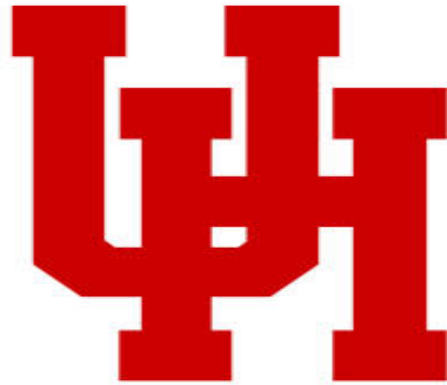


# Master of Athletic Training Program



Josh Yellen, EdD, ATC, LAT  
Director, Master of Athletic Training Program  
Department of Health & Human Performance  
University of Houston

# Definition of AT

Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise of prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic Training is recognized by the American Medical Association (AMA) as a health care profession.



# Practice Domains of AT

- Injury/ Illness Prevention and Wellness Protection
- Clinical Evaluation and Diagnosis
- Immediate and Emergency Care
- Treatment and Rehabilitation
- Organizational and Professional Health and Well-being



# Practice Settings

- Professional and Collegiate Sports
- Secondary and Intermediate Schools
- Sports Medicine Clinics
- Hospital ER and Rehab Clinics
- Occupational Settings
- Fitness Centers
- Physician Offices



# AT's in Professional Sports

Sue Falsone, Head AT for Los Angeles Dodgers



# AT's in Collegiate Sports

Mike O'Shea and Hide Okuwa  
AT's for University of Houston

THE TRENCHES



medical team. "Every minute counted, but we didn't know that until it was all over."

Even with all of those factors going in Hayden's favor, he still probably would have died if not for the fact that he also broke his diaphragm during the collision. The broken diaphragm allowed the blood to move down into his abdomen instead of pooling around the heart and suffocating it, buying more time for the doctors to diagnose the problem.

#### THE MAKINGS OF MIRACLE

As the severity of Hayden's injury came into focus, so did the fortuitous circumstances that worked together to save his life. Dr. Lowe said in a statement released by the university that a torn inferior vena cava is fatal "95 percent" of the time. Most victims don't even make it to the hospital, much less survive.

Once the surgery was successful and Hayden was recovering well, the medical team marveled at the what-ifs surrounding the injury: What if O'Shea hadn't been

watching the play and just assumed it was a head injury when he complained about blurred vision? What if he had left him on the sideline for a few minutes instead of immediately taking him to the locker room? What if they took their time getting Hayden to the hospital instead of calling the ambulance? What if they were in a rural area that didn't have a trauma center? What if his doctor was unfamiliar with the injury? What if his diaphragm didn't break?

"The more you think about [what happened], the scarier it is," O'Shea said. "Everything went right that day. He's a true walking miracle."

"If [Hayden's] transfer had been delayed by as little as five minutes, he wouldn't have survived," Dr. Albarado was quoted in Gateways. "Thanks to someone on the field who followed his gut instincts and called an ambulance because something 'just didn't seem right,'— a sentiment mirrored by the EMS team who alerted the hospital en route of their concerns—[Hayden] was given a fighting chance."

Leading up to the surgery, no one suspected it was something as serious as a torn artery. It had never happened before, so it didn't cross anyone's mind. "Did we know [what the injury was]? No, nobody knew. We just knew something wasn't right, so instincts told you to be safe rather than sorry. He had too many signs that didn't match," O'Shea explained.

O'Shea believes his education and experience as an athletic trainer were the reasons he was able to recognize that something wasn't right with this athlete that he knew so well. "It happens instinctively because we are trained to recognize and handle those situations," he said.

#### UNCHARTED REHAB

Hayden, a senior and defensive captain, was an NFL draft prospect before the injury. Dr. Lowe told the Houston Chronicle the potential for Hayden to play again is there, but it will probably be around a year of rehabilitation. The rehab process is filled with question marks because the situation is so uncommon; no research exists about helping top-level athletes return to play after tearing the vena cava.

In the month since the injury, Hayden lost 20 lbs. and recently began eating solid foods again. He recovered enough to be carted out onto the field for his Senior Night, a nice moment for everyone involved in his amazing story.

Hayden's chest cavity will likely take three or four months to heal. From there, O'Shea will be following the lead of the physicians. He is expected to make a full recovery, but no one really knows how long it will take.

O'Shea says the Hayden injury is the "most amazing story of [his] career." Athletic trainers and other health care professions have personalities that long to find the scientific reason for every situation, but there are some things that just can't be explained.

