

MARCHING INTO NATIONAL TRAINING MONTH

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The month of March has been designated as "National Athletic Training Month," and the theme of this year's campaign is "Not All Athletes Wear Jerseys." This is to help promote the profession of athletic training, and to raise awareness that certified athletic trainers (ATCs) work with athletes of all ages, all levels, and all activities involving the active population.

Certified athletic trainers are health care professionals who specialize in the prevention, assessment, treatment and rehabilitation of injuries and illnesses. Southeast Georgia Health System currently employs seven certified athletic trainers to cover the athletic programs at the College of Coastal Georgia, McIntosh Academy, Frederica Academy, Glynn Academy and Brunswick High School. Under the direction of Beau Sasser, M.D., a fellowship-trained Orthopaedic surgeon with Summit Sports Medicine and Orthopaedic Surgery and the medical director of Sports Medicine at Southeast Georgia Health System, these professionals provide day-to-day coverage

of sports practices and games, and are available to provide injury assessments, including ImPact® concussion testing. They also provide rehabilitation, treatments, and sport-specific conditioning workouts to help keep the athletes injury free.

"I have found that the ATCs are extremely important to my practice," Dr. Sasser says. "They have a deep fundamental knowledge of sports injuries and prevention which allows them to act as my eyes and ears at different events."

If you sustain an injury, it is important to know when it is appropriate to seek help from a certified athletic trainer and when it is necessary to see a physician. Following these guidelines, you should be able to get back to your activities as soon as possible.

When to see a certified athletic trainer:

- Swelling over or around the injury site
- Pain with specific activities (running, kicking, cutting, jumping, etc.)

- Noticeable favoring of an injured body part or limping
- Limited range of motion
- Limited strength in or around injury

When to see a physician:

- Recommended by a certified athletic trainer
- Inability to feel or move one or more limbs
- Significant chest pain
- Difficulty breathing
- Obvious fracture or joint dislocation
- A cut requiring stitches
- Head, neck or face injuries

It is also important to recognize the differences between certified athletic trainers and personal trainers. Below is some information that helps to differentiate these two professions. If you happen to see one of the Southeast Georgia Health System's certified athletic trainers at a community or sporting event, stop by and say hello! Be sure to check us out on the web as well at sghs.org.

CERTIFIED ATHLETIC TRAINER

An athletic trainer is an expert at recognizing, treating and preventing musculoskeletal injuries. Certified athletic trainers (ATC) meet qualifications set by the Board of Certification, Inc., and adhere to the requirements of a state licensing board. They practice under the direction of a physician and are members of a health care profession recognized by the American Medical Association.

Requirements:

- Must obtain, at minimum, a bachelor's degree in athletic training
- Must pass a comprehensive exam to earn the ATC credential
- Must keep their knowledge and skills current by participating in continuing education
- Must adhere to standards of professional practice set by a national certifying agency and to a national code of ethics

Daily Duties:

- Provide physical medicine and rehabilitation services
- Prevent, diagnose, treat and rehabilitate injuries (acute and chronic)
- Coordinate care with physicians and other health care professionals
- Work in schools, colleges, professional sports, clinics, hospitals, corporations, industry, military, and performing arts

PERSONAL TRAINER

A personal trainer develops, monitors and changes an individual's specific exercise program in a fitness or sports setting. Some personal trainers also make nutrition recommendations. Personal trainers can earn credentials through a number of agencies and can work as fitness trainers without formal instruction or certification.

Requirements:

- May or may not have higher education in health sciences
- May or may not be required to obtain certification or state licensing
- May or may not participate in continuing education
- May become certified by any one of numerous organizations that set varying education and practice requirements

Daily Duties:

- Assess fitness needs and design appropriate exercise regimens
- Work with clients to achieve fitness goals
- Help educate the public on the importance of physical activity
- Work in health clubs, wellness centers and other locations where fitness activities take place

Meet Dr. Beau Sasser

Beau Sasser, M.D., is a native of Glynn County and a graduate of Glynn Academy. He received his undergraduate degree from Washington University in St. Louis, Missouri, and his medical doctorate degree from the Medical College of Georgia, where he also completed both his internship and orthopaedic residency.



Following his residency, Dr. Sasser received exclusive sports medicine training while in a fellowship program with the Kansas City Orthopaedic Institute. During his time there, he worked with the NFL's Kansas City Chiefs, treating a variety of sports and orthopaedic injuries incurred by these elite athletes.

Dr. Sasser returned to Glynn County in 2005 and joined Summit Sports Medicine & Orthopaedic Surgery, where he specializes in sports medicine. At Southeast Georgia Health System, Dr. Sasser is a key orthopaedic surgeon at the Orthopaedic & Spine Center and serves as medical director of sports medicine. Dr. Sasser is board-certified with the American Board of Orthopaedic Surgery.

Summit Sports Medicine & Orthopaedic Surgery is a strategic affiliate of Southeast Georgia Health System and has three convenient locations. For more information, call 912-262-9961 in Brunswick, 912-466-5570 on St. Simons Island, or 912-576-6355 in St. Marys.

For more information about Southeast Georgia Health System
visit sghs.org