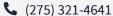
# Adelene Alken

Athletic Trainer





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

## **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