

Tuesday, April 23, 2019

House Health Care Committee

RE: SB 372 Support testimony

Dear Chair Salinas and Health Care Committee Members:

My name is Craig Switzler. I live in Medford, Oregon and am an athletic trainer that works at Southern Oregon University (SOU). I have also worked as an athletic trainer in an industrial setting. I would like to submit this letter in support of SB 742.

In my position as an athletic trainer I use the skills I obtained through my educational background in athletic training and my clinical experience to care for the health needs of the football athletes. I also instruct classes to students interested in not only this field, as well as others related to it, to prepare them for the rigors of an educational process for these professions.

I have been able to use these skills in a different setting providing athletic training services to employees at a local beverage distribution company. With the high level of active work they do in their employment position, these individuals stressed and strained their bodies as much, or even more in some circumstances, as the athletes I work with. In my interaction with them I was able to help prevent injuries by doing pre-shift stretches and warm-ups for them before they went out to their physical job activities. I was also available for consults on any concerns they had relating to their physical wellbeing. This included educating them on musculoskeletal conditions they might have been experiencing at that time.

More than anything these individuals wanted to keep working and if they had a question about the physical concerns they had, I was able to consult with them on the best approach to helping them continue with their work with the least amount of interruption. This lowered their stress levels and actually allowed them to have confidence in their decisions to pursue further medical evaluation and treatment. One of the things the individuals I worked with often wondered was if it necessary to go "to the doctor" as they always thought some of their conditions would just get better on their own. Having access to a health care provider at the worksite allowed them to ask questions and help determine when it was appropriate and necessary to seek further medical advice.

Sincerely,

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