Hayden's injury defied reason. His survival beat the odds. O'Shea said there is only one word to describe what they went through that day:

"It's just a miracle, that's all it is." †



July 2010

# NATA NEWS

News Magazine of the  
National Athletic  
Trainers' Association



Health Care for Life & Sport



SURVEY REVEALS DETAILS OF  
COLLEGE SETTING  
QUALITY OF LIFE



# AT's in High School Sports





May 2010

# NATA NEWS

News Magazine of the  
National Athletic  
Trainers Association



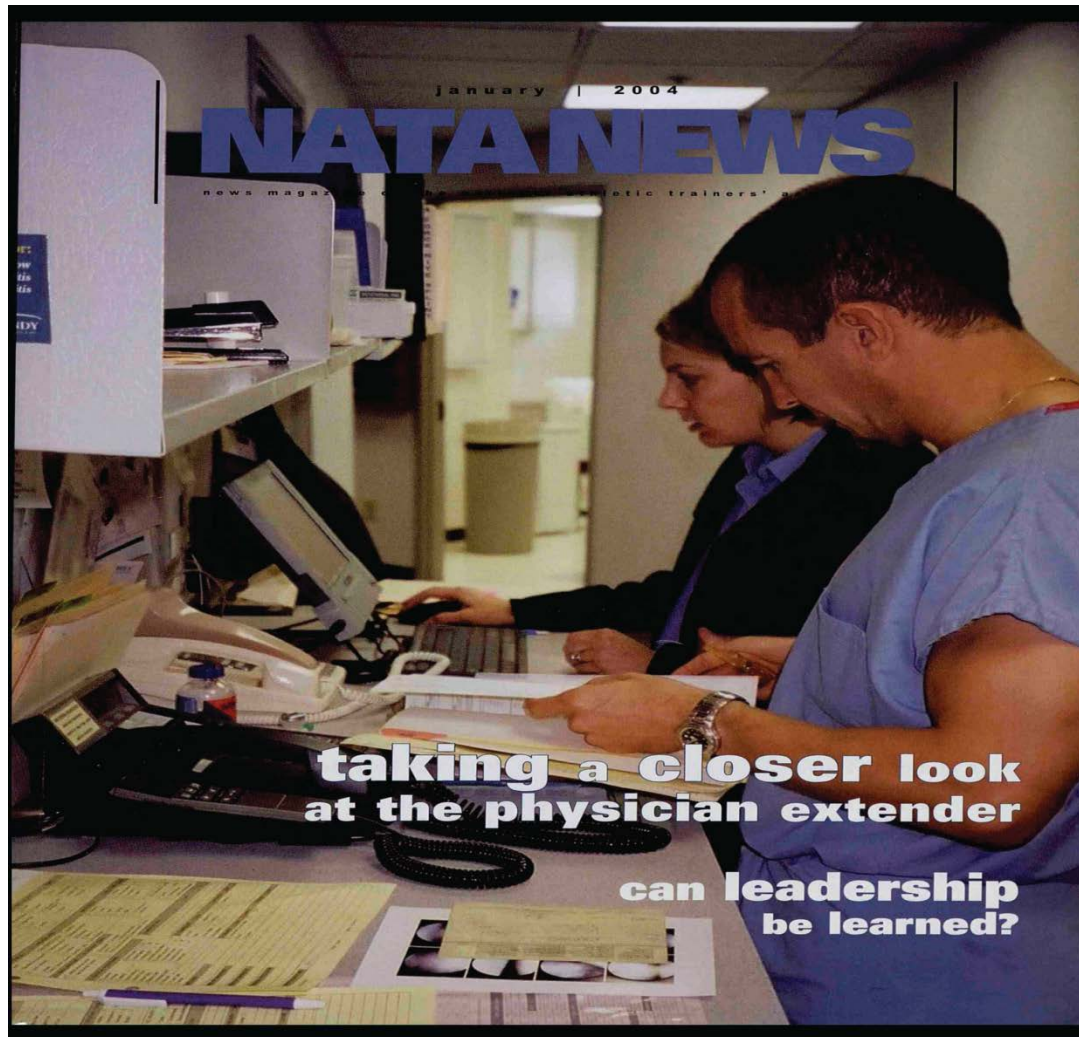
Health Care for Life & Sport



DEFINING THE ROLE OF  
**HIGH SCHOOL**  
STUDENT AIDES



# AT's as Physician Extender's



# AT's in the Performing Arts



# AT's working with Public Safety

February 2009

**NATA NEWS**  
News Magazine of the  
National Athletic  
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10

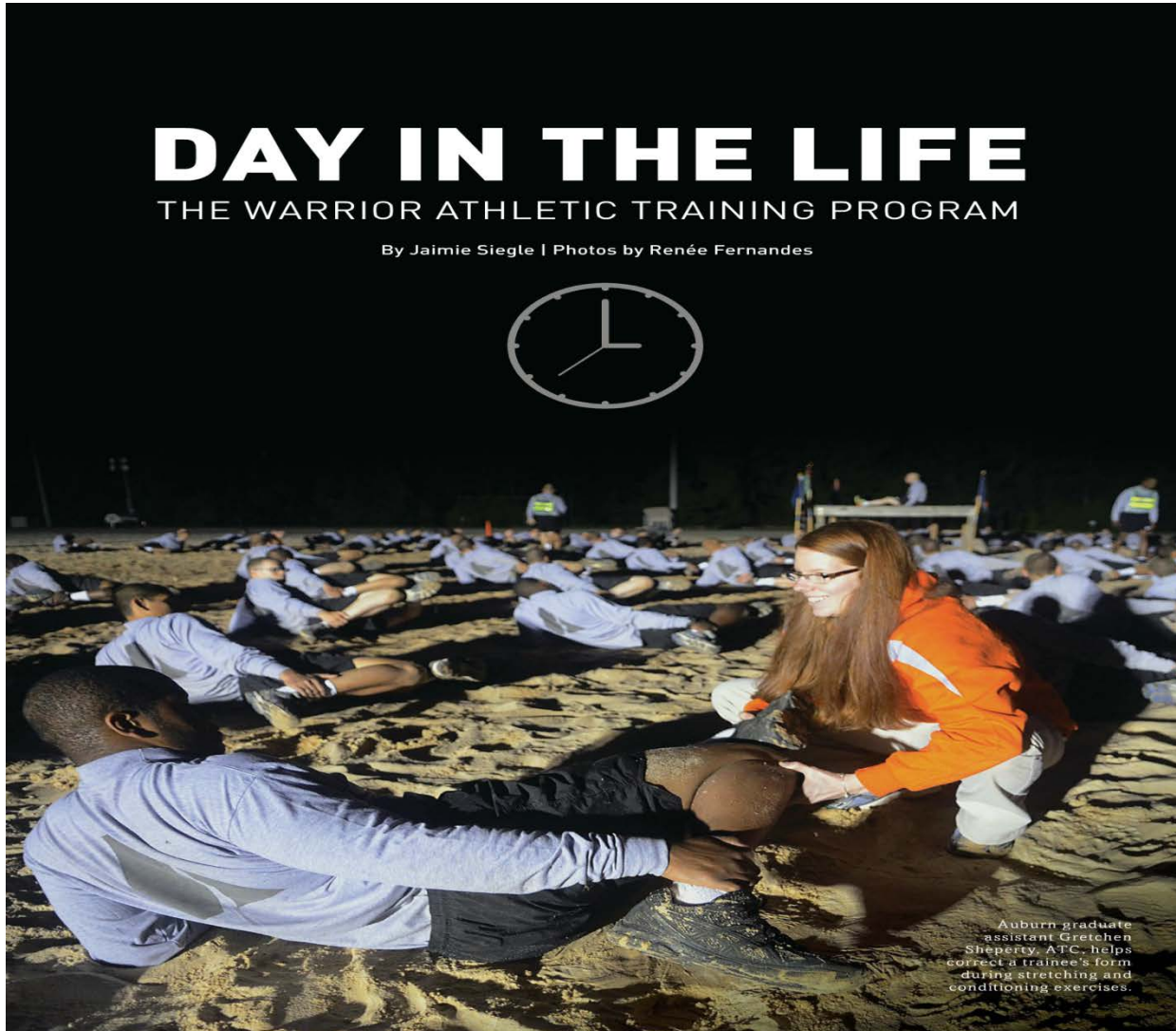
SEE WHY  
**SAN ANTONIO**  
IS WORTH THE TRIP

14

The image shows the cover of the February 2009 issue of NATA News magazine. The cover features a photograph of a woman in a black t-shirt and white pants performing a balance exercise on a blue and black Bosu ball. A man in a black t-shirt and khaki shorts stands next to her, holding a handgun. In the background, there is a banner for 'ATHLETIC WORKSHOP' with the website 'www.athleticworkshop.com' and phone number '937-401-7777'. To the right, there is a diagram of a human figure with various anatomical points marked. The magazine title 'NATA NEWS' is prominently displayed in large, orange, stylized letters. The subtitle 'News Magazine of the National Athletic Trainers Association' is written in a smaller font below it. The issue date 'February 2009' is in the top left corner. Three circular portraits of people are in the top right corner. The main headline 'POTENTIAL MARKET FOR PUBLIC SAFETY TACTICAL ATHLETES' is in a bold, serif font. Below it, the page number '10' is shown. At the bottom, another headline 'SEE WHY SAN ANTONIO IS WORTH THE TRIP' is displayed, with the page number '14' below it.



