



Savana Turner, ATC

Savana is an athletic trainer at Cook Children's

Education: Bachelors of Arts in Athletic Training from the University of Northern Colorado; Master of Arts in Sports Administration from the University of Nebraska at Kearney

Biography: Savana joined Cook Children's Orthopedics and Sports Medicine program at Walsh Ranch in 2019. Savana has experience working with all types of athletes, including extensive experience with softball, baseball, volleyball and wrestling athletes. While working in Alaska, Savana launched an outreach program focused on providing the local high schools and community with consistent access to an athletic trainer. Savana also treated patients at a physical therapy clinic, which allowed her to focus on her prevention and rehabilitation skills. Here, she played a critical role in providing the community with medical coverage for several state wide athletic events including the rodeo and mountain races. She also provided free movement screening for several organizations and student athletes.

What is an athletic trainer?

You may see an athletic trainer on the bench at a high school basketball game, or in the dugout of your favorite baseball team. At NFL games, you may see them attend to injured players on the sidelines. Athletic trainers help all types of athletes and work in a multitude of work environments, including physician offices, the military and industrial workplaces.

Cook Children's has a certified athletic trainer at our Walsh Ranch location, and serves as a great resource for our patients and families. Patients can see our athletic trainer for injury prevention tips, injury evaluation and rehabilitation of orthopedic injuries, such as ankle sprains and shoulder pain.

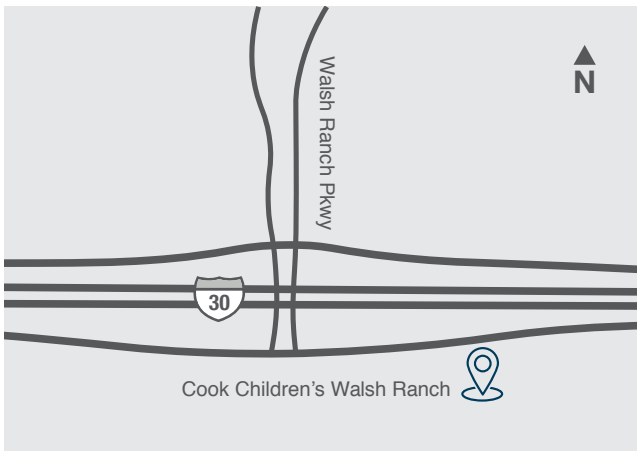
Our athletic trainer can help evaluate your child's injury and determine the severity or cause, as well as help guide you through the next steps in getting your child back to feeling great. If a referral to a physical therapist or an orthopedic surgeon is necessary, our athletic trainer can assist.

Our athletic trainer is excited and prepared to offer the community educational talks for different organizations, injury clinics and game and tournament coverage. Additionally, Cook Children's is working with local schools and Project ADAM to ensure AEDs and emergency action plans are in place, so schools and gyms are safer for our children. Athletic trainers work directly under supervision of a physician, so you can rest assured your child is in good hands. You can make an appointment to see our athletic trainer for bumps, bruises, sprains and strains and much more!



What can an athletic trainer help my child with?

- Achilles tendinitis
- Ankle sprain
- Elbow pain/tendinitis (tennis/golfer's elbow)
- Hamstring/quad pain
- Hip flexor tendinitis
- Home exercise programs
- Instabilities
- IT band pain/tendinitis
- Knee pain/tendinitis
- Patella femoral pain
- Plantar fasciitis
- Sever's disease
- Shoulder pain
- Sports injuries
- Wrist sprain



Location

Cook Children's Orthopedics and Sports Medicine
13340 Highland Hills Drive
Fort Worth, TX 76008
682-303-3000 phone

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To schedule an appointment or learn more, call 682-303-8070.

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