Professional
Baseball
Athletic Trainers
Society®

PBATS 2016 MEDIA GUIDE

Contains Glossary of Medical Terms & Anatomical Charts

Major League Athletic Training Staff of the Year

2015 - Houston Astros

Nate Lucero, Rex Jones and James Ready

2014	**Todd Tomczyk, Ben Potenziano and Jeremiah Randall** ***Pittsburgh Pirates***
2013	**Nick Kenney and Kyle Turner** ***Kansas City Royals***
2012	**Jeff Porter and Jim Lovell** ***Atlanta Braves***
2011	**Richie Bancells and Brian Ebel** ***Baltimore Orioles***
2010	**Gene Monahan and Steve Donohue** ***New York Yankees***
2009	**Ron Porterfield, Paul Harker, and Nick Paparesta** ***Tampa Bay Rays***
2008	**Mark O'Neal and Ed Halbur** ***Chicago Cubs***
2007	**Lonnie Soloff, Rick Jameyson, and Nick Kenney** ***Cleveland Indians***
2006	**Kevin Rand, Steve Carter, and Doug Teter** ***Detroit Tigers***
2005	**Ken Crenshaw and Ron Porterfield** ***Tampa Bay Devil Rays***
2004	**Todd Hutcheson and Jim Daniels** ***San Diego Padres***
2003	**Thomas Probst and Keith Dugger** ***Colorado Rockies***
2002	**Kent Biggerstaff, Mark Rogow, and Mike Sandoval** ***Pittsburgh Pirates***

Letter from the President

April, 2016 -

Since its beginning over 30 years ago, PBATS has been working toward a goal of being the most proficient group of athletic trainers in the world. We are not driven by a sense of personal aggrandizement or pride, but rather by an understanding of our obligation to the health of our players and our teams.

In 2016, PBATS and its members are looked upon as an integral part of the fabric of the game of baseball, and just as importantly as trusted advisors to the athletes in our care. Over the years, PBATS has worked hard to share its expertise beyond the clubhouse and ballpark, and we are proud to have internships that reach other countries and programs that address some of the most difficult health issues right here at home.

In 2015, PBATS continued to promote its newest program to the American people. This program called "Ability Transcends Challenges" or ATC, is designed to educate the American people about the role that people with disabilities have played throughout baseball's history, while speaking to the important lessons of inclusion and the need to harness this valuable source of American manpower. Our ultimate goal is to do nothing less than change America's perception about the value of people with disabilities, by demonstrating that truth using baseball.

In 2015, the ATC program spokespeople, Jim Abbott and Curtis Pride, shared their messages with the American people and appeared in ATC public service announcements, advertisements and the information has been seen across the United States. In 2014, the program expanded into partnerships with the United States Department of Labor's Office of Disability Employment Policy (ODEP) as well the U.S. Business Leadership Network and The Arc. PBATS believes that all Americans who can work, should be given the opportunity to work, just as baseball has demonstrated that anyone who can play the game, should be allowed to play the game, a valuable inclusion message for all.

Along with the ATC program, PBATS membership worked hard, in conjunction with Topps, to create a baseball card set that features both past and present players who have performed at the highest level of professional baseball, while battling a disability. The card set includes: Jim Abbott, Buddy Carlyle, Curtis Pride, George Springer, Jake Peavy, Jason Johnson, Jim Eisenreich, Jon Lester, Pete Gray, Sam Fuld, William Hoy and Anthony Rizzo.

Along with ATC, PBATS nationally recognized program, PLAY (Promoting a Lifetime of Activity for Youth), will be working hard in 2016 to have an fantastic year of educating the American people. Our valued partners, the Taylor Hooton Foundation, the Henry Schein Cares Foundation and the Arc will continue to promote a message of fair play, exercise and nutrition in a drug-free environment. This will be the 13th year of PLAY, and we are looking to touch the lives of many more young people while educating them and their families about the value of a balanced and healthy lifestyle. We thank the entire membership for their support of the PLAY program.

On the following pages, you will learn more about these important projects, and many others, that PBATS undertakes in an effort to promote the profession of athletic training as well as educate the public on a variety of important health issues. Whether you are a member of the national baseball media, or part of an individual club's media team, we are confident that over the course of the season you will have an occasion to meet with and/or report on one of our members. When that opportunity arises, we hope that this guide will be a valuable resource and give you an opportunity to share some information with the public about the tireless professionals who comprise the membership of PBATS.

Thank you again for your interest in our organization. On behalf of the athletic trainers of PBATS, we wish you success with the important work that you do covering our great national pastime.

Sincerely,

Mark O'Neal
President, PBATS

PBATS ORGANIZATIONAL MISSION STATEMENT

The mission of the **Professional Baseball Athletic Trainers Society** (PBATS) is to serve as an educational resource for the Major League and Minor League Baseball athletic trainers. PBATS serves its members by providing for the continued education of the athletic trainer as it relates to the profession, helping to improve their understanding of sports medicine so as to better promote the health of the constituency— professional baseball players. PBATS also serves as a resource to educate those outside the professional baseball athletic trainer community about the profession and about the athletic trainer's integral position within the sports medicine team.

The Education Committee

The PBATS Education Committee serves to broaden and improve the knowledge base of the practicing athletic trainer within Major League and Minor League Baseball. This committee administers and oversees the PBATS initiatives that contribute to the continued education of the athletic trainer.

The Public Affairs Committee

The PBATS Public Affairs Committee serves to promote the society and its activities beyond the realm of the professional baseball athletic trainer. Additionally, this committee promotes communication among the PBATS membership and its Minor League Baseball affiliates.

The Development Committee

The PBATS Development Committee serves as the chief fundraising entity of the society, responsible for developing and executing revenue-generating activities to support all official programs of the society.

PBATS' Programs

PBATS Works to Combat Obesity with Its PLAY Campaign

Developed in 2003, PBATS program, PLAY (Promoting a Lifetime of Activity for Youth), continues to work to impact the lives of America's youth. PLAY enters its 13th year, making it the longest running health education campaign in professional sports, designed specifically to help America's young people lead active and healthy lifestyles.

Along with its partners, The Taylor Hooton Foundation and the Henry Schein Cares Foundation, the PLAY Campaign presented events in 28 MLB stadiums in 2015.

PBATS Works Towards Total Inclusion in the Workforce

In 2015, PBATS continued development and promotion of the Ability Transcends Challenges program, or ATC. This program is designed to educate the American people about the role that people with disabilities have played throughout baseball's history, while speaking to the important lessons of inclusion and the need to harness this valuable source of American manpower. Our ultimate goal is to do nothing less than change America's perception about the value of people with disabilities, by demonstrating that truth using baseball.

Along with PBATS spokespeople, Jim Abbott and Curtis Pride, the Ability Transcends Challenges program has partnered with The Arc, the U.S. Business Leadership Network and the United States Department of Labor's Office of Disability Employment Policy (ODEP).

In 2015, PBATS released a baseball card set, produced by Topps, that showcases the talents of both past and present players with disabilities. The card set includes: Jim Abbott, Buddy Carlyle, Curtis Pride, George Springer, Jake Peavy, Jason Johnson, Jim Eisenreich, John Lester, Pete Gray, Sam Fuld, William Hoy and Anthony Rizzo.

PBATS would like to thank Major League Baseball for its generous support for all of our programs and initiatives.

For more information about all PBATS programs, please visit: www.PBATS.com

Athletic Trainers of the Year

Houston Astros Staff Accepts Award at 2015 Winter Meetings

PBATS Honors the Best of the Best in Major League Baseball

PBATS is proud of all of its athletic trainers and athletic training staffs, they're among the most skilled and respected in professional sports. But, each year PBATS members are given the opportunity to honor one major league team's athletic training staff based upon their skill, their professionalism and their dedication to the core mission of PBATS. In 2015, the athletic training staff of the year belonged to the Houston Astros staff of Nate Lucero, Rex Jones and James Ready.

"In 2015 the Astros showcased three of the best professionals in Major League Baseball. They are all deserving of this award," PBATS' President Mark O'Neal said. "They've all done great work during their careers and I can aboslutely say that this staff always puts the care for their players first. It's great to see a staff bridge the gap from veterans to younger PBATS members as efficiently as the Houston Astros did in 2015. Congratulations to the Astros staff and their families on behalf of the entire membership."

International Program

PBATS Influence Continues to be Felt Internationally

PBATS continues to support programs that foster international co-operation and shared learning through many of its on-going international programs.

Rick Griffin, ATC, Head Athletic Trainer of the Seattle Mariners, spearheads the PBATS International Program. Additionally, Griffin serves as the official PBATS liaison to the NATA's International Committee.

Over the course of 10 days during Spring Training in March, 2016, The Seattle Mariners, San Diego Padres, Kanas City Royals and Texas Rangers will be hosting seven Japanese athletic training interns. Supported by the Kinieso Taping Company and PBATS, the interns will receive instruction in the care management and prevention of injuries that occur in the professional baseball setting. Over the course of this program there have now been more than 110 athletic trainers from Japan.

Simultaneously, a similar program is taking place in Florida featuring athletic training interns from Latin American Countries, who spend time in the Grapefruit League. This program is managed by Ray Ramirez, Head Athletic Trainer of the New York Mets, who hails from Puerto Rico. This year there will be four interns from Ireland this year working with the Reds, Indians, Rangers and A's. PBATS also sent Lonnie Soloff of the Cleveland Indians to Ireland to conduct seminars on Baseball Sports Medicine and meet with future interns interested in participating in the Spring Training Educational Exchange Program. This exchange took place at the IT Carlow Institute.

“I believe this series of programs is one of the most important and exciting projects that PBATS provides, giving students from overseas an opportunity to learn in a unique setting from athletic trainers in Major League Baseball,” Griffin explains. “To be able to reach out and share our knowledge of treating baseball related injuries worldwide only adds to the credit of what PBATS is trying to provide and build on internationally.”

All-Star Game

All-Star Game Assignment is a Favorite of Many PBATS Members

Just as every Major Leaguer aspires to be selected to play in Baseball's annual "Mid-Summer Classic," members of Professional Baseball Athletic Trainers Society, (PBATS) consider selection as an All-Star Game Athletic Trainer to be a significant achievement and a career highlight. Athletic trainers who are members of PBATS and have been Major League athletic trainers for a minimum of 10 years, or are the head athletic trainer of the host team, are eligible for the four coveted All-Star athletic training positions.

At the 2015 All-Star Game hosted by the Cincinnati Reds, the distinction of All-Star Athletic Trainer went to **Paul Lessard**, athletic trainer of the host Reds, and **Scott Gehret** of the Rockies. They both served as the National League athletic trainers. Both **Adam Nevala** of the Angels and **Paul Harker** of the Rays served as the All-Star Athletic Trainers for the American League.

The 2016 All-Star Game, to be hosted by the San Diego Padres, will see head athletic trainer **Mark Rogow** of the host Padres and **Ed Halbur** of the Cubs tending to the medical needs of the National League players. **Herm Schneider**, head athletic trainer of the White Sox, and **Doug Teter** of the Tigers will have the distinction of manning the American League training room.

"Players consider selection to the All-Star Game one of the greatest honors of their lives. Well I can honestly say it's no different for athletic trainers. Being an All-Star Game athletic trainer means you've been recognized by your peers as one of the best of the best. In addition, athletic trainers enjoy the opportunity to work with star players from other teams and fellow athletic trainers," PBATS President Mark O'Neal said.

Spring Training Seminar

Co-Chaired by **Dave Pruemer,** head athletic trainer of the Minnesota Twins, and **P.J. Mainville,** head athletic trainer of the Chicago Cubs, the Spring Training Seminar is a great way for PBATS to bring in national experts in Sports Medicine to provide continuing education opportunities for athletic trainers who are new to the game of baseball.

Each year's seminars feature presentations on topics related to the medical care of professional baseball players. Topics are of keen interest to the baseball medical community and their inclusion at the PBATS Spring Training Seminar will ensure that athletic trainers of both the Major and Minor League levels will receive the best information and support possible on these often everyday occurrences.

Internship Program

PBATS Provides Continuing Education for the Profession and Gives Tomorrow's Athletic Trainers a Taste of Life in the Major Leagues

One of the primary missions of PBATS is to be an educational resource, not only to Major League Baseball athletic trainers, but also those who aspire to become one someday. Two on-going educational initiatives of the organization that are helping to do just that, are the annual Spring Training Seminar for athletic trainers in Minor League Baseball, and the internship program for undergraduate athletic training students.

Undergraduate Internship Program

In 2016 PBATS continues its long-standing internship program through which a selected group of young men and women receive a unique learning experience working in a professional baseball athletic training room.

Chaired by **Kyle Turner**, ATC, assistant athletic trainer of the Kansas City Royals, the PBATS Internship Program is renowned throughout the athletic training profession for its unique ability to provide invaluable career experience that can lead to future employment opportunities for the athletic trainers of tomorrow.

In 2015, PBATS received 236 applications. Of these, PBATS placed 15 interns in Major League Athletic Training Rooms and an additional 44 in Athletic Training Rooms throughout the Minor Leagues. In addition, effort was also made to place the students with a professional team near their college or university. This program has had remarkable success.

Today, there are over 35 known certified athletic trainers working throughout baseball that began their careers with a PBATS internship. It's a track record that the organization is extremely proud of.

“PBATS is proud that the internship program has really began to blossom and bear fruit over the past few years,” Kyle Turner explained. “Dozens of young men and women who have been PBATS interns are now highly respected athletic trainers in all levels of baseball and throughout the professional and amateur ranks.”

PBATS Speakers Bureau

Would you like to have a professional athletic trainer speak at an upcoming engagement or event? Many PBATS members are available for interviews and educational presentations on a variety of sports medicine topics. If you are a member of the media or if you are interested in the benefits of having a PBATS member address your audience, please contact PBATS communications firm, The Romano Group, LLC. Additional information about the speakers' bureau also is available on the PBATS website at www.pbats.com.

The Romano Group, LLC
Tel: 414.614.9909
Email: sam@theromanogroup.com

Listing of Conditioning Coordinators

A team-by-team listing of conditioning coordinators can be found on page 77 of the media guide. Athletic trainers work hand-in-hand with their club's conditioning coordinators to design injury prevention and rehabilitation programs for their athletes. Some of baseball's conditioning coordinators are also certified athletic trainers.

Medical Resources

The back of this booklet features a glossary of medical terms and anatomical charts beginning on page 79. For additional information about a particular athletic injury, please contact your local athletic trainer.

Media Guide

This guide was produced by PBATS through the direction of President, **Mark O'Neal**, and Media Guide Chairman, **Brian Ebel**. For more information on the organization, please visit their website at www.PBATS.com.

PBATS Honorary Members

Frank W. Jobe, M.D.

Bill Schmidt

Lewis A. Yocum, M.D.

Rollin Mallernee

Neil Romano

Commissioner Allan "Bud" Selig

PBATS Hall of Fame

Class of 2012

Dave Pursley, ATC

Frank W. Jobe, M.D.

Class of 2013

Bill Bueller, ATC

Jeff Cooper, ATC

Charlie Moss, ATC

Lewis Yocum, M.D.

Class of 2015

Larry Starr, ATC

Gene Monahan, ATC

Kent Biggerstaff, ATC

PBATS Executive Committee

President	**Mark O'Neal**, *Dir. of Athletic Training* Chicago Cubs Wrigley Field 1060 W. Addison Street Chicago, IL 60613
Treasurer	**Tom Probst**, Sr. *Dir. of Medical Operations* Colorado Rockies Coors Field 2001 Blake St. Denver, CO 80205
Secretary	**Ron Porterfield**, *Head Athletic Trainer* Tampa Bay Rays Tropicana Field One Tropicana Drive St. Petersburg, FL 33705
NL Representative	**Keith Dugger**, *Head Athletic Trainer* Colorado Rockies Coors Field 2001 Blake St. Denver, CO 80205
AL Representative	**Nick Kenney**, *Head Athletic Trainer* Kansas City Royals Kauffman Stadium 1 Royal Way Kansas City, MO 64129
Assistant Trainer Representative-NL	**Ben Potenziano**, *Assistant Athletic Trainer* Pittsburgh Pirates PNC Park 115 Federal Street Pittsburgh, PA 15212
Assistant Trainer Representative-AL	**Brian Ball**, *Assistant Athletic Trainer* Chicago White Sox U.S. Cellular Field 333 W. 35th Street Chicago, IL 60616
Past President	**Richie Bancells**, *Head Athletic Trainer* Baltimore Orioles Oriole Park at Camden Yards 333 W. Camden Street Baltimore, MD 21201
General Counsel	**Rollin E. Mallernee II**, *Attorney at Law* 400 Colony Square 1201 Peachtree St., Suite 1750 Atlanta, GA 30361
Media Operations	**Neil Romano,** *Public Relations Consultant* The Romano Group, LLC 526 Greenbrier Ave. Kissimmee, FL 34747

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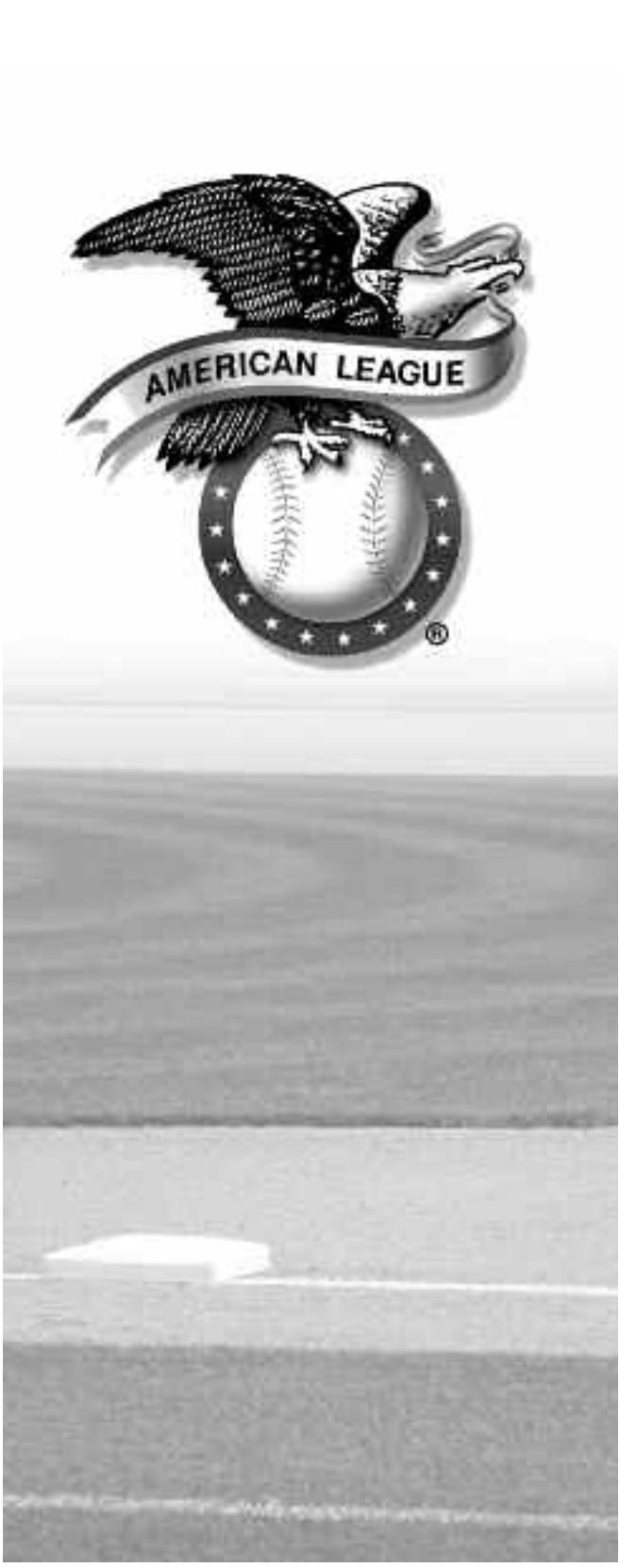
AMERICAN LEAGUE

Richard BANCELLS

Head Athletic Trainer

Biscayne College (B.A.)
Eastern Kentucky University (M.S.)
Years in MLB: 33

Richard "Richie" Bancells, 60, was one of the recipients of the 1995 & 2011 "Major League Baseball Athletic Training Staff of the Year Award." The Key West, Fla., native began his career with the Orioles' Rookie League affiliate in 1978 where he served as athletic trainer for the Class A Bluefield Orioles. He served as athletic trainer for the AAA Rochester Red Wings from 1980 to 1983. He has spent his entire Major League athletic training career with the Orioles, the last 26 years as head athletic trainer. Bancells received his master's degree from Eastern Kentucky University in 1981, where he was a graduate assistant under NATA past-president Bobby Barton for EKU football, basketball and track teams. In 1999 he was honored as a distinguished alumnus of EKU. Bancells served as athletic trainer for the Major League All-Star Game in 1993 and 2004. He is a member of the Maryland Athletic Trainers Association and their Hall of Fame. In 2011 received the Orioles Advocates Herb Armstrong Award and named to the Orioles Hall of Fame. Richie is a past President of PBATS serving 3 terms from 2008-2013. He has also served on the PBATS Board as Treasurer and Secretary. In 1996, he visited Tokyo to lecture on athletic health care for the Japanese Professional Baseball Athletic Trainers Society (JPBATS). In 2002, Bancells was a part of the Major League Baseball/Japan All-Star Tour. A certified member of the NATA, Bancells was a recipient of the 2011 NATA Most Distinguished Athletic Trainer Award. He is also a two-time recipient of the PBATS Athletic Training Staff of the Year award - 1995 with Jamie Reed and 2011 with Brian Ebel. Bancells is a member of the American College of Sports Medicine. He presently sits on the Major League Baseball Medical Advisory Committee and during the off-season often serves as a lecturer at various seminars. Richie lives in Parkton, Md., with his wife, Carol. They have three children, Christopher, Andrea, Timothy and one grandson, Ryan.

Brian EBEL

Assistant Athletic Trainer

Eastern Kentucky University (B.S.)
Johns Hopkins University (M.B.A.)
Years in MLB: 20

Brian Ebel, is enjoying his 20th year in Major League Baseball and his 31st as a member of the Baltimore Orioles athletic training staff. Ebel 48, was one of the recipients of the 2012 PBATS President's Distinguished Service award for his work on Electronic Medical Records. He was a recipient of the 2011 Major League Athletic Training staff of the year award along with Richie Bancells. He began his career with 12 years in the Orioles farm system, Working his way up through the ranks with affiliates in Bluefield, W.Va. (Rookie League); Erie, Penn. (Class A); and Hagerstown, Md. (Class AA). From 1992 to 1996, he served as the O's Head Minor League Athletic Trainer and rehabilitation coordinator in Sarasota, Fla. The Versailles, Ind. native received scholarships in 1985 from PBATS, and in 1986 from Eastern Kentucky University, his alma mater and was honored as a distinguished alumnus in 1999. In 2003, he earned an MBA degree from Johns Hopkins University. In 2004, Ebel completed an administrative residency at Johns Hopkins Bayview Medical Center. Ebel was an Athletic Trainer for the American League at the 2007 All-Star Game. Ebel currently serves on the Major League Baseball Medical Advisory Board and the MLB steering committee for Electronic Medical Records. He also sits on the PBATS Gatorade Advisory Board. Ebel served on the PBATS Board as the American League Assistant Athletic Trainer Representative from 1999-2005. He also served on the Board of Directors for United Cerebral Palsy of Central Maryland (UCP) from 2005-2010. In 2011, Ebel Traveled to Taiwan as part of the MLB All-Star series tour. In May 2012, Ebel was awarded a United States Patent for an Orthopedic device to aid in the treatment of Plantar Fasciitis and Heel Spurs during weight bearing activities. He is a Certified member of the National Athletic Trainers Association, Maryland Athletic Trainers Association, a licensed athletic trainer in both Maryland and Florida, as well as a member of the American College of Sports Medicine. Ebel has two sons, Brady and Brett.

Chris CORRENTI

Assistant Athletic Trainer

Illinois State University (B.S.)
Years in MLB: 6

Chris Correnti, 49, is entering his third season as assistant athletic trainer with the Baltimore Orioles. Correnti spent the 2012-2013 season as a performance consultant with the Orioles, and prior to that, he spent 2007-2010 as a consultant and rehabilitation specialist with the New York Mets. Chris started his career in professional baseball with the Houston Astros in 1990, and worked in the Midwest and Florida State Leagues until 1993. He then spent 1994-2005 within the Boston Red Sox organization, finishing his time with the Red Sox as the Major League assistant athletic trainer and rehabilitation coordinator from 2001-2005. Chris is ATC and CSCS certified. He currently resides in Fort Myers, FL., with wife Cynthia and his four children, Jimmy, Ashlyn, Sarah, and Jennifer.

Chris POOLE

Assistant Athletic Trainer

Towson University (B.S.)
William Patterson University (MS)
Years in MLB: 1

Chris Poole, 28, is entering his first year as an Assistant Athletic Trainer with the Baltimore Orioles. He has been an athletic trainer in the organization since 2013 with the Gulf Coast League Orioles, Aberdeen IronBirds and parts of two seasons with the Major League club, as well as a serving as the organization's athletic trainer representative for the Arizona Fall League in 2014 with the Glendale Desert Dogs. Prior to being hired by the Orioles he spent the 2010 and 2012 seasons as the Professional Baseball Athletic Training Society's intern with the Orioles. He received his Bachelor of Science degree in Athletic Training in 2010 from Towson University and his Master of Science degree in Exercise Science with a concentration in Exercise Physiology in 2012 from William Paterson University. Poole is a certified member of the National Athletic Trainer's Association, Maryland Athletic Trainer's Association and is licensed to practice athletic training in both Maryland and Florida. He was born and raised in Maryland and currently resides in Columbia, MD.

Minor League Athletic Trainers

Medical Coordinator
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Frederick Keys (A)
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Delmarva Shorebirds (A)
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Aberdeen IronBirds (Short-Season A)
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Gulf Coast League (Rookie)
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Gary Smith .....sportsmith01@aol.com 443.844.2826

Latin America Coordinator
Manny Lopez .....mlopez@orioles.com 815.519.4448

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Richie Bancells .....1988 - Present
Ralph Salvon .....1968 - 1987
Eddie Weidner .....1954 - 1967

ASSISTANT ATHLETIC TRAINER
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Chris Correnti .....2014 - Present
Jamie Reed .....1989 - 1996
Richie Bancells .....1984 - 1987
Ralph Salvon .....1966 - 1967

Brad PEARSON

Head Athletic Trainer

Springfield College (B.S.)
University of Massachusetts (M.S.)
Years in MLB: 5

Brad, 37 enters his first season as a Head Athletic Trainer after serving as an assistant athletic trainer for the last four years. Prior to be an assistant athletic trainer in major league, he spent 9 seasons in the minor league system. Previously, Brad held the roll of Minor League Athletic Training Coordinator from 2008-2012. The Ludlow, VT native attended Springfield College (Springfield, MA) where he graduated with B.S. in Athletic Training and also attended the University of Massachusetts (Amherst, MA) and graduated with M.S. in Exercise Science. He is certified through both the NATABOC and the NSCA respectively. Brad currently resides in Brookline, Mass. with his wife Candace.

Masai TAKAHASHI

Assistant Athletic Trainer

University of Nevada - Las Vegas (B.S., M.S.)
Years in MLB: 10

Masai, 40, is entering his 10th year as an assistant athletic trainer for the Red Sox after formerly serving as Head Athletic Trainer for the AA affiliate of the Red Sox in Portland, ME, and the A affiliate of the Sarasota Red Sox in Florida. The Tokyo, Japan native moved to Nevada in 1995, and attended UNLV for his BS and MS degrees. He enjoys cycling and photography in his spare time. Masai, his wife, Ayumi, and their twin sons, Kaisei and Shoei reside in Southborough, MA.

Dan DYREK

Physical Therapist, Dir. of Sports Medicine Service

Canisius College (B.A.) Downstate Medical Center SUNY (B.S.)
Boston University (M.S. PT) MGH Institute of Health Professions (DPT)
Years in MLB: 5

Dan now serves as the Director, Sports Medicine Service in his fifth year with the team. He previously was in private practice focusing in orthopaedic physical therapy in Wellesley Hills where he managed athletes from around the country and abroad performing at the professional, Olympic, international elite and collegiate level. Prior to this, Dan worked at two Boston teaching hospitals, where he held clinical and administrative positions. He has held faculty appointments at two local physical therapy schools. Dan has published articles and book chapters regarding the concepts of orthopaedic physical therapy. He has lectured extensively across the country. He is a member of the American Physical Therapy Association and the Chapter of Orthopaedic Physical Therapy.

Paul BUCHHEIT

Assistant Athletic Trainer

Buena Vista University (B.A.)
Northern Iowa University (M.S.)
Years in MLB: 1

Paul, 33, begins his first season with the Boston Red Sox after previously working for ten years in the Boston Red Sox Minor League system. He most previously served as Head Minor League Medical Coordinator for 2 years and before that he was Minor League Athletic Trainer Coordinator for 2 years. Paul is a Sioux City, IA native who attended Buena Vista University (Storm Lake, IA) where he received his B.A. in Athletic Training in 2004 and then attend Northern Iowa University (Cedar Falls, IA) where he graduated with a M.S. in Athletic Training in 2006. Paul currently resides in Ft. Myers, FL with his wife Allison and two sons Hayden and Noah.

