

ELKHORN HIGH SCHOOL ATHLETIC TRAINING

I would like to take a few minutes of your time to introduce myself. My name is John Carda and I am the schools' Athletic Trainer. Athletic Trainers are sometimes confused with personal trainers or horse trainers because of the job titles. The latter two are worthy professions but I deal with the physically active athlete. Here are some FAQs:

What is an Athletic Trainer?

Certified athletic trainers are health care professionals who specialize in preventing, recognizing, managing and rehabilitating injuries that result from physical activity. As part of a complete health care team, the certified athletic trainer works under the direction of a licensed physician and in cooperation with other health care professionals, athletic administrators, coaches and parents.

How did I become an Athletic Trainer?

One who wants to become a certified athletic trainer must earn a degree from an accredited athletic training curriculum. Accredited programs include formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic modalities, rehabilitation, and nutrition. Classroom learning is enhanced through clinical education experiences. More than 70 percent of certified athletic trainers hold at least a master's degree. To become certified athletic trainers, one must pass a comprehensive test administered by the Board of Certification. Once certified, they must meet ongoing continuing education requirements in order to remain certified.

What does a Certified Athletic Trainer Do?

The certified athletic trainer provides a comprehensive athletic health care program for all physically active people, i.e. the student athletes here at EHS. Some responsibilities may include injury prevention, the reduction of further injury by properly administering immediate care, rehabilitation of the injured athlete, and, in conjunction with team doctors a "return to play" policy. The certified athletic trainer also possesses protective equipment knowledge and the expertise to establish pre-prevention programs and guidelines for response to environmental hazards such as lightning and heat stress.

How does my son or daughter see the Athletic Trainer?

In many cases, I will be at home and away contests and most of their practices. The coaching staff is very good about getting the injured athlete in to see me. The process works like this: The coach has an injured athlete, they send the athlete to me and the athlete is evaluated by me. In most cases the parents will be notified, and a referral will be made or treatment and rehab will be started. They can return to activity when they have been cleared by their doctor or myself. There are on occasions where the coach and even myself have not caught a potential problem and this is where you as parents come in. If you have questions or believe we need to be aware of a problem, please feel free to contact us, and in particular me, so I can follow up on the athlete. I can be reached at: **402-289-4239** during school hours, and after school at **402-850-7127**. This second number is a cell and is best for getting me outside the school day. We do evaluations, referrals, treatment, and rehabilitation on all injuries and this is all free to our school athletes. We also will have the services of an orthopedic surgeon from lakeside that will see student athletes in the athletic training room as needed and this is also a free service. Because these things can be done at school, there is less time lost due to absences, our coaches are better informed, and in many instances money saved due to less driving to and from offices, and therapy bills. As always, you can continue to seek medical attention with whomever you chose. This is just a continuing service by Elkhorn High School.