

Episode # 69

Note: Green text is **Jackson**,

Show Intro: What's up y'all and Welcome to the Sports Medicine Broadcast, Episode 69 "Motocross, Tri-athalons and Athletic Trainers" for Feb 12th, 2014

Topic: This week our special guest is Keith Shireman

Introductions: I am your host ____, and with me today is _____

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Guest Introductions:

(Guest(s), fill in any details you want us to include in the intro. Where you work, what your job title is, etc. Feel free to specify anything you would rather not mention.)

Name: Keith Shireman

Job Title: ATC/LAT

Company: WRMC PROS SPORTS MEDICINE

Company Website:

Years in Profession: 15

Details, awards, anything else you want us to mention:

Warm Up:

What is your favorite food to eat when it cold outside?

Topics:

Give us some background, hometown, college...

Lorena: Tell us your story of becoming an Athletic Trainer
were you an athletic trainer or racer first?

Motocross racer first

Marissa: Tell us about your experience with Motocross

Can you tell us a horror story (a real bad case)

Open tib fib fracture toward ankle. Blood was spilling out of boot. Left boot on as a splint and to prevent infection.

Got hit in the back of the head with the back wheel during a qualifying race.

Lorena: Did you deal more with emergency situations or were there quite a bit of "routine" treatments you had with your motocross athletes?

injuries more in practice than events.

in fort worth at will rogers break both femurs

lots of fractures of wrist

pulmonary contusions - coughing up blood

most injuries are just from the activity,

Marissa: Are there any tape jobs or splinting techniques that are unique to motocross?

Basically the same techniques. Most racers do not like extra padding or splinting.

Lorena: What is their concussion policy?

none as of now, but some use the impact test

Marissa: How can someone get involved with xgames type athletic training?

xgames usually uses local athletic trainers

know the people in the sport

Do you need EMT certification?

have local EMT's to cover the events

Was there travel required?

Lorena: What are some challenges to being an AT in cold weather?

Having gloves in cold weather.

Marissa: Where do you see the greatest need for athletic trainers?

In high schools

Lorena: What's your experience with Triathlons?

track athlete in high school

2009 - started with marathons

half ironman this summer

Marissa: What is something you do really well as an athletic trainer?

Treating athletes as an individual and not putting them on a pedestal.

Lorena: What do you consider the best part of being an athletic trainer?

Marissa: What would be your dream job?

Of course we have to mention the people who help support us:

- **Greater Houston Athletic Trainer's Society for sponsoring CEU opportunities.**
- **Pasadena ISD Education foundation.**
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I am starting to look for guests that I can record with over the summer or record now and release over the summer.

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For Jeremy, ____ , _____ That's a wrap.