

## Features



### March is Athletic Trainer Month - Featuring Lindsay Hampton

---

March is Athletic Trainer Month - Featuring Lindsay Hampton  
Dexter, Mo - National Athletic Training Month is held every March in order to spread awareness about the importance of athletic trainers.

Lindsay Hampton is employed as an Athletic Trainer at Select Physical Therapy in Dexter, Missouri. She graduated from Missouri State University, Springfield in 2017 with a Bachelors of Science in Sports Medicine and Athletic Training. She continued her education at Missouri State University and graduated in 2019 with a Masters of Science in Athletic Training.

She passed the Board of Certification (BOC) Exam and has been a Certified Athletic Trainer for four years.

"I work at Select Physical Therapy in Dexter to provide coverage for Bloomfield High School sports, Puxico High School sports, and I also see Dark Horse gym members," commented Hampton.

She provides onsite injury evaluations, therapy exercise recommendations such as stretching, strengthening, cupping, and soft tissue manual therapy, and return to play programs.

As an athletic trainer she works to prevent athletes from encountering injuries and other related medical conditions during sporting activities. She applies preventive items, such as braces or tape and educates athletes on how to avoid injury. She also provides recommendations on helpful exercises and stretches to prevent further injury. She also acts as liaison between the patient and physicians, support staff, and medical

assistants when necessary.

Hampton has a very compassionate personality which is an essential quality one must have to be an athletic trainer. She has worked hard over the past two years building a rapport with students who enjoy sports at the high school level.

If you are interested in an athletic trainer in your high school, please give Select Physical Therapy a call at 573.624.6405

Select Physical Therapy FB

This article: [March is Athletic Trainer Month - Featuring Lindsay Hampton](https://showmetimes.com) was first published on <https://showmetimes.com>.

Written by Dee Loflin  
Date: March 22nd 2021



SUBSCRIBE TO "FEATURES"

**ShowMe Gold Sponsors**