Fenway Park
4 Yawkey Way | Boston, MA | 617.226.6000

Adam THOMAS

Physical Therapist

Northeastern University (DPT, BS)
Western Michigan University (MA)
Years in MLB: 1

Adam started with the Boston Red Sox in September 2015. He was previously a professor for eleven years in the Department of Physical Therapy, Movement and Rehabilitation Sciences at Northeastern University, as well as the Athletic Trainer and Physical Therapist for the Boston Cannons Professional Lacrosse Team and Team USA Lacrosse. Adam is a board certified sports clinical specialist and has practiced at Sports and Physical Therapy Associates in Boston, MA and South Shore Hospital Center for Orthopedics, Spine and Sports Medicine in Hingham, MA. He is a member of the American Physical Therapy Association and the National Athletic Trainer Association. From 2002-2004, Adam worked as an athletic trainer in the Houston Astros Organization at the A affiliates in Troy, NY and Lexington, KY. Adam currently resides in Dorchester, MA.

Elana WEBB

Sports Medicine Administrative Manager

Bates College (B.S.)
Years in MLB: 1

Elana now serves as the Sports Medicine Administrative Manager for the Red Sox, providing oversight of all player related worker's compensation, medical billing management, Therapeutic Use Exemption management, oversight of the electronic storage of medical records and other administrative responsibilities for Sports Medicine Services and Behavioral Health. Prior to joining the Sports Medicine group, Elana held positions in Human Resources and Finance for the Red Sox. Previously, Elana spent most of her career in the financial services sector where she held various senior level Human Resources positions.

Minor League Athletic Trainers

Medical Coordinator
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Latin Medical Coordinator
David Herrera .....dherrera@redsox.com 617.872.2225
Physical Therapist
Jason Bartley .....jbartley@redsox.com 617.620.7969
Strength and Conditioning Coordinator
Edgar Barreto .....ebarreto@redsox.com 293.910.2974
Pawtucket Red Sox (AAA)
Jon Jochim .....jjochim@redsox.com 617.645.9311
Portland Sea Dogs (AA)
TBD .....
Salem Red Sox (A)
TBD .....
Greenville Bombers (A)
Nick Faciana.....nfaciana@redsox.com 857.383.8985
Lowell Spinners (Short-Season A)
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GCL Red Sox (Rookie)
David Herrera .....dherrera@redsox.com 617.872.2225

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Brad Pearson .....2016 - Present
Richard Jameyson.....2012 - 2015
Mike Reinold .....2010 - 2011
Paul Lessard .....2006 - 2009
Jime Rowe.....1995 - 2005
Charlie Moss .....1975 - 1994
Buddy LeRoux.....1966 - 1974
Jack Fadden .....1950 - 1965

ASSISTANT ATHLETIC TRAINER
Paul Buchheit .....2016 - Present
Masai Takahashi .....2007 - Present
Brad Pearson.....2012 - 2015
Greg Barajas .....2010 - 2011
Mike Reinold .....2006 - 2009
Chris Correnti .....2001 - 2005
Chang-Ho Lee .....2002 - 2005
Rich Zawacki .....1990 - 2000

Herman SCHNEIDER

Head Athletic Trainer

State University of New York (B.S.)
Years in MLB: 38

Herman Schneider, 61, is beginning his 38th season in the Major Leagues. Born in Amsterdam, the Netherlands, and raised in Rochester, N.Y., Schneider began his health care career in the Minor Leagues with the Orioles' Florida Instructional League team in 1969. The following season he joined the New York Yankees and made stops at each level of their system while also working nine years as head athletic trainer for Ponce in the Puerto Rican Winter League. Schneider earned his bachelor's degree in sports medicine from Monroe Community College in Rochester, N.Y., in 1975. He served as assistant athletic trainer for the Yankees during their World Championship years of 1977 and 1978 before joining the Chicago White Sox as head athletic trainer in 1979. In 2003, Schneider was an athletic trainer for the Major League Baseball All-Star Game in Chicago's U.S Cellular Field. He also served as an athletic trainer for the All-Star Game in 1977, 1983 and 1991, and along with his assistant, Mark Anderson, received the 1996 "Major League Baseball Athletic Training Staff of the Year Award." Schneider serves as a board member for the Deicke Center for Visual Rehabilitation and lives in Naperville, Ill., with his wife, Janet, and their two children, Daniel and Caitlin.

Brian BALL

Assistant Athletic Trainer

University of Kentucky (B.S.)
University of Memphis
Years in MLB: 16

Brian Ball, 40, begins his 16th season with the White Sox as the assistant athletic trainer. Prior to joining Chicago, Brian spent four years with the Texas Rangers. Ball graduated from the University of Kentucky in 1995. He then attended graduate school at the University of Memphis. There he served as a graduate assistant athletic trainer for football, baseball and Olympic sports. Brian is a certified member of the National Athletic Trainers Association (NATA), Great Lakes Athletic Trainers Association (GLATA), and the Illinois Athletic Trainer Association (IATA). A current member of the American Red Cross, he is a Professional Rescuers CPR and First Aid instructor. In 2011 he was selected to work as the AL Assistant Athletic Trainer for the All Star game at Chase Field in Phoenix, Arizona. Currently an active board member for the Spectrios Institute for Low Vision in Wheaton, IL. Brian enjoys fishing, outdoors and the off season. He also enjoys spending some quality time with his kids. Brian makes his home in Chicago.

U.S. Cellular Field
333 West 35th Street | Chicago, IL 60616 | 312.674.1000

Minor League Athletic Trainers

Minor League Medical Coordinator
Scott Takao 623.302.5349

Charlotte Knights (AAA)
Scott Johnson 704.274.8252

Birmingham Barons (AA)
James Kruk 205.703.4296

Winston-Salem Dash (A)
Josh Fallin 336.331.3813

Kannapolis Intimidators (A)
Joe Geck 704.938.3637

Great Falls Voyagers (Rookie)
Margaret Rall 406.452.5311

Arizona League (Rookie)
Cory Barton 623.302.5350

Minor League Physical Therapist (Arizona)
Sean Bardenett 623.302.5350

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Herm Schneider .....1979 - Present
Charlie Saad .....1967 - 1978
Ed Froelich .....1954 - 1966
Myron Esler .....1951 - 1953
Ed "Packy" Schwartz .....1943 - 1950
Ed Froelich 1942
Dr. A.F. Schacht .....1933 - 1941

ASSISTANT ATHLETIC TRAINER
Brian Ball .....2001 - Present
Mark Anderson .....1986 - 2000
Roy Ogren 1985
Brandt McFarlin 1984

James QUINLAN

Head Athletic Trainer

Temple University (B.S.)
Widener University (DPT)
Years in MLB: 3

James Quinlan, 34, is beginning his third season as head athletic trainer with the Cleveland Indians after spending 6 seasons in the Cleveland Indians Player Development System. Quinlan spent two seasons (2012-2013) serving as athletic trainer at the club's Triple-A affiliate in Columbus, OH. Prior to 2012 he spent four seasons as the Indians rehabilitation coordinator. Quinlan joined the Indians organization in 2007 as the athletic trainer at the Mahoning Valley (Rookie) affiliate. Quinlan received a bachelor's degree in athletic training while a student at Temple University in Philadelphia. He then obtained a doctorate in physical therapy from Widener University. Quinlan, who is also a member of the NATA and APTA, began his career in baseball with the Philadelphia Phillies in 2003 as an intern for the rehabilitation coordinator. A native of Havertown, PA, Quinlan lives in Avon Lake, OH with his wife and two children.

Jeff DESJARDINS

Assistant Athletic Trainer

Plymouth State College (B.S.)
Years in MLB: 7

Jeff Desjardins, 42, is beginning his seventh season as an assistant athletic trainer with the Cleveland Indians after spending 9 seasons as a minor league athletic trainer in the Cleveland Indians Player Development System. Desjardins spent three seasons (2007-2009) serving a dual role as the Indians athletic training coordinator and athletic trainer at the club's Triple-A affiliates in Buffalo, NY and Columbus, OH. In 2005 and 2006, he was the athletic trainer for the Indians AA affiliate in Akron, Ohio. In 2006, he was named the Eastern League Athletic Trainer of the Year and was selected to represent the Indians in the Arizona Fall League. He held the same position in Kinston, NC in 2004 and in Lake County, OH in 2003. Desjardins originally joined the Indians organization in 2001, as the athletic trainer in Burlington, NC and served in that role for two seasons. A graduate of Plymouth State College in Plymouth, New Hampshire, Desjardins is a certified athletic trainer and a certified strength and conditioning specialist. He is also an American Red Cross First Aid and CPR Instructor. A native of Gorham, ME., Desjardins and family currently reside in Cleveland, Ohio.

Michael SALAZAR

Assistant Athletic Trainer

Manchester University (B.S.)
University of Alabama at Birmingham (M.A.E.)
Years in MLB: 5

Michael Salazar, 40, is beginning his fifth season as an assistant athletic trainer with the Cleveland Indians after spending 11 seasons as a minor league athletic trainer in the Cleveland Indians player development system. Salazar spent the last two seasons (2010-2011) as an athletic trainer at the club's Triple-A affiliate in Columbus, OH. From 2007 through 2009, he was the athletic trainer for the Indians AA affiliate in Akron, Ohio. In 2005 and 2006, Salazar covered the Kinston Indians in Kinston, NC. In 2004 he spent one year covering the Tribe's low long Season A affiliate, the Lake County Captains, where he was named the South Atlantic League athletic trainer of the year. Prior to his tour with the Captains, Michael spent 3 seasons (2001-2003) with the Mahoning Valley Scrappers, in Niles, OH. Michael originally joined the Cleveland Indians organization in 2000 when he covered the Burlington Indians in Burlington, NC. Prior to working with the Tribe, Michael spent one year in the Atlanta Braves organization as a minor league athletic trainer. Of note, Michael was appointed to the position of head athletic trainer for the Dominican Team during the first two World Baseball Classics. He spent two off seasons (2004 and 2011) working for the Aguilas, a winter ball team in the Dominican Republic. Michael obtained his under graduate degree at Manchester University, in North Manchester, IN and completed his graduate work at the University of Alabama at Birmingham. A native of Chicago, Salazar currently resides in Cleveland.

Progressive Field
2401 Ontario Street | Cleveland, OH 44115 | 216.420.4200

Lonnie SOLOFF

Senior Director of Medical Services

St. Louis University (B.S., MPT)
Northeastern University (DPT)
Years in MLB: 17

Lonnie Soloff, 41, is beginning his third year as Senior Director of Medical Services after spending ten years as head athletic trainer for the Cleveland Indians. In this role, Lonnie leads the organization's efforts in research and development pertaining to physical development, performance enhancement and injury prevention while assisting club executives in short-term and long-term injury risk assessments relative to strategic amateur and professional player personnel decisions. Lonnie continues to supervise the organization's Athletic Trainers, Strength & Conditioning Coaches and Team Physicians, overseeing injury treatment, rehabilitation systems and physical development at both the Major League and Minor League levels. Active in teaching orthopedics and baseball sports medicine, Soloff participates in clinical research and lectures. In addition to sharing the honor of Major League Athletic Training Staff of the Year and Dick Martin Awards in 2007, Soloff was chosen to serve as American League athletic trainer for the 2012 MLB All-Star game. ((Moved from the top of paragraph)) Prior to joining the Indians organization in 2003, Lonnie served as physical therapist from 1999-2002 and assistant athletic trainer in 2003 for the Cincinnati Reds. A member of the NATA and APTA, Soloff began his career in baseball with the St. Louis Cardinals in 1996 as part of the PBATS internship program. A native of New Orleans, Soloff lives in Avon Lake, Ohio with his wife and three children.

Athletic Trainers' History

HEAD ATHLETIC TRAINER

James Quinlan .....2014 - Present
Lonnie Soloff .....2004 - 2013
Paul Spicuzza .....1997 - 2003
Jim Warfield .....1971 - 1996
Wally Bock .....1949 - 1970
Max "Lefty" Weisman .....1921 - 1948
Percy Smallwood .....1920 - 1921
James Pyne 1919

ASSISTANT ATHLETIC TRAINER

Jeff Desjardins .....2010 - Present
Michael Salazar .....2012 - Present
Richard Jameyson .....2003 - 2011
Nick Kenney .....2005 - 2009
Jim Warfield .....1997 - 2002
Paul Spiccuza .....1982 - 1996

Minor League Athletic Trainers

Athletic Training Coordinator
Michael Salazar .....msalazar@indians.com 216.533.6946

Rehabilitation Coordinator
TBD .....

Columbus Clippers (AAA)
Chad Wolfe.....cwolfe@indians.com 216.650.2395

Akron Aeros (AA)
Jeremy Heller .....jheller@indians.com.....216.533.3767

Carolina Mudcats (A)
Bobby Ruiz.....rruiz@indians.com 216.973.7794

Lake County Captains (A)
Matthew Beauregard ..mbeauregard@indians.com 216.633.2183

Mahoning Valley Scrappers (A)
Jake Legan.....jlegan@indians.com.....910.548.2993

Arizona Indians (Rookie)
Teddy Blackwell .....tblackwell@indians.com.....216.702.2902

Dominican Complex Athletic Trainer
Gabriel Garcia .....ggarcia@indians.com.....619.972.1660

Kevin RAND

Director of Medical Services, Head Athletic Trainer

Bowdoin College (B.A.)
Years in MLB: 24

Kevin Rand, 56, is in his 14th season as the Head Athletic Trainer for the Detroit Tigers. Prior to joining Detroit, Rand was an Assistant Athletic Trainer with the Montreal Expos in 2002 and the Florida Marlins from 1993 to 2001. He served as the Head Athletic Trainer for the American League at the 2005 All-Star Game. In 2006, Rand was named as part of the PBATS Major League Athletic Training Staff of the Year. He represented the American League as an Athletic Trainer for the MLB All-Star Series in Japan in 2014. A native of Cape Elizabeth, ME, Rand was inducted into the Maine Baseball Hall of Fame in 2007. He began his career with the New York Yankees organization as the Athletic Trainer of the Class-A Ft. Lauderdale Yankees in 1982. In 1985, he was elevated to the Class AA Albany-Colonie Yankees and the Class AAA Columbus Clippers the following season. In 1989, Rand began a four-year stint as the Yankees' Minor League head athletic trainer/rehabilitation supervisor. He also served as athletic trainer for La Guaira in the Venezuelan Winter League in 1987 and Caimanes in the Dominican Winter League in 1985. Rand served on the PBATS Executive Committee as the National League Assistant Athletic Trainer Representative from 1998-2001 and as the American League Head Athletic Trainer representative from 2004-2009. He is a certified member of the NATA and the NSCA.He and his wife, Tisa, have four sons, Keegan, Kamden, Kallen, and Kashton and reside in Lakeland, Fla.

Doug TETER

Assistant Athletic Trainer

Central Michigan University (B.S.)
University of Alabama (M.A.)
Years in MLB: 11

Doug Teter, 45, will be entering his 11th year as an Assistant Athletic Trainer for the Detroit Tigers following 13 years in the Minor League system. He joined the Tigers' Organization with the Fayetteville, NC affiliate (1993), moved on to Jamestown, NY (1994), and worked two years with the Lakeland Tigers (1995-1996). After serving two years as Rehabilitation Coordinator (1997-1998), he was given the Minor League Medical Coordinator position that he held until this year. Teter was named Dwight Lowry Player Development Man of the Year in 2001. In 2006 Doug shared the PBATS Major League Athletic Training Staff of the Year award. A native of Constantine, MI, Doug currently resides in Lakeland, FL with his wife Joya and three sons Zachary, Deacon, and Matthew.

Matt RANKIN

Assistant Athletic Trainer

Ohio University (B.S. & M.S.)
Years in MLB: 3

Matt Rankin, 44, begins his third season as an Assistant Athletic Trainer for the Detroit Tigers after 18 seasons with the organization. Prior to joining the Major League team, Matt served as the Athletic Trainer for the AAA affiliate of the Tigers, the Toledo Mud Hens for the previous 13 seasons. He joined the organization in 1996 spending that season with Single-A Visalia before spending two seasons with both Single A Jamestown (1997-98) and Single-A Lakeland (1999-2000). Rankin also served as the Athletic Trainer for the Honolulu Sharks of the Hawaii League in 1997, Delaware Stars of the Maryland Fall League in 1998, Leones de Escogido in Dominican Winter in 2001 and 2003, Phoenix Desert Dogs (2006) and the Peoria Saguaros (2007) in the Arizona Fall League. In 2010 he was named International League Athletic Trainer of the Year by his peers. A native of Richwood, Ohio, Matt currently lives in Toledo, Ohio with his wife Amy.

Comerica Park
2100 Woodward Ave. | Detroit, MI 48201 | 313.962.4000

Minor League Athletic Trainers

Medical Director
Corey Tremble .....corey.tremble@detroittigers.com 863.413.4116

Toledo Mud Hens (AAA)
Chris McDonald .....chris.mcdonald@detroittigers.com.....419.725.4367

Erie Seawolves (AA)
TJ Saunders.....thomas.saunders@detroittigers.com ..814.456.1300

Lakeland Flying Tigers (A)
Jason Schwartzman....jason.schwartzman@detroittigers.com ..863.413.4152

West Michigan Whitecaps (A)
TJ Obergfell .....tj.obergfell@detroittiger.com 616.784.4131

Connecticut Tigers (A)
Chris Vick .....christopher.vick@detroittigers.com 607.432.6326

GCL Tigers (Rookie)
Jarad Branski .....jarad.branski@detroittigers.com 863.413.4125

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Kevin Rand .....2003 - Present
Russ Miller.....1991 - 2002
Pio DiSalvo .....1985 - 1990
Bill Beam .....1967 - 1984
Jack Homel .....1946 - 1966
Dr. Gustav Nemitz .....1941 - 1945
Denny Carroll.....1936 - 1940
Jimmy Duggan.....1922 - 1931
Thomas "Tim" Daly .....1920 - 1921

ASSISTANT ATHLETIC TRAINER
Doug Teter.....2006 - Present
Matt Rankin.....2014 - Present
Steve Carter .....1995 - 2013
Bill Armstrong .....1985 - 1990
Pio DiSalvo.....1980 - 1984, 1991 - 1994
Joe Liscio.....1946 - 1962
Dr. Raymond Forsyth.....1944 - 1945

Jeremiah RANDALL

Head Athletic Trainer

Tabor College (KS) (B.S.)
University of Kansas (M.Ed.)
University of Miami (D.P.T.)
Years in MLB: 4

Jeremiah Randall was named the Houston Astros Major League Head Athletic Trainer on November 9th, 2015. Prior to joining the Astros, he spent the previous three seasons with the Pittsburgh Pirates serving as the club's Major League Rehab Coordinator and Physical Therapist/Assistant Athletic Trainer. Prior to joining the Pirates, Randall worked two seasons with the Los Angeles Dodgers, serving as their Minor League Rehab Coordinator in 2010 and as their Major League Physical Therapist for the 2011 season. In addition to his time in Major League Baseball, Randall spent time as an intern in the NFL with the Seattle Seahawks and New England Patriots. He has also presented at several national sports medicine conferences and has contributed as an author to various sports medicine and rehabilitation textbooks. Currently, he is the principal investigator for the testing of several functional upper extremity assessment tools for use in the overhead throwing athlete. In addition to his clinical research, he has co-authored several case studies that are under peer review for publication in the American Journal of Sports Medicine. Jeremiah received his Doctor of Physical Therapy Degree in 2009 from the University of Miami (FL). He conducted research while at the University of Miami involving active military members and aided in the development of the Comprehensive High-level Activity Mobility Predictor (CHAMP). He received his undergraduate degree in Biology from Tabor College in Hillsboro, KS, and went on to the University of Kansas to obtain his athletic training degree. During his time at Tabor College, he was a 3 year letterman in basketball and track as well as receiving all-conference honors in both sports. The 34-year-old Randall was born in Mound City, KS. He resides in Lakewood Ranch, FL, with his wife Kelly and daughter Aliann (4) and son Declan (1).

James READY

Assistant Athletic Trainer

Central Michigan University (B.S.)
Louisiana State University (M.S.)
Years in MLB: 2

James, 34, is entering his second season as an assistant athletic trainer with Houston Astros. Before that he spent three season as the Minor League Athletic Training and Rehabilitation Coordinator with the Philadelphia Phillies where he was responsible for overseeing all minor league athletic trainers and rehabilitation of minor league players and assisting in Major League rehabs. Before that, James spent 5 seasons with the Arizona Diamondbacks spending one year in Visalia, CA, one year in Mobile, AL, and three years in Reno, NV. James was an athletic trainer for the 2007 Arizona Fall League Champions the Phoenix Desert Dogs. James was part of the 2015 Houston Astros athletic training staff that won Major League Athletic Training Staff of the year. He received a Master's degree from Louisiana State University while being a graduate assistant with the track and field team and football team. He served as a PBATS intern with Detroit Tigers in 2003. He is originally from Martin, SD. James currently resides in Pearland, TX with his wife Nathalie.

Daniel ROBERTS

Assistant Athletic Trainer

Eastern Kentucky University (B.S.)
East Tennessee State University (D.P.T.)
Years in MLB: 1

Daniel, 32, from Adairville, KY, is entering his first season as an assistant athletic trainer/physical therapist for the Houston Astros. He spent the last 5 seasons as the organization's Minor League Rehab Coordinator. He was in charge of all minor league rehab programs and assisting with Major League rehab as needed. Prior to joining the Astros, Roberts served as an assistant athletic trainer at Charleston Southern University and worked in an outpatient physical therapy clinic. Daniel has a doctorate of physical therapy degree from East Tennessee State University and received a Bachelor of Science Degree in athletic training from Eastern Kentucky University. In 2014, he became a board certified sports physical therapist. Daniel and his wife Rachel reside in Pearland, TX with their son Wyatt.

Minute Maid Park
501 Crawford St. | Houston, TX 77002 | 713.259.8000

Minor League Athletic Trainers

Medical Coordinator
Scott Barringer 215.768.8414
Rehabilitation Coordinator
Justin Podell 574.339.0199
Strength and Conditioning Coordinator
Brenden Verner 330.606.6351
Frenso Grizzlies (AAA)
Brian Baca.....713.376.6999
Corpus Christi Hooks (AA)
Grant Hufford 713.628.0621
Quad City River Bandits (A)
Corey O'Brien 651.402.8571
Lancaster JetHawks (A)
Michael Rendon 713.376.6493
Tri-City Valley Cats (Rookie)
John Gregorich 214.734.2461
Greeneville Astros (Rookie)
Elliot Diehl 408.829.5554
GCL Astros (Rookie)
Ben Myers 502.759.7105
Dominican Summer League
Christian Bermudez.....407.267.1895
Dan Cerquera 718.791.2317
Osiris Ramirez 809.866.9054

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Jeremiah Randall .....2016 - Present
Nathan Lucero .....2009 - 2015
David Labossiere.....1983 - 2008
Don Kiger.....1978 - 1982
Jim Ewell .....1962 - 1977

ASSISTANT ATHLETIC TRAINER
Daniel Roberts .....2016 - Present
James Ready .....2015 - Present
Rex Jones .....1994 - 2015
Jim Ewell .....1983 - 1993

Nick KENNEY

Head Athletic Trainer

Wilmington College (B.S.)
Years in MLB: 14

Nick Kenney, 44, is entering his seventh season as head athletic trainer with the Kansas City Royals. He had spent the previous five years as the assistant athletic trainer with the Cleveland Indians after two years with the Cincinnati Reds. Kenney was the American League host for the 2012 MLB All-Star game. Prior to working in baseball, Kenney spent seven years as an athletic trainer with the Cincinnati Cyclones of the International Hockey League. The Wilmington, Ohio, native and Wilmington College graduate also worked from 2000 to 2002 as the program manager of sports medicine for TriHealth in Cincinnati. When not working, Kenney enjoys lifting weights and fishing. He lives in Overland Park, KS with wife, Patty, and their children, Paige, Colin, Nathan, and Madison.

Kyle TURNER

Assistant Athletic Trainer

Southern Utah University (B.S.)
Years in MLB: 7

Kyle is entering his seventh season as an assistant athletic trainer with the Kansas City Royals. From 2007 to 2009, he served as the Royals' minor league medical coordinator after spending 7 seasons with the Texas Rangers in different capacities in the minor leagues: Turner played 4 years of Division 1 baseball while at SUU and took his 1st Athletic Training position as the Head Athletic Trainer at Northern Oklahoma College. After spending 2 and half years at NOC he committed to his Professional Baseball career. Kyle enjoys playing golf, hunting, fishing, home improvement projects but most importantly spending time with his wife Wendy and two beautiful daughters, Brooke and Malia.

Jeffrey BLUM

Major League Physical Therapist/Rehab Director

Illinois College (B.S.)
Regis University (tDPT)
Elon University (MPT)
Years in MLB: 9

Jeff Blum is entering his 9th season as the Kansas City Royals Major League Physical Therapist and Rehab Director. He had spent the previous six years with the Atlanta Braves serving as the Minor League Rehab Coordinator from 2006 - 2007. Prior to working in baseball, Blum was a Student Athletic Trainer, CNA/PRA, and played baseball while at Illinois College. When not working, Jeff enjoys outdoor activities and his family. He lives in Blue Springs, MO with his wife Heather, and their children, Maranatha, Austin, and Samuel.

Kauffman Stadium
1 Royal Way | Kansas City, MO 64141 | 816.921.8000

Minor League Athletic Trainers

Medical Coordinator
Chris DeLucia.....chris.delucia@royals.com 816.277.2864
Latin American Medical Coordinator
Tony Medina.....tony.medina@royals.com.....816.277.2952
Omaha Storm Chasers (AAA)
Dave Iannicca.....dave.iannicca@royals.com 816.277.2954
Northwest Arkansas Naturals (AA)
Masanobu Koyanagi....masanobu.koyanagi@royals.com 816.304.6653
Wilmington Blue Rocks (A)
James Stone .....james.stone@royals.com.....816.721.9205
Lexington Legends (A)
Mark Keiser .....mark.keiser@royals.com 816.382.5753
Idaho Falls Chukars (Short-Season A)
Justin Kemp .....justin.kemp@royals.com 816.686.4043
Burlington NC Royals (Short-Season A)
Saburo Hagihara .....saburo.hagihara@royals.com 816.723.4541
Arizona Royals (Rookie)
Daniel Accola .....daniel.accola@royals.com 314.560.7515
Rehabilitation Coordinator/Physical Therapist
Justin Hahn .....justin.hahn@royals.com.....952.212.7943
Major League Strength & Conditioning Coordinator
Ryan Stroneberg .....ryan.stoneberg@royals.com 360.259.2458
Minor League Strength & Conditioning Coordinator
Garrett Sherrill .....garrett.sherrill@royals.com 623.266.8037

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Nick Kenney .....2010 - Present
Nick Swartz .....1991 - 2009
Mickey Cobb .....1978 - 1990
Jim Dudley.....1973 - 1977
Bill Jones .....1969 - 1972

ASSISTANT ATHLETIC TRAINER
Kyle Turner .....2010 - Present
Jeff Stevenson.....2008 - 2009
Frank Kyte .....2003 - 2009
Lee Kuntz .....1999 - 2002
Steve Morrow .....1991 - 1998
Nick Swartz .....1989 - 1990
Paul McGannon.....1984 - 1988

Los Angeles Angels

Adam NEVALA

Head Athletic Trainer

Arizona State University (B.S.)
California University of Pennsylvania (M.S.)
Years in MLB: 12

Adam Nevala, 40, rejoins the Los Angeles Major League Athletic Training Staff for his twelfth year and sixth as the Angels Head Athletic Trainer after working in the team's minor league system for eight seasons. Nevala served as the head athletic trainer in AAA Salt Lake City where he spent two seasons (2003-2004). Prior to that, he was the head athletic trainer for AA Arkansas (2002), Rancho Cucamonga (2001), Lake Elsinore (2000), Cedar Rapids (1999), and assistant athletic trainer/clubhouse manager in Butte (1998). In 2002 (Detroit), 2003 (Phoenix), and 2006 (Atlanta), Adam was a member of the PBATS faculty at the annual team medicine conference. He was selected to represent the American League as the head athletic trainer during the 2015 All Star Game in Cincinnati OH. A native of Minnesota, Nevala, received his undergraduate degree from Arizona State University and his Master's degree from California University of Pennsylvania. Adam, his wife Tina, and son Jackson reside in Irvine, CA.

Rick SMITH

Assistant Athletic Trainer

University of Texas-El Paso (B.S.)
Years in MLB: 39

Rick "Ranger Rick" Smith, 62, gives a great deal of himself to the Angels, but he doesn't stop there as he regularly donates his time and auction items to the Child Abuse Prevention Center in Orange, Ca. Before his promotion to the Angels' parent club in 1978, where he served as the Angels' head athletic trainer from 1979 to 1990, Smith was the head athletic trainer for the Class AA El Paso Diablos. An El Paso native, Smith was a student athletic trainer for the University of Texas-El Paso Miners' athletic teams from 1971 until his graduation in 1975 and was inducted into the El Paso Texas Baseball Hall of Fame, in 2007. He served as American League athletic trainer for MLB All-Star Games in 1984, 1989 and 1997. Smith resides in Santa Ana Ca, with his wife Janell, and their son, Karcher.

Bernard LI

Head Physical Therapist

University of California Santa Barbara (B.S.)
University of Southern California (D.P.T.)
University of Southern California (G.C.O.P.T.)
(PT, DPT, OCS, SCS)
Years in MLB: 6

Bernard is currently the Head Physical Therapist with the Los Angeles Angels of Anaheim. He also serves as Adjunct Faculty at the University of Southern California Division of Biokinesiology and Physical Therapy. He received his Bachelors of Science in Physiological Sciences and minor in Exercise and Health Science from University of California Santa Barbara. Bernard obtained his Doctorate of Physical Therapy at the University of Southern California, and continued to distinguish himself by completing an orthopedic residency to obtain a Graduate Certificate in Orthopedic Physical Therapy at USC the following year. He is double board certified by the American Board of Physical Therapy Specialties, both as an Orthopedic Clinical Specialist, and a Sports Clinical Specialist. He is a member of the Orthopedic Section and the Sports Section of the American Physical Therapy Association. Bernard has lectured on numerous topics that include therapeutic exercise, shoulder assessment, hip rehabilitation and published several journal articles and book chapters. He resides in Manhattan Beach, California.

