



Waverly-Shell Rock Community School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Waverly-Shell Rock 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 Waverly-Shell Rock Middle School's Athletic Trainer

**Dietrich Wagner** - ATC proudly serve the sports medicine needs of your Waverly-Shell Rock Go-Hawks.

Dietrich began his academic journey at Des Moines Community College where he earned his Associate's degree in 2020. Dietrich continued his education at the University of Northern Iowa, completing his Bachelor's degree in Athletic Training and Rehabilitation Studies before earning his Master's degree in Athletic Training. During his time at UNI, Dietrich gained valuable hands-on experience through clinical rotations with UNI Wrestling, Waverly-Shell Rock High School, and Hawkeye Community College. Dietrich's inspiration to become an athletic trainer stems from his love for helping people and his passion for athletics.

Dietrich is originally from Altoona, Iowa. In his free time, he enjoys watching sports, golfing and spending time with friends and family.



Dietrich Wagner, ATC, L



## What services are provided for your Waverly-Shell Rock Athletes?

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

Dietrich can be found on the sidelines of home football games and home wrestling and track and field events. 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 Go-Hawks.

## FREE Injury Evaluations at Taylor Physical Therapy Waverly

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

Waverly Clinic Location:  
319 Ninth St.  
Waverly, IA 50677  
Clinic Number: 319-352-5644