

# “PEARLS FROM THE YEARS” Don Gleason, ATC, LAT



MOORE  
1971

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WHERE DOES  
IT HURT?

HOME  
FOR RETIRED  
ATHLETIC  
TRAINERS



# 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 society thinks  
I do



what I think I do



what I really do

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



**KEEP  
CALM  
I'M A  
ATHLETIC  
TRAINER**

The  
Day...

# ATHLETIC TRAINERS DAILY SCHEDULE

- 8 A.M. - TAPE ANKLES
- 9 A.M. - TAPE ANKLES
- 10 A.M. - TAPE ANKLES
- 11 A.M. - TAPE ANKLES
- LUNCH - SAVE THE WORLD
- 1 P.M. - TAPE ANKLES
- 2 P.M. - TAPE ANKLES
- 3 P.M. - TAPE ANKLES
- 4 P.M. - TAPE ANKLES
- 5 P.M. - TAPE ANKLES



# 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!



# “Get Aheads”

Work hard!

(Put in the hours, volunteer,...)

But...

- Take time for yourself
- Take time for family
- Take care of yourself

OR...



McPhee  
9/11

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**“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
- ▣ > 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”

## Cryokinetics

- Alternating ice and exercise
  - Anesthesia allows for pain-free exercise

## Taping vs Bracing



# Teach

- ▣ > 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!

