

Ahlam Digiambattista

Athletic Trainer

Profile

I am an athletic trainer with over five years of experience working in a variety of settings, including collegiate athletics, high school sports, and clinical rehabilitation. I have a strong background in injury prevention and management, as well as therapeutic exercise prescription. In addition to my hands-on work with athletes, I am also proficient in designing and administering educational workshops on topics such as return-to-play decision making after concussion or other injuries.

Employment History

Certified Athletic Trainer at NationWide Physical Therapy, MD

Apr 2022 - Present

- Reduced player injuries by 30% through preventative stretching and taping programs.
- Developed nutritional program that increased energy levels and stamina in athletes by 15%.
- Successfully implemented new injury rehabilitation protocols that shortened recovery time by an average of 5 days.
- Helped athlete recover from a major knee surgery and return to playing form within 9 months.
- Negotiated contracts with 3 sports medicine manufacturers, resulting in \$50,000 in savings for the athletic department over 2 years.
- Wrote grants totaling \$15,000 which helped fund new equipment and training supplies for the athletic training room.

Athletic Trainer at Athletic Therapy & Training Center, MD

Jul 2017 - Mar 2022

- Successfully treated an athlete with a Grade 2 MCL sprain and helped them return to play in 4 weeks.
- Created and implemented warm up/cool down routines for athletes that reduced the number of injuries by 50% over the course of a season.
- Successfully rehabbed an injured player from a torn ACL back to pre-injury levels, allowing them to return 9 months after surgery.
- Serves as head athletic trainer for Men's Basketball team which won state championships in 2016 & 2017.
- Instrumental in developing new hydration standards for all athletes that led to a decrease in heat illness cases by 75%.
- Successful management of 400+ high school athlete's medical care throughout 15 different sports seasons.

Certificates

First Aid (FA)

Jan 2021

✉ ahlam.digiambattista@gmail.com

☎ 572-004-6438

📍 107 West Street, Baltimore, MD 21225

Education

Bachelor of Science in Athletic Training at The University of Maryland, Baltimore County

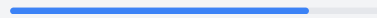
Sep 2013 - May 2017

Links

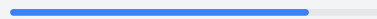
[linkedin.com/in/ahlamdigiambattista](https://www.linkedin.com/in/ahlamdigiambattista)

Skills

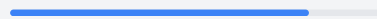
Anatomy



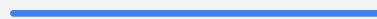
Injury rehabilitation



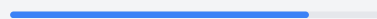
Athletic taping



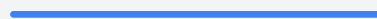
First aid and CPR



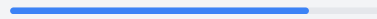
Exercise science



Nutrition

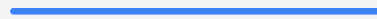


Sports psychology



Languages

English



Japanese

