



## CANADIAN ATHLETIC THERAPISTS ASSOCIATION ANNOUNCES NEW PROJECT RESEARCHING PAIN, PAIN MEDICATION

*Research project will educate athletic therapists and elevate care*

**CALGARY, AB | July 15, 2021** - The Canadian Athletic Therapists Association (CATA) is pleased to announce a research project that will provide its members with enhanced understanding of pain and pain medication.

Athletic Therapy is a health care profession that is responsible for the prevention, assessment, and rehabilitation of sport related injuries. Although a robust curriculum is currently available to Athletic Therapists across the country, few requirements about pain and pain medication education currently exist. This potential gap was brought to light last year in the documentary “The Problem of Pain.” Debuting on TSN in fall 2020, the documentary illustrated some former professional athletes experiencing health challenges related to pain medication.

In response to the documentary’s findings, CATA initiated an internal review into existing curriculum and training programs. During this process, Certified Athletic Therapists from the NHL, CFL, and NLL were interviewed about the mandatory training and rigorous documentation systems in use as well as representatives from CATA’s Accredited Institutions and Program Accreditation committees about the curriculums of accredited academic athletic therapy programs.

“While all curriculums are constantly evaluated and updated to reflect the current research, we recognized opportunities to enhance existing education programs, particularly improving the focus on pain and pain medication,” says Tyler Quennell, President, CATA.

“Through this commitment, CATA is delighted to announce our partnership with Dr. Geoff Dover PhD, CAT(C) of Concordia University in Montreal, Quebec in a research project concentrated on improving Athletic Therapists’ knowledge in this area.”

This research program will provide updates regarding pain and pain medication for the CATA's competency-based education for all future athletic therapists. In addition, the updated competencies will be outlined in a new continuing education course which will be made available to all current CATA members.

“CATA constantly strives to ensure the level of education of our members is of the highest level to provide leagues, teams, and members of the public with the confidence that Certified Athletic Therapist treatment is elite-level care,” continues Quennell. “We thank our Certified members who work at the



professional sports level for the input received so far and will continue to seek their guidance in this exciting new project.”

### **About the Canadian Athletic Therapists Association**

CATA is the certifying and governing body for Certified Athletic Therapists practicing in Canada. Established in 1965 by a group of Athletic Therapists working with professional hockey and football teams, CATA now represents over 2600 members. We are dedicated to the advancement and growth of the athletic therapy profession through advocacy, education, and research.

**Website:** <https://athletictherapy.org/en/>

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