

ST. PIUS X  
HIGH SCHOOL

# Sports Medicine



## ***What is an athletic trainer?***

A certified athletic trainer is an allied healthcare professional who is recognized by the American Medical Association. An athletic trainer has successfully completed undergraduate degree, passed the certification examination, and fulfilled the requirements for certification as established by the National Athletic Training Association Board of Certification, Inc.

St. Pius X High School is proud to be a Safe Sport School as recognized by the National Athletic Trainers' Association. SPX employs one full-time Certified Athletic Trainer, Courtney Wohlwend, through a contract with SERC Physical Therapy. Courtney's primary responsibility is to the health and safety of student athletes involved in the school's athletic program at all levels.

**SERC**   
Physical Therapy  
& SPORTS MEDICINE

## ***When is the athletic trainer available?***

- Monday – Friday, 2:00pm – 6:30pm
- As requested on Saturdays
- Coverage for all practices and home games
- Coverage for away varsity football games

The hours may change according to school and practice schedule. Any changes will be posted at the door to the athletic training room and on the SPX sports medicine twitter page.

## ***Athletic Training Services:***

- Injury evaluation
- Hot and cold whirlpool
- Heat
- Ice
- TENS unit
- Therapeutic exercises
- ImPACT testing
- Concussion management
- CPR/AED certified
- Expediting care to physicians and/or physical therapist



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