

# **ATHLETICO**

## ***PHYSICAL THERAPY***

### ***Meet Your Athletico Athletic Trainer: John Young, ATC, NASM – CES***

Athletico Physical Therapy is committed to keeping you safe and healthy during and after the season. Having an Athletico Athletic Trainer to help prevent and treat injuries allows athletes to stay in the game and return safely if injury occurs.

John Young, ATC joined the Athletico staff in the winter of 2016 as the Head Athletic Trainer for Timberland High School in Wentzville, Missouri and transitioned to Mehlville High School in St. Louis, Missouri in the spring of 2018. Before joining the Athletico staff, John obtained a Bachelor of Arts degree in Athletic Training with a minor in Sports Medicine from Park University in 2007. John is a NATA-BOC – Certified Athletic Trainer and is licensed in the State of Missouri since 2009. John is also a Certified Corrective Exercise Specialist through National Academy of Sports Medicine, CPR and AED Certified through the American Heart Association, and is a Member of Athletico’s Endurance Team.

In his spare time, John enjoys hiking, camping, and fishing with his family at State Parks in and around Missouri.

### ***Pain or Injury? Let Us Take the First Look.***

As the Official Provider of Physical Therapy and Athletic Training for Mehlville High School, Athletico would like to be your first option when seeking medical care. No matter how your pain starts – from playing basketball to daily activities – let us take the first look and recommend treatment options to help you get back to doing the things you love. Free assessments are available in-clinic or virtually from the comfort of your home. Don’t delay the recovery process, [schedule your free assessment today.](#)