



## Meet Your Athletic Trainers

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Athletic training encompasses the prevention, examination, diagnosis, treatment, and rehabilitation of emergent, acute, or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

St. Luke's has assembled a team of highly qualified licensed athletic trainers that work with your athletic program and your athletes to set a new standard for comprehensive training and sports medicine services. Your athletic trainer will be present before, during, and after practices and games to provide immediate medical care for acute and chronic injuries. Athletic trainers work closely with an array of individuals including coaches, sports medicine physicians, certified personal trainers, physical therapists, nutritionists, and sports psychologists.

**Athletic Trainers are the first line of care for athletes on and off the field.**

- **Heat Illness • Concussions and Head Trauma • Sprains • Strains • Fractures •**
- **Cardiac Emergencies • First Aid • Joint Dislocations •**

### Benefits of Having a St. Luke's Athletic Trainer at Your School

- Daily practice and game injury coverage
- On site diagnostic, injury prevention, rehabilitation, and emergency care services
- Fast track access to St. Luke's Orthopedic and Sports Medicine physicians
- Easy access to the school's own St. Luke's team physician
- Easy, convenient access for scheduling orthopedic and sports medicine appointments - (484) 526-1735
- Sport specific instruction and development of pre-season, in-season, and off-season conditioning for athletes
- Working preventatively to ensure the patient's future health and success
- Access to St. Luke's sports concussion services and testing programs
- Healthcare related education
- CPR/AED & Stop the Bleed training for staff

### Benefits of Having a St. Luke's Team Doctor

- Sideline medical coverage for football games
- Providing preseason sports physicals
- Fast track appointments for school athletes
- Team physician communicates directly with athletic trainers to provide rapid medical advisement including medical recommendations, patient treatment course of action and education

## Benefits of Having St. Luke's Sports Performance Representatives

Strength and conditioning certified personal trainers provide sport-specific training focused on speed, agility, balance, strength, flexibility, coordination, and stability as applied to specific sports. Each program includes testing available for individual athletes and teams.

Consult with your athletic trainer or call St. Luke's Fitness & Sports Performance Centers at 484-426-2540 for more information.

### St. Luke's Locations

#### Urgent Care

Hamburg  
9 Dave's Way, Hamburg PA  
(610) 628-7200

#### Sports Medicine & Orthopedic Care

Orwigsburg  
1165 Centre Turnpike  
Orwigsburg, PA  
(272) 639-5130

Allentown  
501 Cetronia Road  
Allentown, PA  
(484) 526-1735

#### Physical Therapy

Hamburg  
9 Dave's Way  
Hamburg, PA  
(610) 628-7204

Kutztown  
100 Tomahawk Drive  
Kutztown, PA  
(484) 426-2021

#### Emergency Rooms

Allentown  
1736 Hamilton Street  
Allentown, PA

Orwigsburg  
100 Paramount Boulevard  
Orwigsburg, PA

#### Find us at:

<https://www.slhn.org/orthopedics>  
Facebook St. Luke's University Health Network  
Twitter @mystlukes  
#StLukesProud  
<https://readingredknights.org>