

Adelene Alken

Athletic Trainer

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☎ (275) 321-4641

📍 250 C Street, Charleston, SC 29401

Education

Bachelor of Science in Athletic Training at Clemson University, SC

Sep 2017 - May 2021

I have learned how to prevent, diagnose, and treat injuries and illnesses in athletes.

Links

[linkedin.com/in/adelenealken](https://www.linkedin.com/in/adelenealken)

Skills

First Aid

CPR

AED

Emergency care

Taping and wrapping techniques

Exercise prescription

Injury prevention

Languages

English

Hindi

Profile

I am an experienced athletic trainer with over 1 year of experience. I have a strong passion for helping people reach their full potential, and I firmly believe that everyone has the ability to improve their health and well-being through exercise. My goal is always to help my clients achieve their goals, whether it be improving their fitness level, recovering from an injury, or managing a chronic condition. In addition to my training experience, I also have a degree in Exercise Science from XYZ University

Employment History

Athletic Trainer at Palmetto Health, SC

Apr 2022 - Present

- Provided treatments to over 100 athletes per week during the peak of their season.
- Wrote and implemented new policies for injury prevention that decreased the number of injuries by 15% overall.
- Led weekly educational seminars on proper stretching techniques and hydration for all levels of athletes.
- Assisted in developing a nutrition plan for the school's athletic department which improved performance by 10%.
- Successfully rehabbed 3 ACL tears back to full playing level within 9 months.

Assistant Athletic Trainer at Greenville Health System, SC

Jul 2021 - Feb 2022

- Successfully completed 85% of rehab programs for injured athletes, allowing them to return to play an average of 2 weeks earlier than anticipated.
- Successfully prevented 18 concussions over the course of the season through implementation of new sideline concussion testing protocol.
- Implemented a new taping technique that decreased incidents of ankle sprains by 25%.
- Created and implemented a nutrition education program that helped reduce instances of muscle cramping by 35%.
- Worked with team physician to develop and implement a comprehensive treatment plan for athlete with chronic pain condition, resulting in significant decrease in pain levels and increased ability to participate in practice and games.

Certificates

Certified Athletic Trainer (ATC)

Jan 2021

National Certification in Therapeutic Massage and Bodywork (NCBTMB)

Jan 2019