



Here's a new monthly feature highlighting the best and brightest ideas submitted by Athletic Trainers from all over America – ***The Athletic Trainer's Tip of the Month***

CATEGORY: SPINAL INJURIES
ATC: Steve Colacurcio, Colacurcio Wellness Centers, Caldwell & Lyndhurst, NJ

“Isometric contractions are crucial in decreasing the chance of re-exacerbating spinal injuries. If an athlete is complaining of acute or chronic low back pain, a course of conservative care is the treatment standard...”

CLICK HERE FOR MORE ON THIS TOPIC

proteXTM
 one-step cleaner/disinfectant

The first cleaner/disinfectant chosen for exclusive use in professional Athletic Training Rooms.

If you are a Certified Athletic Trainer and have a tip to share with colleagues, fill out the form below and click submit. You may be selected for the PROTEX Athletic Trainer Tip of the Month and receive a complimentary case of PROTEX Cleaner/Disinfectant Wipes!

NOTE: Athletic Trainer Tip of the Month is provided to Athletic Training Professionals by Athletic Training Professionals. The opinions expressed and information given are not representative of Parker Laboratories, Inc. or Devils Arena entertainment, LLC. but solely of the Athletic Trainer or health provider credited as delivering the information. Always follow your facility's best practices and standard operating procedures.

For more information on PROTEX or any of our other fine products visit
www.parkerlabs.com