport AT Outreach Program is to provide patients, families, coaches and school administrators with access to the multidisciplinary expertise of MedSport:

- The comprehensive services coordinated by MedSport ATs include both musculoskeletal and neurological baseline testing, diagnostics, therapeutic and rehabilitation protocols, and patient/family/team education on injury prevention and treatment.
- When contracting with a school or program, we tailor the menu of services we provide to meet their specific needs and athletic season.
- Embedding a dedicated MedSport AT in an athletic program provides student athletes and their caregivers with expedited access to the medical staff and programs of MedSport. Our ATs focus on scheduling appointments with the right specialists and triaging patients into our clinics.
- From the first evaluation through treatment and rehabilitation, a MedSport AT serves as a single point of contact for parents/caregivers, helping them navigate appointments, keep track of details, and get their questions answered.
- All MedSport athletic trainers are licensed by the State of Michigan and have satisfied the requirements for State and National credentials.
- Our outreach ATs actively participate with student trainer and community education programs.



MedSport ATs in the Community

MedSport AT Outreach Program works directly with athletic departments and athletic development programs in area high schools, colleges and universities, as well as athletic development programs and clubs to provide:

SIDELINE CARE

During athletic competitions and practices, the focus is on addressing acute trauma and injuries, including

- Musculoskeletal injuries
- Neurological concerns such as concussion and acute head injuries, including real time evaluations of mental acuity
- Internal injuries such as abdominal or chest injuries, difficulty breathing and cardiovascular concerns

Once the athlete is screened and the condition stabilized, the focus shifts to identifying what additional medical care is needed, and rapidly coordinating a referral to an appropriate care provider. Our ATs are an extension of the clinical resources of Michigan Medicine, including MedSport, NeuroSport and C.S. Mott Children's Hospital. They are also in regular contact with an extended network of peers beyond University of Michigan Health, and can help facilitate care at another institution if preferred by the family.

MedSport ATs are equally skilled at helping student athletes' parents/caregivers navigate the care process, expediting access and improving communication and coordination – all to ensure a smoother path to recovery.



SPORT PERFORMANCE SUPPORT

In addition to providing urgent care during a practice or competition, a MedSport AT embedded with an athletic department or program supports student athletes with strategies and guidance on conditioning and performance improvement, as well as continuity of care for those returning to a sport or activity after an injury or illness.

In a given sports season, a MedSport AT typically coordinates care across multiple sports at multiple levels (freshman/junior varsity/varsity/intramural), working with students before practices or games to assess progress, guide warmup activities like stretching or stationary biking, and provide protective taping or bracing.

Unlike competitors that market one-size-fits all sports performance and conditioning programs, MedSport's AT Outreach Program is clinically-based. Performance plans, including exercise recommendations and scheduled fitness assessments, are designed to meet each individual athlete's injury and recovery needs.

Central to our approach is the use of Return to Sport functional testing following orthopaedic surgery. Testing includes capturing movement patterns on video for analysis, along with psychological screening to determine how the patient feels about returning to sport. The AT can share this real time information with athletes and their parents, as well as with the surgeon and sports medicine team, to assess the progress of recovery and tailor rehabilitation for better results.

SPECIAL EVENT COVERAGE

Above and beyond our outreach to student athletes, MedSport ATs can also be found supporting athletes of all ages and abilities who participate in sports organizations and community events, and those involved in the numerous specialized programs offered by MedSport:

- USA Hockey – MedSport AT Outreach has been providing support for elite junior male hockey players for 20 years
- Biomechanical Bike Fitting – blending a sports medicine assessment with a proven approach to bicycle fitting to reduce overuse injuries for all levels of cyclists and all types of bikes
- Runners Clinic – improving mobility, strength and performance and minimizing injury risk for runners of all levels
- Golf Fitness – a biomechanical approach to enhance performance and preventing injury
- Performing Arts Medicine and Rehabilitation – multidisciplinary care to meet the unique sports medicine needs of dancers, musicians, theater performers, figure skaters and gymnasts of all levels

MedSport ATs in the Clinics

Research documents the benefits of involving athletic trainers in the clinical setting. Michigan Medicine is a leader in expanding the role of athletic trainers in different specialties. MedSport ATs are active in numerous Michigan Medicine and MedSport clinics, including sports medicine and orthopaedic surgery, and at physical therapy locations.



