Ronnie Horsman

Personal details

Name	**Ronnie Horsman**
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Short bio

Dynamic and dedicated MSAT with 10+ years experience in a Sports Medicine Injury Program aimed at reducing musculoskeletal injuries in the U.S. Marine Corps. Experienced in, amongst others, evaluation and treatment of musculoskeletal injuries incurred, including PRE, PNF, open and closed chain kinetic exercises, hydrotherapy, manual therapy, cryotherapy, and ultrasound. Proficient in equipment including biodex isokinetic elevation and stimulation, ski machines, stair machines, treadmill exercisers, BAPS, aquatic therapeutic devices, corrective and rehabilitative exercises and strength training devices.

Work Experience

Athletic Trainer Nov 2013 - Present

US Marine Corps Reserve Training Center, Waco

- Coaching and guiding service members on applied anatomy, exercise physiology, injury prevention and recognition, kinesiology and biomechanics, pre- operative and post- operative rehabilitation, physical conditioning, stretching, and posture and body mechanics
- Providing post- injury treatment in collaboration with overseeing physician, including acute and chronic edema, post- surgical edema, soft tissue damage, decreased circulation, overuse injuries, pain, muscle atrophy, and loss of strength due to biomechanical or imbalance injury
- Designing and fabricating protective pads, equipment and braces for the prevention and treatment of injuries, including the use of proper taping techniques
- Providing emergency first aid and evaluation and treatment of injuries and rendering initial treatment
- Participating in regular meetings to review and evaluate patient care to identify opportunities to improve and recommending corrective action where problems exist
- Assisting commanding officers with design of effective physical readiness in collaboration with a physician
- Aiding in design of evidence- based physical training plans that optimize performance and mitigate injuries
- Ensuring safe and effective operation of equipment used for service member care and contributing to a safe working environment
- Adhering to government and professional clinical standards and accepted athletic trainer treatment protocols

Education and Qualifications

Master of Science in Athletic Training Sep 2011 - Jul 2013

University of Houston, Houston

Skills

Musculoskeletal injury assessment, Injury prevention, Rehabilitation planning, Therapeutic exercise, Manual therapy, Athletic taping and bracing, Emergency first aid, Strength and conditioning