Angels Stadium
2000 Gene Autry Way | Anaheim, CA 92803 | 714.940.2000

Major League Staff

Strength and Conditioning Coordinator
Al Sandoval .....al.sandoval@angels.com 719.250.8630

Minor League Athletic Trainers

Athletic Trainer, Medical Coordinator
Geoff Hostetter .....geoff.hostetter@angels.com 480.390.7997
Rehab Coordinator
Eric Munson .....eric.munson@angels.com 319.431.2806
Salt Lake Bees (AAA)
Brian Reinker .....brian.reinker@angels.com 480.241.5792
Arkansas Travelers (AA)
Omar Uribe.....omar.uribe@angels.com 323.356.9349
Inland Empire 66ers (A)
Matt Morrell .....matt.morrell@angels.com 831.236.5101
Burlington Bees (A)
Yusuke Takahashi .....yusuke.takahashi@angels.com 408.893.9155
Orem Owlz (Short-Season A)
TBD .....
Arizona League Angels (Rookie)
Chris Wells .....chris.wells@angels.com.....740.238.0768

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Adam Nevala.....2011 - Present
Ned Bergert .....1991 - 2010
Rick Smith .....1979 - 1990
Freddie Frederico .....1962 - 1978

ASSISTANT ATHLETIC TRAINER
Rick Smith.....1991 - Present
Adam Nevala.....2005 - 2010
Ned Bergert .....1979 - 1990
Rick Smith.....1978
Bruce Swart.....1976 - 1977
Doug Atkinson .....1974 - 1975
Curt Rager 1968

Minnesota Twins

Dave PRUEMER
Head Athletic Trainer

Southern Illinois University at Carbondale (B.S.)
Years in MLB: 12

Dave Pruemer, 45, is entering his 12th season in the Major Leagues and fourth as the Head Athletic Trainer for the Minnesota Twins. He began his career in baseball as an intern for the Pittsburgh Pirates Gulf Coast League Team in 1993. He then became an Athletic Trainer for the Minnesota Twins Appalachian League team in 1994 and over the next 10 years progressed thru the Twins Farm System with stops in A – Ft. Myers, AA – New Britain, and AAA Edmonton/Rochester. In the winter of 2004 he was promoted to be the Assistant Athletic Trainer for the Minnesota Twins and in 2013 he was named the Head Athletic Trainer for the Twins. Dave enjoys spending time with his wife Tina, and their 3 children, daughter Hannah, and sons Dylan and Tyler. The Pruemer family resides in Woodbury, MN.

Tony LEO
Assistant Athletic Trainer

Bowling Green State University (B.S.)
Years in MLB: 6

Tony Leo, 42, is entering his sixth season as an Assistant Athletic Trainer for the Minnesota Twins following 13 years in their minor league system. After graduating from Bowling Green State University, he began his career as intern Athletic Trainer with the GCL Twins in 1997. During the next 13 years he made stops throughout the Twins System at short-season Elizabethton (1998-99), single-A Quad Cities (2000-01), double-A New Britain (2002-04), and triple-A Rochester (2005-10). In 2003 he was selected to the Eastern League All-Star Game and in 2009 represented the International League in the AAA All-Star game. Tony is also a Fellow of Applied Functional Science thru the Grey Institute. Leo, a native of Salem, OH, resides in Schaumburg, IL with his wife Jennifer and daughter Olivia.

Lanning TUCKER
Assistant Athletic Trainer

Texas A&M University (B.S.)
United States Sports Academy (M.S.)
Years in MLB: 4

Lanning Tucker, 49, is entering his fourth season in the major leagues as Assistant Athletic Trainer and Rehab Coordinator for the club. His first season in the Twins Minor League system was 1992 and worked at various levels in the Minor Leagues from 1992-98. From 1999 to 2012 he served as the Head Minor League Athletic Trainer and Rehab Coordinator. Lanning earned his Bachelor's degree at Texas A&M University in 1987 and his Master's degree from the United States Sports Academy in 1992. Lanning has two sons, Aaron and Bryan, and resides in Ft. Myers, FL.

Target Field
1 Twins Way | Minneapolis, MN 55403 | 612.659.3400

Minor League Athletic Trainers

Medical Coordinator
Chad Jackson 239.533.7649
Minor League PT/Asst. Rehab Coordinator
Corey Dietze 515.360.3762
Rochester Red Wings (AAA)
Larry Bennese.....239.209.2243
Chattanooga Lookouts (AA)
Chris Johnson 612.518.0326
Ft. Myers Miracle (A)
Alan Rail 801.360.3886
Cedar Rapids Kernels (A)
Stephen Taylor 727.735.7123
Elizabethton Twins (Rookie)
Brian Harris 813.922.2885
Gulf Coast League Twins (Rookie)
Axel Lopez 570.801.04926

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Dave Pruemer.....2013 - Present
Rick McWane .....2005 - 2012
Jim Kahmann.....2002 - 2004
Dick Martin.....1973 - 2001
George Lentz.....1947 - 1972
Mike Martin .....1912 - 1946

ASSISTANT ATHLETIC TRAINER
Tony Leo .....2011 - Present
Lanning Tucker .....2013 - Present
Dave Pruemer .....2005 - 2012
Rick McWane .....2002 - 2004
Jim Kahmann.....1996 - 2001
Doug Nelson .....1990 - 1995
Dick Martin 1972

Steve DONOHUE

Head Athletic Trainer

University of Louisville (B.S.)
Years in MLB: 30

Steve Donohue, 59, enters his 5th season as only the 2nd Head Athletic Trainer of the New York Yankees have had in almost 40 years, following Gene Monahan's retirement. Donohue spent 26 years serving as Gene's assistant athletic trainer with the Yankees. Steve has been treating the injuries of professional athletes since his high school days in Mt. Vernon, N.Y. Donohue served as a student athletic trainer for the New York Jets, and he continued to assist the NFL team for four years. University of Louisville alum, Donohue joined the Yankees' Minor League organization after graduation, working with affiliates in West Haven, Nashville, and Columbus. He was promoted to the Yankees' MLB club in 1986. Donohue served as American Athletic Trainer for the 1999 and 2006 MLB All-Star Games. Donohue sits on the MLB Medical Advisory Committee, the Hall of Fame Committee. A member of the NATA and the Eastern Athletic Trainers Association, He also authors the annual PBATS Confidential Directory. Donohue along with Gene Monahan, was honored with the annual "MLB Athletic Training Staff of the Year" in 1990 and again in 2010. Steve is also a certified New York State Emergency Medical Technician. Donohue and his wife, Paula, have two daughters, Shannon and Margaret.

Mike SCHUK

Assistant Athletic Trainer / Physical Therapist

Nova Southeastern University (DPT)
University of Central Florida (B.S.)
Years in MLB: 2

Michael Schuk, 33, begins his third season as the Yankees' Assistant Athletic Trainer/Physical Therapist. Prior to working with the New York Yankees, Schuk spent time from 2012-2014 working on the THOR3 initiative, a program designed to aid the physical and mental abilities of Army Special Forces. Schuk began his career in baseball as an intern athletic trainer with the Cleveland Indians' minor league system in the spring of 2006. After spending the remainder of 2006 as part of the Indians' medical staff, Schuk returned to school for physical therapy. He earned a Doctor of Physical Therapy degree at Nova Southeastern University in Fort Lauderdale, Fla. in 2010 and immediately returned back to work another year in the Indians' minor leagues. He received a bachelor's degree in Health Science-Athletic Training from the University of Central Florida in 2005. Schuk also spent time as a season-long athletic training intern for the Washington Redskins in 2005.

Tim LENTYCH

Assistant Athletic Trainer

Ball State University (B.S.)
University of Tennessee (M.S.)
Years in MLB: 1

Tim Lentych, 37, a native of South Bend, Indiana enters his first season as assistant athletic trainer for the New York Yankees after spending 12 years in the minor leagues with the Yankees with 4 of those years serving as the Head Athletic Trainer, Player Development. Earned a bachelor's of science in Applied Science and Technology with a concentration in athletic training from Ball State University in 2002 and a master's degree from the University of Tennessee in 2004. Lentych resides in Tampa, FL with his wife Katie.

Yankee Stadium
One East 161st Street | Bronx, NY 10451 | 718.293.4300

Minor League Athletic Trainers

Medical Coordinator, Player Development
Mark Littlefield.....mlittlefield@yankees.com 813.230.7116
Assistant Athletic Trainer, Player Development
Greg Spratt.....gspratt@yankees.com 813.431.1616
Scranton/W.B. Yankees (AAA)
Darren London .....dlondon@yankees.com 813.523.1455
Trenton Thunder (AA)
Lee Meyer .....lmeyer@yankees.com 813.523.3328
Tampa Yankees (A)
Mike Becker .....mbecker@yankees.com.....813.466.0154
Charleston Riverdogs (A)
James Downam .....jdownam@yankees.com 609.247.4966
Staten Island Yankees (A)
TBD.....
Pulaski Yankees (Short Season A)
Josh DiLoreto .....jdiloreto@yankees.com 813.215.9308
Gulf Coast Yankees (Rookie)
Hap Hudson .....dhudson@yankees.com.....727.253.6879
Anthony Moon .....amoon@yankees.com 813.230.8225
Draft Medical Coordinator
Justin Sharpe .....jsharpe@yankees.com.....813.476.3523
Strength and Conditioning Coordinator
Rigo Febles .....rfebles@yankees.com .....
Assistant Strength and Conditioning Coordinator
Mike Kicia .....mkicia@yankees.com 813.215.7142
Major League Strength and Conditioning Coordinator
Matt Krause .....mkrause@yankees.com.....

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Steve Donohue .....2012 - Present
Gene Monahan .....1973 - 2011
Joe Soares .....1962 - 1972
Gus Mauch .....1944, 1948 - 1961
Ed Froelich .....1943, 1945 - 1947
Earl Painter .....1930 - 1942
Albert "Doc" Woods .....1918 - 1929

ASSISTANT ATHLETIC TRAINER
Tim Lentych.....2016 - Present
Mike Schuk .....2014 - Present
Mark Littlefield .....2012 - 2015
Steve Donohue .....1986 - 2011
Mark Letendre .....1982 - 1985
Barry Weinberg .....1979 - 1981
Herm Schneider.....1976 - 1978
Don Seger .....1962 - 1968
Gus Mauch 1946

Nick PAPARESTA

Head Athletic Trainer

Baldwin-Wallace College (B.A.)
Years in MLB: 9

Nick, 43, is entering his sixth season as the Head Athletic trainer with Oakland after five years with the Tampa Bay Rays organization, three as the Major League Assistant Athletic Trainer. He spent his first two seasons with the Rays as Minor League Athletic Trainer and Rehabilitation Coordinator, where he was responsible for overseeing all minor league athletic trainers and rehabilitation with minor league players, as well as assisting with the major league club. A native of North Fort Myers, Fla., Paparesta started his career working in the Cleveland Indians organization for 11 seasons, including three with Triple-A Buffalo. He is a graduate of Baldwin-Wallace College in Berea, Ohio, and is certified by the National Athletic Trainers' Association (NATA), and is a certified strength and conditioning trainer through the National Strength and Conditioning Association (NSCA). In 2009, Paparesta shared honors with Ron Porterfield and Paul Harker of the Tampa Bay Rays as "Major League Athletic Training Staff of the Year." Nick and his wife, Kristel, reside in Dublin, CA with son Noah (14) and daughter Alaina (9).

Walt HORN

Assistant Athletic Trainer

Boise State University (B.S.)
Years in MLB: 9

Walt began his stint as Assistant Athletic Trainer for the Athletics in 2008 after 30 years in the minor leagues. He spent 6 seasons in AA and 24 in AAA all in The Pacific Coast League. He was selected PCL Athletic Trainer of The Year in 1992, 1996, 2002 and 2004, with two All-Star selections in 1993 and 2005. Other stops include 2 winters in Puerto Rico (Ponce, PR) and 1 in The Dominican Republic (Licey). He is a graduate of Boise State University, a certified member of the NATA , a member of The Arizona Athletic Trainers Association and licensed in Arizona. Walt and his wife Stacy have 2 children, Kassi and Cameron.

Brian SCHULMAN

Assistant Athletic Trainer

University of California, Santa Barbara (B.A.)
California State University, Fresno (M.A.)
Years in MLB: 6

Brian Schulman, 36, enters his sixth year as an assistant athletic trainer with the Oakland Athletics. He spent the previous seven years as the rehabilitation coordinator and assistant athletic trainer with the University of California, Berkeley. In 2010, Schulman lectured at the PBATS annual meeting discussing "An Unusual Cause of Pain in a Collegiate Baseball Pitcher." While at Cal, Schulman worked with the Baseball, Men's Water Polo, Women's Soccer, and Swimming and Diving programs. In 2006 and 2007 he was part of back to back NCAA Water Polo championship teams. Prior to his time at Cal, Schulman was an intern athletic trainer with the San Francisco 49ers during the 2003 season. Currently Schulman serves on the PBATS Electronic Medical Records committee. He is also a member of the NSCA as a certified strength and conditioning specialist. A swimming, cycling, and running enthusiast, Schulman also enjoys cooking and resides in San Ramon, CA with his wife, Megan, and sons, Luke and Gavin.

Oakland Coliseum
7000 Coliseum Way | Oakland, CA 94621 | 510.638.4900

Minor League Athletic Trainers

Medical Coordinator
Jeff Collins .....jcollins@athletics.com .....480.387.5800 Ext. 5804
Minor League Rehab Coordinator
Nathan Brooks .....nbrooks@athletics.com .....480.387.5800 Ext. 5808
Nashville Sounds (AAA)
Brad La Rosa .....blarosa@athletics.com 618.830.7511
Midland Rockhounds (AA)
Justin Whitehouse .....jwhitehouse@athletics.com 559.679.5711
Stockton Ports (A)
Travis Tims .....ttims@athletics.com 541.231.3558
Beloit Snappers (A)
Brian Thorson.....bthorson@athletics.com.....608.239.1621
Vermont Lake Monsters (A)
Toshiaki Nagahara .....tnagahara@athletics.com 870.219.5020
Arizona League Athletics (Rookie)
Chris Lessner .....clessner@athletics.com 602.790.4457
Dominican Summer League (Rookie)
Peter Walukiewicz .....kpwalukiewicz@athletics.com 829.222.8578
Coordinator of Medical Services
Larry Davis .....ldavis@athletics.com .....480.387.5800 Ext. 5802

Minor League Strength and Conditioning

Strength and Conditioning Coordinator
Josh Cuffe .....jcuffe@athletics.com 719.221.0616
Assistant Strength and Conditioning Coordinator
Terence Brannic .....tbrannic@athletics.com 760.583.6151
Sacramento River Cats (AAA)
AJ Seeliger.....aseeliger@athletics.com 509.336.9795
Midland Rockhounds (AA)
Henry Torres.....htorres@athletics.com 210.379.8097
Stockton Ports (A)
Sean Doran .....sdoran@athletics.com 503.706.2368
Beloit Snappers (Low A)
Matt Rutledge.....mtutledge@athletics.com .....TBD
Arizona Summer League (Rookie)
Omar Aguilar .....oaguilar@athletics.com 939.489.8969
Dominican Summer League (Rookie)
JD Howell .....jhowell@athletics.com 610.739.8416

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Nick Paparesta .....2011 - Present
Stephen Sayles .....2008 - 2010
Larry Davis .....1998 - 2007
Barry Weinberg .....1982 - 1997
Joe Romo .....1969 - 1981
Bill Jones 1968

ASSISTANT ATHLETIC TRAINER
Walt Horn .....2008 - Present
Brian Schulman .....2011 - Present
Stephen Sayles .....1998 - 2007
Larry Davis .....1984 - 1997

Rick GRIFFIN

Head Athletic Trainer

Utah State University (B.S.)
University of Oregon (M.S.)
Years in MLB: 34

Rick "Griff" Griffin, 60, began his career in sports medicine as a teacher/athletic trainer at Winston Churchill High School in Eugene, Ore. in 1977. A native of Brigham City, Utah, Griffin moved to professional baseball in 1978 when he became an athletic trainer for the Eugene Emeralds, a Cincinnati Reds Minor League affiliate. In 1981, Griffin became a full-time athletic trainer for the Seattle-based Sports Medicine Clinic, before accepting the position of head athletic trainer for the Seattle Mariners in 1983. In May of 2015 Griffin worked his 5,000th game for the Mariners. A member of the NATA, ACSM, and the NWATS, Griffin has served as PBATS American League Athletic Trainer Representative from 1989-95, and worked at the MLB All-Star games in 1987, 1995, 2001, and 2010. He toured Japan with the Major League All-Stars in 1996 and lectured in Japan in 1994, 1995, 1998, 2000, 2001, 2002, 2014 and 2015. Griffin provides health care to the Montana Pro Rodeo Circuit Finals and is an avid hunter and fisherman. He lives in Bothell, Wash.

Rob NODINE

Assistant Athletic Trainer

University of Nevada-Las Vegas (B.S.)
Years in MLB: 10

Rob Nodine, 50, begins his tenth year with the Major League Medical Staff after spending 14 years in the Mariners minor league system. A Battle Mountain, Nevada native, Nodine began his career as an Athletic Trainer for the Class-A Riverside Pilots in 1993. He progressed to the Class AA Memphis Chicks in 1997, and was promoted to the Class AAA Tacoma Rainiers in 2001. Nodine is a member of the NATA and the Northwest Athletic Trainers Association. Nodine was elected to the PBATS Executive Board as the American League Asst. Athletic Trainer Representative in 2009, he spent 6 years working on the PBATS Executive Board. Nodine lives in Edmonds, WA.

Matthew TOTH

Assistant Athletic Trainer

John Carroll University (B.A.)
Oregon State University (M.S.)
Years in MLB: 5

Matt Toth begins his fifth year with the Major League Medical Staff after spending 10 years in the minor leagues. A Cleveland, Ohio native, Toth began his baseball career as a certified athletic trainer with the Mesa Cubs, the rookie ball affiliate of the Chicago Cubs in 2001. Toth also spent time with the Milwaukee Brewers and also worked at Oregon State University as the Baseball/Football Athletic trainer before joining the Seattle Mariners in 2006. Since joining the Mariners, Matt has spent six seasons between Inland Empire (2006), High Desert (2007), Wisconsin (2008), and Jackson (2009-2011). Toth was named the 2011 Southern League Athletic Trainer of the Year. Matt is a certified member of the NATA, as well as a certified strength and conditioning specialist and a corrective exercise specialist through NASM. Currently, Matt resides in Issaquah, WA with his wife Annie, son Alex, and daughter Ellie.

Minor League Athletic Trainers

Head Athletic Training Coordinator
Jim Southard.....623.776.4854

Assistant Athletic Training Coordinator
Ben Fraser 623.776.4825

Latin American Athletic Trianing Coordinator
Javier Alvidrez.....623.776.4846

Tacoma Rainiers (AAA)
Tom Newberg 206.612.4249
BJ Downie.....206.697.7370

Jackson Generals (AA)
Geoff Swanson 217.649.9942

Bakersfield Blaze (A)
Matthew Corvo 914.494.0615

Clinton Lumberkings (A)
Shane Zdebiak 480.253.1237

Everett Aquasox (A)
TBD.....

Pulaski Mariners (A)
Matthew Corvo 914.494.0615

Arizona League Mariners (Rookie)
Randy Roetter.....623.776.4842

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Rick Griffin.....1983 - Present
Gary Nicholson .....1977 - 1982

ASSISTANT ATHLETIC TRAINER
Rob Nodine .....2006 - Present
Matthew Toth.....2012 - Present
Takayoshi Morimoto 2012
Tom Newberg .....1990 - 2006

Ron PORTERFIELD

Head Athletic Trainer

New Mexico State University (B.A.)
Years in MLB: 14

Ron Porterfield, 51, is entering his eleventh year as Head Major League Athletic Trainer with the Tampa Bay Rays after serving the previous three years as Assistant. Prior to his move to the Major Leagues, Porterfield spent 15 years in the Minor Leagues. From 1988 to 1996, he worked his way through the ranks of the Houston Astros organization. During this time, Porterfield served as an athletic trainer for teams in Auburn, N.Y.; Kissimmee, Fl.; Columbus, Ga.; Jackson, Miss.; and Tucson, Ariz. In 1997, Porterfield was hired by the Tampa Bay Rays to serve as their Minor League medical and rehabilitation coordinator until he was promoted to the Major League club. A Santa Fe, N.M., native, Porterfield is a certified member of the NATA. In 2013 was honored to work the Major League All Star Game in New York. In 2009, Porterfield shared honors with Paul Harker and Nick Paparesta as “Major League Athletic Training Staff of the Year. In 2005, Porterfield shared honors with Ken Crenshaw as "Major League Athletic Training Staff of the Year,” in 1992, Porterfield was named the Texas League Athletic Trainer of the Year, and in 1991 and 1992 he served as an athletic trainer for Magallanes in Valencia, Venezuela. Porterfield and his wife Barbara live in Parrish, Fla., with their children, Alec (19) and Abbey (16).

Paul HARKER

Assistant Athletic Trainer

Florida State University (B.S.)
Years in MLB: 11

Paul Harker, 47, is in his eleventh year as Major League Assistant Athletic Trainer for the Tampa Bay Rays. He received a Bachelor of Science degree from Florida State University in 1991. Paul spent 6 seasons (1991-1996) working as a minor league athletic trainer for the Seattle Mariners organization. He was hired by the Rays organization in November of 1996. In 1997, he worked as the athletic trainer for the Rays Florida State League affiliate (St. Petersburg Devil Rays), and then spent the 1998-2002 seasons as the athletic trainer for the Rays International League affiliate (Durham Bulls). During the 2003-2005 seasons, he served as the Rays minor league athletic training and rehabilitation coordinator. In December of 2005, Paul was promoted to the position of Major League Assistant Athletic Trainer. In 2009, Paul shared honors with Ron Porterfield and Nick Paparesta as “Major League Athletic Training Staff of the Year.” In 2015 Paul was honored to work the Major League All Star Game in Cincinnati. Paul, his wife Julie, and their children Derek, Cameron, and Paige reside in Parrish, Fla.

Mark VINSON

Assistant Athletic Trainer

Bluefield (Va.) College (B.S.)
University of Virginia (M.Ed.)
Years in MLB: 6

Mark begins his eleventh season with the Rays organization and sixth in his current position of major league assistant athletic trainer. Previously he served as the minor league medical coordinator from 2008 through 2010 and as the athletic trainer for Durham in 2007, and Montgomery in 2006. He spent four years (2001-2004) as an athletic trainer in the Texas Rangers organization. Vinson received a Bachelor’s of Science in Athletic Training from Bluefield (Va.) College and earned a Master’s of Education at the University of Virginia in 1999. He has been a certified athletic trainer (ATC) since 1998, as well as a Certified Strength and Conditioning Specialist (CSCS) since 2000. A native of Pearisburg, VA, Mark and his wife, Mary Carolyn, reside in St. Petersburg, FL.

Tropicana Field
One Tropicana Drive | St. Petersburg, FL 33705 | 727.825.3137

Minor League Athletic Trainers

Medical Coordinator
Joe Benge .....jbenge@raysbaseball.com.....727.422.3928
Rehab Coordinator
Joel Smith.....jsmith@raysbaseball.com 727.439.2062
Latin American Medical Coordinator
Chris Tomashoff .....ctomashoff@raysbaseball.com 727.439.2074
Major League S&C Coordinator
Kevin Barr.....kbarr@raysbaseball.com 941.544.4319
Minor League S&C Coordinator
Trung Cao .....tcao@raysbaseball.com.....727.439.2076
Durham Bulls (AAA)
Mike Sandoval .....msandoval@raysbaseball.com 727.242.0039
Montgomery Biscuits (AA)
Kris Russell .....krussell@raysbaseball.com 727.560.6434
Port Charlotte Stone Crabs (A)
Scott Thurston .....sthurston@raysbaseball.com.....970.389.6507
Bowling Green Hot Rods (A)
James Ramsdell.....jramsdell@raysbaseball.com 617.913.7383
Hudson Valley Renegades (A)
Brian Newman .....bnewman@raysbaseball.com 360.393.5702
Princeton Rays (Short-Season Rookie)
Jeremy Spencer .....jspencer@raysbaseball.com 810.836.1631
Gulf Coast Rays (Rookie)
Shinichiro Fukuda.....sfukuda@raysbaseball.com 334.482.2277
Ruben Santiago .....rsantiago@raysbaseball.com.....787.390.7300

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Ron Porterfield .....2006 - Present
Ken Crenshaw.....2003 - 2005
Jamie Reed .....1998 - 2002

ASSISTANT ATHLETIC TRAINER
Paul Harker.....2006 - Present
Mark Vinson .....2011 - Present
Nick Paparesta .....2008 - 2010
Ron Porterfield.....2003 - 2005
Ken Crenshaw.....1998 - 2002

Jamie REED

Senior Director of Medical Operations

East Carolina University (B.S.)
Years in MLB: 28

Jamie Reed, 55, is entering his 14th season with the Texas Rangers organization. From 1997 to 2002, Reed was head athletic trainer for the Tampa Bay Devil Rays. He also was the assistant athletic trainer for the Baltimore Orioles from 1989 to 1996. While at the Orioles, Reed shared "Major League Baseball Athletic Training Staff of the Year" honors in 1995 with Richie Bancells. Prior to his Major League appointment in 1989, Reed spent seven seasons in the Orioles' Minor League system with teams in Bluefield (Rookie League), Hagerstown (Class A), Charlotte (Class AA) and Rochester (Class AAA). Reed is a former American League assistant athletic trainer representative on the PBATS Executive Committee. He spoke at MLB's 1999 Rookie Development Program. In December 2003 Reed traveled to Japan to address the Japanese Professional Baseball Athletics Trainers Society (JPBATS). He also served as one of the athletic trainer's for the 2006 Japan All-Star trip. He has been selected as American League All-Star athletic trainer for both the 2000 and 2008 teams. In December 2001, he was selected by his peers as the new president of PBATS, and was re-elected to the position in 2003 and again in 2005. He also served on the Board as Immediate Past President until 2013. A native of Annapolis, Md., Reed served as athletic trainer for the U.S. Naval Academy's football and basketball teams from 1982 to 1984, and again in 1988.Reed co-chairs the Red Romo Scholarship that provides the expenses to pay for an extra athletic trainer for the Naval Academy Sports Program. Reed lives in Grand Prairie, Texas, with his wife Jean. They have three children, Zach, Becky, and Rachel.

Kevin HARMON

Head Athletic Trainer

Central Michigan University (B.S.)
Years in MLB: 15

Kevin Harmon, 53, is in his 14th year with the Texas Rangers organization and his third as head athletic trainer. Harmon's career started with the Atlanta Class-A Sumter Braves (1986-1987) and then the Atlanta Class-A Durham Bulls (1988-1990). In 1991 he was a Clinical and Outreach Athletic Trainer in Ypsilanti, Mich., then moved to the Baltimore Orioles Class AA Hagerstown Suns in 1992, followed by a four year stay (1993-1996) with the Baltimore Orioles Class AAA Rochester Red Wings, and then in 1997 was the Minor League Coordinator for the Baltimore Orioles. From 1998-2000 Harmon was S&C Coordinator for the Tampa Bay Devil Rays and in 2001 was their Minor League S&C Coordinator. He was Minor League Medical and Strength Coordinator from 2003-2004 for the Texas Rangers and was promoted to major league assistant athletic trainer in 2005. Born in Battle Creek, Mich., Harmon now resides in Mansfield, TX with his wife Melony. They have 2 children, Madison and Gage.

Matt LUCERO

Assistant Athletic Trainer

New Mexico State University (B.S.)
Years in MLB: 4

Matt Lucero, 45, will be entering his eleventh season with the Texas Rangers organization. He was the Minor League Rehabilitation Coordinator in 2006, the Minor League Medical Coordinator from 2007 – 2010, and was added to the Major League staff prior to the 2011 season. Lucero's career began with the Tampa Bay Devil Rays Rookie team in Princeton, West Virginia (1999), followed by the Rays Class A Charleston Riverdogs (2000), Rays High A Bakersfield Blaze (2001 and 2002), Rays Double A Orlando Rays (2003), and Rays Double A Montgomery Biscuits (2004 and 2005). He is a graduate of New Mexico State University where he obtained a BS in Athletic Training education. Born in Fairview, NM., Lucero now resides in Grapevine, Texas with his wife Regina and their children Madyson (11) and Andres (9), and Max (5).

