

Introducing: Carrie Burke, NYSATA Secretary, Director of Business Development and Sports Medicine Outreach for Ivy Rehab Network, and Certified Athletic Trainer

Carrie Burke is a certified athletic trainer, NYSATA secretary and director of business development and sports medicine outreach for Ivy Rehab Network in the Long Island region. Her interest in athletic training began after her brother was injured when she was a freshman in high school and wanted to help him get better. It was then she discovered that, though she was not an athlete herself, there was still a way for her to be involved in an athletic environment and help other people.

Now an athletic trainer for more than 18 years, Carrie's responsibilities with the Ivy Rehab Network include mentoring and advising other certified athletic trainers in the outreach program, creating and maintaining relationships with referral sources and providing community outreach programs. In addition, she has been NYSATA secretary for the last five years. In this position, she manages the flow of meetings along with the agenda and minutes. She also sits on the nominations committee where she assists with maintaining the records for the positions and the members that hold those positions.

With all the positions she has held, she maintains that her favorite thing about being an athletic trainer is the relationships she made throughout her career. Additionally, Burke says watching her patients recover and to be able to perform at the top level of their sport is the best reward she could have.

"I love building the relationships with the clientele that I am working with, whether it be student-athletes, physical therapy patients, physicians, athletic directors or physical therapists," said Burke. "I enjoy the challenge of trying to determine what someone's injury is and helping them get back to doing the activities that they enjoy, whether it's playing sports competitively, or just doing daily activities and living pain free."

Burke incorporates the skills and clinical knowledge that she has developed as an athletic trainer to provide outreach services by communicating and creating relationships with health care providers who refer patients into physical therapy. She works with these providers to ensure that their mutual patients are receiving the best care possible to get back to the activities that they enjoy. Additionally, she has used her skills as a clinical athletic trainer to guide and advise athletic trainers in the outreach setting, providing their services to student athletes at local area high schools and professional teams.

When asked about her advice for aspiring athletic trainers who want to work in any of those settings, she said the following, "Make sure that you make yourself marketable. Continue to learn and educate yourself as a professional, and do not ever be complacent. Always be a lifelong learner. Be willing to think outside of the box with all things, whether it is your daily work activities or with your career goals and aspirations."