



**Used Software**  
Microsoft Visio Online

## Athletic injury-recovery Diagram for AT(Athletic Trainer)

### Step1

Athletic gets injured during a game or training

### Step2

AT must decide the degree of injury. IF light, directly start RICE(Rest, Ice, Compression, Elevation) process. IF critical, call an ambulance and start CPR if needed

### Step3

AT should know a precise diagnosis of the injury and classify the type of injury(IF no, athletic must go to medical center for checkup).

AT MUST NOT make any further decisions based on personal estimation

### Step4

\*\*\*Rehabilitation Program of this Diagram is made up of a specific injury type(**Low back pain injury**) to show a detailed workout program.

Make the rehabilitation program starting with warmup

IF the patient's ROM(Range Of Motion) is not secured during warmup workout, return to warmup process and DO NOT proceed to main workout. Unsecured ROM may bring second injury

### Step5

Repeat the program until the patient shows any further recovery signs.

During the progress, AT must change the time or set of each workout program for the change of injury situation.

If the athletic doesn't have enough time to participate all of the program, reduce the workouts (Reduction Priority- 1) Conditioning workout 2) warmup 3) main workout)

### Step6

Patient fully recovered and return to normal training schedule.