



Tripoli school district and Taylor Physical Therapy partner to provide comprehensive sports medicine services to all Tripoli 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 Tripoli's Athletic Trainers?

Adam Rave, DPT, ATC and Ron Ragsdale, PT, DPT proudly serve the sports medicine needs of your Tripoli Panthers!

Adam attended Luther College and graduated in 2012 with a Bachelor of Arts in both Athletic Training and Exercise Science and a minor in Biology. He earned his Doctor of Physical Therapy degree in 2014 from the University of Iowa and began traveling physical therapy. For over three years he traveled from coast to coast and had the opportunity to work in outpatient clinics with professional athletes and weekend warriors across the country. Adam specializes in Sports Medicine and works primarily in our Noah Clinic with the student-athletes on the campus of Wartburg College. While not at Noah, he also treats athletes and the general population at Waverly Health Center.



Adam Rave, DPT, ATC

Ronald Ragsdale received his Doctor of Physical Therapy degree from St. Ambrose University after receiving his Master of Physical Therapy degree from the University of Iowa, and a Bachelor's degree in biology and chemistry from Briar Cliff University. Ronald has been with Taylor Physical Therapy since 1997, and currently serves as a managing partner. Ron treats patients at clinics located in Sumner and at Waverly Health Center and specializes in dry needling, shoulder rehab, wound care, trigger point treatment, lower extremity biomechanics, custom orthotic fabrication, and TMJ treatment.



Ron Ragsdale, PT, DPT



Taylor Physical Therapy Sumner
(563) 578-5125
1014 West 1st Street
Sumner, IA 50674



What services are provided for your Tripoli Athletes?

Injury-Checks: During this time, **Ron** can 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: Every Wednesday after school.

How: No appointment needed - approach **Ron** with any sports medicine concerns or let coach know you would like to speak with him.

Sporting Events: **Adam** can be found on the sidelines of all home and away football games and home wrestling meets. In season athletes can utilize Adam before, during, or after competition. Out of season athletes may also take advantage of this opportunity to seek Adam’s help while cheering on their fellow panthers.

FREE Injury Evaluations at Taylor Physical Therapy Sumner or Denver:

Taylor Therapy offers one **FREE** injury evaluation per injury at clinics located in Sumner and Denver. During that evaluation, a 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 the Taylor Physical Therapy’s clinic nearest you between 8am-5pm to schedule.

Sumner Clinic Location:
1014 West 1st Street
Sumner, IA 50674
Phone: (563) 578-5125

Denver Clinic Location:
121 Tower St.
Denver, IA 50622
Phone: (319) 406-0185

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