



Nashua-Plainfield school district and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Nashua-Plainfield 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 Nashua-Plainfield's Athletic Trainer?**

Maranda Stohr, PT, DPT, ATC proudly serves the sports medicine needs of your Nashua Plainfield Huskies!

Maranda is originally from Titonka, IA but graduated high school from Forest City. She went on to undergrad at the University of Northern Iowa where she received her B.A. in Athletic Training and became a certified athletic trainer in 2016. She then went on to attend Des Moines University, graduating with her Doctorate in Physical Therapy in 2019. While in Des Moines, she worked as an athletic trainer as needed while attending school. She covered many different activities including state soccer, gymnastics, and all the sports in between. When attending DMU, Maranda made the addition of PT to her AT degree in order to see the full picture of rehabilitation, from injury, through rehab, to return to play. Seeing an athlete return to their sport, better than before, is the one of the many reasons why she loves her job. Maranda enjoys treating a variety of patients in the clinic including athletes, pediatrics, scoliosis patients, and post-surgical patients. Maranda is married to Chase, and they live in Shell Rock. Chase teaches at North Butler High School in Greene and Maranda works in the Waverly and Nashua clinics for Taylor Physical Therapy. In their spare time, Maranda and Chase love traveling and going to other sporting events, both college and professional, and working on their new home together. Maranda enjoys working with the student athletes at Nashua as well as at North Butler to get to know them on and off the playing field.





## What services are provided for your Nashua-Plainfield Athletes?

**Injury-Checks:** During this time, Maranda 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:** Nashua-Plainfield High School

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

**Concussion Management:** Concussions can be scary but recovery doesn't have to be! Maranda 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:** Maranda can be found on the sidelines of home football and wrestling contests. In season athletes can utilize Maranda before, during, or after competition. Out of season athletes may also take advantage of this opportunity to seek Maranda's help while attending sporting events and cheering on their fellow Huskies.

### **FREE Injury Evaluations at Taylor Physical Therapy Nashua:**

Taylor Therapy Nashua Clinic offers one **FREE** injury evaluation per injury. During that evaluation, Maranda (or another staff physical therapist) will complete a thorough evaluation, provide treatment as indicated, and recommend follow up as needed. She 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 Nashua clinic between 8am-5pm to schedule.

Clinic Location:

- Nashua: 80 Amherst Blvd #300
  - 1 door down from Subway
  - Clinic number: 641-435-4476

Visit our website to learn more about their Sports Medicine program!  
<https://www.taylorphysicaltherapy.com/sports-therapy>