## "PEARLS FROM THE YEARS" Don Gleason, ATC, LAT





### I used to think I was important

#### Certified Athletic Trainer



what my friends think I do

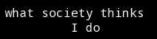




what my parents think I do

what coaches think I do







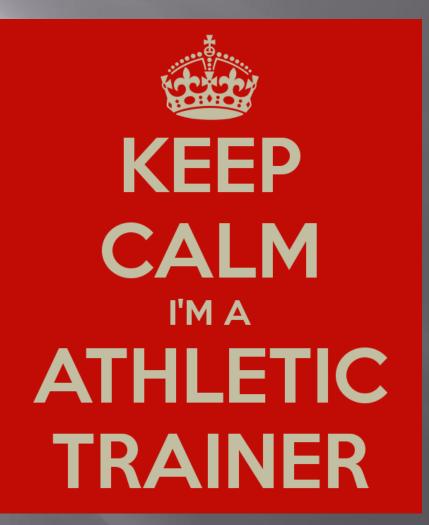
what I think I do



what I really do

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## If you want it done... If you want it done right...



In the Bleachers @ 2012 Steve Moore. Dist. by Universal Uclick. www.gocomics.com/inthebleachers The ATHLETIC TRAINERS Day... DAILY SCHEDULE 8 AM. - TAPE ANKLES 9 A.M. - TAPE ANKLES 10 A.M. - TAPE ANKLES 11 A.M. - TAPE ANKLES LUNCH - SAVE THE WORLD / P.M. - TAPE ANKLES - TAPE ANKLES 2 P.M. 3 P.M. - TAPE ANKLES 4 P.M. - TAPE ANK TAPE ANKLE

# You know you're a hard working Athletic Trainer when...

- 1. You never see the sun because you go to work before it rises and don't leave until way after it sets.
- 2. The athletic training room has become your workspace, bedroom, changing area and dining room.
- 3. You do your laundry, homework, and you work out in the athletic training room instead of going home.
- 4. Your family/friends can call you at 4:30 a.m. and they know they are not waking you up.
- 5. When someone says they are "taking a lunch break", you have no idea what they are talking about.
- 6. When one of your athletes or a coach asks you if you even went home last night.
- **7**. When you use a tongue depressor to eat your yogurt.
- 8. You want to slap the next person that says, "Must be nice having all those holidays, spring break, and summers off!"
- 9. You've ever had your profession slammed by someone who wouldn't dream of doing your job.
- 10. When someone, anyone calls you a 'trainer' that's like fighting words!

## A Complete list or everything owed to you or that you are entitled to:

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### "Get Aheads"

Work hard! (Put in the hours, volunteer,...) But...

> Take time for yourself
> Take time for family
> Take care of yourself

OR...



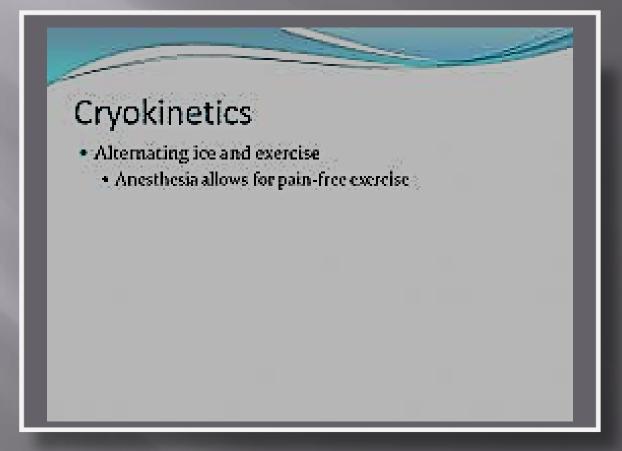
"Same tragic story ... A disgruntled athletic trainer bursts into the locker room and starts taping players at random ... "

# Care for others

- Treat athletes as though they are the only one you have to take care of
- > Make decisions based on what is best for that athlete
- $\blacksquare$  > EBP?
- Use what you know works
- Injured tissue heals in closer approximation to healthy, noninjured tissue when it is put under some stress during healing, especially when pain and inflammation are kept to a minimum."

Naseby Rhinehart

### Cryokinetics "ice and motion promotes healing"



#### Taping vs Bracing





### > coaches

### ■ > athletes

### □ > students (HSSATA's)

Every Day – find something that makes you laugh and something that makes you cry

Tears

### Patch Adams clip

# "Smart Clown"

Define yourself by the best that is in you, not the worst that has been done to you.



A GUY WALKS INTO A BAR

STOP ME IF YOU'VE HEARD THIS

"criss cross" "basic ankle"

### Thank You!

