



Calgary Northstars Athletic Therapists

SCOPE OF PRACTICE Athletic Therapy covers a full spectrum of therapy skills and modalities including:

Prevention. Athletic Therapists prevent or minimize the possibility of injury using strategies and techniques such as patient education, conditioning programs, postural evaluation, and equipment selection

Assessment. Athletic Therapists are experts at evaluating the type and severity of injuries using established best practices Emergency & Acute Care. Usually, the first to respond when an injury occurs, Athletic Therapists provide basic emergency life support, recognize and manage acute traumatic neurological dysfunction, and prepare athletes for entry into the healthcare system

Rehabilitation. Preparing individuals to re-establish their pre-injury lifestyle, Athletic Therapists take an active approach to rehabilitation, including manual and movement therapies, electrical modalities, and targeted exercises to ensure musculoskeletal stability and function

Reconditioning. Athletic Therapists work with individuals on a customized basis to condition for preventive measures and re-condition with exercise rehabilitation to avoid further injury

-Canadian Athletic Therapy Association (www.athletictherapy.org)

Athletic Therapists with the Calgary Northstars Hockey Association are responsible for assessing, treating, and clearing athletes to return to play.

- When an athlete is injured, the Athletic Therapist is responsible to attend to that athlete on the ice, when it is safe to do so. The Athletic Therapist assesses the athlete to determine what the injury is and make a decision if it is safe to remove the athlete from the ice or to stabilize them and call for emergency services
- When the athlete is safe to leave the ice surface, the Athletic Therapist completes a comprehensive assessment to determine specifically what the injury is. They determine

if the athlete is able to return to play and if they require prophylactic taping, bracing, or should be removed from play and referred for further assessment and treatment

- The Athletic Therapist works in conjunction with the athlete's surgeon, doctor, or other healthcare provider to complete their post surgical or injury return to play protocol
- If an athlete is returning from a surgery, fracture/break, concussion, or illness, it is the Surgeon, Doctor, Sport Medicine Doctor responsibility to clear the athlete to return to play
- If an athlete sustains a musculoskeletal injury (sprain, strain, contusion, etc.) the team Athletic Therapist is able to clear the athlete to return to play
- The Athletic Therapist collaborates with the team Strength and Conditioning Coach regarding the athlete's injury and their team workouts, to ensure the athlete is able to participate in the team workouts in a safe manner

Concussion Protocol

- Each athlete completes SCAT5 and ImPACT baseline concussion testing
- Team Athletic Therapists are responsible for removing an athlete from play and completing concussion testing when a concussion is suspected
- The athlete is referred to Baseline Therapy for ImPact testing
- The athlete is referred to a Sport Medicine Doctor for assessment and RTP clearance
- The team Athletic Therapist and/or the Sport Medicine Doctor puts their athlete through the concussion return to play protocol, once the athlete is symptom free for 24 hours, up to the stage where the athlete has completed a non contact practice. At that point the athlete is required to obtain a clearance letter from a Sport Medicine Doctor prior to contact practice

***If an athlete has been cleared by their surgeon, doctor, sport medicine doctor, or other healthcare provider and the athlete is presenting with signs and symptoms that are not consistent with safe return to play, the Athletic Therapist has the responsibility and the right to remove the athlete from play. The Athletic Therapist will do so after a comprehensive assessment and will treat and/or refer for further assessment and treatment.**