

# ADAH VARVARO

Certified Athletic Trainer

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## PROFILE

Certified Athletic Trainer with 2 years of experience in providing exceptional injury prevention, assessment, and rehabilitation services to athletes. Skilled in designing and implementing tailored injury prevention programs and collaborating with multidisciplinary teams to optimize athlete performance. Dedicated to fostering a safe and supportive athletic environment and promoting overall health and wellness.

## LINKS

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

## SKILLS

Taping

Rehabilitation

Injury Assessment

First Aid/CPR

Kinesiology

Strength Training

Hydrotherapy

## LANGUAGES

English

Russian

## HOBBIES

Strength training

Yoga and mindfulness practice

## EMPLOYMENT HISTORY

### ● Certified Athletic Trainer at Madonna Rehabilitation Hospitals, NE

May 2023 - Present

- Successfully implemented a comprehensive rehabilitation program for over 200 athletes, resulting in a 95% recovery rate and return to full athletic performance within six months.
- Streamlined the injury prevention and management process by collaborating with a multidisciplinary team, reducing athlete injury rates by 30% within one year.
- Developed and conducted educational workshops for over 500 athletes, coaches, and parents on topics such as injury prevention, nutrition, and strength training, leading to an overall increase in athlete performance and well-being.

### ● Assistant Athletic Trainer at Nebraska Orthopaedic & Sports Medicine, NE

Aug 2021 - Mar 2023

- Successfully managed the rehabilitation process for over 30 injured athletes, resulting in a 95% return-to-play rate within the expected recovery timeline.
- Streamlined athletic training operations and reduced injury rates by 20% through the implementation of a comprehensive injury prevention program for all athletes at Nebraska Orthopaedic & Sports Medicine.
- Collaborated with a multidisciplinary team to develop and execute individualized treatment plans for 50+ athletes, leading to improved performance and reduced risk of injury recurrence.
- Coordinated and led educational workshops for over 100 athletes, coaches, and parents on topics such as injury prevention, proper nutrition, and mental health strategies, contributing to an overall improvement in athlete well-being and performance at the facility.

## EDUCATION

### Bachelor of Science in Athletic Training at University of Nebraska, Lincoln, NE

Sep 2016 - May 2021

Relevant Coursework: Anatomy and Physiology, Kinesiology, Biomechanics, Exercise Physiology, Sports Nutrition, Strength and Conditioning, Injury Prevention and Rehabilitation, Therapeutic Modalities, Orthopedic Assessment, and Clinical Practicum.

## CERTIFICATES

### Board of Certification for the Athletic Trainer (BOC-AT)

Feb 2022