



Tripoli Community School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Tripoli 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 are Tripoli's Athletic Trainers

Ron Ragsdale - PT, DPT and **Adam Rave**, PT, DPT, ATC proudly serve the sports medicine needs of your Tripoli Panthers.

Ronald Ragsdale received his Doctor of Physical Therapy degree from St. Ambrose University after receiving his Master of Physical Therapy degree from the University of Iowa, and a Bachelor's degree in biology and chemistry from Briar Cliff University. Ron has been with Taylor Physical Therapy since 1997. As an owner of Taylor Therapy, he feels blessed to be working with such talented, committed, and genuine colleagues. Ron is also the manager of the Sumner Clinic and enjoys working closely with the student-athletes of Sumner and Tripoli schools. He has had additional training and coursework in trigger point treatment with dry needling, lower extremity biomechanics and custom orthotic fabrication, chronic wound care management, and temporal mandibular joint dysfunction. He currently sees patients in the Sumner Clinic and at the Waverly Health Center. Ron and his wife live in Waverly and have three adult children. They enjoy traveling, biking and spending time outdoors. Ron also enjoys the Hawkeyes, fishing and golfing.

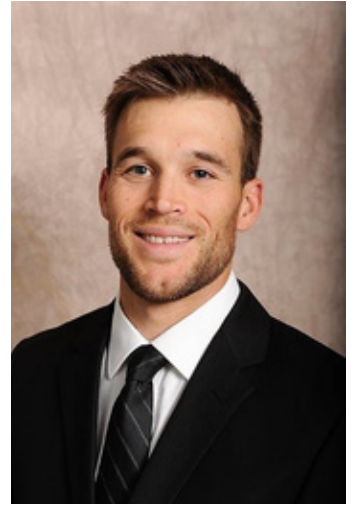


Ronald Ragsdale, PT, DPT



Who are Tripoli's Athletic Trainers

Adam attended Luther College and graduated in 2012 with a Bachelor of Arts in both Athletic Training and Exercise Science and a minor in Biology. He earned his Doctor of Physical Therapy degree in 2014 from the University of Iowa and began traveling physical therapy. For over three years he traveled from coast to coast and had the opportunity to work in outpatient clinics with professional athletes and weekend warriors across the country. Adam specializes in Sports Medicine and works primarily in our Noah Clinic with the student-athletes on the campus of Wartburg College. Adam utilizes a multitude of assessment strategies to evaluate his patients as a whole in order to treat the cause of their problem and not just their symptoms. In his free time, Adam enjoys an active lifestyle that includes traveling, golfing, running, biking, and competing in triathlons. Adam also loves to visit friends and family in his home town of Manchester, Iowa.



Adam Rave, PT, DPT, ATC

What services are provided for your Tripoli Athletes?

Injury -Checks: During this time, Ron or Adam 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: Every Wednesday after school

Where: Tripoli High School

How: No appointment needed - approach Ron or Adam with any sports medicine concerns or let your coach know you would like to speak with them.

Concussion Management: Concussions can be scary but recovery doesn't have to be! Ron and Adam 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

Adam or Ron can be found on the sidelines of home and away football games. 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 Panthers.

FREE Injury Evaluations at Taylor Physical Therapy Sumner

Taylor Therapy Sumner 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 Sumner clinic between 8am-5pm to schedule. Clinic Location:

Sumner Clinic Location:
1014 West 1st Street
Sumner, IA 50674
Clinic Number: 563-578-5125

Visit our website to learn more about the Sports Medicine Program!