

Athletic Trainer

Miss Tess Edwards, LAT, ATC

Atlantic Sports Health

Marist College, 2022

- BS in Athletic Training

Contact Information

Please reach out via email to schedule a time to talk on the phone

- *Email: edwardst@villawalsh.org*
- *Office: 973-538-3680 x477*

Athletic Training Room Hours

- Mon-Fri: 1:30pm- end of practice/home game coverage
- Sat: practice/home coverage

Injury Plan of Care

- Evaluation of the student-athlete
- Report participation status to the coach
- Depending on the severity of injury the Parent/Guardian will be contacted immediately to within 24 hours

Concussion Policy and Guidelines

- Per NJSIAA & VWA policies and procedures:

If an athlete exhibits any signs or symptoms of a concussion, they will be immediately removed from activity. Student-athletes presenting with signs and symptoms of a concussion will be evaluated by the athletic trainer and referred to a physician trained in the diagnosis and management of sports related concussions. If the athlete is diagnosed with a concussion, they will be restricted from sports until symptoms resolve, the NJSIAA Return to Play Protocol is completed, and a clearance note from the treating physician is submitted to VWA.





Staff

Led by Damion Martins, MD, team physician for the New York Jets, the Atlantic Sports Health medical staff are experts in diagnosing and treating orthopedic and sports medicine problems. They are among the best trained and most experienced in their fields. Employing Atlantic Sports Health's leading edge treatment techniques and progressive programs, the physician, patient and therapist work together toward a goal of full recovery.

Official Sports Medicine and Rehabilitation Partner



Official Health Care Partner of the New York Jets



Official Research Partner



Atlantic Sports Health

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Fourth Floor, Suite 408
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973-971-6898

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Rockaway, NJ 07866
973-971-6898

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Bridgewater, NJ 08807
908-722-2033

140 Central Avenue, Suite 700
Clark, NJ 07066
732-943-5042

550 Central Avenue, Suite 600
New Providence, NJ 07974
908-795-1192

3025 Paramus Park Mall, Suite 200
Paramus, NJ 07652
201-267-6898

For more information about our programs and services or to get directions to our facility, visit atlantichealth.org/sports

Atlantic Sports Health



Atlantic Sports Health offers a broad spectrum of world-class care using a comprehensive approach to injury prevention and treatment. Young or old, amateur or professional, Atlantic Sports Health has the expertise, advanced technology, and services to improve the lives of athletes and return them to their previous level of activity, safely and quickly.

Sports Medicine

All Atlantic Sports Health clinicians are specifically trained in sports medicine. Ninety percent of all sports injuries do not require surgery and the sports medicine experts at Atlantic Sports Health specialize in using non-operative medical treatments for:

- Acute injuries
- Overuse injuries
- Mild traumatic brain injury
- Acute illness
- Proper nutrition
- Increase fitness level
- Injury prevention
- “Return-to-play” decisions
- Strength training and conditioning
- Promoting healthy lifestyle

Orthopedic Surgery

The orthopedic surgeons at Atlantic Sports Health offer expertise and solutions for many sports-related injuries. Patients can get back in the game sooner thanks to diagnostic and therapeutic arthroscopy and reconstructive surgery that helps repairs knees, shoulders, hips, wrists, ankles and elbows, including:

- Minimally invasive surgical approaches to repair damaged knees and shoulders
- Cuff and shoulder instability repair
- Complete arthroscopic rotator cuff procedures
- Total shoulder replacement
- Knee and ligament (ACL/PCL) reconstruction
- Cartilage restoration and meniscal transplants
- Hip procedures, including labral tears and femoral acetabular impingement (FAI) evaluation

Sports Psychology

At Atlantic Sports Health, we understand that achieving your athletic goals not only requires physical conditioning, but mental conditioning as well. That’s why we offer consultations with licensed sports psychologists to help you improve your mental edge and achieve optimal levels of sports performance.

Sports Nutrition

Our sports nutrition specialists are registered dietitians with advanced credentials in nutrition and diet, designed especially for the athlete. Atlantic Sports Health nutritionists will provide you with a plan to help you achieve all of your performance objectives.

Physical Therapy / Rehabilitation

Atlantic Sports Health’s board-certified physical therapists possess a wide variety of training and specialties, with extensive experience in:

- Active release technique
- Pilates core strengthening
- Yoga-based stretches
- McKenzie method treatment for spine and extremities
- Taping techniques, Kinesio and McConnell taping

Sports Podiatry

Our sports podiatrists are experts in the diagnosis of foot and lower limb problems as well as treatments such as joint mobilization; advanced biomechanical assessments; injection therapy such as corticosteroids; soft tissue manipulation and trigger point therapy; advanced orthotic therapy; rehabilitation, exercise, strength and conditioning of the lower extremities; and footwear prescription for the professional, elite, amateur and young athletes, as well as those who have sustained injuries in day-to-day life.

Performance Improvement Services

Our medical professionals work with you one-on-one to increase your strength, speed, agility, flexibility, coordination, cardiovascular endurance and overall conditioning.

- **Body Composition Analysis:** using bio-impedance and DEXA scanning to measure body fat.

- **Balance Training and Proprioception**

Improvement: using the Biodex Balance System, a tool that provides a dynamic and visual assessment used to retrain or increase an athlete’s balance and proprioception abilities.

- **Performance Testing:** Metabolic testing determines critical fitness evaluation markers, including VO2 max and lactate threshold.

Sports Concussion Services

At Atlantic Sports Health, researchers have developed a comprehensive approach in the assessment and treatment of sports-related concussion. Two main tools are used to assess and manage concussions: neuropsychological evaluation using ImPACT™ (Immediate Post-Concussion Assessment and Cognitive Testing) and balance testing using the Biodex Balance System.

Chiropractic Services

Chiropractic adjustment restores proper alignment and function to the spinal joints, thereby restoring the normal nerve transmission and healing potential to the vital structures of the body.

Sports Acupuncture

Acupuncture services can be effective in the treatment of injuries and musculoskeletal and constitutional imbalances.

Sports Cardiology

Undiagnosed heart conditions in seemingly healthy individuals can result in sudden death during exercise or sports competitions. To meet the needs of athletes and children in our community, Gagnon Cardiovascular Institute and Atlantic Sports Health offer a sports cardiology program that aims to identify potentially lethal heart problems. Establishing safe levels of physical activity is an overall goal of the program. Physicians in the program take care of recreational athletes, high school, collegiate and professional athletes, including football (NY Jets), soccer (MLS) and ice hockey.

Our sports cardiologists are experts in diagnosing cardiovascular symptoms in patients with both genetic and acquired heart conditions.