

FOR IMMEDIATE RELEASE

March 11, 2020

Athletic Trainers Add Value to Our Community

Clear Lake Physical Therapy and Rehab Specialists (CLPTRS) always strives to meet our goal of “Restoring Human Performance,” as our motto states. One large piece of that mission is the work our athletic trainers do.

CLPRTS has two athletic trainers, Melissa Waytashek and Dan Sullivan. But these two do much more than just tape the ankles of high school athletes or apply ice packs. Waytashek and Sullivan serve many citizens in our community in a couple of different ways.

Both athletic trainers are most visible to the community through their work with student athletes. Waytashek is the athletic trainer for the Clayton school district and Sullivan is the athletic trainer for the Clear Lake school district. Both attend the home games of the schools’ sports, such as football, volleyball, and basketball. Because they are with the team at home games, there to provide aid if needed to both the home and the visiting teams, they are by the athlete’s side quickly when an injury occurs. They are often the “orthopedic first responders,” according to Sullivan. Waytashek and Sullivan are the first person a student athlete sees when the injury occurs, and they are the last person to work with an athlete during injury recovery. They work with the athlete through their entire journey, from injury to restoration.

Often when a student athlete is injured during game play, the athletic trainers are the ones to assess the injury and determine if the athlete can return to play in the game. This is a big help to coaches, who are not usually trained in sports injuries and kinesiology (the study of the mechanics of body movement). Waytashek says, “When Dan and I are with any team, it keeps coaches from guessing if an athlete can continue playing after an injury occurs.”

According to the National Athletic Trainers’ Association’s website (atyourownrisk.org), statistics reveal that 90 percent of student athletes report some sort of sports-related injury. 54 percent of student athletes report they have played while injured. 37 percent of high school athletes say they have experienced sprains. 12 percent report they have sustained concussions and head injuries from their time on the field. According to the same website, statistics also show that schools with an athletic trainer report that their student athletes sustain fewer injuries (both acute and recurring) than athletes at schools without athletic trainers.

Both CLPTRS athletic trainers serve their respective school districts by going to the high school up to three days a week. During these visits, they monitor the athlete’s progress with their injury, and they assist with recovery through therapy exercises to strengthen tissues and providing extra support with athletic tape.

But student athletes are not the only members of our communities Waytashek and Sullivan work with. Both athletic trainers also serve several industrial sites throughout our area. Their work at these industrial companies, such as Oxbo and Specialty Coatings, include injury recognition, rehab from work injuries, and safety education.

Sullivan says, “Many industrial jobs involve repetitive movement. Having an athletic trainers visit our assigned industrial sites once a week to talk with employees really keeps the chance of

work injury lower.” This level of service gives employees specific solutions for their individual jobs when it comes to safety. Safety education, such as lifting safely and ergonomics, give individual tailored care. Through consultation, employees are given information on how to care for themselves when it comes to work safety.

If someone is hurt on the job, Waytahsek and Sullivan can respond on-site, administer any first aid needed, and assess if a higher level of care is needed. After an injury, our athletic trainers work with the employee through rehabilitation. They also work with the employer or Human Resources to review assessments of injuries and when employees can return to work after an injury. All of these efforts help to keep workman’s comp down for employers, saving them money by keeping employees safe and healthy.

If you are an employer in industrial work and would like to discuss the benefits of having one of the athletic trainers from CLPTRS coming to your place of employment, please call our offices at 715-263-4103. The service our two athletic trainers provide is a large part of our vision to create opportunities for rehabilitation and wellness, being committed to providing excellent care one would have in a larger community, in our rural setting.

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For more information, please contact:

Tina Siebert at 715-263-4103, or email: tina@therapy1.net

About Clear Lake Physical Therapy and Rehab Specialists

Clear Lake Physical Therapy and Rehab Specialists has two physical therapy locations in Western Wisconsin, as well as The Performance Center which is a class exercise space. We treat our patients with compassion as we work with them to restore human performance.