

“Find the Trainer”

The “Trainer” is a nationally certified athletic trainer with a college degree in the care and prevention of athletic injuries. All professional and collegiate teams use at least one. Your school uses a trainer from BrownStone Physical Therapy.

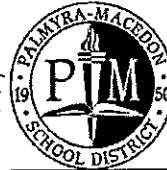
Your athletic trainer protects each athlete by helping the coaching staff reduce the number and severity of athletic injuries. Through better conditioning, strengthening, stretching, taping, bracing, or simply watching for signs of pain, your son or daughter can significantly reduce their risk of injury. This means they can enjoy their sport even more!

The athletic training service is absolutely free ... As long as it occurs on school grounds. The trainer will be available at all home football games and most home soccer games. The athletic trainer will also have “training room hours” at the school.

To access training services, proceed in the following order:

- Check your school’s website (for home games and training room schedule)
- Ask your Coach
- Ask your Nurse
- Call BrownStone Physical Therapy

BrownStone provides the athletic trainer to your school. Services at BrownStone, including physical therapy and athletic training, are billed through insurance and are separate from the school service. Insurance reimbursement *may* be available for school-related injuries which are immediately reported. Walk-ins are always welcome and a prescription is never needed, whether the injury is athletic or not!



Lyons Central School District
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