



Injury Facts

- An estimated **1.4 million injuries, 500,000 doctor visits, and 30,000 hospitalizations** occur annually among U.S. high school student athletes participating in practices or competitions in 2006, according to the Center for Disease Control.
- **62%** of sports related injuries occur during practices, according to Safe Kids USA
- **75 %** of all school-related spinal cord injuries occur during sports activities according to a 2007 study by the American Academy of Neurology.
- **15%** of high school sports injuries were classified as severe by the American Academy of Orthopaedic Surgeons according to a 2008 study
- More than **5%** of high school athletes are concussed each year from collision and contact sports according Journal of Athletic Training
- **41%** of concussed high school athletes returned to competition too soon according to the American Academy of Neurology

Why should your school employ an Athletic Trainer?

Providing appropriate health care for student athletes has become the standard of care in secondary schools. Athletic trainers are highly skilled licensed health care professionals who work under the direction of physicians and are uniquely qualified to fulfill this role, and specialize in providing health care to student athletes. In comparison:

- **Physicians** cannot be present at every practice or athletic contests.
- **Coaches and Administrators:** Lack the formal education to provide a functional or clinical evaluation of an injured athlete. They neither have the time nor the education to design or implement a rehabilitation program follow up care, or taping and wrapping for the injured athlete.
- **Emergency Medical Technicians (EMTs),** are trained to provide emergency treatment of a number of injuries and illnesses. However, their scope of practice does not include evaluating the severity of many sports-related injuries or making return to play decisions.
- *Providing athletic training services by individuals who are not licensed athletic trainers is a violation of New Jersey law.*

Secondary School Athletic Trainers have the specific training in:

- **Injury Prevention**
- **Assessment and Evaluation**
- **Acute Care of Injury and Illness**
- **Therapeutic Exercise**
- **General Medical Conditions and Disabilities**
- **Nutritional Aspects of Injury and Illness**
- **Health Care Administration**
- **Psycho-Social Intervention and Referral**

The American Medical Association, American Orthopedic Society for Sports Medicine, American Association of Family Physician and American Academy of Pediatrics and the American College of Sports Medicine recommend athletic trainers in every secondary school.

Can you afford not to provide the services of a licensed Athletic Trainer?

For more information please visit www.atsnj.org