

About Me: Tokeca Kephart MAT, LAT, ATC

Hello, I wanted to take this time to introduce myself and discuss some policies and procedures that parents of ADM student-athletes should be familiar with. My name is Tokeca (doe-kay-cha) Kephart, but everyone calls me Doe! In 2015, I received my BA in Human Performance with a concentration in Athletic Training and minors in Nutrition, Coaching, and Strength & Conditioning from Midland University. I also received my Master of Athletic Training degree from Midland University in 2019. In the fall of 2019, I started at Select Physical Therapy working closely with Iowa Ortho Physicians. Within Select Physical Therapy, I transitioned to become a Tiger in August 2020 and cannot imagine myself being anywhere else. I have the most amazing opportunity to work at ADM with amazing student-athletes, coaches, and a great community!

About Me: Aliyah Hoskins PT, DPT

My name is Aliyah Hoskins and I am the physical therapist at Select Physical Therapy. I received my bachelors from Iowa State University(Go Cyclones!), with a focus in Kinesiology. Following my undergraduate degree, I studied physical therapy at the University of Iowa where I received my doctorate in 2018. I love working with people of all ages and musculoskeletal disorders, but I excel when working with Athletes, the pelvis and lower extremities. I also have a passion for women's health and am excited to grow that part of my practice! I am originally from Des Moines, but moved to Adel while finishing up my doctorate and have been here just about three years now. I have heard the expression "Once a Tiger, always a Tiger!" many times in my clinic and I can say- I have loved being a Tiger so far! I live with my partner Jake, Huxley the dog and my cat Ivy, however, our little family is growing as we now have a baby girl on the way! I love that I get to work in the community I live in and encourage everyone to reach out to me if there is ever anything I can help them with. I live just minutes from the clinic, so please don't hesitate to call or text me at any time- day or night.

Contact Information:

Listed below is our contact information. Please reach out to us at anytime if you have questions, concerns, or want to schedule a free injury screen or get into physical therapy.

Tokeca (Doe)

Cell: 402.651.0166

Email:
TKephart@selectmedical.co
m

Aliyah

Select Physical Therapy
Office: 515.478.7171

Email:
AlHoskins@selectmedical.com

Athletic Training Room Hours & Event Coverage:

Pre-Practice: 3:00 pm – 4:00 pm

Practice Coverage: 4:00 pm – 6:00 pm

Post-Practice: 6:00 pm – 6:30 pm

I arrive at the school between 2:30 pm and 3:00 pm everyday, unless there is an early out and practices are earlier. Although I am available before school gets out, I encourage all student-athletes to be students first. I will not see an athlete before school is out unless it is an emergency or they have a free period during the time I am here. Education is very important and I never want to be an excuse to skip class. I cover all home events and away varsity football games. I like supporting my

athletes and making sure they are safe, and will try to come to as many away games as possible to volunteer. Anytime I am able to make it to an away game, I will let the coaches know.

What is Athletic Training & Who are Athletic Trainers?

Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

Athletic trainers (ATs) 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 the state's statutes, rules and regulations. As a 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.

Athletic trainers are sometimes confused with personal trainers. There is, however, a large difference in the education, skill set, job duties and patients of an athletic trainer and a personal trainer. The athletic training academic curriculum and clinical training follows the medical model. Athletic trainers must graduate from an accredited baccalaureate or master's program, and 70% of ATs have a master's degree.

Reporting Injuries:

It is important that I am aware of injuries (big or small) as soon as possible. I have a lot of resources available for our athletes to get the best and quickest care possible. If an injury occurs at an away game, or your student-athlete comes home with an injury, feel free to contact me that night or the next morning. The best way to prevent further injury from occurring and making sure your student-athlete is performing at their highest level, is making sure I am aware of even the littlest bumps and bruises. I never want to pull your student-athlete from their sport. I will do my best to make sure they are able to practice with their injury while being safe and preventing further injury!

Evaluations & Free Injury Screens:

Select Physical Therapy offers free injury screens to anyone who needs one. We are here for our community and want to help in any way we can. If an injury occurs while I am not available, please call or text myself or Aliyah. Our sports med team is available for your student-athlete at anytime and we will make sure they are evaluated the same day.

Head Injuries & Concussions:

If an athlete is suspected of sustaining a head injury, they will be pulled from participation and evaluated by myself. As a rule of thumb, I never diagnose a concussion on the same day as the head trauma, but I do pull them from the event and evaluate them. I will call you to discuss what to look for when your athlete is at home and I will reevaluate them the following day. The reevaluation will determine if a concussion has occurred. If your student-athlete has a concussion, they must follow the return-to-play protocol. I will send a copy of the protocol home with the student athlete and will update you on the progression. If an athlete is seen by a physician and is cleared to return, they still have to go through the return-to-play protocol.

Physical Therapy Referral:

It is very busy in the athletic training room after school and right before practices. I normally have a line of student-athletes who either need taped or have an injury that needs to be evaluated. Because of this, I don't have a lot of time for rehabilitation. If I recommend physical therapy for your student-athlete, it is because I know the injury will not get better on its own, or I know the pain might go away, but will lead to further injury. With that being said, ADM has a Team Physical Therapist, Aliyah, that I work with closely, who I recommend 110%. If your insurance requires a referral for PT, Aliyah and myself will work quickly in getting your athlete in with one of the Sports Med doctors that we work closely with. You will often see her on the side-lines during events, and your student-athletes see her at practices, weight-lifting sessions, and in the athletic training room. The reason I recommend working with the Team PT is because of the communication she has with coaches, physicians and myself alongside of her skill-set and passion for sports medicine. This will allow us to make sure your athlete can still participate, but work within restrictions to prevent further injury. If your student-athlete is seen by another PT outside of Select Physical Therapy, I do not receive updates or restrictions and I am not able to help them with their at home exercise program in the athletic training room. The team PT also comes to the athletic training room during the week. When she is there, she is evaluating injuries, working on athletes, and assisting in anyway she can. We are very lucky to have Aliyah as our ADM Team Physical Therapist.