

# ALI BOWER, MAT, ATC, FAFS

HEAD ATHLETIC TRAINER & SPORTS MEDICINE INSTRUCTOR

INNOVATIVE CERTIFIED ATHLETIC TRAINER WITH A MASTER OF ATHLETIC TRAINING AND OVER 5 YEARS OF CLINICAL EXPERIENCE PROVIDING EVIDENCE-BASED HEALTHCARE GROUNDED IN FUNCTIONAL BIOMECHANICS. A PATIENT ADVOCATE ADEPT IN ACHIEVING AND MAINTAINING HIGH STANDARDS OF CARE. AS A CREDENTIALLED FELLOW OF APPLIED FUNCTIONAL SCIENCE® (FAFS), HAVING AN ADVANCED KNOWLEDGE, ANALYTICAL ABILITY, AND HANDS-ON MANUAL SKILLS NECESSARY FOR THE APPLICATION AND INTEGRATION OF THE PRINCIPLES OF NEUROMUSCULAR TRAINING. STRATEGICALLY DESIGNATED AS A PRACTITIONER SYNONYMOUS WITH PROVIDING CARE IN THE FUNCTIONAL ANALYSIS OF HUMAN MOVEMENT. A RELIABLE TEAM MEMBER WITH A PERSONABLE NATURE AND POSITIVE COMMUNICATION STYLE.

## EDUCATION & SPECIALIZED TRAINING

- **Functional Movement**, Gray Institute Fellow of Applied Functional Science (FAFS), October 2016
- **Master of Athletic Training** Texas Tech University Health Sciences Center, Lubbock, TX, May 2014
- **Bachelor of Science, Exercise & Sports Science**, Minor: Spanish, Elon University, Elon, NC, May 2011

## CERTIFICATIONS & LICENSES

- **Certified Athletic Trainer (ATC)**, Board of Certification, ID: BOC 264907, Expires: December 2021
- NH Athletic Training Licensure (NHLAT), New Hampshire Office of Allied Health, Issued: 2015
- National Plan & Provider Enumeration System, NPI#: 1174080121, Issued: 2019
- Basic Life Support for Healthcare Providers, American Red Cross, Expires: August 2022

## PROFESSIONAL EXPERIENCE

### Sports Medicine Account Manager

April 2021 – Present

Milliken Healthcare, Milliken & Co., Portsmouth, NH

- Sports Medicine Account Manager providing support and educational in-services to athletic trainers around the country with the PowerFlex Taping System.
- Collaborate with Marketing and Sales teams for national marketing and promotional campaigns.
- Organize and facilitate in-service programming for new and existing customers as well as athletic training education programs.
- Tradeshow and conference exhibits and programs.
- Research and development as well as product testing and evaluation for optimization.

### Athletic Training Clinical Faculty/Contract Lecturer

August 2018 – May 2020

Keene State College, Keene, NH

- Instruct courses in Therapeutic Interventions: Rehabilitation, Prevention Strategies/ACSM Fitness Testing, Healthcare Administration, Clinical & Practical Courses/Seminar, and Skills Lab for 10-12 students majoring in Athletic Training with content tailored toward BOC certification.
- Create innovative assignments based on realistic athletic trainer scenarios while ensuring each project provides students with the clinical proficiencies to administer collaborative performance therapies.
- Facilitate discussions and roundtables for students completing clinical rotations, providing guidance as needed from evidence-based practices and personal Athletic Training career.
- Collaborate with department faculty and with professional Athletic Trainers within a variety of industries as classroom guest speakers in order to introduce students to a variety of career options.

