



# SPORTS MEDICINE TELEMEDICINE

## Your Athletic Trainer is still here to help you be successful.

Since school is starting online, student-athletes will be sitting in front of a computer. Students can develop overuse or functional injuries such as an eye strain, back pain, hand pain, arm pain, lack of movement, and lack of exercise etc. Athletes who want to participate in sports and have not been exercising can develop overuse injuries if they jump back in 100% in a short period of time. The athletic trainer can help to decrease overuse injuries and get athletes moving and exercising in a healthy and progressive way. Athletes who have been continuously working out through this pandemic may need to rehabilitate an existing injury, learn ways to move more effectively, and/or decrease soreness. These are just examples of what athletes may need. The Athletic Trainer is here to help and to make any scenario a positive one. Athletic Trainer will also help make referrals when necessary.

## DO YOU NEED...

INJURY PREVENTION,  
EVALUATION,  
REHABILITATION, STRETCHING  
EXERCISES, GAIT ANALYSIS  
AND CORRECTION, NUTRITION  
RESOURCES, MENTAL HEALTH  
RESOURCES, OR MEDITATION  
AND MINDFULNESS

## THEN...

1. SCHEDULE AN APPOINTMENT  
(parent needs to attend first session)  
<https://missemilyat.appointlet.com>
2. BE SURE TO SEND YOUR  
SIGNED TELECONSENT FORM  
<https://s3-us-west-2.amazonaws.com/sportshub2-uploads-prod/files/sites/101/2020/08/23204646/Telehealth-Consent-Clover-Enrprises1-1.pdf>  
TO [echerpin@riversideunified.org](mailto:echerpin@riversideunified.org)
3. ON DAY OF APPOINTMENT,  
LOG ON TO / CHECK IN  
<https://CEIsportsmed.doxy.me/missemilyat>

## COACHES WILL SET UP AN APPOINTMENT TIME FOR TEAM

STRETCHING, PREVENTIVE  
EXERCISES, AND MENTAL  
FITNESS

## EMILY CHERPIN, ATC

Also, known as Miss Emily

### Email:

[echerpin@riversideunified.org](mailto:echerpin@riversideunified.org)

### Remind App:

Class Name: Miss Emily AT  
Text @athtrnr21 to 81010

### Make an appointment:

<https://missemilyat.appointlet.com>

### Telemedicine Appointment:

<https://CEIsportsmed.doxy.me/missemilyat>

### Instagram Account:

@arlingtonathletictraining