



FOR IMMEDIATE RELEASE

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Maryland SportsCare & Rehab Appoints Two Certified Athletic Trainers To Serve Two Frederick County High Schools

Frederick, Md., October 11, 2011-- [Maryland SportsCare & Rehab](http://www.mdspportscare.com/), a top provider of physical therapy and sports medicine services, today announced that Mallory Bieringer, MS, ATC and Katie Cawthorn, BS, ATC have joined its Sports Medicine Outreach Program. Bieringer will serve as the Certified Athletic Trainer (ATC) for Tuscarora High School and Cawthorn will serve Walkersville High School.

Bieringer joins Maryland SportsCare & Rehab from the California University of Pennsylvania where she graduated with a Master of Science degree in Athletic Training. She also holds a Bachelor of Science degree from the University of Toledo. Bieringer was the graduate assistant ATC at the California University of Pennsylvania, working with the school's Division II women's soccer and basketball teams. She also has experience working with Division I swim and diving teams, men's basketball and football and women's soccer. Cawthorn joins Maryland SportsCare & Rehab as a recent graduate from the University of North Carolina at Chapel Hill (UNC) where she completed clinical rotations with UNC's men's lacrosse, baseball, gymnastics, cross country and men and women's tennis teams.

"We are thrilled to have Mallory and Katie on our Sports Medicine team," said Gary Katz, PT, ATC, CSCS, Owner of Maryland SportsCare & Rehab. "Both Mallory and Katie have great experience on the field and will serve as tremendous assets to our team and student athletes of Frederick County."

Certified Athletic Trainers (ATCs) are unique health care professionals who specialize in the prevention, assessment, treatment and rehabilitation of injuries that occur to athletes and the physically active. ATCs are formally trained in the areas of injury and illness prevention, first aid and emergency care, assessment of injury and illness, human anatomy and physiology, as well as therapeutic modalities nutrition. They have received degrees from accredited training programs. In addition to providing physical care, ATCs also specialize in patient education to help individuals prevent injury and reinjury.

Maryland SportsCare & Rehab's Sports Medicine Outreach Program provides ATCs to seven out of twelve high schools in Frederick County. For more information about Maryland SportsCare & Rehab, visit <http://www.mdspportscare.com/>.

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About Maryland SportsCare & Rehab: Maryland SportsCare & Rehab is a top provider of physical therapy, occupational therapy and sports medicine services with eleven locations throughout the greater Baltimore area. Its staff is comprised of the region's most reputable clinicians who specialize in athletic injuries, general orthopedics, post-operative care, total joint rehab, spine care, hand therapy, industrial rehabilitation and work solutions, arthritis and pain management, wellcare and fitness. Maryland SportsCare & Rehab is part of an extensive sports medicine network, providing athletic training and other sports medicine-related services to over 25 Baltimore-Washington, DC area high schools, as well as university and professional athletes. It is the preferred physical therapy provider of the region's top physicians. Maryland SportsCare & Rehab is also part of the Physical Therapy Network, the Mid-Atlantic's largest network of physical-therapist owned physical therapy practices (www.ptnetwork.us). To learn more about Maryland SportsCare & Rehab or to schedule an appointment, please visit www.mdspportscare.com