**Head Athletic Trainer & Physician Extender**

August 2015 – July 2018

Cheshire Medical Center Dartmouth-Hitchcock Sports Medicine Center, Keene, NH

Keene High School, Division I Athletics, Keene, NH

- Contracted to Keene High School to provide sports medicine coverage including emergency response, acute care, injury evaluations, treatment, and rehabilitation using evidence-based practices for over 600 athletes across 25 sports teams.
- Developed and prescribed functional rehabilitation plans specific to athlete injury, biomechanical needs and underlying conditions.
- Identified communication as a barrier to effective sports medicine coverage and improved communication with coaches which resulted in a 100% completion of baseline testing and increased injury self-reporting.
- Managed baseline concussion testing, evaluation, and return to play utilizing ImpACT neurocognitive assessment
- Developed return to learn and return to play care team utilizing athletic training staff, school nurse, team physician and school guidance counselors to optimize student-athlete return to academics.
- Developed individual and group preventative programs with athletes of all levels, coaches, and other medical staff to improve program completion and mitigate the stigma of self-reporting as automatic removal from sports.
- Managed an equipment budget, implementing an inventory control system and an ongoing inventory process to inspect and remove expired supplies, monitor supply needs, and create RFQs for purchases.
- Utilized data-driven practices to determine the root cause of injuries, maintaining statistics on trends to identify reoccurring injuries and provide progress reports on individual athlete's rehabilitative progress.
- Served as a Clinical Preceptor for Keene State College BS in Athletic Training, supervising Athletic Training students, providing ongoing analyses of sports medicine competencies.
- Developed sports medicine apprenticeship for high school students interested in entering the fields of athletic training and sports medicine.
- Assisted orthopedic surgeons and physician assistants as a physician extender, conducting intakes, performing casting, splinting, sterile field preparation for in-office procedures, and/or functional rehabilitative sessions.
- Utilized EPIC electronic medical records systems to record patient histories, verify medications, and retrieve diagnostic records.
- Proficient understanding of ICD-10 Diagnosis Coding and CPT Codes for Services

**Assistant Athletic Trainer (On Call)**

September 2014 – August 2015

Roger Williams University, NCAA Division III, Bristol, RI

- Assisted the University's Sports Medicine Staff with special events, tournaments, and games as needed.
  - NCAA appearances, national, conference and regional championships, nationally ranked teams, NEWBA, ECAC, and D3Hoops players of the year, and All-American, a Fowle New England Team Racing Championship
- Provided emergency response, wound care, and acute injury evaluations for a large collegiate wrestling tournament, monitoring 6-8 wrestling mats being used simultaneously and assessing athletes for injury.
- Provided pre/post practice treatments and emergency response for a men's lacrosse team practices.

**Head Athletic Trainer**

July 2014 – August 2015

OPT Physical Therapy, Bristol, RI

- Contracted to Mount Hope High School to provide injury evaluation, treatment, and rehabilitation as well as concussion management, emergency response, and acute care for 500 student athletes across 20 sports.
- Design and fabricate protective padding/bracing for immobilization, treatment or return to play safety.
- Established the use of SOAP Scale assessments and progress notes, developing an electronic database to track injuries and provide metrics on individual athlete's rehabilitative progress.
- Spearheaded training events for local firemen and EMTs focused on responding to sports-related emergencies using spine board equipment both with and without the patient wearing football equipment.

- Requested a safety analysis from a local fire and rescue department of the onsite treatment facilities which resulted in a redesign of the space to increase functionality and safety.
- Implemented policies and procedures for maintaining a clean healthcare facility.
- Developed a partnership with a physician to provide medical supervision.
- Collaborated and educated coaches and athletes on player conditions and created exercise plans in accordance with physician's direction.
- Developed and established a culture of discipline and resiliency within individual athletes and sports teams.
- Enforced the requirement that players have a physician note in order to play after recovering from an injury.
- Developed sports medicine apprenticeship for high school students interested in entering the field of athletic training and sports medicine.

#### **Clinical Education Rotations:**

- **Physician Extender**, Orthopedic Surgeon, Lubbock Sports Medicine, January 2014 – May 2014
- **NCAA Division I College Football**, Texas Tech University, January 2013 – December 2013
- **High School Football & Volleyball**, Frenship ISD, Lubbock, TX, August 2012 – December 2012

### **VOLUNTEER EXPERIENCE**

#### **NHATA Elected Secretary**

September 2019 – Dec. 2020

New Hampshire Athletic Trainer's Association (NHATA), Manchester, NH

- Create official documentation for NHATA officer's monthly meetings and ensure all information is communicated to members by having the meeting minutes posted to the public website.
- Organize the organization's election process, gathering candidate information for members and providing guidance to candidates throughout the election process.
- Selected by the NHATA president to assist in developing a budget proposal for a major conference.
- Recently reviewed and revised organizational bylaws, policies, and procedures to regain nonprofit status.
- Collaborated with the social media committee to update social media presence and revise policies.
- Managed speaker invitations, the coordination of presenters, marketing, and all event communications for 2 major events in partnership with the Korey Stringer Institute and the 2019 annual NHATA state meeting.
- Planning and organizing the Northern New England Athletic Conference and the NHATA Student Symposium with responsibility for budget management, identifying speakers, and gauging seminar interest.

#### **Medical Volunteer and Independent Contractor**

- Joe English Challenge and Twilight Challenge Ultra Marathons - Medical Director 2015-2019
- Clarence De Mar Marathon 2015-2019
- Boston Marathon 2019