# AT's working with the Military





# Educational Competencies

- Evidence Based Practice
- Prevention & Health Promotion
- Clinical Examination & Diagnosis
- Acute Care of Injury & Illness
- Therapeutic Interventions
- Psychosocial Strategies & Referral
- Healthcare Administration
- Professional Development & Responsibility



# U.S. Department of Labor

- Employment of athletic trainers is projected to grow 30% until 2020
  - Faster than all other professions
- Job growth will be concentrated in:
  - Healthcare Industry
  - Fitness/ Recreation sports centers
  - Efforts underway to have an athletic trainer in every high school to work with student-athletes





# AT's with International Athletes and Sports



# U.S. Department of Labor

- The demand for healthcare, with an emphasis on preventive care, should grow as the population ages and as a way to reduce healthcare costs.
- Increased licensure requirements and regulation has led to a greater acceptance of athletic trainers as qualified healthcare providers.



# U.S. Department of Labor

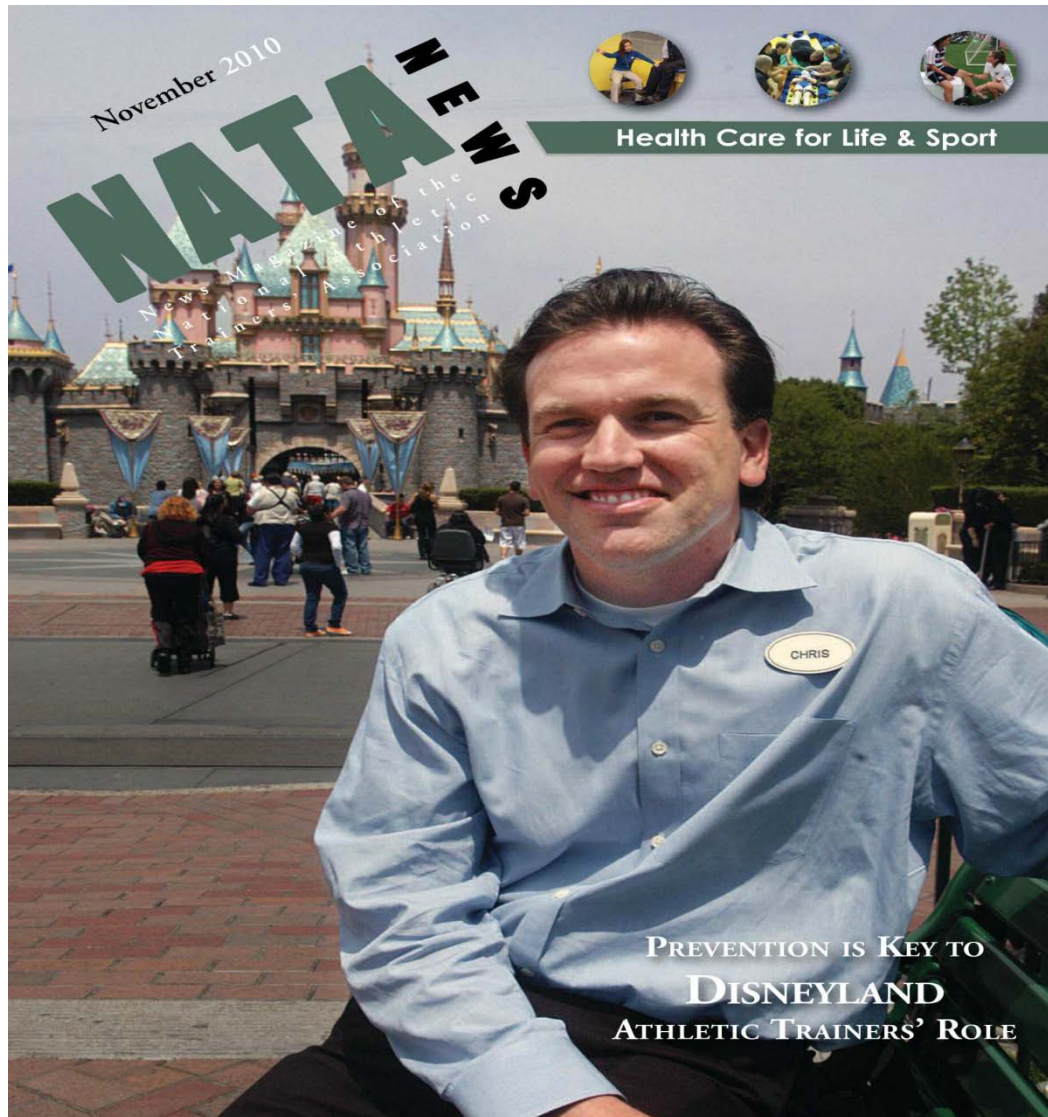
- As athletic trainers continue to expand their services they may be used to prevent injuries and provide immediate treatment for many injuries that do occur.
  - Military, Police, Firefighter, etc
- As a result, third-party reimbursement is expected to continue to grow for athletic training services.