Rangers Ballpark in Arlington
1000 Ballpark Way | Arlington, TX 76011 | 817.273.5222

Minor League Athletic Trainers

Medical Coordinator
Jason Roberts .....jasonroberts@texasrangers.com 817.879.3453
Rehab Coordinator
Sean Fields .....sfields@texasrangers.com.....806.241.1667
Assistant Medical & Rehab Coordinator
Chris Olson.....colson@texasrangers.com.....786.546.4374
Round Rock Express (AAA)
Carlos Olivas .....colivas@texasrangers.com 505.681.9004
Frisco RoughRiders (AA)
Jacob Newburn .....jnewburn@texasrangers.com 817.948.1749
High Desert Mavericks(A)
Alex Rodriguez.....arodriguez@texasrangers.com 809.519.0420
Hickory Crawdads (A)
Dustin Vissering .....dvissering@texasrangers.com.....309.712.3818
Spokane Indians (Short-Season A)
TBD.....
Arizona League Rangers (Rookie)
Luke Teeter .....lteeter@texasrangers.com.....740.708.6820
Dominican Summer League (Rookie)
Aliks Lorie.....alorie@texasrangers.com 305.815.9223

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Kevin Harmon .....2014 - Present
Jamie Reed .....2003 - 2013
Danny Wheat.....1992 - 2002
Bill Zeigler .....1970 - 1991
Tom McKenna .....1961 - 1969

ASSISTANT ATHLETIC TRAINER
Matt Lucero .....2011 - Present
Kevin Harmon .....2005 - 2013
Greg Harell 2003
Ray Ramirez .....1992 - 2004
Danny Wheat.....1985 - 1991

George POULIS

Head Athletic Trainer

Baldwin-Wallace College (B.A.)
University of Alabama (M.A.)
Years in MLB: 17

George Poulis, 51, begins his seventeenth year with the Toronto Blue Jays and his fourteenth year as the head athletic trainer with the Blue Jays' Major League Club after serving as the assistant athletic trainer for two and a half years. Prior to the Blue Jays, he was an athletic trainer in the San Diego Padres' Minor League system for 10 years. George got his first experience with professional sports in 1986 as an athletic training intern for the NFL's Cleveland Browns Football Club. A Cleveland native, George earned his undergraduate degree from Baldwin-Wallace College in Berea, Ohio, and earned his master's degree from the University of Alabama. He worked his way up through the Padres' Minor League system with stops in Waterloo, Iowa (Class A); Wichita, Kan.; Memphis, Tenn.; Mobile, Ala. (Class AA); and Las Vegas, NV (Class AAA). At the conclusion of the 1998 Minor League season, George assisted the San Diego Padres' Athletic Training Staff during the 1998 playoffs and World Series. During the off-season, George and his wife, Jenny, live in Florida with their three daughters, Lainey, Evy, and Nicki.

Mike FROSTAD

Assistant Athletic Trainer

University of Calgary (B.P.E.)
Years in MLB: 5

Mike Frostad, 43, begins his twenty-first season with the Toronto Blue Jays and fifth year as the assistant athletic trainer. A Calgary native, Mike earned his undergraduate degree from the University of Calgary and is certified by the NATA. He started his baseball career in 1996 with the St. Catharines Stompers (Short A) and made stops along the way in Medicine Hat Alberta, Hagerstown Maryland, and Dunedin Florida. Mike was named to the position of Minor League Medical Coordinator in 2005, a position he held until the 2010 season when he was appointed to Toronto as the Assistant Athletic Trainer. He returned to the role of Medical Coordinator in 2011 and 2012 before returning to Toronto. In 2004 and 2005 he won the Athletic Trainer of the Year Award for the Florida State League. In 2005 he was also the recipient of the Minor League Athletic Trainer of the Year Award. During the off season, Mike resides in Oldsmar, Florida.

Jeff STEVENSON

Assistant Athletic Trainer

Indiana University
Years in MLB: 3

Jeff Stevenson, 46, begins his first season with the Toronto Blue Jays major league staff. He joined the Blue Jays in 2011 as their Rehab Coordinator, and spent the past three seasons as the Athletic Training and Rehab Coordinator. Prior to joining the Blue Jays, he spent 18 seasons in the Kansas City Royals system. After spending 9 seasons with Triple-A Omaha, where he earned PCL Athletic Trainer of the Year in 2005, he was promoted to Assistant Athletic Trainer for their major league club for the 2008 and 2009 seasons. He was honored as the Dick Howser Award winner in 1999 for his outstanding contributions to the organization in the Player Development Department.

Rogers Centre
1 Blue Jays Way, Suite 3200 | Toronto, Ontario, Canada M5V 1J1 | 416.341.1000

Major League Staff

Director of High Performance
Angus Mugford 941.962.6133
Strength and Conditioning Coordinator
Chris Joyner 727.439.3577
Athletic Training and Rehab Coordinator
Jose Ministral 727.410.8617

Minor League Athletic Trainers

Strength and Conditioning Coordinator
Donovan Santas 727.235.3742
Assistant Strength and Conditioning Coordinator
Scott Weberg 606.776.8304
Buffalo Bisons (AAA)
Voon Chong 304.389.3910
New Hampshire Fisher Cats (AA)
Bob Tarpey 207.451.7760
Dunedin Blue Jays (A)
Shawn McDermott.....727.641.8987
Lansing (MI) Lugnuts (A)
Drew MacDonald.....727.420.7074
Bluefield Blue Jays (Short-Season A)
Julian Varela 305.323.3425
Vancouver Canadians (Short-Season A)
Daniel Leija 586.839.9996
Gulf Coast League (Rookie)
Jon Woodworth 315.569.3011
Dominican Summer League (Rookie)
Darwin Tavarez 917.705.0293

Athletic Trainers' History

HEAD ATHLETIC TRAINER
George Poulis .....2004 - Present
Scott Shannon.....2000 - 2003
Tommy Craig .....1987 - 1999
Ken Carson .....1977 - 1984

ASSISTANT ATHLETIC TRAINER
Jeff Stevenson .....2016 - Present
Mike Frostad .....2010 - Present
David Hudson .....2011 - 2012
Dave Abraham.....2004 - 2009
George Poulis .....2000 - 2003
Scott Shannon .....1987 - 1988, 1998 - 1999
Brent Andrews .....1989 - 1997
Tommy Craig .....1985 - 1986

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LEAGUE
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Ken CRENSHAW

Head Athletic Trainer

New Mexico State University (B.S.)
Years in MLB: 19

Ken Crenshaw, 48, is entering his eleventh season as head athletic trainer for the Arizona Diamondbacks. Crenshaw was the head athletic trainer for the Tampa Bay Devil Rays from 2003 to 2005 and served as the assistant athletic trainer for the Rays from 1998-2002. While with the Rays, Crenshaw shared "Major League Baseball Athletic Training Staff of the Year" honors in 2005 and the “Dick Martin Athletic Training Staff of the Year” honors in 2004 with Ron Porterfield. He also served as the organization's Minor League athletic training and conditioning coordinator for the 1996 and 1997 seasons. Prior to joining Tampa Bay, Crenshaw worked for seven years as a professional athletic trainer, including four years as Minor League conditioning coordinator for the Atlanta Braves from 1992 to 1995. He also served as an athletic trainer in the Pittsburgh Pirates' farm system from 1989 to 1991, working with affiliates in Princeton, W.Va., and Welland, Ontario. A native of Carrizozo, N.M., Crenshaw received an undergraduate degree in sports medicine from New Mexico State University in 1990. He is a certified member of the NATA and the (NSCA) National Strength & Conditioning Association. In his spare time, Crenshaw coaches youth football, basketball and baseball programs. Crenshaw, his wife, Robyn, and their sons, Wacy, Wyatt, and Dustin, reside in Chandler, AZ.

Ryan DIPANFILO

Assistant Athletic Trainer

Springfield College (B.S.)
Years in MLB: 4

Ryan DiPanfilo, 31, is entering his fourth year as the Assistant Athletic Trainer for the Diamondbacks. Before joining the Major League staff, DiPanfilo served as the organization’s Minor League Medical Coordinator (2011-2012). Prior to the 2011 season, he was the Head Athletic Trainer for the AA Mobile BayBears (2009-2010), High-A Visalia Oaks (2008), and Rookie Yakima Bears (2007). Prior to joining the Diamondbacks, DiPanfilo earned a bachelor’s degree in athletic training from Springfield College (Springfield, MA) in 2006. He is a certified member of both the NATA and NSCA. A native of Saugus, MA, DiPanfilo now resides in Chandler, AZ with his wife, Kathryn, and daughter, Kelly and son, Rhys. He enjoys coaching youth basketball in his spare time.

Ben HAGAR

Physical Therapist

California State University - Sacramento (B.S. & M.S.)
Years in MLB: 1

Ben is entering his 1st season as the Major League Physical Therapist for the Arizona Diamondbacks. Prior to this, he worked for 5 years in private practice orthopedics and has been a rehab consultant to the Arizona Diamondbacks (2012-2015) and Chicago Cubs (2014-2015). He has been a physical therapy clinical education coordinator/instructor to various doctor of physical therapy students and earned his PRC certification from the Postural Restoration Institute in 2014. He is certified in systemic dry needling and is a certified strength and conditioning specialist through the NSCA. Ben earned his Master’s Degree in Physical Therapy in 2009 and Bachelor’s degree in Kinesiology from California State University, Sacramento in 2007. He currently resides in Gilbert, AZ and enjoys golfing, snowboarding, live music and traveling in his free time.

Chase Field
401 East Jefferson St. | Phoenix, AZ 85004 | 602.462.6500

Minor League Athletic Trainers

Medical Coordinator
Kyle Torgerson .....ktorgerson@dbacks.com 480.270.5864
Assistant Coordinator
Paul Porter .....pporter@dbacks.com 734.272.3656
Manual and Performance Coordinator
TBD .....
Reno Aces (AAA)
Masa Abe .....mabe@dbacks.com 479.871.9512
Mobile BayBears (AA)
Ryne Eubanks .....reubanks@dbacks.com..... 901.270.5251
Visalia Rawhide (A)
Chad Moeller .....cmoeller@dbacks.com.....920.321.6300
Kane County Cougars (A)
Chris Schepel.....cschepel@dbacks.com 616.566.5486
Hillsboro Hops (Rookie)
Eddie Nungesser .....enungesser@dbacks.com 267.467.3091
Missoula Osprey (Rookie)
Joe Rosauer.....jrosauer@dbacks.com 319.415.7891
AZL Diamondbacks (Rookie)
Kelly Boyce.....kboyce@dbacks.com.....815.560.2716
DSL Diamondbacks (Rookie)
Spencer Ryan.....sryan@dbacks.com 801.473.2006

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Ken Crenshaw.....2005 - Present
Paul Lessard .....1998 - 2005

ASSISTANT ATHLETIC TRAINER
Ryan DiPanfilo .....2012 - Present
PJ Mainville .....2011 - 2012
Dave Edwards .....1998 - 2010

Jeff PORTER

Head Athletic Trainer

UNC-Wilmington (B.A.)
University of Denver (M.A.)
Years in MLB: 32

Jeff Porter, 60, is entering his 14th season as Head Athletic Trainer for the Atlanta Braves. His desire to treat athletic injuries began in college, and led him to a 1995 World Series title with the Braves. A Wilmington, N.C., native, Porter began his career as student athletic trainer at the University of North Carolina-Wilmington in 1974 and continued an assistant athletic trainer at the University of Denver in 1979. He worked his way up through the Minor Leagues with the Denver Bears, Jamestown Expos, Memphis Chicks, and the Indianapolis Indians before being promoted to the Braves' Major League club in 1985. In 1998, Porter and David Pursley hosted the PBATS Baseball Team Medicine Conference in Atlanta. He also was honored to serve as National League athletic trainer at the 1996 and 2008 MLB All-Star Game. He also served as one of the Athletic Trainers for the 2006 Japan All Star trip. Porter lives in Loganville, Ga. with his son, David Ray, and enjoys golfing, hunting, and fishing.

Jim LOVELL

Assistant Athletic Trainer

Auburn University (B.S., M.ED.)
Years in MLB: 14

Following 18 seasons in the Braves Minor League system, Lovell joined the Major League club on a full-time basis in 2003 after serving as the head Minor League athletic trainer, coordinating the Minor League medical staff, and covering the AAA Richmond club from 1991 to 2002. Lovell joined the Braves organization in 1985 and spent six seasons with the AA Greenville Braves. While in Greenville, Lovell earned the Southern League Trainer of the Year honors three times and was selected for the Southern League All-Star games three times. Until 1992, Lovell spent his off-seasons as an athletic trainer with the Auburn University football program. In addition, during the 1992 and 2000 seasons, he served as the interim assistant trainer for the Braves. Lovell joined the Major League staff on a permanent basis in September 2002. Lovell holds a bachelor's degree in community health and a master's degree in exercise physiology. Lovell served as athletic trainer for the AAA All-Star Game in 1991 and the Major League All-Star Game in 2012. Lovell is a licensed Emergency Medical Technician and is certified as an athletic trainer by the NATA. A bachelor, "Lovey" lives in Newnan, Ga., and enjoys golfing, reading, Auburn football, and listening to country western music.

Minor League Athletic Trainers

Minor League Medical Coordinator
Joe Metz 910.297.8326

Minor League Rehab Coordinator
Marc Ocegura 559.361.0484

Gwinnett Braves (AAA)
Ricky Alcantara 214.417.3922

Mississippi Braves (AA)
Kyle Damschroder.....419.356.2848

Carolina Mudcats (A)
Nick Flynn 727.808.3814

Rome Braves (A)
Joe Luat 510.778.2417

Danville Braves (Rookie)
Dave Comeau 617.799.5133

GCL Braves (Rookie)
Nick Jensen 908.246.1022

Dominican Summer League (Rookie)
Luis Palomares 404.939.8434

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Jeff Porter .....2003 - Present
David Pursley .....1969 - 2002
Harvey Stone.....1966 - 1968
Bob Feron .....1957 - 1965
Charles Lacks .....1946 - 1956
Ralph May .....1944 - 1945
Eddie Froelich .....1937 - 1938

ASSISTANT ATHLETIC TRAINER
Jim Lovell .....2003 - Present
Jeff Porter .....1984 - 2002
Gene Lane.....1982 - 1983
David Pursley .....1961 - 1968

PJ MAINVILLE

Head Athletic Trainer

East Carolina University (B.S.)
California University of Pennsylvania (M.S.)
Years in MLB: 6

PJ begins his fourth season as the head athletic trainer for the Chicago Cubs. Prior to joining the Cubs, he completed the previous two seasons (2011-2012) as the assistant athletic trainer for the Arizona Diamondbacks. Mainville spent the past 13 years in the Minor Leagues with the Baltimore Orioles and Arizona Diamondbacks. He served as the Minor League Medical & Rehabilitation Coordinator from 2007 to 2010 for the Diamondbacks. Prior to the 2007 season, he was the Head Athletic Trainer for the AAA Ottawa Lynx (2004-2006), AA Bowie Baysox (2001-2003), High-A Frederick Keys (2000), Low-A Delmarva Shorebirds (1999), and Rookie Bluefield Orioles (1998). He began his interest in professional baseball as an undergraduate intern with the Baltimore Orioles in 1996 and 1997 while attending East Carolina University. A certified member of the NATA, Mainville later earned his Masters of Science degree in Performance Enhancement from California University of Pennsylvania in 2005. A native of Warrenton, VA, Mainville now resides in Chicago, IL with his wife, Michele, and children Kylie, Caden, and Carter.

Mark O'NEAL

Director of Athletic Training

University of Arkansas (B.S.)
Years in MLB: 19

Mark joined the Chicago Cubs in 2004 as Head Athletic Trainer and was promoted to his present role as Director of Medical Administration's in October of 2012. Having spent his previous 15 seasons in the St. Louis Cardinals' organization, Mark joined the Cardinals major league staff in 1998 as the medical and rehabilitation coordinator and was promoted to assistant athletic trainer in 2003. En route to the major leagues, Mark made stops in the Cardinals' farm system at Savannah (A), Arkansas (AA) and Louisville (AAA). He is a Certified Member of NATA, a licensed athletic trainer in the states of Illinois, Arizona and Missouri, a member of the Missouri Board of Healing Arts and a member of the NSCA. Mark had the honor of working the 2009 All-Star game in St. Louis. In 2008 Mark joined Cubs' Assistant Athletic Trainer Ed Halbur in being named the 2008 Major League Athletic Training Staff of the Year, and in 2007 Mark was elected Secretary of the Professional Baseball Athletic Trainer's Society's Executive Board. In December of 2013, Mark was unanimously elected by its membership to be President of PBATS. In his first year in that position Mark reinvigorated tobacco education in baseball and established ProTep, the Professional Tobacco Education Program. Mark also works with MLB and USA Baseball on instructions and injury prevention programs for young people. A graduate of the University of Arkansas, he worked for the football and basketball teams while an undergraduate and graduate assistant. Mark has a private pilot's license and enjoys flying with his sons. Mark and his wife, Stefanie, reside in Chicago, Ill., during the offseason with their three children (Conner, Cade and Kyle).

Ed HALBUR

Assistant Athletic Trainer

University of Nevada, Las Vegas (B.S.)
University of Nebraska, Omaha (M.A.)
Years in MLB: 12

Ed is in his 12th season as assistant athletic trainer after joining the Cubs organization in 2003 as athletic trainer for the club's Triple-A affiliate (Iowa). Prior to joining the Cubs, Ed spent 1999-2002 with the Detroit Tigers Organization in Rookie ball and Double AA. In 2001, he served as the athletic trainer for the Escohido Leones in the Dominican Winter League. Ed joined the Director of Athletic Training, Mark O'Neal, in being named the 2008 Major League Athletic Training Staff of the Year at the annual Baseball Winter Meetings in Las Vegas, Nev. Graduated from the University of Nevada-Las Vegas with a Bachelor of Science degree in athletic training. Ed earned a Master's degree from the University of Nebraska Omaha in physical education and coaching. He also served as a graduate assistant at Creighton University and as an athletic trainer for, baseball and soccer while in college. Ed served as a host athletic trainer for the College World Series. Halbur is a certified/licensed member of the National Athletic Trainers' Association (NATA) and is a member of the Professional Baseball Athletic Trainers Society (PBATS). Ed and his wife Sara, reside in Des Moines, Iowa, with their daughter, Addison, and son, Gabriel.

Wrigley Field
1060 W. Addison St. | Chicago, IL 60613 | 773.404.2827

Matt JOHNSON

Assistant Athletic Trainer

Ohio University (B.S.)
Boston University (M.S.)
Years in MLB: 5

Matt is in his fifth season as assistant athletic trainer for the Chicago Cubs. Matt joined the Cubs' major league staff after serving as an athletic trainer in the Cubs' minor league system for 10 years. Matt has made stops at Mesa (Rookie), Boise (Short-Season), Peoria (A), West Tenn. (AA), Tennessee (AA), and Iowa (AAA). Matt was the athletic trainer for the Iowa Cubs from 2008-2011. In 2008, he also served as the athletic trainer for the Aguilas de Cibaenas in the Dominican Winter League. Matt graduated from Ohio University with a Bachelor of Science degree in athletic training. He earned a Master's degree from Boston University in applied anatomy and physiology. Matt is a Certified Athletic Trainer (NATA), Certified Strength and Conditioning Specialist (NSCA), a Corrective Exercise Specialist (NASM), and has his CFAS (Gray Institute). Matt was born and raised in La Grange Park, IL. He and his wife Rachel, reside in Stow, Ohio with their sons Sam and Brian.

Minor League Athletic Trainers

Medical Coordinator
Nick Frangella 480.668.4576

Rehabilitation Coordinator
Chuck Baughman 480.668.4572

Iowa Cubs (AAA)
Shane Nelson 865.286.2335
Sean Folan 480.668.4575

Tennessee Smokies (AA)
Jonathan Fierro 480.452.8883

Myrtle Beach Pelicans (A)
Toby Williams 404.547.7484

South Bend Cubs (A)
Mike McNulty.....815.274.0909

Eugene Emeralds
Logan Severson 815.258.4758

Mesa Cubs (Rookie)
Adrian Pettaway 301.275.1176

Dominican Summer League (Rookie)
Jose Alvarez 809.855.9457

Strength and Conditioning Coordinator
Doug Jarrow 860.982.4799

Athletic Trainers' History

HEAD ATHLETIC TRAINER

PJ Mainville.....2013 - Present
Mark O'Neal.....2004 - 2012
Dave Groeschner 2004
Dave Tumbas .....1997 - 2003
John Fiero .....1987 - 1996
Tony Garafolo .....1977 - 1986
Gary Nicholson .....1973 - 1976
Al Sheuneman.....1953 - 1972
Andy Lotscha.....1922 - 1952

ASSISTANT ATHLETIC TRAINER

Ed Halbur .....2004 - Present
Matt Johnson.....2012 - Present
Sandy Krum.....2001 - 2004
Steve Melendez.....1998 - 2000
Brian McCann .....1995 - 1997
Brett Fischer .....1993 - 1994
Dave Cilladi .....1986 - 1992
Gary Nicholson 1972

Steve BAUMANN

Head Athletic Trainer

University of Cincinnati (B.S.)
Years in MLB: 12

Steve Baumann, 38, enters his 1st season as Head Athletic Trainer and 12th season overall with the Cincinnati Reds. He spent the previous 11 seasons as Assistant Athletic Trainer. Baumann joined the Reds organization in 2000 as the Athletic Trainer at Rookie Level Billings. After 3 seasons in Billings, Steve was promoted to AA Chattanooga for the 2003 season and moved on to AAA Louisville for the 2004 season. Following the 2004 season, Steve was an Athletic Trainer in the Arizona Fall League. While pursuing his degree in Health Promotion and Education from the University of Cincinnati, Steve was an intern for the Reds during the 1999 season. He is a member of the NATA and the Ohio Athletic Trainers Association and Greater Cincinnati Athletic Trainers Association. Steve, his wife Rachel, and children Andrew and Natalie reside in Cincinnati year-round.

Tomas VERA

Assistant Athletic Trainer

University of Pedagogy Libertador-Venezuela
Years in MLB: 6

Tomas Vera, 48, enters in his 6th season with the Cincinnati Reds as Assistant Athletic Trainer, his 26th in professional baseball. He joined the Reds organization in September of 2006 as a Reds Minor League Athletic Trainer (Louisville Bats AAA 2009-10, Sarasota Reds 2007-08). Prior to the Reds he worked 12 years with the Chicago White Sox organization (Kannapolis Intimidators 2004-06, Great Falls Sox 2003, Bristol Sox 2002, Phoenix 2001, Tucson 1998-2000, and Sarasota 1995-97). Prior to the White Sox, Tomas worked for the Milwaukee Brewers in Spring Training/Extended Spring in 1994. He began his baseball career in Venezuela Summer League with the Azucareros de la Victoria in 1990, serving as an Athletic Trainer in the Venezuela Winter League with Aragua, Caracas, Cabimas and Pastora teams (1990-96), He also spent time in the Dominican Winter League with the Licey Tigers (1999-2002). Vera has been named Head Athletic Trainer for the 2006, 2009 &2013 World Baseball Classic Venezuelan National Team. He received his degree in Physical Education from UPEL – Venezuela; Vera is recognized as the first Venezuelan Certified members of the NATA. Tomas is the son of Leandro Vera Fortique and Hilda Oviedo de Vera. He was born in Caracas Venezuela; He and his wife Mariela have two children, Rafael and Carolina. They reside in Sarasota, Fla.

Jimmy MATTOCKS

Assistant Athletic Trainer

Assistant Athletic Trainer
Northern Arizona University (B.S.)
Years in MLB: 1

Jimmy Mattocks, 33, is entering his first year as Assistant Athletic Trainer for the Cincinnati Reds. He has spent the previous 10 years in the Reds organization as a minor league Athletic Trainer. Beginning his career in 2006, he spent a year in Billings (2006) and Dayton (2007), 3 years in AA at Chattanooga & Carolina (2008-2010), and 5 years in AAA Louisville (2011-2015). He graduated from Northern Arizona University in 2004 with a Bachelor of Science degree in Athletic Training and completed an internship with the Arizona Diamondbacks (2004) before continuing his education at Oregon State University, graduating in 2006 with a Master of Science degree in Exercise and Sport Science. Originally from Phoenix, AZ he resides in Louisville, KY. He and his wife Alma are expecting their first child.

Minor League Athletic Trainers

Medical Coordinator
Richard Stark 623.932.6828
Rehabilitation Coordinator
Brad Epstein 623.932.6829
Athletic Training Coordinator
Patrick Serbus.....623.932.6819
Louisville Bats (AAA)
Steve Gober 484.951.6272
Pensacola Blue Wahoos (AA)
Tyler Moos.....303.902.8358
Daytona Beach (A)
Kyle Utne.....847.302.2535
Dayton Dragons (A)
Andrew Cleves 513.479.4857
Billings Mustangs (Rookie)
Jesse Guffey 570.878.7762
Arizona Reds (Rookie)
Clete Sigwart.....623.932.6590
Director of Sports Science Initiatives
Charles Leddon.....702.821.6066

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Steve Baumann.....2016 - Present
Paul Lessard .....2010 - 2015
Mark Mann.....2003 - 2009
Greg Lynn .....1993 - 2002
Larry Starr .....1972 - 1992
Bill Cooper.....1968 - 1971
Al "Hump" Wylder .....1965 - 1967
"Doc" Rhode .....1960 - 1964
"Doc" Wayne Anderson .....1951 - 1959
Bob Bohm .....1948 - 1950

ASSISTANT ATHLETIC TRAINER
Jimmy Mattocks .....2016 - Present
Tomas Vera .....2012 - Present
Steve Baumann.....2005 - 2015
Tim Elser .....2004 - 2006
Nick Kenney .....2003 - 2004
Lonnie Soloff.....2003
Mark Mann.....1995 - 2002
Doug Spreen .....1992 - 1994
Dan Wright.....1990 - 1991
Joe Harvey .....1982 - 1989

Keith DUGGER

Head Athletic Trainer

San Diego State Universityi (B.A.)
Years in MLB: 18

Keith Dugger, 50, begins his 18th season in Major League Baseball after nine seasons in the Minors. After receiving an undergraduate degree in athletic training in 1989 from San Diego State University, Dugger joined the San Diego Padres' farm system, working with Class A affiliates in Spokane, Wash., from 1990 to 1991, and Charleston, S.C., in 1992. He came to the Rockies' farm system in 1993, working with the Class A Bend, Ore., Rockies for one season, Class AA New Haven, Conn., Ravens in 1994, and Class AAA Colorado Springs Sky Sox from 1995 to 1998. Dugger earned the Pacific Coast League's "Athletic Trainer of the Year Award" in 1997, and in 2003 earned the honor of Major League "Training Staff of the Year" along with head trainer Thomas Probst. Dugger was selected to represent the National League as one of its athletic trainers at the 2010 All-Star Game in Anaheim. In addition, Dugger has served on the Executive Board of the Professional Baseball Athletic Trainers Society (PBATS) as National League Representative and is on the Pitch Smart Panel which was launched in 2014 through the works of MLB and USA Baseball. A member of the NATA and the Rocky Mountain Athletic Trainers Association, Dugger also volunteers as a YMCA Big Brother and enjoys golfing, fishing, and traveling. He lives in Morrison, Colo., with wife, Shannon, and daughter, Tianna, and his son Cashel.

Scott GEHRET

Assistant Athletic Trainer

Colorado State University (B.S. - A.T.C.)
Thomas Jefferson University (M.S.P.T.)
Years in MLB: 12

Scott Gehret, 45, begins his 12th year in Major League Baseball as Assistant Athletic Trainer for the Colorado Rockies. Scott received an undergraduate degree in Exercise and Sports Science from Colorado State University in 1993 and a Master's degree in Physical Therapy from Thomas Jefferson University in 1997. His professional career started with the Colorado Rockies in 1995 as Team Athletic Trainer for Class A affiliate, Portland. Scott returned to Portland in 1998 and moved up to the Double-A affiliate in 1999. Scott will represent the National League as one of the Athletic Trainers in 2015 All Star game in Cincinnati. Scott was Colorado's Minor League Rehabilitation Coordinator from 2000-2004. Scott lives in Denver, Colorado and enjoys skiing and snow shoeing.

Athletic Trainers' History

HEAD ATHLETIC TRAINER

Keith Dugger .....2004 - Present
Thomas Probst .....1999 - 2004
Dave Cilladi .....1993 - 1998

ASSISTANT ATHLETIC TRAINER

Scott Gehret .....2004 - Present
Keith Dugger .....1998 - 2004
Thomas Probst .....1993 - 1998

Coors Field
2001 Blake St. | Denver, CO 80205 | 303.292.0200

Thomas PROBST

Senior Director of Medical Operations & Special Projects

Mankato State University (B.S. - A.T.C.)
Florida International University (B.S. - P.T.)
Years in MLB: 24

In honor of his 14 years of service with the club, the Rockies named Tom Probst as baseball's very first Director of Medical Operations on Nov. 18, 2004. In this newly created role, he oversees all medical personnel at both the major and minor league levels. An original hire when the team began Minor League play in 1992, Probst was the first Athletic Trainer hired in the Colorado Rockies Organization history. He has worked in the training room for each of Colorado's first 12 seasons of Major League existence. He served as assistant athletic trainer from 1993-98 before being named the second head trainer in franchise history on Oct. 27, 1998. He spent six years in that capacity, ending his Athletic Trainer's room tenure at the end of the 2004 season after being named the Director of Medical Operations. In 2003, he and Keith Dugger were named Major League Training Staff of the Year by their peers. Probst was also selected to represent the National League as one of its trainers at the 2003 All-Star Game in Chicago. During the 2004 off-season, he toured Japan with the Major League Baseball All-Stars. TP served as trainer for the franchise's first group of draftees during a June, 1992, mini-camp. Later that year, he was the trainer of the first team in organizational history, Bend in the Northwest League. The 1992 campaign marked a return to pro baseball for Probst, who spent five years in the Montreal organization dating back to 1981. Tom has served on the Executive Board of the Professional Baseball Athletic Trainers Society (PBATS). He was the NL representative for PBATS in 2002 and 2003 and the treasurer in 2004 and was re-elected to the board in 2014. In December of 2004, he was asked to speak in Nagoya, Japan for JPBATS. Probst has two degrees: one in physical education from Mankato State University (1981) and a B.S. in physical therapy from Florida International University (1988). He and his wife, Gina, reside in Littleton with their three sons, Daniel, Nicholas and Christopher.

