ChiroHealthUSA
The Network That Works for Chiropractic!

Dr. Sok's Sweet 16 Tips©

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1. Leave your ego at the door! To work in a sports medicine environment, you have to understand that you are part of a team. Someone else's team.
2. Understand that the players you treat outside your office are not your patients. They belong to the team.
3. Ultimately, accountability and clinical decisions made about a player falls on the shoulders of the person in charge of the team (Head ATC, Head MD). Not you.
4. Does not matter what letters are after your name or how many post graduate degrees you have, you are not with that team's athlete daily and may not know the "big picture".
5. Know your team. This includes everyone involved with the medical staff, their roles and responsibilities, as well as admin and players (as much as you can).
6. Keep it simple. Everything you do should be within your scope of practice and reproducible.
7. Stick to what you are being hired for. Are you just adjusting? Can you do soft tissue work? Instrument assisted? Your specific job duties should be discussed known by all.
8. Everything you do should be documented and communicated back to the head ATC (or person in charge). Work out the mechanism of how that is done. Even if they say it is not necessary, still keep records for yourself.

9. Any treatment recommendations about an athlete that you evaluate or care for should go through and discussed with the sports med person in charge before the athlete.
10. Know the player history. Treat like you would treat a patient in your office. You want to know the prior history or at least where to find it. Is it verbal from the ATC or are there charts / images that you have access to?
11. Time. Prior to treatment, know what time you need to arrive and how long you will be. You do not want to be late and you do not want to rush out because you have something else to do.
12. Know your schedule. Are you just covering training rooms, games, practices, pre / post season, off season?
13. Place. Know where you are going. Do you need special parking? Do you need an ID? Do you know how to get there? Do you know what entrance to go into?
14. What to bring. Do you have to bring a portable table? Any other equipment? Is there an area for you to treat?

15. Reimbursement for your services. Have that worked out well before you go to work. When it is time to work, focus on your athletes, not what you are getting paid.
16. It starts with you. Are you prepared? Mentally and physically. That even includes being warmed up prior to treatment as it may be physical. Bring a bottle of water. Go to the bathroom… be prepared.

The above is a collection of suggestions to get involved and stay involved with a sports medicine team. They are different from team to team and organization to organization. All of the above and more could be adopted to your specific situation.