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March 1, 2010  
Programs

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### **NORTHEAST REHABILITATION HOSPITAL NETWORK SALUTES OUR CERTIFIED ATHLETIC TRAINERS**

Salem, NH ... March is **National Athletic Trainers Month**. This year's theme of "Sports Safety is a Team Effort" shines a spotlight on the dedicated individuals who oversee sporting events, help prevent injuries and deal with emergencies when necessary. Athletic training is an allied healthcare profession in which the athletic trainers collaborate with physicians so that kids and adults can participate in sports in as safe and supportive an atmosphere as possible. They are knowledgeable about prevention of injuries, recognition, evaluation and aggressive treatment, rehabilitation, education and guidance about exercise and the proper use of sports equipment. Athletic Trainers can be found in high schools, colleges, corporations, professional sports, clinics and hospitals.

Northeast Rehab Hospital Network hopes that everyone will help celebrate National Athletic Training Month by following these important Sports Safety Tips:

- Before participating, see your physician for a physical exam
- Always make sure there is an emergency plan in place
- Drink 7 to 10 oz of water or sports drink every ten to twenty minutes during exercise
- Avoid tobacco, alcohol and other harmful drugs
- Have access to a Certified Athletic Trainer

Northeast Rehabilitation Hospital Network Athletic Trainers provide Athletic Training Services at 9 local schools in Southern NH and the Merrimack Valley.

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