Minor League Athletic Trainers

Rehabilitation Coordinator
Scott Murayama .....murayams@coloradorockies.com 303.564.1398

Assistant Rehabilitation Coordinator
Andy Stover .....stovera@coloradorockies.com 716.908.1198

Albuquerque Isotopes (AAA)
Heath Townsend.....townsendh@coloradorockies.com 205.936.2560

Hartford Yard Goats (AA)
Billy Whitehead.....whiteheb@coloradorockies.com 903.749.3828

Modesto Nuts (A)
Josh Guterman.....gutermaj@coloradorockies.com.....510.304.6717

Asheville Tourists (A)
Casey Pappas .....pappasc@coloradorockies.com.....859.801.9969

Boise Hawks (Short-Season A)
Mickey Clarizo .....mickey.clarizo@gmail.com.....623.882.5545

Grand Junction Rockies (Rookie)
John Duff .....duffj@coloradorockies.com 303.921.9502

Strength and Conditioning Coordinator
Gabe Bauer .....bauerg@coloradorockies.com 608.469.4682

Spring Training Office
.....480.362.2848

Neil RAMPE

Head Athletic Trainer

University of Findlay, Findlay, OH (A.A. & BS)
University of Minnesota, Minneapolis, MN (M.Ed)
Years in MLB: 9

Neil Rampe begins his first season with the Dodgers serving as the Head Athletic Trainer. Prior to the Dodgers, Rampe was the Major League Manual & Performance Therapist with the Arizona Diamondbacks from 2008-2015. Neil's education includes an AA in Personal Training as well as BS in Athletic Training and Physical Education with an emphasis in Strength & Conditioning from the University of Findlay in 2000. He went on to receive his M.Ed. in Applied Kinesiology with a Sport and Exercise Science emphasis in 2002 from the University of Minnesota where he served as a strength & conditioning coach in the Golden Gopher athletic department. Neil then served as a certified athletic trainer at the Boulder Center for Sports Medicine in Boulder, CO. Neil went on to spend five years at The University of Arizona where he served as the Associate Director, Performance Enhancement. Neil is a Certified Athletic Trainer through the NATABOC, a Certified Strength & Conditioning Specialist through the NSCA, a Licensed Massage Therapist through the AMTA and NCBTMB. Neil and his wife, Laura, reside in Phoenix, Arizona.

Nate LUCERO

Assistant Athletic Trainer

Assistant Athletic Trainer
New Mexico State University (BS)
Years in MLB: 8

Nathan Lucero, 46, joins the Los Angeles Dodgers after spending 23 years in the Houston Astros Organization. Lucero was the Astros Head Athletic Trainer from 2009 thru 2015. Prior he held the position of Assistant Strength & Conditioning Coach from 2007 thru 2009. Before being promoted to the Major leagues as a Strength coach, Lucero held the position of Strength & Conditioning Coordinator for the Houston Astros Player Development system (2002 – 2006). In 2015 Lucero and the Houston Astros Medical Staff were awarded the PBATS MLB Athletic Training Staff of the Year. Lucero resides in Houston, Texas with his wife Janet and three children Isabella Feliz, Sophia Rose, and newborn Isaiah. He is a Certified Athletic Trainer, along with Strength and Conditioning Specialist, Lucero is also a licensed ATC in the state of Texas. In 2015 Lucero and the Houston Astros Medical Staff were awarded the PBATS MLB Athletic Training Staff of the Year. Lucero resides in Houston, Texas with his wife Janet and three children Isabella Feliz, Sophia Rose, and newborn Isaiah.

Thomas ALBERT

Assistant Athletic Trainer

Upper Iowa University (B.S.)
A.T. Still University (D.P.T)
Years in MLB: 1

Thomas Albert enters his 1st season with the Los Angeles Dodgers after spending the last 4 years as the Medical/Rehabilitation Coordinator for the Cleveland Indians. A native of Burlington, IA, Thomas earned his Doctorate degree in Physical Therapy from A.T. Still University. He earned a Bachelor's degree in Athletic Training, Sports Science, and Fitness from Upper Iowa University. He is certified in Spinal Manipulation and Dry Needling through the Spinal Manipulation Institute. He is also a Certified Strength and Conditioning Specialist through the NSCA. Thomas resides in the Phoenix, AZ area with his wife Mandi and three children Chloe, Adelyn and Juliet.

Yosuke NAKAJIMA

Massage Therapist / Assistant Athletic Trainer

Chuo University, Tokyo Japan (B.S.)
Long Beach State University (M.A.)
Massage Therapist / Athletic Trainer
Years in MLB: 2

Yosuke "Possum" Nakajima enters his 14th season with the Dodgers' medical staff. Nakajima has worked for 10 seasons as a minor league athletic trainer and spent 3 seasons as the athletic trainer with AAA club in Albuquerque before joining major league club. Nakajima began his career with the Dodgers as an athletic training intern (2003 and 2004 seasons). Nakajima earned his master's degree from Long Beach State in 2005. Prior to his time with the Dodger organization, Nakajima worked for the Long Beach State Baseball program as an equipment manager. A native of Yokohama, Japan, Nakajima attended Chuo University where he earned his bachelor's degree in Physics. He lives in Long Beach with his wife Mimi, who is an assistant professor at Long Beach State, and his two sons, Mario and George.

Dodger Stadium
1000 Elysian Park Avenue | Los Angeles, CA 90012 | 323.224.1500

Steve SMITH

Physical Therapist

University of Maryland Baltimore County (B.S.)
University of Maryland Baltimore (M.P.T. & D.P.T)
Years in MLB: 3

Steve Smith enters his 5th season with the Los Angeles Dodgers and 3rd season as the Physical Therapist for the Major League Club. Prior to joining the big league team he spent two seasons as the organization's Medical/Rehabilitation Coordinator. Previous to that he was the Manager of Performance Physical Therapy at Athletes' Performance (EXOS) Florida in conjunction with Dr. James Andrews and the Andrews Institute. A native of Hagerstown, MD, Smith earned his Master's and Doctorate degree in Physical Therapy from the University of Maryland Baltimore. He also earned a Bachelor's degree in Biological Sciences from the University of Maryland Baltimore County. He is a Board Certified Specialist in Sports Physical Therapy (American Board of Physical Therapy Specialties), a Certified Strength and Conditioning Specialist (National Strength and Conditioning Association), and an Emergency Medical Responder (American Red Cross). Smith resides in the Phoenix, AZ area with his wife Lisa and three children, Logan, Derek, and Madison.

Minor League Athletic Trainers

Medical/Rehabilitation Coordinator
Mauricio Elizondo .....mauricioe@ladodgers.com 617.913.9224

Assistant Medical Coordinator
Kevin Orloski .....kevino@ladodgers.com 908.328.7231

Medical Administrator/Billing Coordinator
Andrew Otovic .....andrewo@ladodgers.com 323.224.4234

Oklahoma City Dodgers (AAA)
Greg Harrel.....gregh@ladodgers.com.....405.812.6695

Tulsa Drillers (AA)
Aaron Schumacher.....aarons@ladodgers.com.....330.705.5178

Rancho Cucamonga Quakes (A)
Jason Kirkman .....jasonk@ladodgers.com 215.360.4007

Great Lakes Loons (A)
Kalie Swain.....kalies@ladodgers.com.....714.328.2544

Ogden Raptors (Rookie)
Yuya Mukaihara yuyam@ladodgers.com 541.602.9050

DSL Dodgers (Rookie)
TBD.....

Athletic Trainers' History

HEAD ATHLETIC TRAINER

Neil Rampe .....2016 - Present
Stan Conte.....2014 - 2015
Sue Falsone .....2012 - 2013
Stan Conte.....2007 - 2011
Stan Johnston .....2000 - 2006
Charlie Strasser.....1996 - 1999
Bill Buhler .....1961 - 1995
Dr. Harold Wendler .....1958 - 1960

ASSISTANT ATHLETIC TRAINER

Yosuke Nakajima .....2015 - Present
Thomas Albert.....2016 - Present
Nancy Patterson .....2011 - 2015
Greg Harrel .....2012 - 2014
Todd Tomczyk .....2007 - 2011
Rick Lembo .....2008 - 2009
Stan Johnston .....1996 - 1999, 2007 - 2008
Matt Wilson .....2000 - 2006
Charlie Strasser.....1985 - 1995
Paul Padilla .....1980 - 1984
Herb Vike 1979
Jack Homel .....1969 - 1978
Jon Mattei .....1967 - 1968
Wayne Anderson .....1960 - 1966
Bill Buhler .....1958 - 1959

Sean CUNNINGHAM

Head Athletic Trainer

Canisius College (B.S.)
Florida Atlantic University (M.S.)
Years in MLB: 19

Sean Cunningham, 50, is entering his 15th season as head athletic trainer for the Miami Marlins. Prior to joining the Marlins, Cunningham served as coordinator for strength, conditioning, and team travel for the Montreal Expos from 1997 to 2001. He began his athletic training career as an assistant trainer at Indianapolis (AAA) before becoming head athletic trainer at Burlington, Ia. (A), Jacksonville, Fla. (AA), and West Palm Beach, Fla. (A). He served as the Coordinator for Strength, Conditioning, and Rehabilitation for the Montreal Expos from 1992-1996. Sean was honored to work the 2010 All-Star Game in Anaheim, California. A native of Boston, he graduated in 1986 from Canisius College and received his master's degree in exercise science from Florida Atlantic University. A certified athletic trainer and a certified strength and conditioning specialist, Cunningham lives in Jupiter, Fla., with wife, Michelle, and their three sons, Eric, Kyle, and Ryan. Sean enjoys coaching and playing basketball in the off-season.

Mike KOZAK

Assistant Athletic Trainer

Sheridan College
University of Waterloo (B.S.)
Years in MLB: 36

Mike Kozak, 58, is entering his 15th season as the assistant athletic trainer for the Miami Marlins. The Toronto native started his athletic training career with the Royral York Junior Hockey Club in 1977 before joining the Hamilton, Ontario, YMCA as an athletic trainer. In 1981 Kozak begin his career in baseball as an assistant athletic trainer with the Montreal Expos. In 1995, Kozak was the first National League assistant athletic trainer honored to serve in an All- Star Game in Arlington, Texas. He was honored to work his second All-Star game in 2008 at Yankee Stadium. A certified member of the NATA and is a licensed athletic trainer in the state of Florida. He served as an athletic trainer for Team Canada in the 2013 World Baseball Classic. Kozak was named the National League Asst. Trainer rep on the PBATS Executive Board in 2009 and held that position until 2015. Mike was selected to the PBATS Hall of Fame Committee in 2011. Kozak lives in West Palm Beach, Florida with wife, Maria, and their children, Derek and Caylie. His hobbies include downhill , cross country skiing and golf.

Dustín LUEPKER

Assistant Athletic Trainer

Stephen F. Austin State University (B.S. M.Ed.)
Years in MLB: 5

Dustin Luepker,38, is entering his 5th season as assistant athletic trainer for the Miami Marlins after spending the previous 3 seasons in the Marlins minor league system at Jacksonville, FL (AA). Prior to the Marlins, he spent 3 years in the San Francisco Giants minor league system at Augusta, GA (A) and Norwich, CT (AA). In 2010 he was named Southern League athletic trainer of the year. The Houston, TX native attended Stephen F. Austin State University where he graduated with a BS in Kinesiology and M.Ed. in Exercise Science. A certified athletic trainer, certified strength and conditioning specialist, and a corrective exercise specialist, Luepker lives in McKinney, TX with his wife, Ann, their daughter Camden, and their son Cole.

Minor League Athletic Trainers

Medical Coordinator
Gene Basham .....gbasham@marlins.com 818.470.7841
New Orleans Zephyrs (AAA)
Brian Bobier .....bbobier@marlins.com 405.441.4074
Jacksonville Suns (AA)
Cesar Roman .....croman@marlins.com 787.671.2885
Jupiter Hammerheads (A)
Ben Cates.....bcates@marlins.com 815.985.4327
Greensboro Grasshoppers (A)
Mike Bibbo .....mbibbo@marlins.com 610.517.9043
Batavia Muckdogs (Short-Season A)
Eric Reigelsberger .....ereigelsberger@marlins.com .....
Gulf Coast League Marlins (Rookie)
Patrick Amorelli.....pamorelli@marlins.com 702.328.1864
Minor League Conditioning Coordinator
Mark Brennan.....mbrennan@marlins.com 208.371.4918
Major League Conditioning Coordinator
Ty Hill .....thill@marlins.com.....412.841.4038

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Sean Cunningham .....2002 - Present
Larry Starr .....1993 - 2001

ASSISTANT ATHLETIC TRAINER
Mike Kozak .....2002 - Present
Dustin Luepker .....2012 - Present
Kevin Rand .....1993 - 2001

Dan WRIGHT

Head Athletic Trainer

University of Oregon (B.S. & M.S.)
Years in MLB: 17

Roseburg, OR native Dan Wright, 53, is entering his fifth year as the Head Athletic Training for the Milwaukee Brewers after serving for 10 years as the assistant. He began his career as a minor league athletic trainer with the Kansas City Royals from 1985 to 1989. The next year in 1990 he was named Assistant Athletic Trainer for the Cincinnati Reds. As Larry Starr's assistant, he was part of the 1991 MLB "Training Staff of the Year" awarded by PBATS. Wright was also part of the Brewer's medical staff that received the 2005 Dick Martin Award, 2014 Martin-Monahan Award and served as member of the National league medical staff for the 2011 Major League All-Star Game. From 1992 to 1994 Wright served as the head athletic trainer for the San Francisco Giants minor league Department. He also represented the Giants as an athletic trainer for the 1993 Fall League. In 1996 Wright co-founded FitLife Health Systems, an athletic trainer-owned conditioning and sports medicine clinic in Scottsdale, AZ. An active member of the Arizona Athletic Trainer's Association, he has served on the board of directors and various committees. In 2000, Wright was named "Arizona Athletic Trainer of the Year" by the AZATA. Later, he was appointed by Governor Jane Hull to sit on the first Arizona Board of Athletic Training Licensure. A certified member of the NATA, Wright also is certified by the NSCA as strength and conditioning specialist. He completed his first marathon in 2008 and has many outdoor hobbies include hiking, fishing, target shooting and scuba diving. Wright lives in Tempe, AZ, and has two children, Emma and Robbie.

David YEAGER

Assistant Athletic Trainer

Auburn University (B.S.)
Jacksonville State University (M.S.)
Years in MLB: 5

David enters his fifth year as the Assistant Athletic Trainer with the Milwaukee Brewers Major League Team. Yeager, 42, previously spent 7 seasons in the Milwaukee minor league system including AA Huntsville and AAA Nashville. He was named 2007 Southern League Athletic Trainer of the Year. While Assistant Athletic Trainer, David was part of the Brewers' staff that received the 2014 Martin-Monahan Award for the best medical staff in professional baseball. He is an NATA Certified Athletic Trainer and also is certified by the NSCA as a Strength and Conditioning Specialist. David earned his bachelor's degree from Auburn University and his Master's from Jacksonville State University. He and his wife, Wendy, reside in Athens, Alabama with their sons, Duke and Seth.

Kevan CREIGHTON

Assistant Athletic Trainer, Massage Therapist

University of Wisconsin-Milwaukee (B.S.)
U.S. Career Institute (Massage Therapy)
Years in MLB: 6

Kevan Creighton, 29, enters his third season as an Assistant Athletic Trainer and Massage Therapist with the Milwaukee Brewers. He spent the previous four years as an Assistant Athletic Trainer and Rehabilitation Assistant for the Milwaukee Brewers Major League Team. He is a Licensed Athletic Trainer and Licensed Massage Therapist in the state of Wisconsin. Kevan received his bachelor's degree from the University of Wisconsin-Milwaukee and his Massage Therapy degree from the U.S. Career Institute in Colorado. Last season he was part of the Milwaukee Brewers medical staff that was awarded the 2014 Martin-Monaghan Award for best medical staff in Major League baseball. He was born, raised and resides in Milwaukee, Wisconsin.

Miller Park
One Brewers Way | Milwaukee, WI 53214 | 414.902.4400

Roger CAPLINGER

Director of Medical Operations

Metropolitan State College of Denver (B.A.)
University of Colorado (M.Ed.)
Years in MLB: 16

Roger Caplinger, 49, enters his fifth season as the Director of Medical Operations, following 10 years as the head athletic trainer. Caplinger previously spent four seasons as the Assistant Athletic Trainer following eight years in the Brewers farm system. After earning an undergraduate degree in physical education/athletic training from Metropolitan State College in Denver, Colo., Caplinger joined Milwaukee's Rookie league team in Peoria, Ariz., in 1990. The Wheat Ridge, Colo. native worked his way up through the Brewers' athletic training ranks, working with affiliates in Helena, Mont., in 1991 and 1993, and Chandler, Ariz., in 1994. From 1995 through 1999, Caplinger served as coordinator of Minor League athletic training, strength and conditioning. Caplinger is coordinator of athletic training for Major League Baseball's Arizona Fall League from 1996 through 2007 and was recognized along with head athletic trainer John Adam with the 2001 "MLB Athletic Training Staff of the Year Award and in 2005 received the Dick Martin Award by Baseball Prospectus". The Brewers organization was awarded the 2014 Martin-Monaghan Award as the Best Medical Staff in Major League Baseball by Rotowire.He was honored to serve as the National League athletic trainer for the 2002 Major League All- Star game. He also served on the PBATS Executive Board as the National League Athletic Trainer representative. He also serves as the chairman of the PBATS EMR Committee. Caplinger is a certified member of the NATA and is a member of the AzATA, WATA and is a licensed athletic trainer in Arizona and Wisconsin. A golf and racing enthusiast, Caplinger resides in Menomonee Falls, WI with wife Jackie and has children Kyle, Gabi, Brett and Ryan.

Minor League Athletic Trainers

Medical Coordinator
Frank Neville .....frank.neville@brewers.com 623.245.5605

Physical Therapist
Kevin Truitt .....kevin.truitt@brewers.com.....623.245.5608

Colorado Springs (AAA)
Aaron Hoback.....aaron.hoback@brewers.com 414.795.5040

Biloxi Shuckers (AA)
Steve Patera.....steve.patera@brewers.com 414.795.5783

Brevard County Manatees (A)
Tommy Craig .....tommy.craig@brewers.com 414.795.5270

Wisconsin TimberRattlers (A)
Jeff Paxson.....jeff.paxson@brewers.com 414.795.5925

Helena Brewers (Rookie)
Luke Greene.....luke.greene@brewers.com 414.795.5146

Arizona League Brewers (Rookie)
Greg Barajas .....greg.barajas@brewers.com 414.213.2957

Dominican League Brewers (Rookie)
Alex Mena .....alex.mena@brewers.com .....

Athletic Trainers' History

HEAD ATHLETIC TRAINER

Dan Wright .....2012 - Present
Roger Caplinger.....2002 - 2011
John Adam.....1984 - 2001
Fred Frederico.....1981 - 1983
Curt Rayer.....1969 - 1980

ASSISTANT ATHLETIC TRAINER

David Yeager.....2012 - Present
Kevan Creighton .....2014 - Present
Dan Wright.....2002 - 2011
Paul Anderson .....2003 - 2005
Roger Caplinger .....1998 - 2001
Al Price .....1988 - 1997
John Adam.....1981 - 1983
Fred Frederico.....1979 - 1980

Ray RAMIREZ

Head Athletic Trainer

Hofstra Univesity (B.S.)
Long Island University (M.S.)
Years in MLB: 25

Ray Ramirez enters his 12th year as the New York Mets Head Athletic Trainer after 13 seasons as the assistant with the Texas Rangers. He previously spent 9 seasons at the minor league level with the NY Mets, Minnesota Twins and Texas Rangers. He served as a USA host athletic trainer during the 1987 Pan American Games in Indianapolis. In 1999 & 2000 he worked for San Juan & Carolina respectively, in the Puerto Rico Winter Baseball League. Ramirez was has been selected as an athletic trainer for two All Star Games. He represented the Texas Rangers for the American League in Houston, TX (2004), and the New York Mets for the National League in New York (2013). He is a former PBATS executive board member. Ramirez is a certified member of the NATA, NSCA & NASM. He is a native of Trujillo Alto, Puerto Rico but spends the off-season in Arlington, Texas. He has two sons; Rico & Ricky. Hobby: Road Bike.

Brian CHICKLO

Assistant Athletic Trainer

Shenandoah University (B.S.)
University of Nevada, Las Vegas (M.S.)
Years in MLB: 5

Brian Chicklo, 40, enters his fourth season as assistant athletic trainer with the New York Mets after spending 13 seasons as a minor league athletic trainer in the New York Mets system. Chicklo began his career in professional baseball in 1999 as the athletic trainer for the Pittsfield Mets, in Pittsfield, Mass. Brian progressed through the minor leagues working 10 seasons in AAA and 1 season (2011) as the minor league athletic training coordinator. Chicklo, a native of Winchester, VA now resides in Tega Cay, S.C. with his wife Ashley and their son Dalton, 2-26-2013, and daughter Collins, 9-14-15.

Citi Field
123-01 Roosevelt Avenue | Flushing, NY 11368 | 718.507.6387

Minor League Athletic Trainers

Medical Coordinator
Michael Herbst .....mherb@nymets.com 772.871.2142
Rehabilitation Coordinator
Dave Pearson.....dpearson@nymets.com 904.838.7893
Las Vegas 51's (AAA)
Deb Iwanow .....diwanow@nymets.com 607.407.2516
Binghamton Mets (AA)
Bob Grimes .....bgrimes@nymets.com .....
St. Lucie Mets (A)
Matt Hunter.....mhunter@nymets.com 352.219.1575
Savannah Sand Gnats (A)
Eric Velazquez .....evelazquez@nymets.com 818.635.0888
Brooklyn Cyclones (Short-Season A)
Kiyoshi Tada .....ktada@nymets.com 719.248.6210
Kingsport Mets (Rookie)
Gavin Grosh .....ggrosh@nymets.com 260.437.2993
Gulf Coast League Mets (Rookie)
Giovanni D'Onza .....gd'onza@nymets.com 347.217.4175
Dominican Academy
Daichi Arima .....darima@nymets.com .....

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Ray Ramirez .....2005 - Present
Scott Lawrenson .....2002 - 2004
Fred Hina.....1995 - 2001
Steve Garland .....1984 - 1994
Larry Mayol .....1981 - 1983
Tom McKenna .....1970 - 1980, 1981 - 2006 (Trainer Emeritus)
Gus Mauch .....1962 - 1969

ASSISTANT ATHLETIC TRAINER
Brian Chicklo.....2012 - Present
Mike Herbst .....2002 - 2011
Scott Lawrenson .....1997 - 2001
Sam McCrary.....1992 - 1996
Bob Sikes .....1985 - 1991
Paul Grayner.....1984
Steve Garland.....1983
Paul Weiner.....1981 - 1982
Larry Mayol .....1979 - 1980
Joe Deere .....1964 - 1978
Lynn Lischer .....1962 - 1963

Scott SHERIDAN

Head Athletic Trainer

West Chester University (B.S.)
Neumann College (M.S., P.T.)
Years in MLB: 10

Scott was named the Phillies' head athletic trainer on October 20, 2006. The 2015 season is his 14th with the Phillies and 10th as a major league athletic trainer. Previously, Scott was the coordinator of rehabilitation and minor league athletic trainers for the Phillies for four years (2003-06). A graduate of West Chester University and Neumann University, Scott earned his bachelor's degree in athletic training from West Chester in 1991 and a master's degree in physical therapy from Neumann in 1998 and is a certified member of the National Athletic Trainers Association (1991) and American Physical Therapy Association (1998). In 2005, he attained certified strength and conditioning credentials from the National Strength and Conditioning Association. Before joining the Phillies, Scott worked 11 years as a staff physical therapist/athletic trainer at Chester County Orthopedic and Sports Physical Therapy (Physiotherapy Associates) in West Chester, PA and served as adjunct faculty at Neumann for three years. Scott and his staff were the recipients of the 2009 Dick Martin Award, given to the best athletic training staff in baseball by Baseball Prospectus. Scott currently serves on the Professional Baseball Athletic Trainers Society's Electronic Medical Records and Medical Advisory Committees.Scott was born on October 29, 1969, in Seaford, Del. He and his wife, Deborah, live in West Chester, Pa. They have one son, Scott Michael (9/16/00) and one daughter, Emilee Lynn (8/1/03).

Shawn FCASNI

Assistant Athletic Trainer

West Chester University (B.S.)
Nova Southeastern University (M.H.S.c.)
Years in MLB: 5

Shawn was named the Phillies' assistant athletic trainer in November 2011. The 2015 season is his 14th with the Phillies and fifth as a major league Athletic Trainer. He served as Minor League Conditioning Coordinator from 2008-2011 and briefly as Minor League Athletic Training and Rehabilitation Coordinator before assuming his current role. He began as an intern athletic trainer with The Phillies in 2001 and the Gulf Coast League Phillies in 2002. Shawn was a minor league Athletic Trainer through 2007, including working as an Athletic Trainer for the Peoria Saguaros during the 2006 Arizona Fall League. He earned bachelor's degree in Athletic Training from West Chester University and a Master of Health Science degree from Nova Southeastern University. He is certified as an Athletic Trainer (ATC) and Strength and Conditioning Specialist (CSCS), with additional certifications as a Corrective Exercise Specialist (National Academy of Sports Medicine), Applied Functional Science (Gray Institute) and Upper Extremity Active Release Technique (ART). Shawn was born on July 16, 1980 in Pt. Pleasant, NJ and resides in Sewell, NJ with his wife Shannon. They have one son, Brandon and one daughter, Alyssa

Chris MUDD

Assistant Athletic Trainer

Western Kentucky University (B.S.)
University of Alabama (M.A.)
Years in MLB: 2

Chris was named the Phillies' assistant athletic trainer in 2014. The 2015 season is his 13th with the Phillies organization and second with the Major League team. Prior to joining the Major League team, Chris served three seasons as athletic trainer for the Lehigh Valley IronPigs, the Phillies Triple-A affiliate. Chris began his career with the Phillies in 2004 with the Batavia Muckdogs and progressed through the minor leagues with stops in Lakewood (N.J.), Clearwater (Fla.), and Reading (Pa.). Chris was the athletic trainer for the 2006 South Atlantic League Champion Lakewood BlueClaws and 2007 Florida State League Champion Clearwater Threshers. Chris served with the Mesa SolarSox of the 2008 Arizona Fall League and with the Yaquis de Obregon of the Mexican Pacific League. He was named to the Eastern League All-Star Game staff in 2010. Chris earned his bachelor's degree in exercise science from Western Kentucky and master's degree from Alabama. He is certified as an athletic trainer, corrective exercises specialist, certified ART provider (UE), certified functional range release upper limb provider and primal reflex release technique. Chris was born in Leitchfield, Ky., and resides in Elizabethtown, Ky., with his wife Carol. They have twin sons, Jonah and Jacob.

Citizens Bank Park
One Citizens Bank Way | Philadelphia, PA 19148 | 215.463.6000

Minor League Athletic Trainers

Medical and Rehab Coordinator
Joe Rauch .....jrauch@phillies.com 513.235.0337

Lehigh Valley Iron Pigs (AAA)
Jon May .....jmay@phillies.com 267.294.8855

Reading Phillies (AA)
Aaron Scott .....ascott@phillies.com 319.504.1722

Clearwater Threshers (A)
Mickey Kozak .....mkozak@phillies.com 215.284.6980

Lakewood Blue Claws (A)
Taka Sakurai.....tsakurai@phillies.com 215.435.2950

Williamsport Crosscutters (A)
Michael Hefta .....mhefta@phillies.com 405.590.7579

Gulf Coast Phillies (Rookie)
Troy Hoffert.....thoffert@phillies.com 215.360.4006

Athletic Trainers' History

HEAD ATHLETIC TRAINER

Scott Sheridan.....2007 - Present
Jeff Cooper .....1981 - 2006
Don Seger .....1969 - 1980
Joe Liscio.....1963 - 1968
Frank Wiechec.....1948 - 1962
Dusty Cooke .....1945 - 1947
Leo Miller.....1941 - 1944

ASSISTANT ATHLETIC TRAINER

Shawn Fcasni .....2012 - Present
Chris Mudd .....2015 - Present
Dong Lien .....2008 - 2013
Mark Andersen.....1986 - 2011
John Fiero .....1984 - 1985
Jeff Cooper .....1976 - 1980

Todd TOMCZYK

Head Athletic Trainer

Duquesne University (B.S.)
California University of Pennsylvania (M.S.)
Years in MLB: 10

Todd Tomczyk begins his fifth season as the head athletic trainer for the Pittsburgh Pirates, after spending five years as the assistant athletic trainer of the Los Angeles Dodgers. Tomczyk begins his 18th season working in professional baseball. He spent 8 years in the minor leagues for the Cleveland Indians farm system. Tomczyk spent the 2005 and 2006 seasons as the Triple-A Buffalo Bison's athletic trainer. He held the same position for the Double-A Akron during the 2003 and 2004 seasons. In 2002, he was named the Akron athletic trainer mid-way through the season, prior to being named the Akron athletic trainer, Tomczyk was the rehabilitation coordinator for the Indians (2001-2002). Todd spent the first half of the 2001 season and the entire 2000 season as the athletic trainer for the Columbus RedStixx. He held the same position of athletic trainer for the Burlington Indians during the 1999 campaign. The Pittsburgh, PA native earned a Bachelor's degree in athletic training from Duquesne University (1998), and Master's degree in exercise science and performance enhancement from California University of PA in 2003. Tomczyk is a Certified Strength & Conditioning Specialist (CSCS) and Performance Enhancement Specialist (NASM-PES). He is an adjunct faculty member at Duquesne University. Todd and his wife Colleen, reside in Pittsburgh, PA with their two daughters.