# AT's working with Police, Fire, EMS



# AT's working at Disney



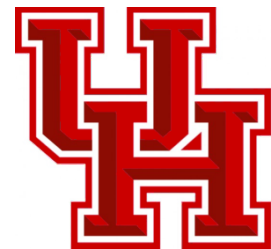
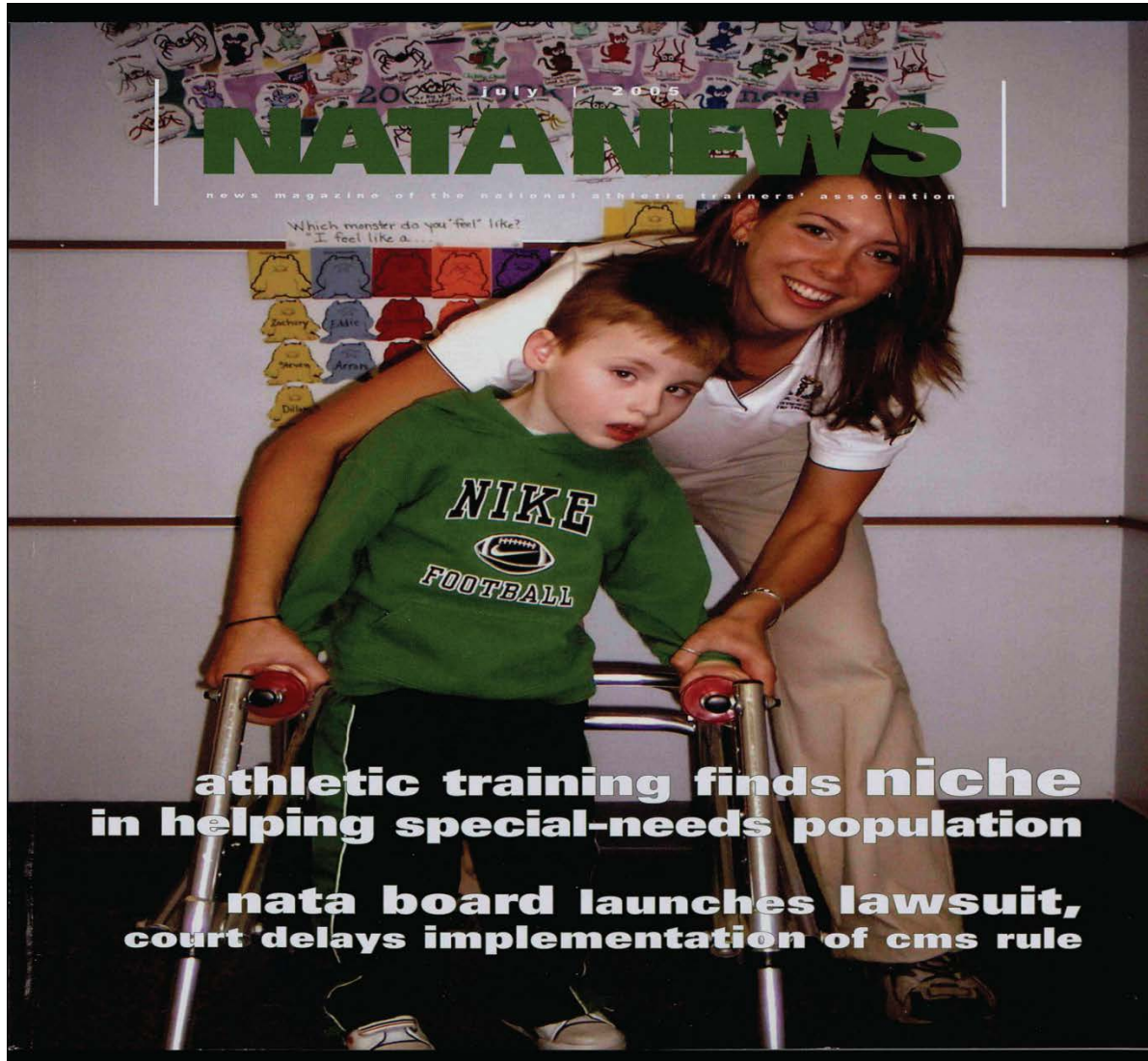
# AT's Developing New Healthcare Models



