

Cogent Steps, LLC traveled to the University of North Dakota for an EMR class during the first weekend in November. Daniel Himmerick, who attended the course, is currently applying to sports physical therapy residency programs. Himmerick felt the course had a good focus on sports and prepared him well for dealing with athletes when they become injured.

Himmerick also found the structure of the EMR course to be especially helpful in learning the material. Cogent Steps, LLC dedicates a lot of the course to hands-on lab time, which allows students to learn how to perform skills properly in a classroom setting before they might need to perform them in real-time. Spine boarding is a skill that one hopes to never perform, but it is vital that students learn how to do it properly. Himmerick found that he greatly benefitted from being able to slowly walk through each step of spine boarding.

Many people who do not have a good understanding of shock downplay its impact on an athlete. The EMR course discussed and stressed the importance of treating shock in injured athletes. The EMR course gave Himmerick more confidence in his ability to handle and care for injured athletes and to make sure they receive the care they need.

“The biggest thing that surprised me was how much of a volatile situation is shock. I did not know much about it, but my impression coming in was that it just meant somebody was going to pass out. The course made me appreciate to greater degree of how much of an emergency is shock.”

Overall the course provides students with a solid background in treating injured athletes. They are given the opportunity to practice skills that can save lives if performed properly. Shock, concussions, and spine injuries are just a few of the injuries discussed that have easy steps to save athletes from more serious long-term effects. The EMR course prepares students to handle both common and serious injuries and is a great tool to understand and treat athletes in emergency situations.