

# Wayne HealthSports



Rehabilitation & Sports Medicine  
*Athletic Trainers, Rehabilitation,  
and Orthopedic Services*

## Our Athletes in Action



Photos are courtesy of Blue Bag Media.

## Upcoming Events

### PASP Courses 2018

**Monday, Feb 12, 2018**  
from 6:00pm to 8:30pm.

**Monday, May 14, 2018**  
from 6:00pm to 8:30pm.

*Course location*  
Wayne HealthCare Outpatient  
Rehabilitation Center  
1111 Sweitzer St.  
Greenville, OH 45331

Please call Jim Beyke, PT at  
(937) 547-5941 or email  
[james.beyke@waynehealthcare.org](mailto:james.beyke@waynehealthcare.org)  
to register.



# Healthy Grilled Chicken Salad Recipe

## INGREDIENTS

1 cup diced grilled chicken breast  
¼ cup diced celery  
2 tablespoons chopped green onion  
1 tablespoon light mayonnaise  
1 teaspoon Dijon mustard  
½ lemon, juiced  
Black pepper, to taste

## DIRECTIONS

1. Mix all ingredients in a medium-sized bowl.
2. Serve on whole-wheat bread as a sandwich.



## NUTRITION INFORMATION

Serving size: ½ cup  
Serves 2

Calories without bread: 150; Total fat: 5g; Saturated fat: 1g; Cholesterol: 60mg; Sodium: 170mg;  
Carbohydrate: 3g; Dietary fiber: 0g; Sugars: 1g; Protein 22g

Dawn Jackson Blatner, RDN, CSSD, is a registered dietitian nutritionist and author.

# What is Athletic Training?

The quantity of students participating in sports has increased dramatically. With the increase in participation and the physical demands to become bigger, faster, and stronger; the chances of athletes injuring themselves has also increased. If you or your child has fallen victim to an unfortunate issue, whether mild or serious, it can sometimes be very difficult to distinguish what the next step might be in regards to medical care. Ranging anywhere from cleaning a simple skin wound to an emergency situation, who better to assist in that medical care than a Certified Athletic Trainer.

Certified Athletic Trainers are employed in a variety of settings including high schools, college/universities, hospitals, professional sports, rehab clinics, the military, physician practices, and many more. To become certified as an athletic trainer, there are several requirements you must obtain. One requirement is you must obtain a degree from an accredited baccalaureate program. Over 70% of athletic trainers possess a master's or a doctorate degree. Another requirement to become an athletic trainer is to pass a national certification exam, in addition to a state licensure exam. To maintain certification, athletic trainers must accomplish 50 hours of continuing education every two years.

Using a medical-based education model, athletic trainers are educated to provide comprehensive preventive services and care in six domains of clinical practice: prevention, clinical evaluation and diagnosis, immediate emergency care, rehabilitation and reconditioning; organization and administration, and professional responsibility. Risk management and injury prevention training allows ATC's to create and employ complex emergency action plans. In addition to complex emergency action plans, athletic trainers are very proficient in how environmental conditions and unsafe playing surfaces can affect the athletic population. In the event of an injury, ATC's are there to provide immediate assessment. This assessment allows the athletic trainer to develop the best and most efficient injury management protocol. Once a protocol has been determined for that injury, athletic trainers then work with the student-athlete daily to help maximize the healing potential. This is achieved through design and implementation of sports and/or position specific and age appropriate comprehensive rehabilitation programs. Athletic trainers don't only deal with physical injury, mental and emotional preparation of the injured athlete is also a primary work characteristic. In addition to these many skills, Certified Athletic Trainers also address nutritional concerns related to sports.

Athletic trainers are more than just dealing with the student-athletes. There are vast amounts of documentation, communication, and networking that is involved. Athletic trainers have to be able to communicate well with student athletes, their parents, and coaches. Often, game plans or practice schedules are altered due to conversations with coaches about injured athletes. Networking is also very important. Most athletic trainers have multiple interactions with hospitals, doctors, and rehabilitation clinics. Often, athletic trainers can expedite the process of getting appointments when x-rays or MRI's are needed, as well as, converse directly with doctors when developing a plan of care for the injured athlete. Discussions with physical therapist, physical therapy assistants, and occupational therapists about return to play progressions allows for the athletic trainer to transition athletes from the clinic to the athletic fields more safely and efficiently. Athletic trainers are some of the most qualified medical professionals to respond to the needs of student-athletes and the physically active population. Make sure there is one caring for your injuries.



# Adam Dann, DO

## Hand and Upper Extremities



Board certified in orthopedic surgery with a certificate of added qualification in hand surgery by The American Osteopathic Board of Orthopedic Surgery.

I specialize in hand, elbow, and shoulder surgery. I am especially interested in treating all ailments about the shoulder, including traumatic injuries, degenerative conditions, and complex reconstructions, and that is reflected in the multiple state and national level lectures I have given.

I began practicing hand surgery in Huntington, West Virginia in 2013, and returned to Dayton in 2017.

