



ARMED FORCES ATHLETIC TRAINERS' SOCIETY

## MEMBER SPOTLIGHT

LORI URETSKY, MEd, LAT, ATC



**Describe your work setting:** I work as an athletic trainer for Reef Systems Corp as part of the USAF POTFF (Preservation of the Force and Family) Program. Our team at the 41<sup>st</sup> Rescue Squadron consists of a Certified Athletic Trainer, Certified Strength & Conditioning Coach, and a Licensed Clinical Social Worker. We are apart of Air Combat Command's three stateside USAF Combat Search & Rescue helicopter squadron POTFF Programs. I oversee a Military Treatment Facility for over 125 helicopter operators and support personnel. I'm embedded in the Squadron where Airmen can see me on a daily basis, before or after flying, and have TDY with them for trainings or exercises.

**How long have you worked in this setting:** I have been a military athletic trainer for over 3 years, and all with the 41<sup>st</sup> Rescue Squadron at Moody Air Force Base. My military AT journey began with the 347<sup>th</sup> Rescue Group which consists of the 41<sup>st</sup> Rescue Squadron, 71<sup>st</sup> Rescue Squadron, 38<sup>th</sup> Rescue Squadron, and 347<sup>th</sup> Operational Support Squadron. My main focus was with the 41<sup>st</sup>, but treated 71<sup>st</sup> and OSS personnel as well. In November 2018, I switched to my current contract and have been here since.

**Describe your typical day:** My typical day starts at 8am and ends at 5pm. Throughout the day I treat Airmen for anything from some aches and pains to post surgical rehab. It's very much like a typical AT athletic/clinical setting. I'll do injury evaluations, treatments, and rehabs. I'm fortunate that our strength coach is in the same room so we regularly discuss workout modifications, injuries, and care for the Airmen. Our social worker is right next door so I can easily speak with them to discuss any mental health concerns as well. Although our Rescue Group Flight Doctor is located in a different building, I can reach out any time I have a question or need something.

**What advice do you have about your practice setting for a young AT looking at this setting:** Have additional credentials. Many positions want someone that has their CSCS, SFMA, FMS, dry needling, IASTM, etc. Each position is unique. I absolutely love working with the helicopter community and deal with a lot of spinal issues. I try to take courses that emphasize on that to better treat the Airmen. Also, be flexible and open minded. My day is never set in stone. Weather, aircraft issues, meetings, and life events all occur and change my schedule all the time. Athletic trainers in the military setting is growing rapidly and we have a great opportunity to showcase our skills and education to help those that serve!