



Sumner-Fredericksburg Community School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Sumner-Fredericksburg 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 the Sumner-Fredericksburg Athletic Trainers

Ron Ragsdale - PT, DPT and **Brady Meyer**, PT, DPT proudly serve the sports medicine needs of your Sumner-Fredericksburg Cougars.

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 the Sumner-Fredericksburg Athletic Trainers

Brady attended Wartburg College and graduated in 2017 with a Bachelor of Arts degree in Biology. He earned his Doctorate of Physical Therapy from Briar Cliff University in May 2021. Currently seeing patients at the Waverly Health Center and the Sumner Clinic, Brady has passion for sports medicine and orthopedics. Brady is a leader and has accepted the role of being the Northeast Iowa Director for APTA Iowa into 2025. Brady values time with family and friends. Brady and his wife, Kim, welcomed their first son, Dax, in September of 2023. Outside of the therapy world, Brady remains actively involved with wrestling in Sumner. He enjoys maintaining an active lifestyle, full of exercise and being outdoors hunting, fishing or golfing.



Brady Meyer, PT, DPT,

What services are provided for your Sumner-Fredericksburg Athletes?

Injury -Checks: During this time, Ron or Brady 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: Wednesdays

Where: Sumner-Fredericksburg High School

How: No appointment needed - approach Ron or Brady 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! Ron or Brady 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

Brady 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 Cougars.



Taylor Physical Therapy Sumner
(563) 578-5125
1014 West 1st Street
Sumner, IA 50674



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!