



ATLANTA REHABILITATION & PERFORMANCE CENTER

Dear Parents:

For those of you who were unable to attend the Spring Booster Club Meeting, I wanted to introduce myself and what I do. My name is Courtney England, and this is my 6th year as the Certified Athletic Trainer for FCHS. An AT (certified athletic trainer) is a health care provider who specializes in the prevention, assessment, treatment and rehabilitation of injuries and illnesses. I am at the school several times a week to evaluate players with injuries; making assessments and determining a plan of care. Sometimes the condition or injury needs to be seen by a physician, but other times the injury can be treated by therapeutic exercise and activity modification.

When I am not at practice doing injury screenings or covering games, I work at an outpatient physical therapy clinic. I strongly encourage players that are in need of physical therapy to see me. Throughout the season, Coach Bennett and I speak on a daily basis. While I am treating the player, I am able to tell the coaches what exactly a player can and can't do. This same communication can be translated to weight training workouts if needed. I also have contacts with most of the orthopedics in the area. Sometimes I am able to get players in with the physician sooner than if you called the office to schedule on your own. Player's can often return to activity quicker because of my ability to update the physician on their progress.

With that being said, the coaches and I ask that we are notified whenever an injury occurs. This will help us determine which doctor can best service your needs. I am sure most of you know that each physician has their own area of expertise, and they should be utilized in that area. We have seen on many occasions where players with orthopedic injuries (bone, muscle, ligament) are seen by pediatricians and are held unnecessarily from activity. Or, players who are taken to the emergency room and subsequently referred to the orthopedic; thus causing you to incur additional expenses. So please make sure that we are notified of any concerns or injuries.

Please feel free to contact me at my office with any questions. 770.887.0502 and I look forward to a great 2010 season!

MRSA:

http://health.state.ga.us/pdfs/publications/factsheets/MRSA_FactSheet.pdf

<http://www.cdc.gov/ncidod/dhqp/pdf/ar/MRSAPatientInfoSheet.pdf>

Hydration/Heat Illnesses:

<http://static.hcrhs.k12.nj.us/gems/sportsmed/HYDRATION.pdf>

Concussions:

http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf