



Denver Community School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Denver athletes. With the goal of making sports medicine services more accessible, an on-site athletic trainer is provided in various ways to help injured athletes get the help they need the most efficient and effective way possible. With that, early evaluation can help prevent injuries and keep athletes where they belong - on the court or playing field!

What is an Athletic Trainer

Athletic trainers are highly qualified, multi-skilled health care professionals who render service or treatment under the direction of, or in collaboration with, a physician in accordance with their education, training and state's statutes, rules, and regulations. As part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

- Evaluate and accurately diagnose injuries and illnesses
- Help manage and direct plan of care to ensure the efficient and timely referral processes
- Educate student-athletes, parents, and coaches on injury and illnesses and the importance of proper management
- Collaborate with physicians to improve patient outcomes
- Manage, coordinate and communicate return-to-play progression

Who are Denver's Athletic Trainers

Garrett Cox - PT, DPT, ATC and **Ben Clark** ATC, L, CSCS -proudly serve the sports medicine needs of your Denver Cyclones.

Garrett resides in Denver, Iowa with his wife Brandi, and children Calvin and Natalie. Garrett graduated from the University of Northern Iowa in 2014 with a B.A. degree in Athletic Training. Garrett went on to further his education in obtaining his Doctorate in Physical Therapy from Clarke University in 2017. Garrett began working at Taylor Physical Therapy following graduation in 2017. Garrett works at both Waverly and Denver clinics as a Physical Therapist, as well as providing athletic training coverage to Denver and Janesville High Schools.

Garrett specializes outpatient orthopedics, concussion management, vertigo, and sports medicine. In Garrett's free time, he enjoys spending time with his family, watching his favorite sports teams, and fishing. When asked why Garrett chose a career in physical therapy and sports medicine, Garrett responded, "Athletics has always been an important part of my life, from providing entertainment to teaching me life lessons. Athletic training allowed me to stay within the realm of athletics while continuing to provide patient care"



Garrett Cox, PT, DPT, ATC



Who are Denver's Athletic Trainers

Ben earned his Master's degree in Athletic Training from Iowa State University in 2025. During his time at Iowa State, he gained hands-on experience as a student athletic trainer at Gilbert High School, Ballard High School, as well as with Iowa State Football and Swim & Dive. As an undergraduate, he also completed two training camp internships in 2023 and 2024 with the Dallas Cowboys. Ben's passion for athletic training stems from his love of sports and his desire to help athletes recover and return to the games they love.

Originally from Eldon, Iowa, Ben enjoys lifting weights, spending time with his family, and watching sports in his free time, especially football, his favorite.



Ben Clark, ATC, L, CSCS

What services are provided for your Denver Athletes?

Injury -Checks: During this time, athletic trainers evaluate injuries, check on “ tweaks ” and nagging pains, offer guidance to prevent injuries, provide activity modifications to keep the athlete safely participating, or recommend further follow up evaluation / referral as needed. Communication is key - progress reports for coaches and parents will be provided as well as education for athletes so they understand their injuries.

When: Wednesdays after school

Where: Denver High School

How: No appointment needed - approach Garrett or Ben with any sports medicine concerns or let your coach know you would like to speak with them.

What services are provided for your Denver Athletes?

Concussion Management: Concussions can be scary but recovery doesn't have to be! Garrett can help manage a concussion from initial assessment and evaluation to returning the athlete safely back to the court and in the classroom.

- Initial assessments and evaluation
- Return-to-Learn progression guidance
- Return-to-Play progression guidance
- Post-concussion treatment



Taylor Physical Therapy Denver
(319) 406-0185
121 Tower St.
Denver, IA 50622



Sporting Event Coverage

Garrett or Ben can be found on the sidelines of home and away football games, and all home volleyball, cross country, wrestling, basketball, soccer track and field, baseball and softball contests. In-season athletes can utilize our sports medicine staff before, during, or after competition. Out-of-season athletes may also take advantage of this opportunity to seek our athletic trainer's help while attending sporting events and cheering on their fellow Cyclones.

FREE Injury Evaluations at Taylor Physical Therapy Denver

Taylor Therapy Denver Clinic offers one FREE injury evaluation per injury. During that evaluation, Garrett (or another staff physical therapist) will complete a thorough evaluation, provide treatment as indicated, and recommend follow up as needed. They will provide education to the athlete and parent, address questions or concerns, and communicate with coaches regarding practice guidelines and return to competition as needed. Contact Taylor Physical Therapy's Denver Clinic between 8am-5pm to schedule. Clinic Location:

Denver Clinic Location:

121 Tower St.

Denver, IA 50622

Clinic Number: 319-406-0185

Visit our website to learn more about the Sports Medicine Program!