



PROSPECT HIGH SCHOOL ATHLETIC TRAINING PROGRAM

801 W. Kensington Rd.
Mt. Prospect, IL 60056
PHONE: 847-718-5403
FAX: 847-718-5404
Katie Cottin, MAT, ATC
Aaron Marnstein, MS, ATC
Alisa Mastrodomenico, ATC



Re: _____ DATE: _____

DEAR DR. _____

This student is an athlete competing at Prospect High School. He/she received an injury to his/her _____
on ___/___/___ while participating in _____. We request that you examine this individual and
suggest appropriate treatment. Please report your findings and return this form with the athlete. Your comments and
suggestions are appreciated.

Sincerely,

Katie Cottin, MAT, ATC
Athletic Trainer Supervisor
847-718-5403

Aaron Marnstein, MS, ATC
Associate Athletic Trainer
847-718-5405

Alisa Mastrodomenico, ATC
Assistant Athletic Trainer

Physician's Diagnosis:

The following modalities or exercise activities are available in our Training Room. Please check items that you feel would best benefit this student if he/she should be put on a reconditioning program.

- | | |
|---|--|
| <input type="checkbox"/> Ice | <input type="checkbox"/> Cold Whirlpool |
| <input type="checkbox"/> Hot Whirlpool | <input type="checkbox"/> Contrast Bath |
| <input type="checkbox"/> Moist Hot Pack | <input type="checkbox"/> Flexibility/Stretching |
| <input type="checkbox"/> Ankle/Foot Program | <input type="checkbox"/> Knee Program |
| <input type="checkbox"/> Hip Program | <input type="checkbox"/> Shoulder Program |
| <input type="checkbox"/> Elbow Program | <input type="checkbox"/> Wrist/Hand Program |
| <input type="checkbox"/> Progressive Resistance Program | <input type="checkbox"/> Strength Training (Weight Rm.) |
| <input type="checkbox"/> Ultrasound | <input type="checkbox"/> General Conditioning |
| <input type="checkbox"/> Muscle Stim | <input type="checkbox"/> Athletic Trainers Discretion |

May the student participate in athletics/PE? Yes ___ No ___ Time recommended away from activity. _____

Additional Comments: _____

Physician's Signature _____ Date _____

Physician Phone _____