

# ABOUT THE CANADIAN ATHLETIC THERAPIST ASSOCIATION (CATA)

**ATHLETIC THERAPY**  
FOR ATHLETES FOR EVERYONE

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 3000 members. We are dedicated to the advancement and growth of the Athletic Therapy profession through advocacy, education, and research, and sharing the message that Athletic Therapy is for everyone.

Certified Athletic Therapists (CAT(C)) are experts in treating injuries to the musculoskeletal system (muscles, bones, and joints), including injury prevention, assessment, emergency and acute care, rehabilitation and reconditioning.

## ATHLETIC THERAPY IS FOR EVERYONE.

*For a rapid return to work and play, athletic therapy is the solution.*

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**CATA** | CANADIAN ATHLETIC THERAPISTS ASSOCIATION

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CONTACT US

# Why Athletic Therapy?

**Certified Athletic Therapists (CAT(C)) specialize in treating acute and chronic injuries to your muscles, bones, and joints.**

Seeing a Certified Athletic Therapist can help you in many ways:

- ✓ Treat current injuries
- ✓ Prevent future injuries
- ✓ Provide pain relief
- ✓ Improve muscle and joint flexibility
- ✓ Improve blood flow

## Is Athletic Therapy for Me?

Certified Athletic Therapists treat a wide range of patients, from kids with concussions to seniors recovering from hip replacement surgery. Using the Sports Medicine model, Certified Athletic Therapists are effective in treating the injuries sustained by everyday active Canadians, including:

- ✓ Workplace and motor vehicle accidents
- ✓ Emergencies at sporting events such as concussions and fractures
- ✓ Chronic and recurring conditions, pre-surgery and post-surgery
- ✓ Common injuries from falls, daily activities and sports
- ✓ Everyday activities leading to muscle and joint pain

**The treatment varies but the objective doesn't: a Certified Athletic Therapist's goal is to help you return to your usual activities, whether that means playing competitive sports or walking to the mailbox and back.**

## How Athletic Therapy Helps

The scope of practice of a Certified Athletic Therapist starts with in-depth knowledge, education, and training in the areas of the human musculoskeletal system, exercise physiology, biomechanics, and basic emergency care.

Certified Athletic Therapists provide customized services through the prevention of injury, assessment of pre-existing injuries, providing emergency care, rehabilitating after an injury occurs, and reconditioning to avoid further injury.



## Find a Certified Athletic Therapist



Although a referral is not required, Canadians are often referred to Certified Athletic Therapists by other healthcare professionals including orthopaedic surgeons, family physicians, paramedical professionals, and case managers for motor vehicle and workplace accidents.

**From a neighbourhood sports medicine clinic, to a community soccer game, to the Olympics, find Certified Athletic Therapists working in:**



## Certification and Training

**Certified Athletic Therapists are continually trained to bring the best for their patients.**

CATA oversees the certification process for Certified Athletic Therapists across the country. Certified Athletic Therapists must:

- ✓ Have completed a CATA-accredited Athletic Therapy program, including on-field and in-clinic practical training
- ✓ Possess a Bachelor's Degree
- ✓ Have successfully passed the National Certification Examination
- ✓ Maintain First Responder and/or Basic Life Support Certifications
- ✓ Maintain Professional Liability Insurance
- ✓ Obtain 21 units of Continuing Education every 3 years