

## PHYSICIAN COMMENTS

“Although many physical therapists possess the ability to rehabilitate orthopaedic patients, athletic trainers bring a unique skill set to the rehabilitation arena that is highly desirable. In addition to a four year degree, athletic trainers are required to log a tremendous number of hours caring for athletes on a great variety of sports teams. Because of this, athletic trainers are more than equipped to rehabilitate any type of musculoskeletal problem. If one is looking for a high level of expertise for the rehabilitation of athletes or active people, then the athletic trainers at KSC RehabWorks become the ideal clinician to return these industrial athletes to their prior level of sport or activity.”

**Randy Schwartzberg, MD**  
**Orlando Orthopaedic Center**

“As Medical Director of the Kennedy Space Center and as an athlete who regularly competes in long-distance cycling events, I place a high value on the contributions the KSC RehabWorks athletic trainers have made to the health and recovery of our industrial athletes. Having referred patients to these skilled clinicians over the years, I have consistently seen that their high quality of care and exceptional rehabilitative outcomes match and/or surpass that of outside clinics. In addition to the ease of access for our employees, the on-site advantage of the RehabWorks athletic trainers allows for enhanced productivity and effective case management of work injuries.”

**Leon “Skip” Beeler, MD**  
**Medical Director, InoMedic Health Applications**  
**Kennedy Space Center, FL**

“The athletic trainers at KSC RehabWorks perform an outstanding job in treating and rehabilitating people with orthopedic [bone and joint] and sports medicine injuries. They are personable, communicative, and work extremely well with the orthopedic physicians. I have worked with them on hundreds of patients and remain extremely impressed.”

**Jeffrey Greenspoon, MD**  
**Viera Sports Medicine and Orthopedic Center**

## MEET THE STAFF



**Mary K. Kirkland**  
*Athletic Training  
Supervisor*  
Florida License  
#48  
Board of Certification  
# 21421

- Bachelor of Science, Exercise and Sport Sciences with a Specialization in Athletic Training  
University of Florida
- Master of Science in Health Management  
Florida Institute of Technology
- Athletic Training Experience
  - NASA Prime Crew Astronauts
  - Blue Man Group - Orlando
  - 1996 Summer Olympic Games - Atlanta
  - Medical Volunteer Coordinator - Disney Marathon
  - University of Florida Athletics



**Erik T. Nason**  
*Athletic Trainer*  
Florida License  
#820  
Board of Certification  
# 029702533

- Bachelor of Science in Physical Education with a Specialization in Athletic Training  
East Stroudsburg University
- Master of Science in Athletic Training  
Illinois State University
- Master of Business Administration  
Liberty University
- RehabWorks Internship Coordinator
- Athletic Training Experience
  - NASA Prime Crew Astronauts
  - American Lemans Racing Series
  - Justin Boots Sports Medicine Team
  - Illinois State Ice Hockey
  - Extreme Water Sports

National Aeronautics and  
Space Administration



[www.nasa.gov](http://www.nasa.gov)

# WHAT IS REHABWORKS?

**Established in 1997 to provide the highest quality physical medicine and musculoskeletal rehabilitation services to KSC's industrial athletes.** The collaborative health care philosophy of our licensed athletic trainers lends itself towards a team approach to optimize the return to work and physical activity of our patients during their recovery from impairment, functional limitations and/or disabilities. For any work injury, sports injury or post-operative rehabilitation, let the RehabWorks Athletic Trainers assist in your recovery!

## THE REHABWORKS ATHLETIC TRAINER (AT)

- Prevents, diagnoses, treats and rehabilitates acute and chronic injuries
- Provides post-operative care for common musculoskeletal diagnosis
- Educates patients and provides home exercise/care programs
- Conducts one-time consultations with treatment and/or appropriate physician referral
- Coordinates care with physicians, workers' compensation representatives and other allied health professionals
- Completes detailed progress and discharge notes for referring physician



## PATIENT CARE INCLUDES

- Therapeutic exercises and modalities
- Gait and proprioception training
- Post-operative dressing changes
- Spinal stabilization
- Sport-specific rehabilitation
- Instruction in ergonomic principles and microbreak exercises
- Utilization of on-site fitness center for post-rehab reconditioning

## ADDITIONAL SERVICES PROVIDED WITH PHYSICIAN REFERRAL

- Cervical traction
- Iontophoresis
- Suture removal

## ADVANTAGE OF USING THE KSC REHABWORKS PROGRAM

- **FREE SERVICE** provided to all badged employees with no co-pay or insurance
- **PROMPT, SAME-DAY** treatment for acute injuries
- **REDUCED LOST WORK DAYS** Maintenance of the employee's normal work schedule during the rehabilitation process
- **EMPHASIS ON PATIENT EDUCATION** for long-term recovery and injury prevention

## CONTACT US FOR MORE INFORMATION

**321-867-7497 (phone)**

**321-867-1144 (fax)**

<http://rehabworks.ksc.nasa.gov>