Ben POTENZIANO

Assistant Athletic Trainer

University of Maine at Farmington (B.S.)
University of Maine at Orono (M.Ed.)
Years in MLB: 12

Ben Potenziano was named Pittsburgh's Major League Assistant Athletic Trainer on October 24, 2011. Potenziano spent the previous eight seasons at the Major League level with the San Francisco Giants, the last seven as the club's Strength and Conditioning Coordinator and Assistant Athletic Trainer. Ben is a member of the National Athletic Trainers Association, Professional Baseball Athletic Trainers Society, National Strength and Conditioning Association, and the NASM. He spent five seasons in San Francisco's minor league system as the head athletic trainer with short-season Bellingham (1995), Class-A San Jose (1996), Double-A Shreveport (1997-98) seasons. He also worked with the Giants as the Minor League Rehab Coordinator in 2003. The 50-year-old Potenziano is a 1992 graduate of the University of Maine at Farmington and earned his Masters of Education with a concentration in Exercise Science from the University of Maine at Orono, where he also spent three years (1999-2002) as an assistant athletic trainer. Ben has 2 children, Olivia (18) and Benjamin (15). He resides in CT.

Athletic Trainers' History

HEAD ATHLETIC TRAINER

Todd Tomczyk .....2012 - Present
Brad Henderson.....2003 - 2011
Kent Biggerstaff.....1986 - 2002
Tony Bartirome .....1967 - 1985
Danny Whelan.....1957 - 1966
'Doc' Charles Jorgenson .....1930 - 1958

ASSISTANT ATHLETIC TRAINER

Ben Potenziano.....2012 - Present
Jeremiah Randall .....2013 - Present
Erwin Valencia.....2006 - 2012
Mike Sandoval .....2001 - 2011
Mark Rogow .....2001 - 2005
Bill Henry .....1997 - 2000
David Tumbas .....1986 - 1996

PNC Park
115 Federal St. | Pittsburgh, PA 15212 | 412.323.5000

Otis FITZGERALD

Rehab Coord./Physical Therapist/Asst. Athletic Trainer

Penn State University (B.S.)
University of Kentucky (PT/M.S.)
Years in MLB: 1

Kevin (Otis) Fitzgerald is in his first year as the Pirates Physical Therapist. He joined the organization on January 5. A native of Pittsburgh, Fitzgerald is a 1988 graduate of Central Catholic High School. He also graduated from Penn State in 1993 with a BS degree in Kinesiology/Athletic Training. Fitzgerald spent three years (1993-1995) in Port St. Lucie, FL, with the Joyner Sports medicine Institute, where he worked closely with the New York Mets. He also worked as the Athletic Training Outreach Coordinator in Altoona, PA, from 1995-1997 and spent four years (1997-2000) as the Clinical Athletic Trainer with Kentucky Sports medicine in Lexington. Otis received a Master's degree in Physical Therapy from the University of Kentucky in 2000 before working as the Director of Physical Therapy University Ortho in State College, PA until 2002. From 2002 to 2004, Fitzgerald worked as the Center Manager for Drayer Physical Therapy in Roaring Spring/Altoona, PA, prior to serving as the Regional Vice President for Pittsburgh/Central PA, West Virginia and Georgia from 2005 to 2015.Fitzgerald currently resides in Shadyside, PA, with his wife Amy and two children; Maren Shea (5) and Josh Gibson (3).

Minor League Athletic Trainers

Director of Performance
Chris Johnson, Ph.D... chris.johnson@pirates.com .....

Coordinator of Medical Services
Carl Randolph .....carl.randolph@pirates.com 412.337.5869

Athletic Training Coordinator
Bryan Housand.....bryan.housand@pirates.com 412.389.9636

Rehabilitation Coordinator
AJ Patrick .....aj.patrick@pirates.com 850.591.1158

Indianapolis Indians (AAA)
Lee Slagle .....lee.slagle@pirates.com 412.478.6560

Altoona Curve (AA)
Dru Scott .....dru.scott@pirates.com 765.490.1139

Bradenton Marauders (A)
Justin Ahrens .....justin.ahrens@pirates.com.....412.304.8345

West Virginia Power (A)
Dominic Cappozzo ..... dominic.cappozzo@pirates.com 412.614.0486

West Virginia Black Bears (Short-Season A)
Matt DenBleyker..... matthew.denBleyker@pirates.com 732.997.8477

Bristol Pirates (Short-Season A)
Jorge Islas .....Jorge.Islas@pirates.com 704.957.6930

Gulf Coast Pirates
TBD.....

Dominican Summer League
Tyler Brooks .....tyler.brooks@pirates.com.....

Applied Science Coordinator
Brendon Huttmann .....brendon.huttmann@pirates.com 216.272.1926

Minor League Strength & Conditioning Coordinator
Carlos Alvarez .....carlos.alvarez@pirates.com 513.509.9642

Adam OLSEN

Head Athletic Trainer

Auburn University (B.S.)
University of Wisconsin - Madison (M.P.T.)
Years in MLB: 7

Adam begins his first season as Head Athletic Trainer of the St. Louis Cardinals after completing six seasons as their Assistant Athletic Trainer/Physical Therapist. Prior to his time in St. Louis, he served for four seasons as the Medical/Rehab Coordinator for the Cardinals out of their Spring Training Complex in Jupiter, Florida. Olsen is a native of Green Bay, Wisconsin and is a graduate of Auburn University where he earned his Athletic Training Certification. Olsen worked as an athletic trainer for Disney's Wide World of Sports and Wildwood High School in the Orlando area before returning to school for his Master's in Physical Therapy from The University of Wisconsin – Madison. Following graduation, Olsen completed a post-professional Sports Physical Therapy Fellowship at Champion Sports Medicine and the American Sports Medicine Institute (ASMI) under the direction of Dr. James Andrews and Kevin E. Wilk in Birmingham, Alabama. Olsen has completed training in Full-Body Active Release Techniques (ART) and is working through the Dynamic Neuromuscular Stabilization (DNS) educational tract. Olsen, 38, and his wife, Amy, reside in St. Louis Hills with their daughters, Annabelle Frances (6) and Piper James (1), and their dog Bailey.

Chris CONROY

Assistant Athletic Trainer

College of Charleston (B.S.)
Years in MLB: 5

Chris is entering his fourth season with the Cardinals major league staff, after 13 years in their minor league system. Chris spent time with five different affiliates, including the Memphis Redbirds, where he spent 7 seasons. During his minor league career, Chris was awarded with the Eastern League Athletic Trainer of the year, as well as the Pacific Coast League Athletic Trainer of the year. Along with being a certified athletic trainer, he is a certified strength and conditioning specialist, a performance enhancement specialist, a corrective exercise specialist, and is currently working on becoming a dynamic neuromuscular stabilization certified practitioner. Born an Irish citizen, Chris was naturalized as a United States Citizen on July 3, 2010. He and his wife Kristi, and two daughters Madelyn, and Cecelia reside in St Louis.

Jeremy CLIPPERTON

Assistant Athletic Trainer

Truman State / Northeast Missouri St. University (B.S)
Years in MLB: 1

Jeremy is entering his fifth season in the Cardinals organization, his first as part of the major league staff after serving the last 4 seasons at AAA with the Memphis Redbirds. Before joining the Cardinals organization in 2012, Jeremy spent 11 years in the Seattle Mariners organization, including two in the PCL with the Triple-A Tacoma Rainiers. He also spent time at 4 other affiliates in the Seattle Mariner farm system and had one year (2001) in the Northwest League with the Spokane Indians in the Kansas City Royals Organization. The Iowa native is a two-time award recipient, recognized by the Midwest League in 2006 and again in 2008 as the Minor League Athletic Trainer of the Year by the Professional Athletic Trainers Society, the highest Minor League award as the top athletic trainer in all of the Minor Leagues. He was also named the Southern League Trainer of the Year in 2008. Jeremy and his wife Jessica reside in Peoria, Ariz.

Busch Stadium
700 Clark St. | St. Louis, MO 63102 | 314.345.9600

Minor League Athletic Trainers

Director of Performance
Robert Butler .....rbutler@cardinals.com 812.573.8054

Senior Medical Advisor
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Rehabilitation Coordinator
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Performance Physical Therapist
Jason Shutt .....jshutt@cardinals.com.....260.414.0348

Athletic Development Coordinator
Jim Malone.....jmalone@cardinals.com.....917.449.2452

Memphis Redbirds (AAA)
Rafael Freitas.....rfreitas@cardinals.com 623.628.5404

Springfield Cardinals (AA)
Scott Ensell .....sensell@cardinals.com 740.317.4621

Palm Beach Cardinals (A)
Brent Neuharth.....bneuharth@cardinals.com 608.844.4664

Peoria Chiefs (A)
Daniel Martin .....dmartin@cardinals.com 503.884.6206

State College Spikes (Rookie)
Chris Whitman .....cwhitman@cardinals.com 267.825.1863

Johnson City Cardinals (Rookie)
Keith Joynt .....kjoynt@cardinals.com 314.448.6007

GCL Cardinals (Rookie)
Koji Kanemura .....kkanemura@cardinals.com 479.935.7771

Athletic Trainers' History

HEAD ATHLETIC TRAINER

Adam Olsen .....2016 - Present
Greg Hauck .....2011 - 2015
Barry Weinberg .....1998 - 2010
Gene Gieselmann .....1969 - 1997
Bob Bauman .....1956 - 1968
Harrison "Buck" Weaver .....1927 - 1955
Kirby Samuels.....1926

ASSISTANT ATHLETIC TRAINER

Jeremy Clipperton.....2016 - Present
Chris Conroy .....2012 - Present
Adam Olsen.....2010 - 2015
Barry Weinberg 2011
Mark O'Neal.....2003 - 2004
Brad Henderson .....1988 - 2002
Bob Bauman .....1954 - 1955

Mark ROGOW

Head Athletic Trainer

University of Florida (B.S.)
Years in MLB: 6

Mark Rogow, 46, enters his first season with the Padres as their Head Athletic Trainer. Mark joins the Padres after five years with the United States Department of Defense, serving as Sports Medicine Program Manager for the Naval Special Warfare (Navy SEALS) at NSW Group 1 - NAB Coronado. In his previous position he helped oversee the clinic operation that was responsible for providing musculoskeletal care and rehabilitation for over 1,800 personnel which included SEAL Teams 1, 3, 5 and 7 as well as several other large commands that help support the SEAL Teams. Prior to working for the Department of Defense, Mark spent 20 years working in professional baseball, most recently as the Minor League Athletic Training and Medical Coordinator for the New York Mets for five seasons (2006-10). Prior to the Mets, he worked for the Pittsburgh Pirates organization from 1991-2005 in various capacities. Mark graduated with honors from the University of Florida with a Bachelor of Science in Exercise and Sport Sciences in 1991 and earned his certification in massage therapy from the Florida School of Massage in 1991. He is a Certified Athletic Trainer (ATC) with the National Athletic Trainers' Association as well as a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association. Mark resides in Carlsbad, Calif. with his wife, Cheryl, and their three children, Spencer, Preston and Hayden.

Paul NAVARRO

Assistant Athletic Trainer

University of La Verne (B.S.)
Years in MLB: 11

At age 43, Paul is in his 17th year as a professional baseball athletic trainer. He began his career in 2000 with the Padres in the Arizona Rookie League. From 2001 through 2003 Paul served in the Pioneer League with the Idaho Falls Padres and then moved to the Midwest Leagues Fort Wayne Wizards in 2004 and 2005. Prior to his career in professional baseball Paul distinguished himself with the West-Star Physical Therapy Group in OrangeCounty California, and, graduated in 1994, from the University of La Verne with a B.S.. Paul is a Certified Athletic Trainer and a certified strength and Conditioning specialist. He enjoys mountain biking, running long distance and music. Paul and his wife Rosalie live in Chino Hills California with their three sons Paul, Colin and Cade.

Will SINON

Assistant Athletic Trainer

University of La Verne (B.S.)
Years in MLB: 2

Will Sinon, 41, enters his 19th season with the Padres organization and his second season with the Major League staff after joining the squad last season. He served the previous nine seasons with Single-A Lake Elsinore as athletic trainer, where he earned California League Trainer of the Year honors for the 2008 campaign. Will spent the 2006 season as athletic trainer at Triple-A Portland and served in the same capacity for Double-A Mobile from 2003-05, earning Southern League Trainer of the Year honors in 2003. Will joined the Padres organization in 1998 as athletic trainer at Rookie-level Peoria and held that position through the 1999 season…also served as athletic trainer for the Pioneer League Champion Idaho Falls club in 2000 and Single-A Fort Wayne from 2001-02. Will is a Certified Athletic Trainer and Certified Strength and Conditioning Specialist (CSCS). Earned his Bachelors degree from the University of La Verne. Will is an avid golfer in his spare time. Sinon and his wife, Amy, daughter, Emily, and son, Matthew, reside in Ladera Ranch, Calif.

Petco Park
100 Park Blvd. | San Diego, CA 92101 | 619.795.5000

Minor League Athletic Trainers

Medical Coordinator
JoJo Tarantino.....619.997.0955
Rehabilitation Coordinator
Ryan Bitzel 619.990.9423
Tucson Padres (AAA)
Nathan Stewart 623.326.4414
Isak Yoon.....619.871.1772
San Antonio Missions (AA)
Dan Turner 619.481.0194
Lake Elsinore Storm (A)
Ricky Huerta 619.873.7725
Ft. Wayne Wizards (A)
Ricky Huerta 619.873.7725
Eugene Emeralds (Short-Season A)
Justin Hostert 714.686.7126
Peoria Padres (Rookie)
Wade Yamasaki 808.478.7217
Minor League Strength and Conditioning
Jordan Wolf.....480.695.5600

Athletic Trainers' History

HEAD ATHLETIC TRAINER
Mark Rogow .....2016 - Present
Todd Hutcheson.....1998 - 2015
Larry Duensing .....1993 - 1997
Bob Day.....1991 - 1992
Dick Dent.....1975 - 1990
John "Doc" Mattei .....1969 - 1974

ASSISTANT ATHLETIC TRAINER
Will Sinon .....2015 - Present
Paul Navarro .....2006 - Present
Jim Daniel .....1998 - 2005
Bill Henry 2003
Todd Hutcheson.....1991 - 1997
Larry Duensing .....1985 - 1990
Tiny Tunis .....1969 - 1974

David GROESCHNER

Head Athletic Trainer

University of South Carolina (B.S.)
Years in MLB: 17

Dave Groeschner begins his 10th season as the Head Athletic Trainer for the Giants and 20th season overall with the Giants. Groeschner spent the 2005 and 2006 seasons as the Giants assistant athletic trainer in his second stint with the Giants after having spent the 2004 season as the Head Athletic Trainer for the Chicago Cubs. Groeschner previously had spent four seasons in a dual role as the assistant athletic trainer and strength and conditioning coordinator for the Major League club. He served as athletic trainer for the triple-A Fresno Grizzlies during the 1999 season, after logging two years at single-A San Jose and one campaign at rookie-league Bellingham. Groeschner served as the Giants Minor League Medical Coordinator during the 2000 and 2001 seasons. Dave served as Athletic Trainer for the 2007 All Star Game in San Francisco. He earned a Bachelor's degree in physical education from the University of South Carolina. Groeschner is a member of the National Athletic Trainers Association and is licensed in the State on Arizona. He and his wife, Aimee, and daughters, Katie and Karmyn, reside in Mesa, Ariz.

Anthony REYES

Assistant Athletic Trainer

San Jose State University (B.S.)
University of Washington (M.S.)
Years in MLB: 5

Anthony Reyes returns for his fifth season as an Assistant Athletic Trainer for the Giants. Reyes previously spent four seasons as the athletic trainer for the triple-A Fresno Grizzlies (2008-2011), his tenth season overall within the Giants organization. He also spent two seasons (2006-07) with double-A Connecticut and worked with the Arizona Rookie team in 2005 after completing an internship for the Major League club in 2004. He earned a Bachelor's degree in Kinesiology from San Jose State University in 2004. Reyes is certified by the National Athletic Trainers' Association and also holds a certification with the National Strength and Conditioning Association. Anthony and his wife, Fay, reside in Martinez, Calif.

Eric ORTEGA

Assistant Athletic Trainer

California State University, Sacramento (B.S.)
Years in MLB: 3

Eric Ortega enters his third season as an assistant athletic trainer for the Giants. Ortega previously spent two seasons as an athletic trainer for the triple-A Fresno Grizzlies. This year marks his ninth season overall within the Giants organization, as he worked with the Arizona squad in 2006-07, Augusta in 2008, and in double-A with Connecticut and Richmond from 2009-2011. In 2007 he was the athletic trainer for the World Team of the 2007 Futures Game, and in 2010 and 2011, he was an athletic trainer for the Scottsdale Scorpions of the Arizona Fall League. He earned a B.S. in Kinesiology in 2005 at CSU Sacramento and is certified by the National Athletic Trainer's Association (NATA). He and his wife, Alicia, and children, JJ, Jakobe, Jayla, and Alivia reside in Walnut Creek, Calif.

AT&T Park
24 Willie Mays Plaza | San Francisco, CA 94104 | 415.972.1631

Minor League Athletic Trainers

Medical Coordinator
Mark Gruesbeck 480.990.3341
Rehabilitation Coordinator
Tony Reale 480.990.3341
Fresno Grizzlies (AAA)
LJ Petra.....559.320.2582
Richmond Flying Squirrels (AA)
David Getsoff 804.359.6061
San Jose Giants (A)
Garrett Havig.....408.297.1435
Augusta GreenJackets (A)
Gerrard Moots.....415.297.8953
Salem-Keizer Volcanoes (Short-Season A)
Ryo Wantanabe 503.390.2225
Arizona League Giants (Rookie)
TBD.....480.990.3341

Athletic Trainers' History

HEAD ATHLETIC TRAINER
David Groeschner .....2007 - Present
Stan Conte.....2000 - 2006
Mark Letendre .....1986 - 1999
Perry Archibald .....1981 - 1985
Joe Liscio.....1975 - 1980
Leo Hughes .....1966 - 1974
Frank Bowman .....1958 - 1965

ASSISTANT ATHLETIC TRAINER
Anthony Reyes .....2013 - Present
Eric Ortega .....2014 - Present
Mark Gruesbeck .....2004, 2007 - 2013
Ben Potenziano .....2004 - 2011
David Groeschner .....2002 - 2003, 2005 - 2006
Barney Nugent .....1993 - 1998, 2000 - 2003
Stan Conte 1999
Greg Lynn .....1986 - 1992
Gary Iacini .....1981 - 1985

Paul LESSARD

Director of Athletic Training

Northeastern University (B.S.)
Years in MLB: 19

Paul Lessard, 53, was hired in November '15 to be the Director of Athletic Training. He held the Head Athletic Trainer position with Cincinnati Reds (2010-15), Boston Red Sox (2005-09), and the Arizona Diamondbacks (1997-2005). He has an extensive background in collegiate sports, as well as professional sports. He was the Head Athletic Trainer at Holy Cross (1994-97) and Senior Athletic Trainer at Boston University (1988-94). Paul served as a Summer Intern Athletic Trainer for the NFL's Atlanta Falcons in 1985 & '86, followed by 2 seasons with the New York Yankees affiliate in Fort Lauderdale, FL (1987 & '88). A native of Stamford, CT, Lessard received an undergraduate degree in Athletic Training from Northeastern University. He is a member of NATA, the OATA and ATOM. Lessard's hobbies include golf and motorcycling. Paul and his wife Lisa have 3 daughters, Anne, Grace and Nicole.

Dale GILBERT

Athletic Trainer

Arizona State University (B.S.)
Years in MLB: 1

Dale enters his first season with the Washington Nationals as an Athletic Trainer. He spent the previous five seasons from 2011-2015 with the Texas Rangers holding the positions as Medical Coordinator and Rehabilitation Coordinator (2011). Prior to that, he spent eight seasons from 2003-2014 with the Kansas City Royals serving several capacities and holding the positions of medical coordinator, rehabilitation coordinator, and athletic trainer. He began his baseball career with the Arizona Diamondbacks organization as an athletic trainer from 2007-2002. During his career he has worked in the Winter Baseball Leagues in Venezuela and Mexico, the Arizona Fall League, and Team USA. Gilbert graduated from Arizona State University with a degree in Exercise Science/Physical Education with a minor in Spanish. He resides in Surprise, Arizona with his wife, Susan, and daughter, Kiley.

Greg BARAJAS

Athletic Trainer

Metropolitan State University of Denver (B.A)
University of Northern Colorado (M.A.)
Years in MLB: 3

Greg is starting his first season with the Washington Nationals as an Athletic Trainer. He is an Arizona native who has grown up in the Phoenix area. He obtained his undergraduate education at Metropolitan State College of Denver and performed his graduate work at the University of Northern Colorado. Greg has spent 17 seasons in total with both the Boston Red Sox and the Milwaukee Brewers. He began his career with the Milwaukee Brewers in 1998 with the rookie affiliate Helena Brewers. In 2000 he was promoted to the Midwest League Beloit Snappers. During the 2001 season he was promoted to the California League High Desert Mavericks. Following the 2001 season Greg received the California League Athletic Trainer of the Year award. He was moved to the AA affiliate the Huntsville Stars as Head Athletic Trainer in 2002 and remained at that position until 2004. Following the 2004 season he took a job with the Boston Red Sox, he served as Head Athletic Trainer for the Red Sox AAA affiliate, the Pawtucket Red Sox. In 2007 he received the International League Athletic Trainer of the year. In 2010 he was promoted to the major league team as the Assistant Athletic Trainer. He returned to the Milwaukee Brewers after the 2011 season and worked with the AAA team the Nashville Sounds in 2012. In 2013 he remained in Arizona where he worked with the newly drafted players and assisted with rehabilitations until this past year when he took the job with the Washington Nationals Baseball Club. Greg, his wife Heather and two children Ava and Zachary live in Phoenix, AZ during the off-season

Nationals Park
1500 South Capitol Street SE | Washington, DC 20003 | 202.640.7000

Minor League Athletic Trainers

Medical/Rehab Coordinator
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Harrisburg Senators (AA)
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Potomac Nationals (A)
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Hagerstown Suns (A)
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Auburn Doubledays (Short-Season A)
Darren Yoos .....darren.yoos@nationals.com 202.598.2353

Gulf Coast Nationals (Rookie)
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Dominican Summer League (Rookie)
Manny Moore .....manny.moore@nationals.com 202.384.2168

Athletic Trainers' History

HEAD ATHLETIC TRAINER

Paul Lessard .....2016 - Present
Lee Kuntz .....2007 - 2015
Tim Abraham .....2004 - 2006
Ron McClain .....1980 - 2004
Yvan Belanger .....1975 - 1979
Joe Liscio.....1969 - 1974

ASSISTANT ATHLETIC TRAINER

Dale Gilbert .....2016 - Present
Greg Barajas .....2016 - Present
Steve Gober .....2013 - 2015
Mike McGowan .....2005 - 2012
Tim Abraham 2004
John Adam.....2002 - 2003
Kevin Rand 2002
Mike Kozak .....1981 - 2001
Paul Gauvreau 1980
Rene Lavigueur .....1975 - 1979

Major League Baseball Umpires

Mark LETENDRE

Director of Umpire Medical Services

University of Maine at Orono (B.S.)
Years in MLB: 35

Mark Letendre, 59, was selected in 2000 by the Major League Baseball Commissioner's Office to develop and oversee a first-ever, comprehensive athletic health care program for the 76 umpires in the Major Leagues. Letendre served as a Major League Baseball athletic trainer for 18 years with the San Francisco Giants and New York Yankees. Mark was honored to serve as National League athletic trainer at the 1987 and 1994 MLB All-Star Games. He was inducted into the Manchester Central High School Hall of Fame in 2006. A 2010 recipient of the NATA Most Distinguished Athletic Trainer Award. Inducted into the Hall of Fame at the Boys' and Girls Club of Manchester, NH November 2011. In addition, was the recipient of the prestigious 2011 Professional Baseball Athletic Trainers Society President's Distinguished Service Award. Recognized by the University of Maine Foundation, President Abram W. Harris Outstanding Alumni Award in 2014 and by the Professional Baseball Chiropractic Society with the 2015 Visionary Award. He is a frequent speaker to amateur umpires on equipment safety, umpire conditioning and umpire injury management. Mark is a Vice Chair for the Boys' and Girls' Club of Greater Scottsdale Foundation as well as a member of a Civic Group, The Scottsdale Charros. He serves on the Board of Directors for the Baseball Assistance Team. He and his wife, Judy reside in Phoenix, Ariz. and have two daughters, Alyssa Hall and Shannon Philips.

Mark STUBBLEFIELD

Medical Coordinator PBUC

Indiana State University (B.S.)
California University of Pennsylvania (M.S.)
Years in MiLB: 16

Mark Stubblefield, 39 , coordinates the preventative care and injury treatment of Minor League umpires throughout the United States and Canada. He joined the MiLB staff in February 2011, after a 10-year career as a certified athletic trainer with both the Cincinnati Reds and Kansas City Royals. Mark was selected to work the 2010 Midwest League All-Star game as the ATC for the West team. He received a Bachelor's degree in Athletic Training from Indiana State University in 2000 and a Master's degree in 2001 from California University of Pennsylvania. Born in Kansas City, MO he currently resides in Largo, FL with his wife Shay, and is a member of both the NATA and PBATS.

Conditioning Coordinators

American League

Baltimore Orioles ..... Ryan Driscoll
Boston Red Sox ..... Kiyoshi Momose & Mike Roose
Chicago White Sox ..... Allen Thomas
Cleveland Indians ..... Joe Kessler
Detroit Tigers ..... Chris Walter
Houston Astros ..... Jacob Beiting
Kansas City Royals ..... Ryan Stoneberg
Los Angeles Angels ..... Al Sandoval
Minnesota Twins ..... Perry Castellano
New York Yankees ..... Matt Krause
Oakland Athletics ..... Mike Henriques
Seattle Mariners ..... Rob Fumigalli
Tampa Bay Rays ..... Kevin Barr
Texas Rangers ..... Jose Vazquez
Toronto Blue Jays ..... Chris Joyner

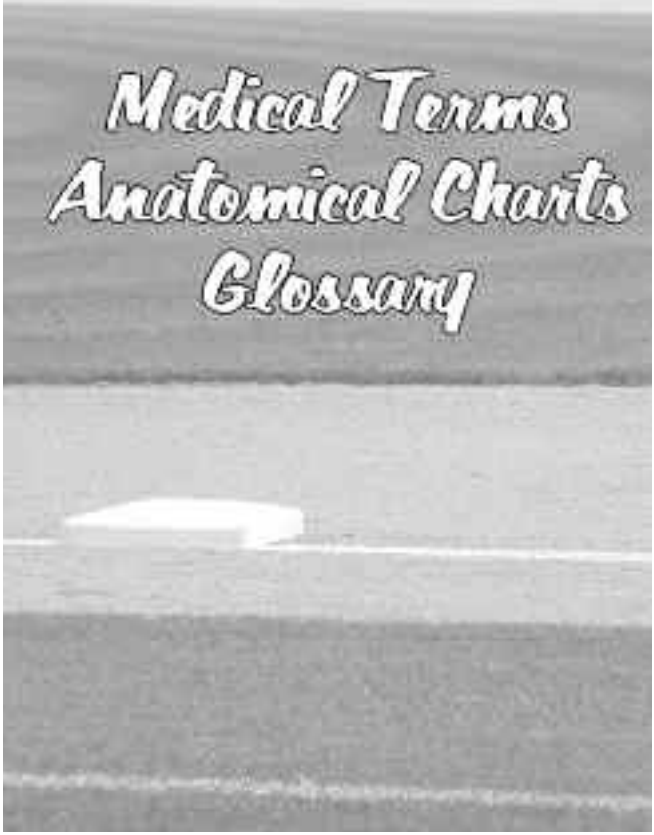
National League

Arizona Diamondbacks ..... Nate Shaw
Atlanta Braves ..... Phil Falco
Chicago Cubs ..... Tim Buss
Cincinnati Reds ..... Sean Marohn
Colorado Rockies ..... Mike Jasperson & Brian Buck
Los Angeles Dodgers ..... Brian Stoneberg & Travis Smith
Miami Marlins ..... Ty Hill
Milwaukee Brewers ..... Josh Seligman, ATC/L, CSCS
New York Mets ..... Jason Craig
Philadelphia Phillies ..... Paul Fournier
Pittsburgh Pirates ..... Carlo Alvarez
St. Louis Cardinals ..... Jim Malone
San Diego Padres ..... Brett McCabe
San Francisco Giants ..... Brad Lawson
Washington Nationals ..... Landon Brandes

ATC: Athletic Trainer Certified

Professional
Baseball
Athletic Trainers
Society®

Medical Terms
Anatomical Charts
Glossary



GLOSSARY OF MEDICAL TERMS

ATC Athletic Trainer Certified; athletic trainers with this designation have passed the certification exam administered by the National Athletic Trainers Association (NATA).

AC Joint Acromioclavicular joint; joint of the shoulder where the acromion process of the scapula and the distal end of the clavicle meet; most shoulder separations occur at this point.

Abduct Movement of any extremity away from the midline of the body. This action is achieved by an abductor muscle.

Abrasion Any injury that rubs off the surface of the skin.

Abscess An infection that produces pus; can be the result of a blister, callus, penetrating wound or laceration.

Adduct Movement of an extremity toward the midline of the body. This action is achieved by an adductor muscle.