IN OUR CLINICS

Beginning January 1st, 2021, Michigan “Blues” third party payers recognized the athletic training field to bill for rehabilitative athletic training patient evaluation and MSK care. Michigan Medicine began a pilot program in March 2021, with positive success on this new clinical practice. This allows our Athletic Trainers to work at the highest level of their License. Michigan Medicine is the only health care system using their ATs in this clinical capacity.

In medical and surgical clinics, ATs take the lead in managing patient appointment scheduling and triage. They deliver hands-on patient care in numerous ways:

- Gathering health histories and conducting health assessments
- Briefing physicians
- Educating patients and families on what to expect from treatment and rehabilitation
- Assisting with in-clinic procedures
- Coordinating patient care between multiple providers and services
- Recommending home exercise programs
- Performing tasks like athletic taping, casting and bracing

Many of our ATs working in physician practice have also met the requirements for Orthopaedic Technologist certification (OTC). With this additional education, they can work alongside surgeons in the operating room, assisting with patient positioning, prepping and draping, as well as scrubbing in to assist with procedures.

IN OUR PHYSICAL THERAPY FACILITIES

At MedSport’s four physical therapy locations, ATs collaborate closely with physical therapists and physical therapist assistants. In addition to facilitating patient scheduling and intake, they compare the initial evaluation and care plan with the patient’s current status to monitor progress.

Depending on the patient’s needs, an AT can provide the full range of therapeutic interventions, including gait training, joint mobilization, manual interventions such as soft tissue massage and friction massage, and more – whatever is called for to help reach goals such as pain reduction or increased range of motion, endurance, or cardiovascular function.

The AT brings a different, unique perspective to the patient care experience in either setting. Their training in preventative care and real-time experience on the sidelines prepares them to act quickly to evaluate a patient’s condition and recommend next steps to return the person to function.

ATs and NeuroSport

Michigan Medicine's NeuroSport Program is one of only a handful of comprehensive programs in the country dedicated to the neurological concerns of athletes. By drawing on the resources of the Department of Neurology and our rich athletic and sports medicine tradition, NeuroSport specializes in the treatment and prevention of neurological sports injuries, as well as the management of primary neurological diseases that affect athletic performance.

Specially trained MedSport ATs are key members of the care team in NeuroSport's multidisciplinary clinics, combining expertise and quick action to help patients recover from head injuries and return to sport.

Head injuries are challenging to diagnose and treat, and every minute counts. NeuroSport treats only sports-related acute brain injuries. We offer services above and beyond what is available at a school or in a traditional primary care or sports medicine practice, where providers may elect to take a 'wait and see' approach to concussion.

Starting sooner can make all the difference. That's why MedSport ATs in the field are in constant communication and coordination with ATs in our NeuroSport clinics, triaging patients and expediting appointment scheduling. The result is a faster intervention – often beginning treatment the same day.

A head injury impacts every aspect of physical, emotional and psychosocial function. Unlike a traditional sports medicine practice, NeuroSport has the providers and expertise to treat the whole person, including:

- Neck physical therapy
- Vestibular therapy – interventions for the nausea and lightheadedness that can arise when the eyes fail to move, track or focus correctly after a head injury
- Exertional, exercise and neuropsychological testing
- Social work – to help patients and families understand and cope with the psychosocial consequences of head injuries

Our team of ATs is in regular contact with area schools – even those that have not contracted with MedSport for athletic training services – to make sure that the critical specialty services of NeuroSport are directly accessible. We also provide on-site education about head injury prevention and treatment to teams, coaches and parents.



