



FOR IMMEDIATE RELEASE

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

Westminster, Md., October 11, 2011-- [Maryland SportsCare & Rehab](http://www.mdspportscare.com), a top provider of physical therapy and sports medicine services, today announced that Michelle Nixon, MS, ATC and Joshua Montemore, BS, ATC have joined its Sports Medicine Outreach Program. Nixon will serve as the Certified Athletic Trainer (ATC) for North Carroll High School and Montemore will join South Carroll High School.

Nixon joins Maryland SportsCare & Rehab from Weber State University where she graduated with a degree in Athletic Training. While at Weber State she completed clinical rotations with the track and field team and Westminster College's women's soccer and men's basketball teams. She also completed clinical rotations during the University of Utah's football fall and spring camps. Prior to joining Maryland SportsCare & Rehab, Montemore worked as a rehabilitation aide at Frederick Memorial Hospital. He earned his Bachelor of Science Degree in Athletic Training from Salisbury University where he completed an internship with AquaCare Rehabilitation Services, Inc. and worked with high school softball and football teams.

"We are thrilled to have Michelle and Josh join our team," said Gary Katz, PT, ATC, CSCS, Owner of Maryland SportsCare & Rehab. "Both Michelle and Josh's past experiences and enthusiasm will make them both tremendous assets to the student athletes at North Carroll and South Carroll High Schools."

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 eight high schools in Carroll 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