Adhesion Abnormal adherence of collagen fibers to surrounding structures during immobilization following trauma or as a complication of surgery that restricts normal elasticity of the structures involved.

Aerobic Exercise in which energy needed is supplied by oxygen inspired and is required for sustained periods of vigorous exercise with a continually high pulse rate.

Anabolic Steroids Steroids that promote tissue growth by creating protein in an attempt to enhance muscle growth. The main anabolic steroid is testosterone (male sex hormone).

Anaerobic Exercise without the use of oxygen as an energy source; short bursts of vigorous exercise.

Anaphylactic Shock Shock that is caused by an allergic reaction.

Anterior In front of; the front surface of.

Anterior Compartment Syndrome Condition in which swelling within the anterior compartment of the lower leg jeopardizes the viability of muscles, nerves and arteries that serve the foot. In severe cases, emergency surgery is necessary to relieve the swelling and pressure.

Anterior Cruciate Ligament (ACL) A primary stabilizing ligament within the center of the knee joint that prevents hyperextension and excessive rotation of the joint. A complete tear of the ACL necessitating reconstruction could require up to 12 months of rehabilitation.

Anterior Talofibular Ligament A ligament of the ankle that connects the fibula (lateral ankle bone) to the talus. This ligament is often times subject to sprain.

Anti-Inflammatory Any agent that prevents inflammation, such as aspirin or ibuprofen.

Arteriogram A film demonstrating arteries after injection of a dye.

Arthrogram X-ray technique for joints using air and/or dye injected into the affected area; useful in diagnosing meniscus tears of the knee and rotator cuff tears of the shoulder.

Arthroscope An instrument used to visualize the interior of a joint cavity.

Arthroscopy A surgical examination of the internal structures of a joint by means of viewing through an arthroscope. An arthroscopic procedure can be used to remove or repair damaged tissue or as a diagnostic procedure in order to inspect the extent of any damage or confirm a diagnosis.

Aspiration The withdrawal of fluid from a body cavity by means of a suction or siphonage apparatus, such as a syringe.

Asymptomatic Without symptoms.

Atrophy To shrivel or shrink from disuse, as in muscular atrophy.

Avascular Necrosis Death of a part due to lack of circulation.

Avascularity When controlling bleeding.

Avulsion The tearing away, forcibly, of a part or structure.

Axilla The armpit.

Bakers Cyst Localized swelling of a bursa sac in the posterior knee as a result of fluid that has escaped from the knee capsule. A Bakers cyst indicates that there is a trauma inside the knee joint that leads to excessive fluid production.

Bennetts Fracture A fracture and dislocation of the base of the first metacarpal, the thumb.

Blowout Fracture A fracture of the cavity containing the eyeball and its associated muscles that can be a result of a direct blow to the eye or cheek.

Bone Scan An imaging procedure in which a radioactive-labeled substance is injected into the body to determine the status of a bony injury. If the radioactive substance is taken up by the bone at the injury site, the injury will show as a hot spot on the scan image. The bone scan is particularly useful in the diagnosis of stress fractures.

Brachial Plexus Network of nerves originating from the cervical vertebrae and running down to the shoulder, arm, hand and fingers.

Bruise A discoloration of the skin due to an extravasation of blood into the underlying tissues.

Bursa A fluid-filled sac that is located in areas where friction is likely to occur, this minimizes the friction; for example, between a tendon and bone.

CPR Cardiopulmonary Resuscitation; artificial establishment of circulation of blood and movement of air into the lungs in a pulseless, non-breathing person.

Calcaneofibular Ligament The ligament that connects the fibula to the calcaneous.

Calf Large muscle located at the back of the shin that includes the gastrocnemius and the soleus muscles and is connected to the heel by the Achilles tendon. This is responsible for foot plantar flexion and is instrumental in jumping.

Capsule An enclosing structure that surrounds the joint and contains ligaments that stabilize that joint.

Cartilage Smooth, slippery substance preventing two ends of bones from rubbing together and grating.

Cellulitis Inflammation of cellular or connective tissue.

Cervical Vertebrae Group of seven vertebrae located in the neck.

Chondral Fracture Fracture to the chondral (cartilaginous) surfaces of bone.

Chondromalacia Roughening of the articular cartilage. Best known for the roughening of the underside of the patella, which can occur in any patellofemoral injury.

Clavicle The collar bone.

Coccyx The tail bone; a group of four vertebrae that are fused together, located at the terminal end of the spine.

Cold Pack A pack of natural or synthetic ice that is applied to any injury in order to minimize blood flow in the area to control the injury.

Collagen Substance Existing in commonly injured tissues of the body, including skin, cartilage, ligaments and bone.

Collateral Ligament On either side of, and acting as a radius of movement of, a hinge joint, as of the elbow, knee and wrist.

Colles Fracture A fracture of the distal end of the radium with the lower end being displaced backward.

Computed Tomography (CT) Method of visualizing the bodys soft tissues. Using X-rays with the beam passing repeatedly through the body part, the CT scans while a computer calculates tissue absorption at each point scanned.

Concentric Muscle Contraction A shortening of the muscle as it develops tension and contracts to move a resistance.

Concussion Jarring injury of the brain resulting in dysfunction. It can be graded as mild, moderate or severe depending on loss of consciousness, amnesia and loss of equilibrium.

Congenital Existing before birth; to be born with.

Conjunctivitis Inflammation of the membrane lining the eyelids and covering the eyeball.

Connective Tissue Theory Microscopic tissue trauma, thought to be brought on by explosive or ballistic movements.

Contractures Abnormal, usually permanent contraction of a muscle due to atrophy of muscle fibers, extensive scar tissue over a joint, or other factors.

Contusion An injury to a muscle and tissues caused by a blow from a blunt object.

Cortical Steroids Used to suppress joint inflammation.

Costochondral Cartilage that separates the bones within the rib cage.

CPM Constant passive motion devices used in the early stage of rehabilitation.

Cranium Bony framework of the head consisting of eight cranial bones, 14 bones of the face and the teeth.

Cryokinetics Treatment with cold and movement.

Cryotherapy A treatment with use of cold.

CT Scan Computerized axial tomography (also referred to as a CAT Scan) offers axial visualization of bone, muscle, and fat tissue with the same limiations of radiograms. Bone visualization is usually excellent and soft tissue structures less so. A recent advance of CT scanning allows for coronal and sagital reconstruction of the body part imaged. CT scanning performed in conjunction with an arthrogram enhances the sensitivity of the scan by showing the leakage of dye outside the joint capsule. This is helpful in the diagnosis of ligament injuries around the joint. In addition it is used to detect intra-articular loose bodies.

Cyst Abnormal sac containing liquid or semi-solid matter.

Debridement Removal of non-healthy tissues and foreign material from a wound or burn to prevent infection and permit healing.

Degenerative Joint Disease Changes in the joint surfaces as a result of repetitive trauma.

Dehydration Loss of body water.

Deltoid Ligament Ligament that connects the tibia to bones of the medial aspect of the foot and is primarily responsible for stability of the ankle on the medial side. The Deltoid Ligament is sprained less frequently than other ankle ligaments.

Deltoid Muscle Muscles at top of the arm, just below the shoulder, responsible for shoulder motions to the front, side and back.

Disc, Intervertebral A flat, rounded plate between each vertebrae of the spine. The disc consists of a thick fiber ring that surrounds

a soft gel-like interior. It functions as a cushion and shock absorber for the spinal column.

Dislocation Complete displacement of joint surfaces.

Distal Term referencing one anatomical term away from another; for example, the hand is distal to the elbow.

Dorsiflexion Ankle motion such that the foot and toes are moved away from the ground in an upward fashion.

Dorsum The back; the back surface of any part.

Dysfunction Unable to function normally as a body organ or system.

Eccentric Muscle Contraction An overall lengthening of the muscle as it develops tension and contracts to control motion performed by an outside force; often times referred to as a negative contraction in weight training.

Eccymosis Bleeding into the surface tissue below the skin, resulting in a black and blue effect.

Ectomy Suffix connoting surgical removal of the affected part (e.g., appendectomy).

Edema Accumulation of fluid in organs and tissues of the body; swelling.

Efferent Away from, pushing toward the center.

Effusion Accumulation of fluid, or the fluid itself, in various spaces in the body. Commonly, the knee has an effusion after an injury.

Electrical Galvanic Stimulation (EGS) An electrical therapeutic modality that sends a current to the body at select voltages and frequencies in order to stimulate pain receptors, disperse edema, or neutralize muscle spasms among other functional applications.

Electrolyte Ionized salts in blood, tissue fluids and cells, including salts of sodium, potassium and chlorine.

Electrolyte Drink Fluid for replacing electrolytes, such as Gatorade' Thirst Quencher.

Electromyogram (EMG) Test to determine nerve function.

Epicondylitis Inflammation in the elbow due to overuse.

Ethyl Chloride Cold spray, a chemical coolant sprayed onto an injury site to produce a local, mild anesthesia.

Etiology Study of the causes of injury and disease.

Eversion Action of the ankle turning outward.

Extension Action of straightening of a joint as achieved by an extensor muscle.

External Rotation Lateral movement of a joint or extremity to the outside.

Extrinsic From without.

Fascia A connective tissue sheath consisting of fibrous tissue and fat that unites the skin to the underlying tissue.

Fat Percentage The amount of body weight that is adipose, fat tissue. Fat percentages can be calculated by underwater weighing, measuring select skin fold thickness, or by analyzing electrical impedance.

Femur Thigh bone; longest bone in the body.

Fibula Smaller of the two bones in the lower leg; runs from knee to ankle along the outside of the lower leg.

Flexibility The ability of muscle to relax and yield to stretch forces.

Flexibility Exercise General term used to describe exercise performed by a player to passively or actively elongate soft tissue without the assistance of an athletic trainer.

Flexion Motion of bending a joint as achieved by a flexor muscle.

Fracture Breach in continuity of a bone. Types of fractures include simple, compound, comminuted, greenstick, incomplete, impacted, longitudinal, oblique, stress, or transverse.

Gadolinium MRI The chemical gadolinium is injected into the joint being studied so as to enhance the diagnosis image of the structure under investigation.

Gamekeepers Thumb Tear of the ulnar collateral ligament of the metacarpophalangeal joint of the thumb.

Glenohumeral The shoulder girdle; consists of the glenoid capsule, head of the humerus and labrum. The type of joint that allows 360-degree motion, a ball and socket joint.

Glenoid Cavity of the scapula into which the head of the humerus fits to form the shoulder girdle.

Glycogen Form in which foods are stored in the body as energy.

Grade One Injury A mild injury in which ligament, tendon, or other musculoskeletal tissue may have been stretched or contused, but not torn or otherwise disrupted.

Grade Two Injury A moderate injury in which musculoskeletal tissue has been partially but not totally torn, which causes appreciable limitation in function of the injured tissue.

Grade Three Injury A severe injury in which tissue has been significantly, and in some cases, totally torn or otherwise disrupted causing a virtual total loss of function.

Groin Junction of the thigh and abdomen; location of muscles that rotate, flex and adduct the hip.

Hammer Toe Condition when the first digit of a toe is at a different angle than the remaining digits of the same toe.

Hamstring Category of muscle that runs from the buttocks to the knee along the back of the thigh. It functions to flex the knee, and is oft times injured as a result of improper conditioning or lack of muscle flexibility.

Heat Cramps Painful muscle spasms of the arms or legs caused by excessive body heat and depletion of fluids and electrolytes.

Heat Exhaustion Mild form of shock due to dehydration because of excessive sweating when exposed to heat and humidity.

Heat Stroke Condition of rapidly rising internal body temperature that overwhelms the bodys mechanisms for release of heat and could result in death if not cared for appropriately.

Heel Cup Orthotic device that is inserted into the shoe and worn under the heel to give support to the Achilles tendon and help absorb impacts at the heel.

Hemarthrosis Accumulation of blood within a joint as a result of an acute injury.

Hematoma Tumor-like mass produced by an accumulation of coagulated blood in a cavity.

Hip Pointer Contusion to the iliac crest.

Hot Pack Chemical pack that rests in water, is approximately 160 degrees, and retains its heat for 15 to 20 minutes when placed in a towel for general therapeutic application.

Humerus Bone of the upper arm that runs from the shoulder to the elbow.

Hyaline Cartilage Most common type of cartilage.

Hydrotherapy Treatment using water.

Hyperextension Extreme extension of a limb or body part.

Ice Massage A block of ice formed into a paper cup rubbed on an injury in a massaging action to achieve a level of numbness.

Iliac Crest Lateral edge of the hip; generally the site of a hip pointer.

Illiotibial Band A thick, wide fascial layer that runs from the iliac crest to the knee joint and is occasionally inflamed as a result of excessive running.

Impingement Syndrome Pinching together of the supraspinatus muscle and other soft tissue in the shoulder. The most common (throwing) arm injury, which represents many pathologies and generally involves supraspinatus overuse.

Induced Erythrocythemia Blood doping.

Inferior Anatomically beneath, lower, or toward the bottom.

Inflammation The bodys natural response to injury in which the injury site might display various degrees of pain, swelling, heat, redness and/or loss of function.

Intermittent Compression Pump Therapeutic modality that uses an air pump to send air into a sleeve worn over an injury, on an intermittent basis, in order to disperse edema and break up swelling at the injury.

Internal Rotation Rotation of a joint or extremity medially, to the inside.

Interosseus Membrane Uniting membrane between the tibia and fibula that forms a collagenous fibrous tissue. It has two functions: to serve as an origin for many of the muscles of the lower leg, and to transmit stress from the tibia to the fibula.

Intrinsic Inherent or inside.

Iontophoresis The use of constant direct current to drive heavy metal ions into and through the skin.

Isokinetic Exercise Form of active resistive exercise in which the speed of limb movement is controlled by a pre-set limiting machine, such as Cybex or Biodex.

Isometric Contraction Muscular contraction in which tension is developed but no mechanical work is done. There is no appreciable joint movement and the overall length of the muscle stays the same.

Isotonic Contraction A concentric or eccentric muscular contraction that results in movement of a joint or body part, as in lifting a weight.

Itis Suffix connoting inflammation (e.g., tendinitis, bursitis).

Joint Mobilization Passive traction and/or gliding movements applied to joint surfaces that maintain or restore the joint play normally allowed by the capsule, so that the normal roll-slide joint mechanisms can occur as the player moves.

Labrum (Labrum Glenoidule) The cartilage of the glenoid cavity in the shoulder. A lip-edge or lip-like structure.

Lateral To the outside of the body.

Lateral Collateral Ligament (LCL) Ligament of the knee along the lateral aspect that connects the femur to the fibula. It provides lateral stability to the joint.

Lesion Wound, injury or tumor.

Ligament Band of fibrous tissue that connects bone to bone or bone to cartilage and supports and strengthens joints.

Lumbar Vertebrae Five vertebrae of the lower back that articulate with the sacrum to form the lumbosacral joint.

Lumbosacral Region of lower back comprised of lumbar and sacral spine.

Magnetic Resonance Imaging (MRI) Imaging procedure in which a radio frequency pulse causes certain electrical elements of the injured tissue to react to this pulse and through this process a computer display and permanent film establish a visual image. MRI does not require radiation and is very useful in the

diagnosis of soft tissue, disc and meniscus injuries.

Malleolus Rounded projection on either side of the ankle joint; the lateral malleolus is the fibula and the medial malleolus is the tibia.

Mallet Finger Injury of the finger tip in which the extension tendon is avulsed off the distal phalanx.

Manipulation A passive movement using physiological or accessory motion that may be applied with a thrust or when the player is under anesthesia.

Maximal Aerobic Power (MAX V0 2) The maximal volume of oxygen consumed per unit of time.

Medial To the inside of the body.

Medial Collateral Ligament (MCL) Ligament of knee along the medial aspect that connects the femur to the joint.

Meniscectomy An intra-articular surgical procedure of the knee by which all or part of the damaged meniscus is removed.

Meniscus Crescent-shaped cartilage, usually pertaining to the knee joint; also known as cartilage. There are two menisci in the knee, medial and lateral. These work to absorb weight within the knee and provide stability.

Metacarpals Five long bones of the hand, running from the wrist to the fingers.

Metatarsals Five long bones of the foot, running from the ankle to the toes.

Morbidity An illness or abnormal condition or quality.

Mortons Neuroma Involves the nerves and is usually the result of a trauma to the foot, causing inflammation and sharp pain, usually between the third and fourth toes.

Mortons Toe A hereditary condition in which the second toe is longer than the first toe. This can cause mechanical imbalances that produce pain with weight bearing.

MRI Arthrogram An arthrogram used in conjunction with an MRI scan which enhances the ability to detect ligament and capsular injuries around the joint.

Myositis Inflammation of a muscle.

Myositis Ossificans Traumatica A benign ossification, usually following severe trauma to a large muscle mass.

NATA National Athletic Trainers Association. The certifying and governing body of the Athletic Training profession.

Necrotic Relating to death of a portion of tissue.

Neoprene Lightweight rubber used in joint and muscle sleeves designed to provide support and/or insulation to the area.

Neuritis Inflammation of a nerve.

Olecranon Process Bony projection of the ulna at the tip of the elbow.

One Repetition Maximum The maximum amount of weight that can be lifted by the player in a particular exercise at one time. This is used as a strength testing technique.

Orthotic Any device applied to or around the body in the care of physical impairment or disability, commonly used to control foot mechanics.

Osteochondritis Dessicans A piece of bone and/or cartilage loosened from its attachment after trauma and a cause of a lesion.

Overuse Syndrome A result of repetitive stress to body structures.

Osteomyelitis An inflammatory disease of bone caused usually by infection with streptococcus or staphylococcus.

Parasthesia Sensation of numbness or tingling, indicating nerve irritation.

Patella The kneecap. The patella functions to protect the distal end of the femur as well as increase the mechanical advantage and force-generating capacities of the quadriceps muscle group.

Patella Tendinitis Inflammation of the patellar ligament; also known as jumpers knee.

Patellofemoral Joint Articulation of the kneecap and femur. Inflammation of this joint can occur through: 1) acute injury to the patella, 2) overuse from excessive running, particularly if there is an associated knee weakness, 3) chronic wear and tear of the knee, and 4) as a result of poor foot mechanics. Patellofemoral irritation can lead to chondromalacia, which, in its most chronic condition, could require surgery.

Pathology Study of the nature and cause of injury.

PBATS Professional Baseball Athletic Trainers Society; the governing body of athletic trainers in professional baseball.

Pectorals Chest muscles beneath breast that lead up to the shoulder.

Peroneal Muscles Group of muscles of the lateral lower leg that are responsible for everting the ankle. Tendons of these three muscles are vital to the stability of the ankle and foot.

Phalanx Any bone of the fingers or toes; plural is phalanges.

Phlebitis Inflammation of a vein.

Phonophoresis The technique of driving whole molecules of medication with ultrasound.

Plantar Pertaining to the sole of the foot.

Plantar Fascia The tight band of muscle beneath the arch of the foot.

Plantar Fasciaitis Inflammation of the plantar fascia; associated with overuse of acute foot injury.

Plantarflexion Ankle motion such that the toes are pointed toward the ground.

Plica Fold of tissue in the joint capsule and a common result of knee injury.

Posterior At the back part, or rear of the body.

Posterior Cruciate Ligament (PCL) A primary stabilizing ligament of the knee that provides significant stability and prevents displacement of the tibia backward within the knee joint. A complete tear of this ligament necessitating reconstruction could require up to 12 months of rehabilitation.

Progressive Resistance Exercise (PRE) An approach to exercise whereby the load or resistance to the muscle is applied by some mechanical means and is quantitatively and progressively increased over time.

Pronation In the foot, it is a combination of motions resulting in a position such that the foot is abducted and everted. Foot pronation can be a by-product of an arch problem, leg length discrepancy, or chronically bad running mechanics; can be compromised with the use of an orthotic. In the hand, pronation is movement of the forearm into a palm down position.

Proprioceptive Neuromuscular Facilitation (PNF) An approach to therapeutic exercise based on the principles of functional human anatomy and neurophysiology.

Proximal Near the source, closer to the point being described. The elbow is proximal to the hand.

Q-Angle Normal angle of quadriceps relative to the patella. The normal angle for males is 10 degrees.

Quadriceps Quads A group of four muscles of the front thigh that run from the hip and form a common tendon at the patella; they are responsible for knee extension.

Radiography Taking of X-rays.

Radius Forearm bone on the thumb side.

Reconstruction Surgical rebuilding of a joint using natural, artificial or transplanted materials.

Referred Pain Pain felt in an undamaged area of the body away from the actual injury.

Resect To cut off, or cut out, a portion of a structure or organ.

Retraction The moving of tissue to expose a part or structure of the body.

Rotator Cuff Comprised of four muscles in the shoulder area that can be irritated by overuse. The muscles are the supraspinatus (most commonly injured), infraspinatus, teres minor and subscapularis.

Rotator Cuff Impingement Syndrome A microtrauma or overuse injury caused by stress. The four stages are: 1) tendonitis with temporary thickening of the bursa and rotator cuff, 2) fiber dissociation in the tendon with permanent thickening of the bursa and scar formation, 3) A partial rotator cuff tear of less than 1 cm, and 4) a complete tear of 1 cm or more.

SC Joint Sternoclavicular joint; articulation of the collarbone with the sternum.

Sacroilliac Junction of the sacrum with the hip bone.

Sacrum Group of five fused vertebrae located just below the lumbar vertebrae of the low back.

Scapula Shoulder blade.

Sciatica Irritation of the sciatic nerve resulting in pain or tingling running down the inside of the leg.

Sciatic Nerve Major nerve that carries impulses for muscular action and sensations between the low back,thigh and lower leg; it is the longest nerve in the body.

Shin Splint A catch-all syndrome describing pain in the shin that is not a fracture or tumor and cannot be defined otherwise.

Soft Corn A corn, softened by moisture, that is found beneath the toes rather than on the upper surface of the toe.

Sorbothane An energy-absorbing polyurethane utilized in some foot orthotics to absorb shock forces of the foot.

Spasm Theory Muscle soreness induced by exercise; is the result of reduced muscle blood flow, which results in pain.

Spinous Process A small projection off the posterior portion of each vertebrae that functions as an attachment site for muscles or ligaments of the spine.

Spleen Large, solid organ responsible for the normal production and destruction of blood cells.

Spondylitis Inflammation of one or more vertebrae.

Spondylolisthesis Forward displacement of one vertebrae over another below it due to a developmental defect in the vertebrae.

Spondylosis Abnormal vertebral fixation or immobility.

Sports Psychology A science that deals with the mental and emotional aspects of physical performance.

Sprain Injury resulting from the stretch or twist of the joint; causes various degrees of stretch or tear of a ligament or other soft tissue at the joint.

Sternum The breast bone.

Steroids Any one of a large number of hormone-like substances. See anabolic steroids and cortical steroids.

Strain Injury resulting from a pull or torsion to the muscle or tendon that causes various degrees of stretch or tear to the muscle or tendon tissue.

Stress Fracture A hairline type of break in a bone caused by overuse.

Stress X-Ray A continual X-ray taken when a portion of the body is stressed to its maximum in order to determine joint stability. This is a test utilized for some ankle injuries.

Stretching Any therapeutic maneuver designed to elongate shortened soft tissue structures and thereby increase flexibility.

Subluxation Partial dislocation of a joint. The term usually implies that the joint can return to its normal position without formal reduction.

Superior In anatomy, the upper of two parts; toward the top or above.

Supination Movement of the forearm into a palm-up position.

Synovial Fluid Lubricating fluid for joints and tendons, produced in synovium, or the inner lining of a joint.

Synovitis Inflammation of the synovial lining of a joint.

Talus The ankle bone that articulates with the tibia and fibula to form the ankle joint.

Target Heart Rate A predetermined pulse to be obtained during exercise when circulation is working at full efficient capacities.

Tarsals Group of six bones of the foot consisting of the calnavicular, talus, cuboid and three cuneiform bones.

Temporomandibular Joint (TMJ) The articulation of the jaw and skull; considered by some to be vital in resolution of injuries throughout the body.

Tendinitis Inflammation of the tendon and/or tendon sheath, caused by chronic overuse or sudden injury.

Tendon Tissue that connects muscle to bone.

Tennis Elbow General term for lateral elbow pain.

Thermotherapy Use of heat to treat a disease or disorder.

Thoracic Group of twelve vertebrae located in the thorax that articulates with the twelve ribs.

Thoracic Outlet Compression Syndrome A neuro-vascular disorder of the upper extremity common in throwing.

Tibia Larger of the two bones of the lower leg; the weight-bearing bone of the shin.

Tomograph A special type of x-ray apparatus that demonstrates an organ or tissue at a particular depth.

Trachea The windpipe.

Transcutaneous Electrical Nerve Stimulator (TENS) An electrical modality that sends a mild current through pads at the injury site, which stimulates the brain to release the natural analgesic, endorphin.

Transverse Process Small lateral projection off the right and left side of each vertebrae that functions as an attachment site for muscles and ligaments of the spine.

Trapezius Flat, triangular muscle covering the posterior surface of the neck and shoulder.

Triangular Cartilage A connective tissue characterized by its nonvascularity and firm consistency; located on the little finger side of the wrist.

Triceps Muscle of the back of the upper arm, primarily responsible

for extending the elbow.

Ulna Forearm bone that runs from the tip of the elbow to the little finger side of the wrist.

Ulnar Collateral Ligament A band or sheet of fibrous tissue connecting two or more bones, cartilages or other structures, or serving as support for fasciae or muscles; located on the inside of the elbow. (Ligament that was replaced or repaired for the Tommy John surgery.)

Ulnar Nerve Nerve in the elbow commonly irritated from excessive throwing.

Ultrasonography Process by which the reflection of high-frequency sound waves is used to develop an image of a structure.

Ultrasound An electrical modality that transmits a sound wave through an applicator into the skin to the soft tissue in order to heat the local area for relaxing the injured tissue and/or disperse edema.

Valgus Angulation outward and away from the midline of the body.

Varus Angulation inward and toward the midline of the body.

Vasoconstriction Decrease of local blood flow.

Vasodilation Increase of local blood flow.

Whirlpool Water bath in which the water is propelled by air to produce a massaging therapeutic action.

Wind Knocked Out Syndrome describing a contraction of the abdominal nerve trunk, the solar plexus, as a result of an abdominal contusion.

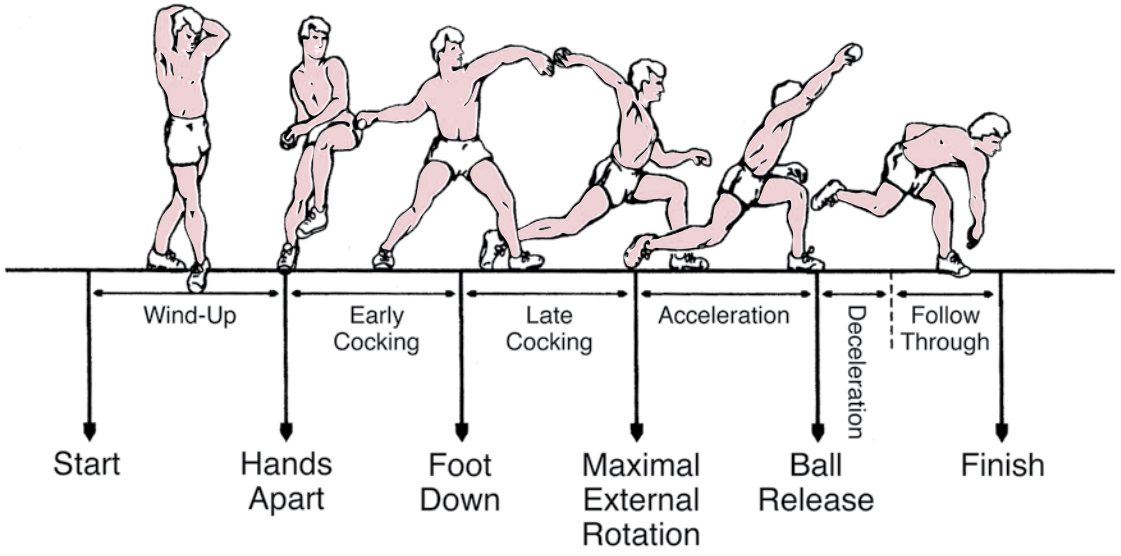
Wrist The junction between the two forearm bones (radius and ulna) and the eight wrist bones (trapezium, trapezoid, capitate, hamate, pisiform, triquetral, lunate and scaphoid).

Zygoma The cheekbone.

