



Aplington-Parkersburg School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Aplington-Parkersburg athletes. With the goal of making sports medicine services more accessible, an on-site athletic trainer is provided in various ways to help injured athletes get the help they need the most efficient and effective way possible. With that, early evaluation can help prevent injuries and keep athletes where they belong - on the court or playing field!

What is an Athletic Trainer

Athletic trainers are highly qualified, multi-skilled health care professionals who render service or treatment under the direction of, or in collaboration with, a physician in accordance with their education, training and state's statutes, rules, and regulations. As part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

- Evaluate and accurately diagnose injuries and illnesses
- Help manage and direct plan of care to ensure the efficient and timely referral processes
- Educate student-athletes, parents, and coaches on injury and illnesses and the importance of proper management
- Collaborate with physicians to improve patient outcomes
- Manage, coordinate and communicate return-to-play progression

Who is the Aplington-Parkersburg Athletic Trainer

Kamryn Bailey, ATC - proudly serving the sports medicine needs of your Aplington-Parkersburg Falcons.

Kamryn attended Southeastern Community College in West Burlington, Iowa, and graduated with an Associates degree in 2020. She went on to the University of Northern Iowa and received her Bachelors degree in 2022. Kamryn stayed at UNI and graduated in 2024 with her Masters degree in Athletic Training. Her inspiration to become an athletic trainer came from the care she received from Athletic Trainers during her years in organized athletics. She hopes to provide the same care for her athletes while building relationships with them.

Kamryn is a native of Fort Madison, Iowa. In her free time, Kamryn enjoys spending time with friends and family. She also likes being active and spending time outdoors.



Kamryn Bailey, ATC



What services are provided for your Aplington-Parkersburg Athletes?

Injury -Checks: During this time, Kamryn can evaluate injuries, check on “tweaks” and nagging pains, offer guidance to prevent injuries, provide activity modifications to keep the athlete safely participating, or recommend further follow-up evaluation / referral as needed. Communication is key - progress reports for coaches and parents will be provided, as well as education for athletes so they understand their injuries.

When: Daily Check-Ins

Where: Aplington-Parkersburg High School

How: No appointment needed - approach Kamryn with any sports medicine concerns or let your coach know you would like to speak with her

Concussion Management: Concussions can be scary but recovery doesn't have to be! Your athletic trainer can help manage a concussion from initial assessment and evaluation to returning the athlete safely back to the court and in the classroom.

- Initial assessments and evaluation
- Return-to-Learn progression guidance
- Return-to-Play progression guidance
- Post-concussion treatment

Sporting Event Coverage

Kamryn can be found on the sidelines of home and away football games, and all home volleyball, cross country, wrestling, basketball, soccer track and field, baseball and softball contests. In-season athletes can utilize our sports medicine staff before, during, or after competition. Out-of-season athletes may also take advantage of this opportunity to seek our athletic trainer's help while attending sporting events and cheering on their fellow Falcons.

FREE Injury Evaluations at Taylor Physical Therapy Parkersburg

Taylor Therapy Parkersburg Clinic offers one **FREE** injury evaluation per injury. During that evaluation, a physical therapist will complete a thorough evaluation, provide treatment as indicated, and recommend follow up as needed. They will provide education to the athlete and parent, address questions or concerns, and communicate with coaches regarding practice guidelines and return to competition as needed. Contact Taylor Physical Therapy's Parkersburg Clinic between 8am-5pm to schedule. Clinic Location:

Parkersburg Clinic Location:
1306 Highway 57, Suite B
Parkersburg, IA 50665
319-346-9783