



March is National Athletic Training Month!



What do ATCs (Certified Athletic Trainers) do?

ATCs complete a variety of tasks, which frequently occur at the same time, that include but are not limited to:

- Examination
- Diagnoses
- Treatments
- Rehabilitation
- Acute or chronic injuries
- Medical conditions
- Injury prevention
- Concussion management

Throughout the more recent years ATCs are pairing with physicians to evaluate, create and execute patient goals in clinics, offices, and even operation rooms.

Here at Loudoun Sports Therapy Center, ATCs are utilized throughout the entire rehabilitation process, with added emphasis on the return to sport/play program.

Journey to Becoming an ATC:

The journey to becoming an ATC begins with a Bachelor's Degree from an accredited school. Throughout the four years of undergraduate school, many programs include clinical rotations that allow students to apply their education in a variety of settings.

In more recent years, 5-year Master programs have become more popular as they allow the student to graduate with both a Bachelor's and Master's degree, as Master's degrees are becoming widely required by hiring companies. Once the undergraduate or 5-year Master's degree is completed, the student then has to register to sit for the Board of Certification Exam, which ultimately determines if they receive their "ATC" credentials!

Where do ATCs work?

ATCs work in a variety of settings including, but not limited to;

- Secondary schools (middle and High)
- Colleges
- Physician offices
- Physical therapy clinics
- Outpatient clinics
- Inpatient clinics
- Minor and major sport leagues
- Operating rooms
- Recreational sports
- Olympic settings
- Dance studios
- Military
- Government and so much more!



Meet Our Certified Athletic Trainers!

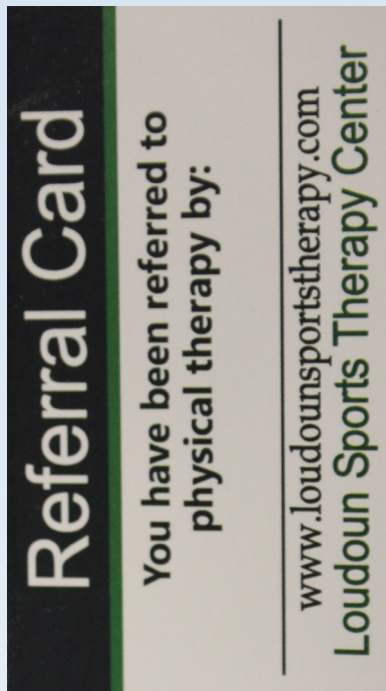


Haylee attended Washburn University and graduated in 2017 with a B.S. in Athletic Training and a minor in coaching. She received her Master's Degree in Human Performance from Liberty University in 2019.



Cierra attended George Mason University where she earned her Bachelor of Science degree in Athletic Training. Cierra's love for athletic training stems from her frequent trips to the athletic training room in high school.

Our Patient Spotlights *Success at LSTC*



I CAN RETURN TO HIKING LONG DISTANCES!

"I was experiencing pain in my left hip during activity, including tight muscles and cramping. The exercises and treatment provided have greatly improved my flexibility and strength, and reduced pain to occasional situations. I now believe my hip and muscles in the area are stable enough to allow me to return to long distance hiking. Great staff and great service! Thanks for everything!"
~Michael J.



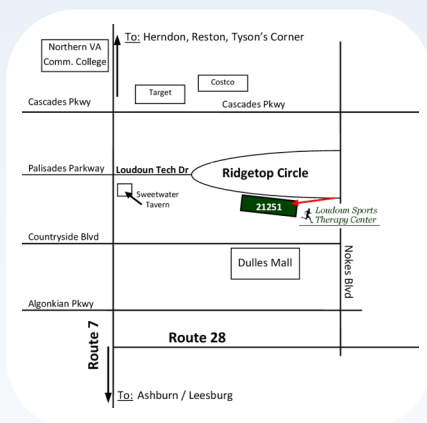
MY RANGE OF MOTION HAS INCREASED!

"I came to LSTC nine weeks ago with severe back pain that limited my daily activity as simple as walking. With the help of friendly and knowledgeable staff I was able to stand up straight pain free!. Two thumbs up to all the staff members. Thank you!!"
~Steve C.



I'M DOING STAIRS AGAIN!

"After knee surgery, I was weak and could not climb stairs or bend down. I work a vigorous job so I needed to regain my strength. The staff at LSTC are enthusiastic and fun! I loved each success in the exercises they challenged me with. Now I can climb stairs without difficulty and I am able to bend down at my job. I would highly recommend LSTC to help with your weakness and pain."
~Anne C.



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Outpatient Physical Therapy Specializing in:

- * Lower Back Pain * Neck Pain * Sciatica *
- * Hip Problems * Shoulder Pain * Bursitis *
- * Tendonitis * Frozen Shoulder
- * Joint Pain and Replacements * Foot and Ankle Pain *
- * Plantar Fasciitis * Knee Problems *
- * Arthritis * Muscle Pains * Sprains *
- * Strains * Hand, Wrist, and Elbow Problems *
- * Sports Injuries *
- * Sports Performance Program * Ergonomics *
- * Runners Program * Other Conditions

Loudoun Sports Therapy Center™
Orthopedic and Sports Physical Therapy