

What to Know About the Athletic Trainer in Your Clinic



Who They Are

A **licensed healthcare professional** who works with your provider to help you:

- Recover from injuries
- Improve movement and strength
- Stay ready for the physical demands of your job
- All at a **\$0 cost to you**

Common Reasons You Might Be Referred

You may see the AT for things like:

- Muscle, joint, or movement-related pain
- Injuries from lifting, bending, or physical tasks
- Support after a minor injury or surgery
- Improving posture, mechanics, or mobility for work
- Preventing future injuries

What to Expect at a Visit

A **licensed healthcare professional** who works with your provider to help you:

- **1-on-1 time** with the AT (usually 20–30 minutes)
- Evaluation of movement, strength, or injury
- A **personalized plan** to help you recover and perform safely
- Education on safe lifting, posture, and movement
- Progress updates shared with your provider

How Is This Different From Physical Therapy?

AT	PT
Works with your provider in the clinic	Can be seen independently with or without a referral
Focuses on job-related movement and early rehab	Handles more complex or long-term rehab
Great for mild injuries, movement tweaks, or staying fit for duty	Best for more complex injuries, post-op, or chronic conditions

The AT is often a first step — PT may still be recommended if needed.

Final Thought: Whether you're on the move, in the field, or in the classroom — your body is your most important tool.

The Athletic Trainer is here to keep you strong, safe, and work-ready.

Three easy ways to schedule an appointment:

📞 706.438.4595 🖥️ www.careatc.com/patients 📱 CareATC app



Show Me The App!

