

Scope of Practice

The AATA is an organization devoted to the health care of the physically active individual. A Certified Athletic Therapist must have fulfilled the academic and practical requirements as outlined in the document entitled “Procedures for Certification” from the Canadian Athletic Therapists Association (CATA). Certified Members have successfully completed a comprehensive theory exam, and a subsequent oral/practical exam developed and administered by the certification board of the CATA.

The Scope of Practice of a Certified Athletic Therapist includes the prevention, immediate care, and reconditioning of musculoskeletal injuries. Prevention includes musculoskeletal and postural evaluation; equipment selection, fitting and repair; warm-up, conditioning programs; prophylactic or supportive taping; and adapting to the activity environment and facilities.

The provision of on-field immediate care of athletic injuries by a Certified Athletic Therapist includes: injury assessment; basic emergency life support; recognition and management of acute traumatic neurological dysfunction; provision of first aid; preparation for entrance into appropriate health care delivery systems or where appropriate; and utilization of techniques facilitating a safe return to participation.

A Certified Athletic Therapist assesses injuries and conditions, uses contemporary rehabilitative techniques, therapeutic modalities, soft tissue mobilization, physical reconditioning, and supportive strapping procedures to promote an environment conducive to optimal healing in preparing the individual for safe reintegration to an active lifestyle.

The Certified Athletic Therapist, in cooperation with all performance enhancement personnel, and Members of the health care delivery team, is an integral part of a total service to maximize the performance and welfare of the individual. Concomitant with the execution of this role, the Certified Athletic Therapist nurtures an attitude of positive health.

The Certified Athletic Therapist must present annual documentation demonstrating continued professional development to maintain their status with the CATA and Alberta Athletic Therapists Association (AATA). Guidelines are presented in the *Alberta Athletic Therapists Association Policy and Procedure Manual*.