For this rotation, most of my observation hours were in the Athletic Training room, but I also was able to observe a couple football practices and a cross country practice. During this time I learned many things about the training room and how it’s run and also about some common injuries that athletes in fall sports experience. I enjoyed learning these new things, and I am sure that there are many more to come.

In the A.T. Room I watched the athletic trainers tape many ankles, wrists, and arches. I learned that everyone has their own way of taping that is comfortable for them. Just as long as you have all the right elements of a taping job, it doesn’t matter what order you do it in. I also observed a couple people scrape an athlete’s thigh that had been hit and began to calcify and another athlete’s calf that had scar tissue. They have to scrape the tissue so that it smoothes out and can heal in the proper way. If you don’t take care of this injury soon enough, then over time it can turn into bone. Athletes also came in to get many types of therapy done every day. They came in for electric stimulation, heating pads, and also for ice compression boots.

I also got to experience football and cross country practices. Football and cross country are on complete opposite ends of the spectrum when it comes to contact and injuries. In football, an athletic trainer must always be watching to see if someone gets injured because the possibility is very high. In cross country, not many injuries happen and they mostly involve the shins, feet, hips, and thighs. No one got hurt at practice on the days that I observed either practice. However I did get to wrap ice on athletes after practice, and I liked doing that.

I have a good time observing both in the Athletic Training room and at practices. I like learning about ways to help people, and I can’t wait until I am able to do more things. Everyone is always having a good time and joking with each other and I like that aspect too.