Education and Training - Staff Credentials



Each MedSport athletic trainer has earned the certified athletic trainer (AT) credential from

Board of Certification of the National Athletic Trainers Association (NATA).

This master's level credential requires classroom and clinical education and training in five practice domains:

- Injury and illness prevention and wellness promotion
- Examination, assessment and diagnosis
- Immediate and emergency care
- Therapeutic intervention
- Health care administration and professional responsibility

ATs must meet ongoing continuing education requirements to maintain their certification. They must also practice in collaboration with a physician and adhere to the practice rules of their state.



MedSport ATs – like all MedSport staff members – must also complete the necessary training to earn Safe Sport certification from the U.S. Center for Safe Sport, developed to protect young athletes from physical, emotional and sexual misconduct.



Education and Training – Preparing the Next Generation

MedSport is also home to an established educational program of rotations and internships to those pursuing careers as athletic trainers.

MedSport ATs are committed to the education and development of future ATs. Working as preceptors in both the clinical and outreach settings, our staff help educate, supervise and guide students, developing the skills essential to their respective programs.

While it is more likely to see an AT student from a nearby college or university completing a rotation with MedSport staff, any student that is part of an accredited Athletic Training Program may be eligible to complete a clinical or outreach rotation.

As program degrees and requirements change, our staff works with the student's College or University's athletic training program to meet their requirements, which are ultimately set by the Commission on Accreditation of Athletic Training Education (CAATE).

Guided by assigned MedSport preceptors, students gain both hands-on skills and confidence during rotations varying from

six to 15 weeks, depending on program requirements. Rotations with our outreach staff in the high school setting allow the students to gain a better understanding of the day-to-day work of a high school AT. They gain hands-on experience in all aspects of athletic training including managing acute injuries, rehabilitation of injuries, and communication with administrators, coaches, and parents.

Clinical rotations expose students to a variety of injuries from acute to chronic, as well as pre-operative and post-operative care and a variety of patient populations ranging from pediatric to geriatric cases. This direct, hands-on involvement builds essential rehabilitation skills.

Both experiences help build students' skills, knowledge, and confidence, helping them prepare to sit for the certification exam and to practice as a certified athletic trainer.

MedSport is also one of only a handful of programs accredited to offer a post-graduate residency to credentialed, practicing ATs. Currently a one-year program that accepts one resident per year, it focuses on skills needed to manage patients in an orthopaedic clinic and to assist in a surgical setting.

Meet our Athletic Trainers

Vahan Agbabian
Ryan Anderson
Karen Bearce
Susan Brimacombe
Drew Cavey
Kerry Cezon
Patrick Comtois
Zachary Crothers
Meaghan Dreffs
Brooke Ernst
Sarah Floyd
Jamie Franklin
Hannah Flickema
Jeremiah Freeman
Erick Froberg
Carly George

Shelby Groat
Michael Gurtowsky
Joseph Haldy
Brooke Harris
Jason Hodges
Jesse Johnson
Darren Kaus
Eric Kilpatrick
Debbie Klinger
Jennifer Kramer
Susie Lachance
Stephanie Leech
Dennis MacDonald
Michael Maciejewski
Emily Madigan
Megan Mahoney

Angela Mierzwiak
Trevor O'Brien
Julia Palushaj
Renita Romaniski
Sydney Rubingh
Sarah Ryan
Shane Ryan
Mikayla Scholts
Evan Schweizer
Ashley Snyder
Sherrie Springer
Melissa Stamper
Rey Valdez
Kristin Williams
Jennifer Williamson
Cody Zink



Contracting with the MedSport AT Outreach Program

Schools and organizations contract with MedSport for athletic trainer services during a sports season. The following programs currently partner with MedSport:

*Ann Arbor Huron High School
Ann Arbor Skyline High School
Belleville High School
Brighton High School
Clarenceville High School
Dexter High School
Father Gabriel Richard High School*