Dr. Dann will see patients for consultation at the Eaton, Englewood, Little York, and Beavercreek office locations.

### **Affiliations/Memberships**

American Osteopathic Association  
American Osteopathic Academy of Orthopedics  
American Society for Surgery of the Hand  
American Association for Hand Surgery

### **Education**

Fellowship, Hand and Upper Extremity Surgery: Grandview Medical Center, Dayton, Ohio

Residency, Orthopedic Surgery: Des Peres Hospital, Saint Louis, Missouri

Doctor of Osteopathic Medicine: New York College of Osteopathic Medicine, Old Westbury, New York

*Orthopedic  
Associates  
of SW Ohio*



# WHAM EMPLOYEE OF THE MONTH FOR NOVEMBER - CLINICAL



**Name:** Alyse Grillot

**Department:** Wayne HealthSports

**Years worked at Wayne HealthCare:** 1.5 Years

**Special experience or favorite moment at Wayne HealthCare:**

I would have to say this experience at Wayne has been pretty awesome!! I am so honored and humbled!

**Family:** I was born and raised in Michigan where my parents and grandparents still live. My 24 year old brother lives in Anderson, Indiana. I now live in Versailles with my husband, Rob and our two dogs.

**Hobbies:** I love to craft, kayak, and shop. Spending my Sunday's off relaxing with my husband is my favorite part of the week.

**Reason selected for EOM:** On 9/30/2017 the Greenville boys soccer team had a home game. To the players, families and fans, it was just another game. Not so for 91 year old Charlotte Bailey. She graduated from Greenville and played on the girls basketball team. Her nickname was "Shotsy".

At this time she has debilitating arthritis and endures much pain. This night she was determined to watch her great-grandson, Ben Davidson, play soccer. We got her to the stadium in a wheelchair and she was ready to cheer. When she stood up, she cut her leg on the wheelchair and needed medical treatment. She refused to go to the ER until she watched the game.

A kind lady found us an angel, Alyse Grillot. Alyse steri-stripped the skin tear and Charlotte said she felt as good as new and was ready to cheer. I am a retired ER nurse and have had many patients with skin tears. The treatment Alyse gave was as good as any I have ever seen, and to do that while kneeling on the ground was amazing. She not only gave excellent treatment, but exuded compassion and calmness that was second to none.

We don't have the words to express our thanks to Alyse. Charlotte is my mother and Ben is my grandson. They both wanted this night to happen and Alyse made it possible. Ben's mom, Melissa Davidson, was also there so there were 3 generations of Greenville graduates cheering our soccer boys on. I hope you and all the team recognize what a wonderful, skilled person they have watching over them.

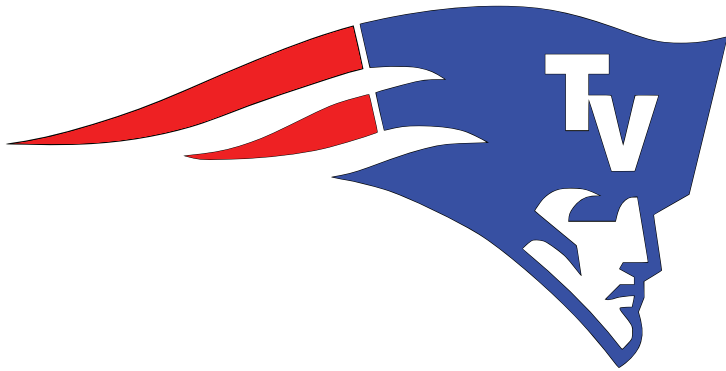
With a grateful heart,  
Lori Stone

**Values demonstrated:** Compassion and excellent customer service!

**For more information about Greenville Athletic Trainer, Alyse Grillot visit:**

<https://www.earlybirdpaper.com/ghs-athletic-trainer-grillot-front-line-safety/>

## Patrick Snyder Bio Tri-Village High School



My name is Patrick Snyder and I work as the Athletic Trainer at Tri-Village High School through the Wayne HealthSports Outpatient Rehabilitation. Tri-Village has been a smooth transition and I love going to work everyday because I get to interact with great young adults who play sports.

I currently live in Englewood, Ohio and make the commute everyday to and from work. Currently hoping to move closer within the next 3 years.

I am a Northmont High School and Ohio University alumnus. While there, I worked with 3 high schools in the Athens area along with the OU baseball and football teams.

My hobbies include road cycling, weightlifting, and golfing. I'm currently training to do a half century (50 mile ride) which has proven to be a great challenge. I have aspirations to one day visit the Tour de France and visit as many countries as I can while I'm in Europe. Hopefully, one day, visit every country once and the good ones twice.

### Contact Info

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, contact Jim Beyke at [james.beyke@waynehealthcare.org](mailto:james.beyke@waynehealthcare.org) or (937) 547-5714.

Visit us online at [www.waynehealthcare.org](http://www.waynehealthcare.org).