NOTE: This list is not meant to be all inclusive, nor should it be used as a substitute for a physicians diagnosis and/or description of an injury or illness. For further definitions, please refer to the *Stedmans Pocket Medical Dictionary* published by Williams and Wilkins.

the Baseball Pitch

Wind-up, cocking, acceleration, ball release, and follow-through



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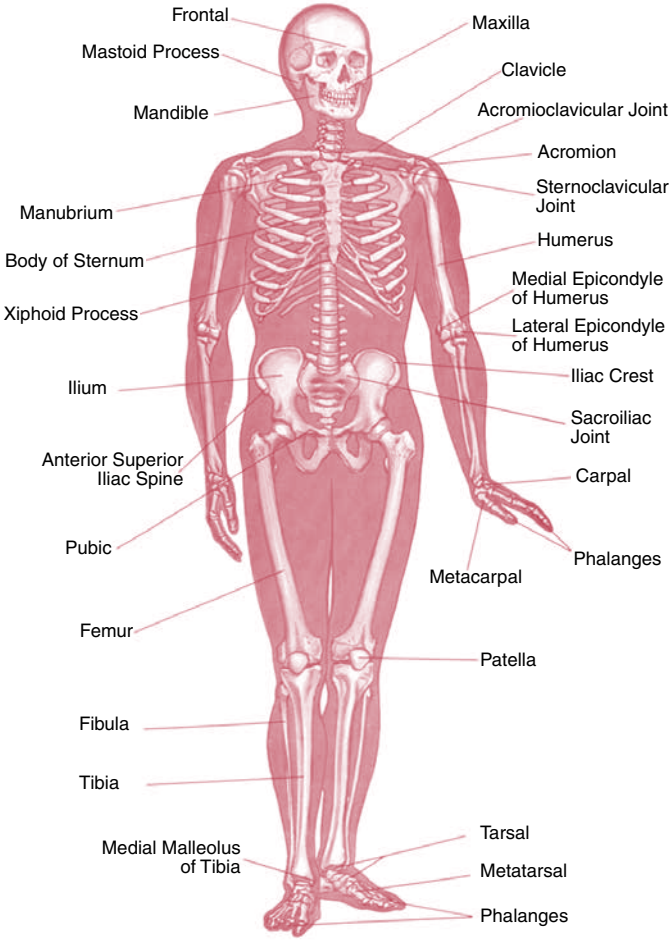
SKELETON: ANTERIOR VIEW



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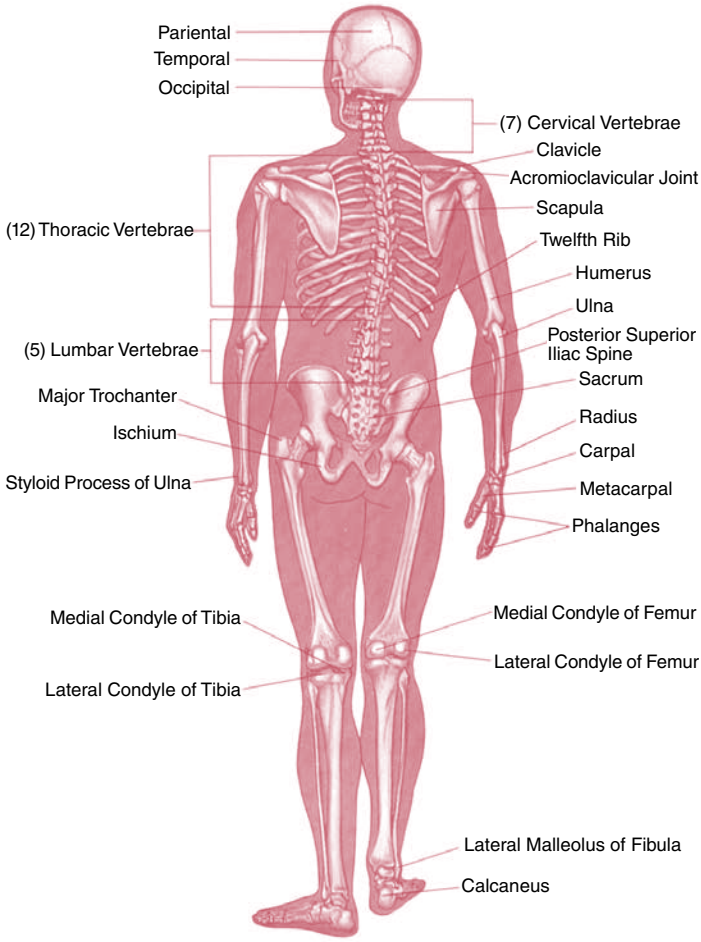
SKELETON: POSTERIOR VIEW



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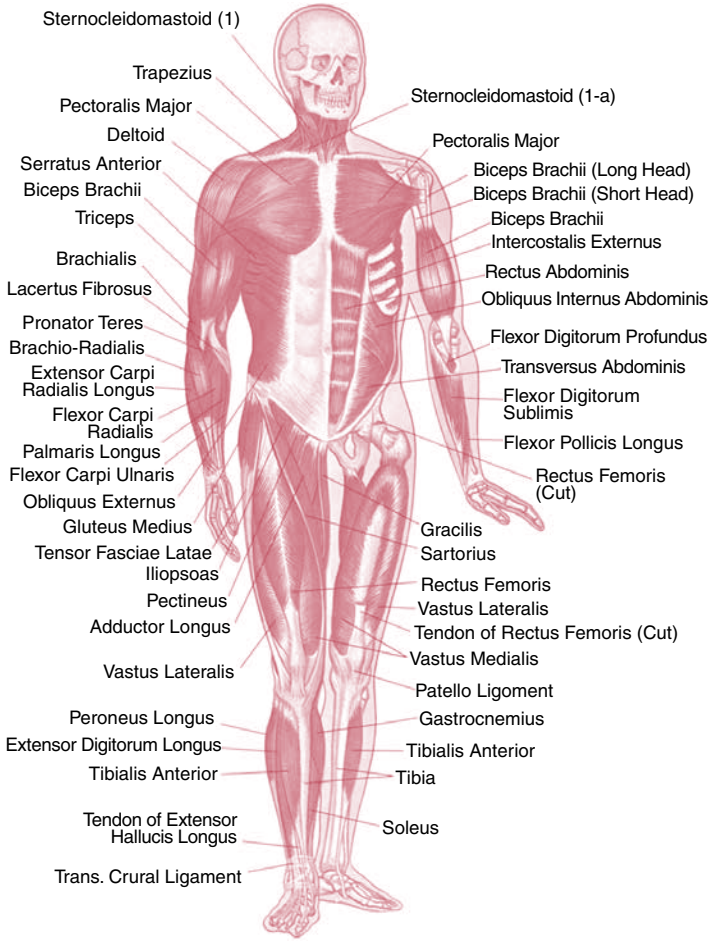
MUSCLES: ANTERIOR VIEW



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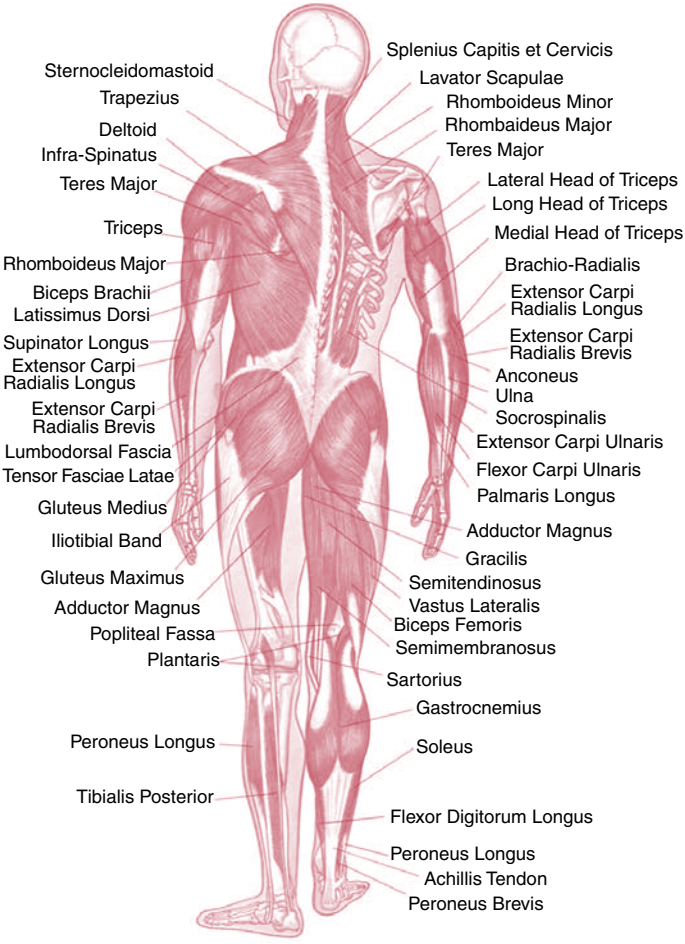
MUSCLES: POSTERIOR VIEW



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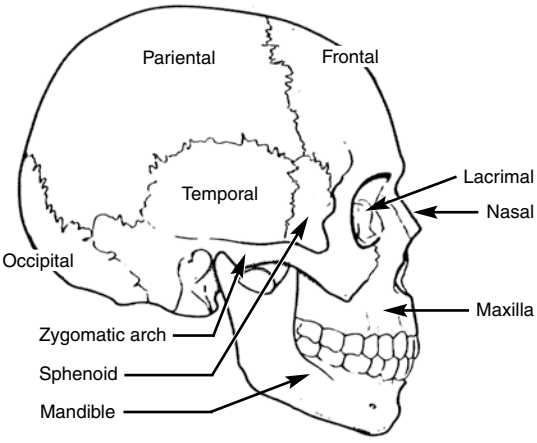
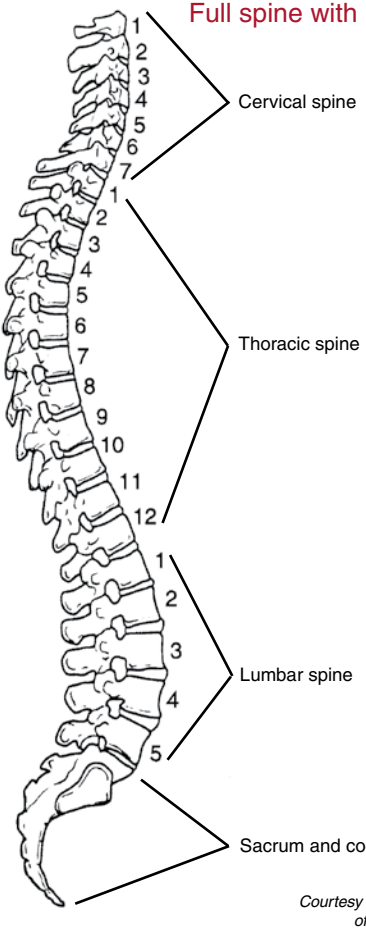
ANATOMICAL SECTIONS



Full spine with normal curve



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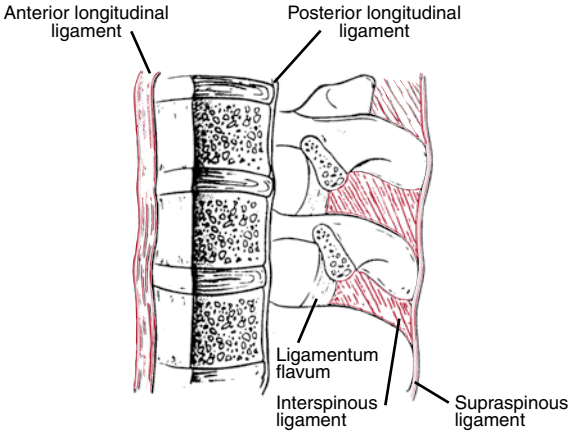
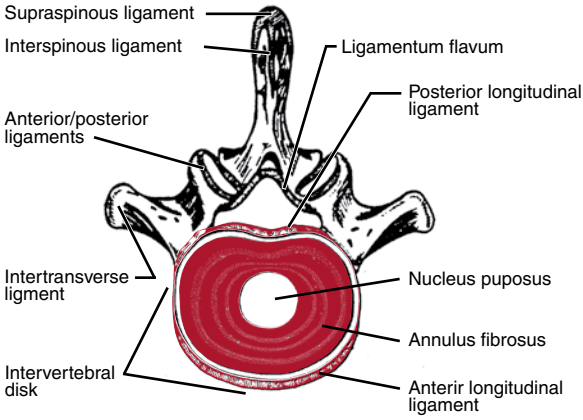
ANATOMICAL SECTIONS

Sagittal superior view



Transverse horizontal view



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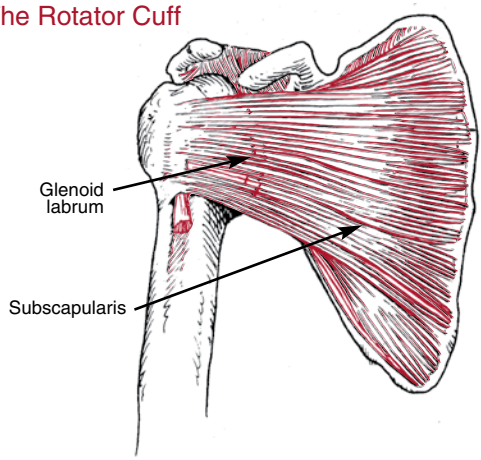
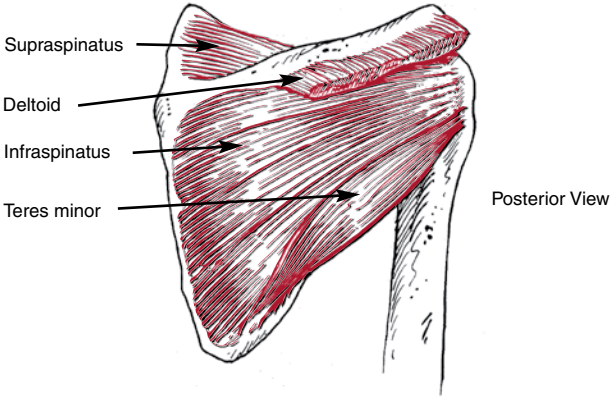
ANATOMICAL SECTIONS

The Rotator Cuff



The Rotator Cuff



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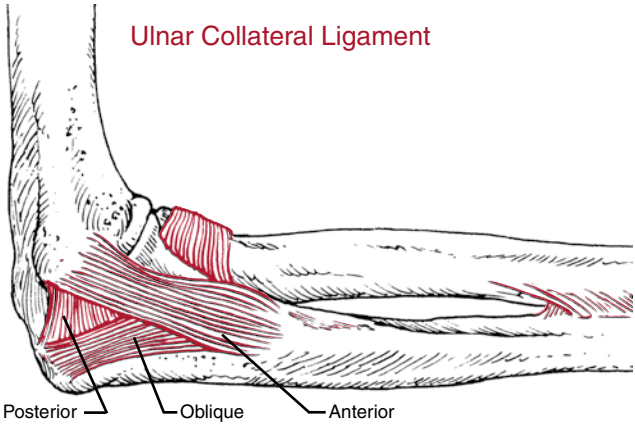
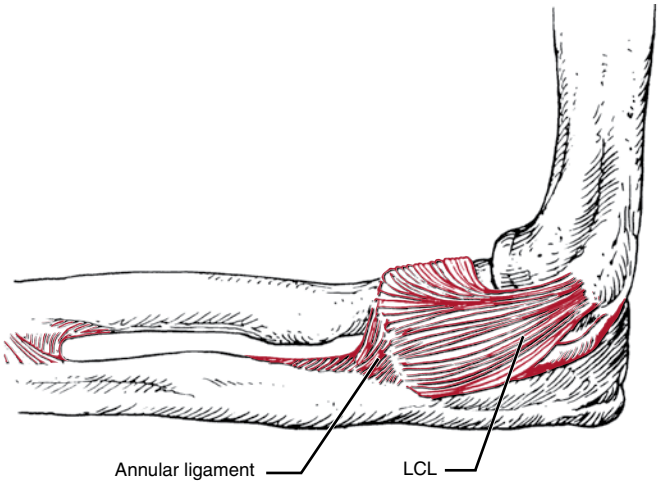
ANATOMICAL SECTIONS

Ulnar Collateral Ligament



Radial Collateral Ligament



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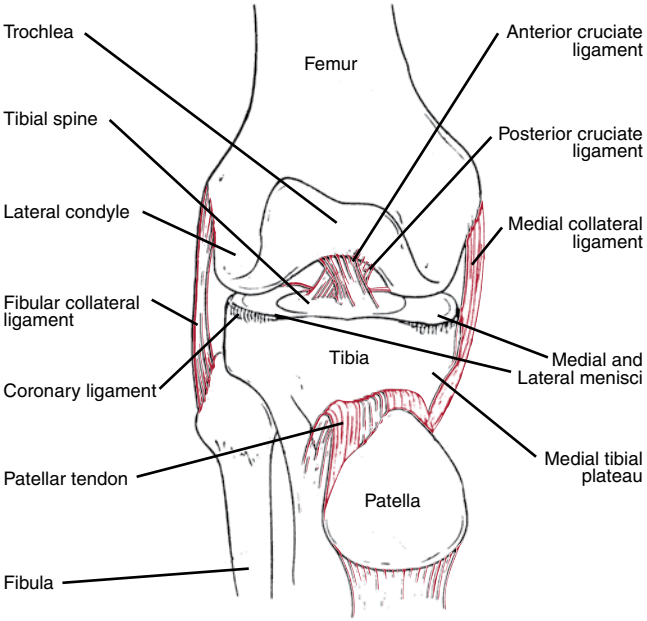
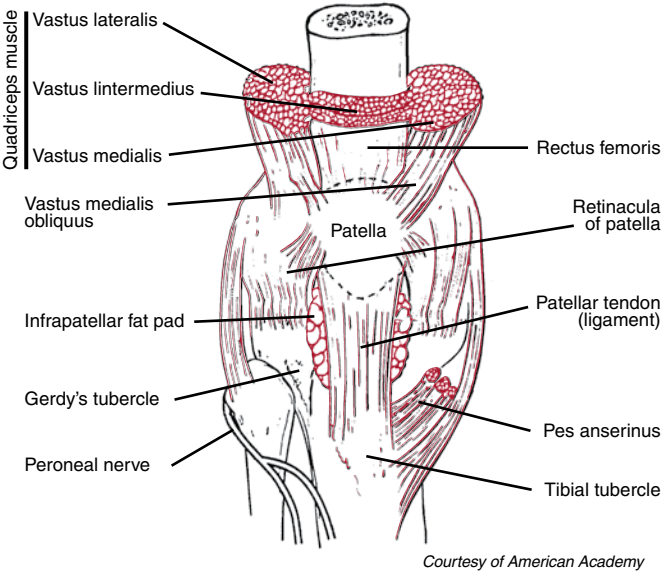


The knee comprises two joints made up by the femur, tibia, and patella. The four major ligaments of the knee are the medial, lateral, anterior, and posterior collateral ligaments. the tibia is partially covered by menisci.



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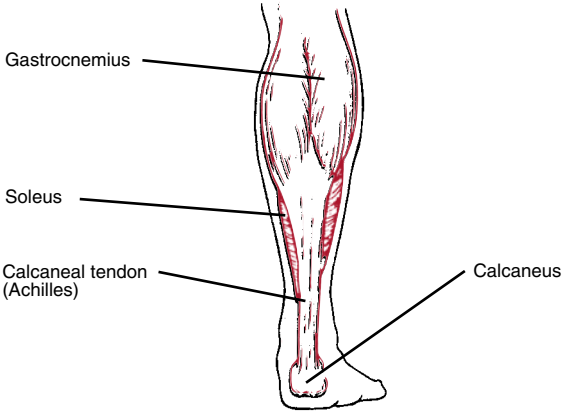
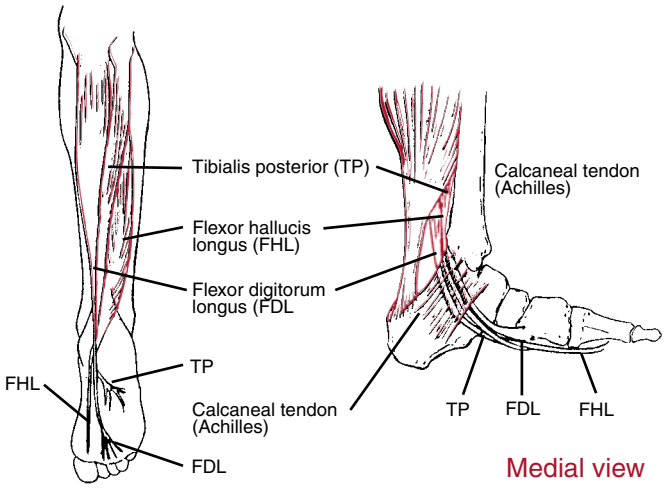
ANATOMICAL SECTIONS

Superficial position



The posterior compartment muscles of the foot cross the ankle joint to insert on the foot.

Deep portion



Medial view

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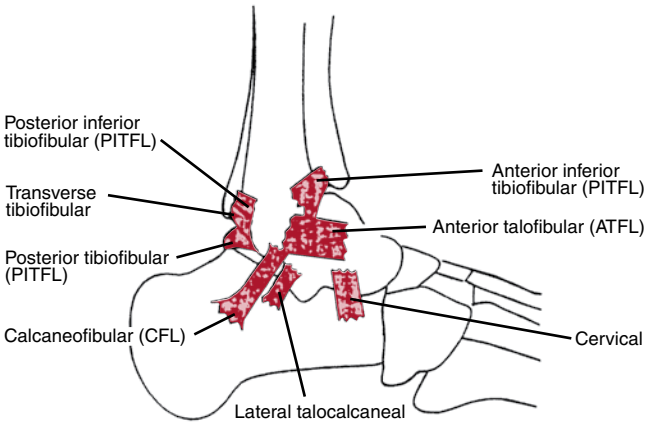
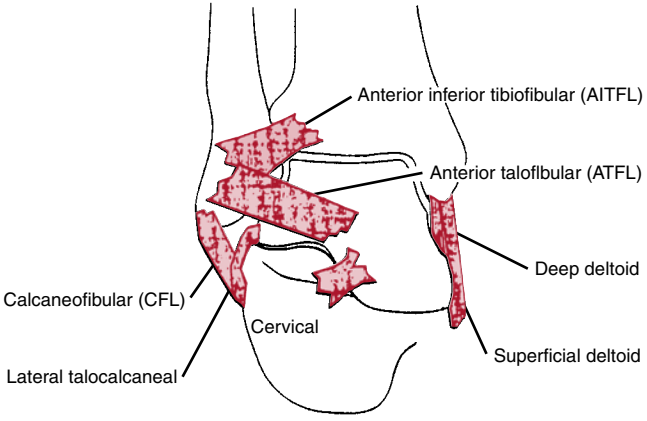


Lateral view of the ankle and subtalar joint ligaments



Anterior view of the ankle and subtalar joint ligaments

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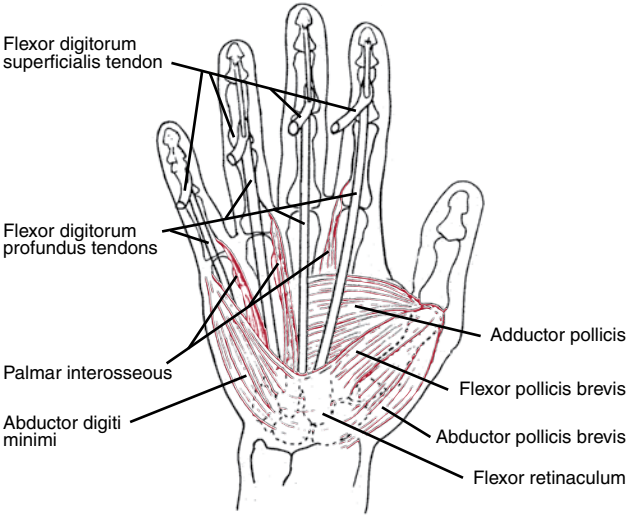
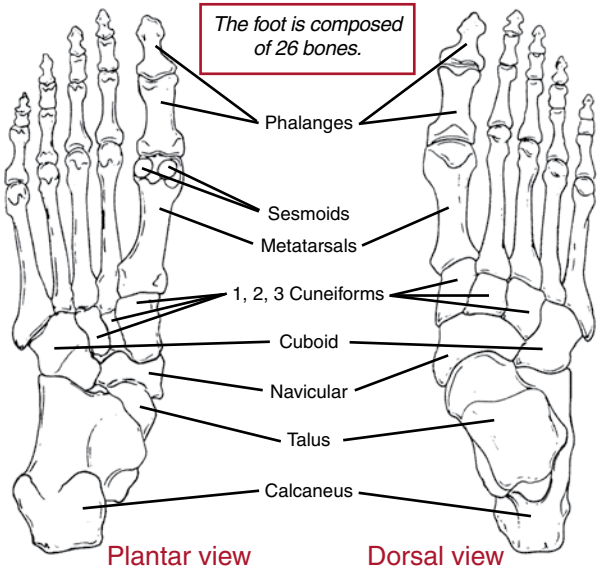
ANATOMICAL SECTIONS

Palmar cross-section of the hand





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Minor League Athletic Trainers

PBATS Congratulates

Joe Benge

2015 Minor League Athletic Trainer of the Year

2015 Athletic Trainers of the Year

Triple-A

Coordinator:	Joe Benge
International:	Scott Johnson
Pacific Coast:	Brian Reinker

Double-A

Eastern League:	TJ Saunders
Southern League:	Shane Nelson
Texas League:	Greg Spence

Single-A

Florida State League:	Kyle Utne
California League:	Travis Tims
Carolina League:	James Stone
Midwest League:	Rafael Freitas
South Atlantic League:	Trek Schuler
New York - Penn League:	Dan Martin
Northwest League:	Reggie Mugrue
Appalachian League:	Steve Taylor
Pioneer League:	John Duff
Arizona League:	Toby Williams
Gulf Coast League:	Troy Hoffert
Dominican Summer League:	Maritza Castro

Minor League Athletic Trainer of the Year

2015
Joe Benge
Tampa Bay Rays

2014 **Bob Tarpey, New Hampshire Fisher Cats**
Toronto Blue Jays, AA affiliate

2013 **Clete Sigwart, Arizona Reds**
Cincinnati Reds, Rookie Ball

2012 **Carl Randolph**
Pittsburgh Pirates, Minor League Coordinator

2011 **Jeff Paxson, Wisconsin TimberRattlers**
Milwaukee Brewers, A affiliate

2010 **Chris Tomashoff, Charlotte Stone Crabs**
Tampa Bay Rays, A affiliate

2009 **Scott Takao**
Chicago White Sox, Minor League Coordinator

2008 **Jeremy Clipperton, West Tenn Diamond Jacks**
Seattle Mariners, AA affiliate

2007 **Brad LaRosa, Springfield Cardinals**
St. Louis Cardinals, AA affiliate

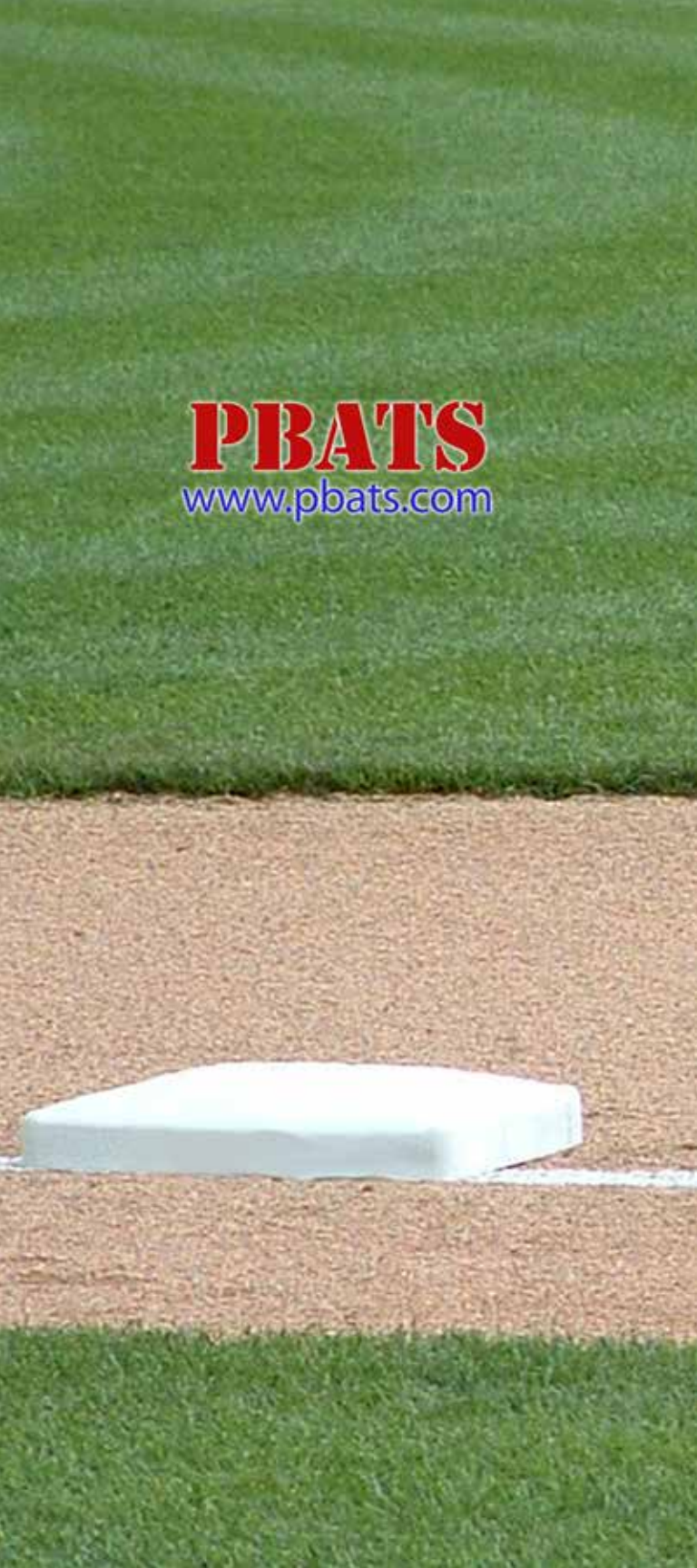
2006 **James Southard, Visalia Oaks**
Tampa Bay Devil Rays, A affiliate

2005 **Mike Frostad, Dunedin Blue Jays**
Toronto Blue Jays, A affiliate

2004 **Roger Fleming, El Paso Diablos**
Arizona Diamondbacks, AA affiliate

2003 **Mike Freer, New Orleans Zephyrs**
Houston Astros, AAA affiliate

2002 **Jeff Gorden, Sarasota Red Sox**
Boston Red Sox, A affiliate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