*Greenhills High School
Northville High School
Whitmore Lake High School
Ypsilanti Consolidated High School
University of Michigan Athletics
USA Hockey National Team Development Program
Michigan Hawks elite girls' soccer club*

TO LEARN MORE, CONTACT:
Michael Maciejewski,
Athletic Training Coordinator
Michigan Medicine MedSport
hobbsmac@med.umich.edu
office phone: 734-232-8787



LEADERS AND BEST IN SPORTS MEDICINE

MedSport Therapy Locations

Ann Arbor Domino's Farms

24 Frank Lloyd Wright Drive
Lobby A, Suite 1000
Ann Arbor, MI 48106

Ann Arbor Ice Cube

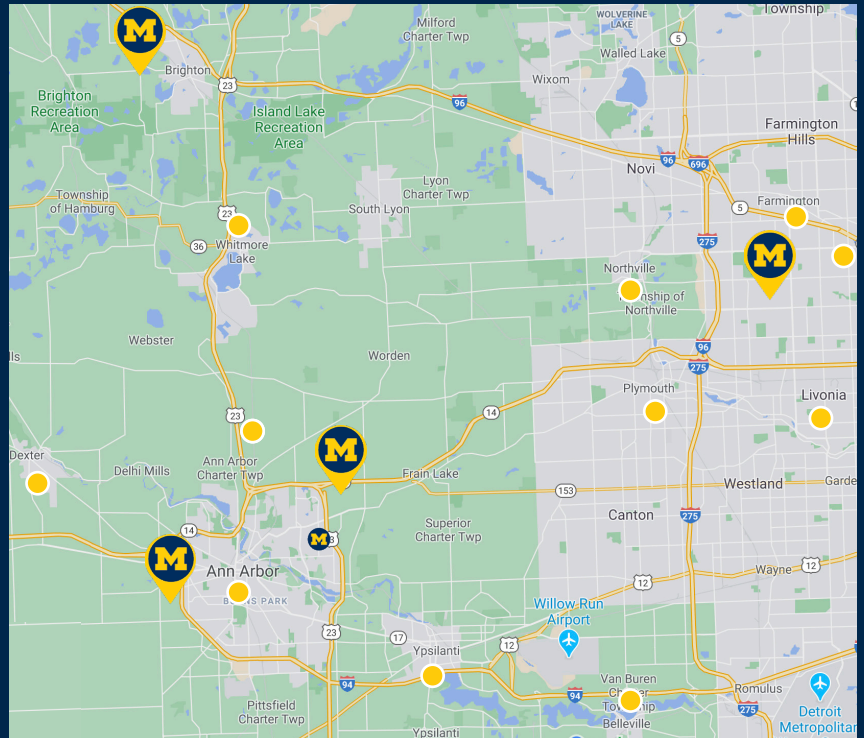
2121 Oak Valley Dr.
Ann Arbor, MI 48103

Brighton Center for Specialty Care

7500 Challis Rd.
Brighton MI 48116

Northville Health Center

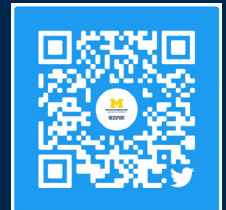
39901 Traditions Dr.
Suite 110
Northville, MI 48168



● MedSport Outreach Locations

734-930-7400

www.UofMHealth.org/medsport



Executive Officers of Michigan Medicine: Marshall S. Runge, M.D., Ph.D., Executive Vice President for Medical Affairs, Dean; Steven L. Kunkel, Ph.D., Executive Vice Dean for Research; David C. Miller, M.D., M.P.H., Executive Vice Dean for Clinical Affairs; Debra F. Weinstein, M.D., Executive Vice Dean for Academic Affairs

Regents of the University of Michigan: Jordan B. Acker, Michael J. Behm, Mark J. Bernstein, Paul W. Brown, Sarah Hubbard, Denise Ilitch, Ron Weiser, Katherine E. White, Santa J. Ono (ex officio)

© 2023 Regents of the University of Michigan.