



**Taylor Physical Therapy Denver**  
(319) 406-0185  
121 Tower St.  
Denver, IA 50622

**Taylor Physical Therapy Sumner**  
(563) 578-5125  
1014 W. 1st St.  
Sumner, IA 50674



Wapsie Valley School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Wapsie Valley 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 Wapsie Valley Athletic Trainer**

Ben Clark, ATC, L, CSCS - proudly serves the sports medicine needs of your Wapsie Valley Warriors.

Ben earned his Master's degree in Athletic Training from Iowa State University in 2025. During his time at Iowa State, he gained hands-on experience as a student athletic trainer at Gilbert High School, Ballard High School, as well as with Iowa State Football and Swim & Dive. As an undergraduate, he also completed two training camp internships in 2023 and 2024 with the Dallas Cowboys. Ben's passion for athletic training stems from his love of sports and his desire to help athletes recover and return to the games they love.

Originally from Eldon, Iowa, Ben enjoys lifting weights, spending time with his family, and watching sports in his free time, especially football, his favorite.



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## What services are provided for your Wapsie Valley Athletes?

**Injury -Checks:** During this time, Ben 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:** Weekly Check-Ins

**Where:** Wapsie Valley High School

**How:** No appointment needed - approach Ben with any sports medicine concerns or let your coach know you would like to speak with him.

**Concussion Management:** Concussions can be scary but recovery doesn't have to be! Ben 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

Ben can be found on the sidelines of home football games, home wrestling, and home 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 Warriors.

## FREE Injury Evaluations at Taylor Physical Therapy Denver & Sumner

Taylor Therapy offers one **FREE** injury evaluation per injury at our clinics located in Denver and Sumner. 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 Clinic nearest you between 8am-5pm to schedule.

Denver Clinic Location:  
121 Tower St. Denver, IA 50622  
Clinic Number: 319-406-0185

Sumner Clinic Location:  
1014 W. 1st St. Sumner, IA 50674  
Clinic Number: 563-578-5125