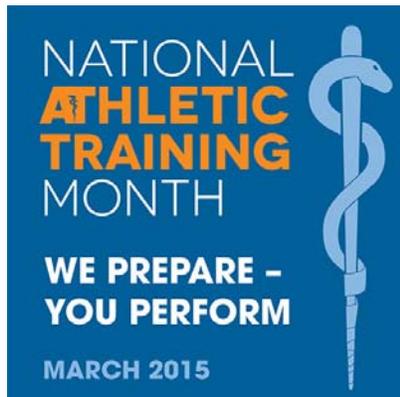


## **MARCH 2015: NATIONAL ATHLETIC TRAINING MONTH**

During the month of March, Athletic Trainers across America are being recognized for their commitment to excellence in providing healthcare services to patients of all ages. From the high school athlete to the military officer and from the performers of Cirque de Soleil to the factory workers at Frito-Lay, Athletic Trainers are helping active individuals of all ages prevent injuries and stay healthy and active. For countless hours every day, Athletic Trainers are serving their patients through injury evaluations, rehabilitations, return to work and return to sport programs, work hardening programs, and so much more.

The title of Athletic Trainer (AT) is that of a healthcare professional and that of a profession that was historically dedicated to servicing the healthcare needs specific to that of the training athlete. Today, Athletic Trainers, work in conjunction and collaboration with

physicians and other healthcare providers, to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation to active individuals of all ages. In fact, there are more than 35,000 nationally board-certified Athletic Trainers working in the U.S. today. Though most commonly seen at a professional, college, or high school sporting event, the Athletic Trainer can also be found in orthopedic and sports medicine physicians' offices, concussion treatment centers, and as already mentioned, multiple industries and factories across the United States.



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## **Athletic Training Services**

As a method of getting healthcare services and insurance billing services on the same page in the United States, the American Medical Association has long designated a 5-digit Current Procedural Terminology (CPT) code system which correlates a specific code directly to a specific healthcare service. For example, CPT Codes 99201-99205 are utilized to designate physician evaluations of new patients along with the respective in-depth nature of the evaluation. For the Athletic Trainer, commonly utilized CPT Codes include the following:

### **Evaluation Codes:**

97005	Athletic Training Evaluation
97006	Athletic Training Re-Evaluation

### **Physical Medicine and Rehabilitation Codes:**

97110	Therapeutic Exercise
97112	Neuromuscular Reeducation
97116	Gait Training Therapy
97140	Manual Therapy
97535	Self-Care Management Training
97542	Wheelchair Management Training
97545	Work Hardening/Conditioning

### **Neuro-Cognitive Assessments/Tests:**

96119	Nueropsychological testing
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### **Application of Casts and Strapping:**

29240	Strapping; Shoulder
29530	Strapping; Knee

Though once specific only to those in athletics, Athletic Training Services are now available to any patient whose physician would request such. In fact, any of the previously mentioned services are recognized as billable healthcare services in several states today.

• Call us first.

• Accepting new patients and all insurance.

### **Central States Orthopedics Physicians**

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## Reducing the Risk of Injury

In healthcare today, there are only a few clinicians who not only rehabilitate an injury once it has occurred, but who also educate and “pre-habilitate” in order to prevent injuries from occurring in the first place. For AT’s, Injury Prevention Programs are a pillar of the Athletic Training Profession. Although injury prevention programs have been traditionally directed at reducing the likelihood of injury for those involved in athletic competition, today injury prevention programs have now begun to permeate the industrial and the professional workforce as well. And, one of the major reasons is quite simple to understand. In the United States alone, there are 7 Million job-related injuries and illness resulting in costs of \$171 billion to the employer per year. In 2007, the Bureau of Labor Statistics reported 7.7 injuries and illnesses for every 100 full-time workers.

In a 2009 survey conducted by the National Athletic Trainers’ Association, which analyzed the use of AT’s in industry to prevent and reduce the likelihood of work place-related injuries, the following data was retrieved:

“Almost half of the companies had their emergency room costs reduced by 50 % or more.”

“More than 90 % of respondents indicated employee days away from work decreased by 25% or more at their company.”

“More than 50% of surveyed companies reported a decrease in costs associated with workplace injuries. Of these companies, 35% reported a decrease in costs of more than 50%.”

Of companies that tracked their workers compensation:

- 63% reported the AT made an impact on their WC cost in 6 months
- 96% reported that the AT made an impact on their WC cost in 1 year

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## Reducing Time Loss after Injury

As is common nature in professional, college, and high school athletic departments, access to appropriate healthcare is expedited because Athletic Training Services are provided on sight. For parents of high school and junior high athletes, when AT Services are on-site, 1) students don’t miss several hours of class to leave for off-site healthcare services and 2) parents don’t miss several hours of work to transport their son or daughter.

For the industrial and professional workforce, having on-site access to Athletic Training Services has also served to not only reduce their employees overall likelihood for sustaining a work-related injury or illness, but it has also served to return their employees back to work safer and faster as well.

*Reducing Lost Workdays After Work-Related Injuries:  
The Utilization of Athletic Trainers in a Health System  
Transitional Work Program*  
Journal of Occupational & Environmental Medicine  
October 2011

“By 4 weeks, 54.7% of Internal Employee Health Program (IEHP) events (i.e. injuries) had returned to work, compared to 35.7% of period proceeding events (i.e. injuries treated offsite before the study).”



“The IEHP implemented by the participating healthcare system, which utilized AT’s to offer workplace-based rehabilitation at no charge, in conjunction with the initiation of a transitional work program for injured employees, reduced lost work days and doubled the odds of returning to work in a 3-week window of time.

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