



Athletic Trainers in Performing Arts

A Safer Approach

Athletic trainers (ATs) are health care professionals who provide a safer approach to work, life and sport. While most people associate ATs with sports, ATs also provide unique health care services in many areas of performing arts including dance, marching band, color guard, rodeo, theatre and circus arts. ATs integrate traditional athletic training services with performing arts-specific concepts to reduce the risk of injury and enhance performance in dancers, singers and other artists.

Where ATs Work in Performing Arts



ATs work with a variety of professional performing art entities including sports entertainment teams, theatre productions and tours, music tours, dance companies and wrestling. ATs work with performing artists and affiliated staff at theme parks, rodeos, drum corps and circus arts. ATs also provide health care services to collegiate performing arts departments including dance, theatre, marching band, instrumental music, vocal music and film.

“Performers should have direct access to athletic trainers for functional movement evaluations, injury prevention interventions and return to performance treatment and therapies. ATs working in performing arts continue to show cost savings and reduction in injuries.” - Amanda Donahue MS, ATC, Palladino School of Dance & School of the Arts

ABOUT ATs

- ✓ Are diverse and unique health care professionals. ATs follow a medical-based education model.
- ✓ Must graduate from an accredited educational program and pass a comprehensive certification exam.
- ✓ Are licensed and otherwise regulated in 49 states and the District of Columbia. Efforts continue to gain regulation in California.
- ✓ Must keep their knowledge and skills current by participating in continuing education.
- ✓ Work in a variety of settings including performing arts.
- ✓ Are an essential part of the health care team, assist with care coordination and serve as the patient's advocate.

HEALTH CARE

WITH **IMPACT**

Injury & Illness Prevention and Wellness Promotion



ATs promote healthy lifestyle behaviors through education to enhance wellness and minimize the risk of injury and illness. In the performing arts, ATs use dance specific functional movement screenings as well as taping and bracing to reduce the risk of injury and increase performance.

Examination, Assessment and Diagnosis



ATs implement systematic, evidence-based examinations and assessments to formulate valid clinical diagnoses and determine patients' plan of care. The examination, assessment and diagnosis of injuries in performing arts is very similar to more traditional settings where ATs work.

Immediate and Emergency Care



ATs integrate best practices in immediate and emergency care for optimal outcomes. A unique factor that ATs in the performing arts must manage is the sometimes difficult access or extraction of the patient from the scene, such as in an aerial or water performance.

Therapeutic Intervention



ATs rehabilitate and recondition injuries, illnesses and general medical conditions with the goal of achieving optimal activity level using the applications of therapeutic exercise, modality devices and manual techniques. Performers have high training loads and schedules and ATs help patients rehabilitate despite those conditions.

Health Care Administration and Professional Responsibility



ATs integrate best practices in policy construction and implementation, documentation and basic business practices to promote optimal patient care and employee well-being. ATs integrate terminology and cultural competency in order to provide high quality health care to performers.

By the Numbers



One ballet company saw a decrease in Worker's Compensation claims by \$20,000 in the first two years of employing a full time AT.



Two dance companies saw approximately \$10,000 a year in cost savings with the addition of an in-house athletic training program.



Approximately 45% of services provided by ATs in the performing arts are preventative in nature.



In one year, an AT working with a dance company provided approximately \$40,000 worth of athletic training services to the performers.