# AT's and Artists as Athletes

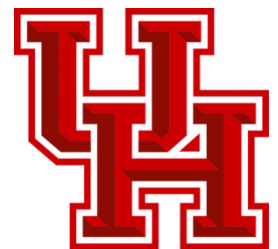
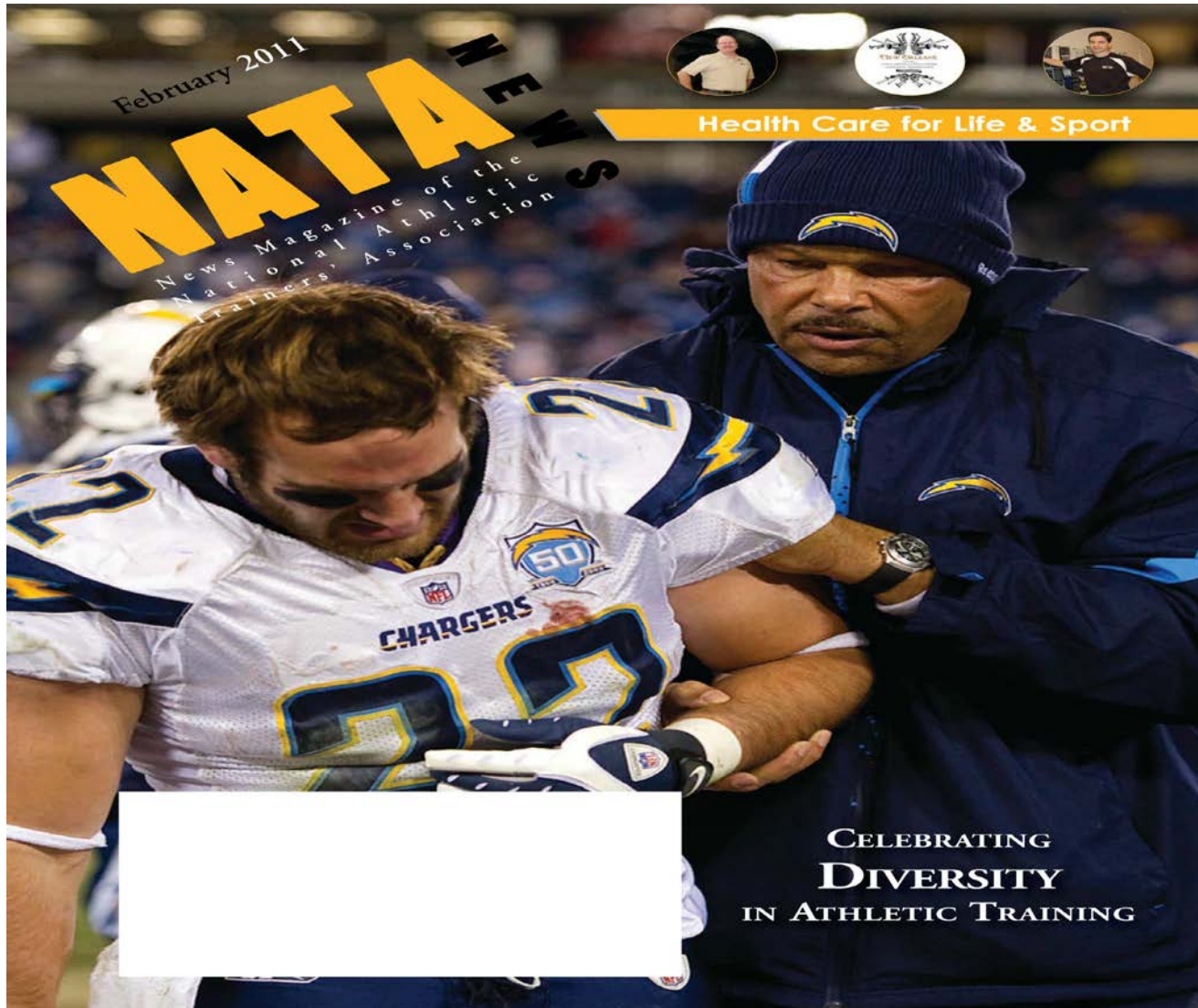


# AT's Working with Special Needs





# Diversity in AT



# AT's and Outreach Medical Care



# AT's and NASCAR





PHOTO BY ERIC SCHWARZKOPF

# SPEED RACER

Members apply AT skills to unconventional environment

BY NADIA HILL

As cars whiz by and fans cheer from hundreds of feet above, Indianapolis 500 winner Tony Kanaan knows his athletic trainers have his back. As he prepared for each race, Kanaan relied on Ralph Reiff, MSA, ATC, LAT, and Ryan Harber, ATC, CSCS, and the rest of his team to help bring Kanaan to victory.

"Every sport our profession is involved with, they all have unique rules and unique venues," Reiff said. "You have to look at the driver like an athlete, and the pit crew as athletes."

A 1980 University of Indianapolis graduate and 2013 NATA Hall of Fame inductee, Reiff has spent the past 13 years working for St. Vincent's Sports Performance as one of 60 athletic trainers. He's seen the company grow from a handful of motor sports enthusiasts to a full-fledged business that provides immediate health care for all types of athletes.

