

About the Sports Medicine Center at Children's Colorado

Our Sports Medicine Center leads the region in state-of-the-art treatment for developing athletes. From maximizing diet to changing the game in concussion research, our fully integrated team of physicians, athletic trainers, physical therapists, dietitians and specialists delivers a comprehensive care experience geared exclusively to growing bodies. And it's all backed by one of the top 10 pediatric hospitals in the U.S.

Sports Medicine Center at Children's Colorado Locations

Same-day appointments are offered five days a week in locations throughout metro Denver.

 Scan the QR code to find a location near you.



Contact Us

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Learn more about the Sports Medicine Center at childrenscolorado.org/Sports
To learn more about concussion care, visit childrenscolorado.org/Concussions



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SPORTS MEDICINE
CENTER
Children's Hospital Colorado

MEET YOUR
**Certified
Athletic
Trainer**

PREPARE | PERFORM | RECOVER | REPEAT



What does having Certified Athletic Trainers mean for you as a student athlete?

Certified Athletic Trainers (ATs) are healthcare providers specially trained in injury and illness prevention, clinical evaluation and diagnosis, immediate and emergency care, and treatment and rehabilitation of injuries and illnesses in athletes. An AT has a bachelor's or master's degree from an accredited professional athletic training education program. In addition, ATs must pass a comprehensive board certification test and meet continuing education requirements to maintain certification. ATs work under the direction of physicians.

- Free injury assessments and recommendations for follow-up care
- Injury management, education and prevention
- Functional rehabilitation

Meet your Certified Athletic Trainer



ASHLEY ERSCHENS, MS, LAT, ATC

*Elevation Volleyball, Incline Gymnastics and
Highlands Ranch Aquatics*

Ashley Erschens is a certified athletic trainer with eight years of experience working with professional, collegiate and youth athletes. She obtained her bachelor's degree in athletic training from Augustana University and went on to get a master's degree in post-professional athletic training from Missouri State University. Ashley was a softball player and competitive cheerleader, and it was her own experiences and injuries that sparked her interest in the field of athletic training.