



Janesville Consolidated School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Janesville 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 Janesville Consolidated School District's Athletic Trainer

**Garrett Cox** - PT, DPT, ATC proudly serves the sports medicine needs of your Janesville Wildcats.

Garrett resides in Denver, Iowa with his wife, Brandi, and children Calvin and Natalie. Garrett graduated from the University of Northern Iowa in 2014 with a B.A. degree in Athletic Training. Garrett went on to further his education in obtaining his Doctorate in Physical Therapy from Clarke University in 2017. Garrett began working at Taylor Physical Therapy following graduation in 2017. Garrett works at both Waverly and Denver clinics as a Physical Therapist, as well as providing athletic training coverage to Denver and Janesville High Schools. Garrett specializes outpatient orthopedics, concussion management, vertigo, and sports medicine. In Garrett's free time, he enjoys spending time with his family, watching his favorite sports teams, and fishing. When asked why Garrett chose a career in physical therapy and sports medicine, Garrett responded, "Athletics has always been an important part of my life, from providing entertainment to teaching me life lessons. Athletic training allowed me to stay within the realm of athletics while continuing to provide patient care".



Garrett Cox, PT, DPT, ATC



## What services are provided for your Janesville Athletes?

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

Garrett can be found on the sidelines of home volleyball contests, home lower level football events, home boys and girls basketball contests, and home 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 Garrett's help while attending sporting events and cheering on their fellow Wildcats.

## FREE Injury Evaluations at Taylor Physical Therapy - Denver & Waverly

Taylor Therapy offers one **FREE** injury evaluation per injury at clinics located in Denver and at Waverly Health Center. 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

319-406-0185

Waverly Clinic inside Waverly Health Center:

312 9th St. SW

Waverly, IA 50677

319-352-5644

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