



Dear Athletes and Parents,

My name is Mallery Gannaway and I am the athletic trainer for Heritage Hall. Just some quick information about me, I graduated with my bachelors in Health Education and Promotion from Oklahoma State University and went on to obtain my Masters in Athletic Training from University of Central Oklahoma. I have been at Heritage Hall since the Fall of 2019 and looking forward to many more years here at The Hall.

Athletic trainers are nationally certified and state licensed health care professionals that help prevent, examine, diagnose, and treat acute or chronic injuries, as well as some medical conditions. At Heritage Hall, we provide a variety of different services to ensure that the athletes are competing at their full potential. Below is a list of some of the services that we provide:

- First Aid
- Wound care
- Monitor environmental conditions
- Immediate care of acute/traumatic injuries
- Examine and diagnose injuries/illness
- CPR/AED training
- Taping/Bandaging
- Baseline concussion testing & concussion management
- Rehabilitation & therapeutic modalities for injuries
- Dry Needling

Notifying the athletic trainer once an injury occurs, ensures that the proper documentation and communication between all necessary parties (coaches, teachers, administration) is done in an effective and efficient manner. Upon evaluation of the injury, if the athletic trainer deems it necessary, it may be recommended to see a physician. If you need recommendations on who to take your athlete to, please reach out to me! I have the ability to have an athlete seen by the most appropriate physician, usually within 24-48 hours of initial injury. Our team physician, Dr. JT Glomset '99, is a board certified orthopedic surgeon and fellowship trained in sports medicine. Dr. Glomset will be assisting the sports medicine team during football games to ensure our athletes are provided with the best medical care.

Anytime a student-athlete is seen by any physician, it is imperative that I am informed regarding the injury or illness so that the appropriate measures are taken to ensure they are safe and heal properly before returning to sports. **Any athlete whose sports participation is modified by a licensed health care provider will need a written note stating modifications. A written release is also required from the same physician in order to resume activities.**

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