While Reiff spends less time on the track than he used to and more time mentoring younger athletic trainers, his experiences with athletic training are still similar. After



# UH Master of Athletic Training Program

## Educational Content Areas

- Research in Athletic Training
- Emergency Management and Prevention of Injury
- Strength and Conditioning
- Therapeutic Modalities
- Administration
- Pharmacology
- Orthopedic Evaluation
- General Medical Conditions
- Nutrition
- Rehabilitation
- Psycho-social Intervention
- Clinical Proficiencies

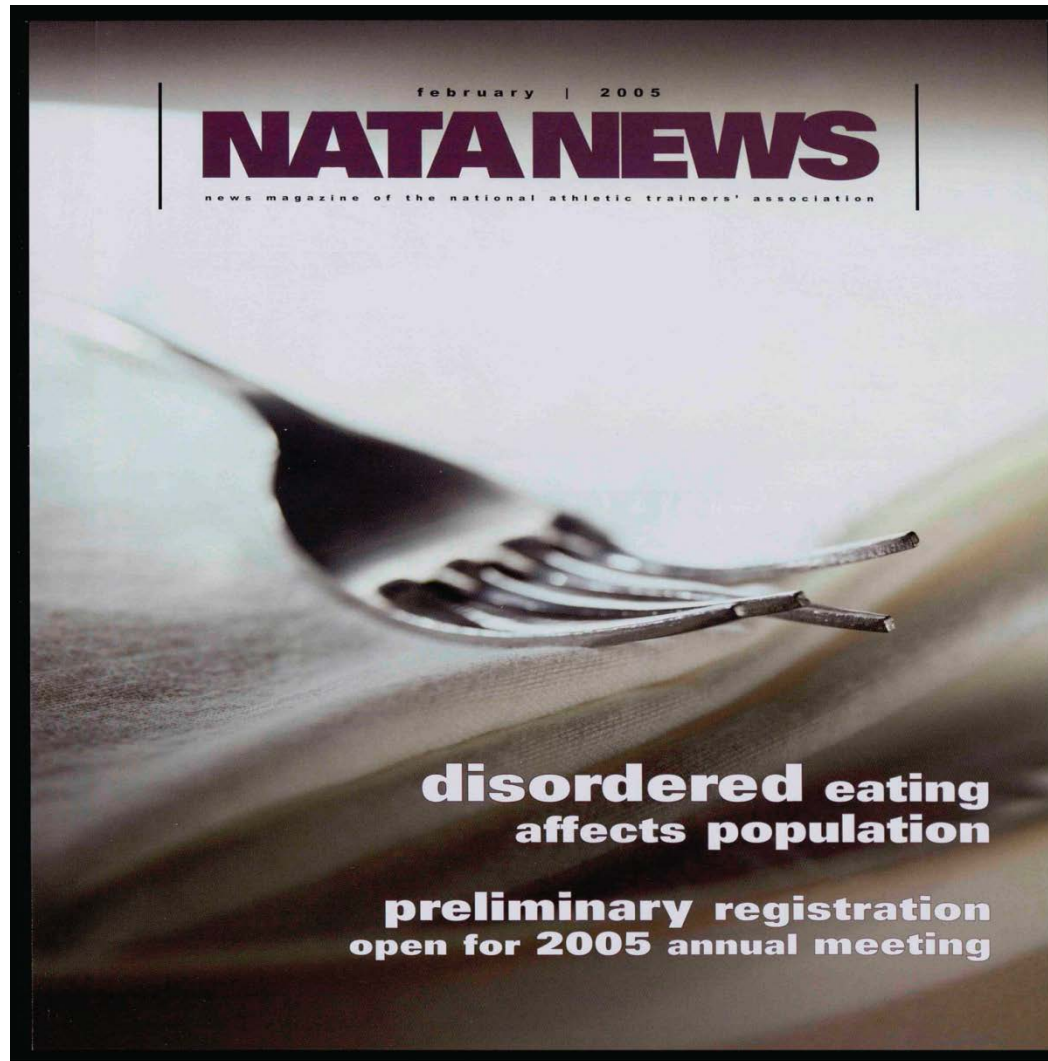




# Research and Education in AT



# AT's and Prevention of Eating Disorders





# AT's Providing Expertise on Supplements



# AT's Providing Expertise on Drug Testing

May 2009  
**NATA**  
News Magazine of the  
National Athletic  
Trainers' Association



