
Athletic Training and Athletic Therapy

1. The first step in the process of athletic training and therapy is to identify the problem. This involves a thorough history and physical examination of the athlete. The history should include information about the athlete's symptoms, the onset of the problem, and any previous injuries or treatments. The physical examination should focus on the area of concern, as well as the rest of the body to rule out other potential causes. Once the problem has been identified, the next step is to develop a treatment plan. This plan should be based on the athlete's specific needs and the nature of the injury. It may include a combination of manual therapy, exercise, and other interventions. The final step in the process is to evaluate the effectiveness of the treatment. This is done by monitoring the athlete's progress and making adjustments to the treatment plan as needed. The goal is to return the athlete to their normal level of function and prevent future injuries.

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