Health Care for Life & Sport



**HOW DO YOU  
TEST ATHLETES  
FOR DRUGS?**

**10**

**HALL OF FAME  
CLASS OF 2009**

**18**

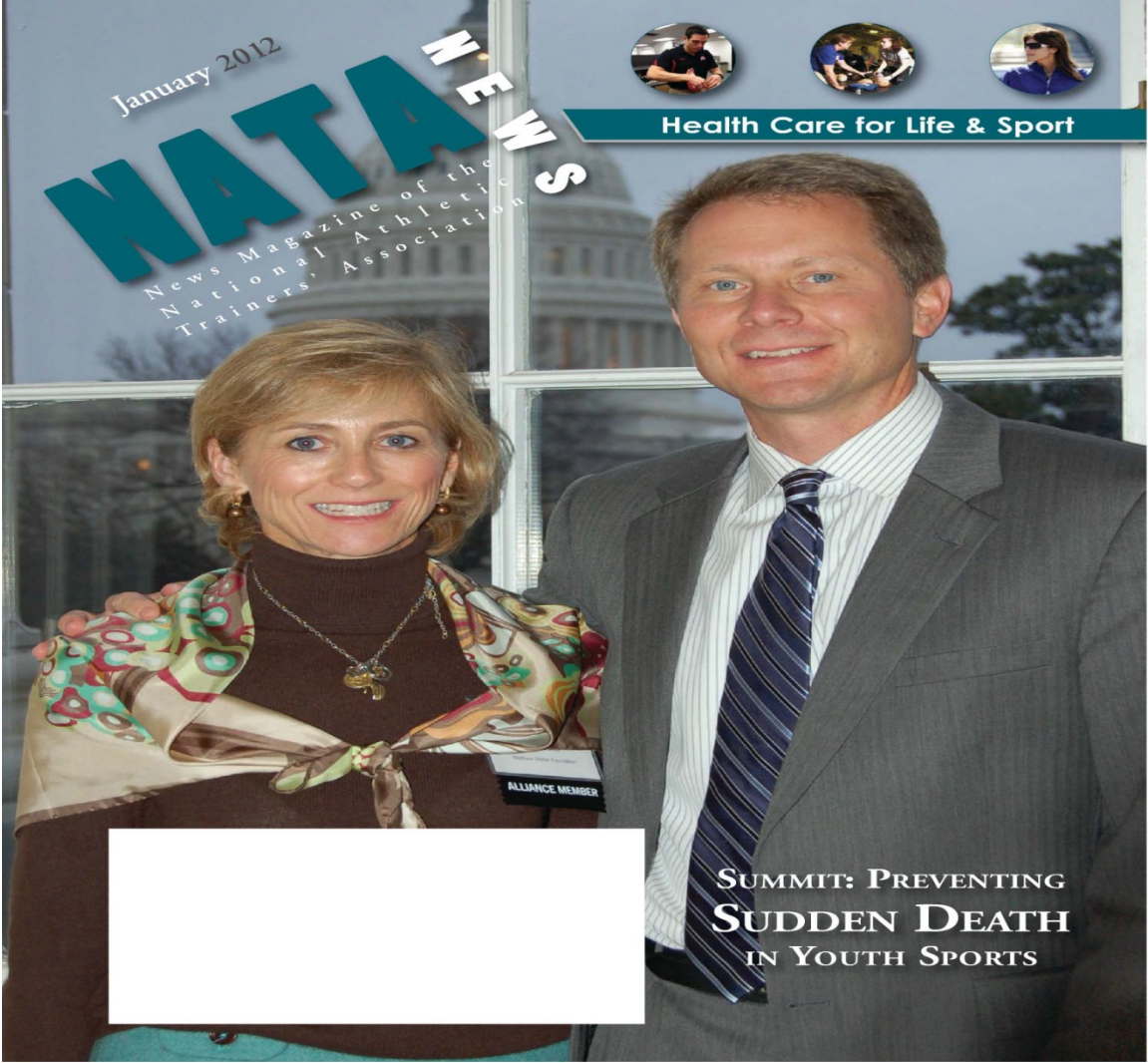
**QUIZ BOWL 28**

**THE TEN 38**

**MRSA REPORT 44**



# AT's Providing Expertise on Injury Prevention



# Contact Information & Websites

University of Houston: [www.uh.edu](http://www.uh.edu)

Master of Athletic Training Program: [www.hhp.uh.edu/mat](http://www.hhp.uh.edu/mat)

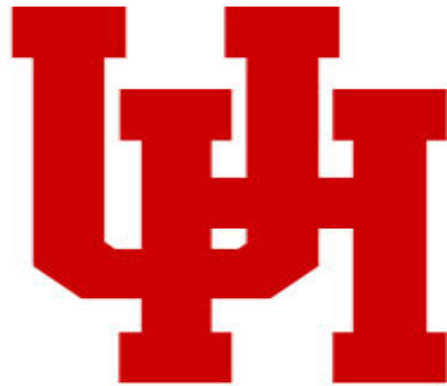
Dr. Josh Yellen, Director: [jbyellen@central.uh.edu](mailto:jbyellen@central.uh.edu)

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National Athletic Trainers' Association: [www.nata.org](http://www.nata.org)

Board of Certification for Athletic Training: [www.bocatc.org](http://www.bocatc.org)





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